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January 21, 2016

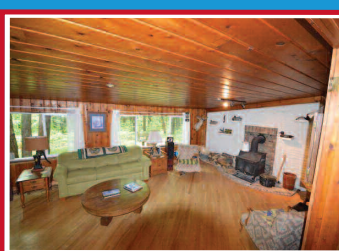
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SPORTS REPORT



(PHOTO BY CHRIS FIEL)

Boyne City senior guard, Colton Sieradski (23) looks for an open teammate as the Harbor Springs defense closes in.



(PHOTO BY CHRIS FIEL)

Rambler junior guard, Abby Gardner (10) pushes the ball upcourt as a Harbor defender tries to avoid contact.

Boyne City Schools' weapons policy discussed

By Michelle Medjesky

BOYNE CITY-The Boyne City School board has voted not to mess with the district's existing policy aimed at who can-or can't carry a gun on school property.

The board voted 5-1 at its January meeting (01/11) in favor of allowing its current gun policy to remain as written in terms of who is allowed to carry a firearm on school owned properties. Board member Robert South was not present to vote at the meeting.

The favorable vote came despite protests from lone dissenter, board member

Zareena Koch, who argued for an amendment to the current policy so it would better reflect the district's "zero tolerance" stance on weapons.

Koch maintained that if students and staff are held to such a standard, then anyone who steps on school property should expect a "no guns on campus" policy to apply equally to them.

Currently, the district's gun policy forbids all students, staff and most everyone else from bringing any kind of firearm onto school premises, explained district superintendent Peter Moss.

However, Moss noted the

policy does indeed allow for certain individuals to have a weapon on school properties, including active and retired law enforcement officers and judges, corrections officers and private detectives.

He said the district's policy includes a caveat intended for parents or guardians who may have a concealed weapon in a vehicle while dropping off or picking up their student but it does not feature an "open carry" tolerance.

Moss said the gun issue came up for discussion during a routine evaluation of various district policies to ensure they reflect ever-

changing state and federal guidelines.

Koch voted against leaving the district's policy at status quo because she said she could not approve a measure she believes has "all kinds of holes" to allow anyone to carry a gun on school grounds.

But if the district did go along with Koch's proposal to adopt a "zero tolerance" policy across the board to allow no one to carry a gun on its properties, then it could open itself up to legal action that it can ill-afford, warned board treasurer Ross McLane.

McLane pointed to school districts in Clio and Ann

Arbor who are being sued after adopting a total ban on guns on campus.

Ultimately five of the six board members present, including member and Michigan State Trooper Jeff Mercer, all voted against Koch's plea to amend the district's gun carry policy, agreeing they felt comfortable with how it stands.

Several teachers after the board meeting said they also feel comfortable with the existing policy and safe in their classrooms with the protocol that's in place and armed police officers available on site.

Governor Snyder addresses "State of the State"



By Jim Akans

Michigan Governor Rick Snyder presented his sixth annual State of the State address on Tuesday evening, January 19. The approximately 50 minute speech focused early on the controversy regarding his administration's response to the water contamination crises in Flint, and also addressed Detroit Schools, the economy and the future of the auto industry.

At the opening of the State of the State address, Snyder affirmed, "Tonight will be a different State of the State address. Tonight I will address crises in Flint in depth...I am sorry and I will fix it."

Governor Snyder's administration has faced escalating criticism for delayed response in addressing the problem of elevated levels of lead in the City of Flint's water system. The contamination occurred after the community switched their water supply source to the Flint River in early 2014 after Flint approved the move in 2013.

Over the next year and a half, despite growing evidence that this switchover resulted pipe corrosion that contaminated public water with lead, the issue remained virtually unaddressed by the administration. In October of 2015, the Governor's office announced a \$12 million plan to implement a transfer back to Flint's previous water source; the City of Detroit.

Last Saturday, at Governor Snyder's request President Obama signed an emergency declaration ordering federal assistance in addition to state and local efforts. As a result the U.S. Department of Health and Human Services is working in collaboration with FEMA, the EPA, HUD, SBA and the USDA to help Flint residents.

During his address, Snyder stated, "The most important thing we can do



Michigan Governor Rick Snyder presented his sixth annual State of the State address on Tuesday evening, January 19. COURTESY PHOTO

right now is work together for the people of Flint."

In addition to distributing clean water to Flint residents, steps that are being taken include; bringing new leadership to the DEQ, providing resources to help those affected, the deployment of the Michigan National Guard to Flint to assist residents. Snyder has also designated \$28 million to Flint, with funds being utilized for additional bottled water, water filters, assisting the City to help with utility issues, treatment of children with high lead levels, assist primary caregivers and hospitals, and support for children health care access.

Snyder also called for focus on rebuilding Michigan's aging infrastructure, including roads, bridges, underground utilities, water and sewer systems. He announced he was creating Commission for Building the 21st Century Infrastructure to report back in September.

Governor Snyder also focused on the three "E's" during Tuesday night's speech; education, employment and the economy. Detroit Schools, involving more than 47,000 students, and more than \$500 million

in debt, took center stage during the speech.

Snyder related, "Detroit Schools are in crises and in need of a transformational change. Not all Detroit students are getting the education they deserve."

He said he will be creating a Commission for 21st Century Education to look at obstacles holding our schools back, and how to fund the changes needed. He stated, "We have a 19th century education system in the 21st century."

On Michigan's economy, Snyder noted, "Our economy is good today, but we should not take it for granted."

He cited that Michigan is number one in the nation in manufacturing job growth and that unemployment has been cut in half since 2010. Snyder emphasized that Michigan is still the heart and soul of the automotive industry; building more cars than any other state.

"The auto industry is transforming into something new," he pointed out. "What is the auto industry of today will be the mobility industry in 10 to 20 years."

Making an investment in intelligent vehicles, Snyder noted the creation of the Michigan Mobility Transformation Center in concert with the U of M, and proposed the creation of the American Center of Mobility at Willow Run, with a 300-acre campus to test intelligent vehicles.

Highlights of the Governor's speech will be posted on the web at www.michigan.gov/snyder

DNR closes 2 local snowmobile trails

CHARLEVOIX COUNTY - The Michigan Department of Natural Resources and the Jordan Valley Trails Council announced this week that, effectively immediately, two separate snowmobile trail segments in the northern Lower Peninsula are closed for the 2016 season. The closed segments include Trail #768 that cross-connects Mancelona to the Starvation Lake area in southeast Antrim County and Trail #4 from East Jordan to Charlevoix in the west end of Charlevoix County.

The 13-mile-long segment of Trail #768 utilizes a good portion of private property and road rights-of-way and, as a result, agreements have been tentative and permissions no longer are available. The local club has been seeking other routes; however, the trail will remain closed until viable alternate and permitted routes can be identified.

Mancelona still can be accessed by snowmobile Trail #768 that is adjacent to U.S. 131 and travels north out of town. From Trail #768, riders can take Trail #4/76 south at

See **Trails Closed** -5A

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weather	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	snowfall	record temps
						DATE.....2014-15	DATE.....2015-16
	HIGH: 27	HIGH: 25	HIGH: 27	HIGH: 32	HIGH: 31	1/5/2015.....28.5	1/4/2016.....22.5
	LOW: 16	LOW: 8	LOW: 19	LOW: 26	LOW: 22	1/5/2015.....68	1/4/2016.....45.5
						1/5/2015.....37.8	1/4/2016.....34
						1/5/2015.....78.9	1/4/2016.....49.7
					1/5/2015.....96.8	1/4/2016.....66.2	
					1/5/2015.....96.8	1/4/2016.....61.4	
					1/5/2015.....18.6	1/4/2016.....28.4	
					1/5/2015.....75.7	1/4/2016.....66.5	
						DAY.....AVG LOW.....AVG HIGH.....RECORD LOW.....RECORD HIGH	
						JAN 2113°30° ...-28° (1970) ...43° (1957)	
						JAN 2213°30° ...-17° (2005) ...51° (2002)	
						JAN 2313°30° ...-20° (2005) ...50° (1969)	
						JAN 2413°30° ...-17° (2004) ...48° (1969)	
						JAN 2513°30° ...-10° (2004) ...51° (1950)	
						JAN 2613°30° ...-15° (2000) ...51° (1973)	
						JAN 2713°30° ...-21° (2000) ...52° (2002)	
						JAN 2813°30° ...-25° (1963) ...52° (2002)	

Dillon Christopher Antaya, 35

(MAY 21, 1980 - JAN. 14, 2016)



Dillon Christopher Antaya of Sarasota, Florida and formerly of East Jordan, Michigan, died Thursday, January 14, 2016, in Venice, Florida.

He was born May 21, 1980, in Charlevoix, Michigan, the son of Dan and Lori Antaya. Dillon was raised in East Jordan.

He grew up, full of life, strong willed, pushing the limits, always with a smile on his face. In 2006, Dillon moved to Sarasota, where he met his fiancé Dollie and daughter Amber. The time he had with Dollie and Amber were the happiest years of his life. He loved them dearly and was looking forward to a long and happy future with them, but Dillon was taken too soon.

was a hardworking, caring, and giving man who always put others first as evidenced by the outpouring of kind words and condolences from his many friends, family and acquaintances. A passionate outdoorsman, active in local motocross, mountain biking, hiking, and construction, never letting a moment slip by, he loved to help people, and loved to make them laugh.

Dillon is survived by his fiancé, Dollie Mulholland and daughter Amber of Sarasota, Florida; grandmother Pat Antaya of Charlevoix; his parents, Dan and Lori Antaya of East Jordan; brothers Devon Antaya and Ryan (Bridgett) Antaya, both of East Jordan; nieces and nephews, Celeste, Ethan, Jackson, Morgan and Charlie; many aunts, uncles and cousins; and, of course, his beloved dog, Tyson.

Dillon was preceded in death by his fraternal grandfather, John Antaya, and maternal grandparents, Hugh and Margie Hawley.

Funeral service was held on Tuesday, January 19, 2016 at the Lighthouse Missionary Church.

Memorial contributions may be directed to Dollie Mulholland, 3845 Protor Road, Sarasota, FL 34233. Arrangements were handled by the Penzien Funeral Home in East Jordan.

Robert Leonard Breithaupt, Sr., 89

(SEPT. 1, 1926 - JAN. 16, 2016)



Robert Leonard Breithaupt, Sr. of Charlevoix, formerly of Livonia, passed away Saturday, January 16, 2016, at Georgia House in Charlevoix. He was born

September 1, 1926, in Des Moines, Iowa, to Herman and Ida (Seltzer) Breithaupt.

He served in the US Navy during WWII, from 1944-1946, in the Asiatic Pacific, and the Philippine Liberation.

Bob received a Master of Science degree from Schoolcraft College in Livonia.

Bob spent his whole life working in the food service industry. First as an apprentice, later as a certified culinary educator, owner of his own business, and twenty-five years as Dean of Culinary Arts at Schoolcraft College in Livonia.

In 1948, he married Joyce Connie Nations in Detroit, and she preceded him in death on April 8, 1990.

Following Joyce's death, he made his home in Charlevoix, where he married Gloria Ann Moore on October 21, 1995.

He is survived by his wife, Ann; children, Suzanne McConnell of Dearborn, Theresa (John) McPherson of Livonia, Janet (Jerry) Samples of Pisgah, Ala.; step-children, Pamela Rivard of Harrison Township, John Moore of Holly, William Moore of Cadillac; numerous grandchildren and great-grandchildren; sister, Mary Ann Reed of Scotrun, Penn.; daughter-in-law, Janet Breithaupt of Wilmington, N.C.; son-in-law, Michael George McConnell of Redford.

Bob was preceded in death by his son, Robert Breithaupt, Jr.; daughter, Catherine; son-in-law, Robert McConnell; brothers, Charles and Herman Breithaupt.

Memorial service was Monday, January 18, at the Winchester Funeral Home

in Charlevoix, stepson, John Moore officiating, where military honors were presented by the Charlevoix Area Veterans. Memorial contributions may be made to: Georgia House, 5191 M-66 Hwy, N., Charlevoix, MI 49720.

Marshall Edward Reynolds, 70

(APRIL 14, 1945 - JAN. 15, 2016)



Marshall "Mickey" Reynolds died Friday, January 15, 2016, at his home in Echo Township, Antrim County.

He was born on April 14, 1945 in Sodus, Michigan, the son of James and Marg (Trail) Reynolds and was raised in Benton Harbor, Michigan. He served in the United States Army from 1965 to 1967. He was stationed in Vietnam in 1966.

He married Linda Kirk of April 10, 1999, in Berrien Springs, Florida. He retired from trucking and they moved to East Jordan in 2005.

Mickey enjoyed golfing, fishing, hunting and watching Western movies. He liked to have a good time and making people laugh. Mickey will be missed by a lot of good friends.

He is survived by his wife, Linda Reynolds of East Jordan; five sons, Troy

Reynolds, Florida, Roger Reynolds of Tennessee, Christopher Ries of East Jordan, Daniel (Misty) Stonex of East Port and Skyler Reynolds of East Jordan; eight grandchildren, Devon, Lexi, Zeith, Parker, Jacob, Jasmine, Katniss, Mariah.; sister, Shella (Ralph) Trail of Alclair; Brother, Dough (Coloma) Reynolds of St. Joseph, sister-in-law Debbie (Steve) Leaman of East Jordan; three brothers-in-law, David (Jan) Kirk of Pleasant Valley, Martin Kirk of Pleasant Valley and Billy (Brenda) German of East Jordan; mother-in-law, Patricia (Butch) Frey of East Jordan; as well as many nieces and nephews.

A celebration of his life will be held on Friday, January 22, 2016, at 5:00 P.M. V.F.W. hall in East Jordan.

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. Mat-

tie 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 was held on Friday, January 15th at the Stone Funeral Home.

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EJ Coldwell Banker Schmidt Realtors to receive international recognitions

By Jim Akans

Mike Stark and Holly Nierman of East Jordan Coldwell Banker Schmidt will be the recipients of Coldwell Banker International Awards. Mike will receive the President's Circle Award and Holly will receive the Diamond Society Award, each based on sales volume.

Broker Mike Stark has the honor of joining the International President's Cir-

cle, a distinction reserved for the top two-percent of all Coldwell Banker sales associates. Stark, who has resided in East Jordan for most of his life, began selling real estate 2001 and became an associate broker in 2004. He is a familiar face when someone comes into the office to talk real estate. With all of his experience in the real estate market Mike will work tirelessly to make a deal come together for the buyer or seller.

Agent Holly Nierman joined the International Diamond Society, a level achieved by only the top 11 percent of all Coldwell Banker sales associates / representatives worldwide. Holly has been a real estate agent for the past 20 years and earned her Associate Broker license in 2014. She has lived in the East Jordan area for 23 years and previously took some time off from selling real estate full time to raise her children.

She also worked as a teacher assistant for the East Jordan Public School.

With her children grown she is back selling dreams full time. Holly enjoys the satisfaction of seeing a deal come together and she can make a client's home ownership dream come true or sell their home for them quickly and efficiently.

Congratulations to Mike Stark and Holly Nierman for these well-deserved honors.



Mike Stark, Broker for Coldwell Banker Schmidt in East Jordan. COURTESY PHOTO



Holly Nierman, Agent at Coldwell Banker Schmidt in East Jordan. COURTESY PHOTO

Microbrewery opening in Boyne City

By Michelle Medjesky

BOYNE CITY - Plans to open a new microbrewery and pub featuring an array of Michigan craft beers, wines, spirits and foods in Boyne City are moving closer to becoming a reality.

The Boyne City Commission at its meeting this month voted unanimously in favor of backing an application by Stiggs Brewing Company to the Michigan Liquor Control Commission in its effort to obtain a Class C liquor license for special redevelopment on premises.

The premises named in the application are at 112 Park Street, former site of an old railroad office, which was purchased last year by Michael Castiglione of Stiggs Brewing Company.

Castiglione plans to open "Stiggs Brewery and Gastro Pub" at the location, where he will offer a unique selection of Stiggs own and other Michigan craft beers, wines, mead, spirits, sodas and a cuisine menu created from locally sourced ingredients.

Special redevelopment liquor licenses were established by the state of

Michigan as an incentive for redevelopment efforts in downtown areas just like Boyne City's.

Applicants must first meet a number of requirements prior to approval, however, including assurance that their business is dedicated specifically to the downtown's dining, recreation or entertainment industries.

Among other criteria, applicants must also assure their business will be open at least 10 hours a day, five days weekly, and offer seating for at least 25 customers.

Stiggs Brewing Company

also had to demonstrate that it is spending at least \$75,000 to restore and remodel the old, two-story railroad office site where the establishment is set to open.

Both the Boyne City Commission and its Main Street Program Board have voted in favor of supporting Castiglione's plans to obtain the special liquor license and open his Stiggs Brewery and Gastro Pub, which, if all goes accordingly, he said should happen sometime by summer, 2016.

Boyne City Historical Walking Tour is on the M'APP'

Kicked off last June, the Boyne City self-guided historical walking tour now has a free app available for download in the iTunes store.

Search Boyne City in the iTunes store or go to the link and download:

<http://www.harbor-house.com/mobile/boyne-city-historic-walking-tour.htm>

The self-guided walking tour includes over 50 stops featuring the rich history of Boyne City's downtown. In addition to the app for smart phones and tablets, a printed brochure is available as well as on-line content with additional photos, narrative and audio options.

City Manager Michael Cain said, "We are pleased that the National Trust for Historic Preservation and the Michigan Historic Preservation Network chose to partner with us on this worthwhile project, and we are excited to showcase our historic past with others. Special



Kicked off last June, the Boyne City self-guided historical walking tour now has a free app available for download in the iTunes store. COURTESY IMAGE

thanks to Michelle Cortright and Harbor House Publishers for their help and expertise in creating the app."

For more information on the self-guided Historical Walking Tour, contact the Main Street office at (231)582-9009 or visit www.boyne-city-main-street.com.

Boyne City Bakery coming in March

The Johan's Bakery building at 110 S. Lake Street was acquired by Boyne City Bakery LLC on December 30. Owners Rebecca Harris and Thomas Greetis are busy renovating and updating the building with plans to open in March. In addition to having full time baking tenants, they will provide a commercial kitchen to other food entrepreneurs; offer community food education and other hands-on events.

"Our vision is to bring back a working bakery and facilitate entrepreneurial food based businesses with an emphasis on local ingredients. It is so exciting to be part of downtown Boyne City. Tom and I love this community and look forward to helping shape its future. We believe in a collaborative and competitive downtown environment," Harris said.

"Tom and Rebecca are very passionate about Boyne City and they will make such a positive impact on our downtown. We are extremely lucky to have them invest in our community and bring their vision, passion and extensive knowledge to a new business venture. They will help drive the excitement and growth on South Lake Street," said Lori Meeder, director of the Boyne City Main Street



The Johan's Bakery building at 110 S. Lake Street was acquired by Boyne City Bakery LLC on December 30. Owners Rebecca Harris and Thomas Greetis are busy renovating and updating the building with plans to open in March. COURTESY PHOTO

Program.

Harris noted, "We are waiting to announce who the baking tenants will be, but the well established and loved products are going to thrill the community. Customers will be able to take home products or they may sit down inside or out seasonally on both

Lake and Front Streets."

Tom Greetis moved to Boyne City in 1974 to work at Courter Products now Honey Well. As a project and manufacturing engineer he enjoyed a rewarding career spanning 36 years. He has served on Friends of the Library, Boyne City planning com-

mission, and volunteered as Challenge Mountain treasurer for over 15 years.

Rebecca moved to Boyne City in 1991 and worked at Harbor House Publishers until 2011. Since 2012 she has managed the Boyne City Farmers Market. She has been involved in many organizations, projects and initiatives, including Challenge Mountain board, Main Street Design Committee, Walkabout Sculpture Tour, SOBO Arts Festival, Stroll Through History and the Historical Walking Tour.

Harris stated, "The last 4 years with the Market have been some of the most rewarding in my life. I have had the opportunity to learn from the market's charter farmers (over 34 years) and experienced the addition of five new first generation farmers. We have held fundraising events, raising over \$34,000 towards the permanent winter home for the Market. Had I not become involved with the Market, local farmers and food movement I don't think we would have taken this path."

The Bakery will be open early morning until mid afternoon. Specifics with contact information will be announced the beginning of March.

Rotary awards grant money



Charlevoix City Manager Mark Heydlauff, City Recreation Director Tom Kirnovic, Charlevoix Rotary President Mark Andresky (PHOTO COURTESY OF DON JESS)

The Rotary Club of Charlevoix is pleased to award a \$5,000 grant to the Recreation Department of the City of Charlevoix to provide need-based scholarships to a minimum of 32 Charlevoix County children for summer camp ("Camp McSauba") and 60 scholarships for either skiing or snowboarding ("Mt. McSauba"). This grant was made possible

through a matching grant of \$2,500 from Rotary District 6290. Charlevoix Rotarians are proud to support youth programs in our community and feel strongly about the importance of learning new life skills and positive character traits through exercise and structured activities.

BCHS Pride Team awarded grant

The Boyne City High School Pride Team was recently awarded a grant from the Michigan State Police to fund a distracted driving initiative at BCHS for the 2015-16 school year. The grant program is called "Strive for a Safer Drive" (S4SD). The theme for this initiative at Boyne City High School is "Distracted Can't Drive" and the BCHS Pride Team has planned activities for January, February, and March 2016.

The goal of "Distracted Can't Drive" is to increase BCHS student, staff, and Boyne City community awareness of the dangers and consequences of distracted driving. Pride is defining distracted driving to include: driving while texting, using a cell phone, talking, reading a

map, using a navigation system, watching a video, adjusting a music device, eating, and personal grooming.

Planned events include a Public Service Announcement and Poster Contest for BCHS students, an opening assembly hosted by the Boyne City Police Department, and a visual activity illustrating the statistic that about every 15 minutes someone in this country dies from a distracted driving accident (Santa Rosa, CA Police Department "Every 15 Minutes" program).

Other events include pledge days during which students and community members will have the opportunity to sign a pledge promising to drive without distractions, and a day

during which students can use a driving simulator provided by the Michigan State Police Gaylord Post. Students will also access the "Ford Driving Skills for Life" website to participate online with various safe driving activities.

The Pride Team is a group of BCHS students with varied interests and experiences who meet monthly to help plan activities to recognize students for their academic hard work. The team also looks for ways to keep the climate at BCHS positive and encouraging. Team members value a positive learning environment and are willing to advocate for all students who want to be a part of the Pride movement at BCHS.

NCMC scholarship will send student to Ireland

North Central Michigan College and the Robert Emmet Society are seeking entries for a scholarship contest that will send a North Central student to Ireland this fall for a semester of study. This is the only scholarship awarded by the College that sends a student abroad. The competition is based on an essay contest, academic achievement, student activities and an interview with college and society representatives.

Entrants must be enrolled in an academic program at North Central Michigan College for the 2015-2016 school year and must be prepared to submit an essay on the topic, "How do the political values of Robert Emmet, Irish patriot and namesake of Emmet County, relate to our world and our lives today?"

Those wishing to enter the competition should contact Dr. Sara Glasgow, Associate Dean of Liberal Arts at North Central at 231-348-6604 or sglasgow@ncmich.edu by February 12, 2016. Essays must be submitted by March 4, 2016 to her at North Central Michigan College, 1515 Howard Street, Petoskey, MI 49770. The winner will be announced before the end of the school year. Details are available at <http://www.ncmich.edu/paying-for-college/scholarships/ireland-scholarship.html>.

The winner of this competition will receive a scholarship for Fall 2016 at Galway-Mayo Institute of Technology (GMIT) in Galway, Ireland. The scholarship covers round-trip air fare from Detroit or

Chicago and tuition, room and books at GMIT.

The Society was founded in the early 1990's to honor Robert Emmet, the namesake of Emmet County, Michigan, and to make area residents more aware of Emmet's brief but courageous life and his enduring legacy as a champion of freedom and democracy. The Society works closely with North Central in awarding the scholarship that is named after Joseph W. McCarthy, a local businessman, and Dr. William McCullough, a Petoskey physician, both active members of the society since its founding. The Robert Emmet Society and the Blissfest Music Organization raise funds for the scholarship through donations and annual music events.

News Briefs

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

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 SAFE FAMILIES FOR CHILDREN

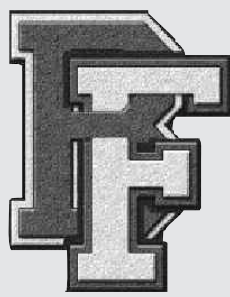
January 21, 5-6pm, Boyne City United Methodist Church, 324 South Park. Safe Families for Children is a movement of the church to strengthen struggling families and to get back to Biblical hospitality. The three goals of Safe Families for Children are: Child Abuse Prevention, Child Welfare Deflection 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 "1/23 RECOVERY DAY"

January 23, BASES will be coordinating an event in recognition of recovery from substance use disorders, which hopes to reduce stigma by promoting recovery! The event is titled "1/23 Recovery Day" and will involve a free showing of a movie titled, "The Anonymous People" at Charlevoix's Cinema III from 11:00 am to 12:30 pm followed by a luncheon to be hosted at the Charlevoix Alano Club from 12:45-1:45 and then presentations at the Charlevoix Public Library's Conference Rooms A&B from 2:00-4:30 pm. Lunch tickets are \$10 and include a box lunch prepared by Oleson's Deli. All other events are free of charge. All family and friends of recovery are welcome to attend. For lunch tickets, please call BASES at 231-547-1144.

BOYNE CITY FRIENDS OF BOYNE DISTRICT LIBRARY MOVIE

January 22, 6:30pm, Library Community Room. Troll



Boyne Falls Public Schools

Student of the Week

Cory Kauska

Grade: 11

Parent's Name(s): Robert and Amanda Kauska

Future Plans: Graduate and move to Montana

Favorite Book: Hatchet by Gary Paulson

Hobbies and Interests: Fishing, hunting, and riding ATVs

School Activities: JV Basketball

Staff Comments: "Cory has been a wonderful addition to our family here in Boyne Falls. He is a thoughtful, good-natured student.

Cory's contributions to classroom discussions help to enliven instruction every day, and his ability to make connections demonstrates his deep understanding and a love for learning. Cory has actively participated in poetry recitation through BASKETBAA the Poetry Out Loud program, and he is an outstanding participant in speech class. Keep up the great work, Cory!"

— Jeff Garver



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 CITY WILLY PORTER CONCERT

January 23, Freshwater Art Gallery, 217 South Lake Street. Tickets; \$25 in advance and \$30 at the door. Call (231) 582-2588.

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.

BOYNE CITY MAKING PEACE WITH YOUR PAST

January 24, 6:30pm, Life-tree Café, 401 South Park St. A Vietnamese refugee who left Saigon hours before the capital fell will share the story of her escape and later return to Vietnam. The program, titled "Making Peace With Your Past: A Vietnamese Refugee's Journey," features a filmed interview with Binh Rybacki, the founder of Children of Peace International, a charity helping orphans in Vietnam. Admission to the 60-minute event is free.

BOYNE CITY PUBLIC INPUT SESSION FOR SUPERINTENDENT HIRE

January 27, 7pm, Boyne City High School Media Center. Hosting the meeting will be Michigan Leadership Institute representative Mark Eckhardt, who is leading the search for the new superintendent. You will have the opportunity to share your opinions on the attributes you wish to see in the new superintendent. The opening was created with the retirement of Peter Moss, who served as superintendent for the past five-plus years. Moss's last day on the job will be Jan. 31.

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 redcross-blood.org to make an appointment or for more information.

blood.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. If you did not receive an invitation and would like to join us for an evening of fun, 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 - Fox Charlevoix & Fox Ford Charlevoix, Outstanding Citizen - Craig Boss MD, New Business of the Year - Lake Charlevoix Brewing Company, Young Professional of the Year - Chelsea Townsend, Outstanding Customer Service - Terry Osterhout and Chamber Ambassador of the Year - Larry Levensgood. 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 GROUNDHOG SHADOWFEST

February 5 - 7, Retail Sales, Groundhog Goodies, Lodging Deals, Bar Specials and Entertainment all weekend. On Saturday enjoy the Petoskey Steel Drum Band, Beer Tent, Chili Cookoff, Free Movie, Kids Games, Horse Wagon Rides and Cold Butt Euchre. For info visit www.charlevoixshadowfest.com

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.charemunited-way.org/content/toast-literacy>.

CHARLEVOIX MIKE SCHLITT PHOTOGRAPHY PRESENTATION

February 9, 6:30pm, Charlevoix Public Library. The Charlevoix Photography Club travels all over searching for that ultimate image. On February 9, at 6:30pm, Mike Schlitt will be showing a slide presentation of some fabulous photography of our winter wonderland. This presentation is open to the public and free of charge. www.charlevoixphotography-club.org

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 is being held at the Red Barn on Saturday's from 9am-1pm through April.

BOYNE CITY FREE COFFEE, DOUGHNUTS & LUNCH FOR VETERANS

The community of Boyne City will be hosting a free social gathering for all veterans from 9 to 11 a.m. on the fourth Tuesday of the month, beginning Jan. 26th at the Boyne Area Senior Center. Coffee and doughnuts will be donated by supportive area businesses. The senior center will also offer free lunches to all veterans on the fourth Tuesday of the month, starting in January. The senior center is located at 411 E. Division St.

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.

LAW ENFORCEMENT

TWO CAR ACCIDENT IN WILSON TOWNSHIP

On Monday January 18, 2016 at approximately 8:07 a.m., the Charlevoix County Sheriff's Office, Boyne City EMS, and Boyne City Fire Department were dispatched to a two vehicle personal injury accident on Fall Park Road near Crozier Road in Wilson Township.

A 2002 Toyota Rav4 was traveling Northbound on Fall Park Road when the driver lost control on the snowy roadway, crossed the centerline, and was struck by an oncoming vehicle. The 19 year old driver of the Rav4 was identified as Richelle Massey of Petoskey. She was transported by Boyne City EMS to McLaren Northern Michigan Hospital for treatment of her injuries.

The driver of the 2006 Chrysler Town and Country was identified as 27 year old Brandy Coveyou of Boyne City. She was unable to avoid the collision with the other vehicle and struck it in the passenger side door. Coveyou was transported to McLaren

Northern Michigan Hospital by a privately owned vehicle.

Alcohol does not appear to be a factor in this traffic accident.

SNOWMOBILER INJURED

On January 13, 2016 at approximately 1329 hrs. the Charlevoix County Sheriff's Office, as well as Emmet EMS, Melrose Township First Responders & Fire, and Springvale Fire Department, were dispatched to a snowmobile injury accident on County Line Road near CCC Road in Chandler Township.

The investigation concluded that 73 year old Bunny Marquardt of Walloon Lake was traveling Westbound on County Line Road on her 2004 Arctic Cat snowmobile when she hit a large snowbank. The snowmobile went airborne, throwing Marquardt off the sled to the ground.

Marquardt sustained knee and shoulder injuries and was transported to McLaren Northern Michigan Hospital with non-life threatening injuries.

Marquardt was wearing a helmet at the time of the accident. And alcohol does not appear to be a factor.

BOYNE CITY POLICE DEPT.

MONDAY, JANUARY 4

0312 Citizen assist in the 400 block of N Lake St.
0841 Subject at PD for VIN Inspection
0955 Intoxicated subject in the 500 block of N Lake St
1226 Arrested subject on warrant in the 400 block of N Lake St.
1615 Vehicle unlock in the 500 block of N Lake St.
1735 Property damage accident at Lake and Division.
2339 Assist EMS in the 700 block of E Main.
2344 Report of injured deer on State St. Located it in the 800 block of E Main. Dispatched.

TUESDAY, JANUARY 5

0830 Unlock on River Ridge
2140 Traffic Stop at Lake and North for speed. Passenger was having a medical emergency. EMS called.

WEDNESDAY, JANUARY 6

0536 Car deer accident at W Michigan and Robinson
1030 Arrested subject at PD on warrant
1305 Motorist assist at Lakeshore and Division.
1526 Harassment complaint in the 600 block of N East St
1530 Private property damage accident in the 1000 block of Boyne Av.
1810 Private property damage accident in the Industrial Park

THURSDAY, JANUARY 7

1055 Vehicle unlock in the Industrial Park.
1056 Report of computer fraud on Boyne Av
1115 Report of lost debit card. Was later found
1138 Report of lost iPhone

1208 Vehicle unlock in the 100 block of E Water St
1333 Citation issued for speed at Lake and Lower Lake
1508 Arrested subject for domestic violence in the 600 block of N East St.
1733 Attempt suicide in the 300 block of E Division St
1818 Gasoline drive off in the 1300 block of Boyne Av
2229 Assist Ems in the 300 block of E Division St

FRIDAY, JANUARY 8

0840 Report of dead deer in the 1300 block of Charlevoix St
1038 Assist EMS with lift assist in the 700 block of Wenonah St
1824 Report of possible probation violation
2008 Suspicious situation in the 400 block of N Lake St
2208 Driving complaint reported on Silver St
2244 Animal complaint in the 600 block of N East St

SATURDAY, JANUARY 9

0344 Report of suspicious subjects in the area of 2nd St.

and Division.

1156 Private property damage accident in the 1000 block of Boyne Av
1537 Suspicious subject in the 1000 block of Boyne Av
2041 Civil standby in the 600 block of N East St
2213 Arrested 2 subjects for MIP at C-56 and Court St
2325 Motorist assist at Boyne Av and Lincoln St.

SUNDAY, JANUARY 10

0510 Towed a car and cited for snow removal from W Main St.
0718 Property damage accident N Park St and Vogel
1348 Harassment complaint in the area of Charlevoix St. and Silver St.
1611 Manhole cover off on Knollwood
1827 Unlock in the 100 block of S Lake St.
2028 Assist EMS in the 300 block of State St.
2054 Arrested subject for DWLS, Water and Park.

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News

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TRAILS CLOSED

CONTINUED FROM PG. 1A

Alba to connect with Blue Bear Trail several miles north of Starvation Lake.

Trail #4 now will end at the corner of M-32 and Rogers Road just north to the East Jordan Sno Mobilers Clubhouse in the south end of Charlevoix County. The extension of Trail #4 north into Charlevoix is closed for at least the remainder of the 2016 season. The community route into downtown East Jordan will still be open and maintained this winter. The closed segment utilized all private land, seasonal county roads and road rights-of-way. Permissions were rescinded this year by the land owners, who felt the snowmobiling public did not respect land owners' wishes regarding land access and use. Alternative discussions with local land owners are ongoing in hopes of reopening the Trail #4 extension into Charlevoix for 2017.

The DNR and the Jordan Valley Trails Council ask the public to respect the closures and stay on the signed designated trails. "Trail Closed" signs have been posted to help riders find their way onto the region's hundreds of miles of beautifully maintained snowmobile trails. For more information on trails in Michigan please visit www.michigan.gov/dnrtrails. General inquiries for the local club can be emailed to jordanvalleytrailsCouncil@gmail.com.

For more information, please contact Paige Perry at peryp@michigan.gov or Dana Pelton at peltond@michigan.gov.

Charlevoix County Community Foundation adds new Trustees

The Charlevoix County Community Foundation is pleased to announce the appointment of two (2) new trustees; Evelyn Howell and Josette Lory.

Evelyn Howell is a registered occupational therapist (OT) for Munson Healthcare Charlevoix Hospital, providing out-patient therapy for children and adults at the Boyne Rehabilitation Center. Evelyn also is a member of the hospital's WorkRight team, providing ergonomic services to local businesses and industries. Evelyn's professional career also included 25 years as a pediatric OT with the Char-Em Intermediate School District. Mrs. Howell has served on the Evangeline Township Planning Commission and Zoning Boards of Appeal, and is also a member of the Petoskey Audubon Society and other civic groups.

"It's a special honor to have the opportunity to serve on the community foundation's Board of Trustees," Howell said, adding, "I've long admired the foundation's good work in the community, and I'm so pleased to be a part of that effort."

Evelyn lives in Boyne City with her husband, Jim. She will represent the Boyne geographic area on the Board of Trustees, and will also serve as a member of the foundation's Distribution Committee.

Josette Lory is the Human Resources Manager at Industrial Magnetics in Boyne City. Josette is engaged in her community, serving as the Evange-



(l-r) Evelyn Howell and Josette Lory are the newest members of the Board of Trustees of the Charlevoix County Community Foundation. COURTESY PHOTO

line Township Clerk. Josette is also involved with the Northwest Michigan Industrial Association Workers Compensation Board. An active volunteer, Josette also serves on the Boyne District Library Board and is a member of the Boyne City Economic Development Corporation/Local Development Finance Authority. Josette also enjoys participating with the team at Classic Instruments, which is owned and operated by her husband, John McLeod. Josette and John live in Boyne City, and she will represent the Boyne geographic area on the

Board of Trustees, while also serving on the Distribution Committee.

"I believe in giving back to the community, and I'm humbled to have the chance to be of service to the community foundation," she said, noting, "the foundation's good work in the community is something I am proud to be a part of."

Michelle Cortright, Chair of the Foundation's Board of Trustees, is looking forward to working with the new trustees.

"Evelyn and Josette represent what the community foundation's Board of Trustees is all

about. They're outstanding citizens who are actively engaged in their community, and respected by all who know them."

Including the new appointments, the Foundation's Board of Trustees includes fifteen members, representing all regions of Charlevoix County. Other trustees include; Don Spencer and Dana Hodgson of Beaver Island; Bill Aten of Boyne Falls; Michelle Cortright and Lori Meeder of Boyne City; Perry Irish Hodgson, Ann Hollis, Dave Leusink and Paul Witting of Charlevoix; and Scott Diller, John Kempton, Barbara Malpass and Jack Poindexter of East Jordan.

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

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

Antiques, Art, Consignment and New at The Brickery in Grayling

By Jim Akans

Shoppers in downtown Grayling will find two floors of treasures embracing a wide array of fascinating items at The Brickery. Established by Linda Nickert in June of 2007, items offered throughout the approximately 1,000 square feet of retail space in this historic building cover just about any interest or gift idea.

Nickert states, "We offer many items made by local crafters, Michigan-made products, lots of antiques, art, and more. We have new products and consignment items, gift items, scarves, hats and gloves, and we are beginning to offer salvage products so people can make their own crafts. Cus-

tomers can spend an hour in our store and still not see it all."

The stately brick building that is now home to The Brickery was originally the International Order of Odd Fellows building, constructed in 1908. The downstairs held a theater that would put on plays for loggers and for Camp Grayling. The building has gone through many incarnations over the years, but shoppers at The Brickery can still see the original tin ceiling and hardwood floors.

Nickert recalls that the idea for her shop's name came from her daughter; "We were trying to think of a name. Since there are so many bricks both inside and out; the walls are three

bricks thick, my daughter suggested calling it The Brickery."

It's the perfect name, reflecting solidity and tradition; an apt representation of the enduring quality of the wide variety of items offered at The Brickery. The store, located at 107 Ottawa in downtown Grayling, is open Monday through Saturday from 10 am until 5 pm, and Sunday from 11 am to 3 pm. Visit www.thebrickery.com or call 989-348-8999 for additional information.

Shoppers in downtown Grayling will find two floors of treasures embracing a wide array of fascinating items at The Brickery. The store, located at 107 Ottawa in downtown Grayling, is open Monday through Saturday from 10 am until 6 pm, and Sunday from 11 am to 3 pm. Courtesy photo



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Hidden Treasures

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

<p>CHARLEVOIX</p> <p>Bergmann Center Resale Shop 8888 Ance Road, Charlevoix 231-547-9624 www.bergmanncenter.org</p> <p>Kelly's Antiques & Furniture Barn 06176 Old US 31 S., Charlevoix 231-547-0133 www.dkellyantiques.com</p> <p>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 (near Lowses), 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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Health

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

How much exercise do you need?

By Deb Hagen-Foley

You know that regular physical activity is good for you. The benefits of exercise are numerous. Sure, exercise is essential if you are trying to lose weight and is very helpful in maintaining weight loss. Regular exercise can help you to fall asleep faster and stay asleep. Exercising regularly improves physical health by increasing levels of good cholesterol and decreasing triglycerides. This reduces your risk of cardiovascular disease. Regular exercise can also prevent or improve the control of stroke, metabolic syndrome, type 2 diabetes, arthritis and some types of cancer. Exercise reduces depression, improves mood and boosts energy. How many more reasons do you

need to exercise regularly?

But you are busy and don't want to spend more time than you need exercising, so how much exercise do you really need? The answer to the question depends on your goals.

Most of the health benefits listed above can be achieved through 30 minutes of moderate cardiovascular activity three days per week and 30 minutes of resistance exercise two days per week. If your goal is to lose weight, you will want to increase your cardiovascular exercise to at least 30 minutes five times per week. If you workout intensely, you only need to workout for 20 minutes three times per week to lose weight. But that means pushing yourself to exercise at your highest level - no slacking off!



FILE PHOTO

So, what is "moderate activity"? Walking for 30 minutes at a brisk pace would qualify. Not so fast that

you are winded, but fast enough so your heart rate is quickened. Walking doesn't require any special

equipment and can be done indoors or outdoors.

It is easy to get started with walking as a regular physical activity. Your goal should be to maintain a regular level of activity, so you want to find something that you enjoy doing long-term. You don't need to join a gym, though in the winter months, you want to have alternatives to outdoor walking. Consider mall walking or another indoor activity, such as an organized class.

If your goal is to lose weight, you want to consume fewer calories that you expend during the day. Recording your food intake is a great way to monitor what you are eating. You may also want to know how much exercise you need to create this calorie deficit. There are monitors avail-

able at a reasonable cost to track your calorie burn. There are also online calculators that can estimate calories burned based on activity, gender and body weight. One such calculator can be found at: www.healthstatus.com/calculator/cbc.

Regularly burn more calories than you take in and you will lose weight - that is the "secret" to weight loss! I hope you are convinced that regular physical activity is worth working into your schedule. As always, do not undertake substantial changes in your eating or physical activity without consulting your physician, particularly if you have physical limitations or are taking medication.

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LOCAL SENIOR CENTER CONTACT INFORMATION

Beaver Island Center:

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

Boyne Area Senior Center:

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

Charlevoix Senior Center:

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

EJ Community Center

Brenda Skop
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East Jordan, MI 49727,
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www.charlevoixcounty.org/coa.asp



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."

January Happenings

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

Thursday, January 21
10am "Basic" Spanish
11am Arthritis Foundation
Exercise Program
Wii Bowling

Friday, January 22
BIRTHDAY DAY!
11am Roger Hartson
Raffle
Rummikub

Monday, January 25
Pretty-Bag Bingo/Cert
Line Dancing
Rummikub

Tuesday, January 26
9-11am Veterans' Social
Gathering & Lunch After
Mexican Train

Wednesday, January 27
10:30am Wii Bowl Practice
Various Card Games

CHARLEVOIX SENIOR CENTER ACTIVITIES

Wednesday, January 20
12:45pm Bingo

Thursday, January 21
11am Chair Yoga Class
11:30am OJ Adkins Music
1pm Wii Bowling Practice
1pm Mahjong

Friday, January 22
FOOT CLINIC
9:30am Craft Class
1pm Rummy

Monday, January 25
1pm Bridge
1pm Woodcarving
7pm Bible Study

Tuesday, January 26
Turtle Creek Casino Trip
11am Chair Yoga Class
1pm Mahjong
1pm Paint Class

Wednesday, January 27
11am-2pm Veterans Svcs
12:45pm Bingo

EAST JORDAN SENIOR CENTER ACTIVITIES

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

Thursday, January 21
KARAOKE DAY!
10:30am Chair Exercise
1pm Paint Class

Friday, January 22
Raffle 50/50
11am John Slough
Bingo

Monday, January 25
Exercise Room
8am-1pm Walking M-F
10:30am Chair Exercise

Tuesday, January 26
10am E.J. Story Time
10:30am Line Dancing
12:30pm Bingo -
Meal Ticket Prize

Wednesday, January 27
GAME DAY!
Pool Table / Ping Pong
1pm Cards

CHARLEVOIX COUNTY SENIOR CENTER MENU

Wednesday, January 20
SOUP 'N SANDWICH

Thursday, January 21
FISH SANDWICH

Friday, January 22
DEVILED PORK

Monday, January 25
MACARONI & CHEESE

Tuesday, January 26
BEEF STEW

Wednesday, January 27
CHICKEN ENCHILADA

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Health

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Hospital Foundation receives support from Hospital Guild



Pictured left to right: Doug Peters (Vice-Chair of the Munson Healthcare Charlevoix Hospital Foundation), Steve Paterka (Treasurer of the Guild), Vivian Mettler (President of the Guild and Gift Shop Volunteer), Linda Forrester (Guild Member and Gift Shop Volunteer). COURTESY PHOTO

True to their word, Munson Healthcare Charlevoix Hospital's Guild has been working hard behind the scenes to make good on their very generous pledge to donate a total of \$50,000 to the MHCH Foundation for the Capital Campaign. Earlier this week, they presented the Foundation with a check in the amount of \$10,000, bringing to \$35,000 their current donation toward the overall pledge.

Munson Healthcare Charlevoix Hospital's Guild members are a

very energetic group. They tirelessly volunteer their time and effort to raise money to support various hospital projects and activities through their coordination of the popular Gift Shop, sheet sales, geranium sales, book sales and other fundraisers throughout the year.

Members are widely known for their extraordinary dedication and commitment to the hospital. Most of the Guild's members are long-standing members, having volunteered in a

variety of capacities to help keep down the cost of running the hospital. Both the hospital staff and local community are grateful for the Guild's generosity and enthusiasm over the years, giving the hospital that extra "shot in the arm" that they do so well. In the course of their efforts, they have contributed well over \$300,000 to a wide range of needs for hospital departments and their patients.



Mary Briscoe, CPA, new CFO and Director of Administrative Services. COURTESY PHOTO

Health Dept. of Northwest Michigan welcomes new director

The Health Department of Northwest Michigan welcomes Mary R. Briscoe, CPA, as its new CFO and Director of Administrative Services. Mary comes to the Health Department from her previous career positions with the Valley Area Agency on Aging in Flint, where she has served for the past 9 years, and prior to that as the CFO of the Michigan Municipal League. She possesses a strong background in accounting, operations, and leadership. The Health Department is proud to have her on its team.

Mary takes over the role from Bradley S. Rider, who will now serve as the Health Department's Deputy Health Officer, and who is also serving as Health Officer for District Health Department #4.

Grief, loss & bereavement support group

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.

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 info.

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Dr. Oz and Roizen

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



intervention. Post-op, with cancer or any acute or chronic pain condition, opioids should be prescribed only if they come with a pain-management specialist's written plan and ongoing supervision to both manage the pain and taper off prescribed medication as pain subsides.

BIKE SAFETY FOR KIDS WITH ADHD

Once hedge-funder Martin Shkreli got his hands on the rights to the life-saving, toxoplasmosis medication Daraprim, he raised its price from \$13.50 per pill to \$750. Risky business. That move launched a cry for legislative control of runaway drug prices (it's about time). And the FBI has now arrested him for unrelated securities fraud.

But while Shkreli's risky business moves made headlines, there's some other pretty risky business going on right in your neighborhood that's not getting much attention: kids with ADHD riding bicycles. They're twice as likely to get into a bicycle accident as kids their age without the condition, especially when crossing the street. That's because attention problems can cause timing issues and impulse control problems, or hyperactivity can make it hard to decide if there's room enough between cars to cross safely.

The solution is NOT to keep the 6 million kids in North America with ADHD off bikes. Last year a special TV report highlighted the amazing results of a high-school gym class that made outdoor cycling a main activity: Kids with ADHD became much more self-confident, focused and calmer in class.

So if your child has ADHD, make sure he or she is taking the proper medication (it can reduce accidents by 31 to 43 percent), wears a helmet and high-viz clothing, and takes a course to improve his biking confidence. Then stick to routes that allow crossing with a light, walk sign or crossing guard when possible. If not, make sure there's an adult along for the ride.

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) 2016 Michael Roizen, M.D. and Mehmet Oz, M.D. Distributed by King Features Syndicate, Inc.

ROUGHING UP YOUR GUT

Bird's nest soup. Sounds like it's high in good-for-you fiber (twigs and leaves), right? Think again. This Asian delicacy, said to aid digestion, strengthen the immune system and even increase libido, is actually made from the saliva of the swiftlet bird. It's packed with calcium, iron, potassium and magnesium, but not gut-pleasing roughage. Closer to home, veggie chips (made with vegetable powder) and frozen veggie burgers (often made with textured vegetable protein, not vegetables) also are surprisingly low in fiber!

Fiber, whether mostly soluble like oats (add water and they get mushy) or mostly insoluble (add water to celery and nothing happens), is essential for a happy digestive system. It keeps you regular, promotes a healthy circulatory system and feeds gut bacteria that contribute to a healthy immune system. Eating high-fiber food also helps nurture the gut bacteria (bifidobacteria) that both make you less insulin-resistant and lower glucose levels. Conversely, a diet that is low in fiber allows three types of bacteria that promote aging, insulin resistance and high glucose levels to thrive.

So whether you want to avoid developing Type 2 diabetes (and we know you do), reverse prediabetes (moderately raised glucose levels) or control your Type 2, get on the high-fiber bandwagon. It's loaded with fresh produce and 100 percent whole grains, not processed foods or gut-stressing red meat. And consider taking a probiotic to help reinforce the healthy bacteria in your gut. We suggest you try a spore form that contains

bifidobacteria, bacillus coagulans GBI-30, 6086 and/or lactobacillus GG.

STOPPING ADDICTION BEFORE IT GETS STARTED

In Joseph Heller's 1961 novel "Catch-22," a bomber pilot is considered insane if he continually flies combat missions without asking to be relieved from duty. And an insane pilot must be relieved from duty. But if a pilot asks to be relieved from duty, that means he's sane, and he has to keep flying. Hence, catch-22.

Today, addiction to opioids has become another catch-22. In 2010, Florida was home to 93 of the top 100 oxycodone-dispensing doctors in the U.S., and the state averaged four deaths a day from prescription opioid overdoses. After Florida cracked down on "pill mills," deaths from oxycodone overdoses decreased. However, when those addicted to opioid prescriptions were denied oxycodone, many turned to cheap and available heroin. Heroin-overdose deaths in Florida and across the U.S. have since skyrocketed to record numbers. So, how is our society to deal with this problem?

Some say the answer is to restrict access to opioid pain meds altogether, but these medications are essential for many people in severe pain. And it's not legal to deny someone pain-relieving medication if it is needed. Clearly, something has to be done to help people both control pain and avoid opioid addictions!

Our suggestion: A combo of intensive patient and doctor education and medical in-

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231-547-6092
www.nwhealth.org

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News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

“Invincible Summer” at Charlevoix Circle of Arts

“In the midst of winter, I found there was, within me, an invincible summer.” This line by Nobel Prize winning philosopher and writer Albert Camus (1913-1960) is the inspiration for the winter exhibition at the Charlevoix Circle of Arts entitled “Invincible Summer.” The exhibition committee at CCA felt there would be no better time than in the dead of winter to bring patrons in from the cold and warm them in a gallery of inspiration filled with light, sunshine and mirth.

Opening on Saturday January 23 from 5-7 p.m. the Charlevoix Circle of Arts will revel in a summertime glow and present the work of twelve regional artists with works in pastel, oil, watercolor, mixed media, printmaking and textiles.

“For me, this is a heartwarming way to start off my tenure at the Circle of Arts, surrounded by the beauty of work by such notable artists as Sue and Russ Bolt, Kathie Briggs, Pat Custer Denison, Rick Ford, Susan Glass, Margie Guyot, Meredith Krell, Trish Morgan, Edith Pair, Carol Ross, and Steve Toornman” states Gail DeMeyere, recently hired Executive Director for the Circle.

“The outpouring of support and goodwill that I have experienced since I began at CCA in November surely will bring us to a new level of excellence as we welcome in the New Year and encourage people to get involved in the arts,” con-



Opening on Saturday January 23 from 5-7 p.m. the Charlevoix Circle of Arts will revel in a summertime glow and present the work of twelve regional artists with works in pastel, oil, watercolor, mixed media, printmaking and textiles. Shown here is “Patriot Race,” a pastel by Rick Ford. COURTESY IMAGE

tinues DeMeyere.

The opening is free and open to the public. The Charlevoix Circle of Arts is open six days a week from 11 a.m. to 5 p.m. Monday through Saturday during the winter. For more information please

contact CCA at 109 Clinton Street, Charlevoix, MI 49720, call (231) 547-3554 or email at charlevoixcircle@gmail.com.

East Jordan Arts Council presents the Havana 2015 Photography Exhibit

On Saturday, January 23rd, the East Jordan Arts Council is happy to present the opening of a new photography exhibit – Havana 2015. Three photographers and a fiction writer from Northern Michigan recently travelled to Cuba – a country poised for change. They photographed strangers met in chance encounters on the streets of Havana and in the lush Cuban countryside.

Traditional Cuban culture is palpable in these engaging, sensual images, which reflect the ingenuity of a joyful people whose lives are surely about to change as restrictions from the United States are eased almost on a weekly basis.

Join us to view photos by Kathy Silber-nagel, Kathie Carpenter, Emmy Holman and Babs Young. Hear their stories and share the excitement of their journey. The opening reception with refreshments will take place on Saturday, January 23rd from noon until 6:00 p.m. On Sunday, January 24th from noon until 5:00 p.m. there will be a brief talk by the artists at 2:30 p.m. The exhibit will continue until February 4. The gallery will be open again on January 30 and 31 from 1:00 to 4:00 and other times by appointment.

The Arts Center address is: 301 Main Street, East Jordan, Michigan 49727. www.jordanriverarts.com Contact Babs young for further information at babsyoung41@gmail.com

EAST JORDAN CITY COMMISSION MEETING, JANUARY 19, 2016

East Jordan gets upgraded this summer

By Krystal Johnson

EAST JORDAN - In the second meeting of the new year, the East Jordan City Commission discussed future projects for the parks department and water meter upgrades.

For several months, city staff and commissioners have considered the possibility of upgrading residential water meters in order to change to monthly billing cycles. With the city's current technology, water meters are read quarterly because they have to be taken manually, which is a time consuming task.

“Changing to a monthly billing is critical for efficiency improvement and improved cash flow,” said City Admin-

istrator Tom Cannon.

At Tuesday's meeting, Cannon presented four different options officials have been considering but recommended one: Itron Technologies, distributed by United Systems Tech. At a \$78/meter upgrade and a \$21,740 computer and software investment, the city would be able to install radio frequency adapters to the digital and analog meters currently in operation.

“This technology would allow reads to be taken daily, weekly, or monthly,” Cannon said. “Our water operator would be able to read all 900+ customers just by conducting his daily responsibilities and driving around town.”

The commission offered a consensus allowing Cannon to pursue the project,

with upgrades beginning as early as this summer.

The parks department also hopes to see upgrades this summer, as commissioners unanimously passed resolutions for Parks Director Trina VanderArk to move forward in the grant writing process. VanderArk plans to apply for the Charlevoix County Millage Grant in order to purchase equipment that would allow the city to play movies in the park; she also hopes to receive matching grant funds to pave graveled areas at the Community Park.

The next regular meeting of the East Jordan City Commission is scheduled for 7 p.m., Tuesday, February 2, 2016.

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