

News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

weather

THURSDAY



HIGH: 19
LOW: 11

FRIDAY



HIGH: 22
LOW: 17

SATURDAY



HIGH: 27
LOW: 15

2016-17	AMT	CITY
1/9/17	24.9	ATLANTA
1/9/17	47.5	BOYNE FALLS
1/9/17	35.2	CHARLEVOIX
1/9/17	39.4	CHEBOYGAN
1/9/17	72.5	EAST JORDAN
1/9/17	112.1	GAYLORD
1/9/17	78.7	KALKASKA
1/9/17	30	LEWISTON
1/9/17	27	MIO
1/9/17	43.1	ONAWAY
1/9/17	74.1	PETOSKEY

snowfall

2017-18	AMT	CITY
1/8/18	10.6	ATLANTA
1/8/18	60	BOYNE FALLS
1/8/18	57.9	CHARLEVOIX
1/8/18	36.6	CHEBOYGAN
1/8/18	89	EAST JORDAN
1/8/18	76.4	GAYLORD
1/8/18	55.7	KALKASKA
1/8/18	27	LEWISTON
1/8/18	12.1	MIO
1/8/18	35	ONAWAY
1/8/18	75.9	PETOSKEY

2018-19	AMT	CITY
1/7/19	20.6	ATLANTA
1/7/19	33.5	BOYNE FALLS
1/7/19	25.2	CHARLEVOIX
1/7/19	35.1	CHEBOYGAN
1/7/19	40.7	EAST JORDAN
1/7/19	47.8	GAYLORD
1/7/19	40.7	KALKASKA
1/7/19	27.5	LEWISTON
1/7/19	20.2	MIO
1/7/19	37.9	ONAWAY
1/7/19	52.5	PETOSKEY

record temps

DAY	AVG	LOW	AVG	HIGH	RECORD LOW	RECORD HIGH
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)
JAN 14	12°	29°	20°	(1982)	46°	(1987)
JAN 15	12°	28°	27°	(1965)	49°	(1953)
JAN 16	12°	28°	19°	(1966)	50°	(1949)
JAN 17	12°	28°	23°	(1978)	48°	(1986)
JAN 18	12°	28°	23°	(1978)	55°	(1996)
JAN 19	12°	28°	21°	(1982)	53°	(1996)

Julius D Kowalski, 59

(JUNE 28, 1959 – JAN. 1, 2019)

Julius David Kowalski of Boyne City passed away unexpectedly Tuesday, January 1, 2019 at his home.

Julius was born on June 28, 1959 the son of Julius and Margaret Kowalski. He attended Boyne Falls High School and was very active in Basketball.

Julius was always a car guy and loved riding around looking for special cars with his soulmate Cindy for the past fourteen years. His passion was working on cars and other handyman jobs. Julius loved meeting the guys for coffee in the morning to talk cars.

Julius is preceded in death by his parents Julius and Margaret Kowalski; younger brother Darryl Kowalski and brother-in-law Patrick Mullins.

He is survived by his daughters Danielle and Kiersten Kowalski; soulmate Cindy Anderson; sisters Julia Morrow, Kathleen Mullins and Mary Jo Jaroneski; brother-in-law Vincent Jaroneski.

Julius loved talking about cars, trucks and sharing his knowledge them. He was a quiet homebody type of man that enjoyed life. He will be missed by all he came to know.

"We will truly miss the stories."

A memorial service was held Monday, January 7, 2019 at Stackus Funeral Home in Boyne City.

Family and friends wishing to share a thought or memory are encouraged to do so online at www.stonefuneral-homeinc.com.

Patricia N. (Ingalls) Zipp, 71

(JAN. 12, 1947 – JAN. 5, 2019)

Patricia Nora Zipp of East Jordan died on Saturday, January 5, 2019, at Munson Healthcare Charlevoix Hospital.

She was born on January 12, 1947, in Petoskey, the daughter of Thomas Clifford and Lois Irene (Hunt) Ingalls.

Patricia grew up in Petoskey and graduated from Petoskey High School in 1965. On July 8, 1965, in Bay Shore, she married Gary R. Zipp.

She was a loving homemaker and caregiver. She later extended her maternal care to in-home health care work and facilities like Grandvue Medical Care Facility in East Jordan and Charlevoix Hospital.

Patricia was a member of the Harvest Barn Church in East Jordan. She enjoyed vol-

unteering at the Crossroads Resale Shop in East Jordan.

Her passion was hand stitched quilts and she enjoyed making them for family and friends. Also she loved her bible study groups, gardening, and taking trips to many Amish auctions. Most of all, she loved spending time with her family.

She is survived by her husband, Gary R. Zipp of East Jordan; five children, Daniel Zipp of Ellsworth, Carol Zipp of Traverse City, Rose (Darwin) Rogers of East Jordan, Thomas "Tom" (Molly) Zipp of Charlevoix and Joy Takala of East Jordan; fifteen grandchildren; three great grandchildren; two sisters, Margaret "Peggy" Ball of Anderson, Indiana and Polly Kirk of Middletown, Indiana; and several nieces and nephews. Patricia was preceded in death by her parents.

Funeral services will be held on Wednesday, January 9, 2019, at 12:00 Noon at the Harvest Barn Church, 210 S. Lake Street, East Jordan, MI 49727. Rev. Kimon Criner will officiate with interment at Lakeside Cemetery, East Jordan in the spring at a time to be announced.

The family will receive friends on Wednesday from 10:00 A.M. until service time at the Harvest Barn Church.

Memorial contributions may be directed to Crossroads Resale Shop, 6710 M-32, East Jordan, MI 49727. The family was served by the Penzien Funeral Home, East Jordan.

Evelyn J Auffant, 94

(MARCH 19, 1924 – JAN. 1, 2019)

Evelyn J Auffant of Charlevoix died peacefully January 1, 2019 at the Georgia House.



Born in 1924 to Louis and Augustina (Hoffman) Ramu, Evelyn graduated from Hunter High School and attended Hunter College in New York.

Evelyn was a devout Christian woman who loved her Lord. She was an active member of the 1st Baptist Church of Tarrytown, NY. After moving to Charlevoix, she became a member of the Community Reformed Church and a steadfast prayer warrior.

In her younger years she hosted neighborhood bible studies and continued to regularly attend bible studies all throughout her life. Evelyn was kind, compassionate and a sincere friend to all she knew.

She cherished her family and was affectionately known as "Mimi". She was a devoted wife, mother, grandmother and great grandmother.

Evelyn enjoyed reading and

was a talented piano player who loved music.

Before retiring to Charlevoix, Evelyn spent many years working as a legal assistant at a law firm in New York.

On October 7, 1943 at the 1st Spanish Baptist Church in New York City, she married John J Auffant.

Together they enjoyed 68 wonderful years of marriage before he passed away in 2011.

Surviving Evelyn are her children Dianne (John) Coolman of Charlevoix, Jack (Teri) Auffant of TX, Ron (Gail) Auffant of NH,

Grandchildren Russ (Kathleen) Coolman, Christy (Monty) McKentrey, Brian Coolman (Stephanie), Michael (Carissa) Auffant, Gabriel Auffant, David Auffant,

Sam (fiancé Courtney Glynn) Auffant, Liz Auffant, Brian Auffant, great grandchildren Kate and Brian Coolman, Sofia and Kobe McKentrey, and Connor and Olivia Coolman.

She is also survived by her sister Irsa Giglio of New York and many nieces and nephews.

Preceding her in death were her parents, her husband John, brothers Louis, Edwin, Jackie, and sister Gloria Torres.

Funeral services were held Saturday, January 5, at the Community Reformed Church of Charlevoix.

Spring burial will be held in Undine Cemetery, Hayes Township.

Memorial contributions can be given to the Community Reformed Church Memorial Fund or Safe Haven Breakfast Club also at the church.

Arrangements have been handled by the Winchester Chapel of Mortensen Funeral Homes. Please sign her online guestbook www.mortensenfuneral-homes.com.

Jerry Joe Gerber, 73

(MAY 14, 1945 – JAN. 1, 2019)

Jerry Joe Gerber, 73, of Charlevoix, died Tuesday, January 1, 2019 at the Georgia House. He was born May 14, 1945, to Aaron and Emma (Weaver) Gerber in Fairview, MI.



During his lifetime he was employed in many occupations, a few of which included carpenter, shoe repairman, maintenance at AuSable Valley Nursing Home, meat man at Troyers Meat Market, woodworker at Brumm's Showroom, and greeter at Walmart. He took an active part in Grace Fellowship Mennonite Church where he

was a member for many years.

He is survived by his wife Lauren (Schrock); two daughters, Serena Gerber and Sovina Gerber, Charlevoix; one son, Samuel Gerber, Charlevoix; four sisters, Betty (Norm) Zimmerman, Mechanicsburg, PA, Sarah (Melvin) Bitikofer, Salem, OR, Nancy (Nelson) Troyer, South Boardman, MI, and Ruth (Doug) Miller, Fairview, MI; and one brother Harry (Carolyn) Gerber, Fairview, MI. He was preceded in death by his parents.

Visitation will take place Friday, January 4, from 6-8 p.m. at the Winchester Chapel of Mortensen Funeral Homes.

Funeral Services took place Saturday, January 5 at Bethany Lutheran Church, 11906 Old US Highway 31 N, Charlevoix.

Arrangements have been handled by the Winchester Chapel of Mortensen Funeral Homes. Please sign his online guestbook www.mortensenfuneralhomes.com.

Janis Irene (Arbuckle) Glass, 81

(JAN. 23, 1937 – DEC. 29, 2018)

Janis Glass of Charlevoix passed away at home on Dec. 29, 2018, at the age of 81.



A well-known local artist, Jan painted award-winning watercolors that were exhibited at the Detroit Institute of the Arts and at other museums and galleries around the state. Her signature work consisted of delicate botanical paintings of plants native to the North Point area where she lived. For nearly a decade, she wrote and illustrated a weekly column for the Charlevoix Courier on the natural beauty of her home region.

Jan painted a large-scale mural for the Charlevoix Historical Society and produced the cast-relief tile featured above the fireplace in the Belvedere Room of the Charlevoix Public Library. She had a degree in art education from Central Michigan University, and she taught art in both public and private schools in several Michigan communities, as well as at Bay View and the Crooked Tree Arts Center.

A fourth-generation resident of Charlevoix, Jan served on several local volunteer boards. She and her late husband, Dale Glass, shared a love of gardening, walking the North Point Nature Preserve and researching the genealogy of their families.

Janis Glass is survived by her children, Laura and Craig, granddaughters Lind-

say Thomas, Lauren Glass and Hannah Glass, brother Michael Arbuckle and sister Kathy Anderson, as well as many nieces and nephews.

In lieu of flowers, the family asks that donations be made to the Bergman Center, 8888 Ance Road, Charlevoix, or the Charlevoix Public Library, 220 Clinton St., Charlevoix.

Funeral services will be held at the Community Reformed Church on Saturday, January 12 at 11:00 a.m.

Richard Russell, 82

(MARCH 31, 1936 – DEC. 27, 2018)

Richard "Dick" Russell passed away on December 27, 2018, in Charlevoix. He was born to parents Carl and Ruth Russell, on March 31, 1936 in Charlevoix, Michigan. He will be lovingly remembered by his wife of 58 years, Mary; their children, Richard, Dan (Janet), David (Nancy), Thomas, Becky (Kevin) McLenon, and numerous grandchildren.

He is predeceased by his parents Carl and Ruth; brothers, Jerry, Jack, Don, Bill, Ron, Doug, and sister Elaine.

At Richard's request, there will be no services. Burial will take place at Brookside Cemetery in the spring of 2019.

Don Errol Benz, 68

(JUNE 21, 1950 – JAN. 5, 2019)

Don Errol Benz of East Jordan passed away suddenly on Saturday, January 5, 2019 at Munson Healthcare Otsego Memorial Hospital in Gaylord.



Don was born on June 21, 1950 in Bay Village, Ohio to Emil and Jeannie (Milinski) Benz. Both parents and brother, Bruce, preceded him in death. Don is survived by his wife of 42 years, Jane (French) Benz; his brother, Ron Benz; his children, Eric Peters, Marc Peters, Celia McGeorge and Russell Benz; 8 grandchildren; and many nieces and nephews. He was also preceded in death by his beloved dog, Sadie. He is survived by his dogs, Winnie and Bo.

Don served in the U.S. Navy (PO3 Vietnam) until 1976. After leaving the Navy, he worked in the oil fields and in maintenance until his retirement. Don had many hobbies including hunting, fishing, riding motorcycles, camping, spending time by the campfire with friends and family and spending time crafting in his workshop.

His life will be remembered

and celebrated from 2:00-5:00 PM Wednesday, January 9, 2019 at Boyne City Eagles, FOE #1583, 106 River St., Boyne City, MI 49712.

His family respectfully asks those who wish to consider a memorial contribution in his name to the Charlevoix Humane Society or to the family to assist with expenses.

Eileen K. Elliott, 73

(AUG. 27, 1945 – DEC. 27, 2018)

Eileen K. Elliott of Charlevoix passed away on December 27, 2018 at McLaren Hospital in Flint.



She was born on August 27, 1945 in Charlevoix, the daughter of Albert R. and Florence (Himebauch) Elliott.

Eileen was a 1963 graduate of Charlevoix High School and went on to Beauty School. She was known for her great sense of humor and her cooking abilities, especially her banana bread, fudge, lasagna and white chicken chili. She was a sewing and quilting queen. Eileen enjoyed making and donating hats and mittens to those in need here in Charlevoix as well as Kentucky and making her family bags. She also made quilts with vibrant and fun colors for those in hospitals, young and old.

Eileen was a fun loving and caring person. She took care of her father and brother-in-law while ill, and would watch pets for family and neighbors whenever they were in need.

She retired from Nabisco after many years and was proud to be a breast cancer survivor.

Surviving is her sister Ethel Jean Caudill, niece Juanita (Michael) Turner, great-nephew Hunter and great-niece Paige Turner, brother Roy (Jane) Elliott as well as other nieces and nephews. She was preceded in death by her parents and brother-in-law Arlie Caudill.

Funeral services were held Saturday, January 5, 2019 at the Winchester Chapel of Mortensen Funeral Homes in Charlevoix. She will be buried in Rosehill Cemetery in Eaton Rapids in the near future.

Memorial contributions may be made to the American Cancer Society or the Alzheimer's Association.

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

LETTERS TO THE EDITOR

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

Dear Editor:

All of us at the Women's Resource Center of Northern Michigan are grateful for the generous outpouring of support during the Safe Home Harvest Food and Supply Drive.

Individuals and groups donated non-perishable

foods, household goods, gifts, personal care items, grocery gift cards and financial contributions that resonate deeply with the women and children staying at the Safe Home who are working to rise above the physical and emotional pain of domestic abuse.

Please know that your

kindness comforts, nourishes and surrounds survivors with a much-needed feeling of home as they warm a bowl of soup, take a hot bath, diaper their child, or read a book with their family.

One woman told us, "I appreciate everything. I feel that my life has meaning

and there is help, no matter what, no matter when."

Thank you for making a difference! We appreciate your kindness and caring.

Sincerely,
Jamie Winters
Safe Home Coordinator

IMMEDIATE OPENING FOR NEWS REPORTER

-- BOYNE CITY, CHARLEVOIX, EAST JORDAN --

Attend and report on local governmental meetings, school board and local news reporting. Experienced writer and photographer a plus. Must have Digital camera and computer.

E-mail info and samples to Dave at Office@CharlevoixCountyNews.com



BOSS SENTENCED

ROM PG. 1A

that a personal protection order against him be enforced. The woman said she primarily wants Boss to get the help he needs.

"I would never get peace knowing he could potentially do this to someone else," she told the court,

"Nobody deserves this, not my worst enemy."

Boss, a 2002 graduate of Charlevoix High School, lettered in football, basketball, baseball and track & field while there. He won All-Conference honors in football, basketball and baseball and was named his team's MVP for football when he was a senior and took his team to the Class C semifinals in basketball as a junior.

He went on to graduate from Northern Michigan University where he was eventually hired as run game coordinator and offensive line coach for the football team. It was there Boss was employed when the incident occurred in 2016.

Boss was then hired as offensive coordinator and quarterback coach for the Finlandia University football team in January 2017

and became head coach for the Lions team in November, 2017. However he lost that job soon after his arrest and conviction.

Judge Kangas sentenced Boss to 12 months probation and to pay \$1,355 in court costs and fines. He must also serve community service hours and complete a course on domestic violence.

News

Northern MI Camping & RV Show starts January 17

NORTHERN MICHIGAN CAMPING & RV SHOW

BY JIM AKANS

It may be a touch on the cool side right now, but in just a few months the camping and RV season will be in full swing. To check out the latest equipment, accessories, vehicles and more, don't miss the Northern Michigan Camping and RV Show taking place at the Ellison Place in Gaylord January 17-20. This is a one-time opportunity to view a vast selection of products, meet directly with manufacturer representatives and save up to thousands of dollars.

This is the largest original indoor RV show in Northern Michigan. The 30,000

square foot Ellison Place facility will be packed with the latest offering by such well recognized manufacturers and brands as Heartland, Keystone, Forest River, Coachmen, Bighorn, Cedar Creek, Alpine, Chaparral, Outback, Catalina, Freedom Express, Apex, Palomino, Clipper, R Pod, XLR and Raptor. Whether a seasoned camping or RV enthusiast, or those looking to start their first outdoor adventure, attendees can easily spend hours perusing the show, learning about products and applications, and discovering the equipment and accessories that will fit and enhance their experience.



To check out the latest equipment, accessories, vehicles and more, don't miss the Northern Michigan Camping and RV Show taking place at the Ellison Place in Gaylord January 17-20. Photo by Jim Akans



The 30,000 square foot Ellison Place facility will be packed with the latest offering by such well recognized brands as Coachmen, Forest River, and Heartland with models such as Big Horn, Cedar Creek, Chaparral, Trail Runner, Outback, Apex, Freedom Express, Catalina, Clipper, R-Pod and more. Photo by Jim Akans. Photo by Jim Akans

The Northern Michigan Camping & RV Show will also be a food drive benefit for The Refuge; an emergency overnight shelter for those who are homeless in Otsego County. The Refuge is a no-debt organization whose mission is "to facilitate community organizations and churches to help those without a home by providing a warm, safe place for adults to sleep overnight, November-

April."

Admission to the show is to bring three non-perishable food items or a cash donation, and all food items and donations will go to The Refuge. Members of The Refuge Board will be at the show accepting the donations and answering questions about their much needed service for the homeless.

The Northern Michigan Camping & RV Show will

take place over a four-day period. There will be door prizes given away every day of the show. Show hours will be:

Thursday, January 17; 9am-9pm

Friday, January 18; 9am-9pm

Saturday, January 19; 9am-9pm

Sunday, January 20; 9am-5pm

For further information, and a chance to enter a

drawing for a Summer of Camping Vacation Give-away, visit www.rvshowofthenorth.com. One lucky winner will win a grand prize worth over \$4,000. Attendees can also enter the drawing at the show.

Ellison Place is located at 150 Dale Drive off South Otsego Avenue near exit 279 south of Gaylord.

U. S. MILITARY VETERAN OF THE MONTH



The Veteran of the month of January 2019, is Calvin C. Dougherty. Born March 18, 1922 in East Jordan Michigan to parents Harry and Nellie Brooks Dougherty. There he grew up and attended East Jordan Schools. Calvin worked at the East Jordan Iron Works, now known as EJ USA. On 11 December, 1942 at Fort Custer Michigan, he along with his brother Nolan enlisted into the United States Army. Several months later their brothers Alfred and Roy also enlisted.



CALVIN C. DOUGHERTY

Receiving basic and advanced infantry training at Camp Claiborne Louisiana; Camp Howze Texas; and Fort Meade Maryland, Dougherty was assigned to Company I, 28th Infantry Regiment, 8th Infantry Division and in June of 1944 was sent to the European Theater of Operations. Dougherty's parents were informed by the Government that their son was listed as missing in action on 1 December 1944. Through fierce fighting in northern Germany, Private First Class Dougherty was given a battlefield promotion to Sergeant. Near the town of Vossenack Germany, leading a patrol to contact another platoon that had been cut off from their battalion by enemy forces, Dougherty's patrol came under heavy machine-gun fire, wounding everyone in the patrol, and mortally wounding Dougherty. The battle of the Hurtgen Forest raged on, and Dougherty's body was never recovered. On 30 June 1947, a German Forester from Vossenack Germany, discovered the

body of an American Soldier in the Hurtgen Forest region and notified the United States Military, who removed the body to the United States Military Cemetery at Neuville Belgium. After identification, Dougherty's remains were sent back to the states for burial in Sunset Hill Cemetery at East Jordan Michigan. Sergeant Dougherty was posthumously awarded the Combat Infantryman Badge; The Silver Star Medal; The Bronze Star Medal; the Purple Heart Medal. On 1 December 1944 Sergeant Calvin C. Dougherty answered the final call and is being honored by his siblings Marcella Booth; Dolly Murray; Leona Graham, and extended families.

To honor a veteran, call the program chairman at (231) 588-6067 or on Tuesdays call (231) 582-7811 between 3:30-8:30 p.m. The ceremony may be witnessed on the first Thursday of each month at The American Legion Post located on the corner of South Lake and Main streets in Boyne City, Mich. at 6:15 p.m.

"Cosmic Harmony of the New Year" presentation at Circle of Arts Center

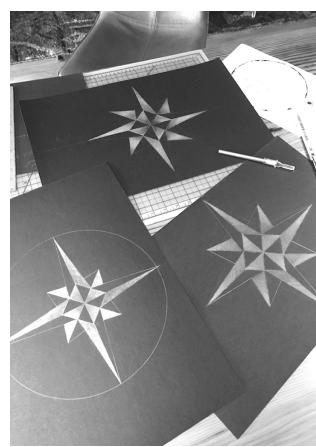
On January 10, starting at noon at the Charlevoix Circle of Arts, Mary Stewart Adams, Star Lore Historian, will share the celestial highlights of the new year. The presentation is titled; "The Compass Rose of Wind & Stars as a Meditation on the Cosmic Harmony of the New Year." Among the upcoming celestial events will be the total eclipse of the moon that will occur on January 20-21, which will be visible all over North America. In addition participants will work on a hands-on project creating a compass rose of wind and stars.

On historical navigation maps, a "compass rose" usually appears as an 8-

pointed star used to indicate the cardinal and ordinal directions. On a ship's compass, these points were named for the wind that came from that direction.

The sidereal compass rose, or "rose of stars" on the other hand, marked 32 compass points, based on certain stars as they rose and set in the sky. This type of compass originated with the nomadic tribes of the Middle East, who traveled through the desert lands gleaning their direction from the stars, rather than from sailors making best use of prevailing winds.

Joining the roses of wind and stars is a beautiful way to celebrate the new year



Mary Stewart Adams, Star Lore Historian, will present an Inner Circle Gallery Talk at Charlevoix Circle of Arts on January 10. Courtesy photo

artistically and contemplatively! Also, our event is planned

in conjunction with the International Year of Astronomy's 100 Hours of Astronomy campaign, through which events around the world are being coordinated as part of the International Astronomical Union's 100th Anniversary in 2019, and to highlight the role of Astronomy in bettering the world.

This event is free and open to the public. The Charlevoix Circle of Arts is located at 109 Clinton Street in Charlevoix. For additional info: www.storytellersnightsky.com, <http://100hoursofastronomy.org> or visit charlevoixcircle.com.

Char-Em United Way funding now available

Char-Em United Way's 2019 community investment process is underway with a call for letters of intent to apply. Non-profit agencies that provide programs and services meeting the health and human service needs of Charlevoix and Emmet County residents are encouraged to apply.

Applications can be requested by contacting United Way at 231-487-1006 or info@charemunitedway.org. Letters of intent will be reviewed and invitations to apply for a grant will be emailed the week of February 4th. For those invited to apply for general grant funding, applications are due to Char-Em United Way on March 22.

"We are thrilled to start this year's grant process."

Anora O'Connor, United Way CEO shares, "This is one of the parts of my new role here that I've been absolutely looking forward to. In 2018, we awarded grants to 10 agency programs with funding ranging from \$3,000 to \$20,000, plus the continuation of the Dolly Parton's Imagination Library program and the development of the new Business Resource Network. We are still accepting contributions for this campaign, and all donations received through the end of April will be awarded in this investment cycle."

United Way staff and Board members will review the submitted applications. Those agencies whose requests meet United Way's guidelines

will then be contacted to make a presentation to United Way's Citizens' Review Panel in mid April. The Citizens' Review Panel reviews the requests for funding, hears the presentations, seeks additional information, and makes recommendations to the United Way Board of Directors. The Board of Directors will meet in early May to consider the recommendations of the Panel and to make the final funding decisions.

If you would like to participate on a review panel, or for more information about Char-Em United Way or the funding process, contact United Way at 487-1006 or info@charemunitedway.org or write P O Box 1701, Petoskey MI 49770.

CARBON MONOXIDE

FROM PG. 1A

using the pool on New Year's Day, some as hotel guests and others who were local residents and pay a small fee to enjoy the facility on a daily basis.

Thorp said although none of the pool users required ambulance transport to the hospital, many did seek medical attention on their own. Still others were visited by EMS staff for check-ups at their homes after the incident. No serious injuries were reported and other guests and staff at the hotel were also checked and cleared of any possible symptoms.

"We are taking this extremely seriously and we're doing everything we need to, to make it safe," said AmericInn general manager Jessie Corp. "It is very unfortunate and we are sorry."

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Which Home Improvements Add Value?

While some home improvements can add significant dollars to the resale value of a residence, others are barely worth the investment. So how can homeowners decide which improvements will add significant value and which won't?

Here's a few tips on cost-effective improvement; upgrades that can make the difference in the sale price and add value to your property.

As a rule, kitchens and baths are the two areas that most often make the difference in a sale. They make the most impact on buyers, and definitely impact what buyers perceive the property is worth. But, kitchens and baths are not inexpensive to upgrade.

The national average for remodeling an entire kitchen is more than \$20,000 with some running upwards of \$30,000. Complete remodeling can include cabinets, floors, counters, sinks, appliances, lighting fixtures and new windows.

But, there's a way to put a new look on this important area without spending significant moneys. For a relatively low cost, homeowners can make spot improvements. For example, for as low as \$1,000 the existing countertop can be replaced with a Formica top. For \$2,500 to \$3,000, the existing cabinet faces can be replaced with solid oak faces. Homeowners can buy a new sink at a home furnishing store and have a contractor install it for approximately \$300 - \$400. The end result is improved appearance-and usually a higher selling price for relatively minimal expenditure.

Other areas that influence price: Central air conditioning is an important feature for which buyers will usually pay extra. Room additions, on the other hand, may add value, but may not end up paying for themselves. Upgraded carpeting, top-of-the-line windows and vaulted ceilings can command higher resale prices, but it is unlikely that the seller will be able to recoup their original investment.

Existing features that have diminished with age can usually be repaired without a lot of added expense. Hardwood floors, for instance, cost \$1.50 - \$2.00 per square foot to refurbish, but it is a good investment because buyers are willing to pay more for the refinished appearance.

For older homes, people are more energy conscious, so improvements in the insulation of windows, doors and storm doors are smart investments.

In general, neutral, light and bright are the best rules to follow-a neutral decor, freshly painted walls and clean carpeting also help to sell a home faster.

Real Estate Feature Property



Classic ranch on over two-and-a-half acre hilltop setting

BY JIM AKANS

Situated on an over two-and-a-half acre Boyne City setting with panoramic views, this classic ranch home with finished walk-out basement is a rare real estate opportunity.

This three-bedroom, one-and-a-half bath home has been in the same family for over 80 years. The approximately 2,060 square feet of interior space is

nice designed with features that include an open living, dining and kitchen area, two fireplaces (one in the living room and one in the lower level family room), beautiful hardwood flooring in the bedrooms, and a second "kitchenette" on the lower level. There is a 28x32 foot pole building plus a storage shed on the property.

The over two-and-a-half acre hilltop setting encompasses 11 city lots. The sweeping view

are absolutely stunning and include beautiful Lake Charlevoix. The home is less than a football field away from the 300 acre Avalanche Preserve, which offers incredible nature trails. Downtown Boyne City, with a vast offering of dining, shopping, recreational and entertainment possibilities, is also close by.

This classic ranch on and over two-and-a-half acre hilltop setting is located at 1141

Pleasant Avenue in Boyne City, and it is listed at \$249,900. For more information or to arrange a home tour, call Marty Moody, Associate Broker or Christopher Christensen, Associate Broker at Lynda's Real Estate Service in Boyne City at 231-582-9555 or email at Marty@lyndas-realestateservice.com, or Chris@lyndasrealestateservice.com.



Charlevoix County News

VOLUME 10 ISSUE 29

E-Mail News Releases and Announcements to
Office@CharlevoixCountyNews.com

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The Charlevoix County News is published weekly on Thursdays.
Published by Michigan Media, Inc., PO Box 1914, Gaylord, Michigan 49734.

POSTMASTER: Send address changes to Charlevoix County News,
PO BOX 1914, GAYLORD, MI 49734-5914

Distributed to Boyne City, East Jordan, Charlevoix,
Boyne Falls, Walloon Lake, Ellsworth and Atwood.

Available on News Stands: 75 cents a copy.

Subscriptions:

Local Home Delivery of the News: \$55.00/year.
Out-of-County Delivery of the News: \$75.00/year.

(Local area includes Boyne City, Boyne Falls, Charlevoix, East Jordan, Ellsworth, Petoskey, Gaylord)

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LOOKING BACK AND LOOKING FORWARD

Celebrating our Successes and Gathering Your Input



ALL ARE WELCOME

We have some exciting community development efforts underway in our community and we need your insight. Listen to short presentations from community leaders and learn about the Banks Township master plan, the Ellsworth Downtown Development Authority, and the sanitary sewer feasibility study. Enjoy light refreshments. Together, let's move our community forward.

6:00 - 8:00 PM

Wednesday, January 16, 2019
Banks Township Hall
6520 Center Street

News Briefs

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

EAST JORDAN

CHAMBER ANNUAL MEETING/DINNER/AUCTION/ AWARDS TICKET DEADLINE

January 11. Must RSVP by January 11 for tickets (\$50 each). Please contact the Chamber Office at 231-536-7351 or email info@ejchamber.org. The event will take place on January 26, 5:30-9pm at Castle Farms. The Chamber's largest event of the year, the Annual Dinner kicks off the new year with an awards program, dinner and live and silent auction. Community members, Chamber Member businesses and organizations are honored and recognized annually with the Citizen of the Year and Spirit Award presented to deserving individuals and business owners. The Chamber's second largest fundraiser, next to membership dues, culminates the evening with spirited live auction. A silent auction is held during the Social Hour in the Castle's Gallery.

BOYNE CITY

WHETHER GOD IS FAIR DISCUSSED

January 13, 6:30pm, Lifetree Cafe. The program, titled "Does God Play Favorites? Why Would a Caring God Bless Some and Not Others?" features the filmed stories of people affected by a devastating fire. Some residents describe how their house was "miraculously" spared, while others tell how their lives' possessions were lost in the forest fire. Admission to the 60-minute event is free. Lifetree Café is in the First Presbyterian Church, 401 S. Park St., Boyne City. Use the Pine St. entrance.

PETOSKEY

GLCO RECITAL; PIANO DUO

January 13, Emmanuel Episcopal Church, 1020 Mitchell St. Please join us for an afternoon of exciting music featuring Duo Pianists: Michelle Mitchum & Robin McCarty. Free Will donations will be taken at the door.

EAST JORDAN

JOPPA HOUSE PRESENTATION AT EJ UNITED METHODIST CHURCH

January 14, 1pm. Pastor Ginger Stevens of the Third Day Fellowship & Outreach will be speaking at the East Jordan United Methodist Church. Her focus will be on the Joppa House which is a transitional home in Charlevoix for women and children who are facing homelessness or are homeless. The transitional housing is intended to empower, mentor, and train women in life skills necessary to permanently resolve the situation of finding themselves facing homelessness. The presentation is open to all, and there will be an ingathering of paper products and diapers. Light refreshments will be served after the presentation.

CHARLEVOIX

CHAMBER BUSINESS AFTER HOURS

January 15, 5-7pm, Lake Charlevoix Brewing Company. Come mix and mingle at Business After Hours. Hosted by Lake Charlevoix Brewing Company. Networking, Food & Fun.

WALLOON LAKE

SNOWSHOE ADVENTURE

January 16, 10am, Indian Garden Nature Area. Join the Walloon Lake Trust and Conservancy staff members as we snowshoe through the Indian Garden Nature Area. Director of Conservation Programs, Heather Huffstutler, will guide the group around one of our favorite preserves and share a bit of ecological knowledge, too. This is a family friendly event and a perfect way to enjoy the beautiful, snowy season we all love Up North. Registration is appreciated, please call the office

at 231-535-6112 or email us at wla-wlcc@walloon.org.

BOYNE CITY

ANNUAL AWARDS GALA

January 17, Boyne Mountain. This year, the Annual Awards Gala has a red carpet theme. We are hoping everyone will get into the fun and dress up like the local celebrities we know they are! Dust off those fancy duds - suits and dresses, or tuxes and gowns if you really want bonus points - and give them new life at the Annual Awards Gala. New this year, we'll have a plated meal, with your choice of entrée options that you can choose when you register.

CHARLEVOIX

EMPLOYEE RETENTION INFORMATION SESSION

January 17, 2-3:30pm, Char-Em ISD (Emmet Room), 8568 Mercer Boulevard. Local businesses will learn about the benefits of participating in a Business Resource Network (BRN). The information session will feature an expert panel that will include BRN Success Coach Kate Stolarski and local member employers who will discuss the many benefits offered through Business Resource Networks. There is no charge to attend the event. Companies may reserve a seat or learn more about the positive impact of the Business Resource Network by contacting Evelyn Szpliet at Evelyn.Szpliet@NetworksNorthwest.org or 231.631.2613.

PETOSKEY

LUNCHEON LECTURE SERIES; PUBLIC TRANSIT

January 18, Lunch begins at 11:30am, NCMC Library conference room. After years of debate, public transit is finally being expanded in Emmet County to reach many more people. County Administrator John Calabrese explains the new service and how you can benefit from it. Reservations are required. You must call 231-348-6600 or email luncheonlectures@ncmich.edu to reserve your place for each presentation. Cost is \$12

BOYNE CITY

FRESHWATER CONCERTS PRESENTS THE WAY DOWN WANDERERS

January 19, 8pm, Freshwater Gallery, 217 South Lake Street. It's infectious, high energy music. Five young men leaning into every tune with heart and soul. The band creates layers of lush instrumentation that serve as a perfect soundscape for their gorgeous vocal harmonies. Tickets are \$30 in advance and \$35 at the door. To reserve call (231) 582-2588.

BOYNE CITY

2ND ANNUAL "FAT AND FLURRIOUS" BIKE RACE

January 19, Avalanche Mountain. Test yourself and race your buddies to see who can make it around the groomed trails at Avalanche Mountain the fastest. The course will change this year (since last year was scorching fast and had textbook race conditions). The final course map will be released one week prior to the event and will be condition-dependent. The After Party will again be held at Stiggs Brewery & Kitchen, and this is also their anniversary party. Awards will be held outside and good food and libations will be available. All event proceeds will be donated to the Top Of Michigan Mountain Bike Association. Info at www.fatandflurrious.com

BOYNE CITY

ILLEGAL IMMIGRATION DISCUSSED

January 20, 6:30pm, Lifetree Cafe. The program, titled "Kids Without a Country: An Illegal Immigrant's Story," features the filmed story of Reyna Grande, who crossed the border with her family illegally when she was 9 years old. The Lifetree program

explores the challenges facing immigration reform, including issues surrounding children of illegal immigrants. Grande, now a teacher and author, describes the border crossing and her subsequent life as an undocumented alien. She's the author of The Distance Between Us. Admission to the 60-minute event is free. Lifetree Café is in the First Presbyterian Church, 401 S. Park St., Boyne City. Use the Pine St. entrance.

PETOSKEY

LUNCHEON LECTURE SERIES; RECREATIONAL MARIJUANA

January 25, Lunch begins at 11:30am, NCMC Library conference room. On December 6, 2018, the recreational use of marijuana became legal in the State of Michigan, the result of a constitutional amendment approved in November. Medical marijuana has been legal in Michigan since 2008. While marijuana may be used legally in the State of Michigan, it remains illegal under Federal law. What does that mean for our community? Emmet County's chief assistant prosecutor, Stuart Fenton, and Sheriff Pete Wallin will explain. Reservations are required. You must call 231-348-6600 or email luncheonlectures@ncmich.edu to reserve your place for each presentation. Cost is \$12.

BOYNE CITY

DISTRACTED DRIVING WORKSHOP

January 26, 10am-2pm, Boyne District Library community room. Join Michigan State Trooper Corey Hebner and Officer Dan Mercer from the Boyne City Police Department as they demonstrate and educate us on how dangerous distracted driving can be...including a chance to use a driving simulator! Ages 14 and up. RSVP for use of driving simulator: call the library 231-582-7861 or online www.boynelibrary.org/programs.

BOYNE CITY

TV'S BIGGEST LOSER INTERVIEW

January 27, 6:30pm, Lifetree Cafe. Tips and strategies for losing weight and becoming healthy will be shared at Lifetree Café on Potluck Sunday, Jan. 27. Bring a dish to share at 5:30. Program at 6:30. The program, titled "Hard to Be Healthy: TV's 'Biggest Loser' Weighs In," includes a filmed interview with Jaron Tate, a contestant on NBC TV's The Biggest Loser. Tate shares his secrets for losing over 150 pounds and keeping the weight off. Lifetree Café is in the First Presbyterian Church, 401 S. Park St., Boyne City. Use the Pine St. entrance.

BOYNE CITY

HOW TO SELL A BUSINESS WORKSHOP

January 31, 9am-2pm, Boyne City Hall, Michigan Main Street, in partnership with the Small Business Development Center, is presenting a "How to Buy or Sell a Business" workshop. The workshop will be held from 9am to 2pm with registration beginning at 8:30. The workshop fee is \$75, but Boyne City businesses can participate free of charge by using code MMSBiz when they register. Workshop details and registration are online at clients.sbdcmichigan.org. Pre-registration is preferred; however, walk-ins will be welcomed.

CHARLEVOIX

SHADOWFEST

February 1 & 2, Downtown. Charlevoix's Groundhog Shadow Fest celebrates the best of winter. With numerous fun activities, there is something for everyone. Pancake Breakfast, Shadow Fest Soup Contest, Free Movie @ Charlevoix Cinema III

Kids Events & Prizes, Beer Tent - DJ Big Mike, Live Music featuring the Galactic Sherpas, Disc Golf Putting Contest, Cocktail Contest and Amazing Dis-

counts at Downtown Stores. Schedule at charlevoixshadowfest.com

CHARLEVOIX

CHAMBER ANNUAL MEETING AND AWARDS BREAKFAST

February 8, 7-9am, Castle Farms. Please join us in celebrating the award winners: Outstanding Citizen; Maureen Owens, Business of the Year; Charlevoix State Bank, New Business of the Year; Northern Explorers Child Development Center, Young Professional of the Year; Jodi Bingham, Customer Service Award; Charlevoix Public Library and Chamber Ambassador Award; Cheryl Carey. Tickets (\$30 per person) available at Charlevoix Chamber; (231) 547-2101 or email; info@charlevoix.org

BOYNE CITY

FARMERS MARKET

Boyne City Hall, Saturday, 9 am - Noon. The Boyne City Indoor Farmers Market is located in the main lobby and training room of the City Facilities Building, which is located across the street from the summer market location in Veterans Park. Twenty vendors are confirmed for the indoor market. For more information on the market, visit the Boyne City Farmers Market Facebook page or email farmersmarket@boynecity.com

BOYNE CITY

KINDER CLOSET

At Christ Lutheran Church is open from 10am to noon on the second Saturday of every month. Free baby items are provided, including diapers; wipes; clothes and more, for any Charlevoix County parent with a newborn to 24 month-old child. Christ Lutheran Church is located at 1250 Boyne Avenue in Boyne City. For more information, call 231-582-9301.

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



Boyne Falls Public Schools STUDENT OF THE WEEK



Katelyn Ealy

Grade: 3rd Grade

Parent's Name(s): Rhee and Dennis Ealy

What do you want to be when you grow up?: When I grow up, I want to be a veterinarian because I love animals.

Favorite Book: My favorite book is Sara's Unicorn.

Hobbies and Interests: Katelyn likes to do crafts in her spare time.

School Activities: At school, she enjoys reading and writing.

Staff Comments:

Dear Katelyn,

We want you to know how proud we are of you every day. You are a kind friend and a brave learner. You give 110% in everything you do. You are a reader, a writer, an artist, and a dreamer. Your smile lights up our classroom each day. Keep being the best you that you can be, because you are truly amazing. Thanking your for touching our lives with your kind heart.

Sincerely,

Mrs. Meier and Class

The community of Boyne City will be hosting a free social gathering for all veterans from 9 to 11 a.m. on the fourth Tuesday of the month 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.

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News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

East Jordan Area Chamber of Commerce conducts Ribbon Cutting Ceremonies

The East Jordan Area Chamber of Commerce conducted a Ribbon Cutting recently at the new location of Billie's Floral and Boutique. Owner Billie Jo Tracey is so excited to showcase her 20 plus years of experience in floral design at her new store located at 205 Water

Street, Suite B in East Jordan. Besides exceptional floral arrangements, fresh flower designs and unique plants she specializes in weddings and everyday arrangements and presentation. Billie's also offers classes and delivery services.

The boutique features artist created jewelry, scarves, candles, throws, "Made In Michigan" products. Billie's Floral and Boutique is open Monday thru Friday, 10am - 5:30pm, Saturday - 10am to 2pm. Billie's Floral and Boutique is a proud member of the East



The Inner Structure Interior Design Studio Owner, Jen Aenis along with family members, friends and members of the East Jordan Area Chamber of Commerce Board of Directors were on hand to help celebrate the opening of the new location in East Jordan. Courtesy photo



Billie Jo Tracey cuts the ribbon at her new location in East Jordan. Members of the East Jordan Area Chamber of Commerce Board of Directors, Mary Faculak, Chamber President/CEO along with friends and employees of Billie's Floral & Boutique were on hand to help celebrate the event. Courtesy photo

Jordan Area Chamber of Commerce and was selected Business of the Year in 2017.

The East Jordan Area Chamber of Commerce also conducted a Ribbon Cutting at the new location of The Inner Structure Interior Design Studio. The Inner Structure Interior Design Studio has moved to a new location (205 Water Street, Suite A) with a showroom four times the original space. The design studio

continues to provide comprehensive interior design for home and condominium, while showcasing several lines of furniture, floor covering and accessories. Mirrors and artwork surround vignettes providing the customer with unique ideas for their space.

The team at The Inner Structure can provide design concepts, product ordering and delivery, installation and project

management of any project. Like and follow them on Facebook and Instagram to review their latest kitchen, bathroom and living room designs. The Inner Structure is open Monday thru Friday from 10am - 5pm and 10am - 2pm on Saturdays.

Drs. Oz and Roizen

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



Long-range vision: protecting your eyes as you age

In 2012, actress Dame Judi Dench told the press that her eyesight was failing and she was unable to read her scripts. Her solution? Her daughter and agent would help her learn her lines. Dame Judy, now in her mid-80s, had been diagnosed with age-related macular degeneration, a common eye disorder that can cause blindness. By 2020, it's estimated that around 3 million older Americans will have to contend with this condition.

But AMD isn't the only vision problem that can develop as you get older: The most common are glaucoma, diabetic retinopathy and cataracts. More than 6 million Americans over age 65 have some type of vision problem. That's why it's important to take steps at every age to protect your eyes. Here are a few:

— Eye-friendly foods are rich in nutrients such as beta carotene, lutein, zeaxanthin, omega-3 fatty acids and zinc. So eat plenty of orange vegetables, such as sweet potatoes, carrots and squash, plus cooked tomatoes. Opt for dark leafy greens, berries, nuts and seeds, brown rice and citrus, which also are high in vitamins A, C, D and E. And enjoy fatty fish like ocean trout and salmon.

— Quit smoking or never start. It's linked to an increased risk of AMD, cataracts and optic nerve damage.

— Use sunglasses. Find ones that block out 99 to 100 percent of UV-A and UV-B radiation.

— Don't do digital damage! Break up computer and screen time. Try the 20-20-20 rule: Every 20 minutes look about 20 feet in front of you for 20 seconds.

What happens when teens get enough sleep?

Sarah Michelle Gellar played Buffy Summers in TV's "Buffy the Vampire Slayer," which, among other things, was about getting through high school on very little sleep. Buffy spent most nights fighting mythical creatures. As a result, she could barely keep her eyes open in class, and her academics suffered.

While most high-schoolers aren't out all night battling vampires, research finds that most are sleep-deprived. One study found that 40 percent of teens in the U.S. sleep less than seven hours nightly.

Many experts say this could be fixed by starting school later in the day. Recently, a pilot program called Sleepmore in Seattle was introduced at two high schools in Seattle. The program delayed the morning start time from 7:50 to 8:45a.m. so teens could get a half-hour more sleep and experience less drowsiness during the day.

It paid off. Many teens improved their academic performance. The late start time was associated with a 4.5 percent increase in median grades. And teens from economically disadvantaged homes had better attendance and were late less often.

So, while you're lobbying for a change of your teen's school start time, you can also make sleep hygiene a priority at your house. Experts say that teens need at least nine hours of sleep each night. Encourage your teen to develop a nighttime routine that achieves close to that. Regular physical activity and stress management help regulate the sleep/wake cycle. Also, the bed should be used only for sleep — no texting or tweeting!

Turns out red meat is double trouble

When 7-foot-tall Chicago

Bulls power forward Lauri Markkanen wanted to do something about climate change, he launched a campaign called #DontChoke that asks people to take simple steps to decrease their carbon footprint. His choice: Give up red meat.

Good move: A 2014 study revealed that producing beef requires 28 times more land, six times more fertilizer and 11 times more water than eggs, poultry or dairy — and it creates about five times more greenhouse gas emissions.

But Lauri didn't know how much he'd be improving his internal environment, too!

A study by Cleveland Clinic researchers shows that the main problem with red meat is not just its saturated fat. It seems that when nutrients in red meat encounter your gut bacteria, it changes those buggers to produce a waste chemical called TMA (trimethylamine) that is then turned into TMAO (trimethylamine N-oxide) by your liver.

The researchers found that red meat eaters have triple the levels of TMAO as those who eat a diet rich in white meats or plant-based proteins (think beans and nuts), and elevated levels are a serious risk factor for cardiovascular disease.

Fortunately, giving up red meat lowers TMAO levels within two weeks, and it helps you dodge the damage TMAOs cause.

"This study shows ... what a dramatic effect changing your diet has on levels of TMAO ...," said Dr. Stanley L. Hazen. "It suggests that you can lower your heart disease risk by lowering TMAO."

So go for the twofer: Clean up your internal environment, and the world's, too.

Make sure your vitamin D gets to do its job

When Magneto — a Marvel Comics human-mutant who

generates and controls magnetic fields — teamed up with the X-Men, it came as a surprise that the once-villainous character was now on the side of good. Sometimes the good guys need a hand to get their work done.

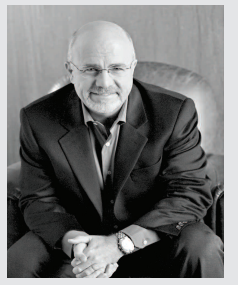
That turns out to be the case with the super-vitamin/hormone D. True, it's a defender of your immune health and neuromuscular function, protects bone strength, modulates cell growth and reduces inflammation. But according to a study published in The American Journal of Clinical Nutrition, it can't do all that if it doesn't team up with magnesium. If your body doesn't have enough magnesium, synthesis of vitamin D gets shut down, and so does its metabolic pathway.

Many of you take vitamin D supplements — Centers for Disease Control and Prevention researchers reported an 83-fold increase in blood tests to check levels from 2000 to 2010. But magnesium deficiency flies under the radar, even though around half of U.S. adults don't get enough to meet the daily recommended dietary allowance of 310-320 mg for women and 400-420 mg for men. That makes a difference, and not only for powering up vitamin D. According to a study in BMC Medicine, an extra 100 mg of dietary magnesium daily could reduce your risk of stroke by 7 percent and Type 2 diabetes by 19 percent. So, to maintain a healthful level of vitamin D, talk to your doc about checking your magnesium level, too, and increase your consumption of magnesium-rich green leafy vegetables, fruits, nuts and salmon.

Mehmet Oz, M.D., is host of "The Dr. Oz Show," and Mike Roizen, M.D., is Chief Wellness Officer and Chair of Wellness Institute at Cleveland Clinic. To live your healthiest, tune into "The Dr. Oz Show" or visit www.sharecare.com.

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DAVE Says



Dave Ramsey

Don't play the game

Dear Dave,

How do you feel about timeshares, and the free trips and dinners they offer as part of their sales pitches? Is it possible to win with these things?

Dan

Dear Dan,

In my opinion, timeshares are a complete waste of time and money. Lots of folks go into this kind of thing believing they'll play the game and win. They think they'll get a vacation weekend and other free stuff, then just say "no" when the time comes. The problem is, most people aren't as tough a sell as they think. Besides, do you really want to waste a weekend of your life letting some pushy salesperson twist your arm? That's not my idea of fun.

As a whole, timeshares have an incredibly high dissatisfaction rate. It's almost impossible to find anyone who's happy they bought into one, and there are good reasons for this. Why would you pay thousands of your hard-earned dollars for a tiny place you may or may not get a chance to visit once a year? Add to this the fact that you have no equity in the place, and you're stuck paying ongoing maintenance fees.

My advice? Don't take a chance playing the game, Dan. There are much better uses for your time and money!

—Dave

Paid in full?

Dear Dave,

I've been late on a credit card bill several times, and it was turned over to a collection agency. They have offered a couple of different payment options. If I agree to one of these, does that mean the original creditor gets paid, too?

Carter

Dear Carter,

A collection agency either owns the debt outright, or they're directly representing the credit card company in these kinds of situations. It's not unusual for things to be handled this way when someone has defaulted on a loan.

Unless you have the cash to make good on the debt outright, I'd go ahead and accept whichever deal makes the most sense for you and your current financial situation. You've already got a mark against you on your credit report for having this turned over to collections, so an indication of settlement on a credit card you defaulted on is really no big deal.

But here's my best piece of advice—stop using credit cards!

—Dave

* Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including The Total Money Makeover. The Dave Ramsey Show is heard by more than 14 million listeners each week on 600 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey.

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