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January 14, 2016

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SPORTS REPORT



Rayder sophomore Natalie Nesburg looks to get past the Ram defense. Nesburg would finish with 10 points in the game. Girls Basketball Results Page 3B. (PHOTO BY CHRIS FIEL)



Logger Marcus Matelski (32) goes up for two of his school record 44 points in Boyne Falls win over Alba. Boys Basketball Results Page 1B (PHOTO BY RACHEL LANGE)

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Moss retires as Boyne City Schools Superintendent

By Michelle Medjesky

BOYNE CITY - It hardly seems possible to Boyne City School Superintendent Peter Moss that 41 years has passed by so quickly.

But looking at his resume, it also barely seems possible that one man could wear so many hats, win so much respect and gain so many friends in just four short decades.

Dozens of Moss's friends and colleagues showed up at the Boyne City Education Center last week for a party to celebrate Moss's retirement after 41 years as an educator, administrator and coach.

Moss has been superintendent at the Boyne City



Dozens turned out to wish Boyne City School Superintendent Peter Moss a happy retirement last week at a party celebrating Moss's 41 year-long career as an educator, administrator and coach. Moss spent the past five years as superintendent for Boyne City Schools. Second grade students in Marla Quinn's art class at Boyne City Elementary School painted a farewell poster and presented it to Superintendent Moss at the January school board meeting.



PETER MOSS

School district since August, 2010, but spent more than 30 years prior working in other northern Michigan districts as a teacher, school principal and coach.

He graduated from Benzie Central High School and Alma College then worked ten years as an elementary school teacher. Moss went on to spend the next 20 years as a school principal and then 11 years as district superintendent.

Moss was district superintendent at Hart Public

Schools before coming to Boyne City.

But he said he could not think of a better place to leave his career with a smile.

"The realization of it being 41 years doesn't seem possible, but I couldn't think of a better place to end my career," said Moss, "Everyone here-the staff, the students and faculty-the families-the community-it's just been a most enjoyable experience."

He noted while he may feel a bit melancholy about

the fact his career in education is ending, his spirits are buoyed by thoughts of how retirement will allow him to spend time in Florida and playing golf.

Moss's colleagues, friends and family have put together a YouTube video as a tribute to his 41 year-long career that can be viewed at <https://www.youtube.com/watch?v=2Z-0nNbcV8E>

SEE RELATED ARTICLE PAGE 5A

A BLUSTERY DAY



The first winter storm of 2016 brought heavy snow and north winds that sent waves crashing into the lighthouse in Charlevoix this past weekend. PHOTO BY ALAN LEESE

Over \$206,000 in People Fund grants awarded in 2015

Great Lakes Energy, with the help of its members, continues its commitment to local communities through the People Fund. During 2015, the People Fund awarded \$206,294 in grants to charitable and community organizations. The Great Lakes Energy People Fund is supported solely by Great Lakes Energy members who allow their electric cooperative to round up their bill each month to the next dollar.

The grants funds were awarded to 66 charitable and community organizations throughout Great Lakes Energy's 26-county service area, which stretches from Kalamazoo to the Mackinac Straits.

"Thanks to the generosity of our members we've awarded more than \$2.88 million in grants since 1999 to local non-profits groups and organizations," says President/CEO Steve Boeckman. "The local communities in our service area benefit greatly from this program that is fully funded by our members who allow their bill to be rounded up to the nearest dollar each month."

Members of the electric cooperative who wish to participate are encouraged to enroll in the People Fund online at gt-lakes.com or by contacting Great Lakes Energy's office.

"People may not think 50 cents a month can do much, but when added with the contributions of other Great Lakes Energy members, we are able to help so many," explains Boeckman. "Giving back to the community is one of the cooperative principles and we couldn't do it without our members' generosity."

Among the groups receiving People Fund grants in Charlevoix County are:

- Boyne Area Free Clinic, Boyne City: \$5,000 for laboratory testing.
- Challenge Mountain, Boyne City: \$7,500 for renovations to the resale store.
- City of Boyne City: \$10,000 for community pavilion renovation and expansion..

See People Fund -2A

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weather

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY
HIGH: 27 LOW: 22	HIGH: 33 LOW: 23	HIGH: 21 LOW: 12	HIGH: 18 LOW: 11	HIGH: 18 LOW: 13

snowfall			record temps				
DATE	2014-15	2015-16	DAY	AVG LOW	AVG HIGH	RECORD LOW	RECORD HIGH
1/5/201527	ATLANTA	1/4/201612°29°	...-20° (1982)	...46° (1987)
1/5/201567.5	BOYNE FALLS	1/4/201612°28°	...-27° (1965)	...49° (1953)
1/5/201537.8	CHARLEVOIX	1/4/201612°28°	...-19° (1966)	...50° (1949)
1/5/201578.4	EAST JORDAN	1/4/201612°28°	...-23° (1978)	...48° (1986)
1/5/201595.4	GAYLORD	1/4/201612°28°	...-23° (1978)	...55° (1996)
1/5/201524.6	KALKASKA	1/4/201612°28°	...-21° (1982)	...53° (1996)
1/5/201518.3	MIO	1/4/201611°28°	...-9° (1984)	...45° (1999)
1/5/201574.3	PETOSKEY	1/4/201611°28°	...-28° (1970)	...43° (1957)

Sally A Evans, 81
(OCT. 24, 1934 – JAN. 9, 2016)



Sally A. Evans of Ellsworth died Saturday, January 9, 2016 at McLaren Oakland in Pontiac.

She was born October 24, 1934 in Grand Haven, Michigan to Arthur and Alma (Bruder) Brasgalla.

She married Gerald E. Evans on May 11, 1954 in Essexville, Michigan. They lived in Detroit and moved to Ellsworth in 1966.

She enjoyed being a follower of Jesus, being a Mama and Grandma, gardening, being around animals, drawing, painting, applique, needlepoint, puzzle books, reading, making cloth dolls, and cooking.

Surviving are her husband Gerald; children Ann (Paul) Heusted of Atlas, Michigan, and Ernie (Jackie) Evans of Ellsworth; grandson Paul Evans of Ellsworth; sister Betty Ingle of Hampton, Virginia.

The funeral service will be held Tuesday, January 12 at 1 p.m. at Hastings Funeral Home with the Rev. Celia M. Hastings and the Rev. Ann Heusted officiating. Friends may call from 11 a.m. until the time of service.

Burial will be in Fairview Cemetery in Mancelona. For those wishing to make memorial contribu-

tions the family suggests Good Samaritan Family Services, P.O. Box 206, Ellsworth, MI 49729.

Mattie Jane Brosofske (Stoneburner), 72

(FEB. 25, 1943 - JAN. 10, 2016)

Mattie Jane Brosofske of Charlevoix died January 10, 2016 at her home.

Mattie was born on February 25, 1943 in Petoskey, the daughter of Kenneth and Dorothy (Kableman) Stoneburner and graduated from Pellston High School with the class of 1961. Mattie later received training as a Nurse's Aide, working in-home care and for United Tech for 15 years.

On August 30, 1965, Mattie married Frederick Brosofske and together they celebrated their 50th wedding anniversary last year.

Mattie enjoyed birds, crafts, gardening, yard sales, shopping, camping, and sightseeing. Her greatest joy was her kids and grandkids. She was always a family orientated woman loved them dearly and enjoyed spending time with them, as well as very proud of her families accomplishments.

She is survived by her husband, Frederick; 4 children, Rhonda (Phill) Skeel, Kimberley Brosofske, Sandra (Tim) Cole, and Frederick W (fiancé Starr Spires) Brosofske; 4 grandchildren, Jessica Jensen, Dyllan, Jason, and Madison; 3 great grandchildren, Kelsey, Hayden, and Kaitlyn; a brother, Kenneth Stoneburner; and by many nieces and nephews.

Mattie was preceded in death by her parents; a sister, Linda; and by 4 brothers, Larry, Albert, Gary, and

Leo. A memorial service celebrating Mattie's life will be held on Friday, January 15th at 11:00am at the Stone Funeral Home. The family will receive friends at the funeral home from 10:00am until the time of the service.

Norval Max Korthase, 94
(Dec. 11, 1921 - Jan. 9, 2016)



Norval Max Korthase of Boyne City died at home surrounded by family on January 9, 2016.

The son of Marie Leona Johnson and William George Max Korthase, Norval was born on December 11, 1921 in Wilson Twp. Norval was a life-long member of the Christ Lutheran Church in Boyne City.

Norval joined the Army Air Corp in 1942 serving as an aircraft mechanic in Texas. Upon returning to Boyne City, he purchased the farm on Korthase Road from his Uncle Hank. On June 11, 1949, he married Alma Elizabeth McCallum, originally from Breckenridge, MI.

Farming is the only career that Norval ever wanted. He began farming as a young man. In 1960, Norval bought the W.H. White Farm on Tebo School Road. It was here that he spent the rest of his life farming. He focused on raising beef cattle. His son Kim joined him in the farming business in 1975, creating K & K Farms. Norval "retired" in 1989 but continued to work on the farm for many years. In his down time Norval enjoyed deer hunting and working in the woods.

Norval is survived by eight children: Anne Korthase (Bob Simpson) of Walloon Lake, Bruce (Nancy) Korthase, Randy (Jane) Korthase of Boyne City, Marilyn (Jack) Wainio of Wellington, OH, Kim (Jan) Korthase, Darryl Korthase (Cheryl Nelson), Brian (Jonna) Korthase, and Roberta Korthase (Ed Boyer) of Boyne city; 11 grandchildren: Shane Rider of Troy, MI, Jacob

(Amanda) Wainio of Perrysburg, OH, Elizabeth Wainio of Elyria, OH, Amanda Korthase, Gabe Korthase, Taylor Korthase, Spencer Korthase, Katharine Korthase, Molly Korthase, Eli Korthase and Evan Korthase of Boyne City, three great-grandchildren: Corbin, Riley and Carter Wainio of Perrysburg, OH; a sister, Esther Stuller of Tampa, FL.

Norval was preceded in death by his wife and his parents; three brothers: Fred Korthase of Montague; William Korthase of Boyne City; Ed Korthase of Walloon Lake; two sisters: Helen Mathews of Traverse City; Carolyn Kutchin of Grand Rapids and one grandchild, Logan Korthase.

Visitation will be held 4:00 to 7:00 PM Wednesday, January 13th at Stackus Funeral Home in Boyne City.

A funeral service will be held 11:00 AM at Christ Lutheran Church in Boyne City with Rev. Peter Elliot officiating.

The family requests that memorials be given to Christ Lutheran Church, Boyne City, or Hospice of Northwest Michigan.

Family and friends wishing to share a thought or memory of Norval are encouraged to do so online at www.stonefuneralhome-inc.com.

Winifred L. Crandall, 86
(APRIL 1, 1929 - JAN. 5, 2016)

Winifred L. Crandall of Charlevoix died on Tuesday, January 5, 2016 at Munson Healthcare Charlevoix Hospital.

Private services are scheduled. Memorial contribution may be directed to the Charlevoix Public Library.

Daniel H. Fick, 63
(AUG. 6, 1952 - JAN. 11, 2016)

Daniel H. Fick of East Jordan died on Monday, January 11, 2016, at the Hilland Cottage in Petoskey.

He was born on August 6, 1952, in Metamora, Michigan, the son of Joseph B. and Alice (Clingsmith) Fick. He grew up in Metamora. Daniel enjoyed hunting and fishing.

He is survived by three sons, Keith Hansen, Kenney Hansen and Daniel Fick; two sisters, Jean Dubey of Metamora and Suzanne Cearlock of East Jordan; two brothers, Harold

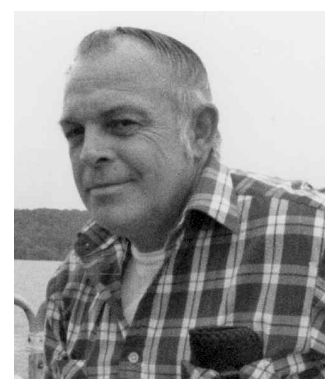
"Sandy" Fick of East Jordan and Paul Fick of North Branch; as well as several nieces and nephews. Daniel was preceded in death by his parents; one brother, Joe Fick; and two sisters, Joanne Verran and Diane Watson.

The family will receive friends on Wednesday, January 13, 2016, from 1:00 to 3:00 P.M. at the Penzien Funeral Homes, Inc. in East Jordan, Michigan.

A graveside service at Mt. Bliss Cemetery in Jordan Township, Antrim County, Michigan, will be announced in the spring.

Memorial contributions may be directed to Hospice of Little Traverse Bay Highland Cottage, One Hiland Drive, Petoskey, MI 49770 (231) 4878-4825.

Franklin S. Bartholomew, 78
(JUNE 24, 1937 - JAN. 7, 2016)



Franklin S. Bartholomew, 78, of East Jordan died Thursday, January 7, 2016, in Charlevoix.

He was born on June 24, 1937, in East Jordan, the son of Carroll and Maxine (Waite) Bartholomew. On August 26, 1989, he married Florence (Seaton) Barnett.

Franklin had worked as a carpet layer. He enjoyed gardening, hunting, golfing and bowling. Most of all he enjoyed spending time with his grandchildren.

He is survived by his wife of twenty-six years, Florence Bartholomew of East Jordan; five children, Karen Jean Lozcki of Grand Rapids, Bonnie

Bartholomew of Grand Rapids, Deb (Dave) Roskamp of Grand Rapids, Jim (Carolyn) Barnett of East Jordan and Julie (Chuck) Brooks of Wolverine; eleven grandchildren; nine great grandchildren; three brothers, Carroll Bartholomew, Jr. of Wayland, Norbert (Bonnie) Bartholomew of Bellevue and Lynn Bartholomew of Traverse City; two sisters, Lillian Bartholomew of East Jordan and Marilyn (Bill) Hiser of Tecumseh; as

well as many nieces and nephews.

Family and friends will be gathering to celebrate his life on Monday, January 11, 2016, from 2:00 P.M. to 6:00 P.M. at the East Jordan Snowmobilers Club. Interment was in Sunset Hill Cemetery in East Jordan.

The family was served by the Penzien Funeral Homes, Inc. in East Jordan. Memorial contribution may be directed to East Jordan Ambulance Association.

Melvina "Melzie" Kotalik (Davis), 95

(JULY 18, 1920 - JAN. 6, 2016)



Melvina "Melzie" Kotalik of East Jordan died on Wednesday, January 6, 2016, at Grandvue Medical Care Facility.

She was born on July 18, 1920, in Jordan Township, Antrim County, Michigan, the daughter of Alva and Matie (Bergman) Davis. On August 19, 1939, in East Jordan, she married Edward Kotalik. They raised their family on the Kotalik family homestead established in 1878.

Melzie worked her last fifteen years with her daughters, Charlene and Mary Ann, at the same location under the restaurant names of the "Anchorage" and "Round Table". The restaurant's location is where the Cannonball Project is currently under construction in downtown East Jordan.

She enjoyed playing all types of card games as well as gardening. She was a member of the St. John Nepomucene Catholic Church in the bohemian settlement and later at St. Joseph Catholic Church in East Jordan.

Melvina is survived by one son, George (Judy) Kotalik of East Jordan; three daughters, Judie (William) Merwin of East Jordan, Charlene Brennan of East Jordan and MaryAnn (Bob) Kotsch of Mancelona; one daughter-in-law, Sally Kotalik of East Jordan; thirteen grandchildren; twenty-five great grandchildren; eight great, great grandchildren; five step grandchildren; fifteen step great grandchildren; and three step great, great grandchildren. She was preceded in death by her husband Edward J. Kotalik, Sr. in 1988; daughter, Margaret Ann Kotalik at birth; son Edward J. Kotalik, Jr. in 2013; son-in-law, Stephen "Bun" Brennan in 2009; one brother, James M. Davis; and sister, Marguerite VanKoeving.

Funeral mass will be held on Sunday, January 10, 2016, at 1:00 P.M. at St. Joseph Catholic Church in East Jordan with Rev. Fa. Chet Collins officiating. Burial will take place in the spring at St. John Nepomucene Praga Cemetery in Jordan Township, Antrim County, MI.

The family will receive friends on Saturday from 2:00 to 4:00 and 6:00 to 8:00 P.M., with a Rosary service at 7:30 P.M., at the Penzien Funeral Homes, Inc. in East Jordan. Memorials may be directed to the American Cancer Society or Grandvue Medical Care Facility.

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PEOPLE FUND

CONTINUED FROM PG. 3A

- East Jordan Community Pool: \$2,500 for a record board.
- Good Neighbors Food Pantry, Boyne City: \$1,800 for improvements to the entryway.
- Grandvue Medical Care Facility, East Jordan: \$10,000 for the Horizonvue Greenhouse, part of Phase I of the Grandvue Terrace and Recreation Park that will provide outdoor living and activities for elderly residents..

- Lighthouse Community Lunch Program, Charlevoix: \$1,000 for supplies and food.

- Raven Hill Discovery Center, East Jordan: \$5,200 for renovation of electrical and heat in one-room schoolhouse.

- Third Day Fellowship & Outreach, Charlevoix: \$2,000 for food pantry stock and benevolence programs that assist with laundry vouchers, medical transportation and emergency needs.

The 2015 People Fund Annual Report is included in the January issue of Michigan Country Lines

magazine recently mailed to Great Lakes Energy members. Others may obtain the report by contacting Great Lakes Energy at 1-888-485-2537 or by visiting gtlakes.com and downloading the report.

The Great Lakes Energy People Fund invites applications for 2016 grants from local non-profit organizations. Deadline for applications for the 2016 grant cycles are Feb. 1, June 1 and Oct. 1. Request an application by calling 888-485-2537 ext. 1313, or request it online by visiting gtlakes.com.

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News

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Boyne City future goal-setting session on Thursday

You are invited to join community leaders at a City Goal-Setting Session at 6 p.m. Thursday, Jan. 14, in the Parish Hall at St. Matthew Catholic Church, 1303 M-75 South. This public forum is your opportunity to share suggestions, ask questions, hear what your fellow citizens think, and receive updates on previously established goals. Input received at this meeting will assist the City Commission and other city boards and commissions in determining short-term and long-term goals for the community.

These goals will give the City Commission and staff direction on the community's priorities and where to focus the city's resources to continue moving in a positive, progressive direction. City Manager Michael Cain said, "This meeting is a very important part in helping the City Commission and really our community determine its priorities for the coming years. We are hoping as many as people possible will attend. We are especially hoping that people who haven't attended before will stop in and give it a try."

We try to make it informative and fun. People who are planning on coming are encouraged to bring a friend, especially someone new." The last public goal-setting session was in January of 2014. If you are not able to attend, you may submit suggestions to: City of Boyne City, 319 North Lake St., Boyne City, MI 49712 or by emailing bbrooks@boynecity.com. For additional information or questions, contact City Hall 231-582-6597.



You are invited to join community leaders at a City Goal-Setting Session at 6 p.m. Thursday, Jan. 14, in the Parish Hall at St. Matthew Catholic Church, 1303 M-75 South. COURTESY PHOTO

Boyne Appétit! kicks off 2016 with Wine Wednesdays



Dozens of people came out Wednesday night, moving from wine tasting to wine tasting, to kick off the first in a series of Wine Wednesdays scheduled for the first Wednesday of each month. COURTESY PHOTO

Dozens of people came out Wednesday night, moving from wine tasting to wine tasting, to kick off the first in a series of Wine Wednesdays scheduled for the first Wednesday of each month. From 5 to 7 p.m., guests enjoyed a wide assortment of wine and complimentary appetizers with eight local restaurants and wine purveyors. Each participant received a punch card with the names and locations of all the participating establishments. At each stop, featured wines were discussed and enjoyed along with delicious food pairings. "The really amazing thing was each location featured something very unique - wines from all over the world - so everyone got a great sampling of a wide variety of reds, whites and sparkling wines," said Lori Meeder, director of the Boyne City Main Street Program. "Once they have completed the tour and received all 8 punches, they will be entered into a drawing to win a gift certificate

to one of the local establishments." "We had more people than we expected and some stayed for dinner or extra drinks, and we sold some wine. We also heard that many were trying to make it to all eight," said Alana Haley, marketing director at Porter Creek Fish House. Those currently participating in Wine Wednesdays are the Boyne Pub, Café Sante, Northern Table, Porter Creek Fish House, Red Mesa Grill, Boyne River Inn, Lake Street Market and The Wine Emporium. "The hope is more restaurants will be added as the event grows," said Mark Warner, owner of Northern Table. Boyne Appétit! is a collaboration of the Boyne Area Chamber and Boyne City Main Street, spearheaded by a committee comprised of local restaurateurs and volunteers. "The Boyne area (Boyne City, Boyne Falls, Advance and Walloon Lake) has world class dining options,

food retailers, wine purveyors, a fabulous Farmer's Market, and several new establishments coming in Spring of 2016. We feel that we can capitalize on this and become the dining destination north of Traverse City," said Cindy Janssens, chair of the committee. A printed directory to further establish the Boyne Appétit! brand is being developed and will include information on each restaurant, food and beverage retail business including hours, address, website, phone number and a paragraph describing their offerings and specials. A Restaurant Week and a "Taste Of Boyne" event is being planned for 2016. For more information visit the Boyne Appétit! Facebook Page <https://www.facebook.com/groups/boyneappetit/> and watch for the website soon <http://www.boyneappetit.com>

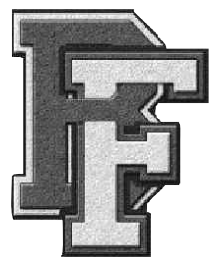
Keep meters, furnace intakes free of snow and ice

Mother Nature's recent delivery of freezing rain, snow and ice to Michigan has Consumers Energy asking people to keep safety in mind by making sure their gas and electric meters and gas furnace fresh air intake pipes are free of snow and ice. "Since we began meeting the energy needs of Michigan residents nearly 130 years ago, Consumers Energy has always made customer safety our top priority," said Charles Crews, vice president of gas operations. "A simple yet important step is to keep meters, fresh air vents and furnace exhaust pipes clear, particularly following weather that brings a buildup of snow and/or ice."

Crews offered these safety tips:
 - Remove snow and ice from around gas and electric meters. If snow and ice is allowed to build up, it can become compacted and freeze around the meter, causing damage that can interfere with its proper operation, and can also affect appliances served by that meter.
 - Snow should be removed only by hand, never with a shovel, metal/wood tools or power snow removal equipment.
 - Mobile home customers should safely clear away snow from rooftop chimneys, fresh air intakes and furnace exhaust pipes. The furnace can then be recycled and should operate properly.
 - Customers with high-efficiency furnaces should make sure the intake pipes (typically two

white plastic pipes coming out of the side of the home) are free from drifting snow to prevent possible obstructions that could interfere with safe operation. Crews added that safe removal of snow and ice around meters, intake valves and chimneys can also help prevent carbon monoxide (CO) poisoning. Carbon monoxide is called the "silent killer" because it is a colorless, odorless and tasteless toxic gas that can be produced when appliances are not operating or venting properly. Symptoms of carbon monoxide poisoning often mimic the flu and include headaches, nausea, fatigue, dizziness, shortness of breath and stinging or burning of the eyes. If any of these symptoms are experienced, leave the area immediately and call 911 or your local fire department for immediate help. "The best defense against carbon monoxide poisoning is to install an audible alarm that will sound if dangerous levels of carbon monoxide ever build up in your home. During the winter months when doors and windows are closed and furnaces are operating more carbon monoxide problems tend to occur," Crews said. Consumers Energy, Michigan's largest utility, is the principal subsidiary of CMS Energy (NYSE: CMS), providing natural gas and electricity to 6.6 million of the state's 10 million residents in all 68 Lower Peninsula counties.

Boyne Falls Public Schools



Student of the Week

Yannis Hahn

Grade: 5
Parent's Name(s): Martina Hahn
What do you want to be when you grow up?:
 I would like to be video game designer because I was inspired when viewing animations at my sister's college in Detroit (College of Creative Studies).
Favorite Book:
 Harry Potter Series
Hobbies and Interests:
 Reading
Staff Comments: "Yannis is a student who strives to be independent. He listens intently to gain a thorough understanding of concepts. Yannis often helps others by giving precise explanations. His positive behaviors and work ethic make Yannis a great role model."
 - Ms. Disney



"Transportation Explorations & Challenges Days" at Raven Hill



Students in Charlevoix-Emmet Intermediate School Districts schools have been busy exploring civil engineering with Raven Hill Discovery Center's TEC (Transportation Explorations & Challenges) Days. The programs were made possible through grant awards from Charlevoix County, Grand Traverse Regional and Petoskey-Harbor Springs Area Community Foundations. Transportation technology is an integral part of global

civilization and engineers work every day to solve transportation issues related to moving people and goods from place to place. Raven Hill has been visiting local schools helping students and teachers explore transportation technology by building and exploring different forms of transportation, including wheels, cars, boats and rockets. Shown here are first graders test their sailboats using wind power. COURTESY PHOTO

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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 GOAL SETTING SESSION

January 14, 6pm, St. Matthew Catholic Church, 1202 M-75 South. This public forum is your opportunity to share suggestions, ask questions, hear what your fellow citizens think, and receive updates on previously established goals. Input received at this meeting will assist the City Commission and other city boards and commissions in determining short-term and long-term goals for the community. These goals will give the City Commission and staff direction on the community's priorities and where to focus the city's resources to continue moving in a positive, progressive direction. If you are not able to attend, you may submit suggestions to: City of Boyne City, 319 North Lake St., Boyne City, MI 49712 or by emailing bbrooks@boynecity.com. For additional information or questions, contact City Hall 231-582-6597.

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 BOYNE CITY CAREER CONNECTION

January 19, 2-3pm, Boyne District Library conference room. Learn about job opportunities and improve your job search skills by getting involved in the new Boyne City Career Connection. The meetings include discussions on job and job search strategies. For more information contact George Peet, (231) 439-5239 or visit www.NWMichWorks.org.

CHARLEVOIX BEGINNERS "EXCEL" CLASS

January 19, 6:30pm, Charlevoix Public Library. Microsoft Excel is an electronic spreadsheet program used for storing, organizing, and manipulating data. Within this course participants will learn how to design a spreadsheet, enter text and numerical data, format both text and numerical data, use formulas, and sort and filter information within a spreadsheet. This is a two part class that will be continuing on 1/21. To register or for more information, please call 231.237.7340. www.charlevoixlibrary.org

BOYNE CITY POLICE DEPT.

MONDAY, DECEMBER 28

1038 Citation issued for Fail to Change Address. Warned for Disregard Red Light.
1052 2 vehicle PIA at N Lake and E Main. Citation issued for Fail to Stop in Assured Clear Distance.
1515 Report of possible bond violation.
1654 Car deer accident at Fall Park Rd.
1742 Car deer accident at State and Call.
1905 Assist Sheriff Depart-

Community Foundations awarded Michigan Health Endowment Fund Grant

The Charlevoix County, Otsego County and Petoskey-Harbor Springs Area Community Foundations have been awarded a grant of \$103,500 from the Michigan Health Endowment Fund to support initiatives aimed at improving the quality of health for children in the region.

The grant dollars will increase access to mental health services for youth by establishing 5 days per week of school-based mental health provider time in Charlevoix County, 5 days per week in Otsego County, and 6 days per week in Emmet County. Grant funding will pay for initial start-up costs until reimbursements from billable services are received. Embedding a mental health provider within the school increases youth access to mental health services and supports early intervention, which corresponds to better outcomes later in life.

The Charlevoix County Community Foundation (CCCF) will serve as the fiscal agent for the grant. "We're very pleased to collaborate with our partner foundations in Emmet and Otsego Counties, as well as with the Health Department of Northwest Michigan," said Chip Hansen, CCCF President, adding, "the grant proposal was stronger because of our ability to work together."

More than 30 community foundations across Michigan applied for funding through the Michigan Health Endowment Fund's fall 2015 grant application process. Grant requests focused on areas such as: prenatal care and infant mortality; mental services to support adopted and fostered children; healthy food

access; wellness and fitness programs; access to mental health services and more. The 3-county grant's focus on mental health is critical.

"We know that there is a great need for additional mental health services for youth, and we know that barriers including complex insurance policies, lack of transportation, and an area shortage of mental health providers all prevent youth from accessing the care they need to thrive. The current model just isn't sufficient to meet the demand for services," said Natalie Kasiborski, Family and Community Health Supervisor at the Health Department.

"The presence of the grant will ensure that more youngsters with mental health needs will be identified, and served," she noted.

Community foundations were eligible to apply for grants in support of programs to improve the health of minor children and seniors in their regions. Those foundations receiving funding, in turn, now have the ability to offer their affiliate foundations or smaller community organizations the opportunity to seek grants that support similar programs. David Jones, the Executive Director of the Petoskey-Harbor Springs Area Community Foundation saw value in those connections, too.

"The Health Department of Northwest Michigan was such a logical partner for us," he said, adding, "they're already very active in our schools."

Dana Bensinger, the Executive Director of the Otsego County Community Foundation agreed. "We already had a good relation-

ship with our neighboring community foundations, and the Health Department was a perfect fit, too," she said.

Additional partners of this initiative include Alcona Health Center, East Jordan Family Health Center and North Country Community Mental Health.

"We are excited to collaborate this year with community foundations on projects that seek to enhance the well-being of Michigan's children and seniors in their local communities," said Paul Hillemonds, Executive Director of the Michigan Health Endowment Fund.

Community-based, non-profit organizations also were invited to apply directly to the Michigan Health Endowment Fund under a separate grant program for up to \$2 million in grants to support programs related to children and seniors. An announcement related to those requests is expected in March of 2016.

The mission of the Michigan Health Endowment Fund is to improve the health of Michigan residents and reduce the cost of health care, with special emphasis on the health and wellness of children and seniors. The fund was created as part of 2013 state legislation that allowed Blue Cross Blue Shield of Michigan to become a nonprofit mutual health insurer. Nearly \$38 million in grants were awarded by the Michigan Health Endowment Fund last year.

Additional information can be found at the Michigan Health Endowment Fund website at mhealthfund.com.

friends, food (dinner \$45/person & cash bar) and networking please contact Mary at the Chamber Office - 536-7351. Please remember your employees and team members are welcome to attend.

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.

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>.

BOYNE CITY BOYNE CITY CAREER CONNECTION

February 16, 2-3pm, Boyne District Library conference room. Learn about job opportunities and improve your job search skills by getting involved in the new Boyne City Career Connection. The meetings include discussions on job and job search strategies. For more information contact George Peet, (231) 439-5239 or visit www.NWMichWorks.org.

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.

BOYNE CITY BLOOD DRIVE

January 20, 12:30pm-5:15pm. Eagles Lodge FOE 1583, 106 River Street. Simply call 1-800-RED CROSS (1-800-733-2767) or visit redcrossblood.org to make an appointment or for more information.

CHARLEVOIX CHAMBER BUSINESS AFTER HOURS

January 20, 5-7pm, Lake Charlevoix Brewing Company. No charge for Charlevoix Chamber of Commerce members, \$10 for non-members.

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 mem-

bers. Tickets; \$40 per person by January 4 and \$45 after and are available at the Boyne Chamber, (231) 582-6222.

BOYNE CITY SAFE FAMILIES FOR CHILDREN

January 21, 5-6pm, Boyne City United Methodist Church, 324 South Park. Safe Families for Children is a movement of the church to strengthen struggling families and to get back to Biblical hospitality. The three goals of Safe Families for Children are: Child Abuse Prevention, Child Welfare Deflection and Strengthen the Family. Clint Cleveland, SFFC Coordinator for Charlevoix and Emmet Counties, will provide insight how this program can bring peace to struggling families in our Northern Michigan communities and explain in detail the ways you and your church can be involved. Contact Clint Cleveland at (231) 215-1645 or ccleveland@bethany.org

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.

EAST JORDAN DOG GONE FUN DOG SHOW

January 23, 1-3pm, EJ Civic Center. Presented by the East Jordan Lions Club. There will be an agility course and prizes for all kinds of dogs: smallest, largest, scruffiest, best trick wiggliest, etc. Entry fee is \$5 per dog. Spectators admitted by donation. Dogs must be leashed at all times. Proceeds from the event will be given to our local Charlevoix Area Humane Society.

EAST JORDAN PHOTOGRAPHY EXHIBIT RECEPTION

January 23, Noon to 6pm, Opening Reception with refreshments. January 24, Noon - 5pm, Artist Reception. East Jordan Arts Center, 301 Main Street. Havana 2015 photography exhibit featuring photos by Kathy Silbernagel, Kathie Carpenter, Emmy Holman and Babs Young.

LAW ENFORCEMENT

ment with B&E in progress reported at Boyne Mountain.
2231 Report of a suspicious person on Fremont St. Subject was lost, stuck and locked out of car.
2321 Vehicle stuck on N Lake St at Groveland.
Tuesday, December 29, 2015
0037 Located juvenile walking around hiding in the bushes near Front and Second.
0217 Report of a disturbance in the 300 block of E Division St
0514 A motorist reported being stuck in the roadway on BC/CX Rd. near Ridge Rd. Located them stuck in the parking lot on Robinson St.
0612 Vehicle stuck in the intersection on Boyne Ave at Lin-

coln St.
0638 Vehicle stuck in the intersection of State and Jefferson St.
1623 911 hang up from the Industrial Park.
1630 Vehicle unlock on W Main St.
1739 Vehicle unlock at Lake and Main.
1813 Report of stolen vehicle in the 400 block of N Lake St.

WEDNESDAY, DECEMBER 30

0517 Assist EMS in the 1300 block of Boyne Ave.
1423 NSF check complaint from the 300 block of N Lake St
1520 Previous night's stolen vehicle recovered in the 400 block of N Lake St. Had acci-

dentally been driven by subject with similar vehicle.
1850 Citation issued for Parked-obstructing traffic at Water and Park.
1923 Checked on a vehicle in the ditch on C-56/Springwater Beach for Sheriff Dept.
2054 Disturbance in the 300 block of Vogel St.
2240 Welfare Check in the 900 block of Robinson St.

THURSDAY, DECEMBER 31

1005 Vehicle unlock in the 400 block of N Lake St
1156 Citizen assist in the 1300 block of Boyne Ave
1614 Assisted EMS in the 500 block of N Lake St.

FRIDAY, JANUARY 1

0155 Fireworks complaint from the 200 block of North St.
0248 Fireworks complaint from the 200 block of North St.
1053 Citation issued for disregarding stop sign at State and Park.
1334 Report of odor of Marijuana smoke coming from the 300 block of Silver St.
1458 Property damage accident at Lake and Water.
1519 Vehicle unlock on W Water St.
1523 Report of an open manhole in the 200 block of S Park St.
1714 Unlock in the 500 block of State St
2052 Assisted EMS in the 700 block of Vogel St
2223 Fireworks complaint in the 200 State St

SATURDAY, JANUARY 2

0006 Assist EMS in the 100 block of Trent St.
1330 Found property in the 500 block of N Lake St. Returned to owner
1705 Well Being check in the 600 block of Adams St
2056 Driving complaint on State St.

SUNDAY, JANUARY 3

0905 Property damage accident at S Lake St and Division St
1505 Found key at E Water and S Park.
1626 Gasoline drive off from the 200 block of S Lake St

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Search begins for new superintendent at Boyne City Schools

By Michelle Medjesky

BOYNE CITY - School officials in Boyne City have been assured they will have no problem in attracting top notch applicants nationwide to fill the position of new district superintendent.

In the wake of news that the district's current superintendent, Peter Moss, is retiring, school officials turned to the Michigan Leadership Institute for guidance in finding his replacement.

The school board learned at their meeting January 11 what the plan will be.

Mark Eckhardt, Northern Michigan Regional President and consultant at the Michigan Leadership Institute, explained to the school board the criteria and timeline he



Mark Eckhardt, Northern Michigan Regional President of the Michigan Leadership Institute, explains the timeline and criteria he has laid out for finding a new Boyne City School Superintendent. Eckhardt made his presentation during the January 11 Boyne City School board meeting in response to the announcement that current superintendent Peter Moss is retiring.

has lined up for the superintendent search.

Eckhardt was quick to assure the board that since the district has so much to offer, the search will easily attract high quality applicants from across the country.

"Trust me, you have so many things going for you," Eckhardt explained, noting Boyne's City's many amenities, its attractive location, excellent school staff and strong community support, "You have the recipe."

Eckhardt, who is directing the superintendent search, said he plans to advertise the position opening no later than January 18. Applications are due no later than 4pm, Friday, April 1.

He said applicants will then be screened the week of April 11 with first round interviews beginning the week of April 18.

If all goes according to plan, Eckhardt said second round interviews and a site visit will then

be held the week of May 1 with the new superintendent named at the May 9 school board meeting.

The successful candidate will start work July 1.

Eckhardt, who is a former Char-Em District Superintendent and also directed the Manistee School District in its superintendent search, said he will conduct the preliminary screenings and do all reference checking of applicants.

He said he also plans to solicit public input through a "community connect" program so the school board will have as much information from as many sources as possible to find the best fit for their school district.

"The worst thing you can do is find somebody who is not going to fit here. There would be turmoil for many years," Eckhardt said.

Interested applicants for superintendent's job in general must have a master's degree in educa-

tional administration, a minimum of five years of successful administrative experience, preferably as a superintendent, and candidates must meet state certification requirements, he said.

Eckhardt assured the board he is dedicated to finding the best-suited superintendent possible.

"I'm not going to let you settle," he said.

At its January 11 meeting, the school board was expected to name an interim replacement for district superintendent Moss, who is retiring the end of this month.

However, board president Ken Schrader said that the recommended candidate had withdrawn interest in the interim position at the last minute.

Schrader said a special meeting will be called possibly within the next week to decide who will fill the position until a district superintendent can be hired.

Kelly's Antiques & Furniture Barn offer quality vintage and custom furniture

By Jim Akans

When looking to refurnish, re-decorate or simply revitalize the furniture and accessory items in your home or cottage, don't miss the opportunity to check out the amazing selection of vintage and custom furniture at Kelly's Antiques & Furniture Barn located in Charlevoix. The fascinating facility encompasses over 7,000 square feet of ever changing vintage furniture and accessories, plus another 1,500 square feet of custom furniture items. From antique wicker to Early American and European imports, the vast selection is sure to tantalize the imagination of virtually every furniture shopper.

Don Kelly founded his business back in 1985, as he recalls, "it was in a small room off my garage. I loved working with furniture, and while attending a furniture show I discovered a new type of finish stripper that worked extremely well. I went home, tried it out, and started my new business. It kept expanding and I moved into my current location in 1990."

Kelly adds, "Something we specialize in is wicker furniture items. People love old wicker furniture, and we also sell lots of old pine, oak and items made from



Kelly's Antiques and Furniture Barn is located at 6176 Old US 31 South in Charlevoix. The fascinating facility encompasses over 7,000 square feet of ever changing vintage furniture and accessories, plus another 1,500 square feet of custom furniture items. COURTESY PHOTO.



other woods as well. Vintage furniture is generally made with solid wood or very good veneers. The workmanship and craftsmanship is excellent."

The services offered at Kelly's

Antiques & Furniture Barn also include customizing the size of furniture to match the customer's needs, and they will paint, stain and refinish items to match the customer's décor if they desire.

Kelly's Antiques and Furniture Barn is located at 6176 Old US 31 South in Charlevoix. They are open Monday through Saturday from 9 am until 3 pm, and Sunday by appointment. For additional information, please call (231) 547-0133 or visit www.dkellyantiques.com.

Boyne City school millage vote planned for May

By Michelle Medjesky

BOYNE CITY - Voters in the Boyne City School District will be asked in May to decide whether to approve a measure that will pave the way for \$10.3 million in much-needed upgrades and advances throughout the district.

The Boyne City School Board voted unanimously at its meeting January 11 in favor of placing a formal request on the May 3 ballot authorizing the district to borrow \$10.3 million over a period of roughly 10 years. Board member Robert South was not present to vote.

If approved, the loan will pay for staggered rounds of technology upgrades at the elementary, middle and high schools as well as improvements and badly-needed repairs at the district's four buildings. It would also finance the purchase of six school buses.

District Superintendent Peter Moss said the \$10.3 request is well-balanced in that it will fund several projects.

"It's not all about technology," he said, noting that several million of the amount requested is, however, earmarked to upgrade printers, copiers, computer servers and student devices like their school-pro-

vided iPads. Eventually he said there will also likely be the purchase of netbooks or laptops for middle and high school students.

Moss said other projects paid for through the loan would include much-needed building repairs and improvements, including installation of air-conditioning in some of the older buildings. Also, energy saving and security systems will be upgraded, the track will be re-surfaced and improvements are planned at the performing arts center.

The board spent several month discussing details of the request before voting to place it on the May ballot.

Moss has long maintained that the request does not mean taxpayers will be paying any more taxes for the debt retirement than they've already been paying in the past.

He said the request is basically more like an extension of an existing tax for school improvements. And because of its timing, Moss said if it's approved, taxpayers actually may end up paying less in the long term, assuming the anticipated 2 percent property tax increase is attained.

"Nothing will change on the tax bill," Moss assured.

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

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Mackinac Bridge traffic up each month in 2015

The Mackinac Bridge Authority (MBA) announced today that bridge traffic during each of the last 13 months has increased over the prior year, a positive trend through 2015.

"The improving economy is likely the largest factor driving this increase in traffic, with low fuel prices, our special events, and travel advertising contributing as well," said MBA Executive Secretary Bob Sweeney. "While it's too soon to determine whether this represents a long-term trend for the bridge, it's very encouraging news moving forward."

In 2015, a total of 3,914,361 vehicles crossed the Mackinac Bridge, compared to a total of 3,644,612 vehicles in 2014. Overall, 269,740 more vehicles crossed in 2015 than the

previous year, an increase of 7.4 percent.

The MBA's sole source of funding is from tolls and fees collected at the bridge, with all revenue used to maintain, operate and protect the 58-year-old National Historic Civil Engineering Landmark. As traffic increases, so does the bridge's funding for maintenance and capital projects.

"The Mackinac Bridge Authority has scheduled \$180 million in preventive maintenance work over the next decade, and \$400 million in the next 20 years," Sweeney said. "Increased bridge traffic will help ensure that we have the necessary revenue to keep the bridge structurally sound and safe for everyone."



CHARLEVOIX COUNTY COMMISSION ON AGING

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

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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
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- Project Lifesaver
- Senior Hi-Lites Newsletter
- Tax Assistance
- Volunteer Opportunities

WEBSITE ADDRESS:

www.charlevoixcounty.org/coa.asp

January Happenings

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.

1/21, 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 on-line, 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.



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No cost to attend.

\$20 GIFT CARD FOR THOSE WHO ATTEND 5 OR MORE SESSIONS.

Pre-registration is required.

Please call the Area Agency on Aging:

1-800-442-1713

BOYNE AREA SENIOR CENTER ACTIVITIES

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

Thursday, January 14
10am "Basic" Spanish
11am Arthritis Foundation Exercise Program
Wii Bowling

Friday, January 15
Foot Clinic (by Appt)
11am O.J. Atkins Raffle
Rummikub

Monday, January 18
Pretty-Bag Bingo/Cert
Line Dancing
Rummikub

Tuesday, January 19
Pretty-Bag Bingo -
Free Lunch Prize
Mexican Train

Wednesday, January 20
Foot Clinic (by Appt)
10:30am Wii Bowl Practice
Various Card Games

CHARLEVOIX SENIOR CENTER ACTIVITIES

Wednesday, January 13
FOOT CLINIC
12:45pm Bingo

Thursday, January 14
11am Chair Yoga Class
11:30 Back Porch Music
1pm Wii Bowling Practice
1pm Mahjong

Friday, January 15
9:30am Craft Class
1pm Rummy

Monday, January 18
1pm Bridge
1pm Woodcarving
7pm Bible Study

Tuesday, January 19
11am Chair Yoga Class
1pm Mahjong
1pm Paint Class

Wednesday, January 20
12:45pm Bingo

EAST JORDAN SENIOR CENTER ACTIVITIES

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

Thursday, January 14
Foot Clinic
KARAOKE DAY!
10:30am Chair Exercise
1pm Paint Class

Friday, January 15
11am Dollar in the Jukebox
Bingo
BAKE RAFFLE 50/50—
everyone bring something!

Monday, January 18
Foot Clinic
Exercise Room
8am-1pm Walking M-F
10:30am Chair Exercise

Tuesday, January 19
10am E.J. Story Time
10:30am Line Dancing
12:30pm Bingo -
Meal Ticket Prize

Wednesday, January 20
10am E.J. Story Time
10:30am Line Dancing
12:30pm Bingo -
Meal Ticket Prize

CHARLEVOIX COUNTY SENIOR CENTER MENU

Wednesday, January 13
CHICKEN DIVINE

Thursday, January 14
HAMBURGER w/BUN

Friday, January 15
BAKED CHICKEN

Monday, January 18
CRUNCHY CHICKEN

Tuesday, January 19
MANICOTTI w/MEAT SAUCE

Wednesday, January 20
SOUP 'N SANDWICH

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Metabolism Boosters for weight loss

By Deb Hagen-Foley

People sometimes blame their weight on a slow metabolism. Is metabolism to blame or is this just an excuse for overeating?

Metabolism refers to the processes by which your body converts what you consume into energy for immediate use or for storage to use later. Your basal metabolism rate, BMR, is the number of calories needed for your body to function - cell production, blood circulation, respiratory functions, digestion - yes, your body is burning calories throughout the day.

Your BMR is impacted by your body composition, your age, and

your sex. Larger bodies, particularly more muscular bodies, burn more calories. Men, who usually have less body fat and more muscle, have higher basal metabolic rates. Similarly, as people age they lose muscle mass (unless they work to maintain or increase it) and generally have slower metabolisms.

We can influence our metabolism through activity and strength training. There are also a number of foods reported to have metabolism boosting powers. Protein-rich foods may increase metabolism. Some good options to increase the protein in your diet: egg whites, lean meat, greek yogurt, fish and shellfish.

There are also plenty of good protein choices for vegans: Tofu, tempeh, avocado, nuts and seeds, quinoa, and plant-based protein powders.

Milk and cheese are noted for increasing metabolism. Not only do these foods contribute protein, calcium might play a role in helping the body metabolize fat. Whole grains may help increase metabolism by requiring more energy for digestive processes. Lentils may increase metabolism by providing iron, which can help the body work more effectively. Also, in the interest of increasing your metabolism, eat organic fruits, vegetables and grains. The toxins present in non-organic

produce place demands on your thyroid, which is largely responsible for the speed of the metabolism.

There are also beverages that can boost metabolism. Green tea is not only a great source of antioxidants. The active ingredient in green tea, catechin, was shown to increase metabolism in studies of dieters. Five eight-ounce cups a day can burn about 90 calories.

In moderate amounts, coffee can lead to a slight increase in metabolism. In large amounts, five or six cups a day, coffee can have the opposite effect, leading to weight gain and increasing the risk of metabolic syndrome. Metabolic syndrome is linked to

high blood pressure, high triglyceride levels and large waist size, and increases the risk of diabetes and stroke.

The most important beverage to increase metabolism - water! Drinking 17 ounces of water increased metabolic rate 30% within a few minutes, according to a study in the Journal of Clinical Endocrinology and Metabolism. Also, if you are dehydrated, it becomes more difficult for your body to lose fat.

Select an assortment of these foods and beverages and add regular strength training and adequate sleep to speed up your slow metabolism.

Drs. Oz and Roizen

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



Taste of Honey.

SPICE UP YOUR BRAIN

When Herb Alpert released "Taste of Honey" in 1965, the song and the album went straight to the top of the Billboard charts. And if you want a taste of flavorful treats to jazz up your brainwaves the way "Taste of Honey" jazzed up the airwaves, well, here's something that's at the top of our healthy-brain playlist:

Concentrated in red pepper, thyme, parsley, chamomile and celery root, the flavonoid apigenin (we've mentioned it before as an inflammation fighter that attacks cancer cells) has been found to encourage human pluripotent stem cells to develop into neurons (building a better brain) and to improve synaptogenesis that helps the sharpness of neural pathways.

In fact, the flavonoid is so brain-boosting that a recent study by scientists in Rio de Janeiro says apigenin compounds could be developed for preventing and treating neurodegenerative disorders such as depression, schizophrenia, Alzheimer's disease and Parkinson's disease.

So you want to make sure you're getting a good dose in your daily diet. Hint: It also can be found in fruits and vegetables, such as oranges and grapefruit, regular celery, onions and artichokes. But we don't recommend buying apigenin extract supplements (made from chamomile or grapefruit). They're not regulated in the same way that drugs are by the Food and Drug Administration, so the dose isn't determined as carefully. Plus, you get more overall goodness from dietary forms of apigenin, because of its interaction with other phytonutrients in food and spices. Now, that's sweet enough news to be called a

SHAPE-SHIFTING FAT CELLS

According to new research from Kyoto University in Japan, fat cells transmogrify -- just like creatures who change from human form into an animal. Think Michael J. Fox in "Teen Wolf" (1985) and characters like "Star Trek's" Odo, who change from liquid to solid, and back again. And it's surprisingly easy to get fat cells to make that change!

Fat cells come in three varieties: brown, beige and white. Brown fat cells keep body temperature stable and metabolize the fuel you consume. White fat cells are for storage - that's where unused calories hang out until you need them for energy. Beige cells do store fat, but they can metabolize fuel, like brown fat cells, and can be created from white fat cells when your body needs fuel.

We know that regular exercise helps you shed white fat. But you may need extra help with fat-busting, and now you've got it. The Japanese researchers found that just getting a daily dose of omega-3 DHA (they got it from fish oil) activates receptors in the digestive tract, fires the sympathetic nervous system and induces white fat storage cells to turn into fat-burning beige cells. We say, go for 900 mg daily of DHA omega-3 algal oil instead of not fish oil, because algae is where the fish get their omega-3s.

If you exercise PLUS take algal DHA omega-3 oil? You'll slow down the accumulation of white fat and shed more weight! Plus, you'll lower your blood triglycerides and in-

crease your good HDL cholesterol. Then you'll howl with happiness at the transmogrification of YOU!

MAGNESIUM THE MAGNIFICENT

What do J.K. Simmons ("Whiplash") and Morgan Freeman ("Million Dollar Baby") have in common with magnesium? They're both Best Supporting Actors, just like that essential, but hardly starring, mineral that's required for a good production of YOUR life!

Magnesium is used by 300 of your regulatory enzymes that control muscle, nerve, protein, bone, glucose and energy metabolism. However, eating processed foods and drinking softened water robs many of you of your daily supply of magnesium. Plus, drinking alcohol can quadruple your excretion of magnesium, and medications such as stomach-acid-squelching PPIs (proton-pump inhibitors) might lower your body's magnesium level. For some folks, there also might be a genetic cause of magnesium deficiency. Whatever the reason, lack of magnesium can contribute to fatigue, muscle weakness or cramps, weakened bones, heart rhythm disturbances even seizures, and it can be associated with diabetes and high blood pressure.

Making sure you get enough every day of your slight protection against high blood pressure and may boost brainpower (it does in lab rats and mice). Now a new study has found that every 100-milligrams-per-day decrease in a person's magnesium intake is associated with a 24 percent increase in the occurrence of pancreatic cancer. (The average daily intake of U.S. adults leaves them 100-125 mg short.)

So make sure you regularly eat a variety of beans; buckwheat, quinoa and brown rice; pumpkin, sesame and sunflower seeds; kale, collards, spinach; nuts (especially almonds and cashews); and wild salmon. Gals, aim for 310-360 mg of magnesium daily from food and supplements; guys, 400-420 mg.

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.

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LETTERS TO THE EDITOR

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

Dear Editor:

Thank you to all in our community who donated food, personal care items, household goods and dollars to the Harvest Food and Supply Drive. Your support makes a positive difference in the lives of domestic abuse survivors seeking refuge at the Women's Resource Center of Northern Michigan's (WRCNM) Safe Home.

Picture a woman who makes the courageous decision to leave her home because it is no longer safe for herself or her children. Think about how she feels arriving at the Safe Home with few, if any, personal belongings. Imagine the multiple obstacles faced as she starts this new and challenging journey. Your contributions help create a new pathway of hope for survivors and their children. Your support makes the shelter "home" to the many families utilizing Safe Home services.

On behalf of the families that rely on our services, we thank you. Please know you have helped make a difference in the lives of others in your community.

Sincerely,

Jamie Winters
Safe Home Coordinator
Women's Resource Center

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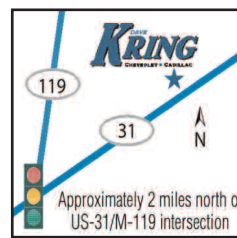
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