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County News

December 7, 2017

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HIS HOUSE mentoring ministry moves into new building

This is a place where men can find friendship, support, and encouragement

By Tina Sundelius

Ellsworth - Mom and Tots, a faith based nonprofit established to support new mothers and their children, celebrated the construction of a new building that will house a leg of their ministry intended to provide an equally important service to young fathers, in a dedication and 'key passing' ceremony last Friday.

His House is a mentoring ministry. Older men volunteer to take young fathers under their wing offering advice when asked and teaching skills like basic auto maintenance, home repair and finances. "The building will be used as a spot to walk alongside men, married or single to help them learn what their roles are as dads and encourage them along the way," said Gayle Kroon, Director of Mom and Tots. His House's purpose is to meet men where they are, and stand with them as they navigate through the gauntlet of life. "This is a place where men can find friendship, support, and encouragement," said His House Director, Stacy Nelson.

The house was built by the Charlevoix High School Building Trades Class and set on its foundation by Heeres Contracting and a host of volunteers beginning in July. The building contains an office, counseling room, gathering room and multi-purpose room where skills like family finances, budgeting, cooking, a GED program and marriage will be shared. Downstairs contains a woodworking shop. "So dads and kids can work together, because a lot of good things happen when they work together," said Kroon.

His House Director Stacy Nelson has been operating the ministry with an office and a counseling room in the basement of the Mom and Tots building for 2 years now. "We now have room to host various



Dave Heeres, Stacy Nelson, Gayle Kroon, Dave Kroon, Jerry Troyer, Mary Peterson, Stan Moore, and Bill Broadwick stand on the porch of the new addition to Mom and Tots in Ellsworth. The building will house a men's mentoring ministry called His House.

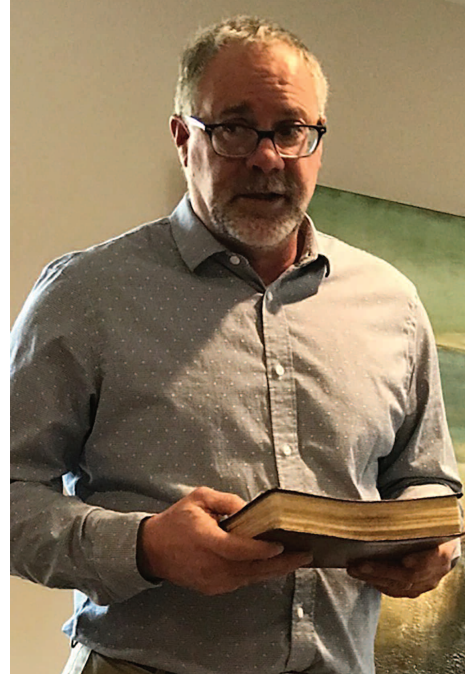


General Contractor Dave Heeres turned the keys to the new building over to His House Director Stacy Nelson after the building was dedicated to God's service in a service conducted by Pastor Dave Kroon.

events and trainings, conduct one-on-one coaching and very soon we will have "Papa's Workshop" which will be a wood shop that men can learn new vocational skills and dads can bring their kids to build things like bird houses and toy trains," said Nelson.

Mom and Tots serves 360 clients from 22 communities reaching a radius of 50 miles around Ellsworth. Volunteers are always needed, from greeting visitors to one-on-one mentors. "We've seen the growth, we've seen the need," said Kroon.

RIGHT: Pastor Dave Kroon and three other speakers dedicated a new building addition to Mom and Tots for God's service Friday. "A little more space to go deeper," was the theme of the evening.



Charlevoix County men sentenced for Child Porn

By Michelle Medjesky

CHARLEVOIX - Thanks to an on-point mom and tech savvy retailers, two Charlevoix County men will spend the next year in jail and coming years on probation for possessing child sexually abusive materials.

Charlevoix County 33rd Circuit Court Judge Roy C. Hayes III last week sentenced Lon James Kowalske, 61, of Boyne City, to 12 months in jail and 48 months on probation for possession of child sexually abusive material and using a computer to commit a crime, according to a media release from County Prosecuting Attorney Allen Telgenhof.

Also last week, Hayes sentenced 37-year-old Warren Edwin Witham Jr. of Boyne Falls to spend the next 12 months in jail and 36 months on probation for possession of child sexually abusive material, Telgenhof said.

Telgenhof said Kowalske pleaded guilty to his crimes this past September. He was charged after numerous videos and images of very young children being sexually abused were discovered when Kowalske bought a new computer and asked for assistance to transfer files from his old one. The Michigan State Police were then called to investigate and found more than 200 child sexually abusive videos and images, Telgenhof said.

Hayes said he sentenced Kowalske to jail and probation instead of prison time based on the fact that the defendant had no prior criminal history and his need for intensive treatment to address his interest in such activities.

Witham's sentence came after it was found that he solicited and received nude photographs of an underage victim, whose mother discovered the images after installing a device on her child's computer to monitor their activity.

Telgenhof noted that both Kowalske and Witham will be required to register as sex offenders as a result of their convictions and that neither will be allowed to use a computer during their probationary terms.

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Munson streamlines Urgent Care and Emergency Services

As the number of patients visiting urgent care and emergency departments across northern Michigan continues to increase, the need for improved processes and efficiency has become more important than ever. In responding to these ever-growing needs, Munson Healthcare Charlevoix Hospital made the decision to renovate and streamline its urgent care and emergency services facilities.

“The upgrade and remodel of the registration area for our urgent care and emergency departments was completed earlier this year, and now the streamlined processes are in place,” said Joanne Schroeder, president of Munson Healthcare Charlevoix Hospital. “While this necessitated a brief closure of the urgent care portion of our services, our emergency services continued to be available. I’m happy to announce that our Urgent Care services will reopen on Monday, December 4

with the goal of improving efficiency in both departments, leading to shorter wait times and increased patient satisfaction and comfort.”

Bernadette Cole, chief nursing officer of the hospital, agrees. “These enhancements will allow us to provide a better experience during what can often be a stress-filled time. When you or your family members walk through our doors, you can be assured that we are doing everything possible to quickly provide the right level of care in the right place.”

The biggest change that patients will see is a dedicated registration window just for Urgent Care. The entrance to the hospital’s Emergency and Urgent Care departments remains the same, with convenient parking just outside the doors to both services.

Most patients who seek out an urgent care facility are simply looking for quick, basic medical care. When these facilities first

opened around the country back in the 1970s, it was to meet the growing need for walk-in clinics that provided care for colds, flus, aches and other small issues. And while today, many urgent care centers have expanded available medical treatments, there is often still confusion with regard to the difference between an emergency department visit and an urgent care visit.

While it’s possible that an intended urgent care visit can “turn into” an emergency visit, because of a more extensive diagnosis or significant illness, typical urgent care visits are for those “non-emergency” issues that require very little to no additional testing. This would include diagnoses such as sore throats, fevers, earaches, sprains, insect bites, stings, and other basic medical needs. It’s important to note that out-of-pocket insurance co-pays are often significantly less for urgent care visits than for emergency services.

The need for emergency

department services include (but are not limited to) abdominal pain with IV and surgical consultation, acute nausea and/or vomiting, acute neck or back pain, arrival in an ambulance, cardiac chest pain, serious burns, fractures, lacerations or cuts requiring multiple stitches, work-related injuries, poisoning, seizures, shortness of breath, stroke, traumatic injuries requiring immediate care, and community mental health issues.

“Of course, our hope is that when you need medical care, you’ll first reach out to your primary care provider,” said Ms. Schroeder, “but we know that it’s not always possible to get a same-day appointment, and in those cases, our urgent care is here for you and offers a great alternative to get the medical care you need.”

For more information, visit munsonhealthcare.org/charlevoixhospital.



In responding to these ever-growing needs, Munson Healthcare Charlevoix Hospital made the decision to renovate and streamline its urgent care and emergency services facilities. COURTESY PHOTO

CCE Central Dispatch Authority initiates executive search

The CCE Central Dispatch Authority has begun the process to put in place a new executive director in light of the retirement of former executive Bob Bradley. The CCE Central Dispatch Authority Board selected the Michigan Society of Association Executives to guide them through the process. They have developed a new job description and have set the criteria for the ideal candidate. These criteria will be the focus of the selection process.

This position is attractive in that it is a unique opportunity that brings together multiple governmental units in a consolidated dispatch center to maximize efficiency in public safety. It was the first multiple county consolidated dispatch with a reputation for excellence. The position leads a team of 20 that makes a difference to the quality of life in Emmet, Charlevoix and Cheboygan counties and their first responders.

“The CCE Central Dispatch Authority Board is committed to a process to secure the next leader that the team and community is proud to work with on this essential role,” stated Michael Cain, chairman of the Authority and City Manager for Boyne City.

This is an exciting time for the 911 Central Dispatch Authority. They welcome a leader with public safety experience to review the posting and job description at www.msae.org/cce911.

Charlevoix Circle of Arts establishes string quartet

The Charlevoix Circle of Arts, Dorothy Gerber Strings Program (DGSP) under the direction of Dr. David Reimer has established a professional string quartet representing some of the finest strings players in northern Michigan. The concept of this new group, called The Cummings Quartet in honor of the program’s benefactors Gay and Peter Cummings, is that in part, they would provide a motivating experience for prospective students and parents in the program.

Dr. Reimer set out to recruit the highest caliber musicians willing to perform in a quartet, but also to serve as ambassadors of stringed performance in northern Michigan and private lessons instructors for the DGSP. Reimer, a vi-

olinist, had performed for several years as a member of the Beaver Island String Quartet as part of Baroque on Beaver Island.

His first call was to Elizabeth Bert, a cellist with Baroque on Beaver Island and a principal cellist for the Great Lakes Chamber Orchestra and the Traverse Symphony Orchestra. When she agreed, they considered other colleagues from the GLCO and TSO and invited Traverse City-based violist Kim Teachout and Kewadin-weekender Cheryl Zetterholm (a violinist). They accepted the initial invitation to play at strings recruitment events with the DGSP and had so much fun performing Beethoven and Gershwin that they started looking for more opportunities to perform

together. Thus, The Cummings Quartet was established.

Dr. Reimer has degrees in violin performance from the Cleveland Institute of Music and the Ohio State University and recently was professor of violin and director of String Studies at Calvin College. Mrs. Bert earned a degree in Music Education from the University of Toledo after initial studies at Michigan State and has now been a member of the Traverse Symphony for 40 years. She has performed with nearly every orchestra in northern Michigan and was recently on the faculty of Northwestern Michigan College.

Mrs. Zetterholm earned her degrees in violin performance from Michigan State and the New England

Conservatory of Music, then played with the Florida Symphony Orchestra for nine years. Later she returned to West Bloomfield as a free-lance performer and teacher and is now transitioning to Kewadin. Ms. Teachout earned degrees in viola from Northern Illinois University and the University of Colorado and subsequently worked in a wide range of artistic positions, from playing with the Phoenix Symphony to directing a Charter School for the Performing Arts in Washington, D.C.

The Cummings Quartet will give their first official performance on December 6 at 6:00 at the Charlevoix Circle of Arts at a Holiday Festival that unites the Circle with the Historical Society and the Public

Library as part of the Charlevoix Cultural Corridor. Earlier in the day, The Cummings Quartet will be investing, and nurturing students involved in the DGSP classes in Boyne City.

Future events for the quartet include a performance on “Fantastic Fridays” – a program at the Charlevoix Montessori School for the Arts – and another on Beaver Island on January 12. They will give a featured recital at the Charlevoix Circle of Arts on March 2, including a program of Beethoven, Brahms and Webern. Upcoming activities will include a collaboration with TSO pianist Dorothy Vogel and GLCO conductor Labor Ondras on a series throughout Michigan, including the Cordia Concert Series in Traverse City (April 5), the Music at Mid-Day Series in Grand Rapids (April 10) and the GLCO Sunday Recital Series (May 20).

In a short span of time, The Cummings Quartet has evolved to make its mark on musical excellence in the region. They are preparing for a series of performing and educational appearances across Michigan serving as teachers and artistic representatives for the Dorothy Gerber Strings Program. Each member is a highly regarded professional performer yet is strongly committed to teaching the next generations of string students.

For more information about The Cummings Quartet you can go to the Dorothy Gerber Strings website at: www.gerberstrings.org. Students who would like to take private lessons with members of The Cummings Quartet are encouraged to email Dr. David Reimer at info@gerberstrings.org. The Charlevoix Circle of Arts is located at 109 Clinton Street, Charlevoix MI, 49720, (231) 547-3554, .



The Cummings Quartet Photo #1: Kim Teachout (viola), Elizabeth Bert (cello), Dr. David Reimer (violin) and Cheryl Zetterholm (violin). COURTESY PHOTO

BOYNE CITY POLICE DEPARTMENT WEEKLY INCIDENT REPORT

Monday, November 20, 2017
 0801 Report of suspicious activity in the 400 block of E Main St
 0806 Report of 2 semis being stuck on the Marshall Rd hill.
 0933 Private property damage crash on Robinson St
 1210 Burn permit issued in the 300 block of Silver St
 1335 Civil complaint from the 100 block of W Division St
 1354 Citizen assist in the 900 block of Roosevelt.
 1453 Subject in business on Water St asking customers for a ride. No trespass order was served on subject.
 1531 Report of vehicles not stopping at the cross walk at the HS.
 1604 Citation issued for speed on State near Hannah.
 1608 911 Hang-up from Moll Dr.
 1633 Civil complaint in the 100 block of W Division St
 1720 Driving violation on

Boyne City Rd. near Horton Bay, and also report that something had flown out of suspect truck and struck another vehicle. No damage to vehicle. Located suspect driver in town.

Tuesday, November 21, 2017
 0301 Removed low hanging tree from the road Marshall and Anderson.
 0307 Removed several pieces of pink insulation from road at W. Michigan and Lake.
 0807 Report of attempted theft from the 200 block of North St
 0911 Assist other agency in the 800 block of Boyne Av
 1550 Child on E Main throwing bricks into road

Wednesday, November 22, 2017
 0855 Report of missing wallet
 0857 911 hang up in the 400 block of High St.

0955 MDOP to restrooms at the River Mouth
 1111 Assist to Sheriff Dept. on Old State Rd
 1127 Property damage crash at Water and East. Subject arrested and vehicle towed for no insurance.
 1238 Private property damage crash in the 1000 block of Boyne Av
 1415 Civil complaint in the 300 block of E Division St
 1512 Driving complaint on Fall Park.
 1745 Suspicious activity in the 300 block of Silver St.
 1756 Welfare check in the 600 block of N East Street.

Thursday, November 23, 2017
 0845 PR. At the Turkey Trot.
 1541 Welfare check on W Morgan St.
 2008 Assist EMS in the 800 block of Boyne Ave.
 2335 Report of subject shooting a pellet gun in the 300 block of E Division St.

Friday, November 24, 2017
 0136 Assist Sheriff Dept. on M75 S
 0943 Vehicle unlock in the 1000 block of Robinson St.
 1256 Report of subject with possible warrant in the 300 block of E Division St.
 1513 Report of a shore station on Lakeshore near Marshall that was causing a vision obstruction for those trying to turn on to Marshall from Front.
 1700 PR at the tree lighting in Old City Park.
 1728 Report of intoxicated subjects harassing people in the 500 block of N Lake St.
 1755 PR-Lead the Santa Parade.
 1801 Report of a possible road hazard at Water and East. Report that spectators looking at the Live Nativity could possibly

cause an accident.
 1855 Assist EMS in the 1000 block of S Lake St
 1940 Assist Sheriff Dept. on M-75 S
 2025 private property damage crash in the 300 block of N Lake St.
 2107 Report of subject passed out in a vehicle on Water St. Was intoxicated and had a warrant from Otsego Co. Was arrested on the warrant.
 2341 Subject arrested for Domestic and Strangulation in the 300 block of E Division
Saturday, November 25, 2017
 0158 Assisted MSP with a domestic on Bailey St.
 1018 Assist to other agency in the 300 block of W Michigan Ave.
 1107 Assist EMS in the 1100 block of Leroy
 1144 Report of a stolen cell phone cord
 1204 Assist EMS in the 300

block of N Lake St
 1414 Assist Sheriff Dept. on Gobbler’s Knob
 1430 Assist citizen with civil questions in the 500 block of N Lake St.
 1445 Private property damage crash in the 500 block of N Lake St.
 1500 Civil issue in the 500 block of N Lake St.
 1520 Suspicious activity in the 400 block of State St
 1732 Returned found wallet to owner in the 500 block of N Lake St.
 1925 Suspicious activity in the 300 block of Bay St.
 1943 Request for civil standby on Contractors Dr.
Sunday, November 26, 2017
 2353 Noise complaint in the 300 block of E Division St.

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.

Watering down the obesity epidemic — in a good way!

The 2009 documentary "Tapped" looks at megacompanies that repackage municipal water and sell it to you in gussied-up plastic bottles for a huge profit, when you could filter your tap water and get a just as healthy (or healthier) beverage for almost nothing!

Clearly Americans still haven't figured this out: Each one of you drank about 39 gallons of bottled water last year, using and throwing out 50 billion plastic water bottles in the process!

That's why we praised the New York City school system for its "water with lunch" campaign that brought large water dispensers (not bottled water) into some public schools: We knew that it would mean kids would consume fewer calorie-laden beverages, drink more water (so important for a healthy metabolism) and eliminate plastic bottles. Win, win, win.

Well, the data on the test run is in. Researchers from the University of Illinois have done a cost-benefit analysis of that campaign and found:

—Expanding the program to public and private schools nationwide can prevent more than 500,000 youngsters from becoming overweight or obese and trim down medical costs associated with kids' weight-related problems.

—Making water with lunch available to every K-12 student today would cost only about \$18 per pupil! And the net benefit to society? \$13 billion over those students' lifetime.

So talk to your local school board and PTA about installing fresh water dispensers in all cafeterias; and stop serving sugar-added beverages of any kind at home! Concerned about water quality? Use an easy-to-install, on-tap water filter.

Daydream believers

Recent headlines have suggested that daydreaming is a

sign of brilliance. True, as a young man, Einstein was accused of daydreaming, and according to a recent study published in *Neuropsychologia*, "mind wandering positively correlated with fluid intelligence and creativity." But really, how many daydreamers are Einsteins, Mozarts or even one of The Monkees? So let's back up a few steps and figure out "Oh, what can it mean?"

The study points out that if your child can't seem to keep his or her mind on something for an extended period of time, it may not stem from an attention deficit problem and in "certain instances ... mind wandering may not be inherently harmful."

That's why it's important to have a trained professional make an evaluation.

—It's possible that daydreaming is a sign your child isn't getting the stimulation he or she needs to stay involved in learning. Discovering what level of instruction in school will engage a child can transform his or her future. The National Association for Gifted Children can guide you toward testing at www.nagc.org.

—Evaluation may reveal that your child has ADHD (attention deficit hyperactivity disorder), and that's also info you want. Left undiagnosed and untreated, ADHD can cause intellectual, social and emotional problems that persist for a lifetime. Find an evaluation professional through Children and Adults with Attention-Deficit/Hyperactivity Disorder at www.chadd.org.

So stop monkeying around and discover if your daydreamer is the next Einstein, just bored or has ADHD. Finding out and treating the situation appropriately will make you say "I'm a Believer."

Sticking with old friends

In a memorable scene from "I Love Lucy," Lucy and Ethel go onstage to perform a song about friendship, only to notice that they're wearing the same dress, even though each had promised to buy a different one. "It's friendship, friendship, just the perfect blendship," they croon as they begin to rip flowers and ribbons from one another's ensembles in a far-from-friendly display.

While like that duo, you may not always see eye-to-eye with

your best friend, evidence shows that it's good to keep your pals around, especially as you get older. The latest discovery comes from Northwestern University's study of Super-Agers — people over 80 whose memory is as good as someone 20 to 30 years younger. Seems the clear-thinking cadre are more likely to have satisfying, high-quality relationships than their peers who are cognitively average.

Add this to research showing that people who are more socially engaged are at a lower risk of heart disease, and you have good reasons to keep in touch with your buddies.

If you're shy or a bit of an introvert, don't worry about it. A few special people you trust and can rely on is all that's needed to get the benefits of social support and affection. And if you could use some more folks in your life, get back in touch with an old friend, or join a community like a gym, a book or bridge club or a walking group. It's never too late to make new friends.

Sounding off about hearing loss

Many in ancient China believed that ear shape was a powerful way to predict one's future. Long ears were a sign of nobility; thicker ears meant more wealth; and long earlobes signified longevity. Liu Bei, founder of the Eastern Han dynasty, was said to have ears reaching to his shoulders.

These days we can't say how wealthy you'll be based on your ear thickness, but we can predict what will happen to you if your hearing is compromised.

Nearly 40 million adults in the U.S. have less-than-optimal hearing, and 28.8 million of them could benefit from using hearing aids. Unfortunately, fewer than 30 percent have ever used them.

If you're part of that crowd, you are risking both your quality of life and your brain function.

—A study in the *Journal of Personality* found that undressed hearing loss triggers personality changes: You may become more withdrawn and less outgoing. Research shows that a shrinking social base undermines both longevity and happiness.

—A six-year study out of

Johns Hopkins found that participants (ages 75-84) with hearing loss had a measurable cognitive decline that was 32 to 41 percent faster than folks without hearing loss.

So if you're cranking up the volume on the TV, asking folks to repeat what they say or just dropping out of conversations you cannot hear, get your hearing tested. It'll improve your health, happiness and cognition. If you need help affording hearing aids, check the Hearing Loss Association of America (www.hearingloss.org). Tip: Less-expensive hearing aids through your smartphone are on the horizon.

The power of strength training

The two hapless weightlifters Hans and Franz (Dana Carvey, Kevin Nealon) got Arnold Schwarzenegger to flex his pecs in an episode of their 1991 "Saturday Night Live" routine. And though their dubious advice to a class of 7-year-olds was to oil your body, shave your pecs and strike a pose, their real intention was to "pump ... you up."

New research in the *American Journal of Epidemiology* looked at data on over 80,306 adults and confirms that strength training is an important aerobic exercise — and it can give you a younger RealAge. The University of Sydney researchers found that doing regular muscle-building workouts (no gym or weights required) was associated with a 23 percent reduction in risk of premature death from any cause and a 31 percent reduction in cancer-related deaths. Push-ups and other exercises that use your own body weight as resistance or using stretch bands or weights is equally effective.

The researchers also found that together, a routine of aerobics and strength building delivered the best boost to your health. In the study, that meant 150 minutes of aerobics and two days of strength training every week. Our favorite aerobic/strength-building routine involves:

—Walking 10,000 steps a day or the equivalent.

—Doing 7-10 minutes of strength training of your foundation muscles (abs, back, buttocks, quadriceps, hamstring, and rotators) every other day.

—Doing 8-10 minutes of strength training of your non-foundation muscles (chest, shoulder, biceps, triceps, and forearms) every other day.

—Doing 20 jumps — to build hip and spine bones — every day.

That will pump ... you up!

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.

MDOT keeping most rest areas open year-round

As in most years, the Michigan Department of Transportation (MDOT) will keep nearly all of the state's 78 rest areas open this coming winter to maintain the convenience and safety they provide to motorists.

Only five rest areas will be closed for the 20-week period beginning Dec. 5 and ending April 25, 2018. These closures are due to reduced use during winter months and safety concerns, such as steep entrance and exit drives and potentially slippery conditions on stairways between the parking lots and the buildings.

"Many look to our network of rest areas year-round for convenience and safety on their travels," said State Transportation Director Kirk T. Steudle. "For that reason, we keep as many open through winter as possible."

The following five rest areas will close Dec. 5 and reopen in April:

- St. Ignace Rest Area on southbound I-75 in Mackinac County
- Ludington Rest Area on northbound US-31 in Mason County
- Topinabee Rest Area on northbound I-75 in Cheboygan County
- Hebron Rest Area on southbound I-75 in Cheboygan County
- Hart Rest Area on southbound US-31 in Oceana County

Designated rest areas will have "Closed Until Spring" signs posted, and will have the mileage to the next open rest area listed. Closed rest areas will be listed on MDOT's Mi Drive construction and traffic information website at www.michigan.gov/drive.

East Jordan Holiday Community Night

December 7, 5-7pm. Fun for the whole family will include a Soup Cook-off, Bake Sale, Craft-making, a Lighted Parade, Community Tree Lighting and Caroling, a Santa Scavenger Hunt, a Christmas Raffle Drawing, the Lighting of the Lions Club Christmas Village at Tourist Park and more. Of course, Santa will be on hand for the kids, visiting at the City Hall Chambers (with cookies!) from 5:45-7pm. Downtown businesses will be holding open house so attendees can be sure to get some holiday shopping done.

The Polar Express

December 9, Doors open at 2pm, movie begins at 2:15pm in ECS High School Gym. Open to all students, families and community members. Admission by donations, concessions available for purchase. Attend with your child or drop-off care available. All proceeds benefit the 2018 Junior/Senior Government trip to Washington, D.C.

Christmas Band Concert

December 11. The Charlevoix Rayder Band Program will be performing a Christmas Concert in the Charlevoix Middle High School (CMHS) Auditorium. The program will begin with our 6th graders at 6pm. Admission to this concert is free.

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Boyer Falls Public Schools STUDENT OF THE WEEK Riley Bumstead

Grade: 6th Grade
Parent's Name(s): Rob and Stephanie Bumstead
Future Plans: Riley states that she would like to go to college when she gets out of High School. She would also like to be a chief or a ferrier.

Favorite Book: Fable Haven, by Brandon Mull
Hobbies and Interests: Riley likes to play volleyball, ride horses and she enjoys arts and crafts.

School Activities: Riley's favorite school activities are spelling and reading. She states that she has always disliked reading up until this year. Now she is really starting to enjoy it!

Staff Comments: Riley is a great student, both academically and behaviorally. When things are tough for Riley, she gives it her all. She is kind and loyal to her peers and treats everybody with respect and compassion.

Submitted By: Ms. Menara



Ellsworth Schools Quiz Bowl Team victory

Congratulations to the Ellsworth Community School High School Quiz Bowl Team on their victory in a competition at North Central Michigan College in Petoskey on Friday, December 1. The victory marked the first time that ECS has won first place in the C-D division of the regional quiz bowl competition. As a result the team was able to bring the traveling trophy back to ECS until the next round of matches. For more information on this program or Ellsworth Community School in general please contact Superintendent, Aaron Gaffney at 231.588.2544 or .
COURTESY PHOTO



Goodwill Retail & Distribution Centers in Charlevoix, Cheboygan, Gaylord and Petoskey

By Jim Akans

Goodwill is a name that symbolizes services and programs that provide a means for people in need to get back on their feet and regain their treasured independence. Goodwill has been around since 1902, when a Boston area Methodist Minister named Rev. Edgar Helms began collecting used household goods and clothing, and hired those who were down on their luck to mend and repair those goods for resale. Here in Northern Michigan, Goodwill opened their doors at Asgard Enterprises in 1972, and today the non-profit organization offers vocational, housing, transportation, nutritional and family strengthening programs across the region.

Goodwill has also become a nationally recognized name in resale; offering gently used clothing, household items, books, home décor accessories and more at their Retail and Donation Centers. Centers located in Petoskey Gaylord, Cheboygan and Charlevoix utilize proceeds from sales at each location to help support programs throughout Northern Michigan that help people overcome barriers to independence. Goodwill also recycles metal items, cardboard, purses, belts, shoes, books and clothing.

Goodwill Northern Michigan serves 19 counties with nine locations, strengthening communities through programs such as Patriot Place transitional housing



Goodwill Retail and Donations Centers are located throughout Northern Michigan, including this location in Petoskey. PHOTO BY DAVE BARAGREY SR.

and resources for homeless military veterans, the Goodwill Inn emergency shelter for individuals and families and the Workers on Wheels programs. Workers on Wheels (WoW) pairs low income, hard working families in need with a safe, reliable donated vehicle at little or no cost to the family. Being able to get to work in a reliable dependable vehicle strengthens family independence and community involvement. Last year, 50% of WoW recipients reported increased earnings from picking up more hours or landing a better job through reliable transportation. Seventy-nine percent of car recipients reported that their kids had an increase in extracurricular activities.

Goodwill has achieved many amazing results, including:
- .91 of every dollar from Goodwill resale stores is

reinvested into the mission and Goodwill is rated an "A" by Charity Watch.com.

- Donated items that do not meet quality criteria for resale are not just thrown away, but salvaged.... that includes your shirt with a stain or that puzzle missing a piece. Goodwill Northern Michigan is proud to be a leader in sustainability as one of the largest recyclers in Northern Michigan, diverting millions of pounds of "stuff" from local landfills each year.

- Goodwill's Jobs program offers a hands-on opportunity for individuals to gain trust in themselves and explore their capacities in the workplace.

- Goodwill employees earn higher than the Michigan state minimum wage with excellent benefits, including career advancement opportunities.
- Goodwill Northern

Michigan is all about maximizing impact. Donated items of exceptional value are auctioned online at www.shopgwmi.com...check it out! Proceeds are re-invested in the Goodwill Northern Michigan mission.

Your support is vital to the success of Goodwill's mission – whether you make a financial contribution, donate a pair of jeans you've outgrown, shop our stores, or you volunteer your time – that's where GOOD happens. And it happens right here, every day. Thank you for making GOOD happen in your community.

The Goodwill Retail and Donation Center in Charlevoix is located at 402 Petoskey Avenue and is open Monday through Saturday from 9am to 7pm and Sunday from 11am to 6pm. The Center in Gaylord is at 1361 Pineview Drive and is open Monday through Saturday from 9am to 7pm, and Sunday from 11am until 6pm. The Goodwill Retail and Donation Center at 1600 Anderson Road in Petoskey is open Monday through Saturday from 9am to 8pm, and Sunday from 11am until 6pm and the Center in Cheboygan is located at 982 South Main Street and is open Monday through Saturday from 10am to 7pm and Sunday from 11am until 6pm. For additional information, visit www.goodwillnmi.org/goodtoknow.

Nominations sought for 2018 Governor's Service Awards

The Michigan Community Service Commission is pleased to announce that nominations are being sought for the 2018 Governor's Service Awards. The Governor's Service Awards are given annually by the governor to individuals, organizations and businesses to acknowledge their commitment to serving their communities through volunteerism. This event is hosted by the Michigan Community Service Commission. The celebration will be held in June.

"These awards serve as a unique opportunity to highlight Michiganders helping Michiganders," Gov. Rick Snyder said. "We want to hold up Michigan's best volunteers and show them off as role models for others. I hope you will help recognize the outstanding individuals, organizations and businesses in Michigan by nominating them for the Governor's Service Awards."

In 2018, awards will be presented in 10 categories which reflect the diverse nature of volunteers throughout the state. The categories are:

- Governor George Romney Lifetime Achievement Award: honors an individual who has shown a lifelong commitment to community involvement and volunteerism.

- Lifetime Humanitarian Award: honors individuals or families that have demonstrated a lifetime of outstanding civic and charitable responsibility to a community or organization.

- Senior Volunteer of the Year Award: honors individuals age 65 and older who have taken action to make their community a better place to live through service.

- Volunteer of the Year Award: honors an individual who strives to improve the lives of neighbors, friends, community or congregation through volunteerism.

- Youth Volunteer of the

Year Award: honors individuals who are age 25 or younger who have already begun making a significant difference in their community through service.

- Mentor of the Year Award: honors an individual who provides youth (ages 25 and under) with the confidence and assets to be successful.

- Outstanding Volunteer Organization Award: honors service clubs, nonprofit, faith-based, veteran, disaster preparedness and other organizations that make a demonstrated difference in their community.

- Education Service Leader Award: honors schools, colleges, universities and other organizations that support youth making a difference in their communities.

- Outstanding National Service Program Award: honors organizations that provide a high-quality national service program that yields a significant impact in a Michigan community.
- Corporate and Small Business Community Leader Award: honors corporations and businesses that excel in community involvement and demonstrate excellent corporate citizenship by giving back to their community in a variety of ways.

This will be Gov. Snyder's eighth year of involvement in the Governor's Service Awards, which were launched by Gov. John Engler in 1992 and maintained by Gov. Jennifer M. Granholm during her terms in office.

The 2018 Governor's Service Awards Nomination is an online application available at www.michigan.gov/governorsserviceawards. Nominations must be submitted by 5 p.m. Jan. 31. For additional information or questions, please contact the MCSC at 517-335-4295 or gsa@michigan.gov.

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231-547-0133
www.dkellyantiques.com
Goodwill Retail and Donation Center
402 Petoskey Avenue
Charlevoix
231-437-6176

CHEBOYGAN
Goodwill Retail and Donation Center
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231-445-9300
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www.goodwillnmi.org

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News

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Christmas Tree Hunting Season

The Terry Richey family of East Jordan takes advantage of a sunny Saturday last weekend to get their family Christmas tree as did many families in our area. Three-year-old Eddie gets carried by mom, Katie, while six-year-old Emma rides the tree wagon pulled by dad, Terry, and sister Angelina walks back after a fun outing cutting their own tree at the McPherson Tree Farm in Ellsworth. PHOTOGRAPH BY M. CHRIS LEESE

“Try Days” introduce farm fresh foods to EJ Public Schools students

Elementary School, K-6, and preschool students at East Jordan Public Schools are eating more local farm-fresh fruits and vegetables thanks to “Try Days,” which the Charlevoix County school is holding early each month. In order to connect nutrition with classroom learning, students also watch a series of videos featuring one-minute health tips, and vote whether they “tried it,” “liked it” or “loved it”. The Groundwork Center for Resilient Communities, a resource for the school, shared “Harvest of the Month” literature with kids interested in taking recipes home to their families.



Elementary School, K-6, and preschool students at East Jordan Public Schools are eating more local farm-fresh fruits and vegetables thanks to “Try Days.” COURTESY PHOTO

On Dec. 6, students tried local carrots from nearby Bluestem Farm. Jennifer Lewis of Wagbo Farm and Education Center. Parent volunteer at East Jordan, has been incorporating garden-related lessons with interested teachers. Early in January the students will try local parsnips. Last month the selection was roasted delicata squash. More than 250 elementary students voluntarily ate Michigan-grown winter squash for lunch. More than half of those officially “loved it”.

“Since the students loved the roasted delicata squash so much, we need to get it on the line throughout the entire month,” said Gretchen Bender, East Jordan Public Schools food service director.

School food programs provide a significant portion—in some cases up to half—of a student’s daily calories. Rural communities such as East Jordan are at a greater risk for chronic diseases related to diet, including diabetes and obesity. The 2014 “Framework for Healthy Communities in Northwest Michigan”, prepared by Networks Northwest, reports that “about a third of residents living in the region are

obese (defined as having a BMI greater than 30) and another one-third are overweight”. Those conditions are even higher for those living in poverty.

“We’ve learned that getting the students to taste foods that are new to them and voting on their experience makes them more likely to take it from the tray line and actually eat it,” said Jen Schaap, local food policy specialist with the Groundwork Center. “Meeting the community members that grow it and love it, also helps them feel more invested in trying new things.”

“Try Days” are currently held in the East Jordan Elementary School, K-6 and preschools—and will soon be in the middle and high school. Here’s how it works: the kitchen staff prepares the samples; parent volunteers and students administer the tasting in the cafeteria; the school’s Student Leadership Council, made up of fifth and sixth graders, administers the voting process; students taste it and vote, then get a sticker; parent volunteers identify lessons related to what the class is already studying; teachers bring the class to the garden, or the garden lesson comes to the classroom.

“The stars just seem to be aligning for this kind of programming to happen,” said Jennifer Lewis of Martha Wagbo Farm and Education Center. “The administration (at East Jordan) is supportive, the staff members are excited, the kids are eager and ready, and the kitchen has already been ordering local food from (the local food hub) Cherry Capital Foods.”

Holiday Community Night

Thursday, December 7, 2017

Downtown East Jordan

- 5:00 – 7:00 PM – Soup Cook-Off, Community Center – All proceeds to Care & Share
- 5:00 – 7:00 PM – E.J. Co-op Nursery School Bake Sale, Community Center
- 5:00 – 7:00 PM – “Snowman Photo Booth”, Community Center (Share on FB & tag the E.J. Chamber)
- 5:00 – 7:00 PM – Jordan River Arts Council, “Make and Take” Craft for kids – JRAC Bld.
- 5:00 – 7:00 PM – Open House, Downtown Businesses
- 5:30 PM – Lighted Parade, Main Street (line up 5:00 PM, old fire hall)
- 5:45 PM – Community Tree Lighting & Caroling, Across from Memorial Park
- 5:45 – 7:00 PM – Santa Visit & Cookies, City Hall Chambers (201 Main Street)
- 7:00 PM – East Jordan Freedom Festival Christmas Raffle Drawing, Community Center
- 7:00 PM – Rotary Club “Find Santa Scavenger Hunt” Drawing, Community Center
- Lighting of the Lions Club Christmas Village – East Jordan Tourist Park

Local business receive \$400,000 for Employee Training

Sixteen businesses in Charlevoix and Emmet counties have received grants totaling more than \$400,000 from the Michigan Skilled Trades Training Fund (STTF) for the 2017-18 fiscal year. The grants, applied for through Northwest Michigan Works!, will help the companies train new and incumbent workers in a variety of skills.

STTF grants in the area included \$68,515 to MDC Contracting in Charlevoix, \$37,190 to Petoskey Plastics, and \$36,000 to Great Lakes Energy in Boyne City. The grant to Great Lakes Energy will be used to train both incumbent workers and new hires in a brand new Linemen Apprenticeship program. Twelve employees in all will receive this high-level training.

“We’re very proud to be recognized by the Talent Investment Agency as a grant recipient,” said Bill Scott, President & CEO of Great Lakes Energy. “Employee training is vital to any business, but for an electric utility, developing proper skills ensures the safety of our most valuable asset – our people. The funds will support training for our apprentice lineworkers, which is critical to our success and fills a gap in the workforce as they become technically skilled, top performing employees.”

Bear River Health in Walloon Lake received a \$16,320 STTF grant for nonviolent intervention skills training as well as “training the trainer” for CPR to bring in-house training that is currently outsourced.

“With the rapidly growing number of substance

use disorders gripping the nation and changes in health care, Bear River Health is at the forefront advocating for access and innovative approaches to treatment,” said Heather Diggs, Bear River Health Business Director. “This funding allows Bear River Health the ability to offer an even higher level of job training, accessing broader education knowledge than ever before, partnering up with training institutions to offer training more readily.”

Businesses and nonprofits in the ten counties of Northwest Lower Michigan were awarded over \$1.3 million in grants to train both new and existing employees. That training will include everything from LEAN training to very specific apprenticeship training. Training dollars went to multiple industries including healthcare, IT, manufacturing, nonprofits, agricultural, and more. Close to 1,500 existing employees and nearly 160 new employees are expected to be trained in the region.

The STTF provides competitive awards for employer responsive training that enhances talent, productivity, and employment retention while increasing the quality and competitiveness of Michigan’s businesses. The grants are awarded to help ensure that Michigan’s employers have the talent they need to compete and grow, and individuals have the skills they need for in-demand jobs.

More information about the STTF and a full list of the 2017-18 grant recipients is available at: nwm.org/misttf.

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