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January 7, 2016

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A Ten-Point Checklist for the New Year

By Jim Akans

It's the New Year! A time to tuck away memories of a year gone by while looking forward to a clean slate stretching across 52 weeks of possibility. While many utilize the ceremonial switch of the calendar year as an opportunity to pursue a New Year's resolution or two, here is a checklist that requires a little less, well...resolve, but can help get the coming year off to a great start just the same.

1. Simplify - Great advice any time of the year that can reduce stress, debt and increase the quality of life. Put cabin fever to good use by going through closets, cupboards, basement storage areas and getting rid of unused items. If they are still functional, sell them on eBay or Craigslist, donate them to local agencies such as Goodwill or a resale store, and if applicable, be sure to get a tax-deductible receipt for next year's tax return. Take those old magazines and newspapers to the local recycle center.

2. Make a primary goal for 2016 - What is your 2016 "hot button." Whether gaining control of finances, going on a dream vacation, improving personal health...whatever your goal, be specific about your plan to achieve it - write it down, and review your progress at least monthly.

3. Prepare for the tax season - Now is the time to gather income statements and tax-deductible receipts. Make a list of items and

See **New Year Checklist** -3A

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Boyne City Man accused of murder found competent to stand trial

Murder suspect Matthew Mark Fruge, 34, of Boyne City, was found to be competent to stand trial in a hearing held in the 90th District Court on Thursday, December 31.

At the brief hearing, Charlevoix County Prosecuting Attorney asked Judge James N. Erhart to consider the report of the State of Michigan's Cen-

ter for Forensic Psychiatry. Defense attorney Bryan Klawuhn did not object to the report and neither side presented any witnesses.

Erhart stated that after reviewing the ten page report, he found Fruge competent to stand trial and scheduled the preliminary examination in the case for January 14, 2016

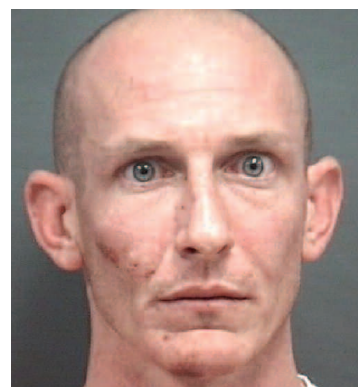
at 1:00 p.m.

Klawuhn indicated to the Court that there may not be a need for a preliminary examination but the decision would be made after review of the autopsy and toxicology reports in the case.

Fruge is charged with open murder related to the death of Jacob Conklin, 34, on October 1,

2015. Telgenhof stated, "The charge against Fruge is a mere allegation at this point and he is presumed innocent unless and until he is proven guilty beyond a reasonable doubt in a court of law."

PICTURED AT RIGHT: Matthew Mark Fruge



Couples, families and friends rally Thursday to watch the fireworks from East Park in downtown Charlevoix a highlight of the annual New Years Eve Bridge Drop festivities.

New Years Eve Bridge Drop

PHOTOS BY
M. CHRIS LEESE



All eyes are on entertainer Tommy Tropic as he catches the children's toss while riding a unicycle in the snow, New Years Eve at East Park in Charlevoix. The day-long Bridge Drop event included several family activities, such as a snowman contest, horse-drawn wagon rides and fireworks at 9 PM.



Revelers celebrate in the street at the Bridge Drop in downtown Charlevoix New Years Eve as the countdown to midnight is about to commence. The actual Bridge Drop is followed by a brief parade of lighted vehicles and a rally of people on the bridge.

LSSU releases 41st Annual List of Banned Words

So, if the word-smiths at Lake Superior State University get their way, this is the last time a story lead like this will ever make it into print or broadcast. Answering a question by beginning with the word "so" is just one of a dozen forms of wordplay that made it onto LSSU's 41st annual List of Words Banned from the Queen's English for Mis-use, Over-use and General Uselessness. The tradition created by the late W. T. Rabe, former public relations director at Lake Superior State University, is now in its fifth decade. Compilers hope this year's list will be so popular that it will break the Internet.

"Overused words and phrases are 'problematic' for thousands of Queen's English 'stakeholders,'" said an LSSU spokesperson while "vaping" an e-cigarette during a 'presser.' "Once something is banned, there's no 'walking it back;' that's our 'secret sauce,' and there's no 'price point' for that."

Rabe and fellow LSSU faculty and staff came up with the first list of words and phrases that peo-

See **Banned Words** -6A

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Richard R. Rusnell, 85
(AUG. 20, 1930 – JAN. 3, 2016)



Richard R. Rusnell of Ellsworth died Sunday, January 3, 2016 at his home. He was born August 20, 1930 in Gaylord to Raleigh and Ida May (Hignite) Rusnell.

On October 29, 1955 he married Orpha Spence in East Jordan. They lived in East Jordan and South Arm Township.

Richard served with the U.S. Coast Guard during the Korean Conflict. He worked at McLaughlin's in Petoskey. He built and flew his own airplane and enjoyed riding motorcycles. He was a member of the Ellsworth Wesleyan Church.

Surviving are his wife Orpha; children Donna (William) Pardee of Central Lake, Rick (Ginny) Rusnell of Central Lake; three grandchildren; three great-grandchildren; sister Janet May Rusnell of San Francisco, and brother Franklin (Molly) Rusnell of Troup, Texas.

A memorial service will be held at 1:00 PM on Saturday, January 9, 2016 at the Ellsworth Wesleyan Church with the Rev. Chris Wallace officiating.

Memorials may be made

to Good Samaritan Family Services, P.O. Box 206, Ellsworth, MI 49729

The family was served by Hastings Funeral Home in Ellsworth.

Naomi Ruth Baker (Vallad), 85
(JULY 27, 1930 – JAN. 4, 2016)

Naomi Baker of Boyne City passed away on January 4, 2016 at the Brook in Boyne City.

Naomi was born July 27, 1930 in Royal Oak, MI the daughter of Arthur and Alma (Bilkey) Vallad. On April 24, 1948 she married Edward Baker. She worked at ITT and United Technologies. Naomi enjoyed NASCAR, baseball and holidays with her family. Her favorite thing was being a homemaker.

Naomi is survived by her children Marsha Gee, Sheila (Bob) Wilson, Sandy (Jerry) Garland, Brenda (Brett) Bingham, Edward (Linda) Baker; longtime friends Fred and Charlotte Simpson; numerous grandchildren and great grandchildren; brother Art Vallad; sisters Vivian Leazier and Sharon Kuzmik.

Naomi is preceded in death by her parents; sister Faith and three brothers Dutch, Richard and Harold; two grandsons Jeremy Bingham and Nicholas Bingham; and one great granddaughter Brooke Skrocki.

Visitation will be held 2-4 and 6-8 PM Wednesday, January 6th at Stackus Funeral Home in Boyne City.

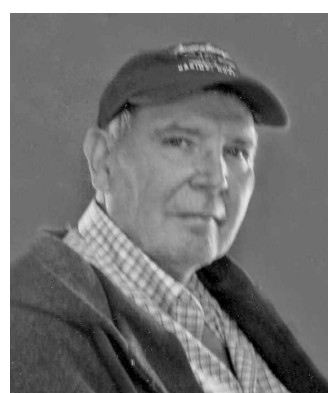
A funeral service will be held 11:00 AM Thursday January 7th at the funeral home with Pastor David

Behling officiating.

Memorial donations may be directed to N. Michigan Community Hospice.

Family and friends wishing to share a thought or memory are encouraged to do so online at www.stonefuneralhomeinc.com.

Carlton "Gene" E. Juday, 75
(JAN. 28, 1940 – JAN. 1, 2016)



Carlton "Gene" Juday of Petoskey passed away on Friday January 1, 2016 at Grandvue Medical Care Facility in East Jordan, MI. He was born January 28, 1940 in Troy, OH to Hugh and Mary Juday. On February 25, 1961 he married his high school sweetheart Janice Koepke of Boyne City, MI.

Gene is survived by his wife of 54 years and two sons: Michael (Debra) Juday of Woodhaven, MI and Mark (Wendy) Juday of Boyne City, MI. He is also survived by his 5 granddaughters: Megan (Nick) Sproglia, Ashleigh Juday, Sarah Juday, Brooke Juday, and Emily Juday. Surviving also is his brother John Juday Sr. of Petoskey, MI.

He grew up in Boyne City, MI and he graduated from Boyne City High School in 1960. He started his working career as a roofer working for Hunt Roofing Company (1962-1966). Then he became a semi-truck driver working for Parker Motor Freight for the next 30 years until his retirement in 1996. In retirement he developed a new passion for volunteering. He

drove the Red Cross van delivering blood to area hospitals. As part of the 29ers mission group he worked on many construction projects at United Methodist youth facilities and camps in Florida, Michigan, Maine, New York, North Carolina, and Wisconsin. He was also an active member of the Kiwanis Club of Little Traverse Bay and served as president for two years.

Gene liked square dancing and enjoyed the outdoor activities of boating, camping, snowmobiling, fishing and hunting with his wife, family, and friends. His greatest passion was snowmobiling with his longtime friends, Dave and Cal. They nick named him "bushwhacker" for his adventures off the groomed trail.

He was a wonderful and caring husband, a great father, and proud loving grandfather. He is deeply missed by his family and all who knew him.

Friends wishing to honor Gene's memory in some way are encouraged by his family to consider a donation to Petoskey United Methodist Church to support church mission work. A memorial service is planned for 11:00 a.m. Tuesday at the Petoskey United Methodist Church. Friends are welcome to visit with family at the church beginning at 10:00 a.m. on Tuesday at the church.

David J. Nemeč, 77
(FEBRUARY 7, 1938 – JANUARY 3, 2016)

David J. Nemeč of Boyne City died peacefully on Sun. Jan. 3, 2016 at his son's home. He was born Feb. 7, 1938, in Traverse City, the son of Joseph and Lena (Boals) Nemeč and proudly served in the US Air Force. David lived in northern Michigan all of his life, spending most of those years in Boyne City. He was an active member of Walloon Lake Community

Church. David started his working career in Tool and Die at Lamina Bronze and finished it at Dura Automotive in Mancelona. He was passionate about riding motorcycles and loved to travel. He also enjoyed small engine repair. In 1974 he married Mary Lou Holcomb who survives. Also surviving is his son Martin (Marge) Nemeč of Central Lake, stepdaughter Melissa (Larry) Dowell of Florida, brother Paul (Margaret) Nemeč, sisters Liz and Judy, 8 grandchildren Nick (Jessica) Sutherland, Martin Nemeč, Willson (Hannah) Nemeč, Mikel Nemeč, Lilly, Alaina, Damian Nemeč, Jeffery Kelley, and 4 great grandchildren. He was preceded in death by his brother Gary and his parents. Memorial services will be held Sat. Jan. 9, 2015 at 11 a.m. at the Pleasant Valley Free Methodist Church, 3055 W. Old State Rd, East Jordan, with Pastor Brian Yost officiating. Feel free to bring a photo or favorite story to share. Memorial donations can be made to the Walloon Lake Building Fund or the Little Traverse Bay Humane Society. Please sign his online guestbook www.mortensenfuneral-homes.com.

William Howard Horton

SEPTEMBER 21, 1963 – NOVEMBER 16, 2015 (AGE 52)



William (Bill) Howard Horton, 52, passed away at his home in California on Monday, November 16, 2015 of natural causes. Crema-

tion has taken place in California. He was born at Alpena General Hospital on September 21, 1963, and moved to Charlevoix with his parents, Rosemary and the late Howard Horton, when he was four years old. He graduated from Charlevoix High School in 1982 and attended North Central Michigan College for a short time.

He moved to Houston where he worked for the Prudential Insurance Company, then to New Jersey and finally to California all with Prudential. He left to work for the R. C. Temme Company and observed his 25th year with them this past summer as their IT manager.

He was extremely smart and talented; he was very proficient in both computers and music and played piano and trumpet. In high school he usually played taps when any veteran was buried. He was an exceptionally good writer and trivia buff. He loved old movies and also loved politics and history.

He is survived by his mother, Rosemary; his sister and brother-in-law, Mary and Daniel Farrell of Norton Shores; his nieces Laura and Maggie Farrell and nephew, Jack Farrell, all of whom he loved dearly and of whom he was so proud. He is also survived by two aunts and thirty-one first cousins. He was pre-deceased by his father, Howard, and his brother, Michael.

Visitation will be Saturday, January 9, 2016 at 2 p.m. at the Winchester Funeral Home followed by a prayer service at 3 p.m. officiated by the Reverend Celia Hastings. Interment of his ashes at St. Mary Cemetery in Charlevoix will take place later.

Memorials may be directed to the Charlevoix High School band program.

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Boyne City Annual Meeting and Awards Ceremony
Jan. 21, 5:30-8:30pm at Boyne Mtn.

This is a special night for the area's business community, bringing together more than 300 members of the Chamber family for an evening of dining, socializing, special recognition and to present the Chamber's annual awards. The program includes food, beverages, live and silent auctions, entertainment by the Boyne City High School Jazz Band, awards in six categories and the introduction of the Chamber Board members. Tickets; \$40 per person by January 4 and \$45 after and are available at the Boyne Chamber, (231) 582-6222.

Emergency Heating and Utility Assistance

Northwest Michigan Community Action Agency has emergency heating and utility assistance available through the Michigan Energy Assistance Program. Please don't wait until it's too late, call NMCAA today to be pre-screened for eligibility! Along with financial assistance, NMCAA will provide clients with energy education and connections to other services and resources. For Grand Traverse, Benzie, Kalkaska, and Leelanau County residents – call (800) 632-7334. For Antrim, Charlevoix, Emmet, Missaukee, Roscommon, Wexford County residents – call (800) 443-2297.

News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

New Year's baby delivered on the way to McLaren Northern Michigan

Cheboygan residents, Lindsay and James Lafrinere have already had an eventful 2016. Not only did their baby girl arrive two weeks early on New Year's Day, they have a great story to tell in the years to come.

Lindsay and James left a family New Year's party shortly after midnight when the contractions were becoming strong. They were headed to McLaren Northern Michigan, when Lindsay got out her phone in Alanson and called 911, she was having the baby, and wouldn't make it to the hospital.

James pulled over to a gas station and with the help of Central Dispatch, he delivered his healthy baby girl, Hazel Rose, at 12:45 a.m. The first responder showed up shortly after delivery and an ambulance transported the family to McLaren Northern Michigan. Once they were at McLaren Northern Michigan, Kendra Johnson, DO, Obstetrician/Gynecologist, and the OB nurses found that the mom and baby were

healthy.

"We were relieved to find that both the mother and baby were doing great," stated Dr. Johnson. "After the excitement of their arrival we were happy to inform them that they were the first McLaren Northern Michigan New Year's baby and received a gift basket from our Obstetrics team."

James and Lindsay were happy to hear that they had a healthy family. "Healthy mama, health baby, I couldn't have asked for anything more," stated James.

Lindsay and James are looking forward to bringing home baby Hazel and being a family of four with their 2-year-old daughter.

"It was rewarding to have so much support during this unique event," stated Lindsay. "It's going to be a busy but happy 2016."

For information on services available at McLaren Northern Michigan, please call (800) 248-6777 or online at northernhealth.org.



Lindsay and James are looking forward to bringing home baby Hazel and being a family of four with their 2-year-old daughter. COURTESY PHOTO



Ribbon Cutting at Rustic Garden and Ali's Floral

Members and staff of the East Jordan Area Chamber of Commerce, along with family and friends, recently welcomed the Rustic Garden and Ali's Floral to the East Jordan business Community with a Ribbon Cutting Ceremony. The Rustic Garden and Ali's Floral are owned by Alice Morris and is located at 119 S. Lake Street in East Jordan. The business is open Monday thru Friday from 10am – 6pm, Saturdays 10am – 1pm and closed Sunday. Ali's Floral is a proud member of the Teleflora.network. The florists are committed to designing beautiful, quality arrangements and providing exceptional customer service. Delivery area and same day service are available. As a member of Teleflora.com nationwide delivery is also available. The Rustic Garden features a number of hand-crafted items, as well as re-purposed merchandise with an outdoor focus. Phone number to call 231-222-2043 and their website is www.rusticgardeneastjordan.com. COURTESY PHOTO



Christ Episcopal Church donates to Food Pantry

Christ Episcopal Church, Charlevoix recently donated \$3,394.57 to Charlevoix Food Pantry. This donation is the result of the monies raised at their 12th Annual Advent Tea held at Christ Church on November 21. The Mission of Christ Church is: To celebrate God's love through worship, ministry and hospitality. This donation is an example of one of the ministries at Christ Church. This donation will provide food to the Food Pantry for over a month. Left to right; Maggie Mason, Vestry Member Christ Church, Maxine Bergmann, volunteer @ food pantry, Linda Boss; Manager @ food pantry, Mary Eveleigh; volunteer @food pantry, and Nancy Porter co-chair Advent Tea and Vestry member Christ Church. COURTESY PHOTO

NEW YEAR CHECKLIST

CONTINUED FROM PG. 1A

forms you will need to file your 2015 taxes such as mortgage interest statements, W-2's or 1099's. Check these items off as you receive them and file taxes as early as possible (even if you owe taxes, prepare your forms early so they are ready to file). You, and your tax preparer, will be grateful for avoiding the April madness.

4. Plan for next years holiday shopping – Oh yeah, do it now while receipts from the 2015 holiday shopping season are still near at hand. Utilize those to review your retail performance this past season and estimate your spending for 2016. Try to set aside one-tenth of the 2016 target amount each month and you won't have to pull out the plastic as the next holiday shopping season approaches.

5. Make a financial plan for the year – While digging through last year's bill statements and receipts, group them by spending category and prepare a household budget for the coming year. Look at small ways you can save money, such as cutting down on dining out, not stopping for that cup of coffee on the way to work, limiting alcohol or tobacco purchases, or starting to utilize shopping lists and sticking to them.

6. Fill out the calendar – Go through the 2016 calendar, month by month, and mark the birthdays and anniversaries of family members and friends, special events such as graduations or reunions, and block out desired vacation weeks before your co-workers can even think about asking for the time off. Note reminders for making appointments for annual or semi-annual events such as dental or doctor exams.

7. Check your credit report. One report is

available free of charge once per year. Go to AnnualCreditReport.com. You can dispute any errors online through each credit bureau.

8. Take care of small maintenance tasks around the house. Install fresh batteries in smoke and CO2 detectors, change the furnace filter, touchup paint on interior walls, replace burnt out light bulbs with new energy efficient compact fluorescent bulbs, lubricate squeaky door hinges (don't forget the garage door). Speaking of doors, check to see that your spare front door key is still hidden where you think it is.

9. Back up your computer – This should really be done on a more short term basis, say monthly or even weekly, but just in case you forgot, back up documents, financial records and don't forget to sort and label those 2015 digital photos before storing them on disk.

10. Take stock of recurring expense items. Do some price comparison-shopping for your auto, home, medical and insurance policies. Pull out statement for mortgage, equity line, charge cards, and investment accounts. Write down the balances and interest rates. Go online (remember; if it looks too good to be true...), or call local lenders or investment professionals to see if more attractive terms are available.

After completing the checklist sit back, relax, and take satisfaction in knowing that whatever the New Year brings, each of these items are well under control, at least until January 2017.

New Year Checklist-Photo; While many utilize the ceremonial switch of the calendar year as an opportunity to pursue a New Year's resolution or two, here is a checklist that requires a little less, well...resolve, but can help get the coming year off to a great start just the same. File photo

News Briefs

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

BOYNE CITY FRIENDS OF BOYNE DISTRICT LIBRARY MOVIE

January 8, 6:30pm, Library Community Room. The Iron Giant (PG) 1999 - Without glitz and a rock score, this charming and authentic animation tells the story of a boy and his robot from outer space. Admission is free, and snacks will be available for a donation.

BOYNE CITY TOUGH ON CRIME PRESENTATION

January 10, 6:30pm, Life-tree Café, 401 S. Park Street. The treatment of criminals in America will be explored at Lifetree Café; The program, titled "Tough on Crime," includes a film featuring Sheriff Joe Arpaio of Maricopa County, Arizona. The controversial sheriff has been praised and criticized for his treatment of prisoners. His jail prepares just two low-cost meals per day, restricts television viewing, places inmates in desert tents, and requires prisoners to wear pink underwear. Admission to the 60-minute event is free.

CHARLEVOIX CHARLEVOIX UNITED METHODIST CHURCH FAMILY EVENT

January 10, 4-6pm. Kids and their parent/s or adult friend enjoy a fun afternoon together. Make crafts, hear stories about the God who loves you, songs, games and a FREE "kid friendly" meal of "walking tacos", veggies and make your own sundae. This once a month "Messy Church" event is at 104 State St., Charlevoix. All are welcome.

CHARLEVOIX BLOOD DRIVE

January 14, Noon-5:45pm. Community Reformed Church, 100 Oak Street. Simply call 1-800-RED CROSS (1-800-733-2767) or visit redcrossblood.org to make an appointment or for more information.

BOYNE CITY "TAKING GOD TO WORK" PRESENTATION

January, 17, 6:30pm, Life-tree Café, 401 S. Park Street. The program, titled "Taking God to Work: How to See the Spiritual Significance in What You Do," features a filmed interview Doug Sherman, co-author of "Your Work Matters to God." Admission to the 60-minute event is free.

BOYNE CITY BLOOD DRIVE

January 20, 12:30pm-5:15pm. Eagles Lodge FOE 1583, 106 River Street. Simply call 1-800-RED CROSS

DNR records data on 1 millionth deer

DNR reaches milestone thanks to hunters' cooperation; Friday is last day to check deer

The Michigan Department of Natural Resources has been collecting records for individual deer since 1987 - although it has been recording deer data for more than 50 years - and near the end of 2015, the DNR added its 1 millionth deer record to this database.

Michigan hunters have the opportunity to voluntarily bring their harvested deer to DNR deer check stations throughout the deer hunting season and receive a prized deer hunter cooperators patch. The data collected through this process includes age, sex and location of the deer harvested. "Checking 1 million deer in this time frame shows the department's commitment to collecting data from our deer herd to support science-based management, but also shows the level of cooperation by our hunters throughout the years," said Chad Stewart, DNR deer management specialist.

Biologists analyze the data collected at deer check stations to understand how Michigan's deer herd changes over time. The information helps the DNR understand



The Department of Natural Resources recently checked its 1 millionth deer. The last day for hunters to take their deer to a check station, and get a 2015 deer cooperators patch, is Jan. 8. (COURTESY OF DNR)

the relationship between regulation changes, such as antler point restrictions, and the deer herd's response.

"Having 1 million individual deer records in our dataset is impressive, and something both the department and hunters should be proud of," said Sarah Mayhew, DNR wildlife statistician.

Checking harvested deer also supports surveillance for diseases such as bovine tuberculosis and chronic wasting disease, which benefits both the DNR and hunters.

Those hunters who would still like to check their deer harvested

this season should visit a DNR deer check station by Friday, Jan. 8. For a full list of deer check stations and hours of operation, go to www.mi.gov/deercheck.

To receive the 2015 successful hunter and deer management cooperators patch, hunters are required to present a deer skull with intact antlers (if from a male deer), jaws and teeth.

Hunters who harvested a deer in the following townships are reminded that they are required to submit their deer for chronic wasting disease (CWD) testing: Alaiedon, Delhi, Meridian, Williamstown and Wheatfield in Ingham County; Bath and DeWitt in Clinton County; and Woodhull in Shiawassee County. Hunters in surrounding areas are not required to submit deer for testing, but are encouraged to do so. Hunter participation is a key component to locating the range of CWD. Learn more and get weekly testing updates at www.mi.gov/cwd.

Hunters who harvest a deer in Alcona, Alpena, Cheboygan, Crawford, Emmet, Iosco, Montmorency, Ogemaw, Oscoda, Otsego, Presque Isle and/or Roscommon counties will be asked to submit the head for bovine tuberculosis testing. For more information on bovine TB, visit www.mi.gov/bovinetb.

(1-800-733-2767) or visit redcrossblood.org to make an appointment or for more information.

BOYNE CITY ANNUAL MEETING AND AWARDS CEREMONY

January 21, 5:30-8:30pm at Boyne Mountain. This is a special night for the area's business community, bringing together more than 300 members of the Chamber family for an evening of dining, socializing, special recognition and to present the Chamber's annual awards. The program includes food, beverages, live and silent auctions, entertainment by the Boyne City High School Jazz Band, awards in six categories and the introduction of the Chamber Board members. Tickets; \$40 per person by January 4 and \$45 after and are available at the Boyne Chamber, (231) 582-6222.

BOYNE CITY FRIENDS OF BOYNE DISTRICT LIBRARY MOVIE

January 22, 6:30pm, Library Community Room. Troll Hunter (PG-13) 2011 subtitled - This "mockumentary" takes us to Norway, where 3 college students work to make a film about a mysterious troll hunter in the beautiful countryside.

Good fun and some thrills. Admission is free, and snacks will be available for a donation.

BOYNE FALLS BLOOD DRIVE

January 28, 10am-3:45pm. Boyne Falls School, 01662 M-75 South. Simply call 1-800-RED CROSS (1-800-733-2767) or visit redcrossblood.org to make an appointment or for more information.

EAST JORDAN ANNUAL DINNER/ MEETING/AUCTION

January 30, Castle Farms. Chamber of Commerce Annual Dinner/Meeting/Auction.

CHARLEVOIX TOAST TO LITERACY FUNDRAISER

February 6, 7-10pm, Castle Farms. Char-Em United Way's third Toast to Literacy fundraising event will again focus on delightful libations from local breweries and vineyards as well as a delicious food competition by select caterers. Toast to Literacy will take place in the lower level of Castle Farms and will feature wine/beer/mead tastings, food, a silent auction, and live

music. All proceeds will benefit the Dolly Parton's Imagination Library, a literacy initiative sponsored by Char-Em United Way. The Imagination Library provides free books to children from birth to age five in Charlevoix and Emmet Counties. Admission is \$35 at the door or \$30 in advance and includes a souvenir glass and food tastings. For more information, call 231-487-1006 or go to <http://www.charemunitedway.org/content/toast-literacy>.

CHARLEVOIX ANNUAL MEETING & AWARDS BREAKFAST

February 5, 7-9am, Castle Farms. Please join us as we celebrate Charlevoix at the 2016 Chamber Annual Meeting and Awards Breakfast. Doors will open at 6:45 with the Presentation and Awards beginning at 7:15. Mark Heydlauff, City Manager for the City of Charlevoix will be our featured speaker. During this event we will be presenting the following awards: Member (Business) of the Year, Outstanding Citizen, New Business of the Year, Young Professional of the Year, Outstanding Customer Service, Chamber Ambassador of the Year. Cost: \$30 pp or \$240 for a table of 8 which

includes Table Sponsorship Register on-line at www.charlevoix.org or by calling the Chamber office at 231.547.2101.

BOYNE CITY FREE BALANCE WORKSHOP

Beginning January 4th the Area Agency on Aging of Northwest Michigan is offering a popular eight-session workshop designed to help adults with concerns about falling in Boyne City. This award-winning program, called "A Matter of Balance: Managing Concerns About Falls," is being held in the Community Room at Litzenger Place located at 829 S Park Street. Classes will be held every Monday from 10 am-12 noon from January 4 through February 22, 2016. The Boston University, evidence-based program emphasizes practical strategies to reduce the fear of falling and increase activity levels. To register for a class, or to request a workshop in your area, please call 1-800-442-1713. Visit www.aaanm.org/mob-workshops to learn where and when "A Matter of Balance" workshops are being held throughout northwest Michigan.

LAW ENFORCEMENT

THREE CAR ACCIDENT ON US31 SOUTH

On Wednesday December 30, 2015 at approximately 5:15 p.m. the Charlevoix County Sheriff's Office responded to a three vehicle personal injury accident on US 31 South near Bells Bay Road in Norwood Township.

Hunter Hansma, age 19 from Traverse City, was traveling Northbound when he lost control of his 2002 Saturn and struck a Dodge Pickup driven by Paul Bunker, age 41 of Central Lake. Mark Tamlyn, age 56 from Cheboygan, was traveling Northbound behind Hansma when his vehicle struck the Saturn driven by Hansma.

Hansma was transported to McLaren Northern Michigan Hospital where he was treated for his injuries. Bunker and his 6 year old daughter, who was a passenger in his vehicle, were treated for minor injuries at Munson Healthcare Charlevoix Hospital.

The Charlevoix County Sheriff's Office was assisted on scene by Charlevoix EMS, the Charlevoix Township Fire Department, and the City of

Charlevoix Police Department. This accident is still under investigation.

BOYNE CITY POLICE DEPT.

MONDAY, DECEMBER 21

0252 Assist Sheriff Department and MSP with a fight on Bear River Rd near River Rd.
0252 Report of an MDOP on W Main St.
1112 Vehicle unlock on W Main St.
1130 Vehicle ran over shopping cart in the Dollar General parking lot.
1157 Assist with traffic for moving large transformer through town.
1220 Report of attempted Craig's List scam.
1418 Assist Sheriff Department on Zink Rd with suicide
1611 Report of a suspicious subject at park and Vogel. Was Direct Energy solicitor.
1747 Complaint of one of the Direct Energy people being

rude and obnoxious on Ottawa St.

1818 Lodged a dog at the shelter.
1910 Vehicle crashed into 2 parked cars in parking lot on Morgan St, then a house on Pleasant Ave. Arrested subject for OWI 2nd.

TUESDAY, DECEMBER 22

0112 Car deer accident on Division/Boyne. Kill permit issued
0640 Report of suspicious vehicle and subjects in the 1300 block of Boyne Av
0907 Alarm in the 400 block of Front St. Cancelled while enroute
1329 Call from Lincoln St regarding the Direct Energy people
1435 Property damage accident on Park near Main
1558 Call from W Division St reference the Direct Energy people
1846 Assist East Jordan & Sheriff Dept units in East Jordan. Man with a gun complaint. Subject surrendered peacefully.

WEDNESDAY, DECEMBER 23

0046 Assist EMS at 1314

Boyne Ave. Medical alarm.

0140 Assisted Sheriff's Dept on N Park and N East streets regarding threats complaint they were investigating

0652 Citation issued for speed at State and Brown.

0909 Subject in from Cherry St ref Direct Energy people coming to house yesterday

0919 Another call reference the Direct Energy people being at residence last night

1204 Suspicious situation on Ray St.

2314 Gasoline drive off from the 1300 block of Boyne Ave.

Thursday, December 24

0305 Tree blocking BC-CX near Court St. Removed it.

0317 Tree blocking M-75 S near Magnet Dr. Removed it.

0351 Alarm activation in the 100 block of S Lake St

0354 Tree down blocking entire road in the 500 block of State St. It damaged fence.

0504 Large tree took out electrical line, car and damaged house on Line St.

0515 Tree down on BC/CX Rd. near Court St blocking both

lanes. Removed it.

0607 Tree down on E. Court at N. Park blocking the entire road. Removed it.

0610 Trees and Lines down on Anderson near Marshall. The lines ended up being phone and cable.

0921 Tree fell on car in the 600 block of Call St.

1035 Assist Sheriff Dept with car deer accident on C-56 just outside the city.

1057 Went to shelter to lodge a dog. Also let Sheriff Dept in to lodge a different dog.

1141 Alarm in the 1300 block of Charlevoix Street.

1150 Damage to sign at Tannery Beach sign

1420 Assist Fire Dept. Lines down in the 100 block of W Michigan.

1425 Assist Fire Dept with trees on lines, Boyne City-Charlevoix Rd at the city limits.

1500 Assist Sheriff Dept with alarm on Lakeshore.

2255 Complaint of loud music coming from the 400 block of Hemlock St.

Friday, December 25

0745 Vehicle unlock in the

BOYNE CITY FARMERS MARKET

The Boyne City Winter Farmers Market begins November 7 at the Red Barn on Saturday's from 9am-1pm through April.

CHARLEVOIX

Hospice of Northwest Michigan invites you to join our Monthly adult grief, loss & bereavement support group, which takes place the 2nd Sunday of each month from 4-5pm at the First Baptist Church, 6781 M66 North. This program is open to anyone in our community looking for assistance in their grief process and is facilitated by Rev. David Behling. There is NO CHARGE to attend. Please feel free to call Hospice at 231-547-7659 to register or for more information.

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 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, storyteller extraordinaire, reads stories, sings songs, interacts with finger plays, and sometimes even dances with the kids.

NORTHERN MICHIGAN EMERGENCY HEATING AND UTILITY ASSISTANCE

Northwest Michigan Community Action Agency (NMCAA) has emergency heating and utility assistance available through the Michigan Energy Assistance Program (MEAP). Please don't wait until it's too late, call NMCAA today to be pre-screened for eligibility! Along with financial assistance, NMCAA will provide clients with energy education and connections to other services and resources. For Grand Traverse, Benzie, Kalkaska, and Leelanau County residents - call (800) 632-7334. For Antrim, Charlevoix, Emmet, Missaukee, Roscommon, Wexford County residents - call (800) 443-2297.

700 block of N Park.
1805 Report of German Shorthair running loose in the area of Lake and Division
2058 Report of fireworks going off in the area of the 400 block of N East St
2101 Report of fireworks in the area of the 300 block of State St
2310 Assisted EMS in the 1300 block of Boyne Ave.
2323 Assisted Sheriff Dept with a disturbance in Boyne Falls.

SATURDAY, DECEMBER 26

1056 Found purse in the 400 block of N Lake St. Returned to owner.
1734 Assisted Sheriff Dept with a felony warrant arrest on Pleasant Valley Rd.
1835 Driving complaint on Lake St
2155 Lodged a dog at the shelter.

SUNDAY, DECEMBER 27

0206 Assist Emmet County in locating vehicle involved in suspicious situation up there. Located it on River St near Lake St. All OK

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News

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HIDDEN TREASURES

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."



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. COURTESY PHOTO

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.

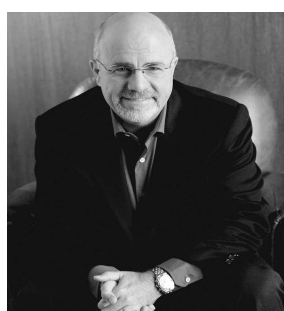
Mary notes that Good Samaritan is planning a celebration for their 25th anniversary on August 21st and 22nd, though details are still in the works. This coming Memorial Day Weekend they will be taking part in the annual Garage Sale Across the Breezeway, so stop by and pick up some fantastic bargains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



Mary Peterson, Director of the Pantry/Resale Shops stands among the 700 pairs of shoes in a closet at the Good Samaritan resale shop. Sammy's Shoes is a program designed to provide every child with a NEW pair of shoes.

DAVE Says



Dave Ramsey

You can catch up later

Dear Dave,
I work in IT, and I recently learned that I'll be losing my \$88,000 a year job at the end of February. We're debt-free, except for our home, and we have a full emergency fund in place. The problem is we just cash-flowed one daughter's wedding, and we'll be paying for another daughter's college soon. I'll receive a severance package of

around \$30,000 to \$40,000, but we're wondering if I should stop contributing to my 401(k) and stockpile cash until another job comes along.
Steve

Dear Steve,
You've done a great job handling your money, so going a couple of months without contributing to your 401(k) isn't going to mean the difference between retiring with dignity and eating Alpo in your golden years.

In this case, I would temporarily stop funding the 401(k). You're in a high-demand line of work, so I think you'll probably land something soon and maybe even get a raise in the process. The main thing is to be intentional. Go ahead and start networking and lining up interviews now. Try to land something as soon as possible so that you can start at the end of February or the first of March. At that point, you could look at the severance package as a signing bonus.

There's not much lost between now and then with what you'd actually gain from what you put into your 401(k). There would be going forward, for sure, but I think you'll be able to make that up pretty quickly.
—Dave

No New Years debt next time?

Dear Dave,
We've always just assumed that

we would use credit cards for Christmas, and accepted the fact that there would be a mountain of debt to pay off in January and February. Can you tell us how to make it through the Christmas season next year without accumulating debt?
Carol

Dear Carol,
Giving is a wonderful thing if your intentions—and your finances—are in the right place. But don't let yourself get trapped in the shopping bonanza just because everyone else is doing it. It's all too easy to try to justify overspending in the weeks ahead just because it's a gift.

It's pretty simple. Look at your budget, and see what you can afford to pay cash for during the holiday season. Once you and your spouse agree on this amount, make a list, check it twice and stick to it! Include the names and amounts you are going to spend on each person or

charity. It's just common sense, but it's easy to find something in the mall you "just have to buy." That's where problems start.

Giving is not meant to be stressful on your finances. Give with the right intentions, and give with a financial plan in mind that does not include debt. Another thing to remember is Christmas always falls on December 25th. Don't wait until Thanksgiving to realize it's right around the corner. You could even get a real jump on things, and set a little bit aside each month toward Christmas starting right now!

—Dave
* Dave Ramsey is America's trusted voice on money and business, and CEO of Ramsey Solutions. He has authored five New York Times best-selling books. The Dave Ramsey Show is heard by more than 11 million listeners each week on more than 550 radio stations and digital outlets. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

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Hidden Treasures

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

<p>CHARLEVOIX</p> <p>Bergmann Center Resale Shop 8888 Ance Road, Charlevoix 231-547-9624 www.bergmanncenter.org</p> <p>Kelly's Antiques & Furniture Barn 06176 Old US 31 S., Charlevoix 231-547-0133 www.dkellyantiques.com</p> <p>Goodwill Retail and Donation Center 402 Petoskey Avenue Charlevoix 231- 437-6176</p>	<p>CHEBOYGAN</p> <p>Goodwill Retail and Donation Center 982 S Main St., Cheboygan 231-445-9300</p> <p>EAST JORDAN</p> <p>Crossroads Resale Shop 205 Water Street., East Jordan 231-536-7606 Open Tuesday thru Saturday</p> <p>ELLSWORTH</p> <p>Good Samaritan Furniture & More Store 6519 Center St., Downtown Ellsworth 231-588-2208 thegoodsam.org</p>	<p>ELLSWORTH</p> <p>Good Samaritan 9746 Main Street, Ellsworth 231-588-2208 thegoodsam.org</p> <p>FREDERIC</p> <p>Pineview Military Surplus 7328 Old 27 North, Frederic 989-348-8300</p> <p>GAYLORD</p> <p>A-2-Z Resale 1829 Old 27 South, Gaylord 989-732-9500</p> <p>Goodwill Retail and Donation Center 1361 Pineview Dr. (near Lowes), Gaylord 989-705-1747. www.goodwillnmi.org</p>	<p>GAYLORD</p> <p>Salvation Army Family Store 919 S. Otsego Ave., Gaylord 989-448-2357</p> <p>Homespun Antiques & Crafts 230 West Main Downtown Gaylord 989-731-4305 Mon – Sat 10-5, Sun Noon - 4</p> <p>GRAYLING</p> <p>The-Brickery.com <i>Two floors of treasures</i> 107 Ottawa, Grayling, One block north of the light 989-348-8999</p>	<p>HARBOR SPRINGS</p> <p>New Beginnings Thrift Shop 650 W Conway Rd., Harbor Springs 231-348-2980</p> <p>MIO</p> <p>Strawberry Patch Resale & Consignment Store Downtown Mio, Mio MI (989)826-1503 Open Mon – Sat 10 am to 5 pm</p> <p>PETOSKEY</p> <p>Goodwill Retail and Donation Center 1600 Anderson Rd., Petoskey 231-348-6947 www.goodwillnmi.org</p>
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News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

Safety Tips to help keep safe and warm this winter

As colder weather moves in and furnaces heat up around Michigan, Consumers Energy is offering simple tips to help ensure warmth and safety.

"At Consumers Energy safety is our most important priority, for our customers, our communities and our employees. We want to help ensure everyone stays warm and remains safe, no matter what kind of weather Mother Nature brings this winter," said Mary Palkovich, vice president of energy delivery.

The first tip Palkovich shared is how to identify a possible natural gas leak. Signs can include a distinctive "rotten egg" smell, a blowing or hissing sound, bubbling in wet areas, dead or discolored vegetation in an otherwise green area, or flames if a leak has ignited.

If you suspect a natural gas leak:

- Leave the area immediately, go

to a safe location and call Consumers Energy at 800-477-5050 or dial 9-1-1. Consumers Energy will respond at no charge, 24 hours a day, 7 days a week.

- Do not try to locate the source of the leak. Do not use anything that could cause a spark including electrical devices, light switches, cell phones or garage door openers.

- Do not use an open flame, matches or lighters. Do not start vehicles parked near the area.

- Do not re-enter the building until a Consumers Energy employee says it is safe.

Other winter safety tips include:

- Have furnaces or boilers inspected once a year using a qualified service/heating and cooling professional.

- Change furnace air filters at least once every other month

(more often with pets in the home) during the heating season.

- Weather permitting, visually inspect the chimney and vent pipes to make sure they are free of obstructions such as leaves and nests.

- Do not leave supplemental heaters or a fireplace unattended. Keep clothing, papers and other flammable items away from furnaces, appliances and supplemental heaters.

- Never use gas stoves or charcoal grills to heat homes. These appliances can produce dangerous amounts of carbon monoxide (CO) when used improperly.

- Install an audible carbon monoxide alarm that will sound if dangerous levels of carbon monoxide are present in a home or building. CO is an odorless, tasteless, colorless gas caused by incomplete combustion of fuels including nat-

ural gas, propane, kerosene, wood, oil, gasoline, diesel fuel and charcoal.

- Operate generators with adequate ventilation. Never use a generator in a basement, enclosed garage or near air intakes.

- Keep gas and electric meters clear of snow and ice. A build up can become compacted and freeze, causing damage that interferes with proper operation of meters. Remove snow and ice by hand, never with power equipment.

- To help keep meter readers and other field employees safe, customers are asked to keep a path free of snow and ice to their meter. This also helps reduce the need for estimating energy use.

Learn about natural gas and electric safety: www.ConsumersEnergy.com/safety

Dr. Oz and Roizen

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



into steamed veggies, or all by themselves. Mehmet likes them soaked in water, and Mike likes them toasted!

WALNUTS: THE SUPERFOOD

John-Boy Walton (played by Richard Thomas) was notoriously wholesome and filled with the right stuff to assure that his future was happy and healthy. If you ask us, his show could have been called "The Walnuts," because that wholesome, crunchy treat is also filled with the right stuff to help you live a happy, healthy life: omega-3 fatty acid, folate and assorted forms of vitamin E.

Several studies have found that eating walnuts improves heart health, lowers lousy LDL cholesterol and reduces your risk for diabetes -- and they reduce your appetite! Now, a new study (sponsored by the California Walnut Board) looked at walnuts' effect on the health of folks 25-75 years old who had multiple risk factors for diabetes, such as being overweight; having elevated levels of blood sugar, LDL cholesterol and blood pressure; or excess fat around their midsection. It confirmed that eating about 2 ounces (14 walnut halves) daily for six months improves blood vessel function, reduces lousy LDL cholesterol and leads to overall improved nutritional habits.

So how can you enjoy your daily dose of walnuts? Chop six halves and sprinkle on 100 percent whole-grain cereal. At lunch, break four into an arugula salad with beets and tangerine sections. And at dinner, top off a tasty pesto sauce, over 100 percent whole-grain pasta, with the last four halves of the day. They also taste great with fish, skinless chicken, mixed

IT'S SAFE TO GET A FLU SHOT WHILE PREGNANT

The 2013 Korean movie "Flu" takes the fear of epidemic infection over the top, but luckily, two brave docs risk everything to develop a vaccine. We love that theme! It sure makes you glad that here you can get a flu shot every year. Even the vaccines that don't perfectly nail the strains that appear (like what happened last year) tamp down the toll that flu takes.

So far this year, over 140 million doses have been distributed, and that's terrific! But only half of the more than 4 million women who give birth in North America annually get inoculated against influenza. Some mistakenly fear that the vaccine harms a fetus or causes newborn problems.

For years, the Centers for Disease Control and Prevention has studied the vaccine and found that it poses no risk to pregnant women or their offspring. What they have found is that getting the flu while pregnant increases the risks of pregnancy complications, including premature labor and delivery. But if you do get the shot while you're pregnant, your newborn will be protected against the flu for the first six months of life. Then, at six months, it's time for baby to get a vaccination. And now, the most extensive research to date, which looked at 275,000 births, confirms that the vaccine doesn't increase adverse fetal outcomes. So if you're pregnant, make sure you

get your flu shot. It's never too late in the season. And if you're worried about trace thimerosal (a form of mercury) in the shot, there's a thimerosal-free version available.

GUYS, WHAT REALLY MAKES INTIMACY SPARKLE

If you're watching a "Honeymooners" marathon during the holidays, you might come across this famous Ralph and Alice moment:

Ralph: (to Alice): "Let's get one thing straight right now, right here: A man's home is just like his ship. And I am the captain of this ship. You're ... a lowly, third-class seaman. Your duties are to get the mess, swab the deck and see that the captain feels good ... Where are you going?"

Alice: "Seaman Kramden, third class, is retiring to the poop deck until this big wind blows over."

Although most episodes, like this one, end with Ralph declaring: "Baby, you're the greatest," it seems the two of them might share a bit more, ahem, spark, if Ralph helped out around the house.

Interestingly, two studies examining men's participation in household chores and a couple's frequency of sex have come to opposite conclusions. One (from Spain) implied that men who do household chores have sex with their partners less frequently than guys who follow more traditional roles. The other (Canadian) claimed that men who pitch in around the house have more frequent sex with their partner.

We say neither picking up a dishtowel nor refusing to fold the laundry won't improve your sex life! It's not that simple.

Mutually enjoyable intimacy requires communication about generally shared values (in the kitchen and bedroom) and agreement on responsibilities (including financial), whether they're traditional or not. Bottom line: Determine what you can do to make life less stressful for your partner, and the sparks will fly.

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

(c) 2015 Michael Roizen, M.D. and Mehmet Oz, M.D.

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Michigan Department of Transportation looking for northern Michigan Road Watchers

Though winter is curiously absent so far, the Michigan Department of Transportation (MDOT) is bringing back its "Road Watchers" program in the northern Lower Peninsula for when the snow returns.

For a third year, MDOT is recruiting returning and new "Road Watchers" in the northernmost 21 counties in Lower Michigan to participate in periodic surveys measuring winter highway conditions during the 6-9 a.m. commuting period on some key routes in their area:

- M-72 from Kalkaska to Acme in Kalkaska and Grand Traverse counties
- US-131 from Manton to Kalkaska in Wexford, Grand Traverse, and Kalkaska counties
- US-131 from Mancelona to Petoskey in Antrim, Charlevoix, and Emmet counties
- US-23 in Alcona and Alpena counties

"We received so many reports from our volunteers last year, and lots of excellent suggestions -- information we used to improve our winter maintenance efforts," said MDOT North Region Associate Engineer for Operations Bill Wahl. "We've selected some new routes this year so we can put that information to use in other areas as well."

MDOT compiles the survey results to track winter highway conditions with the goal of improving winter maintenance practices and response time. Surveys should only take a few moments to complete. Road Watchers are polled randomly for each storm event and asked to participate in an online Survey Monkey survey about the road conditions they encountered. All results will be anonymous.

To volunteer, visit www.michigan.gov/road-watchers.



Boyne Falls Public Schools

Student of the Week



Erienne Goodrich

Grade: 8

Parent's Name(s): Kathy Puroll & Richard Goodrich

Future Plans: Going to College and getting a good job.

Favorite Book: Letters to the Dead

Hobbies and Interests: Participating & watching Sports

School Activities: Basketball, Volleyball & Softball

Staff Comments

Erienne is an outstanding student and person. She is responsible and has good study skills. She is a pleasure to teach. I have no doubt that she will be a credit to herself, her family and Boyne Falls Public School."

— Mr. Ted H. Beyer, BFPS Math Teacher

BANISHED WORDS

CONTINUED FROM PG. 1A

ple love to hate at a New Year's Eve party in 1975, publishing it on Jan. 1, 1976. Though he and his friends created the first list from their own pet peeves about language, Rabe said he knew from the volume of mail he received in the following weeks that the group would have no shortage of words and phrases from which to choose for 1977. Since then, the list has consisted entirely of nominations received from around the world throughout the year.

Through the years, LSSU has received tens of thousands of nominations for the list, which now includes more than 800 entries. This year's list is culled from nominations received mostly through the university's website, lssu.edu/banished. Word-watchers target pet peeves from everyday speech, as well as from the news, fields of education, technology, advertising, politics and more. A committee makes a final cut in late December.

And now, the 2016 list:

SO - So the word that received the most nominations this year was already banished, but today it is being used differently than it was in 1999, when nominators were saying, "I am SO down with this list!" Nominations came from across the country.

CONVERSATION - Online publications invite us to "join the conversation," which is usually more of a scream-fest. Gayle from Cedarville, Mich. wonders if "debate has become too harsh for our delicate sensibilities. Now we are all encouraged to have a 'conversation,' and everything will somewhat be magically resolved."

PROBLEMATIC - "A corporate-academic weasel word," according to the Urban Dictionary.

STAKEHOLDER - A word that has expanded from describing someone who may actually have a stake in a situation or problem, now being over-used in business to describe customers and other.

PRICE POINT - Another example of using two words when one will do.

SECRET SAUCE

BREAK THE INTERNET; A phrase that is annoying online word-watchers around the world.

WALK IT BACK - A slower back-pedal?

PRESSER - This shortened form of "press release" and "press conference" is not so impressive.

MANSREADING - A word that is familiar to those in bigger cities, where seats on the bus or subway are sometimes difficult to find.

VAPE - Vape and vaping are used to describe the act of "smoking" e-cigarettes (another strange word) since the products emit vapor instead of smoke.

GIVING ME LIFE - The phrase refers to anything that may excite a person, or something that causes one to laugh.

PHYSICALITY - We had to include one for the sports fans. John Kollig of Jamestown, N.Y., says this is overused by every sports broadcaster and writer.

For comments and feedback, visit www.lssu.edu/banished/

JANUARY IS Healthy Weight Awareness Month

By Deb Hagen-Foley

The New Year's Resolution to lose weight is one of the most popular. January is a common month to start a diet or join a gym. It is appropriate that January is National Healthy Weight Awareness month. According to the U.S. Centers for Disease Control and Prevention, Michigan has the fifth highest rate of obesity in the United States at 31.3%. Mississippi, with nearly 35% of obese residents, ranks number one for the sixth straight year, followed by Louisiana, West Virginia and Alabama. Colorado had the lowest percentage of obese residents, 20.7%. More than one-third, about 35% of U.S. adults, more than 78 million persons, are obese.

Obesity is defined as having a Body Mass Index (BMI) over 30%. You can get an estimate of your BMI using the tool available at the CDC website (www.cdc.gov/healthyweight).

The BMI is calculated by dividing weight (in pounds) by height (in inches). Normal weight for adults is defined by a BMI ranging from 18.5 to 24.9. BMI of 25.0 to 29.9 is considered overweight and 30 and above is obese. For an adult 5'9" tall, a BMI of 18.5 to 24.9 translates to a weight of 125 to 168 pounds.

This technique provides an estimate of BMI, but does not allow for variations by sex or age. Females and older persons tend to have a higher percentage of body fat than males and younger persons. In addition, among highly trained athletes, additional weight



The New Year's Resolution to lose weight is one of the most popular. January is a common month to start a diet or join a gym. It is appropriate that January is National Healthy Weight Awareness month. WIKIPEDIA COMMONS PHOTO

could represent greater muscularity rather than higher levels of fat. A more accurate method for identifying BMI is electrical impedance. In this procedure, an electrical current is sent through the body and the resistance is measured. Muscle is a better conductor of electricity than fat and the BMI measurement will also estimate the percentage of weight attributable to muscle or fat.

Why is it important to maintain a healthy weight?

Obesity contributes significantly to many negative health outcomes, including increased risk of type-2 diabetes, cardiovascular disease, hypertension and stroke, and some types of cancer. Excess weight can lead to high blood pressure, high cholesterol and increased strain on your joints. Excess body weight and obesity account for about 10% of U.S. medical expenses. Then there are the emotional costs of low self-esteem, depression and

guilt.

High levels of overweight and obesity persist despite 45 million Americans dieting and spending more than 33 billion dollars annually on diet and weight loss products. You now know the incidence of and consequences of obesity. In the weeks ahead, I will share tips and techniques for attaining and maintaining a healthy body weight.

JANUARY IS CERVICAL HEALTH AWARENESS MONTH

In 2015, it is estimated that 120 Michigan women died as a result of cervical cancer. During Cervical Health Awareness Month, the Health Department of Northwest Michigan reminds everyone that cervical cancer can be prevented and it can also be detected early. This is why the HPV (human papilloma virus) vaccine and regular "Pap test" screenings are important—and potentially life-saving.

Parents are encouraged to speak with their children's doctor about the HPV vaccine. This three-dose series is recommended for girls and boys at 11-12 years of age, and may be given up through age 26. The HPV vaccination can prevent about 70% of cervical cancer cases in the United States. It also prevents other cancers in both women and men.

Vaccines for Children (VFC), Medicaid, MI-Child, and most health insurances will pay for the HPV vaccine. For those not covered by insurance, the VFC program may provide no- or low-cost vaccines to eligible children, 18 years of age or younger.

All women ages 21 and older should speak with their health care provider and receive screenings regularly. Although the Pap test is simple and affordable, more than half of cervical cancer deaths are seen in women who have either never had a Pap test, or have not had testing in more than five years.

Women's preventive health care—such as screenings for cervical cancer and mammograms—is covered without co-pays through the Healthy Michigan Plan and most insurance plans. For uninsured women ages 40-64, free Pap testing is available through the Breast and Cervical Cancer Control Navigation Program (BCCCNP) at the Health Department. Pap tests are also available at Health Department Family Planning Clinics for women younger than age 40.

To make an appointment for a Pap test or HPV vaccination, contact your health care provider or call the Health Department at (800) 432-4121. To learn more about HPV and cervical cancer, visit www.michigan.gov/hpv.

Winter driving tips from KBB.com

According to the Federal Highway Administration, 24 percent of weather-related vehicle crashes occur on snowy, slushy or icy pavement, resulting in over 1,300 deaths and more than 116,800 injuries annually. While no amount of technology can replace an alert and cautious driver, the experts at Kelley Blue Book www.kbb.com, the only vehicle valuation and information source trusted and relied upon by both consumers and the automotive industry, recommend some quick, simple tips to help you prepare for driving in inclement weather.

"Winter weather can be challenging for drivers, no matter their level of expertise," said Jack R. Nerad, executive editorial director and executive market analyst for Kelley Blue Book's KBB.com. "Preparation starts by purchasing a vehicle with appropriate winter driving

capabilities, and it extends to paying close attention to important details such as tires, washer fluid and other maintenance items that are critical to help keep passengers safe in inclement weather."

Tips for Winter Driving:

- All-wheel drive counts. All-wheel drive aids acceleration and maximizes available traction, sending power to all four corners. This comes in handy when accelerating from a stop on wet, icy or snowy surfaces and makes it less likely that you'll get stuck, particularly on slippery inclines.

- However, the type of tires on your car matter more. It's important to remember that the tires are the only part of a vehicle that actually touch the ground. As a result, they are ultimately responsible for the

level of traction a vehicle will or won't have, regardless of how good its traction control, stability control, or all-wheel drive system. If the tires can't grip on snow and ice, you're not going anywhere. Snow tires (or "winter" tires) offer more traction than all-season tires.

- There is no one-size-fits-all setup. However, where you live, the amount of snowfall the area sees, and your level of driving comfort should dictate which type of vehicle and tires are right for you. Keep in mind that winter tires will wear rapidly in warmer temperatures, so you should be ready to change your winter tires out when the weather changes.

- Be practical. While the top option remains an all-wheel drive vehicle fitted with winter tires, if you're budget-conscious, front-wheel drive with winter tires is another good option.

Due to the price premium seen on today's all-wheel drive vehicles, experts suggest buying a car that fits your everyday lifestyle, rather than occasional needs.

- Don't use a mixed set of snow tires. Make sure to fit matching snow tires to all four wheels, rather than a mixed set at each end, which can compromise handling.

- Have your vehicle inspected by a trusted mechanic. You should ensure your vehicle has all necessary maintenance performed, including checking tire pressure, fluid levels, the function of the heater, defroster, and wipers, as well as the health of the brakes, battery, and all belts and hoses.

- When in doubt, slow down. Even with a fully-winterized vehicle, staying alert and traveling at safe speeds are essential to driving safely in winter weather.

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Area January Happenings

12/31 – 1/1, Thursday Evening

Charlevoix Bridge Drop

The Bridge Drop is back and better than ever! Get your creative juices flowing during the Snowman Making Con-test! Make smores over the fire pit in Bridge Park! Fireworks at 9pm! Bridge Drop will take place at midnight!

1/1 – 1/4, 5pm

East Jordan Lighted Christmas Village

Drive thru East Jordan's Tourist Park to view campsites decorated by local clubs, groups, churches, businesses and individuals with one-of-a-kind holiday displays.

1/2, 9, 16, 23, 30, Saturdays, 9am – 1pm

Boyne City Farmers' Market

Indoor winter market held in the Red Barn next to the Boyne City District Library.

1/2, Saturday

Magical Snow Garden @ Charlevoix Library

Help create a colorful and festive winter snow garden. Kits will be available to create your own festive garden stake. Use bright colors, and materials of your own choosing.

1/8, Friday, 5:20pm

Family Dinner & Movie Night @ Harbor Springs Sk8 Park/Ice Rink

Throughout the winter, the park will be showing movies and serving pizza to anyone who wishes to participate. Arrive at the Ice Rink at 5:20pm. Dinner is ordered at 5:30pm. The movie will begin as soon as the pizza arrives. The movie is free; dinner is \$5 per person.

1/10, Sunday, 4pm – 5pm

Monthly Adult Grief Support Group

Support program held at the First Baptist Church in Charlevoix. Call 231-547-7659 to register / more info.

1/10, Sunday, 9am – 4:30pm

Community Appreciation Day

In appreciation of your local patronage and support, Boyne Mountain & Boyne Highlands are offering a full day of FREE skiing/snowboarding and more to residents of An-trim, Charlevoix, Cheboygan, Emmet, and Otsego counties. County residents need to show their driver's license or other form of identification with proof of residency.

www.boyne.com

1/21, Thursday, 5:30pm – 7:00

January Swirl @ Crooked Tree Arts Center

Join us for wine tastings in our galleries! Mingle among beautiful art, listen to local musicians, and sample fine wines and food from local restaurants. Tickets may be purchased online, telephone, or at the door.

1/30, Saturday, 5pm – 9 pm

Torchlight Snowshoe Outing @ Camp Daggett

Experience the solitude of the wilderness as you snowshoe at Camp Daggett. Afterward, come in from the cold for a cup of hot chocolate, freshly baked cookies and to warm-up by the crackling fire in the camp's beautiful main lodge. Admission is free, donations are encouraged, and snow-shoes are available for all ages!

1/30, Saturday, Starting @ 9:00 am

Boyne City Winterfest

Come have a blast in Boyne City! Winterfest features activities the whole family can enjoy. Some of the events include ice sculpture, indoor sidewalk sales, chili cook-off, wine tasting, horse-drawn sleigh rides, and much more.

BOYNE AREA SENIOR CENTER ACTIVITIES

Wednesday, January 6
10:30am Wii Bowl Practice
Various Card Games

Thursday, January 7
10am "Basic" Spanish
11am Arthritis Exercise
Wii Bowling

Friday, January 8
11am Backwoods
Maestros
Raffle
Rummikub

Monday, January 11
Foot Clinic (by Appt)
Pretty-Bag Bingo -
Gift Certificate Prize
Line Dancing
Rummikub

Tuesday, January 12
Pretty-Bag Bingo -
Free Lunch Prize
Mexican Train

Wednesday, January 13
10:30am Wii Bowl Practice
11am-2pm CVX Vet Affairs

CHARLEVOIX SENIOR CENTER ACTIVITIES

Wednesday, January 6
12:45pm Bingo

Thursday, January 7
11am Chair Yoga Class
11:30 Roger Hartson-Music
1pm Wii Bowling Practice
1pm Mahjong

Friday, January 8
BIRTHDAY DAY
9:30am Craft Class
11:30 Adolph Cwik Music
1pm Rummy

Monday, January 11
1pm Bridge
1pm Woodcarving
7pm Bible Study

Tuesday, January 12
11am Chair Yoga Class
Wii Bowling - Petoskey
1pm Mahjong
1pm Paint Class

Wednesday, January 13
FOOT CLINIC
12:45pm Bingo

EAST JORDAN SENIOR CENTER ACTIVITIES

Wednesday, January 6
GAME DAY!
Pool Table / Ping Pong
1pm Cards

Thursday, January 7
10am Advisory Bd Mtg
KARAOKE DAY!
10:30am Chair Exercise
1pm Paint Class

Friday, January 8
Raffle 50/50
11am John Slough
Bingo

Monday, January 11
Exercise Room
8am-1pm Walking M-F
10:30am Chair Exercise

Tuesday, January 12
10am E.J. Story Time
10:30am Line Dancing
12:30pm Bingo -
Meal Ticket Prize

Wednesday, January 13
GAME DAY!
Pool Table / Ping Pong
1pm Cards

CHARLEVOIX COUNTY SENIOR CENTER MENU

Wednesday, January 6
PIZZA CALZONE

Thursday, January 7
CHICKEN 'N NOODLES

Friday, January 8
MEATLOAF

Monday, January 11
POLISH SAUSAGE

Tuesday, January 12
BEEF CHILI

Wednesday, January 13
CHICKEN DIVINE

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