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COUNTY COMMISSION MEETING, FEBRUARY 11, 2015

Commissioners Review County Recreation Plan

Norma Jean Babcock

CHARLEVOIX: At their semi-monthly regular meeting on Wednesday February 11 County Commissioners reviewed the updated Recreation plan for Charlevoix County to see whether or not the contents fell in line with the goals of the recently passed millage.

Kiersten Stark of the County Planning Commission came before commissioners to review a draft of the plan and answer any questions they may have. Stark explained that in order to create

the best plan possible the Parks Committee had participated in a county wide planner's forum where local officials and members of the community were invited to give their input.

The new plan will cover from this year out to 2019, and is not much changed from the previous Recreation plan that had been in place. The draft as it stands currently gives a detailed description of what parks and recreation areas are currently available in the county and it outlines the five goals that planners would like to see accomplished. Those goals in-

clude ensuring that parks and recreation possibilities are available to everyone in the community down, to working with other governmental and private groups to create new places to recreate.

Though the plan was received well by commissioners, several asked how planners for the county prioritized what projects would be done, especially in light of the millage that citizens passed in November.

"I'm being asked lots of questions regarding how projects are prioritized," stated Chairman Joel Evans.

Stark explained that although they hadn't yet, the Parks Committee will attempt to create an application process by which communities can submit a plan they would like to see done. Those applications would then be reviewed by an "advisory committee" and given to commissioners for final approval.

"I foresee that there will be an application process developed ahead of time and there will be criteria," explained Stark.

Commissioners then brought several issues that have been mentioned by the public as con-

cerns to see whether or not the new updated plan would address them. One included concerns regarding stagnating water on beaches in the area. Stark responded that this particular issue is not addressed in the plan, but that she would encourage planners to discuss the matter.

The updated plan cannot be put into effect without a public hearing, which will be held at the next meeting of the county commissioners on February 25 at 7:00 p.m. in the Commissioners Room

See Recreation Plan-3A

sports



pg. 5B

Rambler center, Keyrsten Girlinghouse (15) goes up strong for this rebound in front of the Grayling defense, while teammate Jordan Weiss (10) moves in. (PHOTO BY CINDA SHUMAKER)



pg. 2B

Boyne City's Tanner Kruzal (12) puts in this finger-roll shot as a Grayling defender closes in. (PHOTO BY CINDA SHUMAKER)



Norma Jean Babcock

CHARLEVOIX: In a decision long in coming, city council choose to stop investigating a possible marina expansion after receiving a letter from the Army Corps of Engineers that explained safety concerns the project might cause.

The letter, which was received on February 5, refers to the application council sent to the Army Corp to look into whether or not a dock expansion would be possible on Round Lake. In theory, the expansion would allow several more large slips to accommodate 60 foot and larger boats. However, since the project was brought up for discussion, both community members and council alike have

shown little support.

City Manager Rob Straebel noted that the concerns brought up by the Army Corps included concerns about the navigability of Round Lake, especially with regards to Beaver Island Boat Company. According to the letter, those concerns would need to be addressed by council before the Army Corps would approve of the project. Straebel indicated that those issues would be difficult to deal with as they don't have the expertise needed amongst staff.

The majority of council indicated that they were not interested in pursuing the matter further, and Mayor Gabe Campbell expressed his feelings that since the beginning he has been

against the expansion. He even stated that during his campaign several people made it clear they would vote for him because of his stance on the issue.

"I think we should just drop the thing myself, and I've always thought that. Prior to the election...a lot of people came up to me and asked me 'What's your take on the dock?' and I said 'I don't like it' and they said 'Okay I'll vote for you,'" Campbell explained.

His opinion was supported by Leon Perron, Shirley Gibson, Jeff Porter and Bill Supernaw. Supernaw stated that he had heard from many people in his ward, and that so far he hadn't heard a

See Marina Expansion-9A



The Board of Education met at the Administrative Building Monday to start searching for a new superintendent.

School Board begins search for Superintendent

Norma Jean Babcock

CHARLEVOIX: The Board of Education has started taking steps toward finding a new superintendent to fill the role that Robert Gendron vacated in December.

At their monthly meeting held on Monday the Board of Education spoke with Rod Green of the Michigan Association of School Boards (MASB) about how to go forward with finding a superintendent for Charlevoix Area Schools. Green is a Labor Relations Consultant with MASB who assists School Boards across the state with the promotion, interviewing, and hiring process for schools.

Green detailed the timeline that MASB has created for hiring a superintendent to the Board. According to his proposed timeline, a superintendent should be hired by July 1. Before that can happen however, several other meetings must be held.

First, Green advocated meeting with the staff of the school after which a meeting with members of the community will be held to gather input on what both groups would like to see in the future superintendent. For those unable to attend the meetings, an online survey will be available. The survey allows those interested to answer questions such as what types of educational qualifications they would like the new person to have down to what direction they hope the new superintendent will take the school in. Once the information can be gathered from the meetings

See School Board-5A

City of Charlevoix Announces a Run Water Order Measure in Effect Until Further Notice

Due to extremely cold weather conditions causing some water service freeze ups in the community, the City of Charlevoix is requesting that all water customers continuously run their water until further notice. To help prevent freezing of underground water lines, customers should continuously run a stream of water about the size of a large drinking straw from a sin-

gle faucet. Customer accounts will be adjusted to offset the additional water used during this period based on previous usage history.

Please note, warmer weather or sunshine will may not immediately mean that the risk of freezing is over. Although dependent upon weather conditions, the run water order is anticipated to last at least several weeks. The City

will announce through the media and on its website (www.city-ofcharlevoix.org) when this temporary measure will be concluded.

Questions or comments can be directed to the City Manager's Office at 547-3270. We sincerely thank you in advance for your cooperation in this important matter.

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News

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weather

THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIGH: 8 LOW: -16	HIGH: 17 LOW: 8	HIGH: 22 LOW: 1	HIGH: 7 LOW: -7

snowfall records		record temps	
2012-13	2013-14	2014-15	DAY
Amt	Amt	Amt	AVG LOW
2012-13	2013-14	2014-15	AVG
2012-13	2013-14	2014-15	RECORD LOW
2012-13	2013-14	2014-15	RECORD HIGH
2/18/2013.....78.5	2/17/2014.....135.5	2/16/2015.....78.521° (1979).....56° (1994)
2/18/2013.....73.5	2/17/2014.....102.2	2/16/2015.....4633° (1950).....57° (1983)
2/18/2013.....49.5	2/17/2014.....107	2/16/2015.....68.533° (1978).....52° (1983)
2/18/2013.....86.1	2/17/2014.....118.2	2/16/2015.....91.934° (1963).....57° (2000)
2/18/2013.....97.3	2/17/2014.....153.1	2/16/2015.....118.634° (1962).....57° (1984)
2/18/2013.....34.1	2/17/2014.....58.4	2/16/2015.....25.634° (1963).....54° (1976)
2/18/2013.....53.3	2/17/2014.....97.2	2/16/2015.....55.635° (1963).....55° (1976)
2/18/2013.....91.4	2/17/2014.....148.6	2/16/2015.....92.435° (1963).....62° (2000)
		31° (1963).....62° (2000)

OBITUARIES

Genevieve Skop Talboys, 94
SEPT. 13, 1920 - FEBRUARY 14, 2015



Genevieve Skop Talboys of Boyne Falls passed away on Saturday, February 14, 2015 in Trenton, MI with family at her side.

Genevieve was born in September 13, 1920 in Boyne Falls the daughter of Metro and Helen Skop.

She is survived by brother Edward Skop of Boyne Falls; sister Verna Matelski of Boyne Falls; grandchildren Todd Tincher and Terri Tincher, both of Trenton, MI; proud great-grandmother of Madison, Cory and Alexis Tincher

Genevieve is preceded in death by husband Howard; daughter Nancy Talboys Tincher; sister Wanda Cremeans; and brother Carl Skop.

A gathering of family and friends will be held 5:00 to 8:00 PM Friday, February 20, 2015 at Stackus Funeral Home in Boyne City.

Raymond F. Robinson, Jr., 75

Raymond Fredrick Robinson Jr. died Saturday, February 14, 2015, at his home near East Jordan.

Arrangements are pending at the Penzien Funeral Homes, Inc. in East Jordan, Michigan.

Linda Lewis, 54

Linda Lewis of Charlevoix died Saturday, Feb. 14, at McLaren Northern Michigan hospital in Petoskey.

Arrangements are pending at the Winchester Funeral Home in Charlevoix.

Lucian Keil Jr., 69
(AUGUST 5, 1945 - FEBRUARY 12, 2015)



Lucian Keil of Mancelona was called by the Lord to his eternal home on Thursday, February 12, 2015 at McLaren Northern Michigan Regional Hospital.

Lucian was born on August 5, 1945, in Hamtramck, MI, the son of Elton and Helen (Flasinski) Keil. Lucian resided in Mancelona for the past 20 years and was a member of the Mancelona DDA for many years.

He had many enjoyments in his life including being an airplane pilot, photography, collecting model trains, remote helicopters, astronomy, gardening, and was a well-known local artist. Lucian proudly served the U.S. Air Force during the Vietnam Era. He loved life, was a very sentimental man who loved his family and family get together. Was known as "Fahzer" to his children.

On September 22, 1990, he married Lorraine Andrews who survives. Also surviving are two daughters, Deanna (Scott) Fall-etch of Mancelona, Lesley (Kevin) Kohler of Boyne City, two grandchildren, Kira and Aiden Kohler as well as a brother Ronald Chodacki of Brighton, MI. He was preceded in death by his parents.

Memorial services will take place on Sunday, May 17, 2015 at 12:30 p.m. at the Pathway Community Church in Mancelona. Pastor Dan Grimes will officiate. Memorial contributions may be made to the Pathway Community Church.

Arrangements are being handled by the Mancelona Chapel of Mortensen Funeral Homes. Please sign our online guest-

EAST JORDAN CITY COMMISSION FEBRUARY 17, 2015

East Jordan weighs wastewater plant study

By Krystal Johnson

EAST JORDAN—After receiving a presentation of the wastewater treatment plant feasibility study from consulting firm GoslingCzubak, the East Jordan City Commission met Tuesday evening to decide how to best move forward with the project.

Work on the feasibility study began last August and was recently completed. The study looked at the feasibility of either updating the city's current wastewater facility or constructing a new mechanical plant. Constructed in 1991, the city's current facility is showing signs of aging and is at near capacity. Based on these conditions, the facility leaves little room for commercial or industrial growth within the city.

The consulting firm presented three options for the city to look at prior to the commission meeting: option one, an update to the existing lagoon and irrigation fields; option two, constructing a new mechanical plant without Burnette Foods connecting to the

city wastewater system; and option three, a new mechanical plant with Burnette Foods connecting to the system.

After weighing the advantages and disadvantages for each plan, the commission came to a consensus that option three would be in the city's best interest. The new plant would have a much smaller footprint, taking up a mere fraction of the space that the existing lagoon and irrigation fields do. It would also allow for expansion and year round discharge. Burnette Foods has not yet made a decision as to whether they will join the city system or whether they will simply update their own system.

The commission approved City Administrator Tom Cannon to move forward with funding applications for the potential \$5.6 million project.

"It's quite a process, but it's the next step to move forward with this," said Cannon. "It's the largest project we have taken on in a quarter century or maybe longer."

The project will take about

three years for a new plant to come to fruition.

The city commission also received the proposed 2015/16 budget at Tuesday's meeting and set up a timetable for budget discussions. Discussions will occur in March, with April meetings reserved for public hearings.

Cannon made note that the city recently hired a new parks director. Trina VanderArk will take her new post on March 17. Originally from Ellsworth, Trina graduated from Grand Valley State University. She has worked with a variety of YMCAs and private recreational business.

"I believe [VanderArk's] hiring will allow the city to move forward with increased recreational opportunities for our community while maintaining a desirable and welcoming parks system," said Cannon.

The next regular meeting of the East Jordan City Commission is scheduled for 7 p.m., Tuesday, March 3, 2015.

Cooking for Crowds Class March 19 in Boyne City

The Boyne City Housing Commission is sponsoring a Cooking for Crowds class. This program is for non-profit groups and churches that prepare food for their members or for the general public as fundraisers or occasional get-togethers. The curriculum is designed to show the food safety risks that can develop when preparing and cooking large volumes of food and how to reduce those risks. Participants will learn how to prevent unsafe

conditions that may cause food-borne illness when planning, purchasing, storing, preparing and serving food. Participants in the workshops will receive a manual and a food safety participation certificate of completion.

Cooking for crowds is not the same thing as cooking a meal for your family. There are potentially hazardous foods that you may be preparing, and you should know what you need to do to keep them safe for the public. If your volun-

teers know what to do as far as personal hygiene and holding temperatures, you'll be on your way to keeping your food safe.

The class will be held Thursday, March 19 1:00-4:00 pm at the Litzenburger Place Community Room, 829 S. Park Street, Boyne City. The cost is \$10 per person. Registration is limited to 25 participants. Please contact Michelle Jarvie, Food Safety Educator, MSU Extension, 906-643-7307 or jarviem1@anr.msu.edu

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How Do Real People Overcome Challenges to Save for Retirement?

We've heard a lot about how far behind Americans are in saving for retirement, but we don't often hear many solutions that the average family can actually afford. That's how we landed on a \$300 a month figure. It's a challenging number, since few of us can find an extra \$300 a month without some effort and sacrifice. But it's doable, and it's enough to make a real difference in your nest egg by retirement.

1. Deal With Realities, and Control Your Emotions
A lot of folks are debating whether or not they'll ever be able to squeeze anything out of their budgets for retirement savings. We get it. One of the main reasons people hesitate to save for retirement is that they're focused on meeting day-to-day obligations.

Christina is a mom of five kids in Alexandria, Va. Two of her children have special needs, so she knows what it's like to be wary of "spending" money on retirement savings. "It's been hard to save for retirement, because I always feel like I need to have more money in the bank since we don't know what's coming with the kids," she said.

"But I know that if we don't

save now, we won't be able to take care of ourselves in the future, let alone them, if they need it," Christina added. So she and her husband have made retirement savings their priority. They're debt-free, have an emergency fund and watch expenses like a hawk. They've also come to the tough, but correct, decision to save for their retirement instead of building up a college fund for their children.

"We feel that the best gift we can give our children is a strong work ethic, good money sense and not having to care for us when we get old," she said.

2. Refine Your Budget and Work Toward Your Goal Over Time

Making up your mind to put retirement savings at the top of your to-do list is just the first step. Now you actually have to find the money. Dave Ramsey, along with many retirement experts, recommends you invest 15 percent of your income just for retirement. That can sound like a huge chunk of cash, especially if your budget is so tight it squeaks.

When Katie quit work to stay home with her kids, her family in Mason City, Ill., had to learn to live on just one income. After such a drastic cut, they had to face the fact that they could not afford to put away 15 percent of her husband's income for retirement. But they didn't stop invest-

ing just because they couldn't reach the 15 percent goal.

"We were just doing as much as we could," Katie explained. "However, each month we were able to tweak the budget a little more — stuff like changing his W-4 and our cell phone package. Now, we can afford 15 percent for retirement, contribute to college funds and increase our fun money!"

Judy from Spring Branch, Texas, started her retirement savings plan nearly 20 years ago by contributing just three percent of her salary. Then, each year she received a bonus, she diverted most of it to her 401(k), and every time she received a raise she put a third of that into her 401(k), as well.

"It did not take long to max out my 401(k)," Judy said. "At age 51, my husband and I have two kids in college with the costs completely funded. We are at the point of severe wealth building, and our giving has increased significantly. It's a great feeling to know that I could retire at age 60 if I choose."

3. Let Go of Past Regrets
This is where a lot of people get stuck. They see saving for retirement as a mountain that's too large to climb after a certain point in their lives. They give up before they even begin.

If you're overwhelmed by the prospect of building a nest egg at the eleventh hour, go back to the first step and separate your realities from your emotions. One of the best ways to do that is to get all the facts. Where do you really stand now, and where could you be if you started saving with gazelle intensity?

**Used with permission from Ramsey Solutions. For more information, visit www.daveramsey.com.*

News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

Charlevoix Chamber to host 5th Annual Business Expo

On Thursday, March 19th, the Charlevoix Area Chamber of Commerce will host the 5th Annual Business Expo from 4:00 to 7:00 pm at Castle Farms. The event will also include the Taste of Charlevoix, where area restaurants will showcase some of their signature dishes for the opportunity to win the title of 2015 Best In Taste.

The Expo is one of the largest business and public trade show events in Charlevoix County. Now in its 5th year, the Expo is dedicated to serving our business community, visitors and residents. This is a MUST-ATTEND event for small business owners & executives who want to gain a competitive advantage, network with other business owners from throughout the area, and develop new business and client contacts. Join us for only one day and take your company to the next level.

Thanks to the great feedback that was received by last year's attendees and participants, the Charlevoix Business Expo has been streamlined and reformatted to better accommodate the needs and schedules of our community partners. The 5th Annual Business Expo went from a two day commitment to a three hour evening event. Registration fees have been reduced to reflect these changes. Non-profit booth space is available for just \$150, while businesses can secure a space starting at \$150 to \$250. The exposure your will receive is invaluable!

The Expo is not just for businesses! The public is welcome to come out and explore the 76 exhibits set up throughout the lower level of the Castle to identify the latest products and services to help save time and money. If you're looking for a new dentist, insurance agent or auto mechanic, this is your opportunity to learn what our local companies and organizations can do for you. There will be live demonstrations and free food to sample in conjunction with the Taste of Charlevoix.

Don't miss the opportunity to take part in the 1st Annual Chamber Basket Raffle. Attendees may purchase tickets for the chance to win a "Basket" of their choosing filled with a variety of exciting and unique items provided by area businesses. Baskets will be on display throughout the event for everyone to view. Proceeds from the raffle will benefit the Charlevoix Area Chamber of Commerce Scholarship Fund which is awarded to a graduating Charlevoix High School Senior each year.

Admission is just \$5 and includes 10 taste tickets, an expo goody bag, give-a-ways, the chance to win great prizes, and more. For more information call 231-547-2101 or e-mail info@charlevoix.org.

This event is being made possible with support from our sponsors: Beacon Dental Center, Blue Cross Blue Shield, Castle Farms, Fox Charlevoix, Northern Michigan Review, Northern Broadcast Inc, and 9&10 News.

Registration opens for 7th Business Expo & Taste of Boyne

Registration is now open for the Boyne Chamber's 7th Annual Business Expo and Taste of Boyne. The Expo will be held from 3 to 7 p.m. Thursday, April 23, at the former Carter's store. This expo is always one of Northern Michigan's largest business networking events, as 1,300 people come to see 95 local exhibitors, including a dozen Taste of Boyne food booths.

Exhibitor registration form or register online at www.boyne-expo.com. Admission to the event is \$5, and exhibitors receive extra admission passes for their employees, friends and clients. Soft drinks, Michigan wine and beer will be available.

Recreation Plan

continued from 1A

of the County Building.

For those interested in seeing the draft before that meeting, please visit www.charlevoix-county.org where the draft can be seen and contact information is available.

Ellsworth Community School canned food drive and sculpture contest

Keep Calm and Collect Cans. That was the theme for this year's annual Ellsworth Community School canned food drive and sculpture contest. Students in grades six through twelve participated in the weeklong contest run by the National Honor Society to see which class can bring in the most canned food items. At the end of the week, the classes assemble in the gym with their cans to build a canned food sculpture. Prizes are awarded for the class that collects the most cans and also for the best sculpture.

"This event has become an annual tradition that the kids really look forward to," said National Honor Society Advisor, Michelle Fox. "It's a great opportunity for the entire school to pull together to do something positive for their community. The friendly competi-



tion among the classes is fun, but the kids keep in mind that it's all to benefit the people in the area who are having tough times."

This year the classes collected 2668 canned food items in the week-long competition. "Being that we have less than 160 middle and high school students, it's amazing that the kids are able to

collect that many cans in a week," said Ellsworth Superintendent, Aaron Gaffney. "It's a great way for kids to contribute to their community, as well as foster school and class spirit."

All of the cans are collected and delivered to the local Good Samaritan Food Pantry. "The students did an amazing job," said Good Samaritan

director, Mary Peterson. "It's exciting to see them reach out to help their neighbors in need. Not only did the students collect, donate, and deliver their cans, but they've also offered to come in and sort the donations."

The senior class created this year's winning sculpture of The Coliseum entitled "Battle

Hunger". It was made up of more than 1000 cans and other food items.

"It's really great to be able to help people in the community," said senior Katelyn Sowers. "I know that the Good Sam helps so many people and it's fun to be a part of that."

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.

CannedFoodDrivePR-Photo; Ellsworth Community School students in grades six through twelve participated in a weeklong canned food drive and sculpture contest run by the National Honor Society to see which class can bring in the most canned food items. This year the classes collected 2668 canned food items. Courtesy photo

DAVE KRING

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- 2008 Chevrolet Uplander LS - Mini-Van - Sharp & Silver\$10,970
- 2006 Hyundai Tucson GL - 4dr. 1 owner - Red\$7,450
- 2010 Chevy Impala LT - Heated Leather, Remote Start\$11,949
- 2011 Chevy Cruze - 35 Mpg, full of features\$12,980
- 2011 Dodge Caravan - Loaded- Stow 'n Go seating\$11,450
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Health & Wellness

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

Health Department congratulates East Jordan, local communities for going tobacco-free

The Health Department of Northwest Michigan recognizes the city of East Jordan for its commitment to maintaining a healthy community. The city recently passed an ordinance prohibiting the use of all tobacco products—cigarettes, cigars, pipes, smokeless tobacco, e-cigarettes—in its parks and beaches. The city of East Jordan joins many other local jurisdictions in Northern Michigan by banning tobacco use in designated public areas.

"We want to congratulate East Jordan for going tobacco-free, and we encourage other jurisdictions to do the same," said Susan Pulaski, Community Health Coordinator at the Health Department. "Banning

tobacco in these areas is a giant step forward in protecting the health of our communities and the environment."

In addition to East Jordan, the following municipalities have designated their parks and beaches as either tobacco-free or smoke-free:

Village of Pellston
Village of Alanson
City of Charlevoix
City of East Jordan
Camp Petosega—playground and beach areas (operated by Emmet County)
City of Harbor Springs—Zorn Park, beach, docks
Otsego Lake County Park Playground (operated by Otsego County)

Private parks and organizations are also encouraged to take action against tobacco use. The Charlevoix Public Library and the Petoskey Youth Soccer Association Click Road Soccer Complex are two examples of local tobacco-free campuses.

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. To learn more, call (800)432-4121 or visit www.nwhealth.org.

Drs. Oz and Roizen



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

6 WAYS TO SWITCH ON YOUR HEALTHY, HAPPY GENES

Ready for the DNA do-over guaranteed to keep you slimmer, happier and protect you against cancer, heart disease and the common cold? No test tubes required -- all the equipment you need is in your kitchen, closet, bedroom and gym bag. And we're here to tell you how to put this hot health development to work today.

We're talking about epigenetics. Epi-WHAT? Epigenetics -- your epic ability to assert control over your DNA by switching certain genes on and silencing others. While you can't change your basic genetic code (DNA), you can make the best of what you have by changing your gene expression, or what gets turned on and what gets turned off.

This new science is getting plenty of attention in the media, with headlines like "Reprogram Your Genes" and "How to Hack Your Own DNA," and in scientific journals, too. There have been more than 10,000 research papers on epigenetics published in the past 10 years.

We're offering you six strategies that are proven to give your DNA a do-over. So, let's start your genetic reboot.

Eat less saturated fat. Fatty meat, butter and high-fat stuff like cheese, whole milk, ice cream and plenty of processed foods deliver a big dose of saturated fat that, it turns out, switches on genes that tell your body to store extra fat deep in your belly. That raises your risk for life-threatening heart disease and diabetes. Saturated fat also activates genes that increase bodywide inflammation while turning off cancer-fighting genes at the same time.

Switch on cancer-fighting goodness. Compounds like sulforaphane in broccoli, diallyl sulfide in garlic and selenium in Brazil nuts switch on anti-cancer genes. Cruciferous veggies, green tea, soy and turmeric (a yummy spice found in curry) all pitch in for the switch, too.

Put on your sneakers ... or your bathing suit. Regular exercise affects the activity of more than 5,000 genes -- many involved with cooling inflammation, improving blood sugar control, and burning fat and sugar for fuel. This helps explain

why a daily, 30-minute walk or a regular swimming, biking or Zumba habit helps your heart, your blood sugar, your brain and more!

Relax. The deep calm you feel after meditation, deep breathing or yoga is deep-down good for your DNA, too. In one recent study from the Benson-Henry Institute for Mind/Body Medicine at Massachusetts General Hospital, researchers found that this profound calm triggers changes right away in genes that help govern immunity, inflammation, blood sugar control and your body's ability to burn fat and sugars efficiently for energy. The study found beneficial changes for first-time and long-time meditators alike.

Connect with friends and loved ones. Loneliness can alter the workings of more than 200 genes, many involved with inflammation and immune responses, University of Chicago researchers report. One fascinating finding: People who said they felt more alone had extra activity in 78 genes that boost inflammation and reduced activity in 131 that control inflammation and also help fight viruses. Switch that up by staying in touch with family and friends.

Pinpoint your purpose. Happiness is good; having meaning in your life is even better. People in a University of California Los Angeles study who said they felt their lives were meaningful, had a better combination of low-inflammation, virus-fighting genes switched on than those who were merely happy. One in four people felt their lives had purpose, a quality you can develop by belonging to an organization that matters to you or spending time doing something you believe contributes to your community or the larger world. A sense of purpose and passion doesn't just make you feel alive, it also helps you express your best genetic self and that will help you extend a happy and healthy life.

(c) 2014 Michael Roizen, M.D. and Mehmet Oz, M.D. Distributed by King Features Syndicate, Inc.

How metabolism impacts weight loss

By Deb Hagen-Foley

People sometimes blame their weight on a slow metabolism. Is metabolism to blame or is this just an excuse for overeating? Metabolism refers to the processes by which your body converts what you consume into energy for immediate use or for storage to use later.

Your basal metabolism rate, BMR, is the number of calories needed for your body to function - cell production, blood circulation, respiratory functions, digestion - yes, your body is burning calories throughout the day. Your BMR is impacted by your body composition, your age and your sex. Larger bodies, particularly more muscular bodies, burn more calories. Men, who usually have less body fat and more muscle, have higher basal metabolic rates. Similarly, as people age they lose muscle mass and have slower metabolisms.

There is no magic bullet for weight loss. It is an easy formula: calories out greater than calories in to lose weight; calories out equal to calories in to maintain weight. In order to lose one pound, you need to burn 3500 calories more than you consume.

Do skinny people have faster metabolisms? Probably the reverse is true - skinny people have slower metabolisms because they have less to burn. Larger people will generally have faster metabolisms, particularly if their body composition is more muscle than fat. One of the reasons restrictive diets are not helpful to long term weight loss is that they can lead to loss of muscle mass and slowing of the metabolism. Once the diet is ended, it becomes easier to gain weight.

Muscle mass increases metabolism, so an obvious way to increase your metabolism is regular strength training. The more muscle mass, the more calories the body will burn, even at rest. Other ways to increase your metabolism - drink ice water. Research indicates that the process used by the body to heat the water to body temperature



burns calories. Also, getting enough protein impacts how quickly your body burns calories. You can also increase your metabolism by making sure you get enough sleep!

Rarely is a slow metabolism to blame for weight gain. Increasing metabolism and weight loss can be achieved by engaging in metabolism-enhancing activities like those listed above. Other than protein, does what you eat impact metabolism? Come back next week for the answer.

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News

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With cold weather hitting Michigan, Consumers Energy shares Six Tips to Stay Warm and Reduce Energy Use

With extremely cold temperatures blanketing the state, Consumers Energy is sharing six key tips that can help Michigan residents stay safe and warm during extreme weather.

"Winter in Michigan is an unavoidable reality. Your best defense in bitter weather is to prepare early and ready yourself for the conditions," said Whitney Skeans, Consumers Energy's customer assistance manager. "By sharing your emergency plans with family and friends, and by observing safety precautions during times of extremely cold weather, you can reduce the risk of weather-related injuries and illness."

With temperatures expected to stay well below normal through the weekend, Skeans offered tips to reduce your energy usage while still staying safe and warm:

- 1. Keep furniture, carpeting, curtains and pet hair from blocking heat registers and air return ducts.
- 2. Keep your meters clear of snow and ice. When snow and ice is allowed to build up, it can become compacted and freeze, causing damage that interferes with proper operation of meters and related appliances. Snow should be removed only by hand, never with a shovel or power snow removal equipment.
- 3. Close your attic, basement, garage and exterior doors to prevent cold drafts and keep the heat in your primary living area.
- 4. Consider setting your ceiling fans at a slow speed to push warm air away from the ceiling and move it around the room without creating a chilling breeze. This spreads the heat more evenly and will help you feel more comfortable.
- 5. If radiators are located near cold outside walls, place a sheet of aluminum foil between the radiator and the wall to reflect heat back into the room.
- 6. If you are experiencing any problems receiving natural gas or electricity from Consumers Energy, call us immediately at 800-477-5050.

Remember that help is available no matter what the weather brings. If you experience a weather-related emergency, call 9-1-1 or your local fire or police department immediately.

If you are struggling financially and are worried about your bill or other needs, don't wait to find support. Consumers Energy strongly encourages people to call 2-1-1 to explain their situation and learn where they can find help. Michigan 2-1-1 is a free, confidential service that connects you with local community-based organizations across the state offering thousands of different programs and services for people seeking answers.

For more information about Consumers Energy, go to www.ConsumersEnergy.com.



Council decided unanimously to pass the 2015-2016 budget.

CHARLEVOIX CITY COUNCIL, FEB. 16, 2015

Charlevoix City Council passes 2015-2016 Budget

Norma Jean Babcock

CHARLEVOIX: At their semi-monthly regular meeting on Monday, City Council chose to pass the 2015-2016 budget with very few changes, but with much discussion.

The budget has been an ongoing project for City Manager Rob Straebel and city staff who were just recently joined by new City Treasurer Kelly McGinn. After several meetings where council could voice opinions and ask for changes as well as a Budget Workshop session, Monday's meeting marked the time to approve the budget in order for it to go into effect April 1. However, passing the budget proved difficult.

Jeff Porter of the First Ward

expressed his opinion to other council members that the DDA budget should be separated from the City budget, and included a state law from 1975 that indicated doing so was the correct action. Porter then went on to explain that he felt the DDA needed to furnish council with a development plan as well.

"...the DDA budget is actually a separate thing from the operating budget of the city...I think what we are doing here is not the correct thing," stated Porter during the meeting.

His concerns were answered by Straebel, who stated that the council has passed the budgets together for several years, and that it wasn't illegal to do so. He advocated that council pass

the budget so that it could go into effect and that they work on separating the DDA budget in future years.

"We are passing it correctly...there is nothing illegal about this budget," stated Straebel.

His opinion was seconded by McGinn who expressed that "obviously the DDA was a sore spot" but that the council should pass the budget so it could go into effect. She then advocated that council sit down with the DDA to discuss their development plan and budget after passing the 2015-2016 year budget.

Council did choose to follow the advice of the McGinn and Straebel after a lengthy discussion about the DDA savings,

budget, and activities. Mayor Gabe Campbell concluded the discussion by advocating that the budget be passed, and that council can now work on getting together with the DDA to discuss those details.

In other news, the DDA has a new Director, Annie Doyle. Doyle has most recently been employed by Boyne City as an Assistant Planning/ Zoning Director. Her hire comes at perfect timing as Charlevoix continues to work toward the next level of the Main St. Program. Doyle has been involved in the highest level of that program in Boyne City for several years.

SCHOOL BOARD

continued from 1A

and surveys, applications will be reviewed by the board after they are collected by April 10th. After that, a meeting will be held on April 21 so that the applications can be reviewed down to 6 candidates for inter-

viewing. Green warned the board that they could receive less than 20 applications to choose from, as he and the MASB have seen a decline in the amount of applications turned in throughout recent years.

"We're getting fewer applications in the last several years for sure," stated Green.

Despite this, the board is hopeful that they will have a good number of applications to choose from. They spent a good

chunk of time making sure that the preliminary posting that will be posted on the MASB website explained exactly what they were looking for in the new candidates; one of those facets being an increased focus on curriculum as opposed to business savvy.

"I think last time we (hired) a superintendent we focused too much on financials and not on curriculum," stated Valerie Snyder.

The Board thus made sure to

include sentences in the posting that clearly delineated their hope for a strong academic focus from the applicants. They settled on the details of posting the position as a three year contract, with a salary ranging from \$105,000 to \$115,000.

For those interested in taking the survey before April 10, a link will be posted on www.rayder.net.

BOYNE CITY POLICE DEPT.

MONDAY, FEBRUARY 2

- 1341 MIP Tobacco in the 1000 block of Boyne Av.
- 1517 Larceny from the 500 block of State St.
- 2149 Assist Sheriff Department with attempt suicide on Springvale Rd

TUESDAY, FEBRUARY 3RD

- 0810 Report of phone scam. Caller claims to be from Publisher's Clearinghouse Sweepstakes, but Wanted homeowner to send \$1000. First. Publisher's Clearinghouse will not ask you for money.
- 1035 Vehicle unlock in the 500 block of N Lake St
- 1041 Parking complaint on East St near State St
- 1055 Parking complaint in the 1000 block of Boyne Av.
- 1128 Citation issued for Careless Driving on Boyne Av
- 1650 Report of assault in the 1000 block of Boyne Av.
- 1923 Private property damage accident in the 400

- block of N Lake St
- 2013 911 hang up from the 300 block of E Division St.
- 2055 Juvenile complaint in the 500 block of N Lake St

WED. FEBRUARY 4TH,

- 0815 Report of subject walking down the middle of Lake St near State St. Caller is afraid she will be hit by a car.
- 1148 Report of subject walking down middle of the road again.
- 2225 Juvenile complaint in the 300 block of Silver St

THURSDAY, FEBRUARY 4

- 1309 Report of young child left in car in the 400 block of Boyne Av.
- 1345 Assist FD in the industrial Park
- 1507 Property damage accident at East and Vogel.
- 1533 Bad check complaint from the 200 block of E Water St
- 1627 Request for assistance with civil issues.

FRIDAY, FEBRUARY 6

- 0107 Suspicious vehicle in the 300 block of E Main St
- 0126 Assisted Sheriff Dept at Park and Pine.

- 0643 Property damage accident on East St near State St.
- 1006 Parking complaint on Pine St.
- 1100 Driving complaint received in the area of Park and Pine Streets
- 1210 Vehicle unlock in the 600 block of N East St
- 1435 Citation issued for speed at Lake and Pine.
- 1545 2 bad check complaints from the 400 block of N Lake St
- 2346 Assisted Sheriff Dept on M-75 S near Deer Lake Rd. Felonious assault

SATURDAY, FEBRUARY 7TH,

- 0046 Citizen assist in the 400 block of N Lake St
- 0335 Assist MSP with domestic dispute in Boyne Falls
- 0544 Alarm in the 100 block of River St.
- 1245 Disturbance in the 1000 block of Boyne
- 1344 Alarm in the 100 block of River St.
- 1746 Assist Fire Dept on Laurie Rd.
- 1918 Assist MISS DIG on Moll Dr.
- 2033 Alarm in the Industrial Park

SUNDAY, FEBRUARY 8TH

- 0236 Vehicle in the ditch on Beardsley near the entrance to the recycling center.
- 0315 Assault in the 700 block of Line St.
- 1421 Unlock in the 500 block of E. Division St.
- 1449 Domestic dispute reported in the 1100 block of Wilson St.

CHX. COUNTY SHERIFFS DEPT.

February 9-15

- 911 Hang Up Call.....2
- Abandoned Vehicle.....0
- Abuse.....0
- Alarm.....5
- Animal Complaint.....8
- Annoyance.....1
- Assault.....0
- Assist Citizen.....5
- Assist Motorist.....5
- Assist Other Agency.....10
- Attempt to Locate.....3
- Attempted Suicide.....0
- Bank Alarm.....0
- Boating Accident.....0
- Boating Violation.....0
- Breaking & Entering.....0
- Car/Deer Accident.....4
- Citations Issued.....8

- Civil Complaint.....4
- Criminal Sexual Conduct.....0
- Death.....0
- Disorderly Person.....0
- Disturbance.....2
- DNR Complaint.....1
- Domestic Dispute.....1
- Driving Complaint.....0
- Fireworks Complaint.....0
- Found Property.....1
- Fraud.....1
- Health & Safety.....0
- Hit & Run.....3
- Intoxicated Person.....0
- Juvenile.....0
- Larceny.....1
- Lockout.....10
- 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...1
- Paper Service.....17
- Parking Violation.....0
- Personal Injury Accident.....0
- Personal Protection Order.....0
- Private Property Accident.....1
- Property Check.....43
- Property Damage Accident.....11
- Prowler.....0
- Road Hazard.....7

- Stalking.....0
- Suspicious Situation.....4
- Threat.....0
- Traffic Stop.....30
- Trespassing.....0
- Unknown Accident.....0
- Unlawful Driving Away of Automobile.....0
- Vehicle in the Ditch.....5
- Violation of Controlled Substance Act.....0

ROLLOVER ACCIDENT ON BARNARD ROD

On February 15, 2015 at approximately 7:41 a.m., the Charlevoix County Sheriff's Office responded to a one car rollover injury accident on Barnard Road just East of US-31 S. in Norwood Township. The driver, 17 year old Carys Martin of Charlevoix, lost control while driving through a snow drift. Her vehicle, a 1998 Chevy S-10, then ran off the roadway and rolled over. Martin was uninjured in the crash. The passenger, a 16 year old Charlevoix resident, was transported to the Charlevoix Area Hospital with non-life threatening injuries. Blowing snow and icy weather conditions contributed to the crash.

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News

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Crooked Tree Arts Center Presents 3rd Annual Arts Scholarship

Crooked Tree Arts Center is pleased to announce it's offering two \$500.00 scholarships for graduating high school seniors living in Emmet and Charlevoix counties and pursuing fields of study in the arts. This includes visual arts, performing arts, theatre, dance and music. One scholarship recipient will be chosen from each county. This is the third year for the scholarships.

"We look forward to the opportunity to review the applications of this year's motivated and accomplished individuals

for the 2015 awards. The scholarship committee felt privileged last year to choose from a very talented pool of college-bound arts students" said Dr. Paula Welmers, former CTAC Board member and Chair of the Selection Committee.

Crooked Tree Arts Center focuses on youth arts education through the Dorothy Gerber Music Education Program, Crooked Tree Youth Orchestra and Jazz Band, School of Ballet, Annual Youth Arts Show, Annual Young Writers Expo, Decent School Tours, 21st Century

Community Learning Grant and a wide variety of classes and workshops throughout the year. Thousands of area students are engaged in the arts through their experiences with the arts center.

"We're very pleased to offer this scholarship opportunity. We hope it will foster a student's next level of arts education" said Cindy McSurely, CTAC's Development Director.

The deadline for consideration is March 31, 2015. Applications are available in area high school guidance offices or on-

line at www.crookedtree.org. Award recipients will be honored at The annual Youth Arts Awards Night on Wednesday, April 29, 2015 presented by and held at Crooked Tree Arts Center.

For more information please contact the arts center at 231.347.4337

RIGHT: Dr. Paula Welmers, Chair of the CTAC Youth Arts Scholarship Committee. COURTESY PHOTO



Charlevoix County Community Foundation Responds to Youth Needs

The Charlevoix County Community Foundation's Youth Advisory Committee (YAC) consists of fourteen (14) high school students that are represent the various geographic areas served by the community foundation. Every three (3) years, the YAC conducts a survey of all of the students in grades 8-11 in every high school in the county. The survey gives the YAC a better understanding of what area youth are thinking, and what their needs are, and gives the YAC another tool that helps them evaluate the potential impact of the grant proposals they receive.

Last year's survey listed drug and alcohol use, bullying, peer pressure and depression among the top con-

cerns of area teens. To address these concerns, the YAC brought Mike Donahue to Charlevoix County last week. The Executive Director and Founder of R5 Productions, Mr. Donahue held assemblies for middle school students, and high school students, at the Beaver Island Community School, Boyne City Public Schools, Boyne Falls Public Schools, Charlevoix Public Schools and East Jordan Public Schools. During the assemblies, Mr. Donahue talked about the importance of valuing oneself and encouraged everyone to be respectful of others.

Student leaders from each school worked with Donahue in small groups, too, discussing ways to improve the culture at their schools.

Donahue also held parent meetings at several schools to help parents better understand some of the pressures that teenagers face on a daily basis.

"We were so pleased to be able to have the resources to bring Mike and R5 Productions to Charlevoix County," said Andrew Drenth, EJHS Senior and the President of the YAC. "He connects so well with kids," Drenth said, noting, "it was great to see a lot of honesty, and a lot of concern about our fellow students."

Mishelle Shooks, Program Associate at the Charlevoix County Community Foundation, agreed. "The YAC wanted to do something proactive to address the needs of youth in our communities," she said. "Response to the assemblies has been really positive," she said, adding, "so we feel like the investment that the YAC made to bring R5 to Charlevoix County was an investment that helped a lot of young people."

The Charlevoix County Community Foundation is a grassroots charitable organization made up of various funds – all of them established by local donors. Some funds are earmarked for specific causes, and others are open-ended to meet changing needs. The funds are held in permanent endowment, so they can continue to grow and generate income to enhance the quality of life in Charlevoix County, now and for generations to come.

For more information about the grant-making process, establishing a fund, or making a gift, please contact the Charlevoix County Community Foundation at (231) 536-2440, or online at www.c3f.org.



Mike Donahue of R5 Productions addresses students at Boyne City High School. Donahue's visit was funded by the Youth Advisory Committee of the Charlevoix County Community Foundation. COURTESY PHOTO

East Jordan Public Schools Students of the Month



Dawson Olstrom

Mrs. Crick - Dawson is a very dedicated and conscience student. He always strives to do his best in all academic areas. Dawson is also a great friend and teammate. His peers like and respect him and know they can count on him in any situation on or off the court. It is a pleasure to have Dawson in class. I always look forward to hearing his thoughts and insight on a subject we are reading about. Congratulations Dawson on a job well done!

Mr. Keyser - Dawson is a true pleasure to have in class, and is an excellent choice for our first male student of the month! He invariably comes to class with a positive attitude and usually, a smile on his face! He is always prepared with his work, which is of the highest quality. He also exhibits great interpersonal skills, and is very well liked by his peers. Thanks Dawson, for being such a joy to have in class!

Mrs. Noiro - Every day, Dawson is one of the first students to enter my room with a smile on his face. His positive attitude is a great way to start the day. He is a remarkable listener and participant in classroom discussions...always offering good feedback to any conversation. The quality of Dawson's work is wonderful and he consistently turns in quality work. He is a role model to his classmates who seem to respect him a great deal. Dawson is simply a really nice guy. Congratulations!

Mr. Hamilton - Dawson is a perfect choice for Student of the Month. He continually has a positive attitude and does a phenomenal job representing PRIDE in our middle school. He is always polite and strives to do his best. He has an awesome sense of humor that lights up the classroom. He is well respected by the staff and peers. Dawson is an absolute pleasure to have in class. Great job Dawson!

Colette McCleod

I would like to introduce Colette McCleod as the elementary school's student of the month. Colette is a first grade student in my class this year. Colette always follows our school expectations of being responsible, respectful, and safe. She is a very hard worker, always trying her best, and she has really made a lot of gains in reading and math. Colette is very self-motivated, she wants to read chapter books, and she wants to answer all the math questions first, however her parents do help her stay focused...she told me last week that her father was demanding that she pass her 7s in mathlete...which she did the next day! Colette has always been an amazing writer, she takes her time and has phenomenal illustrations...we may be seeing her name in books or in an art gallery someday!

We have a lot of first grade students that also follow our school's expectations every day, but what made Colette stick out to me as a perfect candidate for student of the month is her compassion. A few months ago, Colette approached a boy on recess that was having a hard time following the rules at school. Colette, I later found out, had come up with a plan on her own for the boy to keep him on track. The plan included a reward (I think it was just for him to spend time with the girls on recess) for him if he could make good choices. I believe that Colette was not only trying to help the little boy succeed, but she was trying to make my life a little easier as well! She is also very patient in class with all of our students and loves to help others when she has the chance. Great job Colette on being a hard-working, compassionate leader in our school!

Bailey Sargent

Rob Essenberg: As a class adviser I have appreciated all the hours Bailey has demonstrated leadership in building floats, planning prom, working on fundraisers, and being inspiration to his classmates. As a classroom teacher, I enjoy having Bailey in class because he will tackle challenges with determination and perseverance while maintaining a great attitude. Bailey is innovative in his approach to solving problems and helping others. Congratulations Bailey!

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Boyne City High School

Student of the Week



Morgan Weldon

Grade: 12

Parent(s): Rebecca and James Weldon

FUTURE PLANS/GOALS: :

"I'm going to Central Michigan University, and as of right now I'm going for graphic design."

School Activities:

Volleyball 4 years, Basketball 3 years, Track 4 years

Hobbies and Interests:

"My hobbies include hanging with friends, sports, and having a good time. My interests are computers, drawing and just having fun."

Staff Comments:

"Morgan is doing an incredible job as a media center tutor. At least one BCHS student can credit his completion of an online class to all the help and encouragement Morgan gave him!" Cindi Place

"Morgan has a very pleasant personality and is a joy to be around. She always has a smile and is a friend to everyone." - Linda King, Counselor Secretary

"Morgan works extremely hard in Better Faster Stronger. What's even better about Morgan is that she always has a good attitude." - David Smith

School rankings report released by Center for Michigan

By Jim Akans

Bridge Magazine and the Center for Michigan recently released a listing of the 2014 Academic State Champs. The statewide rankings were compiled based on judging in eight grade levels over a three year period, adjusted by taking into account the poverty levels in each district.

Bridge Magazine's mission is to keep Michigan citizens informed about their state to encourage private and public sector growth. The Center for Michigan is designed to assist citizens in developing an agenda to promote state

growth.

The report represents ranking of 507 school districts in Michigan. Some districts were not ranked because they did not have grades in all setting, which are elementary, middle school and high school. The report notes that districts scoring 101 and above in each category exceeded expectations and those scoring between 99 and 101 met expectations.

For additional information visit <http://bridgemi.com/2015/02/academic-state-champs-top-10/>

AREA SCHOOL RANKINGS

ALANSON PUBLIC SCHOOLS

Overall; 104.5 Ranking; 110
Elementary; 105.47
Middle School; 107.47
High School; 100.68
Student Population; (2013-2014 year); 789

BOYNE CITY PUBLIC SCHOOLS

Overall; 106.7 Ranking; 59
Elementary; 108.56
Middle School; 108.34
High School; 105.07
Student Population; (2013-2014 year); 1,307

CENTRAL LAKE PUBLIC SCHOOLS

Overall; 99.1 Ranking; 312
Elementary; 101.57
Middle School; 96.42
High School; 99.35
Student Population; (2013-2014 year); 312

EAST JORDAN PUBLIC SCHOOLS

Overall; 104.3 Ranking; 115
Elementary; 105.15
Middle School; 104.32
High School; 103.36
Student Population; (2013-2014 year); 970

ELLSWORTH COMMUNITY SCHOOLS

Overall; 108.4 Ranking; 27
Elementary; 117.89
Middle School; 102.15
High School; 105.11
Student Population; (2013-2014 year); 245

MANCELONA PUBLIC SCHOOLS

Overall; 105.3 Ranking; 86
Elementary; 105.91
Middle School; 105.82
High School; 104.18
Student Population; (2013-2014 year); 975

News Briefs

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

BOYNE CITY

Business After Hours

Charlevoix County Transit will show off their newly expanded building as they join with the Boyne Valley Lions Club to host the Boyne Area Chamber's next Business After Hours on Thursday, Feb. 19. The event will be held at the transit garage located at 1050 Brockway St. from 5:30 to 7:30 p.m. The Boyne Valley Lions are a long-time service club that meets at noon every Wednesday at the Boyne District Library. Prospective members are encouraged to attend this Feb. 19 event to learn more about the Lions Club. Business After Hours is the Chamber's monthly business networking event, held at different members' locations each month. There is no charge for admission or refreshments.

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.

EAST JORDAN

Daddy/Daughter Dinner and Dance

The East Jordan Co-op Nursery School presents An Evening in Paris! Daddy/Daughter Dinner and Dance. Saturday, Feb. 21, 5:30 at the Civic Center. Preschool-5th grade. Tickets available from any

EJ Co-Op Nursery School Parent or in the Co-Op Classroom. \$25-Couple or \$30- Family. Questions: Call Renee @ 231-222-2229

EAST JORDAN

All You Care To Eat Swiss Steak Dinner

The East Jordan United Methodist Women are sponsoring an All You care to eat Swiss Steak Dinner Sat., February 21, 5-7pm. A variety of salads and homemade pies will also be offered. The church is located at the corner of Fourth and Esterly in East Jordan. Ticket prices are \$8.00 for adults, \$5.00 ages 5-12, and under 5 free.

CHARLEVOIX

Toast to Literacy Fundraiser

Join Char-Em United Way on Saturday, February 21st from 7 to 11pm at Castle Farms in Charlevoix for the Second Annual Toast to Literacy fundraiser event. Enjoy a food competition and vote for your favorite soup, savory and sweet dishes. Sample beer, wines, and meads from 12 local producers. Bid on a pig roast, a relaxing massage, an overnight stay at a hotel and many other wonderful items donated by generous supporters of children's literacy. Enjoy this Toast to Literacy to help Char-Em United Way provide books to preschoolers and foster their love of learning through support of the Dolly Parton Imagination Library. For more information visit charemunitedway.org or castlefarms.com.

BOYNE CITY

Friday Night Film Festival at Boyne Library

The Friends of the Boyne District Library are starting a new Friday Night Film Festival with

showtimes at 6:30 p.m. Snacks are available for a donation. Feb. 27: The Gun in Betty Lou's Handbag, A librarian, a gun, a comedy (1992, PG).

BOYNE CITY

Pure Michigan Connect Luncheon Workshop

Pure Michigan Business Connect is hosting a luncheon workshop that will help you connect your business to other Michigan businesses using www.puremichiganb2b.com; improve your buying and selling opportunities; and provide opportunities for free business services through Pure Michigan Business Connect. NLEA staff will also be available directly following the workshop to provide one-on-one assistance to enhance your PMBC listing and request PMBC services. Friday, February 27, 12-1:30pm, NLEA office, 1313 Boyne Avenue. \$10 per person. RSVP (231) 582-6482 or info@northernlakes.net.

EAST JORDAN

East Jordan Public Schools Extravaganza

The second annual EJPS Extravaganza, a guaranteed fun fundraiser benefiting East Jordan Public Schools, will take place Saturday, March 7 from 5:30 to 11pm at Castle Farms. The Extravaganza features a complimentary Happy Hour from 5:30-6:30 sponsored by The Landings restaurant, Good Eats, Cash Bar, Dance Band The Cookies, Fun and Games, Silent and Live Auctions, a Photo Booth and Free Childcare. Tickets are \$50 per person, available at all EJPS School Offices or by phone. Sponsors, Donations, Volunteers appreciated. For complete details go to www.Facebook.com/EJPSX. For tickets, to donate, or volunteer, call call 231-536-2259.

BOYNE CITY

Friday Night Film Festival at Boyne Library

The Friends of the Boyne District Library are starting a new Friday Night Film Festival with showtimes at 6:30 p.m. Snacks are available for a donation. March 13: The Sapphires, a comedy/drama, great music from 1968 (2013, PG-13).

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. \$5 admission.

BOYNE CITY

Friday Night Film Festival at Boyne Library

The Friends of the Boyne District Library are starting a new Friday Night Film Festival with showtimes at 6:30 p.m. Snacks are available for a donation. March 27: The Love Punch, Some British froth from Emma Thompson and Pierce Brosnan (2014, PG-13).

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 kroondyk@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, Alan-

son; 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 wrcnm.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.

Charlevoix County News Classifieds

Place a 10 Word Classified Ad in the Charlevoix County News for only **\$2.00** Addl. Words 20¢ Each

Fill Out and Mail To: **Choice Publications, PO Box 382, Gaylord, MI 49734** or Place your classified online at www.CharlevoixCountyNews.com or Place your ad by phone at **989-732-8160** or e-Mail: Office@CharlevoixCountyNews.com

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News

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'Can-do' attitude helps build 36+ year legacy

Women's Resource Center executive director announces retirement



Jan Mancinelli, executive director of the Women's Resource Center of Northern Michigan (WRCNM), recently announced her plans to retire at the end of May. COURTESY PHOTO

Jan Mancinelli, executive director of the Women's Resource Center of Northern Michigan (WRCNM), recently announced her plans to retire at the end of May. After 36+ years with the organization, she can still vividly recall her job interview with a group of founders and early board members in the fall of 1978. She said they had shared their vision of what the Women's Center should be and the million dollar question was did she think she could write grants and fundraise to make their vision a reality. In typical Jan Mancinelli style, she said, "Sure, I can do that!"

Mancinelli recalls that it was a time when the issues of domestic violence and sexual assault were barely noticed in the community or anywhere on the social, cultural stage. Domestic abuse laws had only just passed that same year. The resurgence of the women's movement in the 60's and 70's, the civil rights movement of the 50's and 60's, the fight against poverty in the 60's and the anti-war movement of the 60's and 70's were all part of the social conversation and the presence of these issues on our social and political screen brought new awareness and energy toward peace, justice and

equality.

"The status quo was being challenged at every level of our society and the Women's Center, started in 1977, was at the ground level with an ideology that embraced all of these present and emerging issues," said Mancinelli. "The organization plodded forward confronting gender inequality and violence in our homes. There were times in the beginning when I would try to meet with a prosecutor or a police agency to discuss a domestic abuse or sexual assault case and no one would return my calls."

So much has changed since then, according to Mancinelli, who said the organization now partners with all law enforcement, works with them on cases and works with them on developing and implementing training, policies and procedures. "Today, we collaborate and work together to address these issues instead of being adversaries," Mancinelli emphasized.

In response to community need, the non-profit organization grew and expanded service delivery to locations in five northern Michigan counties over the years, yet there were many challenges along the way.

"The biggest challenge as I look back has been to stay focused, relevant and positive – not to get cynical and angry at the injustices, inequality and the slow pace of social change. Knowing and seeing the horrors of what people face when they are abused, hurt, disenfranchised and discounted is sometimes a dreadful reality of this work," said Mancinelli. She also pointed out that managing the WRCNM's growth while facing financial challenges to build and sustain an organization responding to so many community and social needs was also a great challenge.

Mancinelli stayed committed to the WRCNM's vision to provide excellent services and effective programs while remaining fiscally responsible. From humble beginnings working from a donated office space at North Central Michigan College, the WRCNM has grown to own four buildings that have all undergone extensive remodeling and renovation: the Safe Home; two Gold Mine Resale Shops that help generate funds for the organization; and the main office that houses counseling, the Children's Learning Center, Project FREE preschool and administration. Additionally, individuals may access counseling and support at rented satellite offices in Cheboygan, Gaylord and Mancelona, and on the campus of North Central.

Another important aspect of Jan's work has been to promote equality, justice and the well-being of women. This involved reaching out into the community. There were countless hours meeting with local leaders, other human service agencies, law enforcement officials, churches and social/civic organizations to speak out and be a voice to raise awareness and combat social injustice.

"I am sure I was not always the person others wanted to see or hear from," Mancinelli said. "I knew that if I were to stay true to the mission and work of the organization it was my responsibility to speak up to challenge injustice even when I knew that I would stand alone and/or be isolated from those who did not agree or were content to have the status quo remain."

However, the journey has not entirely been a lonely one. She fondly recalls and acknowledges the many strong, passionate and committed staff and board members, volunteers and donors with whom she has had the honor to work.

Gail Kloss named new executive director of Women's Resource Center of Northern Michigan



At the Women's Resource Center of Northern Michigan (WRCNM) January board meeting, it was affirmed that Gail Kloss will take on the role of executive director after Jan Mancinelli retires from the non-profit organization at the end of May. COURTESY PHOTO

At the Women's Resource Center of Northern Michigan (WRCNM) January board meeting, it was affirmed that Gail Kloss will take on the role of executive director after Jan Mancinelli retires from the non-profit organization at the end of May. Kloss has been with the agency for five years and has served as the financial director.

"There has been a very conscientious process to assure a smooth and successful transition," said Mancinelli. In the fall of 2013, a solid plan was devised by the WRCNM Board of Directors and Mancinelli which included the creation of a succession planning committee.

An extensive search was initiated to hire a chief operating officer (COO), with the intention of naming this person executive director if they met the expectations in providing leadership and demonstrating the skill sets required to run a community based nonprofit.

In January 2014, Kloss was hired as the COO. For the past year she has been working alongside Mancinelli learning the complexities of the job and the operational aspects of the WRCNM.

"We all look forward to the outstanding leadership Gail is sure to provide," noted Mancinelli. "I am confident that the integrity, responsiveness and professionalism the community has come to expect from the WRCNM will not miss a beat."

"It was, and is, a privilege to know that I stood side by side with people who believed in what we are doing – together we did some remarkable things and proceeded to give hope and provide the tools that helped people have a happier and healthier life," Mancinelli noted. "I am forever grateful that people participated in growing this wonderful organization and because of that we had an impact on social issues, in general, and provided a needed service for many."

"I am just happy to know that what turned out to be my life's work is successful, that I was able to follow my passions and beliefs and work toward equality, social justice and non violence," Mancinelli added.

For more information about the WRCNM, contact the main office at (231) 347-0067 or visit wrcnm.org.

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News

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Charlevoix Area Hospital Celebrates the Opening of the Sarah M. Foster Chemotherapy-Infusion Center



Cheers go up as the ribbon falls down Wednesday during the official opening and dedication of the Sarah M. Foster, MD Chemotherapy - Infusion Center at Charlevoix Area Hospital. Hospital president Lyn Jenks (from left) officiates as chemotherapy center director Karen Hadley, hematologist/oncologist Andrew Riddle, DO; Chad Foster, his 3-year-old son Nolan, board chair Ruth Hoppe, MD and Kathleen Jacobsen, RN all help get the ribbon cut. The Foster father and son team did the clipping in memory of wife and mother, the late Sarah Foster, MD, whose name will remain on this special place of healing in her memory.



LETTERS TO THE EDITOR

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

NORTHWEST ACADEMY THANKS 6TH ANNUAL ARTSY SOUP COOK-OFF SUPPORTERS

On behalf of Northwest Academy, we would like to take this opportunity to thank the following restaurants: City Park Grille, Front Porch Café, Pigs Eatin' Ribs, Red Mesa, Scovie's Gourmet, Smoke on the Water, Cre8tive Cupcakes, Villager Pub, Drawbridge Bistro, Bridge Street Tap Room and Grey Gables for participating in our 6th Annual Artsy Soup Cook Off held in the community room at the Charlevoix Public Library. We appreciate their contributions, as well as the use of the Charlevoix Library's won-

derful community room, in making this event a success. Thanks also to Stafford's Weathervane for the use of their table cloths and McDonalds for the donation of cups and drink. A big thank you as well goes out to all of the parents, students and staff that donated breads, desserts and time and labor. This was a great evening spent tasting soup and viewing student artwork! See you all next year!

Friends of Northwest Academy

MARINA EXPANSION

continued from 1A

positive feeling toward the docks from anyone. Straebel then explained to council that since the beginning the issue has been a political one, and that the staff wanted clear direction from council if they would like to go ahead with addressing the safety concerns or not.

"If the political support of city council isn't there, we have better things to do with our time," stated Straebel.

Several in the audience agreed with his statement, including Bob Timms who told council to "stop wast-

ing money" and "every-one's time" by considering the project.

Only two members of council supported looking into the safety concerns, Luther Kurtz and Shane Cole, who felt a need for further information before deciding to end or continue the project. That middle ground approach was rejected when Shirley Gibson made a motion to discontinue the project and withdraw their application from the Army Corps. Ultimately, that motion was passed by a 4 to 2 vote with Kurtz and Cole voting no. The applications will thus be withdrawn and the issue will not be reviewed again by council for the foreseeable future.

HIDDEN TREASURES: Everything and more at A-2-Z Resale in Gaylord

By Jim Akans

With approximately 4,000 square feet of fully stocked resale space, and new inventory arriving daily, customers can shop for just about anything starting with any letter in the alphabet at A-2-Z Resale in Gaylord.

Founded by Bill and Carol Brown in May of 2008, A-2-Z Resale has grown to encompass just about any resale item shoppers could be looking for, including appliances, furniture, racks and

racks of clothing items, tools, home décor items, kitchen items, towels, bedding, curtains, dishes, nick knacks, collectable figurines and spoons, candles, holiday décor items including 1000's of Christmas ornaments, luggage, golf clubs, DVD's and VHS tapes, CD's, vinyl records, puzzles, books, games, toys, baseball cards, and more...even a special area devoted to wedding dresses.

Astonishingly, A-2-Z has over 50 wedding dresses and over 50 prom dress on hand, plus over

4,000 pieces of jewelry, lots of buttons, purses, shoes, boots, sandals and 20 racks full of all types of clothing for men, women, children...even maternity and baby clothes. There has never been a more economical and stylish way to update your wardrobe or get decked-out for that upcoming special occasion.

"We have just about everything here but food," observes Bill Brown. "We locate items for our inventory from garage and estate sales, abandoned storage units,

donations and more. We never know what we will have next, it changes every day."

Carol Brown adds, "Many of the items that we offer, especially furniture, move very quickly. We would love to thank everyone who has stopped in and for being our customers for six years now. We would also enjoy seeing our friends from Onaway, Millersburg and Harrisville areas stop in and see us."

One thing is certain, on any given day there are plenty of

items representing every letter in the alphabet at A-2-Z Resale. Convenient parking in front of the store makes it easy for shoppers to stop in on a regular basis to check out the latest inventory.

A-2-Z Resale is located at 1829 Old 27 South (S. Otsego Avenue) in Gaylord. The store is open from 9 am to 6 pm, seven days a week all year long with the exception of holidays. For additional information call (989) 732-9500.

GOOD SAMARITAN RESALE SHOP

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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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Charlevoix County Commission on Aging

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

**218 W. GARFIELD ST.,
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Office Hours:
Monday - Friday 9AM-5PM

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**THE COA OFFERS THE
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- Congregate Meals
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- Medicare D Counseling
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- Project Lifesaver
- Senior Hi-Lites Newsletter
- Tax Assistance
- Volunteer Opportunities

WEBSITE ADDRESS:

www.charlevoixcounty.org/coa.asp

What Beneficiaries Need to Know Before Purchasing Durable Medical Equipment

Let's say you are eligible for Medicare and your physician just wrote a prescription for you to purchase a Durable Medical Equipment (DME) item. Medicare has a lot of rules about buying DME, so how do you proceed? First, let's describe what DME is. These are items covered by Medicare Part B and include examples such as wheel chairs and powered mobility devices, diabetic glucose meters and test strips, CPAP breathing machines, oxygen and associated equipment, commode chairs, crutches, hospital beds, chair lift mechanisms, and infusion pumps.

After the annual Part B deductible of \$147 is met, Medicare will generally pay for 80% of their approved amount for the equipment. Unless the patient has supplemental coverage, they will be responsible for the remaining 20% of the cost, or more if they don't follow a few procedures.

Beneficiaries will need to be diligent to make sure the purchase cost of their DME item is covered properly. The first requirement is to have a prescription for the item from a physician who participates with Medicare. Next, the prescription needs to be filled by a provider that is a Medicare ap-

proved DME supplier. Most of these suppliers will also accept Medicare assignment. If they do not accept assignment, then they often will bill Medicare for the item, but you may be charged more than what you would otherwise pay to a provider who accepts assignment. Also, the provider who does not accept assignment can require that the full purchase price be paid up front. The beneficiary must then wait to be reimbursed directly from Medicare.

To greatly simplify matters, always ask the provider "are you an approved Medicare supplier of DME items" and "do you accept Medicare assignment" before committing to the purchase. If the response is no, then you may want to find another provider who does both.

One of the more common issues that beneficiaries run into is in the purchase of lift mechanisms for chairs. Medicare only covers the lift portion of the unit and NOT the chair. Also diabetic testing supplies can be purchased by mail order, but the company must have a contract with Medicare. If diabetic supplies are purchased through a local pharmacy then you need to verify that the

provider accepts Medicare assignment and they will bill Medicare for you.

The requirements set up by Medicare for the supply and purchase of DME are quite extensive, but they have a credible purpose. The new process helps to keep the Supplementary Medical Insurance Trust Fund solvent for the future, while reducing the cost of DME for beneficiaries. Also, the new DME rules are having a significant effect on lowering the costs of fraud and abuse, which of course, helps to keep the trust fund viable for current and future beneficiaries.

You can find out much more about DME by going to Medicare.gov and typing "DME" in the search window. Medicare beneficiaries can also receive help by contacting the Medicare/Medicaid Assistance Program (MMAP) at 800-803-7174 or by calling 800-Medicare (800-633-4227).

*By: Jim Verville,
Region 10 Coordinator
Michigan Medicare/Medicaid Assistance Program
Area Agency on Aging, Traverse City, Michigan*

BOYNE AREA SENIOR CENTER ACTIVITIES

Thursday, February 19 Wii Bowling 11am Knitting & Crochet	Friday, February 20 11am O.J. Adkins Raffle	Monday, February 23 Line Dance Brown-Bag Bingo - Gift Certificate Prize	Tuesday, February 24 Brown-Bag Bingo - Free Lunch Prize	Wed., February 25 11am Arthritis Foundation Exercise Program	Thursday, February 26 Wii Bowling 11am Knitting & Crochet
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CHARLEVOIX SENIOR CENTER ACTIVITIES

Thursday, February 19 FOOT CLINIC 9:30am Craft Class 1pm Rummy	Friday, February 20 VALENTINE'S PARTY! 9:30am Craft Class 1pm Rummy	Monday, February 23 1pm Bridge 1pm Woodcarving 7pm Bible Study	Tuesday, February 24 11am Chair Yoga Class 1pm Paint Class 1pm Rummy	Wed., February 25 12:45pm Bingo	Thursday, February 26 11am Chair Yoga Class 1pm Pinochle
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EAST JORDAN SENIOR CENTER ACTIVITIES

Thursday, February 19 Foot Clinic KARAOKE DAY!	Friday, February 20 11am Dollar in the Jukebox Bingo BAKE RAFFLE—everyone bring something!	Monday, February 23 8am-1pm Walking M-F	Tuesday, February 24 10:30am Line Dancing 12:30pm Bingo	Wed., February 25 GAME DAY!	Thursday, February 26 KARAOKE DAY!
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CHARLEVOIX COUNTY SENIOR CENTER MENU

Thursday, February 19 BEEF CHILI	Friday, February 20	Monday, February 23 BREAKFAST	Tuesday, February 24 BAKED FISH	Wed., February 25 COOK'S CHOICE	Thursday, February 26 BEEF SPANISH RICE
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