

# **January 17, 2019**

# **YOUR SOURCE FOR LOCAL NEWS & SPORTS**

BOYNE CITY, CHARLEVOIX, EAST JORDAN, ELLSWORTH AND SURROUNDING AREAS

## **Route Carriers Wanted**

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Pellston - Great little get away in Pellston on large double lot. Needs flooring and the kitchen to be finished, but is otherwise ready to go. Great basecamp for snowmobilers and peopled looking for a starter place up north. Call listing agent for details. There is a great opportunity here. \$39,900



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Permit No. 70 Gaylord, MI **GIA9 US Postage** Standard Mail

# Boyne City Schools close for remainder of week due to Flu Outbreak

#### BY MICHELLE MEDJESKY

**BOYNE CITY-Students in** Boyne City Public Schools are getting an unexpected winter vacation this week after classes were called off for three days due to a flu outbreak that caused a huge number of absences.

School officials said bus drivers and early morning cafeteria workers at Boyne City Elementary School were the first to notice a sig-

nificant number of students absent on Monday, January 14.

Boyne City Public Schools Superintendent Patrick Little said it was later determined that 45 percent of students at the elementary had called in sick that day-and some staff

On Tuesday, January 15, Little said the elementary still showed lower attendance, while attendance at



SUPERINTENDENT

the middle and high schools "remained in a normal attendance pattern". However, he said as the day progressed Tuesday and reports of absences increased at the mid-

dle school, it caused the district "to consider other actions." Little said officials at the

Health Department of

See **BC Schools Closed**— Page 4A



**FILE PHOTO** 

Charlevoix opts

out of Marijuana

sales in the city

BY MICHELLE MEDJESKY

CHARLEVOIX - City offi-

cials in Charlevoix are falling

ties in Charlevoix County and

in line with other communi-

passing ordinances that forbid recreational marijuana

businesses from opening - at

The Charlevoix city council

meeting last week to "opt out"

of officially allowing commer-

cial recreational marijuana

open within the Charlevoix

City limits until the state of Michigan issue new and clari-

fies existing regulations gov-

The vote stands alongside

erning its usage and sales.

similar ordinances recently

approved by dozens of com-

munities statewide on the

wake of recreational mari-

juana usage becoming legal

in November.

to a building.

are in place.

for adults over 21 in Michigan

According to Charlevoix's

newly-minted ordinance,

recreational marijuana and

allowed to open or operate

Charlevoix until further no-

tice. The ordinance further-

smoking in public spaces and

within 25 feet of an entrance

Charlevoix city councilors

ure on the advice of city attor-

ney Scott Howard who noted

if officials here did not craft

an ordinance specifically to

"opt out" of allowing recre-

then such businesses could

apply for commercial licens-

ing before any specific local

rules regulating those sales

ational marijuana businesses,

agreed to approve the meas-

within the city limits of

more bans any form of

related businesses will not be

and related businesses to

least for the time being.

voted unanimously at its

# **Munson Healthcare Charlevoix Hospital Celebrates a Century**

# Hometown hospital offers "100 Wishes Campaign" and more in the new year

Munson Healthcare Charlevoix Hospital celebrates a century of hometown care in 2019.

The hospital plans a series of community-related activities for the year, including the granting of "100 Wishes" that will allow community members to submit a "wish for wellness" involving various departments within the hospital, including the Wellness Workshop and Rehabilitation areas.

"We're really excited to celebrate the legacy of great hospital care that is rooted deep in this community," said Joanne Schroeder, hospital president. "We are not just looking back, but looking forward to continuing the quality of service and caring that has been a hallmark of the staff and physicians who have served this facility so well over the years."

While the hospital has been at its beautiful and updated Park Avenue and Lake Shore Drive location on the shore of Lake



**Charlevoix Hospital entrance. Courtesy Photo** 

Michigan since 1954, it began more humbly.

Charlevoix Area Hospital officially incorporated on March 4, 1919, and opened its doors in a renovated house on Hurlbut Street on May 5 of the same year. Packed in the two-story structure were 22 beds, an operating room, and obstetrics unit. Prior to the hospital, care was provided in physician offices or homes.

One fascinating story involving the hospital's early years surrounds the first airplane flight to Beaver Island. In late January or early February of 1923, a 15-year-old named Jesse

Cole received a severe skull fracture during a logloading operation on the island. His family laid him

on his bed unconscious with a bandage about his

See Hospital – Page 5A



Photo of Dr. Bruce Armstrong by plane that took him to Beaver Island. **Courtesy Photo** 



FRESH USDA CHOICE BEEF **BONELESS CHUCK ROAST** 

FRESH BONE-IN SPLIT CHICKEN BREAST

"The concern is we don't' know exactly what the rules are going to be," Howard said. Charlevoix Mayor Luther

Kurtz said while he acknowledges voters' approval of recreational marijuana, he also recognizes how each municipality is charged with directing its sales.

Kurtz said he believes the "opt out" ordinance is in the best interests for the city of

See Charlevoix Opts Out—Page 4A

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**HIGH: 19** LOW: 18 LOW: 3

#### SATURDAY

2016-17

1/16/17 . . . 27.7 .

1/16/17 . . . 44.4 .

CITY

.ATLANTA

AMT

1/16/17 . . . 122.8 . GAYLORD

1/16/17 . . . 95 . . . KALKASKA

1/16/17 . . .34.6 . .LEWISTON

1/16/17 . . . 48 . . . ONAWAY

1/16/17 . . .83.2 . .PETOSKEY

1/16/17 . . . 33 . . . . MIO



**HIGH: 10** LOW: -6

# snowfall

2017-18 1/15/18 . . . 12.6 . . ATLANTA 1/16/17 . . .75.9 . .BOYNE FALLS 1/15/18 . . . 62.5 . . BOYNE FALLS 1/16/17 . . . 40.8 . . CHARLEVOIX 1/15/18 . . . 59 . . . CHARLEVOIX .CHEBOYGAN 1/15/18 . . . 36.6 . . CHEBOYGAN 1/16/17 . . .71.7 . .EAST JORDAN 1/15/18 . . . 79.5 . . EAST JORDAN 1/15/18 . . .80.9 . .GAYLORD 1/15/18 . . . 60.2 . . KALKASKA 1/15/18 . . . 27 . . . LEWISTON 1/15/18 . . .14.2 . .MIO 1/15/18 . . .35.1 . .ONAWAY

1/15/18 . . . 77.7 . . PETOSKEY

#### 1/14/19 . . .21.1 . .ATLANTA 1/14/19 . . . 39 . . . BOYNE FALLS 1/14/19 . . . 26.2 . . CHARLEVOIX 1/14/19 . . . 39.1 . . CHEBOYGAN 1/14/19 . . . 48.2 . . EAST JORDAN 1/14/19 . . .53.5 . .GAYLORD 1/14/19 . . .45.2 . .KALKASKA 1/14/19 . . . 28.5 . . LEWISTON 1/14/19 ....20.7 ...MIO 1/14/19 . . .38.6 . .ONAWAY 1/14/19 . . . 56.9 . . PETOSKEY

AMT CITY

2018-19

## record temps

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

JAN 17 ..12° ...28° ...-23° (1978)..48° (1986) JAN 18 ..12° ...28°...-23° (1978)..55° (1996) JAN 19 ..12° ...28° ... - 21° (1982) .. 53° (1996) JAN 20 ..11° ...28° ....-9° (1984)..45° (1999) JAN 21 ..11° ...28° ...-28° (1970)..43° (1957) JAN 22 ..11° ...28° ...-17° (2005)..51° (2002) JAN 23 ..11° ...29° ...-20° (2005)..50° (1969) ÅJAN 24.11° ...29°...-17° (2004)..48° (1969) JAN 25 ..11° ...29°...-10° (2004)..51° (1950) JAN 26 ..11° ...29° ...-15° (2000)..51° (1973)

#### Frank Josef Lamesfield, 100

(JUNE 14, 1918 - JAN. 15, 2019)

Frank Josef Lamesfield passed away at home peacefully on Tuesday, January 15, 2019. He was born June 14, 1918 in Winnipeg, Manitoba, Canada, and immigrated to the

United States with his family July

He was proceeded in death by his father Frank Nicholas Lammesfelder Lamesfield, mother Elizabeth Lamesfield, siblings Florence Ehl, Irene Fuller, John Lamesfield, daughter Sandra (Sandy) Snowball, grandson Kevin Brown, and recognizing previous wives Vivian Woods Lamesfield, Gertrude (Trudi) Frost Lames-

He is survived by son: Chris & wife Sharon Lamesfield, Step children: Larry & wife Diane Frost, Carl Frost and Kim Frost. Many nieces, nephews, grandchildren, great grandchildren and great, great grandchildren; and ex-wife Martha Landis Lamesfield.

Frank grew up in Flint, MI and attended Kearsley Elementary School, Central High School, Mott Community College and GMI. He worked for AC Spark Plug as an engineer and retired after 41 years! He dedicated 25 years of his life to the Bovne Mountain Ski Patrol and was an honorary life time member! He had businesses in Jackson (English Meadows Mobile Home Village), Beaverton (Pleasant Beach Mobile Home Resort), Flint (Fiberon), and Boyne City (Boyne Affordable Housing).

Frank was an active sportsman through his life including many endeavors: Roller Skating National Pairs Champion, Equestrian owner and riding prize horses, Member of the Clinton River Ski Club, Grand Canyon rafting trip at age 60, Helicopter ski week in Canadian Bugaboos at age 70, Member of Boyne City Yacht Club and owner of 42' yacht Lucky Lucky and a 36' sailboat with trips to the North Channel, Bare-boat skippering a 42' catamaran sailboat in the British Virgin Islands, Member of the Boyne City Bike Club including trips to the Blue Ridge Parkway at age 84 and Min-

nesota Boundary Waters at age 90. Visitation will be held 10:00 am to 8:00 pm Thursday, January 17, 2019 at Stackus Funeral Home, 417 Elm Street Boyne City, MI 49712 and 2:00 pm to 4:00 pm Friday, January 18, 2019 at Stackus Funeral

A funeral service will be held 4:00 pm Friday, January 18, 2019 at the funeral home with Pastor Mike Neihardt officiating.

There will be burial and grave side service in the spring.

"Thank you Private Live Inn Care LLC. of Petoskey & Aldrin & Andrea Wood for the care they have provided Dad for several years. Thank you for caring for Dad as if he were your family."

Frank's personal communication/language with his grandchildren: Enjoya etha eezebra uthra ourya airha anda etha owderpa ina ourya acefa. Ayma etha onditionsca alwaysa eba ideala orfa etha indwa ina ourya ailsa anda etha illsha alwaysa eba oomedgra. -Pig Latin (Enjoy the breeze thru your hair and the powder in your face. May the conditions always be ideal for the wind in your sail and the hills always be groomed.)

## Thomas R Kondrat, 87

(JULY 17, 1931 - JAN. 14, 2019) Thomas Robert Kondrat of

Boyne Falls passed away January 14, 2019 peacefully at home at the age of

Tom was born in Boyne Falls on

July 17, 1931 to his parents, the late Stephen and Josephine (Aldachim) Kondrat. Tom graduated from Boyne Falls High School in 1949 where he excelled in basketball. After school, Tom served in the U.S. Marine Corp from 1952-54. He married Janet Carson on April 25, 1959.

Tom was a builder and traveled to over 27 states building log

homes for Boyne Falls Log Homes. He later went on his own as a builder contractor and worked in the cedar swamps in the winter. Tom's passion was his log home on his lost 40 where he built trout ponds and enjoyed feeding the wild life. Tom, his wife and son Jim enjoyed making over 600 fish decoys until the death of their son Jim.

He is survived by his wife Janet Carson of 59 years, son Steven (Hank) and Cindy, daughters Jane Doty (Jerry) and Tamyra Rison, Grandson Jason Doty and wife Andrea, brother Bill, sisters Martha Golota, Bernadette Sparks, and many nieces, nephews and friends.

Tom was preceded in death by son James, brothers Bernard and Benjamin.

A funeral mass will be celebrated 11:00 AM Thursday, January 17, 2019 at St. Augustine Church in Boyne Falls with a visitation being held from  $10:00~\mathrm{AM}$ Thursday until the time of service at the church

#### Carol Snively, 64

(JUNE 3, 1954 - JAN. 13, 2019)

Carol Jeanne Snively of Boyne Falls passed away surrounded by family on Sunday January 13, 2019. She was born to the late William and Mary Robbins on June 3, 1954.

Carol is survived by daughter Kristin Snively, son Brian Fortune, grandsons Trevor King and Mason Snively, and granddaughter McKenzie Clark. Survived also by brothers William/Ann Robbins, Robert Robbins, Brendan/Denise Lee D.O., Barry/Marcia Lee, Bruce/Veri Lee, and step sister Kay Ellen/ Burt Bender.

She was proceeded in death by son Jonathan Lee Snively, sister Susie Robbins, parents William and Mary Robbins Lee, step father Brendan Lee D.O.

Funeral service will be held at Stackus Funeral Home in Boyne City, MI on Friday January 18. 2019 at 11:00 am. Luncheon to follow in Boyne Falls, MI at the Boyne Valley Township Hall on Railroad St. at 1:00 pm.

## Carol Bennett-McGeorge, 76

(JUNE 15, 1942 - JAN. 10, 2019)

Carol Bennett-McGeorge (Taylor) passed away quietly at home on January 10, 2019, at the age of 76. She was preceded in death by her husband, John McGeorge. Born June 15, 1942 in Carson City, MI, she grew up with her parents, Garnet (Pouch) and James Taylor, and her brothers Jim and Bill, in Boyne City, MI. Except for leaving to go to nursing school at Borgess and working for a time in metro Detroit as an emergency room nurse, she made Boyne her home until her death. She continued her career first as the nurse manager of the renal dialysis unit at NMH, then as a hospice nurse, and finally retired from the Organ Procurement Center of Michigan (Gift

Carol's time away from Boyne shaped who she became as an adult. From living with the nuns at nursing school, and the shenanigans she got into with her life-long great friend Donna Pakledinaz, to the experiences of an urban ER, she developed a wicked sense of humor and a level of compassion and empathy unsurpassed by most. She always said that her one goal in life was to be a mother, and at that she excelled. She is survived by her two daughters, Micki (Joe) McHugh and Tami (Curt Holley) Mullett. She was the type of mom who opened her home to all of her kids' friends, to the point that Steve Ketchman really should be considered her son by another mother. Her home was always filled with laughter -- sometimes maniacal, voices raised at the television while MSU games were on, Super Bowl parties, and, of course, her cats. She emphatically embraced her "Crazy Cat Lady" status, to the point of once making her cat, Fluffer's, plate of food be-

Later in life, Carol found what she loved even more than being a mom: being Grandma! Between Micki and Tami, she is survived by nine grandchildren. Katie, Molli,

fore serving the family.

#### **OBITUARIES**

Lizzi, Maggi, Joey and Bridget McHugh, and Sydney, Tommy and Elliot Mullett always knew they had an ally, friend, confidant, and a welcoming lap. She loved every stage of their development, and prided herself on what they achieved and the lives they will

Carol lived her life surrounded by an amazing group of friends and, later, special care givers (Sue, Lucy, Rachel and Mary). After she was paralyzed, she didn't want to slow down, but she did have to learn to accept help. Kathy and Cal Harris, Denny and Diane Deschryver, John and Joni Czarnecki, and Brian and Jean Mandeville all filled her life with absolute joy and humor. They also deserve a special thank you for all of their help (and driving!!) as she needed more support. Then there's her much beloved Kevin Hocquard. Kevin (along with Frank Shaler) not only oversaw the rehabbing of her house to make it handicap accessible, he was also her slightly beleaguered handy man who would have to come fix all of the dings and scrapes she'd make on the walls and doorways while trying to master her motorized wheelchair.

If you're ever wandering through the Boyne City cemetery, and stumble across the headstone with Sparty emblazoned on the back, stop and say hi to Carol. She always enjoyed a good visit. Just make sure to give her updates on her beloved Spartans.

In lieu of flowers, Carol would appreciate donations to St. Matthew's Church or the Charlevoix County Humane Societv. She loved her church community, and was active in many of its functions...and we all know she loved her cats.

Visitation will occur Friday January 18, 2019 from 5-8 (rosary at 7:30) at St. Matthew's Church in Boyne City. A funeral mass will be celebrated 11:00 AM Saturday January 19, 2019 at the church.

#### **Richard "Hambone"** Dodds, 72

(DEC. 5, 1946 - JAN. 8, 2019)

Richard "Hambone" Dodds of Boyne City passed away on Tuesday, January 8, 2019 at Grandvue Medical Care Facility.

A memorial service for Hambone will be held in spring and a full obituary will follow soon. Stackus Funeral Home is serving the family.

## Betty (Arner) Shaver, 85

(SEPT. 4. 1933 - JAN. 5. 2019)

Betty Arner Shaver passed away unexpectedly in her sleep January 5,

Betty was born in Canada becoming a U.S. citizen at 19. She attended Boyne City High School

2019



She worked at Boyne Mountain as Reservation Manager for seven years. Highlights of her job included the privilege of checking in the 1962 US Ski Team Olympic winner Billy Kidd and Michigan's own, soon to be President, Congressman Gerald Ford.

Tired of our cold winters, in 1964 she and her mother packed up the family and moved to California with hopes of a better life. She eventually worked her way up to become the Executive Secretary to the City Manager and City Council of Hawthorne for 23 years until she retired and moved back home to Boyne in 1993.

She joined the Boyne Valley Garden Club in February 1994 and by June she became President! At that time there were 10 active and 10 inactive members. She dedicated her life to the club, even purchasing a Toyota truck to be able to carry around all her gardening supplies.

By the time she stepped down, due to health and back problems

she had been president for 10 years. The club now had nearly 100 members, something she was extremely proud of. Betty was also a certified Advanced Master Gardener with over 1,600 volunteer

Betty had a strong personality and felt the need to share her knowledge, experience, insight and suggestions with others. If she saw something in print she thought would interest someone it was cut out and mailed to them. She kept herself well supplied with stamps, cards and envelopes!

She will be lovingly remembered and greatly missed here on earth, but eagerly welcomed by her departed loved ones.

Betty is preceded in death by her parents, sister, June White and brother Don Arner. She is survived by her daughter Chris Fall Knight and her son Marty Mitts, grandchildren, Jeanice, Tommy, Amanda and Austin and two great-grandchildren.

A celebration of life memorial service is planned for later this spring and will be held at the First Presbyterian Church of Bovne City. A notification will be placed in the paper at that time. A memorial bench and tree dedication in the park are also in the planning stages.

Kindness of the heart donation suggestions: The fund for the park bench and tree c/o Chris Fall Knight, the First Presbyterian Church of Boyne City or the Boyne Valley Garden Club.

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

## Marc Francis Sullivan, 66

(MAY 26, 1952 - JAN. 2, 2019)

Marc Francis Sullivan of Boyne City passed away on January 2nd, at his home in Boyne City after a strong fight with cancer.

Marc was born May 26, 1952, in Bay City, the sec-

ond son of Thomas and Cecilia (Roy) Sullivan of Saginaw. He was a 1970 graduate of Nouvel Catholic Central High School and a 1976 graduate of Ferris State University with a degree in Criminal Justice. He married Kathleen Forster in 1973 and welcomed two children

with her. Over the years, Marc worked for General Motors Company before working for Trillium Staffing Solution for a number of years. He retired in 2001 to spend more time with family, especially his granddaughter, Alexis. In his spare time, Marc enjoyed watching old movies involving western John Wayne, working outside or going to events

with his granddaughter. Marc was a hard-working, funny and fun-loving man who lived for cracking jokes and chatting with everyone he met. He was well known in Boyne City and will be missed for his sense of humor.

Marc is survived by his son, James Sullivan, of Grand Rapids, granddaughter, Alexis Weaver, of Petoskey, brother Michael (Leigh) Sullivan of Bradenton, Florida. He also is survived by his partner, Tanis Lehmann of Cedar, Michigan and his niece, Mary Sullivan of Los Angeles, California.

Marc is preceded in death by his parents, his wife, Kathleen and his daughter, Lauren.

Memorials may be directed to the American Cancer Society.

A luncheon honoring Marc's life was held on Saturday, January 12, 2019 at Lakeside Estate Mobile Parks Clubhouse.

## Charles McClure, 73

(SEPT. 28, 1945 - JAN. 4, 2019) Charles LeRoy McClure died

peacefully in his sleep at home on January 4, 2018 after a lengthy battle with cancer. He was born in Grand Rapids, MI on September 28, 1945 to James and Faye McClure. After

his father finished his final tour as a fighter pilot in WWII, the family relocated to Boyne City.

He was affectionately known as "Charlie Brown" to his family and friends. Charlie found happiness in his family, his relationship with God, music, playing guitar, and airplanes. Charlie met his beloved wife, Irene, in Boyne City, MI in 1964. They married in Boyne City on March 18, 1965. They lived a life full of adventure. First moving to Colorado, then Montana, then to Alaska in 1975 where they resided and raised their children until moving back to Boyne City in 1986. Charlie's life was full of love, laughter, and wonderful experiences in spite of many trials in life. His passions in life were playing guitar and flying. He played the guitar proficiently and often. Seldom a day passed when he didn't pick up one of his guitars. He loved playing music with his family and friends.

Charlie was preceded in death by his parents, his brother (James Wesley McClure), and his dearly beloved son, Steven McClure (May 11, 2018). He is survived by his loving wife, Irene; his children. Tamilla McClure, CharLynn Mc-Clure, Charles McClure II, and daughter-in-law Lisa McClure (nee Hunt); grandchildren, Samantha, Victoria, William, Steven (and wife Emma), Becky, Heather, and Timothy; six great-grandchildren, many nieces and nephews, and his best friend from youth, Jim Demler.

Charles will be cremated and his ashes placed at Great Lakes National Cemetery. A memorial service is being planned and will be announced.

#### James Elliott Dearing, 91

(MAY 2, 1927 - JAN. 11, 2019)

James Elliott Dearing of Boyne City passed away at

home on Friday, January 11, 2019. Born on May 2, 1927 in River Rouge, James was the son

of Harold H. and Maxine A. (Elliott) Dearing, A graduate of Pontiac High School, James served in the United States Army as part of the Occupation Forces in Belgium and

Germany. After returning home, James attended Albion College, Michigan State University and the University of Detroit, from where he received his Bachelor of Science degree. He enjoyed a successful career with Pontiac Motor Division of General Motors as an Engineer.

James was an avid photographer and bicyclist. A short story author, one of his stories about his time as an Army Paratrooper was published in the Smithsonian Air & Space magazine. James was also a dog lover, especially his dogs, Baron, Bellamy, Rebel, Bennie and

BooBoo. On August 24, 1951, James married Ellen McKibben in Toledo, Ohio. They lived in and raised their family in Pontiac. James always remembered their wedding day as one of the most significant days in his life. Ellen was truly the love of his life and he had missed her every day since her death on February 7, 1998. He moved from Commerce Township to Boyne City in 2001.

Surviving are his children, Elizabeth (Mark) Jurecki, Stephen Dearing, John (Bev) Dearing, Sarah Dearing, Marty (Paul Mercier) Dearing and Hugh (Pam) Dearing; grandchildren, Fay, Audrey, Michael, Kelley, Miranda, Matthew and Ellen; a sister, Margaret Pittman; a brother, David P. Dearing; and several nieces and nephews. In addition to his parents and his beloved Ellen, James was preceded in death by a daughter-in-law, Janice Dearing; and sisters, Doris Ransom and Dorothy Hayward.

In keeping with his wishes, the family will remember him privately. Arrangements are by Gaylord Community Funeral Home & Cremation Service. Please share your memories and personal messages with the family at www.gaylordfuneralhome.com

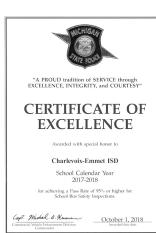
# News

# Char-Em ISD lauded for transportation excellence

Michigan State Police inspectors meticulously review nearly 17,000 school buses around the state each year - one at a time - to ensure that children are being transported safely in vehicles that are well-maintained. Safely transporting the children in its care is a responsibility that Char-Em ISD's Transportation Department takes seriously and it shows. The ISD has once again landed a 100% safety inspection rating from the MSP for this year's inspection.

"The State Police's Commercial Vehicle Enforcement Commander stated some years ago that MSP was toughening up its already stringent standards even further, putting school districts on-notice that the awarding of these certificates could be rare," said Phil Haldaman, the ISD's Transportation Supervisor. "They are using the strictest of standards.'

Haldaman said his team works in concert with school bus drivers, mechan-



The certificate to Char-Em ISD **Transportation Department from the** Michigan State Police. Courtesy

ics at Northern Michigan Truck and Equipment Repair, and the inspectors to ensure compliance in all areas. Char-Em ISD Superintendent Jeff Crouse praised the team's focus on

"While we are incredibly proud of our record with annual MSP inspections - five straight years of 100% - bus safety is a daily effort for our 40 transporters," Crouse



A child is helped aboard a Char-Em ISD bus at the Patricia A. Taylor School for Exceptional Learners in Petoskey.

said. "Planned preventative maintenance and daily inspections coordinated by Chip Coulston and Phil Haldaman are paramount to these perfect ratings with a fleet this size. We expect

nothing less for the precious passengers we carry."

Char-Em ISD's Transportation Department covers a three-county geographic service area extending to the north from

central Antrim County through Charlevoix and **Emmet Counties to just** south of the Mackinac Bridge, and from I-75 west to Lake Michigan - roughly 1,200 square miles. Each

day, Char-Em transports about 125 special needs students to and from their homes to any of five different school sites via 24 buses. Those buses accumulate more than 600,000 miles per calendar year. The ISD's **Transportation Department** is comprised of about 40 full- and part-time staff, in addition to administrative and routing support, and private sector mechanics all of whom deserve credit, Haldaman noted, for another stellar inspection report. "Receiving another 100%

certificate never means that 'we've arrived.' Rather, it's a reflection of the efforts of an entire team of people working together for a common goal: maintaining the safety of the fleet to the highest of standards, while continuing to work together to never let our guard down on fleet safety," he said. "Our students, families and the public have a great team to be proud of in Char-Em ISD Transportation."

# Michigan prepares for early issuance of February food assistance

The Michigan Department of Health and Humans Services (MDHHS) plans to issue Food Assistance Program benefits early for February. For food assistance clients, Michigan will begin issuing February benefits on Saturday, Jan. 19. Clients who don't receive their benefits on that date should receive the funds the following week. That means the 1.2 million Michigan residents who receive food assistance will have benefits to feed their families in February even if the partial federal government shutdown con-

The early food assistance benefits are not additional benefits and there will be no food assistance payments in February. MDHHS strongly encourages families to budget the funds they receive in January so they can meet their food needs through the entire month of February

"MDHHS is pleased that the department is able to work with its federal partners to make sure Michigan families have food on the table in February," said Terrence Beurer, MDHHS deputy director of Field Operations Administration.

The USDA Food and Nutrition Service has directed states to issue February food assistance benefits early. In Michigan, food assistance benefits are usually issued to clients according to a numeric schedule over a 21-day period throughout the month. USDA officials identified this one-time early benefit distribution of food assistance as a chance to provide the benefits during the shutdown.

At this point, MDHHS believes that Women, Infants and Children (WIC) benefits will be available for states to issue in February without interruption. In Michigan more than 200,000 mothers, pregnant women and children from birth to age 5 receive nutritional iood through WIC. MDHHS will provide more information as details are known.

January food assistance and WIC benefits are being distributed according to the normal schedule. Learn more on the USDA Food and Nutrition Service website.

# **John Hastings Retires**

# **Sold Funeral** home in Ellsworth to Mortenson's

#### BY TINA SUNDELIUS

So many things in the small Village of Ellsworth have remained unchanged through recent years. One of those things is the presence of the unadorned, Hastings Funeral Home located downtown, a stone's throw from the village's only major intersection. After providing compassionate services to neighbors and friends for 76 years, the new year brought John Hasting's announce-

The Hastings Funeral Home in Ellsworth.





John and Celia Hastings sit at the organ in the Hasting's Funeral Parlor. John will be retiring and Mortensen's Funeral Homes will be taking over the business calling it Mortensen Funeral Home, Hasting's Chapel in Ellsworth.

ment that he is retiring. The quaint, family owned Funeral home has been

sold to Mortensen's Funeral Homes of Bellaire, Mancelona, Central Lake and Charlevoix.

The business was established in 1942 by Hastings parents, Grant and Opal, who moved to Ellsworth from Sault Ste. Marie, MI. John was born and raised in the house connected to the parlor. He was determined not to follow in his father's footsteps, joining

the Air Force after graduation and serving in Guam during the Viet Nam War. But eventually he found himself returning to the familiar, marrying Celia Bolhuis, graduating from Wayne State University in 1976 and taking over the business that same year.

John and Celia made the perfect pair to meet the specific needs of those grieving. John, having been raised in and around the industry and Celia, an ordained minister who took her position as an undertaker's wife very seriously, providing grief counselling and eventually publishing a book on the topic.

The couple have no specific plans for their retirement. "We are taking our time making this transformation making sure the community is brought on board because it involves them," said Celia. They are planning to stay in the little house connected to the par lor where they have spent most of their married life and John is already helping Mortensen's now and then. The small home-like parlor will now be known as Mortensen Funeral Home, Hastings Chapel.

#### Monday, December 24, 2018 0140 Assist Sheriff Dept. with a roll over on Behling near Ander-

Assist citizen on Boyne City-Charlevoix Rd. near Horton

1044 2 vehicle property damage crash at Michigan and Charlevoix. Arrested subject for DWLR and Fail to Report.

1438 Single vehicle crash at Adams St and Oak St. 2207 Civil complaint in the 1200 block of Pleasant av.

#### Tuesday, December 25 2018 0145 Assist EMS in the 900 block of West St

0130 Lodged stray dog at the shelter 1326 Report a tire on the run-

way. Unable to locate tire 1646 Assist EMS on Maddy Ln 2208 Assist EMS in the 1300 block of Pleasant 2309 Report of a subject in a black hoodie walking in the middle of Division near Pleasant.

#### Wednesday, December 26, 2018 0031 Assist citizen in the 300 block of W Division. 1136 Report of missing wallet 1232 Signed off No Proof of Insurance ticket at the PD

1251 Property damage crash in the 400 block of Groveland. 2037 Suspicious situation in the 800 block of State St. 2043 Car deer crash on

# Lakeshore Dr. near Erber.

Thursday, December 27, 2018 0234 Civil complaint in the 700 block of Line St. 0441 Assist Sheriff Dept. on Halyard Way.

0817 Citation issued for Fail to Yield entering Roadway on Boyne

1051 Transport subject to jail for Probation violation 1202 Assist EMS on Pine Pointe

1208 Assist EMS in the 500 block of S Park St. 1523 Assist EMS on E Division St

2234 Assist East Jordan PD in East Jordan. 2318 Assist Sheriff Dept. at

2008 Civil complaint on Jay Cee

Boyne Mountain Friday, December 28, 2018 0136 Noise complaint in the 300

block of E Division St 0716 Driving complaint from the 300 block of E Division St 1445 Report of debris in the roadway on Groveland. 2135 Disturbance reported in the 100 block of N East St. One party left prior to arrival.

Saturday December 29, 2018 0008 Disturbance reported in the 100 block of N East St. Second party returned, and left again. 0034 Arrested subject for MIP 2<sup>nd</sup> in the 100 block of N East St. 1824 Suspicious subject in the

## area of Main and Front St

Sunday, December 30th, 2018 1312 Property damage crash at Collings and N. East St. Citation issued for speed.

1359 Vehicle unlock in the 400 block of N Lake St. 1455 Driving complaint from the 300 block of E Division St

2254 Vehicle parked in roadway at Pine St and Park St. 2304 Arrested subject on warrant at Lake St and Lower Lake St.

Monday, December 31, 2018 0458 Civil complaint in the 400

block of North St. 0909 Citation issued for speed at Division and Park. 0920 Assist citizen in the 300 block of N Lake St

1112 Assist citizen in the 300 block of N Lake St 1142 Private property damage

crash in the 400 block of N Lake St 1615 Driving complaint coming toward town on M-75 S. 1639 Assist EMS in the 200 block of Silver St

1655 Assist Sheriff Dept. on M-75 and Old State Rd 1901 Citation issued for Disregard Stop Sign at Front and Main. 2207 Arrested subject for operating without a license. Second subject cited for GDL violation at

Tuesday, January 1, 2019 0144 Disturbance on W Main St.

Hannah and Vogel Streets

#### BOYNE CITY POLICE DEPARTMENT INCIDENT REPORT 0205 Vehicle unlock on W Main

0243 Overdose in the 100 block of W. Morgan. Narcan administered

0435 Report of a possible fight at Lake and Main.

0449 Parking violation in the 100 block of E Water St. Vehicle towed.

0650 Report of overdue subject. Was located. 0741 Arrest subject for DWLS,

no insurance, no plate. 0832 Assist EMS on natural death in the 500 block of N Lake

1246 Private property damage crash in the 1100 block of Boyne

2116 Assist Sheriff Dept. on 2203 Found purse in the 400 block of N Lake St.

Wednesday, January 2, 2019 0814 Vehicle unlock in the 500 block of E Lincoln

1051 Report of missing iPhone over the weekend. 1239 Complaint about private snow plows on private property in the 500 block of N Lake St 1421 Hit and run crash in the 1100 block of Boyne Av. 1459 Civil complaint from the 500 block of N Lake St 1600 Vehicle unlock in the 200 block of S Lake St 1823 Assist to FD with fire alarm 1832 PR at the High School basketball games.

2116 Private property damage crash in the Industrial Park 2119 Assist Sheriff Dept. lodging stray dog at shelter 2150 Towed vehicle for no insur-

ance at Brockway and Boyne Av Thursday, January 3, 2019

#### 0631 Larceny in the 1300 block of Boyne Av. 0836 Assist EMS in the 800 block

of E Main St 1130 Assist EMS in the 300 block of Silver St 1300 Assist citizen in the 200

block of S Lake St 1354 Vehicle unlock in the 300 block of E Division St 1525 Vehicle Unlock in the 1300

block of Boyne Av 1713 Civil Complaint in the Industrial Park 1835 PR at the Basketball games.

2030 PR at the Basketball games

#### Friday, January 4, 2019 0101 Dog running at large in the

500 block of Spring St. 0216 Suspicious situation in the 900 block of Second St.

1120 Served No Trespass Order Report of lost iPhone 8 1320 Property damage crash in the 400 block of N Lake St 1511 Report of large round bale

of hay fell off truck right under the light at Lake and Water. 1630 Arrested subject on 2 warrants in the 400 block of N Lake St 1651 Welfare check in the 300 block of E Division St

1920 Citation issued for fail to vield right of way left turn at Water and Park St

2215 Citation issued for disregard stop sign at Front and Main.

#### Saturday, January 5, 2019 0255 Parking violation on Terrace St.

1115 PR- Farmers Market. PR-foot patrol downtown. Assist EMS on Line St

2043 Assist Sheriff Dept. on Addis Rd N.

#### Sunday, January 6, 2019 0154 Assist Sheriff Dept. and MSP at Boyne Mountain.

0250 911 check on a mobile phone in the area of E Main. Found intoxicated subject in alley. 1135 Trailer inspection in the 700 block of West St 1206 Narcotics complaint in the 300 block of E Division St.

1316 Missing juvenile from W. Court St. Located near Walloon. Transported by EMS for evalua-2001 Noise complaint in the 300

block of E Division St. 2019 Assist EMS in the 300 block of E Division St 2242 Assist EMS in the 300 block of E Division St

2329 Driving complaint near the schools. Gone on arrival







# News

# People Fund grants awarded to local groups in 2018

Great Lakes Energy, with the help of its members, continues its commitment to local communities through the People Fund. During 2018, the People Fund awarded \$218,770 in grants to charitable and community organizations. The Great Lakes Energy People Fund is supported solely by Great Lakes Energy members who allow their electric cooperative to round up their bill each month to the next dollar.

The grants funds were awarded to 64 charitable and community organizations throughout Great Lakes Energy's 26-county service area, which stretches from Kalamazoo to the Mackinac

"Thanks to the generosity of our members we've awarded more than \$3.5 million in grants since 1999 to local non-profits groups and organizations," says President/CEO Bill Scott. "The local communities in our service area benefit greatly from this program that is

fully funded by our members who allow their bill to be rounded up to the nearest dollar each month."

Members of the electric cooperative who wish to participate are encouraged to enroll in the People Fund online at gtlakes.com or by contacting Great Lakes Energy's office.

"People may not think 50 cents a month can do much, but when added with the contributions of other Great Lakes Energy members, we are able to help so many," explains Scott. "Giving back to the community is one of the cooperative principles and we couldn't do it without our members' generosity."

The following Northern Michigan groups received

People Fund grants in 2018: Alanson Public Library: \$2,810 for five new comput-

Beaver Island Historical Society of Michigan: \$7.352 for signs for a historical walking tour.

Charlevoix County:

\$10,000 for phase 3 of the non-motorized trail project from Charlevoix to Boyne

Charlevoix Ministerial Association: \$2,500 for a benevolence fund to help people in need.

Christ Child Society of Northern Michigan, Harbor Springs: \$5,000 for clothing for needy children.

Crawford County Commission on Aging, Grayling: \$4.365 for lighting and a water spigot for community garden.

Crawford County Community Christian Help Center, Grayling: \$2,449 for a freezer and electrical work. Crawford County Library,

Grayling: \$3,000 for a Ultimaker 3/3D printer. Crossroads Ministries, Gaylord: \$4,000 for remodel-

ing work and storage con-Elmira Township Parks and Rec Committee, Elmira:

\$5,000 for a paved walkway at a community park. Freshwater Future.

Petoskey: \$6,000 for a water

contamination study and public education.

Friendship Centers of Emmet County, Petoskey: \$5,148 for a solarscreen window roller shades.

**Gaylord Gators Swim** Team: \$455 for a computer and software.

Good Samaritan Family Services, Ellsworth: \$3,847 for a wood working shop equipment for His House.

Great Lakes Chamber Orchestra, Petoskey: \$2,000 for a youth concert at Petoskey Middle School.

Imagination Library of Crawford County, Grayling: \$5,000 for books for ages birth to kindergarten.

Little Traverse Bay Quilters Guild, Harbor Springs: \$1,000 for fabric and material for quilts for veterans.

Manna Food Project, Harbor Springs: \$6,000 for local farm produce program called Produce for People II.

New Horizons Clubhouse, Rapid City: \$2,500 for washer, dryer and utility sink.

North Country Trail As-

sociation, Petoskey: \$5,000 for Iron Belle Trail Bear River Bridge project.

Northern Michigan Antique Flywheelers Club, Boyne Falls: \$4,300 for a sound system.

Northern Michigan Equine Therapy, Boyne City: \$3,604.88 for a Sure-Hand lift

NW Michigan Habitat for Humanity, Harbor Springs: \$800 for four framing nailers to help build homes. Otsego County Habitat for

Humanity, Gaylord: \$1,200 for cash register and electrical work for the ReStore. Raven Hill Discovery Cen-

ter. East Jordan: \$8,000 for a Water/Ways exhibit. Riverbend Park Pickleball Project, Petoskey: \$6,000 for

a pickleball court project. St. Mary School, Charlevoix: \$8,000 for a play-

ground structure open to the community. The Salvation Army, Petoskey: \$1,850 for repairs

to the community center building. VFW Post 1518, Gaylord:

\$5,000 for improvements to the Veterans Community Park entrance.

Walloon Lake Trust and Conservancy: \$3,500 for phase 2 of a watershed proj-

Wawatam Area Senior Citizens, Inc., Mackinaw City: \$2,200 for a commercial freezer.

The 2018 People Fund Annual Report is included in the January issue of Michigan Country Lines magazine recently mailed to Great Lakes Energy members. Others may obtain the report by contacting Great Lakes Energy at 1-888-485-2537 or by visiting gtlakes.com and downloading the report.

The Great Lakes Energy People Fund is accepting applications for 2019 grants from local non-profit organizations. Deadline for applications for the 2019 grant cycles are April 15 and Oct. 15. Request an application by calling 888-485-2537 ext. 1313, or request it online by visiting gtlakes.com.

# Health Departments offer free Radon Testing Kits

The Health Department of Northwest Michigan is offering FREE test kits January 21-25 for residents to test their homes for radon - a colorless, tasteless and odorless gas that causes lung cancer.

January is Radon Awareness Month, and health departments across Northern Michigan are encouraging citizens to test their homes for this common gas. Radon can reside at dangerous levels inside homes, schools and other buildings. Because you can't see it or

smell it, and radon causes no immediate symptoms, testing is the only way to know if there is radon in your home.

Exposure to radon is the second leading cause of lung cancer in the United States, after smoking. Radon-related lung cancers are responsible for an estimated 21,000 deaths annually in the United States, according to the National Academy of Sciences.

"Radon is natural in the environment, but it becomes dangerous when it builds up

indoors," said Scott Kendzierski, director of Environmental Health at the Health Department of Northwest Michigan. "In the winter especially, when windows stay closed all the time, radon can rise to very high levels in homes. If you breathe it, it can cause lung cancer.'

Most homes contain some concentration of radon and should be tested. About 12% of homes in Michigan have unsafe levels of radon. In some counties, as many as 45% of homes are at risk.

With testing, radon is easy to detect and remove from your home. Through consultation with the health department and certified contractors, inexpensive mitigation systems can be installed which lower concentrations of radon to safe levels.

Radon gas forms when small amounts of radium and uranium in the ground start to break down. Most soils in our area contain some amount of these radioactive elements, so radon can be found anywhere. The

gas becomes dangerous when it becomes trapped indoors and builds up to high levels. Radon enters homes through cracks in walls, basement floors, foundations and other openings.

Residents of Emmet. Charlevoix, Otsego, and Antrim counties can get a free radon test kit by calling the Health Department of Northwest Michigan at 1-800-432-4121. Be sure to test your home for radon this year and keep your family safe from unseen hazards.

# **Shadowfest** February 1 & 2

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 & more.

# Consumers Energy's 'Put Your Town on the Map' competition

Consumers Energy is strengthening its commitment to rural Michigan communities by announcing a new competition to provide funding for projects that will help energize towns in the Lower Penin-

The "Put Your Town on the Map" competition will provide a total of \$15,000 to three initiatives that are designed to build a stronger

sense of community. Up to 10 finalist communities will compete for the funding at the 2019 Small Town and Rural Development Conference on April 17 in Thompsonville, Mich.

"Consumers Energy is committed to supporting vibrant, thriving communities of all sizes in Michigan. We have worked with small towns for over 130 years, and are excited to help sup-

port their community development," said Roger Curtis, Consumers Energy's vice president of public affairs, who also will emcee the contest. "We look forward to seeing ideas that will create even more excitement around the communities we

serve.' Consumers Energy created the competition to reward ideas and provide critical dollars for projects that are being developed in small towns throughout Michigan's Lower Peninsula. Communities with a population of up to 10,000 have until March 1 to submit proposals. Consumers Energy and the Community **Economic Development As**sociation of Michigan will select 10 communities to make a pitch at the Rural Partners conference for a

share of the grant money.

The "Put Your Town on the Map" competition aims to reward a variety of innovative ideas, such as those that attract visitors to downtowns, focus on issues as housing, education or employment, create community pride and more. Community leaders can learn more and apply for the competition at http://rural.cedamichigan.org/conference.

# LETTERS TO THE EDITOR

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

OF GOODNESS IN MAN To the Editor,

No one is bad to the bone, but some have bone spurs or osteoporosis. We are each and all susceptible to temptation countered only by contrapuntal sympathy toward equalitarianism. Some there are who are intent upon extending lure of hegemony over others beyond eccentric diametric. Law of course is predicated on curtailing such instincts as is church a deterrent. Family being the progenitor of good works and genteel upbringing intuitively instills the sense of doing unto others as one would have returned unto oneself. There have been/are times on Earth when this wasn't/isn't so. Absenting far distant past times of which we have limited information, ancient Dark Ages beset the Earth's populace for many millennia archaeologically extending from antediluvian times to the Athenian Renaissance, the advent of Christ, thence to the Italian Renaissance after yet another Dark Middle Age of regression. Suffice to suggest that negativity lurks always in mankind's alleys via denizens of despair and opportunism.

Biblically, the stage was set with Creation gone awry, the divine spirits versus the debauched, even unto the initiation of Man and Woman who struggled with this precept of what to do with this verdant Garden of Eden in all its splendor and malleable fantasy. Naturally they made the best and the worst of it. 'Tis always thus, perhaps always shall be world without end, or at least till the Sun's nova and that's that or whatever might survive thereafter.

Scientifically, the universe was somehow animated about 13.7 billion earth years ago whereas the Earth itself seems to rank at about 4.5 billion. Such revelations brought about the sentient realization, or so it seemed to some, of the Age of Reason-Existentialism which in turn evolved to Secular Humanism, allowing some empathy into the equation of every human for oneself.

Meanwhile the church as billowing mainsail continued its stalwart Rock of Ages psalms of righteousness and salvation and still does. That there are many amongst them that subvert that Old Rugged Cross dictum there is no question but in large the

church offers a bastion of belief and relief that is maintained by biblical rituals and innumerable victories over the evils that some of mankind persist in perpetrating - still do, mediated by the Church of Jesus and various other manifestations of belief in a Deity, mostly One concept though there have been multiple-God religions promulgated throughout history. The people who come to our doors with pamphlets and compelling words of instilling solace are equally wellmeaning and dedicated to universal good will. Jehovah or Yahweh is the Hebrew concept of God though Jehovah's Witnesses are distinct from brick and mortar conclaves of religious ceremony, preaching a Second Coming, which in turn relates directly to Jesus of Nazareth who in turn hailed from the Jewish sect of Essenes; conversely the Christian religion is attributed to Jesus but rejected by many Jews. This merely scratches the surface of religious phantasmagoria, for when bitter wars of religious basis are fought interminably Protestant/Catholic, Christian/Islamic and so on – it is

easy to lose sight of the origi-

nal premise of sacramental consecrated symbiosis. Goodness nonetheless persists though falters in the

hands of mankind. Lifestyle, lately politically correct prejudicial decorum, coexists with what may be termed nuanced profligacy dramatizing social pathology. We all exist together come what may and what we see is what we get. But we don't always see the entirety of possibility. There are esoteric practices unknown to many, cult or occult these sometimes come to be labeled, some beneficent, others not so as the public and media quickly inform. This is an era of less-than holy attribution though goodness remains entrenched in compassionate works performed by those who feel fealty with beneficence usually formulated around a deity with a representative savior such as Son-Jesus relative to Father-God. God as concept simultaneously invokes Creation, Big Bang, Evolution and according to some a cosmos existing inside some child's hollow bedpost. Science Fiction encompasses all elements of theory of earthly existence as if from

standpoint of celestial

purview, fascinating precepts indeed to which science and psychics have partially lent credence.

Underlying, overriding all is the reality of goodness. Ideologies do not adhere or pay heed to this precept when schadenfreude is justified toward fellow man. It is questionable enough to consider the sacrifice of animals to human want without adding sacrifice of humans themselves. Yet this occurs daily locally and elsewhere. Socalled Seven Deadly Sins, Ten Commandments violations, are rampant and assimilated into civilization as moderated by law and custom to amenable balance modulated by changing mores, which like rules of the road change every mile. Albeit there exist means of negotiating absolutes via chicanery, even utilizing tradition as justification, we all know when some-

thing is right or wrong. Mitchell Jon MacKay, East

# Schedule online at charlevoixshadowfest.com **BC SCHOOLS**

FROM PG. 1A

**CLOSED** 

Northwest Michigan suspect the culprit is Influenza A, which typically exhibits through symptoms of fever, cough, chills and aches and pains. He said health care professionals recommended "the most prudent plan" to combat the outbreak would be closing the elementary, middle and high schools for a period of 72 hours to slow the pace of the illness, disinfect the building and possibly protect the community at large.

Per that advice, Little announced Tuesday afternoon that all Boyne City Public Schools will be closed January 16-18, including all school programs, athletics, drama, robotics and the All-Stars and Early Learners programs. Game practices will be optional, he noted.

As this week signaled the near end of the semester, Little added that high school's final exams that were to be taken have also been re-scheduled for next week.

"I look forward to seeing all our students back on Monday to finish out the first semester," Little said.

# OPTS OUT

FROM PG. 1A

Charlevoix- at least until the state makes regulations regarding commercial recreational marijuana more clear.

"I think we have a reasonable plan which is to wait and see how it's going to shake out with the law and how other communities are handling it," Kurtz

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# News

# HOSPITAL **ANNIVERSARY**

FROM PG. 1A

severe head wound. After six days, word of the injury arrived to Jesse's sister in Chicago. She contacted a local airfield asking if a doctor could fly to the island. Pilots in Chicago contacted the Michigan governor's office. The governor's office requested a military flight to the island. Meanwhile, Charlevoix Area Hospital pioneering physician Bruce Armstrong, M.D., agreed to make the 25mile journey to the island if a plane could be found.

On Feb. 7, a military aircraft was dispatched from Selfridge Field near Detroit, but it developed engine trouble and had to land at Gaylord. A second plane was dispatched with Capt. Russell Luff Meredith at the controls along with mechanic, O.R. Schnabel. A report of the flight on Selfridge's 127th Air Wing's website states the pair covered the 241 miles in two hours and 41 minutes. They landed on the ice next to the Belvedere Club pier in Charlevoix. Dr. Armstrong in his big fur coat replaced Schnabel in the open cockpit De Havilland DH-4 called the Osprey II. They took off for the island.

The plane approached in a storm with low visibility. The islanders had cut green tree boughs in a cross on Lake Geneserath as a means to guide the plane. Despite the hazardous conditions, Meredith brought the plane down on the lake. Dr. Armstrong was taken by sleigh to Jesse's home. After examining him, he determined travel would be too dangerous for the young man. He and the pilot stayed for three days. The patient made little progress but appeared out of mortal danger. Dr. Armstrong left some medicine behind and Meredith flew them back to Charlevoix.

Jesse later recovered and grew up to become a successful businessman. He had no memory of the first 15 vears of his life. Dr. Armstrong returned to his busy practice. Pilot Meredith would later be awarded the Distinguished Flying Cross for the flight – a rarity for a civilian mission. Beaver Island residents learned an early lesson about the potential of air-based medicine.

Charlevoix Hospital's storied place in the community involves many more acts of selflessness and caring from physicians, nurses, staff, volunteers, and board members who have invested their talents and abilities into ensuring hospital doors stay open for area residents and visitors. The long-time independent hospital integrated with Munson Healthcare in

As part of its 100-year celebrations, the hospital helped sponsor the annual Charlevoix New Year's Eve bridge drop on Dec. 31, and in this new year, plans call for special events, parade appearances, and the ongoing campaign to grant 100 Wellness Wishes.

The hospital's Wellness Workshop Director Kathy Jacobsen said members of her team have distributed 100 Wellness Wishes forms and collection boxes at several locations throughout the community. To be considered for a wish, all one has to do is fill out the form and put it in the collection

Some of the wish opportunities include joining a smoking cessation class, consulting with a dietitian, receiving a gift certificate for a few cafeteria meals, visiting a physical therapist for a screening and tailored exercise program, and much more.

"Forms also have a line marked 'other' that allow someone to make a request for a family member or friend," Jacobsen said.

For more information about the hospital and the "100 Years of Caring" celebration, go to munsonhealthcare.org/charlevoix100.

# East Jordan students qualify for State Leadership Conference

East Jordan High School's Business Professionals of America Chapter traveled to Central Michigan University for the Regional Leadership Conference. Seven of these students qualified for the State Leadership Conference in Grand Rapids. Here are the results of their com-

The administrative sup-

port team, made up of Macy McPherson, Angie Rowbothom and Molly Kitson, placed 4th.

Ethan Nachazel placed 7th in Basic Office Systems. Trent Graham placed 6th in the Parliamentary Proce-

dures test and the Personal

Finance test. Our presentation management team of Tyler Hart, Madeline Malpass,

Trent Graham, and Gabby Snyder placed 3rd.

The following students qualified for the state leadership conference in Grand Rapids:

Gabby Snyder placed 8th in Administrative Support Concepts, 7th in the Parliamentary Procedure test, and 2nd in the Management

and Marketing test. Hannah Lafferty in Basic

Office Systems with a 4th place finish.

Madeline Malpass placed 2nd in the Business Meeting test, is also the regional champion for the Entrepreneur event, and placed 9th in the management and marketing test.

Justin Barnett placed 2nd in Digital Media.

Nathan Newman placed 4th in PC Servicing & Troubleshooting, 6th in Extemporaneous Speech, and 7th

in IT Concepts. Molly Kitson placed 5th in Fundamental Account-

Macy McPherson is the regional champion in prepared speech and placed 3rd in the management and marketing test.

# **Charlevoix County Community Foundation adds new Trustees**

The Charlevoix County Community Foundation is pleased to announce the appointment of two new trustees; Monica Kroondyk and Tim Manchester.

Monica Kroondyk joins the Board of Trustees as a representative from Boyne City. Monica is the Director of the Boyne District Library, having been promoted to the leadership position after serving eight years in a variety of roles at the Library. Monica has a BA Degree in Early Childhood Education from Lake Superior State University, and an MA Degree in Library and Information Science from Wayne State University. A 2013 graduate of Leadership Charlevoix County (LCC), Monica now serves on the LCC Board of Directors. Monica is also active on the Board of the Boyne Heritage Center and as a member of the Organization Committee for Boyne City Main Street. Monica lives in Boyne City with her three children, Sadie, Savannah and Spencer.

"I'm so excited to serve as a member of the Community Foundation Board of Trustees," she said, adding, "it's such a positive and helpful organization that provides so many resources to advance procommunity."

Tim Manchester will represent the Bovne Falls/Walloon Lake area as a member of the Board of Trustees. Tim is the broker/owner of Manchester Real Estate, specializing in the Walloon lakefront market. In that capacity Tim works to develop close relationships with his clients while matching the perfect house with their lifestyle.



The Charlevoix County Community Foundation is pleased to announce the appointment of two new trustees; Monica Kroondyk and Tim Manchester, Courtesy photo

For more than a decade, Tim has also managed vacation rentals in the Walloon Lake area. Before starting his brokerage business, Tim worked as an agent with Pat O'Brien and Associates of Boyne City, and previously worked in sales for Patagonia. Tim earned a BA in Finance from Michigan State University and is a proud Spartan. He spends his free time skiing, mountain biking and planning for the next adventure with his family.

"It's an honor to serve the Charlevoix County Community Foundation as a Trustee," he said, adding, "I'm looking forward to doing what I can to help advance the Foundation's mission and broaden the organization's impact here at home."

Perry Irish Hodgson, Chair of the Foundation's Board of Trustees, is looking forward to working with the new trustees.

"Monica and Tim are great additions to our crew at the Community Foundation, and they'll bring their own unique perspectives to our work as a Board. I'm looking forward to working with all our Trustees and staff as we continue to implement our Strategic Plan and move the Community Foundation forward."

Including the new appointments, the Foundation's Board of Trustees includes fifteen members, representing all regions of Charlevoix County. Other trustees include; Carol Burton and Pete Plastrik of Beaver Island: Evelvn Howell, Josette Lory and Lori Meeder of Bovne City: Perry Irish Hodgson, John Doskoch, Don Jess and Bob Hoffman of Charlevoix; and Scott Diller, Fred Malpass, Jack Poindexter and Tami Vincent of East Jor-

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

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

# The Charlevoix County Community **Foundation** welcomes grant proposals

The Charlevoix County Community Foundation announces the availability of grant dollars to support the work of area nonprofit organizations, educational institutions, and municipalities. The deadline to submit a grant proposal is Friday, March 1,

rant applications to support arts and culture, education, the environment, community and economic development, health and human services, recreation and youth are available by calling your respective community foundation office. Applicants must call to discuss their proposal to begin the application process. Eligible nonprofit organizations serve residents of Charlevoix and work to enrich or improve life for local residents. Applications will be reviewed by advisory committees made up of community representatives. The youth advisory committees will review proposals that benefit young people. Committee recommendations will be forwarded to the respective Boards of Trustees.

The community foundations accept contributions from donors and then use a portion of the income earned from the investment of these gifts to help foster positive change in our area. In this way, our donors' contributions meet our community needs, now and in the future -For good. For ever.®

To apply for a grant or for more information, call or email your local community foundation. In Charlevoix County call 231.536.2440 to contact Mishelle Shooks for youth grants at mshooks@c3f.org or Maureen Radke for all other grants at maureen@c3f.org.

# Ellsworth Schools unveils Positive Behavior Incentive Program

Earlier this month Ellsworth Elementary unveiled their new positive behavior incentive program to students in grade K-5. The program, known locally as Lancer Values, emphasizes teaching positive, pro-social behaviors to students and has been developed as part of the national PBIS (Positive Behavior Interventions and Supports) program. ECS has focused on three specific Lancer Values: Value Safety, Value Others, and Value Self.

"PBIS is a proactive approach to establishing the behavioral supports and social culture needed for all students in a school to achieve social, emotional and academic success," said ECS Principal/Superintendent, Aaron Gaffney. "For the past six-months a group of teachers and staff here in Ellsworth have been working towards developing and tailoring the PBIS program for what fits in Ellsworth."

Teachers spent the fall developing school classroom lessons to teach school-wide behavior expectations. In conjunction with expectations and lessons the team also developed a reward and support system for students.

"The focus of PBIS is taking the time to teach, rein-



The program, known locally as Lancer Values, emphasizes teaching positive, pro-social behaviors to students and has been developed as part of the national PBIS (Positive Behavior Interventions and Supports) program. Courtesy

force, and if necessary reteach what is expected of students from a behavior standpoint," said Gaffney. "All too often we assume that students know what is expected of them. This program focuses extensively on making sure that students and staff truly under-

stand what we're looking for."

The PBIS program in Ellsworth has been developed in collaboration with CharEm ISD. In addition to providing funds for training and some supplies, the ISD has also provided the district with a trained coach

and facilitator, Sara Weaver.

"CharEm has been instrumental in helping to facilitate this process for us in Ellsworth," said Gaffney. "Through a multi-year grant we have been able to tap into the knowledge and experience of an established trainer. This assistance has been invaluable to us in developing our program."

Throughout the remainder of the 2018/19 school year the district plans to continue teaching and developing the school-wide expectations at the elementary school. Currently there are plans to expand the program to the middle/high school for the 2019/20 school year.

For more information on this program or Ellsworth Community School in general please contact Superintendent, Aaron Gaffney at 231.588.2544 or agaffney@ellsworth.k12.mi.us

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# **News Briefs**

**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

#### **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 Busi-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 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

## **PETOSKEY**

#### **LAUREATES OF THE** SPHINX COMPETITION

January 19, 7:30-9:30pm, Great Lakes Center for the Arts. Great Lakes Center for the Arts will welcome the Laureates of the Sphinx: previous winners of the competition hosted by the Detroit-based social justice and arts organization. This performance features three of the nation's leading Black and Latinx artists - who are previous winners of the Sphinx Competition and includes dynamic solo and chamber works. Performers include Elena Urioste, Gabriel Cabezas, Xavier Foley, and Tom Poster. Tickets start at \$20. Call GLCFA Box Office at (231) 439-2610 or email tickets@greatlakescfa.org

#### **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 distract 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**

#### **BC LANES FUNDRAISER** FOR MITCHELL GASCO

January 27, 4-7pm. On November 14th, the Gasco and Hall-Peck Families received the worst news imaginable. Mitchell was involved in a terrible accident while at work that left him hospitalized with severe brain damage. On December 28, he began his new journey at Mary Free Bed for his long-term rehabilitation and recovery. It is uncertain how long he will be there, but his family will remain by his side as they have since the accident. Anticipating a long road to recovery, his family could use some help covering expenses with the loss of wages so they can continue to support Mitchell on this journey. There will be 50/50 raffle, auction and a silent auction, live music from The Lopers and food by donation. All money will be donated directly to Mitchell's family

## **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 wel-

#### **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 Discounts at Downtown Stores. Schedule at charlevoixshad-

#### 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, Cus-Service Award: Charlevoix Public Library and Chamber Ambassador Award; Cheryl Carey. This year's featured speaker is David L. Miles, Charlevoix Historical Society Also, on the morn-Curator. ing's agenda is a review of the Chamber's accomplishments in 2018 as well as an introduction of the current Board of Directors and special recognition and thank you to our outgoing Board members. Tickets (\$30 per person) include catered breakfast buffet and are available at Charlevoix Chamber; (231) 547-2101 or email; info@charlevoix.org. Online registration is open at www.charlevoix.org.

## **BOYNE CITY**

#### **CHOCOLATE COVERED BOYNE**

February 15 & 16. Sponsored by the Main Street Program, the event includes more than 30 businesses offering chocolate treats and sales. Chocolate-Covered Boyne has a combined chocolate/Valentine theme. Participating businesses can send their sweet specials to bcmainstreet@gmail.com by February 1. The Chocolate Dessert Tasting and Contest will be held from 11am to 1pm on Saturday, Feb. 16. Dessert tastings will start at 11am with the judging and award at 1pm. The dessert tasting and contest will take place at Stiggs Brewery & Kitchen, the winner of last year's

## CHARLEVOIX

#### **DOWNTOWN SIDEWALK SALES**

February 15 & 16. Enjoy countless bargains and more on a variety of great merchandise at participating stores. Take ad-

vantage of substantial reductions on seasonal inventory that must go. Shoppers will find great discounts on gift items, home decor, clothing, books, art, jewelry, accessories and

#### EAST JORDAN

#### 38TH ANNUAL SNO-BLAST February 22-24. This annual

event includes Sno-Sculpture Contest, Crowning of the Belle of the Blizzard & Winter Knight, Blessing of the Sleds, the Annual Rotary Chili Supper, Antique Snowmobile Show, Snowmobile Safari Ride, Euchre Party, Family Games, Softball in the Snow, Sno-Lovers Breakfast and much more. Full schedule at www.ejchamber.org

#### **BOYNE CITY**

#### **FARMERS MARKET**

Boyne City Hall, Saturday's, 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

#### CHARLEVOIX COUNTY

#### **COMMUNITY FOUNDATION GRANTS**

The Charlevoix County Community Foundation announces the availability of grant dollars to support the work of area nonprofit organizations, educational institutions, and municipalities. The deadline to submit a grant proposal is Friday, March 1, 2019. Eligible nonprofit organizations serve residents of Charlevoix County and work to enrich or improve life for local residents. Applications will be reviewed by advisory committees made up of community representatives. The youth advisory committees will review proposals that benefit young people. Committee recommendations will be forwarded to the respective Boards of Trustees. To apply for a grant or for more information, call or email your local community foundation. In Charlevoix County 231.536.2440 to contact Mishelle Shooks for youth grants at mshooks@c3f.org or Maureen Radke for all other grants at maureen@c3f.org.

## **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; Charlevoix County parent with a newborn to 24 month-oldchild. 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

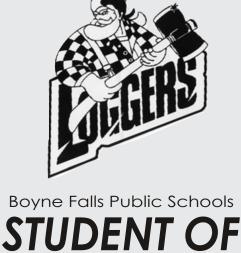
The community of Boyne City

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 The senior center will also offer

supportive area businesses. 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





# **Tyler Gellis**

Grade: 10th Grade

Parent's Name(s): Sarah & Jeremy Massey and Brian Gellis

Future Plans: Tyler would like to join the military after graduation and serve in the Army.

Favorite Book: "Ready Player One" by Ernest Cline

Hobbies and Interests: Running, basketball, anything sports related, Netflix

School Activities: Cross country and basketball, class fundraising for senior trip to Hawaii, Honor Roll Student Staff Comments: Tyler has done a great job this year in his busi-

ness classes. Tyler is very responsible and always completes his classwork on time. I appreciate how he consistently contributes to discussions and is a leader in the classroom.

Submitted By: Mrs. Plackemeier

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

takes place the 2nd Sunday of

each month from 4-5pm at the First Baptist Church, 6781 M66

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.

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# Funds raised for Challenge Mountain as Boyne Mountain Celebrates 70 Years

BY MICHELLE MEDJESKY

BOYNE FALLS - The 70th anniversary of Boyne Mountain Resort kicked off with a marathon 70 hours of continuously open lifts and runs last week and brought thousands to the mountain for a weekend celebration that concluded hours of winter sports fun, friends, food, drinks, and live music.

The event ran in tandem with another anniversary the 35th anniversary of



**Proteus Parker was winner of "Most** Runs" completed during the 70 hour Challenge marathon last weekend. Parker took home a new pair of skis for his 600 runs.



(Left to right) Denny and Jeanne Phelps and their fellow Challenge Mountain volunteer and ski partners Susan Conklin and husband Hugh Conklin, who is also a Boyne City Council member. The couples skied 100 runs each during the "Mountain Challenge" event last week.

Challenge Mountain in nearby Boyne Falls - which is geared to providing disabled individuals a place to participate in and enjoy winter sports and other year-round activities that they otherwise could not.

**Everett Kircher acquired** the Boyne Mountain Resort property back in 1949 and in 1984 sold what was then known as Walloon Hills Ski Area which became Challenge Mountain in 1984.

The non-profit organization was geared to creating what they called an "adaptive recreation program" which, according to its website, would provide "limited activities available to individuals living with disabilities to experience all northern Michigan has to offer."

The 70th Anniversary "70 Hour Challenge" to raise funds for Challenge Mountain began on Wednesday,

January 9th at 4 p.m. with the lifts continuing to roll and the runs remaining open until 2 p.m. Saturday, January 12. In that time, individuals and teams competed for most runs made and most money raised



bration.



The band "Distant Stars" played several enthusiastic sets at Boyne Mountain Resort's Challenge party last weekend.

through sponsorships. All registration fees and lift ticket costs also were donated to the cause.

Proteus Parker took a win for the adult division completing some 600 runs during the marathon and 17year-old Caleb Dubey won for the youth division with 500 runs during the 70-hourlong Mountain Challenge. Both took home a new pair of skis for their wins. In the end, all who participated in the event raised some \$34,500 for Challenge Mountain.

Awards were handed out under a heated tent set up just beneath the runs at Boyne Mountain Resort where the band "Distant Stars" played to the delight of hundreds who showed up on a snowy Saturday afternoon to celebrate. Food trucks and more music was

on site throughout the day and the event wound into the night with a vintage dinner, a torchlight parade and fireworks.

Elizabeth Looze, executive director at Challenge Mountain, said between the huge turnout of a happy crowd and the thousands raised for her organization, the first time combined celebration of Boyne Mountain Resort and Challenge Mountain anniversaries was more than a success. "It absolutely exceeded our expectations," Looze said, "I hope we can do it again!"

# Drs. Oz and Roizen

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



Statins need your help to do their job

When Egyptian Mohamed ElShorbagy became the No. 1 squash player in the world this year, did his lifelong Mediterranean diet give him an edge? We're betting it did. The plant-centric, fiber-rich diet that includes healthy oils, legumes, cereals, fish, lean proteins and not much meat or dairy provides what you need to have a healthy heart and very agile muscles and

bones. But you don't have to be a competitive athlete to reap the amazing benefits of the Mediterranean diet. If vou have had a heart attack or stroke and are taking a statin to help lower your lousy LDL cholesterol level and avoid a future blockage or clot, the Med diet can help save your life.

Unfortunately, many folks who take a statin think it's a green light for eating inflammatory, highsat-fat foods. One study in JAMA Internal Medicine found that caloric and fat intake increases significantly (9.6 percent and 14.4 percent respectively) over time for folks taking statins!

If that's you, cut it out and listen up! In a new study in the International Journal of Cardiology, Italian researchers found that combining statins and a Mediterranean diet reduces bodywide inflammation big time. That's good news if you've previously had a cardiovascular event because if you've got a lot of inflammation, your risk of premature death doubles!

So, squash that impulse to rely on your statin to provide complete protection from another heart attack or stroke. It can't do it alone. You need to upgrade your diet to downgrade your risk.

Highfalutin lutein:

#### Get the most out of this phytonutrient

When Sade (pronounced "sha-day") sings "Smooth Operator" your heartbeat slows, your shoulders relax, you feel calmer. That's good for heart 'n' soul! Well, smoothies can do the same for you if you make them with spinach or other dark green, leafy veggies.

Researchers from Sweden's Linkoping University have studied the nutrient lutein — a fat-soluble pigment that's abundant in dark-green vegetables and found that it tamps down inflammation in immune system cells and your body stores it to use if needed to help cool heartdamaging inflammation.

That made them wonder: What's the best way to prepare lutein-rich foods to make sure you get the most of that nutrient in every tasty mouthful? So, for a new study, published in Food Chemistry, they fried, boiled and steamed baby spinach, and then measured the surviving lutein content. They compared that to raw spinach and found that the highest lutein levels were maintained when uncooked spinach was chopped into tiny pieces — like when it's added to a smoothie. So, try our favorites!

Dr. Mike's daily dinner green drink! For three to four servings, blend: 2 cups spinach; 2 cups cucumber; 1 head of celery; 1/2 inch or teaspoon ginger root; 1 bunch parsley; 4 teaspoons psyllium fiber (sugar-free Metamucil); 2 apples; juice of 1 lime; juice of 1/2 lemon.

Dr. Oz's Spinach Shake recipe: In a blender put 3 cups spinach; 2 cups ice; 1/2 banana; 2 tablespoons peanut butter; 1 scoop vanilla protein powder; 3/4 cup unsweetened almond milk. Now you're a Smoothie Operator.

#### Fiber up, blood pressure down

"You are what you eat" is an old saying originally penned in 1826 by the gastronomic food-wizard Anthelme Brillat-

Savarin in his essay on the physiology of gout. He wrote, "Dis-moi ce que tu manges, je te dirai ce que tu es" [Tell me what you eat. and I will tell you what you arel. The same could be said for the trillions of bacteria in your guts: You are what they eat.

Researchers have known for a while that the gut biome needs to be fed soluble fiber found in grains, veggies and fruits for heart health. Now they may know (we'd like to see two more human studies) that your biome also needs insoluble fiber; it adds bulk to the stool and helps food pass more quickly through the stomach and intestines, helping to protect your heart from any effects of high blood pressure.

The bacteria that gobble up insoluble fiber produce a fatty acid called propionate. According to a study in the journal Circulation, this (at least in mice) reduces cardio problems associated with high blood pressure such as abnormal enlargement of the heart, an irregular heartbeat and atherosclerosis.

Insoluble fiber comes from eating foods such as beans, 100 percent whole wheat or bran products, green beans, potatoes, cauliflower and nuts. So, if you have high blood pressure (75 million Americans do) feed the little guys insoluble fiber - and you may get unbelievably big rewards. Not only may insoluble fiber protect your cardio system, it's part of a brain-boosting diet as well!

Exercise your brain power

"You can't separate the mind and body," Jack LaLanne once told USA Today. The Godfather of Modern Fitness, he lived to be 96 and learned early in life that exercise (combined with proper nutrition) could give your body and mind a significantly younger RealAge. In his heyday, critics called LaLanne a nut and a charlatan, but it turns out he was right.

A study in the journal Neurology reveals that sedentary folks 55 and older with cognitive impairment (difficulty concentrating, making decisions or remembering) can turn back the clock nine years in just six months by doing aerobic exercise (walking, cycling) for 35 minutes three times a week! Executive functioning - neurologically based skills involving mental control and self-regulation was what showed notable improvement. The very best cognitive improvements came to participants who followed that exercise routine and the DASH (Dietary Approaches to Stop Hypertension) diet — a lowsodium, high-fiber nutritional plan with lots of fruits, vegetables, beans, nuts, low-fat dairy, 100 percent whole grains and lean proteins.

While this wasn't a big/major study, it echoes the findings of another study out of the University of Texas Southwestern Medical Center that suggested physical fitness is associated with stronger neuron fibers and better executive function in folks with mild cognitive impairment. Other research also has found that aerobic exercise increases the volume of the hippocampus, the brain region responsible for mem-

So, what's not to embrace? Join an exercise group and have some fun. As George Bernard Shaw said: "We don't stop playing because we grow old; we grow old because we stop playing."

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# **East Jordan Public School Gym Dedication**



On Friday, January 4, East Jordan Public Schools celebrated the renovation of its' High School Gymnasium along with other facility upgrades, by hosting a ribbon cutting ceremony before the start of the Girls' and Boys' Varsity Basketball games against Elk Rapids. Courtesy photo

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Red Devil Crowd.

The Board of Education and administration took time to thank the tax payers of East Jordan for their generosity and support of the students and staff at East Jordan Public Schools.

"This project has been a great example of how to build for the future and provide a safe, updated and efficient facility for years to come" said Superintendent Matt Stevenson. "Not only did this support enable this physical education/gymnasium facility to be renovated and now provides the

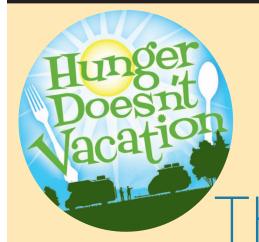
most modern of area facilities, their generosity at the polling place allowed for updated technology and classroom renovations for all students, secure building entrances, new energy efficient boilers in each building and new, even safer busses for our students."

In appreciation of their endless support, hard work and dedication Superintendent Stevenson presented Board of Education members with a memento of this project. In recognition of their effort, each Board of Education member received a section of the original gymnasium floor fashioned into a plaque. The plaques were designed by the high school CAD class, cut and engraved by the high school woodworking class supervised by instructor John Cross.

"We have great people with a clear vision leading this district. It has been an exciting project to work on with the Board of Education and I am excited about our future." Stevenson added.







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