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# Charlevoix County News

January 5, 2017

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## 2016 YEAR IN SPORTS

Look inside for a collection of some of the many great photos from last year to remind us of what a great year it was! **PAGE 2B**



## A Ten-Point Checklist for the New Year

By Jim Akans

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

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

2. Make a primary goal for 2017 - What is your 2017 "hot button." Whether gaining control of finances, going on a dream vacation, improving personal health...whatever your goal, be specific about your plan to achieve it - write it down, and review your progress at least monthly.

3. Prepare for the tax season - Now is the time to gather income statements and tax-deductible receipts. Make a list of items and forms you will need to file your 2016 taxes such as mortgage interest statements, W-2's or 1099's. Check these items off as you receive them and file taxes as early as possible (even if you owe taxes, prepare your forms early so they are ready to file). You, and your tax preparer, will be grateful for avoiding the April madness.

4. Plan for next years holiday shopping - Oh yeah, do it now while receipts from the 2016 holiday shopping season are still near at hand. Utilize those to review your retail performance this past season and estimate your spending for 2017. Try to set aside one-tenth of the 2016 target amount each month and you won't have to pull out the plastic as the next holiday shopping season approaches.

5. Make a financial plan for the year - While digging

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

6. Fill out the calendar - Go through the 2017 calendar, month by month, and mark the birthdays and anniversaries of family members and friends, special events such as graduations or reunions, and block out desired vacation weeks before your co-workers can even think about asking for the time off. Note reminders for making appointments for annual and semi-annual events such as dental or doctor exams.

7. Check your credit report. One report is available free of charge once per year. Go to AnnualCreditReport.com. You can dispute any errors online through each credit bureau.

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

9. Back up your computer - This should really be done on a more short term basis, say monthly or even weekly, but just in case you forgot, back up documents, financial records and don't forget to sort and label those 2016 digital photos before storing them on disk.

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

After completing the checklist sit back, relax, and take satisfaction in knowing that whatever the New Year brings, each of these items are well under control, at least until January 2018.



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

## Arrest Warrant Issued for Burglary Suspect

On Saturday December 24, the Boyne City Police Department received a report of a car that had been broken into and items taken. The car owner said cash and a weekend bag of clothes that also contained a handgun were taken from the vehicle.

Boyne City Police Officers were able to track the suspect to a nearby house, where they were able to identify the suspect.

The bag of clothes was located a short distance from the residence, covered in snow. The handgun had been removed from the bag.

Officers obtained a search warrant for a nearby residence and located the missing handgun in that residence.

"I was very concerned that the handgun had been hidden in the snow somewhere, like the bag had been. I was afraid that some young person might find the gun and I was very relieved when we located that gun in the suspect's residence."

An arrest warrant has been issued for the suspect, but he is not in custody yet.

The suspect was not home at the time of the search.

## NEWS BRIEFS

### BOYNE CITY

#### FRIDAY NIGHT FILM FESTIVAL

January 6, 6:30-9pm. Boyne District Library. "Win-Win", When an Elder Law attorney (Giamatti) finds himself in a tight spot, his solution is to take in the grandson of a dependent client. What he and his family don't know is that he is a champion high school wrestler from a troubled family. There are a lot of laughs and a little drama in this one. (2011) R Paul Giamatti, Amy Ryan. Free Admission, refreshments available for a small donation. Sponsored by the Friends of the Library.

### CHARLEVOIX

#### FREE BLOOD PRESSURE CLINIC

January 10, 1-2pm. Hosted by American House Charlevoix by Hospice of Michigan. 615 Petoskey Avenue. Free.

### EAST JORDAN

#### COMMUNITY DANCE

January 13, 7-9:30pm, East Jordan Civic Center Gym, 101 Civic Center Lane. Presented by the Jordan Valley All-Stars Band. \$10 per person. Snacks and water available for purchase.

CONTINUED ON PAGE 4B

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# News

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## weather

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY
HIGH: 15 LOW: 10	HIGH: 15 LOW: 11	HIGH: 16 LOW: 12	HIGH: 21 LOW: 15	HIGH: 28 LOW: 19

## snowfall

DATE	2015-16	DATE	2016-17
1/4/2016	12.2	1/2/17	23.7
1/4/2016	22.5	1/2/17	42.5
1/4/2016	11	1/2/17	22
1/4/2016	20	1/2/17	46.3
1/4/2016	29.1	1/2/17	92.3
1/4/2016	18.3	1/2/17	71.4
1/4/2016	12.4	1/2/17	24.7
1/4/2016	25.9	1/2/17	53.6

## record temps

DAY	AVG LOW	AVG HIGH	RECORD LOW	RECORD HIGH
JAN 5	14°	29°	-2° (1968)	50° (2007)
JAN 6	14°	29°	-12° (1973)	45° (2007)
JAN 7	14°	29°	-12° (1973)	45° (1975)
JAN 8	13°	29°	-17° (1981)	47° (2003)
JAN 9	13°	29°	-25° (1977)	49° (2003)
JAN 10	13°	29°	-15° (1982)	48° (2002)
JAN 11	13°	29°	-23° (1981)	50° (1975)
JAN 12	13°	29°	-20° (1964)	48° (2006)

## OBITUARIES

### Helen Grace (Shores) Cunningham, 102

(JAN. 21, 1914 – JAN. 2, 2017)

Helen Grace Cunningham of Charlevoix passed away Monday, January 2, 2016, at Boulder Park Terrace Nursing Home in Charlevoix. She was born January 21, 1914, in Charlevoix to Timothy and Byrd (Sweet) Shores. Helen attended the Washington School at the corner of Burns Street and Petoskey Avenue, then Charlevoix Public School.

On June 11, 1932, she married Albert "Mick" Cunningham in Charlevoix, and they operated a dairy farm in the Barnard area. In addition to her duties at the farm Helen worked as a telephone operator for Michigan Bell Telephone for almost twenty years when the office was located above the Cherry Re-

public Store, (then Levinson's), that recently burned.

Helen loved to cook for her family and bake cakes for special occasions. She enjoyed quilting, and she was a 4-H leader. Most of all, she enjoyed being a mother and grandmother.

Helen's husband Mick preceded her in death on February 4, 1975. She is survived by her daughters, Beverly J. (John) Sladek, Janice C. (Dan) Farmer, and Sharon L. (Woody) Woodbury all of Charlevoix; grandchildren, Jim (Rose) Sladek, Barb (Paul) Mossner, Kathy Sladek, Jerry (Lisa) Sladek, Joe (Laural) Sladek, Dale Mathews, Cynthia (Joe) Mianulli, Geoffrey Themm, Dwayne (Laura) Farmer, David Farmer, Darrin (Carol) Farmer; fifteen great-grandchildren; one great-great-grandchild; sister, Patricia Haggerty of Charlevoix. Helen's daughter, Kay

Themm; brothers, Joseph, Richard, and Timothy; and sisters, Betty Seese, and Katherine Ager preceded her in death.

Funeral will be 1pm, Friday, January 6, at the Winchester Funeral Home in Charlevoix where visitation will begin at 11am. The Reverend James Mort will officiate.

Burial will be in Barnard Cemetery in the spring.

Memorial contributions may be made to Boulder Park Terrace Nursing Home in Charlevoix.

### Kenneth A. Balch, 78

(JAN. 30, 1938 – DEC. 31, 2016)

Visitation 6-8pm Thursday, January 5, at Winchester Funeral home in Charlevoix.

Burial will be in the spring at Brookside Cemetery in Charlevoix. There will be no funeral service.

### Betty Jane (Arsenault) McKenzie, 90

(APRIL 20, 1926 – DEC. 24, 2016)

Betty Jane Arsenault, better known as Betty Jane McKenzie, passed away peacefully early Christmas Eve morning at Grandvue Medical Care Facility. Betty lived a beautiful 90 years and was ready to be with Lou, better known as Louie McKenzie.



Betty Jane grew up in Detroit where she met Louie McKenzie. She enjoyed bowling, bingo, playing cards, and being with her family.

Betty is survived by her five children, Diane (Dan) Trowbridge, Dan (Lori) McKenzie, Dawn (Chuck)

Mahoney, Dana Dickson, David (Maria) McKenzie; her ten grandchildren; and her six great-grandchildren.

Betty was witty, fun loving, full of one-liners, smart remarks, and wise words. She instilled in her family that time was precious, money wasn't anything, and family was everything. Although her family has lost their Betty Jane, Louie finally has his best friend, loving wife, and soul mate back in his arms again.

Betty's funeral was Saturday, December 31, 2016, at Saint Mary's Church in Charlevoix. Interment will take place in the spring at Saint Mary's Cemetery in Charlevoix.

Memorial contributions may be made to Grandvue Medical Care Facility, or to Saint Mary's School Angel Fund.

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## Personal Finance tips for 2017

It's that time of year again, when we want to start fresh and new. January 1 has traditionally been the starting point for resolutions, whether you are looking to lose weight, start an exercise program or get a handle on your finances. GreenPath Financial Wellness, a nationwide, non-profit credit counseling and education organization, says it pays to take some time to reflect and ask some questions, before diving in with a new spreadsheet and money goals.

### WHAT WENT RIGHT IN 2016?

- What went well with your finances?
- What actions did you take to succeed?
- Did you pay down debt?
- Did you increase savings?
- Did you make a major purchase or pay for an event with cash?
- Did you overcome any financial obstacles?

The successes and milestones reached in 2016 are learning experiences that can help you, as you set some succinct, specific goals in 2017. Once you list suc-

cesses, flip the coin and think about areas where you may have come up short.

### AREAS TO REVIEW

- What could have gone better?
- Where are the areas for improvement?
- What held you back?
- What changes can you make?
- Is your savings where you wanted it?
- Were you too aggressive with your savings goals?
- Should you try again with a more realistic amount?

Don't beat yourself up on any shortcomings. Use them as learning experiences to improve your position in 2017. Consider trying something new if things didn't go according to plan in 2016.

"If you promised yourself you would save receipts and forgot half way through the first week, maybe try an app," said Katie Bossler, GreenPath financial wellness expert. "Or, if you have an app you never used, maybe try putting pen to paper and keeping a spending journal."

Once you have your financial resolutions set, start thinking of the small things you can do right away.

"Maybe it means not getting that cup of coffee, or deciding against that online order," said Bossler. "Maybe it means deciding to cook something for dinner with food you already have, rather than eating out."

By taking time to reflect and setting realistic goals, you might be on your way to reviewing a long list of financial successes on December 31, 2017.

### 5 Quick Financial Resolutions for 2017

- Open a separate savings account to force yourself to build an emergency savings fund. Make it separate from your main financial institution, with no ATM card, so you will be forced to go into a branch to withdraw money.
- Educate yourself. Check out some books on personal finance or subscribe to a magazine or personal finance blog. GreenPath is offering a special webinar on January 11 at noon ET on "Prioritizing Your Debt in

2017". To learn more or sign-up, log on to [www.greenpath.org/calender](http://www.greenpath.org/calender).

- Pull your credit score and report. A good way to start the year is to find out exactly where you stand financially. Download your credit report (one free each year from each of the three main reporting bureaus) at [www.annualcreditreport.com](http://www.annualcreditreport.com).

- Plan ahead. Get in the habit each night of preparing for the next day: Packing lunches, prepping breakfast and dinner. That way you will not be tempted to buy convenience food on the run, because you are rushed.

- Unsubscribe. Remove the temptation of impulse buying online by unsubscribing from retail email. This can take some time, but, ultimately, you will save time and money by not being bombarded with emails "deals", tempting you to buy.

Keep up with GreenPath Financial Wellness online: [www.facebook.com/greenpathdebt](http://www.facebook.com/greenpathdebt) and [www.twitter.com/greenpath](http://www.twitter.com/greenpath).

## LETTERS TO THE EDITOR

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

To the Editor,

### CHRISTMAS IN PRISON The War on the Working Class

THIS BEING NEW YEAR'S EVE makes it conclusive. Yes a boy was sent to prison just prior to Christmas 2016. For murder or rape or international money trafficking or pedophilia or something - oh, wait, no, it was obstructing & resisting justice, oh, yes, and yelling, like, how bad can a guy get? This kid was mouthing off to state troopers four who enticed and entrapped his mother and father to come fetch him under false pretenses. This is true, we directly concerned having viewed six hours of videos by police and jail cameras which we're assured no pejorative legal persons did. They were intent on getting this kid. This is war by bureaucracy against the working class. They want your money and your time and your subservience. And they know how to do it because the courts and public and press and unions will support them. This is an intentional war for power and money victories. Cops and courts have learned how to wield this power, this silent war.

There was no assault, the lad only yelling at the cops because they placed his mother in handcuffs and then him in jail for trumped-up charges of probation violation that they had contrived. A diligent ex-prosecutor acquaintance told me that the cops lied and the

prosecutor and judge went along with it ostensibly due to the boy's past record and what he had gotten away with. That's how it works here although the general public seems to remain unaware of this. Four charges of assault and obstruction came about solely because there were four cops on the scene and then thereafter a jail altercation when having been awoken - this on video likewise - the boy resisted being stripped naked to be put in a strait jacket because his mother had informed the jail keepers that he has cerebral palsy which they interpreted as being suicidal. Obviously all were out to get him. This is vehemently denied by the current prosecutor. But we know without doubt. How could we not? We saw the videos.

This is the way justice has come to be in this county and according to many other reports multiple places in this country. It's a syndrome that coincides with police shootings of unarmed and innocent persons. It's an epidemic. No wonder people are shooting back.

So the lad spent Christmas in a prison lockdown and since this writing takes place on New Year's Eve a New Year's travesty as well. To be clear and cathartic this fellow has been in trouble with the law for years and flaunted the law consistently. Cops and courts of course know this and build up a resentment toward such persons. But now it is proven just as clear that cops and prosecutors will lie in court, police will falsify

statements on report, evidence may be planted - this I know personally from a previous case - and judges will acquiesce to cops and prosecutors for whom they actually work as do prosecutors for cops and assistant prosecutors, the reason being that prosecutors come and go via election whereas cops and assistant prosecutors are hired. Steadfast workforce remains through all elections but prosecutors and judges might not, especially prosecutors. In other words, prosecutors and judges are beholden to the police forces and hirelings instead of managing the helm as most presume is true. Wrong.

We don't know with any clarity why this trend has come to be. There can be found catalysts surely but nothing conclusive as to reason the country turned so far right. Electing Donald Trump solidifies that so the public must be tired of politics as usual as am I. They may get just what they wished for however and it might not be pretty. It has been stipulated that police unions keep the status quo as such, the national coalition of police unions being the strongest surviving in this union-busting era. This might even stem from the Second World War victory at which the country was all steamed up to do battle and perhaps couldn't calm down as evidenced in almost immediate directive toward North Korea, then Vietnam etc. Possibly that adrenaline couldn't be stashed under old uniforms and trophy weaponry in the attic for

long.

And then we had the uprisings of the 60s when cops were ridiculed as "pigs", perhaps that instigating hatred of the fringe public, students and the like. In any case it's them against us now as is plain to see although not all can focus on it, the lines being fuzzy to many. Jails and prisons began to overflow in the late 70s and continued growth through the present even though crime statistics have dipped ever since. And then we have those racial disparities. But it's just as true in the all-white world, discrimination. Many a lad and lass are spending these holidays in jail or prison, most often for peccadillos of law. This only promotes bitterness. It doesn't get sadder than this. Christmas in prison - for nothing.

**Mitchell Jon MacKay,**  
East Jordan

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# News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

## Three proven principles for a successful 2017

Courtesy of Dave Ramsey.com

As you prepare to hang your 2017 calendar, you're probably thinking about the year ahead and wondering what it will hold. You might even be deciding on the resolutions you need to make. Or you'll get to them later. Or maybe you'll just eat some leftovers. Looking back at the past, and looking forward to

the future, can be stressful!

Here's some great news; with a new year comes new opportunities. Second chances. Do-overs. You get to leave the past behind and make a fresh start! You can make this year better than the last.

As this new year begins, try out these proven principles that will set you up for success.

Let mistakes stay where

they belong

There's a reason the rearview mirror is smaller than the windshield. Looking at what's ahead is more important than looking at what's behind you.

Yes, you need to take responsibility for your past, but that doesn't mean you have to stay there. You can't be excited about the future if you're living in the land of regret!

Let experience teach you

Whether it's those mistakes you've made or the unexpected trials that knocked you off your feet, learning from them can be fuel for future success.

When asked about his many failed inventions, Thomas Edison once said, "I have not failed 10,000 times. I've successfully found 10,000 ways that will not work." Failure deepens your com-

passion, forgiveness and empathy. It can give you more self-awareness, improve your skills, and motivate you to work harder.

Let gratitude decide your outlook

When you choose gratitude, you enjoy better relationships, feel better physically and emotionally, improve your self-esteem, and even sleep better at night. There are no down-

sides to seeing through the lens of gratefulness, but the benefits can radically improve your life!

So what are you waiting for? Let these principles make 2017 a great year for you! Write down those goals and resolutions, and then start working on them. A successful year is waiting. Go after it!

—Used with permission from Dave Ramsey.com

## North Country Community Mental Health staff recognized

Employees of North Country Community Mental Health who were nominated by their peers for exemplary service were recognized at an annual event at Boyne Mountain Resort. To be considered for an award, individuals nominated must exhibit a sense of personal integrity; demonstrate an understanding of the special skills required and demands inherent in the field of human services; and possess ethical leadership qualities that may not be necessarily demonstrated through a formal leadership position.

The highest Individual Achievement Award for extraordinary performance was received by Tiffany Kiper, LBSW, Case Worker based in the Petoskey office, and was presented by North Country Director Alexis Kaczynski.

Kaczynski said, "Tiffany willingly steps up to participate on committees and teams that are above and beyond her regularly scheduled job duties; this year she oversaw and organized most of the jobs and meetings of the May is Mental Health Month Com-

mittee and the Color Run. She willingly volunteered to assist other teams with covering on-call shifts and took on more work to help out when a colleague was out on medical leave this year. Tiffany's 'can do/will do' attitude is one to which we can all aspire."

Certificates of Merit for excellent performance were presented to Robert Vance, Jennifer Cassidy, and Dale Murton. Individuals receiving Recognition Awards were Tim Calloway, Amy Carey, Cab Behan Harvey, Vicki Holloway, Nina Martenson, Katie Moxie, Marcia Peterson, Shawna Shepard, and Dan Taylor.

The Nursing Team was received the Team Achievement Award and New Horizons Clubhouse received the Team Certificate of Merit. Team Recognition Awards were also presented to the Intellectual/Developmental Disabilities Nursing Team of Katrina Tripp and Katie Keys and the Wellness Committee.

Ten-year service awards were presented to Karleen Berry, Melinda Booy, Charles

Fallon, Meghan Grebe, Katherine Hughey, Donna Hunt, Christine Lennon, Danelle Paul, and Jennifer Towns. Twenty-year service awards were presented to Patricia Crist, Lisa Dejonge, Donna Hammond, Jennifer Morse-Griffin, Jon Nelson and Susan Tramontini. Recognized for 25 years of service were Debra Erber and Geoffrey Von Lau. Director Alexis Kaczynski was recognized for 35 years of service.

Kaczynski said, "Our staff is our agency's greatest asset and it is important to recognize what they do every day to assist people with mental illness or developmental disability to live a full life. I admire our staff members for their tremendous resilience, good humor, generosity of spirit, passion for social justice, and genuine vocation to serve others - some of us for 10 years or 20 years, or more."

Persons wishing to know more about the agency are encouraged to visit [www.norcohm.org](http://www.norcohm.org) or to access services call 800-834-3393.



Matthew Arny's family enjoyed working together to find the rocks that led to earning the second large rock prize. COURTESY PHOTO



The first BAC Holiday Rock event winner was Fran Erber. COURTESY PHOTO

## BAC Holiday Rock winners

The Boyne Arts Collective held a community-wide promotion to find painted rocks during December. The "finder" could keep the rock they found, but by bringing it to the gallery in downtown Boyne City. They were entered into a drawing for a larger holiday themed painted rock.

It was a challenge for those families looking for the little rocks because of the snow, but almost all of the 55 rocks were found. It was a great Christmas story that was

meant to involve the community searching for the rocks but also getting to know the BAC.

There were many favorable comments about the event. The first winner, Fran Erber said she was excited to find two rocks and thought it was a fun activity. Matthew Arny's family enjoyed working together to find the rocks that led to earning the second large rock prize. The kids loved the artwork on the little rocks and the challenge finding them.

## New state road funds available in the New Year

With the Michigan transportation package taking effect at the first of the year, Michigan's 83 county road commissions and road departments are cautiously optimistic that they will begin to make modest progress improving road conditions across the state. With fewer than 18 percent of Michigan's federal-aid eligible roads in good condition - and the local road system in even worse shape - restoring the roads is a tall order.

"As state leaders said when the bills were signed, this is a good first step for Michigan roads," said Denise Donohue, director of the County Road Association (CRA) of Michigan, whose members are responsible for 76 percent of Michigan's road miles. "By the time the new revenue is fully implemented in 2021, we will have half the funds that experts say are needed to fix the roads."

Knowing that increased state support for roads was coming, and with passage of the federal transportation bill achieved in late 2015, Michigan's county road agencies have been able to develop longer-horizon plans for restoring the infrastructure. The availability of local match dollars is another dynamic factor involved in making such plans.

The new road revenues taking effect January 1, 2017, are the first increase in state road funding in 20 years and include:

- A 7.3 cent increase in state gas tax to 26.3 cents, all of which is Constitutionally-dedicated to the Michigan Transportation Fund (MTF) (Note: Michigan also levies sales tax at the pump, which most states do not; these taxes do not go into the MTF.);
- A 20 percent increase in registration fees for passenger vehicles and most commercial trucks, all of which is Constitutionally-dedicated to the MTF;
- An increase in tax on diesel fuel, bringing it equal with the state gas tax on fuel at 26.3 cents, and Constitutionally-dedicated to the MTF; and
- New taxes on alternative fuels and registration surcharges on electric vehicles.

The three main categories of fee and tax increases taking

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231-448-2022

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

### Charlevoix Senior Center:

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06906 Norwood Road  
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## CHARLEVOIX COUNTY COMMISSION ON AGING

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

### East Jordan Senior Center News!



**Lucky Bucks** is back by popular demand! What is Lucky Bucks you ask? Well you earn this money by doing the silly things that are on the calendar or on the chalkboard at the center. Save your money until the end of the year. At that time we have an auction and you can only use the Lucky Bucks to buy from the auction. Start saving your Lucky Bucks now!



**Above Right: Euchre** - pick your partner and play the game Euchre. We play Euchre every Thursday at 1:00. Come in and play, and if you don't know how we can teach you! It's all about just having fun and a good time with friends.



**Above: Judy Jaratz** - Greetings from one of our desk volunteers who would like to welcome you to come in and have a home cooked meal!



**Left: Janet Roberts and Nina Young** - Janet invited Nina to come and check out the center many years ago, and she has been coming every day since.



**Right: Check out our new stage** made by Carl and Nina Young and painted by Terry Shears. Thanks guys for all your hard work!

### IT'S TAX TIME AGAIN!!

The Charlevoix Senior Center is again offering free high quality tax help through the VITA/TCE Foundation program, giving peace of mind and economic benefits to taxpayers, and their families.

The program will be available every Tuesday from 9:00 a.m. to 1:00 p.m., beginning on February 14<sup>th</sup> and ending on April 11<sup>th</sup>, 2017.

The preparers will be: Linnay Arnold, Randy Cebulski, Evelyn Davis, Bill Keehn, John Loucks, and Nancy Moore.

### Please bring the following documents with you:

- ESSENTIAL! Copy of last year's income tax return
- Social Security cards or other official documentation for yourself and all dependents
- W-2 forms from each employer
- Unemployment compensation statements
- SSA-1099 form for Social Security Benefits you received
- All 1099 forms (1099-INT, 1099-DIV, 1099-B, etc) showing interest and/or dividends, and documentation showing original purchase price of sold assets.
- 1099-MISC showing any miscellaneous income
- 1099-R form if you received a pension or annuity
- W-2-G form for gambling income
- all forms indicating federal income tax paid
- dependent care provider information (name, employer ID, Social Security number)
- All receipts or canceled checks if itemizing deductions
- Receipts showing sales tax paid on new motor vehicles in purchased 2016 (automobile, truck, RV, motorcycle etc)
- Receipts for any other large or unusual purchases
- Receipts for any energy efficient home improvements
- Receipts for college tuition or student loans
- Property Tax bills for 2016 and winter of 2015 if paid in February 2016
- Health Insurance Bills
- Automobile Insurance Policy (for medical portion of premium paid)
- Home Heating Bills (Nov 2015 thru Oct 2016)
- NEW - If medical insurance was purchased through the marketplace, include Form 1095 and if reimbursed for premiums, Form 1095A.

### BOYNE AREA SENIOR CENTER ACTIVITIES

<b>Thursday, January 5</b> 9-10am Food Distribution 11am Arthritis Foundation Exercise Program Wii Bowling	<b>Friday, January 6</b> After Lunch: Dollar in a jukebox Raffle	<b>Monday, January 9</b> Bingo- Gift Certificate Prize Rummikub	<b>Tuesday, January 10</b> Bingo - Free Lunch Prize Mexican Train	<b>Wednesday, January 11</b> AARP Safe Driving Class 10:30am Wii Bowl Practice Various Card Games	<b>Thursday, January 12</b> Foot Clinic 11am Arthritis Foundation Exercise Program Wii Bowling
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### CHARLEVOIX SENIOR CENTER ACTIVITIES

<b>Thursday, January 5</b> Foot Clinic 11am Chair Yoga Class 11:30am Roger Hartson 1pm Mahjong 1pm Wii Bowling Practice	<b>Friday, January 6</b> 9:30am Craft Class	<b>Monday, January 9</b> 1pm Brige 1pm Woodcarving 7pm Bible Study	<b>Tuesday, January 10</b> 1pm Paint Class 1pm Mahjong Wii Bowling in Petoskey	<b>Wednesday, January 11</b> 10am-1953 Class Coffee Hour 1pm Bingo	<b>Thursday, January 12</b> 11am Chair Yoga Class 1pm Mahjong 1pm Wii Bowling Practice
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### EAST JORDAN SENIOR CENTER ACTIVITIES

<b>Thursday, January 5</b> 11am KARAOKE DAY! 12:30pm Euchre 1pm Ceramics	<b>Friday, January 6</b> 11am Birthday Day! 11am Barry Loper Bingo/Raffle Cards WEAR RED	<b>Monday, January 9</b> 8am-1pm Walking M-F 10:30am Exercise 12:30pm Wii Bowling	<b>Tuesday, January 10</b> Foot Clinic 12:30pm Bingo - Meal Ticket Prize 1pm Paint Class Mexican Poker	<b>Wednesday, January 11</b> GAME DAY! Pool Table / Ping Pong 10:30am Crafts 1pm Texas Hold-Em	<b>Thursday, January 12</b> 110am Advisory Bd Mtg 11am KARAOKE DAY! 12:30pm Euchre 1pm Ceramics
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### CHARLEVOIX COUNTY SENIOR CENTER MENU

<b>Thursday, January 5</b> BAKED FISH	<b>Friday, January 6</b> MEATLOAF	<b>Monday, January 9</b> CRUNCHY CHICKEN	<b>Tuesday, January 10</b> SPAGHETTI & MEAT SAUCE	<b>Wednesday, January 11</b> HAMBURGER w/BUN	<b>Thursday, January 12</b> LEMON CHICKEN SCALOPINI
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## Drs. Oz and Roizen



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

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

### Best of 2016: You and your smartphone in 2016

Let's ring in the new year with awareness of some of the health hazards — both mental and physical — that your smartphone dials up.

We reported: Researchers from the Mayo Clinic found that "cortical processing in the contemporary brain is uniquely activated" by the use of personal electronic devices, such as a cellphone, and that texting commands all or most of your attention. In fact, for one in five it actually alters brain waves! That's why texting while driving is more dangerous than still-not-safe hands-free calling; 26 percent of car accidents involve use of a cellphone, including hands-free calling.

Texting or talking on your cell while walking is no better! Emergency-room visits related to texting increased 35 percent from 2010 to 2013. It's a good bet that the numbers are still increasing. Injuries include falling down stairs, tripping over curbs or stepping into traffic.

But smartphone use doesn't just cause damage on highways and sidewalks. Research is showing that "cognitive offloading," or letting your smartphone do your thinking for you, is dumbing people down, especially people who think more intuitively (emotionally) than analytically. They use smartphones to reason out problems and, say researchers, "forgo effortful analytical thinking."

We suggested: Use your smartphone for good! Configure your pedometer and track your daily steps (you're doing 10,000 a day, right?). Find nutritional information about foods you're buying to help you avoid the Five Food Felons (added sugars and syrups, trans and saturated fats and grains that aren't 100 percent whole). Then you'll dial into good health!

### Best of 2016: New info about risks of smoking anything!

We weren't blowin' smoke when we warned (over and over) about the health risks of smoking — anything! We know you want to kick the habit: Over 80 percent of U.S. tobacco smokers say they intend to quit. According to Dr. Mike's Cleveland Wellness Center data, most folks need to try six times before succeeding. But it's worth it!

There are 600-plus chemicals in cigarettes; when burned, they produce over 7,000 chemicals, 69 of which are known cancer-causers. Some of the cancer-causing toxins include acetone (nail polish remover); arsenic (rat poison); butane (lighter fluid); cadmium (part of battery acid); cyanide (poison); and formaldehyde (embalming fluid).

So how about switching to e-cigs? Not so fast. Canadian researchers looked at the effect of 15 minutes a day of vape exposure on cells that line your mouth. Usually those cells die at a rate of around 2 percent; it hit 53 percent after three days of exposure to the vapors from e-cigs — just as damaging to gum tissue as tobacco cigarettes, raising the risk for gum disease and probably cancers.

Smoking marijuana doesn't get a pass, either. We reported that its use during pregnancy can trigger health and developmental problems for newborns. Plus, studies indicate cannabis smoke is almost as toxic as tobacco and can reduce levels of the neurotransmitter dopamine, triggering depression when you stop. It also decreases blood flow to your memory center, perhaps the reason why those who smoke more than three joints weekly lose IQ points faster than non-frequent users or abstainers.

### Best of 2016: Great tips to defeat prediabetes and diabetes

Prediabetes and diabetes are rampant in the U.S. So in 2016, we offered several tips to

help you get a handle on your glucose levels, if your blood sugar control is slipping away, because that's when you have a real opportunity to make your new year much healthier!

Get checked: If you're overweight, have a waist size greater than half your height, have triglycerides above 250mg/dL, HDL cholesterol below 35mg/dL, high blood pressure, a family history of diabetes or had gestational diabetes, get your blood glucose levels checked.

Fasting plasma blood glucose in the 100-125 mg/dL range and a reading of 140-199 mg/dL two hours after an oral glucose tolerance test and A1Cs (average blood glucose level over three months) from 5.7 to 6.4 percent indicates prediabetes.

Take action: The earlier you take action the easier it is to avoid diabetes and its serious complications. Yet one study found "three-fourths of those with prediabetes were not provided with an appropriate treatment plan" by their doctor. So it's up to you to take the initiative! Losing 5 to 10 percent of your weight and walking an extra 150 minutes a week can cut your risk for developing full-blown diabetes by 58 percent!

Battle diabetes and high blood pressure: The Dietary Approaches to Stop Hypertension (DASH) diet, with probiotics-packed foods, can reduce your fasting blood sugar and A1C levels. DASH also can help you reverse (that's right, reverse) full-blown diabetes and reduce high blood pressure. Adopting a nutrition plan that benefits both conditions is a one-two punch.

### Best of 2016: A healthy weight and regular exercise help block cancer

Over the past year, major research has shown clearly that your risk for some cancers goes up as you gain weight. Here were the most significant findings.

—Excess body weight contributes to as many as 20 percent of all cancer-related deaths. And even if you aren't overweight, a fatty belly is cancer-friendly: One study found that men's risk for aggressive prostate cancer rose 13 percent for every 3.9-inch increase in waist size; being overweight and/or obese also ups the risk for male breast cancer.

—For women, a normal weight radically reduces the risk of breast, endometrial and ovarian cancers and recurrences.

—And for everyone, the risk of colon, renal (kidney), esophageal, pancreatic, thyroid and gallbladder cancers, as well as stomach and liver cancers, meningioma (a type of brain tumor), lymphoma and multiple myeloma (a blood cancer) goes up as the pounds pile on (and down as excess weight comes off).

—For every 10 years of obesity, a woman's risk of endometrial cancer increases by 20 to 36 percent.

That's why you need to avoid all trans and most saturated fats, added sugars or syrups, and any grain isn't 100 percent whole. Stick with cold-pressed, extra-virgin olive oil and omega-3-rich foods, like salmon, flaxseed and walnuts! Have 5-9 servings daily of fruits and veggies; make animal protein a side dish, or skip it completely! Pair that with an exercise or walking regimen, aiming for 10,000 steps a day. Regular exercise produces a 20 percent lower risk of cancers of the esophagus, lung, kidney, stomach and endometrium.

### Best of 2016: Taking a shot at better health

We did several tips last year about how vaccinations prevent illnesses by bolstering your immune system and how the benefit-to-risk ratio — for ALL vaccines — is 40,000-to-1!

We reported: The HPV (human papilloma virus) vaccine protects against most genital warts, 70 percent of cervical cancers, cancers of the anus, penis, vulva, vagina, and throat. The Centers for Disease Control and Prevention reported that "within six years of vaccine introduction, there was a 64 percent decrease in 4vHPV-type prevalence among females 14 to 19 and a 34 percent decrease among those 20 to 24 years." We can expect to see a major decrease in the incidence of cervical cancer, as well as the other cancers triggered by HPV.

We reported: From 1958 to 1962, the U.S. averaged 503,282 cases and 432 annual childhood deaths from measles complications — pneumonia, croup and encephalitis! After the measles vaccine was introduced, measles was declared eradicated in 2000. (These days, it's in the MMR/measles, mumps, rubella inoculation.) Yet in 2014, a 5 percent vaccine failure rate, coupled with travel by an ever-increasing number of unvaccinated folks, saw 634 cases in the U.S. Mumps cases also are on the rise. Get your children vaccinated!

We reported: The flu vaccine reduces your chances of getting influenza by about 60 percent and reduces children's risk of flu-related pediatric intensive-care-unit admissions by 74 percent. The flu vaccine annually prevents over 40,000 deaths, mostly among children and the elderly.

Vaccine questions: Get your facts straight at [www.cdc.gov/vaccines/schedules](http://www.cdc.gov/vaccines/schedules) and our columns.

\*\*\*  
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](http://www.sharecare.com).

(c) 2017 Michael Roizen, M.D. and Mehmet Oz, M.D.

## BC POLICE DEPT INCIDENT REPORT

### Monday, December 19, 2016

- 0606 Welfare check in the 300 block of Silver St.
- 1030 Civil dispute in the 100 block of E Pine St.
- 1235 Vehicle unlock in the 300 block of N Lake St
- 1633 Fraud complaint in the 100 block of N East St

### Tuesday, December 20, 2016

- 0853 Vehicle unlock in the 200 block of S East St
- 1016 Assist EMS on Beardsley St

- 1439 Larceny reported from the 1000 block of Boyne Av
- 2055 Citation issued for speed at Lake and State.

### Wednesday, December 21, 2016

- 0839 Dispatched deer on W Court St near BC Rd
- 1210 Assist EMS in the 800 block of S Park St
- 1231 Abandoned vehicle in the 300 block of Silver St. Advised property owner of options.
- 1520 Report of stolen beagle on Main St. Was not stolen. Located in East Jordan.
- 1703 Report of possible vulnerable adult abuse complaint on S Lake St.
- 1719 Vehicle unlock in the Industrial Park.

- 1755 Car deer accident on Park between North and Vogel.
- 1800 Property damage crash in the 1200 block of Boyne Av
- 1919 Assist citizen in the 700 block of Line St.
- 1930 Property damage crash in the 300 block of Water St.
- 2018 Assist FD w/ traffic in the 400 block of Pearl St.
- 2053 Private property damage crash in the 300 block of N Lake St.

### Thursday, December 22, 2016

- 0840 Vehicle unlock in the 500 block of Jefferson
- 1025 Removed 4x4 from roadway at Boyne Av and Lincoln
- 1205 Citation issued at Boyne Ave and Division for disregarding a traffic signal
- 1440 Larceny reported in the

- 400 block of N Lake St. Occurred in November.
- 1920 Lift assist in the 1300 block of Lakeshore Dr.
- 2106 Lift assist in the 1300 block of Lakeshore Dr.
- 2316 Gasoline drive off from the 1300 block of Boyne Ave. Subject came back to pay.
- 2341 Lift assist in the 1300 block of Lakeshore Dr.

### FRIDAY DECEMBER 23, 2016

- 0222 Suspicious vehicle reported at Trent St and First St. Found a vehicle stuck in the snowbank, in gear with the driver passed out. Arrested subject for OWI/OUID, DWLS and Possession of Marijuana.
- 0817 Threats complaint in the

- 1300 block of Boyne Av.
- 0900 Report of lost Jeep keys
- 1115 Property damage crash at Water St and Lake St
- 1140 Report of possible injured deer on Charlevoix St.
- 1308 Report of stolen Bridge Card from the 600 block of N East St. Not stolen was lent and not returned.
- 1518 Another report of the injured deer on Charlevoix St. Unable to locate.
- 1629 Report of lost wallet in the 400 block of N Lake St

### Saturday, December 24, 2016

- 0220 Found subject passed out in the roadway at Front and Pleasant. Arrested

- for disorderly and 3 warrants.
- 0507 Alarm in the 300 block of E Water St
- 0844 B&E and Larceny of a firearm from a vehicle in the 600 block of S Park St. The firearm was recovered.
- 0845 Larceny of Christmas lights in the 800 block of N Lake St.
- 2155 Fireworks complaint in the 500block of Groveland St.
- Sunday, December 25, 2016
- 1855 Suspicious vehicle in the 200 block of E Water St.

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231-547-6092  
www.nwhealth.org

**Munson Home Health Care**  
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989-732.6200  
www.brookretirement.com

**The Brook of Boyne City**  
701 Vogel Street

Boyne City  
Phone: 231.582.4300  
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www.crawfordcoa.org

**Charlevoix County COA**  
218 West Garfield St.,  
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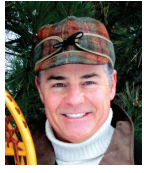






NORTHERN MICHIGAN OUTDOORS

## Angler Seeking Antlers



By Patrick W. C. Bevier

I've never been much of a deer hunter. My dozen or so experiences in a tree stand- hunting in Jackson and Livingston Counties- have been punctuated by an inevitable and immediate need to urinate, not being able to feel my toes, and not a single deer spotted. And when my friend almost fell off his bar stool when I pondered if that cigar I smoked up there might have something to do with it I realized I was still mighty wet behind the ears.

Angling has always been my passion. Usually when friends and family have been out seeking Michigan's official state mammal- the white-tailed deer- I've been in pursuit of Michigan's official state fish- the brook trout- and his two cousins brown and rainbow. My wife and sons, Aaron and Wolfgang, are excellent marksmen and successful hunters.

This year, however, I made a concerted effort to educate myself about- and participate in- deer hunting. My son, Wolfgang, an avid outdoorsman has moved up to Petoskey with me and I truly enjoyed learning from and with him about the pursuit of Michigan's most sought after mammal. Being a scientist, I've always

been much more in tune with aquatic entomology and trying to "match the hatch" to fool river trout or pond bluegill. This autumn, however, I experimented with the best place to put a blind, what bait deer prefer, what time of day they are most active, what behavior is typical of bucks and does, and where exactly to shoot one from our ground and tree blinds. Here's what I learned:

The area we are hunting is private land near Pellston and the Maple River. We put in a natural brush blind about 25 feet high on a steep hill that goes down to the river valley. The river is about 50 meters away. We also put a dog-house blind at the edge of the field above the valley. I spotted many more deer from the valley blind compared to the field blind. Perhaps this had to do with more tree cover, adjacent swamp, variety of food items, and proximity to a water supply. The deer were true to their crepuscular nature as they were much more active at dawn and dusk. A once-in-a-lifetime bonus was a fleeting glance of, what was absolutely without doubt, a mountain lion ambling along the river bank.

In a completely non-scientific study I've discovered that deer prefer food items in the following order: apples, corn, sugar beets, and carrots. This is based on how

quickly these items were eaten but doesn't account for some being easier to gobble up completely. I just about pulled my hair out one day when, after putting out a gaggle of eared corn, I watched a scurry of seven squirrels carry most of the ears off to places far out of reach of deer and hunter!

The Mighty Deer Lick brand sweet apple pocket block Top of Form

Bottom of Form I purchased from an Indian River gas station was a complete "fail" as it had nary a nibble despite being placed in several locations throughout the season. I plan to try the Deer Cane concentrate product next year as I have hunter friends who laud its effectiveness.

I've been fascinated to learn about where exactly to shoot a deer from various heights and the animal's juxtaposition. I've taken away that a broadside shot is most preferred while a quartering away position is also a good opportunity. With my level of inexperience I'm not planning to pull the trigger of my new Barnett Jackal crossbow until absolutely sure I can make a double lung and/or heart shot.

Even early in October bucks had much more of a "fight club" attitude. When does discovered my spying they immediately threw up their white flags and darted for the deep woods. Contrarily, a spike



My goal for next season is to reproduce the accomplishment of 12-year old Sophie Cranney of Harbor Springs, here posing with a 6-point buck she arrowed. (PHOTO COURTESY ANGIE CRANNEY)

horn buck snorted, stomped his foot several times and stood his ground when spotting the Homo sapien hiding on the hill before bounding across the river.

I did not take a deer this fall, but next year I'll be more prepared. I've gotten much more accurate with my crossbow, have improved my stealthy approach, have studied deer behavior (the most activity I witnessed was at the very beginning of bow season and after rifle season ended), and have absorbed

YouTube videos on how to track and gut a deer in the field.

So, as an angler now seeking antlers - although antlerless would also be terrific - I'm cherishing the adventure. It's especially gratifying to be experiencing it with Wolfgang. For the first time in autumn I was seeking to put venison in the oven as opposed to trout in the frying pan.

Oh, yes, probably the biggest lesson I've learned - leave the cigar at home!

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child or grandchild of a wartime veteran. Last year, ten \$500 awards were granted. Due by 1/9/17. The Michigan State Police sponsored Student Trooper program has opportunities for students entering the 10th, 11th, or 12th grades to win \$1,000 as Student Trooper of the Year, or \$500 for winning as Orator, Marksman, or Academic achievement. Deadline of 5/26/17. Eagle Scout of the Year for the Department of Michigan gets \$1,000. At the National

level, there is a chance for \$10,000 or one of three \$2,500 scholarships. March 1, 2017 is the Department deadline. Boys State and Girls State delegates who are descendants of wartime service veterans are eligible to compete for \$1,000 or \$20,000 Samsung Scholarships. Due by May 26, 2017. Contact Boyne American Legion Post, (231) 330-4990 or adjutant@boynelegionpost228.org for information.

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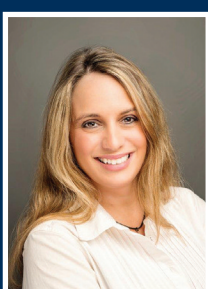
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