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County News

January 4, 2018

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A Ten-Point Checklist for the New Year

By Jim Akans

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

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



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

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

2018 - What is your 2018 "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 2017 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 year's holiday shopping - Oh yeah, do it now while receipts from the 2017 holiday shopping season are still near at hand.

See **New Years Checklist** -Page 3A

Boyne District Library director announces retirement

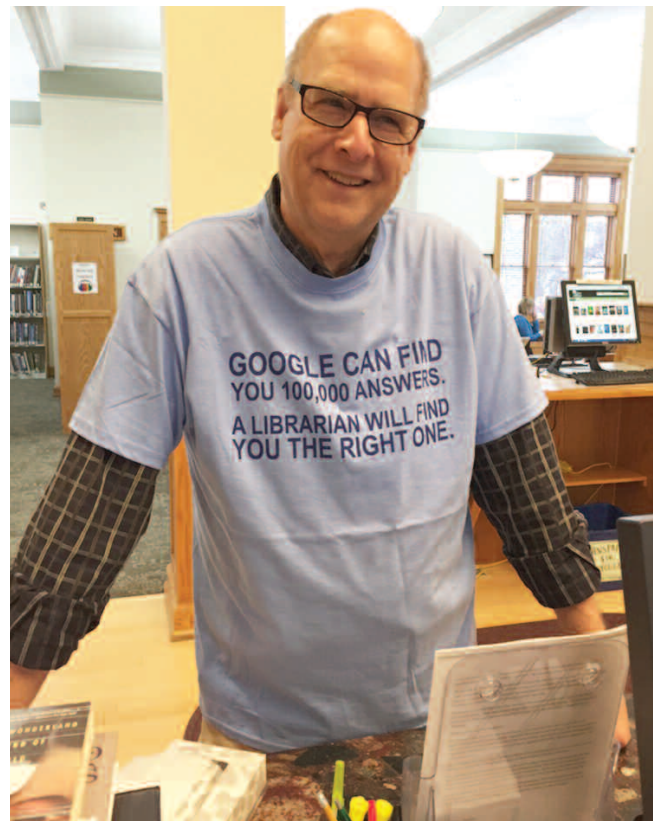
Boyne District Library Director Cliff Carey announced earlier this month that he will retire at the end of December 2017. Carey has led the library since 2007. Before he came to the Boyne District Library, Carey was Director of the Alanson Public Library and a member of the Petoskey Library staff. He has also served as vice president of the library's shared circulation system group and has held various positions with the Northland Library cooperative.

Under Carey's leadership, the library has expanded its collections, added a 3D printer, and introduced downloadable books, music, magazines and movies. The library also extended its hours and increased community engagement, and has provided more professional development programs for

the staff.

In announcing his retirement, Carey said, "It has been an incredible honor to serve my colleagues, libraries, and the public in this position for nearly 12 years, during which we have made significant strides—and weathered a few storms. The staff and membership of the Boyne District Library are the most amazing group of individuals that anyone could ever ask to work with."

Boyne District Library board president Chris Bandy and the other officers have been working with Carey to ensure a smooth transition to his successor, Assistant Director Monica Kroondyk. Monica joined the library in 2010 as the children's librarian and has gone on to earn her MILS from Wayne State University.



Boyne District Library Director Cliff Carey announced earlier this month that he will retire at the end of December 2017. COURTESY PHOTO



The wordsmiths at Lake Superior State University have taken their best "guesstimate" and released LSSU's 43rd annual List of Words Banned from the Queen's English for Mis-use, Over-use and General Uselessness. COURTESY IMAGE

LSSU unleashes 43rd Annual List of Banned Words

The wordsmiths at Lake Superior State University eschewed "fake news" and released LSSU's 43rd annual List of Words Banned from the Queen's English for Mis-use, Over-use and General Uselessness.

"We've drilled down and unpacked tons of pre-owned words and phrases deemed impactful by hundreds of nominators during 2017," said an LSSU spokesperson.

See **Banned Words** -Page 3A

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Inside the Petoskey Meijer

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weather

THURSDAY



**HIGH: 2
LOW: -11**

FRIDAY



**HIGH: 2
LOW: -10**

SATURDAY



**HIGH: 11
LOW: 7**

SUNDAY



**HIGH: 28
LOW: 24**

snowfall

1/2/17	23.7
1/2/17	42.5
1/2/17	22
1/2/17	25.8
1/2/17	46.3
1/2/17	92.3
1/2/17	71.4
1/2/17	26.5
1/2/17	24.7
1/2/17	39.4
1/2/17	53.6
1/1/18	9.9
1/1/18	53.5
1/1/18	50.9
1/1/18	30.6
1/1/18	80.6
1/1/18	74.2
1/1/18	52.2
1/1/18	26
1/1/18	11.6
1/1/18	31.7
1/1/18	71.4

record temps

DAY	LOW	Avg	HIGH	RECORD LOW	RECORD HIGH
JAN 4	14°	29°	-36°	(1981)49° (2007)
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)
JAN 13	13°	29°	-16°	(1964)48° (2005)

Maxine Alice (Boone) Smith, 84

(MAY 12, 1933 - DEC. 27, 2017)



Maxine Alice (Boone) Smith of Boyne City passed away December 27, 2017 at McLaren Northern Michigan Hospital.

She is preceded in death by her husband Jack Smith, daughters Jackie Smith and Oreen Deming, granddaughter Janice Lundy, her parents, brothers, and one sister.

She is survived by daughter Judy (Tony) Greenman, sons John (Tami) Smith, Joseph (Susan) Smith, 16 grandchildren, and 19 great grandchildren, with one on the way, and one sister, Ruthie Leist, and many nieces and nephews.

Maxine was born May 12th 1933. She graduated from Boyne City High School. She lived in the Boyne area all her life. She married Jack Smith February 7th, 1952. They raised 5 children, helped with her grandchildren, and helped spoil her great-grandchildren. She enjoyed working in her garden, knitting and ceramics.

She loved her family very much. She loved having family gatherings and cookouts. No one went away hungry, if you did it was your fault. She loved telling stories, and she had lots of them. She was a collector of everything, and loved saving items for 4-H and other local organizations. She had a love for hummingbirds, wind chimes and flowers.

Memorial service was held January 2nd, 2018 at the Eagles in Boyne City.

In lieu of flowers, the family is requesting donations be made Charlevoix County 4-H, Lions club, and the Boyne City Fire Department.

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

Vicki Miller, 63

(MARCH 9, 1954 - DEC. 25, 2017)



Vicki M. Miller of Charlevoix died December 25, 2017 at Bay Bluffs Medical Care Facility in Harbor

Springs surrounded by her family and friends.

Vicki was born on March 9, 1954 in Petoskey, the daughter of John "Bud" and Nelda (McDonald) Murray. She grew up in Bayshore and graduated from Charlevoix High School. On May 10, 1986, Vicki married Mike Miller of Elgin, IL and he survives.

She enjoyed playing softball, listening to music, and was an avid NASCAR fan. Growing up on a farm, Vicki spent most of her time working alongside her father in both the barns and fields. Although life presented numerous challenges, Vicki always found a way to make the best out of her situations. She will be remembered for her vivacious personality and ability to make others laugh.

Vicki is survived by her husband, Mile Miller; mother, Nelda Murray; daughters, Melissa (Joel) Robinson and Ashley (Mark) Cook; brothers, Terry (Sandy) Murray and John (Debbie) Murray; grandchildren, Shelby and Kelsey Robinson and Trevor and Brayden Cook; along with many aunts, uncles, nieces, and nephews.

She was preceded in death by her father, John "Bud" Murray.

A private family service will be held with a public celebration of life in the spring. Interment will be at Greenwood Cemetery.

Those wishing to honor Vicki's memory are asked to make a donation to Bay Bluffs medical Care Facility or the Multiple Sclerosis Association of America.

Arrangements are in the care of the Stone Funeral Home of Petoskey.

Ronald Irving Hext, 79

(AUG. 1, 1938 - DEC. 23, 2017)



Ronald I. Hext of Ellsworth passed away December 23, 2017 at home with his loving wife at his side.

Ron was born August 1, 1938 in Highland Park, Michigan to Russell and Ruth C. (St. Marie) Hext.

Ron drove truck for Ace Hardware out of Toledo, Ohio. He delivered to numerous Ace Hardware stores in the Northern Michigan area. He met the love of his life, Alice, at the Ace Hardware in Traverse City. They met in December, 1975 and were married June 5, 1976 in Traverse City. They made their home in Monroe.

In 1982 they moved to Ellsworth where they owned and operated Ron's General Store with his brother and sister-in-law until 1999. He also owned R. I. Hext Equipment Leasing for several years.

Ron enjoyed gardening and working outside. He was a fantastic cook. He enjoyed his morning coffee with his "buddies" at the Front Porch where many of the world's problems were probably solved.

Ron is survived by his loving wife Alice (Winowiecki), daughter Stephanie Caldwell of Charlotte, N.C., step-children Melissa Campbell of Charlotte, N.C. and Craig Hext of Florida; two grandchildren; 1 great-grandchild; sister-in-law Nancy Hext of Port Huron, and three nieces. Ron was preceded in death by his parents and brother Roger Hext.

A memorial visitation will be held Saturday, January 6, 2018 from 12 noon to 3 p.m. at Hastings Funeral Home in Ellsworth.

In lieu of flowers, memorials may be made to Banks Township Fire and Rescue or Front Porch Ministries.

Shirley Bishaw, 93

(JAN. 28, 1924 - DEC. 31, 2017)



Shirley Bishaw of Boyne City left this world peacefully December 31, 2017.

Shirley was born January 28, 1924 in Gadsby, Alberta, Canada to Henry and Susan (Tyler) Welsh. She attended one-room country schools and Central Lake High School.

She worked at Meadow Brook, Grandvue, Berger Pickle Factory, Central Lake and Ellsworth Canning Factories, Morweld Steel in Ellsworth and retired from Lexalite Plastics in Charlevoix.

In 1940 she married Edmund J Bishaw. They lived in Detroit, Bay City, Muskegon, East Jordan, Eastport and Charlevoix. Six children were born from this union. Edmund and Shirley were divorced in 1966. In 1974 she married Carl T. Reinhardt. Carl passed away in 1992. Shirley and Edmund remarried in November 1997. Edmund died in September 2002.

Shirley enjoyed video and cassette recording, photography, travel, reading her Bible, singing gospel songs, being a member of the Harvest Barn church and spending time with her children, grandchildren and great-grandchildren. Her family will remember her zest for life, irresistible smile, love of nature and incredible kitchen creations.

She is the last of 13 children to pass away. She is survived by 6 children John Bishaw, Jim (Betty) Bishaw, Sugar (Charley) Bourdo, Marolyn Forton all of Charlevoix, Jane Stoner of Alanson, Carolyn (Ken) Liskie of East Jordan, and stepdaughter Joan (Frank) Nephew of Gaylord, 14 grandchildren, 28 great-grandchildren, 23 great-great-grandchildren and many nieces, nephews. Shirley was preceded by her parents, 5 brothers, 7 sisters, granddaughter Sharley Bourdo and grandson Timothy Bishaw.

Visitation will be from noon to 3 p.m. on Thursday, January 4, 2018 at Hastings Funeral Home in Ellsworth. The funeral will be at noon

Friday, January 5, 2018 at the Harvest Barn Church in East Jordan with Pastor Kimon Criner officiating. Interment will be in Southern Cemetery in Central Lake.

Visit online at www.hastingsfuneral.com.

Roger Neil "Curly" Harchis, 78

(SEPT. 8, 1939 - DEC. 29, 2017)

Roger N. "Curly" Harchis died Friday, December 29, 2017, in East Jordan.

He was born on September 8, 1938, in River Rouge, Michigan, the son of August and Marie (Hardie) Harchis.

He grew up in River Rouge. Curly graduated from River Rouge High School and then served in the United States Army, being especially proud to serve in the 4th Mechanized Infantry Division.

He married Barbara L. (Boring) Cutler on Dec. 24, 1979, in East Jordan.

He retired from East Jordan Iron Works (now ej, Inc.), after several years of service.

Roger or "Curly", as many knew him, was a kind man who had a servant's heart. He enjoyed helping others and will be sorely missed by his several friends at Applewood Apartments and his little canine companion, "Munch" and cat, "Meg".

Roger is survived by two sons, Keith (Christina) Harchis of Antioch, CA, Kelly (Cherity) Harchis of Henderson, NV, and one granddaughter, Braidynn Harchis, of Henderson, NV. Also six step-children, Kaye (Clare) Zitka of East Jordan, Lori (Gerald) Gee of East Jordan, Donna (Steve) VanderHyde of Indian River, Dennis Cutler of Brighton, Duane (Jackie) Cutler of East Jordan, and Donald (Roxanne) Cutler II of East Jordan; 28 step-grandchildren and 35 step-great grandchildren; one brother-in-law, Vern Stepke of Traverse City.

Jeff Burch of Decatur, IL and David Burch of Grand Rapids, were fortunate to be raised by Roger after the death of their mother.

He was preceded in death by his wife, Barbara L. Harchis on April 15, 2003; parents; three brothers, Bill, Ralph and Ray; two sisters, Evelyn and Ida; and a "daughter" Christina Burch.

Funeral services will be held on Friday, January 5, 2018, at 2:00 P.M. at the Lighthouse Missionary Church in East Jordan. Pastor James L. Jordan of the Lighthouse Missionary Church in East Jordan will officiate. Interment will follow in the spring at Sunset Hill Cemetery in East Jordan.

The family will receive friends on Friday from 12:00 Noon until service time at the Lighthouse Missionary Church. Memorials may be given to Lighthouse Missionary Church.

The family was served by the Penzien Funeral Home in East Jordan.

Milburn Shafer, 99

(SEPT. 17, 1918 - DEC. 26, 2017)

Milburn Shafer of Charlevoix passed away on December 26, 2017 in Florida. Arrangements are pending and being handled by the Winchester Chapel of

Mortensen Funeral Homes. A full obituary will be published soon. Service arrangements will be announced in the spring.

Daniel J. Hutterer, 63

(DEC. 15, 1954 - DEC. 30, 2017)



Daniel J. Hutterer of Petoskey passed away on December 30, 2017 at his home.

Daniel was born on December 15, 1954 in Manitowoc, Wisconsin to the late Clarence F. and Dorothy (Shimek) Hutterer.

He graduated from Mishicot in 1974. Daniel worked at St. Mary's Cement Plant for 40 years in many different positions. He enjoyed all the outdoor activities especially hunting and 4-wheeling with his sons and friends.

On October 12, 1991 Daniel married Margaret Hofbauer at St. Francis Xavier Church in Petoskey who survives. He is also survived by two sons, Dylan and Jordan, two sisters, Bonnie (Thomas) Peroutka, Judy (Aloyce) Seidl both of Manitowoc, WI, three brothers, Dale (special friend Ellen) Hutterer of Kellnersville, David and Darrell Hutterer both of Manitowoc, WI, mother-in-law, Mary Hofbauer of Petoskey, sister-in-law, Marilyn Meyers of Petoskey, brothers-in-law, Edward Hofbauer and David (Ann) Hofbauer both of Petoskey along with several nieces and nephews.

He was preceded in death by his parents, father-in-law, Ambrose Hofbauer, sister-in-law, Kathleen Hutterer, and brother-in-law, Rod Meyers.

Funeral mass will be held at 10:30 a.m. on Saturday, January 13, 2018 at St. Francis Xavier Catholic Church in Petoskey with Fr. Bradley Nurse officiating. Visitation will be held from 4:00 p.m. until 7:00 p.m. on Friday, January 12, 2017 at the Winchester Chapel of Mortensen Funeral Homes. Interment will take place in spring 2018 at Greenwood Cemetery in Petoskey.

A gathering in Daniel's memory will be held in Wisconsin at a future date.

Arrangements are being handled by the Winchester Chapel of Mortensen Funeral Homes. Online guest-book at www.mortensenfuneral-homes.com.

Charlevoix County News

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News

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NEW YEARS CHECKLIST

FROM PG. 1A

Utilize those to review your retail performance this past season and estimate your spending for 2018. Try to set aside one-tenth of the 2017 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 2018 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 . 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 2017 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 2019.

Registration opens for Camp Daggett Summer

Registration opens for Camp Daggett summer camp on January 4. Applications for 2018 summer camp will be mailed out to 2017 summer campers and 2017 wait-listed campers on January 2. Applications will be delivered to local schools and Chambers of Commerce in Emmet and Charlevoix counties on January 4.

The 2018 Summer Camp Application will be available on the website January 16. Please download and print the application, so that a completed hard copy can be mailed to Camp Daggett with your deposit. Please check availability of weeks below before considering weeks to register. Registration is on a first-come, first-served basis. Applica-

tions must be downloaded, printed and mailed to Camp Daggett with payment.

Every year, more than 1,000 children ages 7-14 get the opportunity to spend a week at Camp Daggett. They experience the beauty of the natural environment that the camp provides, make new friends, try new things and have loads of fun. The summer program also develops a feeling of acceptance, respect and independence that campers take home with them. Camping provides a setting in which children can live, learn, and develop skills that are useful throughout their lives.

Activities include group sports and games, sailing, swimming, ca-

noeing and fishing, arts and crafts, nature study, hikes, adventure ropes courses and team building activities, archery, campfires and camp-outs. The program answers a child's search for adventure in an environment that is upbeat and wholesome. Appetites are satisfied with nourishing, family style meals served in beautiful Mac Hall, a picturesque log dining room overlooking Walloon Lake.

Camp Daggett offers eight one-week co-ed camping sessions starting June 17 and ending August 11. Cost is \$410 for children who attend schools in the Charlevoix and Emmet Intermediate School District during the 2017-2018 school year and have year-round resi-

dence in Charlevoix or Emmet County. Scholarships are available to campers who need financial assistance.

Camp also offers wilderness trips for campers ages 13-15. These three trips are: Canoeer, June 24-30, canoeing the Platte, Betsie and Crystal Rivers; Pathfinder, July 8-14, backpacking South Manitou Island; and Explorer, July 29-August 4, backpacking Pictured Rocks National Lake Shore.

Get your child started on the meaningful and memorable experience of a lifetime. For more information, visit www.campdaggett.org or call 231-347-9742.

BANISHED WORDS

FROM PG. 1A

"Let that sink in."

LSSU's word banishment tradition is now in its fifth decade, and was started by the late W. T. Rabe, a public relations director at Lake Superior State University.

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

Through the years, LSSU has received tens of thousands of nominations for the list, which now includes almost 900 entries. This year's list is culled from nominations received mostly through a university web site at lssu.edu/banished and a word

banishment page on Facebook. Word-watchers target pet peeves from everyday speech, as well as from the news, fields of education, technology, advertising, politics and more. An editor makes a final cut in late December.

And now, the 2018 list: Unpack - Misused word for analyze, consider, assess. Concepts or positions are not packed, so they don't need to be unpacked.

Tons - Refers to an exaggerated quantity, as in tons of sunshine or tons of work. 'Lots' would surely suffice.

Dish - As in to dish out the latest rumor on someone. Let's go back to 'talks about' and leave dishes in the cupboard.

Pre-owned - What is so disgraceful about owning a used car now and then?

Onboarding/Offboarding - Creature from the HR Lagoon. We used to have hiring, training and orientation. Now we need to have an "onboarding" process. Firings, quitting, and retirements are streamlined into "offboarding."

Nothingburger - Says nothing that 'nothing' doesn't already. I'll take a quarter-pound of something in mine.

Let that sink in - One could say shocking, profound, or important. Let that sink in.

Let me ask you this - Wholly unnecessary statement. Just ask the question already.

Impactful - A frivolous word groping for something 'effective' or 'influential.'

Covfefe - An impulsive typo, born into a 140-character universe, somehow missed by the autocorrect feature.

Drill Down - Instead of expanding on a statement, we "drill down on it."

Fake News - Once upon a time stories could be empirically disproved. Now 'fake news' is any story you disagree with.

Hot Water Heater - Hot water does not need to be heated. 'Water heater' or 'hot water maker' will keep us out of hot water.

Gig Economy - Gigs are for musicians and stand-up comedians. Now expanded to imply a sense of freedom and a lifestyle that rejects tradition in a changing economic culture. Runs a risk of sharecropping.

For more information about Word Banishment and previous years' lists, visit lssu.edu/banished. The site includes history and a form for submitting words and phrases. Word-watchers may check the alphabetical "complete list" on the website before making their submissions.

Boyer City Annual Awards Gala

January 18, 5-8:30pm, Boyne Mountain Civic Center. The Boyne Area Chamber will be honoring several local businesses, organizations and individuals for their contributions to the community. This year's theme is "Toast To The Town," and the event is presented by Korhase-Flinn Insurance and Financial Services. The program is an upbeat gathering with great food and drink, live and silent auctions, live music and the introduction of our Chamber Board members. It always sells out with more than 300 people attending. Tickets; \$50 per person, reserve at

Charlevoix Chamber Annual Meeting and Awards Breakfast

February 2, 7-9am, Castle Farms. Please join us in celebrating the award winners; Outstanding Citizen; Mark Greyerbiehl, Business of the Year; Michigan Scientific Corporation, New Business of the Year; Harwood Gold Cafe, Young Professional of the Year; Jamie McLane, Customer Service Award; Jim Sylvain and Chamber Ambassador Award; Leanne Ackert. Tickets (\$30 per person) on sale at Charlevoix Chamber.

The story behind winter road salt

Winter and icy roads are synonymous in Michigan. More than 1 million tons of road salt is used annually on Michigan roads. A few "salty months" means safer roads and bridges for all Michigan residents.

Three common deicing chemicals used on roads are sodium chloride, magnesium chloride and calcium chloride. Each form can be used as a brine - typically a salt-water solution that is sodium chloride and water. However, both magnesium chloride and calcium chloride are also used as liquids. When applied to roads, magnesium and calcium chlorides are more ef-

fective in lower temperatures than solid rock salt.

The three deicing chemicals can also be used as an anti-icing agent that is applied to roads before a storm to prevent ice buildup or as a pre-wetting agent, which speeds up the melting process and reduces bounce effect.

Road salt comes out of the soil three ways: Deep shaft mining, solution mining and solar evaporation. Once the salt is collected and crushed to the proper size, it makes its way to a county road agency.

The full story about road salt on Michigan's roads is featured in the Fall 2017 edition of Crossroads, the

quarterly journal of the County Road Association (CRA) of Michigan (<http://bit.ly/2yDRFb1>).

Purchasing methods for road salt varies among road commissions and departments. Most county road agencies order their winter salt supply through the Michigan Department of Technology, Management, and Budget (DTMB) using the MiDeal statewide purchasing program. It can be a challenge to budget for road salt using MiDeal, as the price often isn't known until months after the bid is taken. Others like the Kent County Road Commission (KCRC) orders road salt directly

from a supplier.

"We control our own destiny when the bid is with us. We're not tied to MiDeal where if something goes wrong and we can't get the product there's nothing we can do about it," said Gerald Byrne, deputy managing director of operations at KCRC.

County road agencies use a combination of the many forms of deicing chemicals to limit ice buildup on the road, and work tirelessly keeping drivers safe during the snowiest of winter months.



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News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

Drs. Oz and Roizen

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



All vegetable oils are not created equal

Around 1907, a German scientist contacted Procter & Gamble to tell them he had invented a way to turn liquid fat into a solid, and suggested it would transform their soap products. But when the company's scientists found that they could turn cottonseed oil into a creamy, lard-like substance, they decided to forget soap! They saw it as a perfect replacement for animal fats used for cooking,

and so did America. The company sold 2.6 million pounds of what it branded as Crisco in 1912, and 60 million pounds four years later.

Although this vegetable fat was marketed as the healthier way to cook, it was 50 percent trans fats, which are hydrogenated fats commonly used in processed and fast foods. Current studies show trans fats are heart-stopping: For every 2 percent increase in consumption of trans fat, the risk of heart disease increases by 23 percent! Studies also implicate trans fats in adverse effects on the brain and nervous system, and increased risk of depression and dementia.

Nonetheless, for 100 years, all vegetable oils were touted as the solution to Americans' health problems. Instead we have grown more obese, more likely to have diabetes and dementia, and more depressed.

The truth? Not all vegetable oils are created equal, not by a long shot. And now, to add to the confusion, there's a new study suggesting that canola oil — the current darling of the processed food industry and home cooks — may help lay the foundation for the development of Alzheimer's disease. There's much to dispute in those scary headlines about the study in Scientific Reports. The researchers themselves are more cautious, saying, "Taken together, our findings do not support a beneficial effect of chronic canola oil consumption on two important aspects of AD pathophysiology, which includes memory impairments as well as synaptic integrity. While more studies are needed, our data do not justify the current trend aimed at replacing olive oil with canola oil." So really it's just a study that says, **STICK WITH OLIVE OIL!**

Furthermore, the study was done on mice that are engineered to develop markers of AD and it found only one indicator that may be significant: While mice choosing a direction at a fork in the road tend to alternate in their selection from time to time, 20 percent of the canola-eating rodents in the study didn't alternate as often as expected. So does that mean humans who eat canola oil will be cognitively impaired? Doubtful.

Your health and vegetable oils

A vegetable oil is healthy or not healthy depending on how it's processed, what it contains and how it's used. Processing is often done using a solvent (typically the toxin hexane) to separate the oil from the seed. However, expeller pressed oils use mechanical, not chemical, means. The cold-pressed

method also is mechanical, but the oil is kept cooler during extraction. There's little health difference between expeller and cold-pressed.

Some oils contain a boatload of saturated fat and should be avoided. One tablespoon of palm oil has 7 grams of sat fat; 1 tablespoon of palm kernel oil has 11 grams; coconut oil, 12 grams. Others are rich in polyunsaturated and monounsaturated fats, which if not eaten in excess are heart-healthy and help tamp down inflammation. Your best bet is to opt for omega-3-rich oils like extra virgin olive oil and oil in avocados and nuts. EVOO helps lower lousy LDL cholesterol and contains beta

carotene and vitamins A, E, D, and K.

Some oils, especially light/refined olive, almond, avocado and sunflower oils, are perfect for searing and browning at higher temperatures — they have a high smoke point, so you avoid producing toxic fumes and unhealthy byproducts. Canola, grapeseed and peanut have a medium high smoke point; use for baking, stir frying and oven cooking. Some are good for use at room temp: flaxseed, wheat germ, walnut and EVOO.

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

LETTERS TO THE EDITOR

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

To the Editor,

The battle rages. All's fair in love and war. Wishes often come true in circumventing ways with unintended consequences. Actually, though, the denouement may be discerned by process of syllogism, logic, recall, many methods of deciphering fate whereas allowing for parapsychic evitability.

As with the investigative sleuths, factoids are considered and tabulated as per predictable catalysts and denouements. This is being enacted in present in plausibly historic terms worthy of history books of the future — if there is a future — if there are history books. The plot is notable in any case as one of obvious tangential dialectic, somewhat perile but with the eye of the hurricane adumbrating toxic destruction even though simplistic in dramaturgy. The crepuscular Shakespearean stage — for the simile is appropriate to the Bard — contains two powers which of course lay blame one upon the other in argument, in this instance known as conservative versus liberal, Republican v. Democrat as it demarcates to the audience.

Facts are facts regardless the rhetoric of battle. As they say, you can determine your own opinions but you can't determine your own facts. We know well enough that one side of this equation does this latter song-and-dance and without qualms. And we know that Democrats cut off their noses to spite their face. Republicans are the more battle-hardened even though their leaders rule from ivory towers. There are ancient principles at stake here, equality not the least. For a fact, there are now four felony defendants who recently hovered around the White House as inner and outer circle participants in the current conservative coterie, two on house arrest multiple indictment, two having pled guilty for sake of plea-bargaining. Satellite subplots of sexual haranguing are secondary yet tend to play into the drama relegating both combatants to some ignominy but played out in diametric particulars. The Republican conclave tends to deny whereas the Democratic owns up to its failures while embarking on a yacht forum via solicited donations.

Underlying all is found the Capitalistic-Socialistic dichotomy which pretty much supports this country as it does many others. Conservative mindset wants in essence a return to solid state Capitalism even though the majority of proletariat conservatives partake yet seem not to bemoan the potential loss of the socialistic rewards of Social Security and many other programs of beneficence distributed equally through government tax and debt.

Of note is the rhetorical

swing toward the leftist method of righteous indignation in televised ads proclaiming the awful nature of Democratic onslaught on our liberties by the FBI, Special Counsel and sundry attacks on the investigative powers via increasingly-revealed-bogus and potentially-illegal usurpation involving foreign intrigues. It is known, for another fact that within eleven minutes of the electoral victory contact was made with Russian operatives as to the potential of abrogating sanctions against the Kremlin and its business associates. This extends back a way and has clearly created some financial consternation with the former USSR potentates, oligarchs as they are now termed, plutocrats en-masse.

There is as well a certain delineation of kindness versus harshness inherent when noting the DACA affair, the rumor mongering of cutting benefits to children and geriatrics, actually diminishing Social Security and Medicare to those recipients, rather a mean-spirited demeanor attributed to the conservative party.

It bears tautology that legislature, executive and judiciary have no concerns over losses of that sort since they're well cared for with full spectrum guarantees of coverage. Government does not play by the same rules as the public they serve. The humanitarian approach seems to trump (pun intended) the hardline directives of sought implementation which appear intended to catapult the country back some centuries to a basic survival of the fittest regimen naturally suggesting clans and castles and the like of former times of gross inequality. It was essentially only with the advent of the Great Depression, the New Deal and so on that American culture began to equalize, coming to fruition most enviously in the postwar years when taxation was as high as 93% on the wealthy and workingman prosperity was at its zenith ratio. What seems clear at this stage is that somebody is going to jail, which suggests that some will split the scene clandestinely ASAP or whenever however the getting is good and urgent, presumably with some negotiation and preparation aforesaid. We know that the Bush clan has large acreage in Paraguay so perhaps there are Trumpian domiciles already existent in Crimea. Assuredly there is consternation in abundance as this operetta continues to play out cliffhangers replete. FACT: Trump tried to coerce Comey to lay off of Flynn; many people have lied; the 2016 election was equally hacked by Russia and America, we got what we wished for; Extrapolation: annulled election? Mitchell Jon MacKay, East Jordan

Serving families in need for 28 years

By Jim Kans

Back in 1990, Ellsworth resident Mary Peterson had an idea...or perhaps it was more of a calling.

"I was visiting a local resale shop and I saw people searching through the trash for something they could use," she recalls. "I just knew there had to be a way to set up a new system for distributing goods to those in need, so I began looking for people who could pursue that idea."

Over twenty-seven years later, the result of that inspiration; Good Samaritan Family Services, continues following a mission statement of "servicing the Lord by reaching out to those in need," providing food and outreach programs to local families who could use a little help.

Petersen recalls, "When we began our mission, it was located in the old fire hall in town, we received support from local churches and it was ran by a small group of volunteers." At that time, about 30 families visited the facility each month.

Today, approximately 700 families visit Good Samaritan's Food Pantry each month, primarily from Antrim County though about a quarter of those families are from Charlevoix County. A crew of some 90 volunteers helps



Good Samaritan Family Services, is celebrating over two-and-a-half decades of following a mission statement of "servicing the Lord by reaching out to those in need," providing food and outreach programs to local families who could use a little help. COURTESY PHOTO

to stock and distribute the food supplies, oversee the non-profit organization's Resale Shop, Good Samaritan Furniture & More Store, and assist new mothers at their affiliated Moms & Tots Center.

"The need has grown over the years," Mary relates. "People's stories tug at your heart. Our senior population has grown and we are seeing more seniors seeking assistance here, though they can be reluctant to ask for help."

She adds, "Everyone who gets food also gets free clothing. People can visit once a month, and we try to give them enough to last a bit longer. A lot of our food comes from the Manna Food Project, which we receive at a very good discount, so we can really stretch dollars that are do-



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

nated." Good Samaritan Family Services also offers "Sammy's Shoes" at the Resale Shop, which has a huge assortment of new shoes in virtually every size, style and color. Families in need can pick up a brand new pair of shoe for a small donation or even for free if

they are unable to afford the donation. Good Samaritan's hours of operation are Tuesdays, 10am to 7pm, Wednesdays through Fridays from 10am to 4pm, and Saturdays from 10am to 2pm. They are located at 9746 Main Street in Ellsworth and can be reached at (231) 588-2208.

GOOD SAMARITAN RESALE SHOP

9746 MAIN STREET, ELLSWORTH • ON THE BREEZEWAY

Our inventory is bursting at the seams!

Stop in and check out our huge selection... we're sure to have something you've been looking for.

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Hidden Treasures

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

CHARLEVOIX

Bergmann Center Resale Shop
8888 Ance Road,
Charlevoix
231-547-9624
www.bergmanncenter.org

Kelly's Antiques & Furniture Barn
06176 Old US 31 S., Charlevoix
231-547-0133
www.dkellyantiques.com

EAST JORDAN

Crossroads Resale Shop
205 Water Street., East Jordan
231-536-7606
Open Tuesday thru Saturday

ELLSWORTH

Good Samaritan Furniture & More Store
6519 Center St.,
Downtown Ellsworth
231-588-2208
thegoodsam.org

ELLSWORTH

Good Samaritan
9746 Main Street,
Ellsworth
231-588-2208
thegoodsam.org

FREDERIC

Pineview Military Surplus
7328 Old 27 North
Frederic
989-348-8300

GAYLORD

The Resale Shop
1961 South Otsego, Suite A
(next to Ace hardware).
Gaylord
989-731-4305, 989-370-3677
Hours: 10am - 6pm, Mon. - Sat

Salvation Army Family Store
919 S. Otsego Ave.,
Gaylord
989-448-2357

GRAYLING

The-Brickery.com
Two floors of treasures
107 Ottawa,
Grayling,
One block north of the light
989-348-8999

HARBOR SPRINGS

New Beginnings Thrift Shop
650 W Conway Rd., Harbor Springs
231-348-2980

To add your business listing call 989-732-8160

News Briefs

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

CHARLEVOIX BLOOD PRESSURE CLINIC

January 9, 1-2pm, American House, 615 Petoskey Avenue. Free Blood Pressure Clinic hosted a American House Charlevoix by Hospice of Michigan.

EAST JORDAN BREEZEWAY RETREAT

January 9, Noon-4pm, Front Porch Cafe. Please RSVP to or call (231) 536-7351.

BOYNE CITY BLOOD DRIVE

January 11, Noon-5:45pm, Boyne City Eagles Lodge, 106 River Street. To make an appointment, visit redcrossblood.org or call 1-800-Red Cross (1-800-733-2767).

HARBOR SPRINGS GLCO CONCERT; DIVAS: FOR THE LOVE OF SINGING

January 14, 4-5pm, First Presbyterian Church, 7940 Cemetery Road. Great Lakes Chamber Orchestra presents the areas three most popular vocalists, Amy Joy Cross, Doretta Furstenberg, and Jamie Platte performing as the Dueling Divas! Enjoy the sounds of these talented vocalists as they perform a range of ensembles that will warm your heart. A free will donation will be taken at the door.

WALLOON LAKE WEDDING SHOWCASE

January 14, noon-3pm, Talcott Event Center. Come meet vendors who are ready to help you plan your wedding right here in Northern Michigan. Some of the area's most popular wedding vendors will be ready to answer all your questions and book on the spot for your special day. There will be loads of giveaways all event long and one lucky couple will walk away with half-off their The Talcott rental fee (valued at \$1,500).

CHARLEVOIX FREEDOM FROM SMOKING 8-WEEK CLASS

Beginning January 15, 5:30-6:30pm, Munson Healthcare Charlevoix Wellness Workshop, 411 Bridge Street. Will continue seven following Mondays. \$25 for printed materials; some scholarships are available. Register now - space is limited! Register online at munsonhealthcare.org/charlevoix or by calling Wellness Workshop at (231) 437-3482.

PETOSKEY INTRODUCTION TO LEAN AGRICULTURE

January 16, 6-8pm, NCMC Student Community Resource Center, Room 536. Focus on the benefits of Lean and how using these business strategies can provide a real impact to your bottom line. Farming is a business and using proven approaches to improve your farming ledger is time well spent. Jim will discuss where Lean came from and how it has become so widespread across so many industries. The core of this approach is constant improvement and doing a little improvement - stress little - everyday. Free. To register, call 231-348-6613 or email .

CHARLEVOIX CHAMBER NEW YEAR BUSINESS AFTER HOURS

January 16, 5-7pm, Lake Charlevoix Brewing Company.

BOYNE CITY ANNUAL AWARDS GALA

January 18, 5-8:30pm, Boyne Mountain Civic Center. The Boyne Area Chamber will be honoring several local businesses, organizations and individuals for their contributions to the community. This year's theme is "Toast To The Town," and the event is presented by Korhase-Flinn Insurance and Financial Services. The program is an upbeat gathering with great food and drink, live and silent auctions, live music and the introduction of our Chamber Board members. It always sells out with more than 300 people attending. Tickets; \$50 per person, reserve at

PETOSKEY NCMC LUNCHEON LECTURE; TRUMP MEETS THE WORLD

January 19, NCMC Library Conference Room. President Trump promised in his presidential campaign a new

approach to world politics. But with almost a year under his belt in the Oval Office, does his foreign policy represent the change that he promised? From China to Middle East terrorism, what can we make of the President's first year as the dominant voice in America's foreign policy? Scott LaDeur, Ph.D., North Central professor of political science, provides an analysis. Lunch begins at 11:30am and the program begins at 12:15pm. Reservations are required. You must call 231-348-6600 or email luncheonlectures@ncmich.edu to reserve your place for each presentation. Cost is \$12 at the door, cash or check only.

CHARLEVOIX THREE MEN AND A TENOR

January 20, 8-10pm, Charlevoix Cinema III. Live from Charlevoix presents Three Men and a Tenor. Great pop vocal music, quick-witted humor and overall likeability make this a unique show experience. \$25 admission.

PETOSKEY YOUR FARM THE LEAN WAY

January 23, 6-8pm, NCMC Student Community Resource Center, Room 536. Will look at the strategy of 5S - putting things/tools in the right place and making your job easier, more productive, and more efficient. Improve the way individuals work and begin to change the view of work to constant improvement and the customer. Learn the steps involved in implementing this very effective approach for your farming business. Free. To register, call 231-348-6613 or email .

EAST JORDAN ANNUAL CHAMBER MEETING/DINNER/AUCTION

January 27, Castle Farms. Updates at

PETOSKEY WASTE IN FARMING AND THE LEAN APPROACH

January 30, 6-8pm, NCMC Student Community Resource Center, Room 536. Lean waste isn't about the physical garbage you throw out. Lean waste is about those things that create waste of time and effort on the job. It is all about making the job easier and more effective. Combine this with 5S and you have the power to redefine the way work happens on your farm. Understanding what creates waste in your process and begin to get rid of it. Free. To register, call 231-348-6613 or email ccefaq@ncmich.edu.

CHARLEVOIX CHAMBER ANNUAL MEETING AND AWARDS BREAKFAST

February 2, 7-9am, Castle Farms. Please join us in celebrating the award winners; Outstanding Citizen; Mark Greyerbiehl, Business of the Year; Michigan Scientific Corporation, New Business of the Year; Harwood Gold Cafe, Young Professional of the Year; Jamie McLane, Customer Service Award; Jim Sylvain and Chamber Ambassador Award; Leanne Ackert. Tickets (\$30 per person) on sale at Charlevoix Chamber.

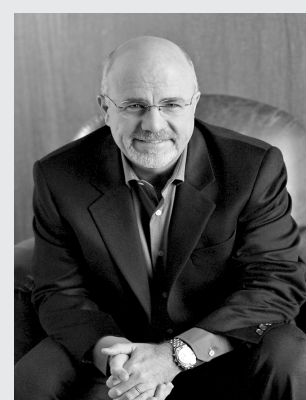
PETOSKEY NCMC LUNCHEON LECTURE; THE SILVER TSUNAMI

February 9, NCMC Library Conference Room. Baby boomers are at it again. On the verge of retirement, they now want long-term care that promotes comfort and quality of life in a homelike environment. In response, long-term care managers are moving from a traditional medical model to a more holistic approach for this growing population. Lisa Ashley, executive director of Bay Bluffs and Mike Greer, chief financial officer, will explain the challenges ahead for the county's medical care facility. Lunch begins at 11:30am and the program begins at 12:15pm. Reservations are required. You must call 231-348-6600 or email luncheonlectures@ncmich.edu to reserve your place for each presentation. Cost is \$12 at the door, cash or check only.

BOYNE CITY INDOOR FARMERS MARKET

Saturday, 9am-noon. Boyne City Indoor Farmers Market is located in the main lobby area of the new City Facilities Building, which is

DAVE Says



Dave Ramsey

(Mortgage ratios)

Dear Dave,
Do you have a guideline ratio for mortgage debt to income?
Levon

Dear Levon,
When it comes to buying a home, I always tell people to get a 15-year, fixed rate mortgage, with monthly payments that are no more than 25 percent of their take home pay. This type of mortgage is the only debt I don't beat up people for having. Still, I urge folks to pay off these loans in less than 15 years.

The average person following my plan pays off this type of loan in about seven or eight years. That's a pretty big deal in terms of your financial security. And paying extra on your mortgage doesn't have to be a strain. You can start by simply rounding up your payments. If the payment is \$770, make it \$800 instead, and apply the extra to the

principal balance. If you want to get more intense, you could make an extra house payment each quarter, or go the route of bi-weekly payments. To do this, simply make half a monthly payment every two weeks. By the end of the year you'll have made 13 payments instead of 12. This will knock years off the length of your loan.

Remember, your income is your largest wealth building tool. It's so much easier to save, invest, and give when all your money isn't flying out the door to make payments!
—Dave

(No commodities)

Dear Dave,
Do you recommend having gold and silver as part of your investment portfolio?
Don

right next to the summer market location in Veterans Park.

CHARLEVOIX COMMUNITY FOUNDATION GRANTS AVAILABLE

Since it was founded in 1992, the Community Foundation's net assets have grown to more than \$39 million. Grants and scholarships totaling more than \$22 million have been distributed to enhance and enrich the quality of life for everyone in Charlevoix County—and for generations to come. The Community Foundation welcomes inquiries and grant requests. The next deadline for submitting a grant request is Thursday, March 1, 2018. For a complete list of the recent grant awards, visit the foundation's website at www.c3f.org and click on "What's New," then "Recent Grants."

CHARLEVOIX WELLNESS WORKSHOPS

Held at Munson Healthcare Charlevoix Hospital Wellness Workshop, 411 Bridge Street. Call (231) 437-3482 for more information.

- Hatha Yoga, every Monday and Friday 7:30-8:30am. The yoga sequences, along with breath work and relaxation techniques will assist in building strength, stamina, flexibility, balance, and increasing body awareness. The use of props, blocks, or blankets make poses easily modified to suit the individual. All levels of fitness are welcome and modifications will be provided as needed.

The class is taught by Lisa Hepner is a licensed physical therapist assistant with Munson Healthcare Charlevoix Hospital.

- Wellness Wednesday, every Wednesday from 8am-11am. Health screens include: Total Cholesterol, HDL, TC/HDL Ratio, Glucose Level, Body Mass Index Score, Muscle and Fat Percentages, and a Blood Pressure Reading. No fasting is required. However, if you are fasting and LDL and Triglyceride reading can also be obtained. Cost for the service is \$15. Hemoglobin A1C Levels can also be done for known or borderline diabetics for an additional \$10. Participants will receive all test results at the time of the screening and a "Know Your Numbers" log to track progress. A Registered Nurse will adapt health consultation and educational materials to individual results. Walk-ins only, no appointment required.

- Full Body Toning Exercise Class, every Thursday from 5:30-6:30pm. The first class is free as are all yoga and strength training classes. If you enjoy your first class, low-cost punch cards available and are good for any of our classes. Call (231) 437-3482 for more information or email chx-wellness@mhc.net to have our calendar emailed to you monthly.

BOYNE CITY FREE COFFEE, DOUGHNUTS & LUNCH FOR VETERANS

The community of Boyne City will be hosting a free so-

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

CHARLEVOIX

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

NORTHERN MICHIGAN

Women's Resource Center of Northern Michigan provides counseling and support services at no cost to survivors of domestic abuse, sexual assault, child abuse, child sexual assault and adults molested when they were children. Support services include crisis counseling, individual counseling, support groups, trauma therapy (EMDR), play therapy for children, safety planning, advocacy and resources/referrals. If you or someone you care about has been a victim of crime, contact the

WRCNM's main office at (231) 347-0067.

NORTHERN MICHIGAN

Women's Resource Center of Northern Michigan offers free playgroups for children 0-60 months and their preschool-age siblings. Playgroups help you learn about your child's developmental stages, learn new children's games/activities and share parenting concerns/experiences with other parents and the playgroup facilitator. Playgroups are held in various northern Michigan communities. For current playgroup locations/times, visit www.wrcnm.org or call (231) 347-0067.

BOYNE CITY BOYNE DISTRICT LIBRARY PROGRAMS

- Toddler Tales & Tunes every Monday at 10am and Preschool Storytime every Tuesday at 10am. Check website for any date changes. No registration is required.

- Yoga with Reb Andrews 9am every Monday, 8 week sessions/\$5 per week

- Tai Chi every Wednesday, 9am beginners class, 10am advanced class, cost is \$5 per session

- The Boyne District Library Book Club meets at 7pm. Information at www.boynelibrary.org.

Follow the Action

Pick up the Charlevoix County News each week for comprehensive coverage of your Charlevoix County Area High School Teams.

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