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# Charlevoix County News

July 23, 2015

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## Community input sought for waterfront in Boyne City

Norma Jean Babcock

**BOYNE CITY:** On Tuesday, residents of Boyne City gathered in Sunset Park for an input session where they gave their opinions on the proposed improvements for waterfront land between Peninsula Park and 475 Lake St.

The input session served to further a project that Boyne City won a grant award for through the "Place Plans" initiative in January. The "Place Plans" program is a collaboration between the Michigan Municipal League and Michigan State University. This program selected Boyne City along with seven other communities to offer assistance in economic development projects. These projects receive funding through the Michigan State Housing Development Authority and MPlace Partnership created by Governor Rick Snyder.

Boyne City chose to focus their plan on creating more vibrant waterfront areas by offering more public space and parks along the water, and by connecting routes from the water to other places in town. The efforts to collect ideas on this project began on May 19 when the first input session was held. Residents were able to give their thoughts on the question "If you could reinvent the waterfront area in Boyne City what would it look like?" Those in attendance gave their opinions which were then taken into account by those drafting possibilities for the project.

At the session on Tuesday, more public opinion was sought on two different options for the areas along

See **Waterfront** -4A

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## It's back to the 'good old days' this weekend at the Northern Michigan Antique Flywheelers Show



The daily Parade of Power is just one of many exciting events at the Northern Michigan Antique Flywheelers event. Antique tractors and machinery of virtually every make and model will be on display this weekend at the 28th annual event from Thursday, July 23 through Sunday the 26. PHOTO BY JIM AKANS

By Jim Akans

**I**t's about stepping back in time and stepping into a whole lotta fun! This weekend's Northern Michigan Antique Flywheelers Show, held on the Flywheelers Club's grounds located off U.S. 131 (between Walloon Lake and Boyne Falls), is an adventure like no other for those of every age and interest. The excitement begins on Thursday, July 23, and continues through Sunday, July 26.

This year marks the 28th anniversary for the annual event. Larry Matthew founded the organization and show back in 1988. The Antique Flywheelers Show is a great opportunity for attendees to learn and share knowledge



Kids of all ages will enjoy the many activities (and great food) during the show, including a daily parade through the grounds aboard a "train" pulled by a (you guessed it) vintage garden tractor. PHOTO BY JIM AKANS

about vintage engines and crafts, and there is a wide range of family-oriented activities taking place throughout the four-day event.

Each day, the schedule of events includes fascinating demonstrations of old-time technologies including veneer and shingle mills, a sawmill, threshing and corn chopping,

and crosscut sawing. There is an exciting "Parade of Power" which takes place each day at 2 pm, featuring a procession of vintage tractors and farm-related equipment travels around the show grounds. At 7 pm on Thursday through Saturday, a Tractor Safari pulls adventurers aboard wagons through

the woods on a journey that culminates with a spectacular view overlooking Lake Charlevoix.

Shoppers will love the Antique Flywheelers show as there is a huge, enormous, and yes, even gigantic Flea Market on the grounds and a great big Arts & Crafts show every day as well. Kids will enjoy watching or participating in the daily Kids Pedal Tractor Pull, or getting up close to a variety of animals at the on-site petting zoo, and there are plenty of spots to find delicious meals, snack and beverages right on the Flywheelers Club grounds.

Best of all, the annual Northern Michigan Flywheelers Show is a value priced family event. Daily admission is just \$7 donation per

See **Flywheelers** -3A

CHARLEVOIX CITY COUNCIL MEETING, JULY 20, 2015

## Mayor postpones skydiving discussion

Norma Jean Babcock

**CHARLEVOIX:** In what was the shortest meeting in recent history City Council met Monday to approve of several job description changes and contract renewals, but put off a hotly discussed topic until their next meeting.

The meeting had lengthy 183 page packet, but was shortened by Mayor Gabe Campbell who postponed a discussion on skydiving at the Charlevoix Municipal Airport until the next meeting of council. Campbell cited that he felt having the discussion without City Attorney Scott Howard and a representative of the city's insurance company was premature.

The discussion had been scheduled in the hope of creating a thorough and open discussion about whether or not skydiving should be allowed at the airport. At the previous meeting of city council, the issue was strongly discussed, but no decisions were made. This follow up meeting was meant to give the city a clear direction for what action should be taken.

"The purpose of this agenda item is to have a productive, fact-based discussion about skydiving at the airport, allow for additional public comment, and to determine what specific guidance should be given to the city attorney," stated the background information section of the agenda item.

His objection to the discussion seemed to be seconded by Council member Shirley Gibson who expressed her frustration at having an email with answers about the discussion given to her at the beginning of the meeting, instead of far enough in advance that she could review it. City Manager Michael Spencer explained that he had given the information as soon as it was available.

Council member Bill Supernaw noted the large audience in atten-

See **Skydiving** -5A

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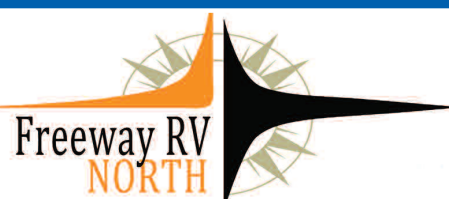


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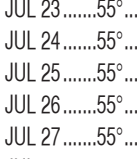
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weather	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	record temps																																																															
																																																																							
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## Fritz A. Puffpaff, Jr., 89

A graveside service for Fritz A. Puffpaff, Jr. of Charlevoix who passed away January 14, 2015, will be 1 pm, Monday, July 27, at Brookside Cemetery in Charlevoix. Military honors will be presented by the Charlevoix Area Veterans and US Air Force.

The Winchester Funeral Home in Charlevoix is handling the arrangements.

## Curtis Dale Beyer, 58

Curtis Dale Beyer of Battle Creek, formerly of Charlevoix and the Petoskey area, "was called home to the sky" Sunday, July 12, 2014, in Battle Creek.

Curtis served in the United States Marine Corps stationed in Okinawa. He was a Master Plumber. Curtis enjoyed fishing and hunting, and loved his family and friends.

He is survived by his children, Cheryl Beyer, Kristina Mills, Katie Beyer, Curtis Beyer, and Terry Beyer; brother, Gary (John) Coudron; sisters, Lori (A.J.) McSawby-Hartle, Tina (McSawby) Wiser, Evelyn John, Elizabeth Crocet; many grandchildren, nieces and nephews.

Curtis was preceded in death by his wife Verna Loretta Beyer; father, Guy Joseph John; mother, Catherine May (Sands) McSawby; brothers, Guy John, Randolph (John) Coudron; sisters, Jennifer McSawby, Wanda John, Betty Kewagshken, Arlene Antoine.

Graveside service was Thursday, July 16, at the Brookside Cemetery in

Charlevoix. The Reverend Sam McClellan officiated and military honors were presented by the Charlevoix Area Veterans.

Please sign Curtis' guest-book at [www.winchesterfuneralhome.com](http://www.winchesterfuneralhome.com)

## Bev Boss

On July 15, 2015, Bev

Boss went home to Heaven – where she immediately joined several committees and took charge of the Wednesday night dinners at her Father's table, adding baked beans and raspberry pie to the menu. Bev lived a life dedicated to God, her family, and her community. Her attitude can be summed up in a favorite quote from Erma Bombeck: "When I stand before God at the end of my life, I would hope that I would not have a single bit of talent left, and could say, 'I used everything you gave me!'"

Bev was born and raised in East Jordan and as much as she came to love the Rayder Nation, she remained a lifelong Red Devil. After graduating from East Jordan High School in 1947, she attended business school in Bay City, Michigan and became a secretary at Dow Chemical in Midland. After a few years, she decided city life wasn't for her and headed back north, where she worked at East Jordan High School and Charlevoix Hospital.

In 1955, she married Herb Boss. They moved into a little house on a hill on South Barnard Road, where she stayed home to

raise six children. Bev loved to cook for family and friends and no matter how many people showed up for meals, there was always room for one more at the table.

When her youngest started school, Bev went to work in the Charlevoix Elementary School kitchen. In 1985, she returned to her business school roots and became the secretary at Charlevoix Middle School. Bev loved working at the middle school, saying she gained a whole new batch of kids (the teachers) and grandkids (the students).

After retiring in 2000, Bev didn't slow down. She volunteered at the Charlevoix Senior Center, the Community Food Pantry, and in many roles at Charlevoix Community Reformed Church, including being a driving force behind the Safe Haven breakfast club. But her special passion was for the Charlevoix Community Christmas project. Christmas was her favorite time of the year, and it was her firm belief that all children deserve a happy Christmas. During her many years chairing the project, she made sure that happened for hundreds of children in the Charlevoix area.

Bev was preceded in death by her parents, Lee Sr. and Edith (Upton) Danforth, brother Lee Danforth Jr., and son Dave Boss. She is survived by her husband of almost 60 years, Herb Boss; their children, Sue (Dave) Mitchell, Dan (Sue) Boss, Lisa (Mark) Vind, Doug Boss, and Barb (Brian) Myers; and her much loved and bragged about grandchildren, Emily Boss, Lauren and Ross Mitchell, and Rachel, Sarah and Robby Vind. Bev will also be missed by her brothers Don Danforth and Keith (Marilyn) Danforth; in-laws Leona Danforth, Kathy Danforth, Nate (Kathryn) Boss, Ken (Myrna) Boss, Esther (Garry) Vandenberg, and Kathy (Rod) Lindner; many nieces and nephews; her church family at Community Reformed; her coffee ladies; and most recently, her special girls at Grandvue.

A service celebrating Bev's life will be held on Thursday, July 23 at 1:00 at Community Reformed Church in Charlevoix. In lieu of flowers, the family asks that contributions be made to the Charlevoix Community Christmas Project or the Safe Haven Breakfast Club. To really honor Bev's memory and her commitment to service, please consider a donation of your time and talents to one of those groups, or to one of the many other worthwhile organizations in our community.

Please share condolences or your memories of Bev at [www.winchesterfuneralhome.com](http://www.winchesterfuneralhome.com)

## Elanah E Scott (Hawkes), 103

(DEC. 4, 1911 - JULY 14, 2015)

Elanah E. (Hawkes) Scott passed away in her home July 14, 2015 at the age of 103 ½.

Elanah was born on Jefferson Hill, in Boyne City, MI December 4, 1911 to Abner and Lucy (Collings) Hawkes. Elanah graduated from BCHS in 1930 and Western Michigan University in 1934 as a teacher. She taught 5th grade for 42 years at Owosso, Michigan Schools.

In 1947 Elanah married Robert T. Scott who passed

away in November of 1977. Elanah remained a faithful life member of the 1st Church of Christ, Scientist, Mother Church in Boston, MA. She was a life member of the Michigan Association of Retired Teachers for the last twenty some years. Elanah lived in her home town of Boyne City to help her brother, John and wife Arlyne Hawkes. Following Arlyne's death, Elanah went back to Owosso and decided Owosso wasn't where she wanted to be. She wanted to go back home to Boyne City and be with family. She spent her last years with the Hawkes side as she was the last of her line.

Elanah is preceded in death by her brothers Harry Hawkes, John (Arlyne Anderson) Hawkes; sister Anita (Joe) Heiermann; and the Scott family Wilma and Bob Gross, Roy and Ruth Scott, Earl and Margaret Scott, Dorothy and Charles Soukup. Elanah never had any children of her own yet had many nieces and nephews and their families Renny and Lorraine Hawkes, Kaaren (Heiermann) and Perry Bennett, Bill and Linda Heiermann, Johnnie (Hawkes) and Art Turner, Bonnie (Hawkes) and Deeks Carroll, Linda (Soukup) and Junior Vincent, Darrell and Gloria Soukup.

Cremation has taken place and a memorial service will take place 10:00 AM at August 4th, 2015 at Maple Lawn Cemetery in Boyne City.

The family would like to thank the wonderful ladies who took care of our aunt Elanah.

Family and friends wishing to share a thought or memory of Elanah are encouraged to do so online at [www.stonefuneralhome.com](http://www.stonefuneralhome.com).

Stackus Funeral Home of Boyne City is serving the family.

## Judy Ann Fiel (Tresh), 62

(AUG. 20, 1952 - JULY 19, 2015)

Judy Ann Fiel, age 62 of Boyne Falls passed away Sunday, July 19, 2015 at Otsego Memorial Hospital in Gaylord.

Judy was born on August 20, 1952 in Warren, MI the daughter of Steve and Helen (Skop) Tresh. She grew up in Detroit. On April 17, 1987 in Charlevoix she married Carl Fiel. Judy enjoyed flowers and being outdoors most of all she loved her children and grandkids. She will be remembered by her family as a loving wife and mother. Judy was also a member of St. Augustine Church in Boyne Falls.

Judy is survived by her Husband Carl; children Robert Freck, Stacy (Melvin) Bibbs, Beth (Tim) Rafter, Chris (Cassie) Fiel, Monica (Steve) Gauthier and Cheryl (Rob) LaBute; fourteen grandchildren; one great grandchild; sister Diane Gillespie and brother Ron Tresh.

She is preceded in death by her parents and brother-in-law Tom Gillespie.

A funeral mass will be celebrated 11:00 AM Wednesday, July 22, 2015 at St. Augustine Church in Boyne Falls with a visitation being held from 10:00 AM until the time of service.

Family and friends wishing to share a thought or memory are encouraged to do so online at [www.stonefuneralhome.com](http://www.stonefuneralhome.com).

Stackus Funeral Home of Boyne City is serving

the family.

## Henry Gordon Field, Sr., 93

(MARCH 11, 1922 - JULY 17, 2015)

Our loving, caring Father, Papa and Great Papa peacefully went to be with his Lord and wife, Anne, on July 17, 2015, surrounded by his loved ones.

Henry was born March 11, 1922 in Horton Bay, Michigan to Alice (Jacko) and John Field. On September 15, 1946 he married his one true love, Anne. They shared a wonderful and caring marriage for almost 64 years.

Henry proudly served in the United States Army during WWII; when being thanked for his service, days before he began his journey, he said, "I'd do it all over again".

Henry was a proud Tribal Elder of the Grand Traverse Bay Bands of Ottawa Indians.

Henry is survived by his children, Robert (Norma), Henry Jr., (Sandy), Maurice (Sara), Jeffrey (Marisol), Judy, Eileen (David) Dennis, Dorla (Kevin), Priscilla (Burton) Leist and Colleen (Rickky) Daughters-in-law, Carol and Virginia Field, and son-in-law, Larry Skippergosh. Henry was blessed with 22 grandchildren and 27 great grandchildren. He is also survived by several nieces, nephews, cousins, sister-in-law, Joyce Jensen and brother-in-law, Herbert (Mary Ann) Kesick.

Henry was preceded in death by his loving wife, Anne and son, Gary Clayton Field Sr.

A special thank you to Hospice of Northern Michigan; especially Laurie Cross who provided our family with dedicated and caring assistance. You will never be forgotten Laurie! Also a special thank you to his Primary care Physician, CariAnne Jeffers-Wceisel and the staff at LTBB Tribal Health Clinic for all you have done over the years.

Private family services will be planned for later this fall, where once again Henry and Anne will be together.

Those wishing to honor his memory may do so by helping all veterans, especially our disabled veterans.

## Ellingwood, Jr. Lloyd, 86

(DEC. 19, 1928 - JULY 14, 2015)

Lloyd (Bud) Ellingwood, Jr. (1928-2015) died July 14th at his home in Boyne City, Michigan after an illness. He was born in Evanston, Illinois, the son of Lloyd and Margaret (Brown) Ellingwood and the brother of Jean (Puff) and Margaret (Wilber).

The family moved to Toledo, Ohio in 1933. There the children attended Ottawa Hills Schools. Bud was an outstanding athlete and formed several lifelong friendships. He was graduated with the class of 1946, returned to Evanston and Northwestern University, briefly, and in 1948, after applying for an editorial position with the Chicago Tribune, wound up "on the ground floor" of the newborn WGN-TV. Working as a camera dolly pusher, he started a broadcasting career of 35 years producing, writing, and directing television programs and serving in administrative positions at WGN and at

WTTW-Chicago, where he was executive producer for two years.

He also served in the United States Army two years during the Korean War, training as a cameraman, and was honorably discharged as a sergeant.

In 1953, Bud was married to Sally Shaw, a native of Northern Michigan living in Chicago. Later in the fifties the couple bore two daughters: Sandi (now Mrs. Christopher Ryland) and Lindy (now Mrs. Michael Jordan), who subsequently presented them with twelve grandchildren.

The Ellingwoods first lived in Evanston where they raised their family and spent a lot of time racing their sailing dinghy. In 1973 they bought a 1904 farmhouse in Mundelein, Illinois, in which they would live while restoring it for twenty-seven years.

Bud took early retirement from WGN in 1983, became involved with personal computers, picked up some college credits, and went on to a writing career at Abbott Laboratories in North Chicago, Illinois, retiring as a senior writer in the corporate division in 1999.

The Ellingwoods retired to Boyne City, Michigan where Bud enjoyed sailing, skiing, and walking but most enthusiastically pursued the arts and crafts associated with home maintenance and restoration. He enjoyed the challenges, puzzles, and lessons involved in making broken things work and making old things new and useful.

In his later years, he and Sally enjoyed time with their daughters and their families.

Bud is survived by his wife, Sally, their two daughters and their husbands and children (of whom three are married), four great-grandchildren, four nieces, and two nephews.

There will be a gathering of family members to honor his memory at a later time.

## Edna Lorraine Florenski, 73

(SEPT. 9, 1941 - JULY 13, 2015)


Edna Lorraine Florenski of Alba died Monday July 13, 2015, at Grandvue Medical Care Facility in East Jordan.

She was born on September 9, 1941, in Gaylord, Michigan, the daughter of Thomas and Frankie (Rhodes) Muma. She married Ronald Florenski on July 18, 1959, in Gaylord.

Edna worked with the family business, Ron's Well Drilling, in Alba. She enjoyed bowling, bingo, cooking, reading and spending time with her family.

She is survived by her husband, Ronald Florenski, Sr. of Alba; three children, Ronald Florenski, Jr. of Alba, Catherine Florenski of Elmira and Jean (Mark) Gray of Alba; four grandchildren; four great grandchildren; one brother, Willard (Jeanette) Muma of East Jordan; three sisters, Nina Treece of Gaylord, Judy (Lloyd) McPherson of East Jordan and Viola (George) Davis of Elmira; as well as several nieces and nephews. Edna was preceded in death by her parents; an infant brother; and three sisters, Lulu Bell, Clara and Alberta.

A memorial service was held on Tuesday, July 21, 2015 at the Penzien Funeral Homes, Inc. in East Jordan. Rev. Craig Pahl of the East Jordan United Methodist Church officiated.



**Charlevoix County News**

**VOLUME 7, ISSUE 5**

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# Boyne City Food Truck Rally ... Tons of Food, Tons of Fun

By Tina Sundelius

BOYNE CITY - Good food, unique beverage selections, really good food, music, dancing, great food, and smiles permeated Veteran's Park Thursday, July 16 leaving all who wandered there the distinct impression that Boyne City's second annual Food Truck Rally was an even bigger success than its first.

Checklists that included the names of the 14 local food vendors and 9 beverage participants were distributed to everyone as they entered a roped off section of grass around the pavilion allowing the nearly 1000 people in attendance to scratch off the names of each vendor visited. Melissa and Chris Bouters and their family managed to sample the culinary wares of 14 different vendors within the first hour and a half. "This is a great place to try everything local, now we know where to go," said Melissa.

The event is a fundraiser for the Boyne Farmers Market as well as an avenue for the vendors to show off what they offer, providing sample size portions and prices. "Today we have a sampling of what we offer," said Brad Lydick of Wood Fired Up. The Lydicks, Brad and his wife Michelle, consider themselves true food truck proprietors. They are from Harbor Springs and have no brick and mortar restaurant. The truck is equipped with an oven imported from Italy. "I can do up to 120 pizzas per hour at maximum capacity," said Brad. The Lydicks said that from their perspective, the event was a success.

Adam Guerrier from the Landing Craft said he loved the positive spirit of the event. "We're doing great, it's awesome to see this many people," he said.

The Good Food truck from Goodwill was present, operated by its crew in training. The food truck is one way Goodwill of Northern

Michigan trains participants of its Workforce Development Program. "We're excited, we think this is awesome. We're all about jobs, we offer servesafe curriculum and if you're motivated and want a job opportunity - I want to work with you," said Program Manager Genell Sivek.

East Jordan's Jordan Inn was represented by their mobile, Smokin' Joes, manned by father and son servers Joseph and Qurelius Krumholz.

The band Disasteroids played to a crowd that set up lawn chairs around their stage and the line for the Happy Taco truck remained throughout the entire event. "All the breweries doubled what they brought last year and sold out in an hour and forty-five, we had more of everything. I think we exceeded last year," said event organizer Becky Harris.



Brad Lydick shows off a perfectly browned pizza created in the Wood Fired Up truck out of Harbor Springs at the Boyne Food Truck Rally.



Happy Taco crew Drake Nagel, Drew Wright and Carter McFall



The Disasteroids played during the Food Truck rally



Dan Tosch and Heather Biddick volunteers with the Farmers Market man a booth serving wines from Maple Moon Sugarbush and Winery of Petoskey...



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## FLYWHEELERS

CONTINUED FROM PG. 1A

person, and that includes parking! Children under 12 are admitted free with an adult. There are also camp sites available, both rustic and those with electrical hook-ups, priced from just \$25 for all four nights, so bring the RV or camper and stay the whole weekend.

For additional information, visit [www.walloon-lakeflywheelers.net](http://www.walloon-lakeflywheelers.net).

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# News

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## Aquapalooza

Hundreds of boats and thousands of people gather for the 6th annual Aquapalooza festival Saturday at Ferry Beach. Seen above are staffers from Irish Boat Shop of Charlevoix, the organizing sponsor of the event, shooting prizes into the crowd. The day-long festival included live music, games for the children, hundreds of dollars in free prizes and more.

PHOTOS BY M. CHRIS LEESE



## WATERFRONT

CONTINUED FROM PG. 1A

the water including: Peninsula Park, Sunset Park, Veterans and 475 Lake Street. The two plans were broken down further by more specific plans for what could happen in each location. Those in attendance heard the general details of each plan before using sticky notes to give their input on which drawings they liked and disliked.

According to Warren Rauhe of Michigan State University, there were over 100 different photos and schematics for attendees to look through and comment on. Those organizing the group asked that any opinions give be specific about exactly what they do and do not like on each option. The input gathered on Tuesday will then be used to further narrow down which options the city will use to create the new waterfront space.

"We will go back and focus and consolidate this down to one plan with some illustrations and come back on the 27th of August to present that to the community and get feedback again..." said Rauhe.

The session on Tuesday included all kinds of activities for those in attendance to participate in. Sidewalk chalk was laid out along all the sidewalks for those interested in creating masterpieces on the concrete, a bubble machine was there for children to run through and



The proposed plans were held up on various boards for attendees to see and comment on.



Comments were given via sticky notes that littered each board with ideas for what residents liked and disliked about each plan.

games were available for families to enjoy in the park.

For those who were unable to attend the meetings, input can still be given by going to [info@boynecity.org](mailto:info@boynecity.org).

## BOYNE CITY POLICE DEPT.

### MONDAY JULY 6, 2015

- 0620 Car versus telephone pole accident at State St and Call St. Citation issued for Careless Driving.
- 0855 Suspicious vehicle reported on Roosevelt
- 1016 Report of hit and run accident from July 4 on East St.
- 1025 Complaint of driver's doing U-turns around the island on Park St and nearly hitting pedestrians. 1028 Reports of a lost Go-Pro in the river during the raft race.
- 1040 Larceny report from the 500 block of Front St.
- 1105 Report of possible scam from the 900 block of Pleasant St
- 1106 Assist to Cheboygan DPS on Morgan St
- 1126 report of lost purse
- 1228 Report of lost wallet over

- 1430 Received call reference the bear on State St.
- 1503 Report of damage to residence on River Ridge.
- 1509 Unlock in the 400 block of N Lake St
- 1520 Complaint from the 100 block of W Michigan reporting fireworks coming down on deck the night before.
- 2137 Noise complaint in the 1400 block of Pleasant.
- 2300 Fireworks complaint at the Beach.

### TUESDAY, JULY 7, 2015

- 0617 Welfare check on Vogel St.
- 0950 Abandoned vehicle on Vogel St
- 1104 Welfare check in the area of Lake and Pine St
- 1204 Vehicle unlock on W Water St
- 1253 Fraud complaint reported in the 300 block of E Division St
- 1617 Private property damage

- 1823 Property damage accident at W Michigan and John Streets
- 1905 Driving complaint coming into town on M-75S.
- 1936 Report of a subject passed out in the road on Forest Ave. Woke him up and arrested on outstanding warrant.
- 2038 Juvenile complaint in the 300 block of Silver St. Subject transported to juvenile detention home.
- 2052 Arrested subject in the 300 block of Front St on PPO violation for Emmet Co.
- 2141 Report of a bunch of white smoke in the area of the Charlevoix St.
- 1742 Found wallet in the park.

### WEDNESDAY, JULY 8, 2015

- 0229 Suspicious subject on M-75 S near the city limits
- 0548 Alarm in the 200 block of S Lake St.
- 1112 Vehicle unlock at Rotary Park.

- 1131 Vehicle unlock in the 100 block of Trent St
- 1140 Report of golf cart driving down middle of Park St from State, and no one wearing helmets
- 1206 Assist EMS on Fall Park Rd
- 1235 Car deer accident on Boyne Av near High St.
- 2005 Report of Kids jumping off shoppers dock.
- 2219 Fireworks complaint from Wenonah St.
- 2240 Found debit card turned in from the 200 block of S Lake St. Was returned to owner.

### THURSDAY, JULY 9, 2015

- 0800 Lost money clip reported.
- 1053 Found mountain bike dropped off at PD
- 1334 Vehicle unlock in the 100 block of E Water St
- 1535 Road rage incident reported on Main St.
- 1742 Request for civil standby on Morgan St
- 1917 Report of dogs locked in a vehicle on Boyne Av
- 1934 Citation issued for speed.
- 2033 Report of missing backpack and cellphone from Peninsula Beach. Items found at Peninsula Beach.
- 2256 Report of loud music from a bonfire on Hemlock St.

### FRIDAY JULY 10, 2015

- 0141 3 intoxicated subjects on foot warned for disorderly S. Park St and E. Pine St.
- 0843 Found wallet dropped off at PD.
- 1120 Citation issued for child restraint violation at Front and Pine St.
- 1202 Report of 3 large boats blocking traffic on Lake St at the boat launch. All were in the left turn lane, waiting to pull into the launch.
- 1217 Citation issued for prohibited U-turn in business district at Lake and Ray St
- 1621 Parking citation issued on W Water St.
- 2138 Citation for improper parking/no parking zone on W Water St.
- 2000 Found check turned into PD
- 2145 Disturbance reported on Front St
- 2203 Lockout in the 200 block of Vogel St.
- 2211 Stolen phone from Veterans Park. Located owner, returned.

- 2223 Citation issued for careless driving and no proof of insurance at Water and Lake.
- 2256 Suspicious subjects in the area of Division and Park
- 2359 Lost wallet downtown.

### SATURDAY, JULY 11, 2015

- 0734 Unlock in the 300 block of Bailey St.
- 0915 Report of traffic problem at the boat launch
- 0932 MDOP to vehicle in the 400 block of N Lake St
- 1135 Found Debit Card turned in at PD
- 1421 Turfing complaint in the 900 block of West St.
- 1907 Assisted Sheriff Dept with littering complaint on Boyne City Rd. We located and stopped suspect vehicle at the city limits.
- 2027 Assisted Sheriff Dept with a disturbance on Addis Rd N.
- 2029 Citation issued for careless driving on State St and Lake St.
- 2214 Citation issued for disobeying the red light at Lake and Water.
- 2225 911 hang up call in the 900 block of N Lake St
- 2240 Smell of marijuana being smoked in Veteran's Park.
- 2249 Citation issued for no proof of insurance at Main and Lake.

### SUNDAY, JULY 12, 2015

- 0018 Fireworks complaint Wenonah St area.
- 0028 Fireworks complaint McLean St area.
- 0032 Fireworks complaint State and Call
- 0053 Noise complaint in the 100 block of S Lake St.
- 0223 Assist Sheriff Dept with disturbance in Clarion.
- 1404 Lost wallet in the 400 block of N Lake St
- 2212 lost purse downtown.
- 1025 Assist FD with a transformer fire turned small grass fire behind the VFW hall.
- 1142 Parking complaint in the 1200 block of S Lake St
- 1212 Well-being check in the 700 block of West St.
- 1245 Vehicle unlock in the 400 block of Jefferson St.
- 1637 Report of public urination on W Water St
- 2010 Lodged stray dog at the shelter.
- 2213 Fireworks complaint in the area of Addis St.

### MULTIPLE INJURIES IN TRUCK-ATV ACCIDENT

The Charlevoix County Sheriff's Office along with East Jordan Fire Department and the East Jordan EMS responded to a personal injury accident involving three vehicles: a pickup truck, 4 Wheeler ATV, and a Side-by-Side ORV, on July 15, 2015 at 9:30 p.m. on Ranney Road South of Ellsworth Road in South Arm Township.

Tanner Owens, age 18 from East Jordan, was driving his friend's pickup truck Northbound on Ranney Road and upon coming overtop a blind hill on the one lane two track road Owens was unable to stop or avoid the approaching Southbound ATV and Side-by-Side ORV. The pickup truck struck the ATV, which was then pushed into the Side-by-Side behind it.

Owens was transported to the Charlevoix Area Hospital for minor injuries suspected from the crash. He was wearing his seat belt at the time of the accident. Austin Grunet, age 17 from East Jordan, was the passenger in the truck driven by Owens. Grunet was wearing his seat belt and refused medical treatment; however no injury was suspected.

A 12 year old male, name withheld at this time due to age, from East Jordan was driving the 4 Wheeler ATV Southbound on Ranney Road when he collided with the pickup truck. The driver attempted to swerve to avoid collision, but was struck on the left side. The driver was transported by East Jordan Ambulance to the East Jordan Airport where North Flight Air transported him to Munson Medical Facility. The driver was wearing a helmet at the time of the accident. He is being treated for injuries sustained from the crash.

John Sutton, age 24 from East Jordan, was driving the Side-by-Side ORV behind the ATV when the ATV was struck by the pickup and subsequently being pushed into the Side-by-Side. Sutton was wearing his seat belt at the time of the accident. He was transported to the Charlevoix Area Hospital for treatment of suspected minor injuries. Sutton's passenger, a 16 year old female, was also transported to the Charlevoix Area Hospital for treatment of suspected minor injuries.

This accident remains under investigation.

## 28th ANNUAL FLYWHEELERS CELEBRATION

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# News

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## A Welcome Sight as Charlevoix Construction Project Ends

Norma Jean Babcock

CHARLEVOIX: For residents here, no bigger cause for celebration can be found than the recent completion of construction work on State Street before which has constricted traffic in the downtown area since mid April.

The massive construction project shut down the entirety of State St. between Hurlbut St. and Clinton St. and was supposed to end in the last part of June; however the project ended on July 16 due to excavation issues, weather problems, and interfering utility lines.

The city contracted the project to Team Elmer's Construction based out of Traverse City to han-

dle the \$1.2 million project which included replacing underground utilities, pavement, curbs, and sidewalks. One of the largest aspects of the project, that of burying a new water main and sewer line, created some of the most difficult problems for the crew to tackle.

"Due to the depth of the storm sewer being around 22 feet all (buried utilities) needed additional support. Also, it is very time consuming to excavate that deep and keep a safe trench for the employees to work in," explained Public Works Superintendent Pat Elliott.

The work is completed now and just in time as the Venetian Festival begins this week. Some things

on State St have seen massive changes. One such change is how far the sidewalk and curb have been projected on State St in front of the County Building. This change, which lines the street up correctly past the intersection of Antrim and State, resulted in a loss of several parking places in front of the county building.

According to Elliott the city has not determined whether or not they will pursue penalizing Elmer's. If they choose to do so, Elmer's would face a fee of \$1,300 for each day the project was delayed.

For now, residents and business owners can enjoy their new street and better traffic flow throughout downtown.



New black top pavement on state street in Charlevoix is seen Tuesday afternoon, a welcome sight to all. PHOTO BY M. CHRIS LEESE -231.330.0968

## SKYDIVING

CONTINUED FROM PG. 1A

dance and recommended the item be discussed, but Campbell kept his decision to table the topic until the next meeting. Notably, owner of Skydive Harbor Springs and Council member Luther Kurtz recused himself from the discussion, but expressed his hope as an audience member that it would be discussed. However no members chose to appeal the Mayor's choice and the discussion was not brought up again.

In other council news, the council chose to renew the Energy Optimization Program in Charlevoix. This plan gives residents incentive to use energy options that limit the need for electrical usage in the hope that large electric plants will not need to move into Michigan. They also approved of new job descriptions for part time firefighting positions, life-guard positions, and the DDA Director/Main Street Director.

At the end of the meeting, Bill Supernaw also mentioned his happiness with city staff and their ability to keep "Charlevoix Beautiful" before and after Venetian Festival events, according to Supernaw "they do a fantastic job" of keeping the city clean during these busy months.

The next meeting of City Council is scheduled for Monday, August 3 at 7:00 p.m. in Council Chambers located in the City Building.

EAST JORDAN CITY COMMISSION MEETING, JULY 21, 2015

## Free Rent for Jordan Valley EMS Authority

By Tina Sundelius

EAST JORDAN - After two years of allowing the newly formed Jordan Valley EMS Authority to use the building at 555 Maple Street a lease for the rental of the city owned EMS/Fire building was approved at the July 21 East Jordan City Commission meeting.

After a lengthy discussion on the city's responsibility to keep the building in good condition and the many options to finance maintenance, updates and repairs Commissioner Bob Kenney motioned to accept a lease option

that would not require any rent payments from the new ambulance authority and all needed maintenance, updates and repairs would be split 50/50 between the city and the ambulance authority. "I don't think that the ambulance authority wants to see that building in a state of disrepair, they're here to help us. I think we need to give them an opportunity to succeed," said Kenney.

A public hearing was held to gather input on the city's intent to file an application for financial assistance in the form of a grant and loan from the USDA Rural

Development Services (RUS) to fund improvements to the city's existing wastewater treatment system. For the last few years the existing system has experienced discharge and storage issues and the plants aging equipment has become more costly to maintain. The proposed project includes a new treatment plant and improvements to three pump stations. The present plant uses a spray irrigation system that allows a crop to complete the purification process and utilizes large storage lagoons, the new treatment plant sends a cleaner effluent back into the

ecosystem. The total project is estimated to cost 5 million dollars. Design of the plant is expected to begin in the fall with construction starting fall 2016. "We could hook up more customers and have a busier community," said Mayor Russ Peck. A motion to submit the application passed unanimously. The approval process is expected to take 90 days.

The next regular meeting is scheduled for Tuesday, August 4 at 7 p.m.

## Conservation Incentives for Working Grass, Range and Pasture Lands

Agriculture Secretary Tom Vilsack today announced that beginning Sept. 1, farmers and ranchers can apply for financial assistance to help conserve working grasslands, rangeland and pastureland while maintaining the areas as livestock grazing lands.

The initiative is part of the voluntary Conservation Reserve Program (CRP), a federally funded program that for 30 years has assisted agricultural producers with the cost of restoring, enhancing and protecting certain grasses, shrubs and trees to improve water quality, prevent soil erosion and reduce loss of wildlife habitat. In return, the U.S. Department of Agriculture (USDA) provides participants with rental payments and cost-share assistance. CRP has helped farmers and ranchers prevent more than 8 billion tons of soil from eroding, reduce nitrogen and phosphorous runoff relative

to cropland by 95 and 85 percent respectively, and even sequester 43 million tons of greenhouse gases annually, equal to taking 8 million cars off the road.

"A record 400 million acres and 600,000 producers and landowners are currently enrolled in USDA's conservation programs. The Conservation Reserve Program has been one of the most successful conservation programs in the history of the country, and we are pleased to begin these grasslands incentives as we celebrate the program's 30th year," said Vilsack. "This is another great example of how agricultural production can work hand in hand with efforts to improve the environment and increase wildlife habitat."

The CRP-Grasslands initiative will provide participants who establish long-term, resource-conserving covers with annual rental payments up to 75 percent of the grazing value of the land.

Cost-share assistance also is available for up to 50 percent of the covers and other practices, such as cross fencing to support rotational grazing or improving pasture cover to benefit pollinators or other wildlife. Participants may still conduct common grazing practices, produce hay, mow, or harvest for seed production, conduct fire rehabilitation, and construct firebreaks and fences.

With the publication of the CRP regulation today, the Farm Service Agency will accept applications on an ongoing basis beginning Sept. 1, 2015, with those applications scored against published ranking criteria, and approved based on the competitiveness of the offer. The ranking period will occur at least once per year and be announced at least 30 days prior to its start. The end of the first ranking period will be Nov. 20, 2015.

Later this week, USDA will

also announce state-by-state allotments for the State Acres for Wildlife Enhancement (SAFE). Through SAFE, also a CRP initiative, up to 400,000 acres of additional agricultural land across 37 states will be eligible for wildlife habitat restoration funding. The additional acres are part of an earlier CRP wildlife habitat announcement made by Secretary Vilsack. Currently, more than 1 million acres, representing 98 projects, are enrolled in SAFE.

To learn more about participating in CRP-Grasslands or SAFE, visit [www.fsa.usda.gov/crp](http://www.fsa.usda.gov/crp) or consult with the local Farm Service Agency county office. To locate a nearby Farm Service Agency office, visit <http://offices.usda.gov>. To learn more about the 30th anniversary of CRP, visit [www.fsa.usda.gov/CRPis30](http://www.fsa.usda.gov/CRPis30) or follow on Twitter using #CRPis30.

## Plein Air Artists gather



28 Plein Air Artists gathered at the home of Barbara and Gary Eisenberg's in Charlevoix on Thursday, July 16. Barbara Eisenberg is the founder of the "Northern Michigan Plein Aire" group that now has over 100 artists who paint in Plein Aire at magnificent locations in this area to paint and capture beautiful Northern Michigan vistas. Over 30 of the Plein Aire Artists were featured artists selected on the prestigious artists wall at the D'ART Event in Harbor Springs this past Thursday. A wonderful tribute to this most talented group of artists.

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# News

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## Drs. Oz and Roizen

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



### TRENDY 'UGLY VEGGIES' PACK A HEALTH PUNCH

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

Summer's hottest food trend: Weird-o veggies and fruit, from wrinkled heirloom tomatoes and strangely shaped carrots to gnarly Jerusalem artichokes. They're turning up in farmers' markets and local grocery stores, providing a nourishing flood of nutrients, fiber and healthy phytochemicals.

We hope the increasing availability of these exotic-looking foods will help you learn to accept the not just "supposed-to-be weird" varieties, but the less-than-perfect fresh fruits and veggies supermarket chains now throw away because consumers mistakenly think there's something wrong with them.

We've gotten so used to overly managed produce (it looks like it's had plastic surgery!) that we shy away from unmanicured pieces. We throw away carrot-topping greens, broccoli stems

and oranges that are less than perfectly round and evenly colored because we've been taught they have no value.

Not so fast! Eating fresh "ugly produce" and its nasty bits fuels the good-guy bacteria in your digestive system, and that's a big deal. Those bacteria help promote a strong immune system, a healthy weight and comfy digestion, and might protect against depression, diabetes and even aging. Those unattractive parts are loaded with digestible and non-digestible fiber that good-for-you gut bacteria love to dine on. In addition, many types of produce are loaded with compounds called xyloglucans, which beneficial bacteria also like to eat.

Joining the ugly veggie movement helps the planet, too. You're investing in agricultural diversity when you buy tasty vintage apples, sweet little local strawberries, old-fashioned melon types and other deliciously eccentric fruit and veggie varieties that factory farms won't grow.

Five ways to embrace ugly produce, deliciously and easily:

No. 1: Use the weird

bits. Stop tossing broccoli stalks, kale stems, beet greens and tough cauliflower cores. Sure, you've gotta cut off the bad spots and dirty ends, but use the rest by making slaw or adding pureed bits to soups or chopped bits to stir-fries. Mince carrot tops and add to chicken soup for a real flavor boost. Steam or saute beet greens and stems (delicious!). Or try slicing cauliflower cross-wise to create "steaks." Brush with olive oil and garlic, then grill. You'll get all the flavors you love and the nutrition you need -- and you'll save money!

No. 2: Don't snub three-legged carrots or bent zucchini. Unless they're bruised or past their prime, fruit and veggies with imperfect shapes or colors are perfectly fine. And follow the advice of a French supermarket chain's wildly popular, 2014 "Inglorious Fruit and Vegetables" campaign: Chop em, mash'em or toss'em in soup. As one advertisement put it, "A Hideous Orange ... Makes Beautiful Juice."

No. 3: Try a truly hideous vegetable. Jerusalem artichokes, aka "sun chokes," look like potatoes with a self-esteem problem, but this ugly veggie adds juicy crunch to salads. Celery root is wildly hairy; but the veggie inside makes a tasty soup! They might temporarily increase your gas, but they increase your bacterial diversity, and unless you're an elevator operator, diversity wins that competition for your health. These strange veggies are all sources of inulin -- a fiber that's a gourmet feast for good bacteria in your digestive system.

No. 4: Buy local. Local produce may not look as perfect as grocery-store goods, but often it's fresher and riper. Being picked at ripeness and sold quickly often makes it a more nutritious and tasty choice. Another tip: Chat up growers at local farm markets; some raise their crops via organic methods even if they don't have an official "organic" designation from the U.S. Department of Agriculture.

No. 5: Pair ugly fruit with gorgeous chocolate or wonderful red wine. So what if the peaches are lopsided, or the strawberries aren't perfectly formed? Slice and serve with dark chocolate, and no one will notice. Turns out good bacteria in your digestive system breaks down chocolate into compounds that cool inflammation and pamper artery walls. Red wine (in moderation, of course) provides polyphenols that encourage the growth of good bacteria while discouraging the bad guys, keeping your personal microbiome in balance. Now, that's beautiful!

### KIDS THIRSTY, GRUMPY AND FUZZY? GIVE THEM WATER!

When it's bakin' hot out there, marathon runner Ryan Hall (in 2014 he helped rival runner Meb Keflezighi become the first American to win the Boston Marathon in 31 years) starts his day with 20 ounces of water and drinks at least eight ounces before and after meals. But many famous performers aren't so

smart: Since 2010 Gene Simmons, Lady Gaga (twice), Katy Perry and Nick Cannon have canceled gigs because of dehydration.

It's a desert out there for lots of North Americans, and no group is left higher or drier than kids 6-19. One study from Harvard found that more than 25 percent of young folks don't drink any water during the day, and only around HALF get enough hydration. (They may drink lots of sugar-packed soda and juicy drinks, but a load of caffeine and excess sugar can trigger fluid loss.)

Adequate water intake is important for kids' healthy circulation, metabolism, temperature regulation, digestion and urination. Even mild dehydration can trigger headaches, irritability, decreased physical performance and fuzzy thinking.

This summer, on active out-in-the-heat days AND rainy, stay-inside days, too, make sure your kids get plenty of water: 5-8 year olds need 34 ounces daily; 9-12, around 50 ounces; and 13 and older require around 64 ounces.

Start their day with an 8 ounce glass of water; put a frozen bottle into their lunchbox; keep a pitcher of cool water in the fridge; and have them drink at least 8 ounces before heading out to play. Dilute all sports drinks and juices by half with water.

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## Good Samaritan Resale Shop & Food Pantry – Serving families in need for 25 years

By Jim Akans

Back in 1990, Ellsworth resident Mary Peterson had an idea...or perhaps it was more of a calling.

"I was visiting a local resale shop and I saw people searching through the trash for something they could use," she recalls. "I just knew there had to be a way to set up a new system for distributing goods to those in need, so I began looking for people who could pursue that idea."

Twenty-five years later, the result of that inspiration; Good Samaritan Family Services, is celebrating two-and-a-half decades of following a mission statement of "servicing the Lord by reaching out to those in need," providing food and outreach programs to local families

who could use a little help.

Petersen recalls, "When we began our mission, it was located in the old fire hall in town, we received support from local churches and it was ran by a small group of volunteers." At that time, about 30 families visited the facility each month.

Today, approximately 700 families visit Good Samaritan's Food Pantry each month. Since the facility first opened they have served an astounding 78,827 families, primarily from Antrim County though about a quarter of those families are from Charlevoix County. A crew of some 95 volunteers helps to stock and distribute the food supplies, oversee the non-profit organization's Resale Shop, Good Samaritan Furniture & More Store, and assist new



mothers at their affiliated Moms & Tots Center.

"The need has grown over the years," Mary relates. "People's stories tug at your heart. Our senior population has grown and we are seeing more seniors seeking assistance here, though they can be reluctant to ask for help."

She adds, "Everyone who gets food also gets free clothing. People can visit once a month, and we try to give them enough to last a bit longer. A lot of our food comes from the Manna Food Project, which we receive at a

very good discount, so we can really stretch dollars that are donated."

About a year ago, Good Samaritan Family Services added "Sammy's Shoes" at the Resale Shop, which offers a huge assortment of new shoes in virtually every size, style and color. This newest addition was made possible through a Great Lakes People Fund grant and a grant from the YAK group at the Charlevoix County Community Foundation. Families in need can pick up a brand new pair of

shoe for a small donation or even for free if they are unable to afford the donation.

Mary notes that Good Samaritan is planning a celebration for their 25th anniversary on August 21st and 22nd, though details are still in the works. This coming Memorial Day Weekend they will be taking part in the annual Garage Sale Across the Breezeway, so stop by and pick up some fantastic bargains while also helping area families.

Good Samaritan's hours of operation are Tuesdays, 10am to 7pm, Wednesdays through Thursdays from 10am to 4pm, and Saturdays from 10am to 2pm. They are located at 9746 Main Street in Ellsworth and can be reached at (231) 588-2208 or on the web at [www.thegood-sam.com](http://www.thegood-sam.com)

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

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[www.bergmanncenter.org](http://www.bergmanncenter.org)

**Kelly's Antiques & Furniture Barn**  
06176 Old US 31 S., Charlevoix  
231-547-0133  
[www.dkellyantiques.com](http://www.dkellyantiques.com)

**Goodwill Retail and Donation Center**  
402 Petoskey Avenue  
Charlevoix  
231-437-6176

### CHEBOYGAN

**Goodwill Retail and Donation Center**  
982 S Main St., Cheboygan  
231-445-9300

### EAST JORDAN

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231-588-2208  
[thegoodsam.org](http://thegoodsam.org)

### ELLSWORTH

**Good Samaritan**  
9746 Main Street, Ellsworth  
231-588-2208  
[thegoodsam.org](http://thegoodsam.org)

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### GAYLORD

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**Goodwill Retail and Donation Center**  
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# Health

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

## Full circle for local Nurse Practitioner

Charlevoix Area Hospital welcomes nurse practitioner Jean McDonough back "home" to the hospital where she held her very first nursing job after graduation from North Central Michigan College in 1989.

In 1975, Jean's family had moved from the Detroit area to settle up north in Charlevoix. Even as a small girl, Jean knew that she wanted to go into the medical field. "I knew as a young adult that I really enjoyed helping people, so a natural career for me was the nursing profession," said Jean. After graduating from Charlevoix High School, Jean attended NCMC where she received an associate's degree in 1989.

Jean's relationship with Charlevoix Area Hospital began upon her graduation from NCMC, when she began work in the Med/Surg department of the small hospital. Then in 1991, Jean left the hospital to begin a lengthy relationship with the local health department where she was a home health nurse and one of the department's first hospice nurses. She worked with

pregnant women and high risk infants as well as various other health department programs. As she gained experiences through a variety of nursing roles, it became clear that furthering her education would allow her to make a greater impact, and becoming a nurse practitioner became her long-term goal.

Jean continued her education, ultimately receiving a BSN in 1994 from the University of Michigan, an MBA in Health-care Administration from Davenport University in 2007, and an MSN with a Family Practice focus from Michigan State University in 2010.

In 2001, Jean returned to Charlevoix Area Hospital where she held a nursing position in the Emergency Department until 2014. She also developed the hospital's Health Education program, leaving to return to school.

During that time, Jean also practiced in the Alpena area and later the Petoskey area in the field of family practice. Her clinical experiences include pediatrics, family practice, women's



Jean McDonough; new nurse practitioner at Charlevoix Area Hospital. COURTESY PHOTO

health, and urgent care. Back in Charlevoix, Jean will be practicing family medicine at Pine River Medical as well as seeing patients in Charlevoix Area Hospital's urgent care center. Nursing isn't the only role

that Jean has taken on. "I am currently an MSU adjunct faculty member as a clinical preceptor for the MSN program, a certified DOT medical examiner, and a member of the AANP and MICNP and Sigma Theta Tau

Honor Society of Nursing," said Jean. She has always enjoyed working with the adolescent population and has been involved for the past 12 years with Camp Quality of Michigan, a non-profit organization that supports children with cancer, and their families through year-round programs. She currently serves as the director of the week-long camp in Traverse City.

Jean and her husband, Shawn, have been married for 34 years and have five grown children and four grandchildren.

More than a quarter of a century has brought considerable change to the small hospital where Jean held her first nursing job back in 1989. "I am looking forward to returning to my home town of Charlevoix and working, once more, with Charlevoix Area Hospital," she says. And the hospital is overjoyed to have her back "home" again.

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

## Keys to combating unique challenges of arthritis

People with one or more chronic health conditions are more likely to report having a work disability, serious emotional distress, and being limited in social activities outside their home, according to a new report by the Centers for Disease Control and Prevention.

The report indicated research shows that complications are more prevalent when the concurrent chronic health condition is arthritis.

More than one-third of Michigan residents have some form of arthritis – a rate higher than the national average. Nationwide, about two-thirds of people with arthritis have co-occurring chronic conditions. The good news is that there are self-management techniques available can help ease pain to lessen limitations in everyday life.

"People living with arthritis and other chronic health problems need to know there are programs available to reduce the negative effects, to help lessen their pain, and to improve their quality of life," said Eden Wells, Chief Medical Executive for the Michigan Department of Health and Human Services.

Physical activity is known to minimize arthritis pain, but it can be hard to find exercise options that feel both safe and effective. In Michigan,

EnhanceFitness is a group exercise program offered throughout the state that helps adults at all levels of fitness be more active, energized, and able to maintain their independence.

In addition to physical activity, learning techniques to reduce pain and limitations can be beneficial to people with arthritis. Self-management education, such as the Personal Action Toward Health program can help develop the skills and confidence needed to manage arthritis on a day to day basis.

Contrary to a popular belief, arthritis does not exclusively affect older adults, but risk does increase with age. Women are 26 percent more likely to have arthritis than men, and there is a direct correlation with obesity rates.

By learning self-management strategies, being active, watching your weight, and protecting your joints, you can help improve your overall health. Although there is no cure for most types of arthritis, you should still see your doctor to begin appropriate management of your condition.

Start feeling better today. Call your doctor or find an EnhanceFitness and PATH program near you today by visiting [www.michigan.gov/arthritis](http://www.michigan.gov/arthritis).

## Why and how to Meditate

By Deb Hagen-Foley

Meditation refers to any of a range of practices that emphasize periods of quiet thoughtfulness. Transcendental meditation is one of the most popular forms; mindfulness meditation is another. There are Zen, Taoist, and Buddhist meditative techniques. Prayer is another form of meditation. The goal of any of these approaches is to quiet the mind and reduce stress.

Researchers are documenting the positive effects of meditation. Transcendental meditation (TM) activates the sympathetic nervous system, dilates blood vessels and reduces stress hormones. Regular meditation is associated with brain changes related to improved attention, sensory awareness and emotional processing and activating a larger portion of the brain when responding to stimuli. Those who meditated longer showed greater changes. The researchers don't claim that meditating leads to these brain changes, but the results are suggestive.

Extensive research has found a relationship between meditation and reduced stress and anxiety, reduced

depression and insomnia. Physical benefits have also been found, such as: reduction in pain, reduced blood pressure, cardiovascular disease, reduced resting heart rate, cholesterol, congestive heart failure, metabolic syndrome (pre-diabetes), hospitalization rates, decreased medical care usage and hospitalization; and increased longevity in the elderly.

Meditation can also help you to look better, as it promotes youthful skin and a youthful appearance. Meditation is related to cognitive benefits, such as: improved memory, moods, creativity, productivity and intelligence. Research in workplaces has found that practicing TM for three months was related to improved work and personal relationships and increased personal and professional satisfaction.

Think you don't have enough time to meditate? People report benefits from only five minutes per day. The time you spend meditating will be well worth it. Researchers have found that meditation can make you more productive and efficient.

Meditation is very simple and yet difficult to perfect,

which is why it is called a "practice." Perfection is completely unnecessary. To get started, spend just five minutes in the morning or evening. Find a comfortable spot, free of distractions if possible. You don't need to sit cross-legged. Sit comfortably or lay down, if that works best for you. Set a timer for five minutes. Breathe deeply and focus on your breathing, in and out.

Thoughts will enter your mind. Observe them and let them fade away. Continue to focus on your breath. Thoughts will continue to come and go. The goal is to observe them and let them go - not to get caught up in the thought. Over time, you will develop better ability to ignore the thoughts. This will carry over into the rest of your life. Instead of getting anxious over a thought or an event, you will be able to observe it, react to it if necessary, but without the stressful reaction you may have had without a meditative practice.

Try it today - you have only five minutes to lose and so much to gain!

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# News

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## Lecture series to feature musician and entrepreneur John Rutherford



Last year's 1st place dried arrangement (tree man) by Rusty Hart. Courtesy photo

### East Jordan Garden Club to hold Flower Show

"Classic Movies" is this year's theme for the East Jordan Garden Club's flower show on Saturday, July 25, from Noon to 4 p.m. located at the Jordan River Arts Council building, 301 North Main Street, in East Jordan. The club members will display a variety of arrangements using the theme for inspiration.

People's Choice ribbons will be awarded for Best of Show, best miniature under 4-inches, best single stem bloom, best herb, best fruit or vegetable arrangement and best dried arrangement using natural materials. The public is encouraged to attend and cast their votes for the arrangements they like best.

Admission is free and refreshments will be served. For more information, call show chairmen Kim Prebble, at 536-3282.

Crooked Tree Arts Center and the Charlevoix Public Library will be presenting a series of three lectures during the months of July and August. On Thursday, August 6, John Rutherford, musician and entrepreneur, will be featured in the second lecture of the series.

One of Detroit's most diverse musicians, John Rutherford has been a leading freelance trombonist for over fifteen years. He studied at Boston's New England Conservatory of Music and earned his bachelor's and master's degree in music from the University of Michigan. John has held teaching positions at the University of Toledo, Albion College, Henry Ford Community College, and Oakland University.

John has performed and recorded extensively with the Detroit Symphony Orchestra and with Michigan Opera Theatre. He is



John Rutherford to speak at the Charlevoix Public Library on August 6. COURTESY PHOTO

the founding member of the Motor City Horns, who have toured and recorded with Bob Seger and The Silver Bullet Band

since 2006. Aside from the Motor City Horns, John has performed, recorded, and collaborated with numerous artists and bands in-

cluding the Jerusalem Symphony, Michigan Chamber Brass, Yo-Yo Ma, The Temptations, The Verve Pipe, just to list a few. He also serves as a voting member of the Recording Academy (Grammy's).

John has proven over his extensive career that he's a musician's musician, but he also works on the entrepreneurial side. With his production company, Brass Jar Music, John has produced music for many events both nationally and internationally. His record label currently has six CDs released, he manages his own groups and select artists from Detroit. Well-versed on both sides of the coin, John is able to keep both perspectives in sight – as the musician and performer, and the business owner. In his lecture, John will show how both sides of the music industry can be meshed to create a seamless and exhilarating harmony.

The Charlevoix Lecture Series will take place on Thursdays at the Charlevoix Public Library, located at 220 Clinton Street. Lectures will begin at 6:30 p.m. Tickets are \$5 per person. The lecture series is supported in part by the Charlevoix Public Library and the Charlevoix County Community Foundation.

The next guest speaker event will take place on Thursday, August 13 – Robert Swanson, Architect/Photography: Inside/Outside Museums

For more information and to purchase tickets, contact the Crooked Tree Arts Center at 231-347-4337 or visit [www.crookedtree.org](http://www.crookedtree.org). The Crooked Tree Arts Center is located at 461 E. Mitchell Street, downtown Petoskey, and at 322 6th Street, Traverse City.

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### The String Doctors at Aten Place on Saturday

A newly formed group with very familiar faces has formed to cure all your musical needs this summer. The String Doctors is comprised of well-known individual performing artist Joel Mabus, Ray Kamalay, Peter Knupfer and Dave Rosin. They will be making a house call to Aten Place on Saturday, July 25th, at 7:30 pm.

Joel Mabus leads the group in so many ways. His superb songwriting, guitar and mandolin rhythms and savvy stage presence brings unexpected banter and new-born songs to center stage. Ray Kamalay is the crooner and jokester. His sparkling guitar lends both hot solos and luscious chords. Peter Knupfer, on fiddle, has been a popular freelance and session fiddler who has won fiddle championships in Wisconsin (1976) and Kansas (1995). His swinging, bluesy fiddle style will have you leavin' your seat and tappin' your feet. Dave Rosin brings up the bottom on bass. A long-time associate of Ray's,



Dave is an accomplished jazz bassist and teacher of all stringed instruments. Together these four are The String Doctors, who bring a new kind of country swing to your lives, for your dancing and listening pleasure, and their "Michigan" humor will kill you.

Tickets are \$16 and can be purchased in advance by using the online order form or calling (231) 549-2076. Ordering advanced tickets is highly recommended. Tickets can also be purchased the evening of the show starting at 6:00 pm, with performances beginning at 7:30 p.m. Advanced tickets and schedule details are available by visiting [www.atenplace.com](http://www.atenplace.com).

Aten Place is located 1/2 mile south of Cherry Hill Road on Old Mackinaw Trail in Boyne Falls. The venue is a ninety plus year old oak

frame barn with seating for 180, overlooking the Boyne River valley, in the shadow of Boyne Mountain. Aten Place is a non-profit endeavor, and no food or beverage is sold on the premises. Many patrons bring snacks and desserts to share at intermission. There is also a covered picnic pavilion for those who wish to come early and enjoy the grounds and peaceful setting.

For more information on this summer's schedule go to [www.atenplace.com](http://www.atenplace.com) or call Bill or Maxine Aten at 231-549-2076.

Strings at Aten Photo; The String Doctors will be making a house call to Aten Place on Saturday, July 25th, at 7:30 pm. Courtesy photo

**The 53rd Annual Juried Portside Arts Fair**

"On the shores of Beautiful Lake Charlevoix at Elm Pointe, 1.5 miles North of East Jordan on M-66.  
sponsored by the East Jordan Historical Society  
"Always the First Weekend in August"  
**Saturday, August 1st /10a.m. - 5p.m.**  
**Sunday, August 2nd /10a.m. - 4p.m.**  
01656 S. M-66 Hwy., East Jordan (231) 536-3282  
[www.portsideartsfair.org](http://www.portsideartsfair.org)

A Family Friendly Fair!  
Free Children's Craft Booth - Refreshments  
Entertainment - E.J. Historical Museum

Admission is free, however all donations made at the gate benefit the Historical Society.

**Subscribe**

to the Charlevoix County News

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**friendly & positive**  
news and sports covering all of Charlevoix County

**PUBLISHED WEEKLY ON THURSDAY**

**Charlevoix County News**  
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# News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

## Fall turkey hunting applications available

Apps may be purchased now through August 1

The Michigan Department of Natural Resources reminds hunters that fall turkey hunting applications now are available. Applications went on sale July 1 and will be available through Aug. 1. The application fee is \$5. Applications and licenses may be purchased at any authorized license agent or online at [www.mdnr-elicense.com](http://www.mdnr-elicense.com).

The 2015 fall turkey season runs Sept. 15 to Nov. 14. A total of 51,850 licenses are available, including 5,150 general licenses and 46,700 private-land licenses.

Information about fall turkey hunting can be found at [www.michigan.gov/turkey](http://www.michigan.gov/turkey).

The fall turkey drawing results will be available Aug. 10 at [www.michigan.gov/huntdrawings](http://www.michigan.gov/huntdrawings).

## LETTERS TO THE EDITOR

Letters may be submitted by e-mail to [office@CharlevoixCountyNews.com](mailto:office@CharlevoixCountyNews.com).

### Dear Editor:

Pig Roast 2015 is now history. By all accounts the community really enjoyed this year's event. Our sponsors, our advertisers and our volunteers were all critical to making Pig Roast 2015 a reality. It is clear that this annual community celebration remains very important to our community and its friends.

We would like to thank each and every individual and business that helped in some way, no matter how big or small the contribution. We would like to acknowledge our generous sponsors who enabled us to offer most events at no cost to our children and families.

2015 Pig Roast Sponsors

A Matter of Taste  
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Banks Township Fire Department  
Banks Township Historical Society  
Burnette Foods  
Charlevoix Cinema  
Charlevoix State Bank  
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East Jordan Save A Lot  
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Rubingh's Dairyland  
St. Mary's Cement Plant--Charlevoix  
Stonehouse Bread  
Village of Ellsworth  
Vollmer Auto Sales  
Work n' Play/Kloosters  
Anonymous

Mark your calendars for next year, the third weekend in June, June 17th and 18th, 2016, and plan to attend.

Lynn Aldrich Spearing, Ellsworth

### GARDEN WALK THANK YOU!



From left to right: Leslie and Allen Dhaseleer, Carla Chepy, Phyllis and John Elzinga, Kim and Gale Neff, Sue and Bill Winker, and Richard Mueller. Photo by Mary Watson-Chavez

The Charlevoix Area Garden Club sends a BIG THANK YOU to the "Class of 2015", the homeowners who generously opened their gardens to the public for the 17th Annual Garden Walk.

During this year's Garden Walk, the Club also staged a Luncheon with tables designed by our members. Another BIG THANK YOU to Stafford's Weathervane Restaurant for their generosity in providing a delicious lunch for two hundred patrons. And last, but not least, we send yet another BIG THANK YOU to both Linda and Richard Mueller (the owners of Castle Farms) not only for participating in the Garden Walk but also for providing the venue for the Luncheon. The two combined events are the biggest fundraisers of the year for the Club that maintains eleven civic gardens.

**Why not get the Charlevoix County News delivered to your home**

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[Office@CharlevoixCountyNews.com](mailto:Office@CharlevoixCountyNews.com) • [www.charlevoixcountynews.com](http://www.charlevoixcountynews.com)

### BOYNE CITY TECH TUESDAY WITH NICK PULVER

July 23, 6-7pm, Boyne District Library. Soldering 101. The classes will be held in the Boyne District Libraries community room and are geared for anyone 12 and up. The class sizes are limited and you must register to attend. You can register online at [boynelibrary.org](http://boynelibrary.org) or by calling the library at 582-7861.

### CHARLEVOIX ARTISAN'S MARKET: FIBER, FINE ARTS & CRAFTS FESTIVAL

July 24 & 25 – 10am-5pm, July 26 – 10am-4pm, Castle Farms. Nearly 60 vendors will be on hand showcasing unique garments and fiber-related items, one-of-a-kind works of art, accessories, home & holiday décor, jewelry, candles, spices, and more. In town to celebrate Charlevoix's Venetian Festival? There is a free shuttle running daily to and from Castle Farms from downtown Charlevoix. Artisan's Market hours: Friday and Saturday 10 am - 5 pm and Sunday 10 am - 4 pm. Admission is only \$6 per person and includes the self guided Castle & Garden tour. Food available for purchase on-site.

### BOYNE CITY JOHN DENVER TRIBUTE CONCERT

July 25, 4pm, Boyne High School Performing Arts Center. . Seattle's Ted Vigil, a man who closely resembles John Denver both physically and musically, honors the legend of this iconic songwriter and singer with a musical tribute. Reserved tickets range from \$25 to \$40 and can be ordered online at [www.boynecc.com](http://www.boynecc.com) or by visiting or calling Boyne City Hardware, 231-582-6532.

### CHARLEVOIX GRAND OLE OPRY'S DOYLE DYKES CONCERT

July 26, 10:30am, Center Point Assembly, 5291 M-66 North. Doyle is known as one of the best finger picking guitar player in the world and played at Chet Atkins memorial service. Doyle will be playing at Charlevoix's Venetian Festival on Sat night July 25th in the Park prior to Sunday at Center Point. Doyle's gospel message comes through his gift of guitar and in his sharing of his testimony. He will bless and challenge at the same time as he shares his musical gift.

### ELLSWORTH CONDITIONING FOR CHRIST

July 26 & July 30, 6-8:30pm, Ellsworth track field. Age 5 (going in to Kindergarten) thru 8th grade. Early registration encouraged; [jodell\\_danbert@hotmail.com](mailto:jodell_danbert@hotmail.com)

### EAST JORDAN SUMMER MAGIC READ PROGRAM

July 29, 10:30am, Jordan Valley District Library Community Room. Jeff Wawrzaszek from A2Magic presents an hour-long program. Each reader under 11 years old will receive a prize from the magician after the show. An ice cream party will conclude the summer program after the show for all the readers who participated in the summer program. The library would suggest readers continue to read throughout the summer. The library is open seven days per week

### CHARLEVOIX CTAC LECTURE SERIES

July 30, 6:30pm, Charlevoix Public Library. An evening with filmmaker David Crouse. Tickets are \$5 per person. The lecture series is supported in part by the Charlevoix Public Library and the Charlevoix County Community Foundation. For more information and to purchase tickets, contact the Crooked Tree Arts Center at 231-347-4337 or visit [www.crookedtree.org](http://www.crookedtree.org).

## NEWS BRIEFS

### BOYNE CITY ZZ TOP TRIBUTE CONCERT

July 31, 8pm, Boyne High School Performing Arts Center. Kansas City's Eliminator have been performing a ZZ Top concert recreation for the last 15 years all over the USA. Reserved tickets range from \$25 to \$40 and can be ordered online at [www.boynecc.com](http://www.boynecc.com) or by visiting or calling Boyne City Hardware, 231-582-6532.

### WALLOON LAKE 39TH NORTHERN MICHIGAN GOSPEL MUSIC FESTIVAL

July 31, 5-11pm, August 1, 4-10pm, Northern Michigan Antique Flywheelers grounds. Groups include The Maendel Family, the Walkers, The Thurstons, Blue Grass Revival Chosen, Gloria Lynne, Mark and Andrea Forester and more. Children's activities, food concessions. Free admission with donations accepted.

### CHARLEVOIX WOOFSTOCK FESTIVAL

August 1, noon-7:30pm, Mackinaw Trail Winery on US 131 south of Petoskey. The Charlevoix Area Humane Society will host their second annual WoofStock music and pet festival. There will be 12-15 bands performing during the day and early evening on three stages, an open mike stage, activities, followed up by a headline act later in the evening. There will also be animal agility demonstrations, sheep herding, pet contests and more, for a full pet-friendly day. Food, craft and pet related vendors will be in attendance to sell and show off their products and services. Mackinaw Trail Winery will provide beer and wine sales during the event. Admission is \$10 for a full day of music, entertainment and fun for the whole family and your dog.

### BOYNE CITY CAR SHOW

August 1, 10am-2pm, Classic Instruments, 826 Moll Drive. National Street Rod Association Appreciation Day Car Show hosted by the team at Classic Instruments. Join them at their state-of-the-art manufacturing facility at 826 Moll Drive (at Highway M75) in Boyne City. Bring your classic car, hot rod, custom, rat rod, motorcycle or anything cool. Everyone is welcome.

### BOYNE CITY TECH TUESDAY WITH NICK PULVER

August 4, 6-7pm, Boyne District Library. 3D printing using the library's new Maker 3D printer. The classes will be held in the Boyne District Libraries community room and are geared for anyone 12 and up. The class sizes are limited and you must register to attend. You can register online at [boynelibrary.org](http://boynelibrary.org) or by calling the library at 582-7861.

### BOYNE CITY FARMERS MARKET

The Boyne City Farmers Market outdoor market season is in full swing, open every Wednesday and Saturday from 8am- noon at Veterans Park.

### CHARLEVOIX FARMERS MARKET

Charlevoix Farmers Market, East Park, Thursdays, 9am-1pm along Bridge Street, downtown Charlevoix. Follow event updates on: [www.facebook.com/CharlevoixFarmersMarket](http://www.facebook.com/CharlevoixFarmersMarket)

### EAST JORDAN FARMERS MARKET

Thursdays, 9am-1pm at Sportsman's Park (Bridge Street). On Facebook at [EastJordanFarmer'sMarket](http://EastJordanFarmer'sMarket)

### NORWOOD TOWNSHIP FREE FIREWOOD

In the next two or three weeks, extensive work will be done on the trees in the cemetery.

All of the small limbs and

brush will be removed, but the wood than can be used as firewood will be stock piled for use by our Norwood citizens. If you are interested in some of this wood, please contact the Township and we will advise you when it is available. It will be free, all you have to do is remove it. You can contact the Supervisor [norwoodsupervisor@yahoo.com](mailto:norwoodsupervisor@yahoo.com) if you would like to participate in this program.

### EAST JORDAN SUMMER FOOD SERVICE PROGRAM

East Jordan Public Schools plans to sponsor a food service program this summer under the U.S. Department of Agriculture's Summer Food Service Program for Children. We plan to operate this food service program at East Jordan Elementary School, 304 Fourth Street. We will be serving breakfast from 9:00 am – 9:30 am and lunch from 11:30 am – 12:30 pm, Monday through Friday. This feeding program will operate from June 15, 2015 through August 21. Meals will not be available on July 3 and July 6.

### 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](mailto: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](http://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](mailto: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

### 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 caregivers 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 CTAC LECTURE SERIES

August 6, 6:30pm, Charlevoix Public Library. John Rutherford, Practice, Persistence, Professionalism: Musicians as Entrepreneurs. The lecture series is supported in part by the Charlevoix Public Library and the Charlevoix County Community Foundation. For more information and to purchase tickets, contact the Crooked Tree Arts Center at 231-347-4337 or visit [www.crookedtree.org](http://www.crookedtree.org).

### CHARLEVOIX CTAC LECTURE SERIES

August 13, 6:30pm, Charlevoix Public Library. Robert Swanson, Architect/Photography: Inside/Outside Museums. The lecture series is supported in part by the Charlevoix Public Library and the Charlevoix County Community Foundation. For more information and to purchase tickets, contact the Crooked Tree Arts Center at 231-347-4337 or visit [www.crookedtree.org](http://www.crookedtree.org).

### BOYNE CITY NORFOLK HARVEST FESTIVAL

August 13-16, Veteran's Memorial Park. The Norfolk Harvest Festival is a portrayal of interactive living history ranging from the Late Bronze Age to Early Colonial America, consisting of day-to-day living, as well as demonstrations with tents and structures depicting life in a new trading settlement. Guests can ask questions of all the actors and participate.

### EAST JORDAN "ONE ACCORD" GOSPEL MUSIC PERFORMANCE

August 15, 6pm, East Jordan Community Center. The Open Door Christian coffee House will be held every first and third Saturday. Admission is free and refreshments are available; free coffee and a small charge for pizza and soda. Great fellowship. Everyone is welcome.

### BOYNE CITY TECH TUESDAY WITH NICK PULVER

August 18, 6-7pm, Boyne District Library. Intro to Arduino. The Arduino board provides an inexpensive and easy way for novices and professionals to create devices that interact with their environment using sensors and actuators. Common examples for beginner hobbyists include simple robots, thermostats and motion detectors. The classes will be held in the Boyne District Libraries community room and are geared for anyone 12 and up. The class sizes are limited and you must register to attend. You can register online at [boynelibrary.org](http://boynelibrary.org) or by calling the library at 582-7861.

### NORWOOD TOWNSHIP HOW CHARLEVOIX STREETS GOT THEIR NAMES

August 19, 7:30pm, Norwood Schoolhouse. Ever wonder how streets get their names? It's pretty easy to understand if you are a president or big-league ball player. But did Charlevoix have any of those types of citizens with those distinctions? Come and find out! Dr. Jack MacKenzie will be enlightening us on how the streets we travel every day in Charlevoix got their names. Free for members, \$5 for non-members.

### CHARLEVOIX AREA EMMET-CHARLEVOIX COUNTY FAIR

August 25-30, Emmet-Charlevoix County Fairgrounds. The Emmet-Charlevoix County Fair is every bit the slice of Americana you would expect from a county fair. From big-name entertainers like Chris Young to a carnival midway, and 4H shows to monster trucks, this 110-year tradition has something for everyone in the family.



# Charlevoix County Commission on Aging

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

218 W. GARFIELD ST.,  
CHARLEVOIX, MI 49720

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

Office Hours:  
Monday - Friday  
8:30am to 4:30pm

**COA BOARD**

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**LOCAL SENIOR CENTER CONTACT INFORMATION**

**Beaver Island Center:**

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

**Boyne Area Senior Center:**

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

**Charlevoix Senior Center:**

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

**EJ Community Center**

Brenda Skop  
116 Main Street,  
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**THE COA OFFERS THE FOLLOWING SERVICES:**

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- In-Home Respite
- Information & Referral
- Medicare D Counseling
- Medication Management
- Personal Care Assistance
- Project Lifesaver
- Senior Hi-Lites Newsletter
- Tax Assistance
- Volunteer Opportunities

**WEBSITE ADDRESS:**

www.charlevoixcounty.org/coa.asp

## Medicare News – What’s going to happen with the Blue Cross Blue Shield Legacy Medigap Plans?

Counselors from the Medicare/Medicaid Assistance Program continue to get questions from Medicare beneficiaries concerning the Blue Cross Blue Shield Legacy Medigap plans. BCBSM has been offering the Legacy “A” plan and the more popular “C” plan to Michigan residents for a number of years. The Legacy “C” plan pays for the deductibles and co-pay expenses not covered by Medicare Part A and Part B. The Legacy “C” plan has been attractive to beneficiaries because of the excellent benefits and the lower premium costs as a result of a subsidy that will be ending August of 2016.

In early 2013, the Michigan Legislature passed two bills that would reorganize BCBSM into a mutual insurance company. One of the bills contained language requiring BCBSM to continue with their subsidy of the Legacy Medigap plans through July of 2016. When the bills were being heard in the House Insurance Committee it was reported that there were over 200,000 Michigan Medicare beneficiaries enrolled in these Legacy products. Since then, several thousand more individuals have signed up for one of these popular plans.

So, what’s in store for Legacy policy holders when August 2016 arrives? At this point there are more questions than an-

swers. While we wait on BCBSM to announce the details of what they have planned, we do know one thing. The subsidy will be ending, so Legacy subscribers will pay more in premium costs to keep the same level of coverage. This is true whether a Medigap plan of their choice is with BCBSM or some other insurance company. The costs will vary depending on underwriting and pricing variables used by companies that offer these plans. It has been estimated that beneficiaries can expect an in-crease in the amount of \$50 to \$100, or more, in monthly premiums for a typical “C” Medigap plan, once the subsidy ends.

Medicare has a rule that provides a guaranteed issue right that can pertain to subscribers of Medigap plans. The right guarantees, in specific situations, that insurance companies must sell certain Medigap plans to you; they must cover your pre-existing conditions; and they can’t charge you more based on past or present health problems.

BCBSM Legacy plan subscribers can be eligible for this important right based on a specific provision in Medicare rules. The provision reads, “if your Medigap policy coverage ends through no fault of your own”, you are eligible for the right. It would appear that BCBSM would need

to terminate their Legacy products in August of 2016 for subscribers to be eligible for this special provision. For those folks who want to continue with a Medigap plan, this right is extremely important. They would be able to purchase a Medigap policy from another company although the premium could be significantly higher.

Those who can’t afford to pay the higher prices for a Medigap plan can consider a Medicare Advantage Plan or simply have only Medicare Part A and B and then be responsible for the associated deductibles and co-pays out of their pocket.

There are still a lot of questions as far as how Legacy policy holders will be impacted in August of 2016. Many of them will be answered once BCBSM announces their plans regarding the Legacy products.

Beneficiaries can obtain local help regarding this topic or any other item associated with Medicare and Medicaid insurance programs by contacting a trained and certified counselor with the Medicare/Medicaid Assistance Program (MMAP). Simply call our toll free number at 800-803-7174 and leave a message.

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

## Area July Happenings

7/22, 29, Wednesdays, 6:30pm

**Evenings at the Gazebo**  
Free concerts in Old City Park, corner of Park and River Street.  
www.boynechamber.com

7/22, 29, Wednesdays, 8am – 12pm

**Boyne City Farmers’ Market**  
Outdoor market in Veteran’s Park on Lake Street.  
www.boynechamber.com

7/4, 11, 18, 25, Saturdays

**Boyne City Farmers’ Market**  
Outdoor market in Veteran’s Park on Lake Street.  
www.boynechamber.com

7/23, 30, Thurs, 9am – 1pm

**Charlevoix Farmers’ Market**  
East Park, along Bridge Street, downtown Charlevoix.  
www.charlevoix.org

7/23, 30, Thursdays, 9am – 1pm

**East Jordan Farmers’ Market**  
Sportsman’s Park, 85 Bridge Street.  
www.ejchamber.org

7/24, 31, Fridays, 6pm – 9pm

**Stroll the Streets**  
Every Friday night with live music, balloon artists, face painters and more throughout downtown Boyne City.  
www.boynechamber.com

7/23, Thursday – 7/26, Sunday

**Antique-Tractor Engine & Craft Show**  
Featuring oil pulls, doodlebugs, Michigan made engines, antique autos, arts & crafts, flea market,

and more. www.walloonlakeflywheelers.com

7/24, Friday – 7/26, Sunday

**Artisan’s Market: Fiber, Fine Arts & Crafts**  
Join us at Castle Farms. Visit vendors showcasing unique garments, accessories, home décor pieces, foods, candles, spices, Holiday décor, jewelry and more. Admission \$6. www.charlevoix.org

### BOYNE AREA SENIOR CENTER ACTIVITIES

**Thursday, July 23**  
11am Arthritis Foundation Exercise Program  
Wii Bowling

**Friday, July 24**  
Birthday Day!  
11am Roger Hartson Raffle  
Speaker: Boyne on the Water

**Monday, July 27**  
Pretty-Bag Bingo - Gift Certificate Prize

**Tuesday, July 28**  
Pretty-Bag Bingo — Free Lunch Prize

**Wednesday, July 29**  
NIGHT DINNER!  
5:30-7pm Adolph Cwik 50/50 Raffle

**Thursday, July 30**  
11am Arthritis Foundation Exercise Program  
Wii Bowling

### CHARLEVOIX SENIOR CENTER ACTIVITIES

**Thursday, July 23**  
11am Chair Yoga Class  
1pm Pinochle

**Friday, July 24**  
1pm Rummy

**Monday, July 27**  
1pm Bridge  
1pm Woodcarving  
7pm Bible Study

**Tuesday, July 28**  
11am Chair Yoga Class  
1pm Paint Class  
1pm Rummy

**Wednesday, July 29**  
NIGHT DINNER!  
2:45 pm Bingo

**Thursday, July 30**  
11am Chair Yoga Class  
1pm Pinochle

### EAST JORDAN SENIOR CENTER ACTIVITIES

**Thursday, July 23**  
Foot Clinic  
KARAOKE DAY!

**Friday, July 24**  
11am John Slough Bingo/Raffle

**Monday, July 27**  
8am-1pm Walking M-F

**Tuesday, July 28**  
10:30am Line Dancing  
12:30pm Bingo  
1pm Paint Class

**Wednesday, July 29**  
NIGHT DINNER!  
4pm Dollar in the Jukebox

**Thursday, July 30**  
KARAOKE DAY!

### CHARLEVOIX COUNTY SENIOR CENTER MENU

**Thursday, July 23**  
COOK’S CHOICE

**Friday, July 24**  
CRUNCHY CHICKEN

**Monday, July 27**  
STUFFED PEPPER

**Tuesday, July 28**  
POLISH SAUSAGE

**Wednesday, July 29**  
5-6pm HOT BEEF SANDWICH

**Thursday, July 30**  
COOK’S CHOICE

THIS PAGE SPONSORED BY THE FOLLOWING CHARLEVOIX COUNTY BUSINESSES



**VALLEY ASSISTED LIVING**  
ADULT FOSTER CARE  
Kevin and Marlene Robinson  
01970 Valley View Road, Boyne Falls  
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## Charlevoix County Transit System

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



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