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Charlevoix
County News

February 7, 2019

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Canceled classes may mean shorter summer break for area schools

BY MICHELLE MEDJESKY

From flu outbreaks to bad weather, all schools in Charlevoix County have had a reason to close for multiple days since the start of the New Year, leading school officials to wonder if a later end to this school year may be needed to make up for lost class time.

According to Michigan state law, school districts are required to provide 180 days and 1,098 hours of instruction each school year.

The law states that six days of those days can be excused "because of conditions not within the control of school authorities, such as severe storms, fires, epidemics, utility power unavailability, water or sewer failure, or health conditions as defined by the city, county, or state health authorities."

The law further states that the Michigan Superintendent of Public Education can approve a waiver



Boyne City Public Schools superintendent Patrick Little
 PHOTO BY MICHELLE MEDJESKY

of three extra missed school days for districts that appeal "due to unusual and extenuating occurrences resulting from conditions not within the control of school authorities."

If any district exceeds the total nine maximum days possible to be excused, then it must make up those added days to avoid being penalized by losing propor-

tionate state school funding this year.

As of press time early this week, students attending Boyne City Public Schools already this year have had a total of ten days of classes cancelled—the most among all schools within the Charlevoix-Emmet Intermediate School District. That's mostly due to Boyne City Schools closing several days in January due to a flu outbreak, but weather predictions at press time indicate there may be more snow days called for Boyne

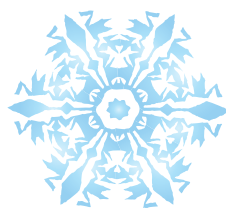
City schools and others in northern Michigan, mostly due to icy road conditions in coming days.

In a posting to notify about a recent closing in his district, Boyne City Schools Superintendent Patrick Little included a message for students, staff and parents explaining how the growing number of cancelled school days can possibly impact their summer vacation plans.

Little said he intends to appeal to the state school

See **Snow Days** — Page 7A

East Jordan Sno-Blast is February 22-24



Let it snow, let it snow! How quickly the landscape can change in northern Michigan. While writing this article, the radio keeps blasting winter storm warnings and the snow swirls about my window. With the cold temperatures and predicted snowfall amounts for the upcoming days, the snowmobile season is turning out to be a great one.

The 38th Annual East Jordan Sno-Blast Winter Festival, scheduled for February 22 – 24, promises to offer something for everyone. For the outdoor enthusiasts, the festival will feature the popular Blessing of the Sleds and ORV's, Antique and Classic Snowmobile Show, a snowmobile safari ride open to all types of snowmobiles, snow sculptures. There will also be an ORV Fun Obstacle Course, The TNT Ride Like A Girl to Save the Girls Bikini Radar Run, Snowmobile Radar Runs and the Sno-Mobiler's Inc Bean Pot.

For the non-outdoor winter fans there are many fun events to break Cabin Fever. That includes the "Grand Story Hour", Family Movie "Christopher Robin", the ORV Club Taco Dinner, Sno-Blast Euchre



The 38th Annual East Jordan Sno-Blast Winter Festival, scheduled for February 22 – 24, promises to offer something for everyone. COURTESY PHOTO

Tournament, coloring contest for kids 0 – 11 years old, Belle of the Blizzard and Winter Knight competition. Businesses will be holding Indoor Sidewalk Sales throughout the weekend and a Sno-Lover's Breakfast at the East Jordan Sno-Mobiler's Clubhouse on Sunday to wrap-up this fabulous winter festival.

If you haven't visited East Jordan recently, I en-

courage you to put our community on your winter destination list. The community is experiencing a fabulous rejuvenation of new businesses, new buildings and community spirit. I invite you to shop, dine and experience all that our new and existing businesses and attractions have to offer. Exciting happenings and progress continue to unfold in our beautiful

town located on the South Arm of Lake Charlevoix with the wild and scenic Jordan River on our doorstep!

For more information on these fun winter events please contact the East Jordan Area Chamber of Commerce at 231-536-7351 or info@ejchamber.org



Downtown Charlevoix Sidewalk Sales Feb. 15-18

It may be cold outside, but the deals are hot at the Charlevoix Indoor Sidewalk Sales taking place over Presidents' Day weekend. This annual shopping event begins on Friday, February 15 and runs through Monday, February 18.

Enjoy countless bargains and more on a variety of great merchandise at participating stores. Take advantage 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 more.

While in town, be sure to enjoy a bite to eat at one of our many fantastic restaurants. Charlevoix is open for business, so Shop Local for spectacular deals over the holiday weekend!

For more information, contact the Charlevoix Area Chamber of Commerce at 231-547-2101 or info@charlevoix.org.

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weather

THURSDAY



HIGH: 33
LOW: 10

FRIDAY



HIGH: 14
LOW: 8

SATURDAY



HIGH: 16
LOW: 10

2016-17	AMT"	CITY
2/6/17	39.8	ATLANTA
2/6/17	84.9	BOYNE FALLS
2/6/17	45.8	CHARLEVOIX
2/6/17	50	CHEBOYGAN
2/6/17	91.5	EAST JORDAN
2/6/17	143	GAYLORD
2/6/17	115	KALKASKA
2/6/17	43.1	LEWISTON
2/6/17	41.5	MIO
2/6/17	54.9	ONAWAY
2/6/17	94.7	PETOSKEY

snowfall

2017-18	AMT"	CITY
2/5/18	19.5	ATLANTA
2/5/18	78	BOYNE FALLS
2/5/18	77.5	CHARLEVOIX
2/5/18	52.1	CHEBOYGAN
2/5/18	108.4	EAST JORDAN
2/5/18	93.8	GAYLORD
2/5/18	79.5	KALKASKA
2/5/18	34	LEWISTON
2/5/18	21.9	MIO
2/5/18	53.2	ONAWAY
2/5/18	94.9	PETOSKEY

2018-19	AMT"	CITY
2/4/19	32.5	ATLANTA
2/4/19	71.5	BOYNE FALLS
2/4/19	53.4	CHARLEVOIX
2/4/19	47.4	CHEBOYGAN
2/4/19	88.1	EAST JORDAN
2/4/19	85.4	GAYLORD
2/4/19	67.2	KALKASKA
2/4/19	43.5	LEWISTON
2/4/19	40.3	MIO
2/4/19	57.1	ONAWAY
2/4/19	98.5	PETOSKEY

record temps

DAY	AVG	LOW	Avg. High	RECORD LOW	RECORD HIGH
FEB 7	10°	30°	22°	(1967)	.46° (2005)
FEB 8	11°	30°	21°	(1962)	.49° (1990)
FEB 9	11°	31°	32°	(1979)	.50° (1966)
FEB 10	11°	31°	31°	(1994)	.52° (1984)
FEB 11	11°	31°	20°	(1958)	.52° (1984)
FEB 12	11°	31°	23°	(1968)	.56° (1999)
FEB 13	11°	31°	22°	(1982)	.49° (1990)
FEB 14	11°	32°	27°	(1971)	.48° (2002)
FEB 15	11°	32°	25°	(1963)	.56° (1999)
FEB 16	11°	32°	28°	(1963)	.50° (1981)

Aaron Joseph Thorne, 41

(NOV. 22, 1977 - FEB. 2, 2019)



Aaron Joseph Thorne died Saturday, February 2, 2019 in Traverse City.

Funeral arrangements are pending at the Penzien Funeral Home in East Jordan.

No services are planned at this time.

Interment will take place in El Toro Memorial Park, next to her husband.

Myrtle Morgridge, 100

(NOV. 29, 1918 - FEB. 2, 2019)



Myrtle (Warder) Morgridge 100 years old, passed away February 2, 2019 at Grandvue Medical Care Facility. She was born November 29, 1918 in Portland, Michigan to John and Margaret (Thurston) Warder. Myrtle graduated from Portland High School and married Robert Morgridge on March 21, 1936. They had two sons, Bob and Michael. Michael passed away in 1979.

Myrtle was a devoted homemaker while her children were growing up. In 1962, she and her husband moved to Lansing, where she worked twenty years as the assistant manager for Baryames' Dry Cleaners.

After retiring in 1982, Bob and Myrtle returned to Portland where Bob passed away in 1984. A few years later Myrtle and her special

friend, Bob Estep, moved to Placida, Florida. They spent summers in Charlevoix. After Bob Estep passed away in 1998, Myrtle moved to the Pine River Place in Charlevoix. In 2007 she moved to Grandvue in East Jordan.

Myrtle is survived by her son Bob (Mary Ellen); their sons David (Carrie) of Hailey, Idaho; Dennis (Robin) and their children Emily, Shelby and Ben of Highland, Michigan; Jeff (Lenore) and their children Emmet and Quincy of Moraga, California; and Jim and sons Robby, Alex, and Douglas of Charlevoix; Michael's two daughters Lisa (Steve) Spetoskey and their children Stevie, Anthony, and Lexie; Teresa Leonard and her children Bob and Becca; Margaret, the wife of her late brother Terry Walder, and their children Donna, Jack, Julie, and Amy.

When she was younger, Myrtle enjoyed golf, sewing, and crafts. She was a talented artist, whose paintings are shown on many walls. She was always an avid card and bingo player and she loved to read and watch the Detroit Tigers. She was a member of the United Methodist Church of Charlevoix. During her stay at the Pine River Place and Grandvue she was a friend to all and will be dearly missed by her family and all who knew her.

A memorial service will be held at Grandvue on Wednesday, February 13, at 2 p.m. with Pastor Russ Peck officiating. Memorial contributions may be made to the Grandvue Medical Care Fa-

cility, 1728 S. Peninsula Road, East Jordan, MI 49727.

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

Janice Flora (Wittbrodt) Speer, 82

(MARCH 7, 1936 - FEB. 1, 2019)



Janice Flora Wittbrodt Speer of Central Lake passed away at Meadowbrook Medical Care Facility, on February 1st, 2019. Jan was born in Midland, Michigan, the youngest of 6 children to Leon and Flora (Brown) Wittbrodt. She married Carl Baker in 1954 and they moved to the Detroit area the same year, where they had a large family of their own. In 1970 Jan married Robert Pearson, and added two more sons to the family. They moved to Atwood, in northern Michigan in 1971, where she would raise her family on a small farm. In 1975 they purchased Gordon's Garage in Central Lake, moving her family to the beautiful town.

She married Harland Speer in 1984 and they spent the rest of their years together.

She was the owner and operator of "Jan's place," a local restaurant. Over the years Jan had many tribulations and had many successes. She had a beautiful spirit that drew people to her. She could entertain for hours, turning her life's adventures into stories that captivated everyone.

Jan is survived by her sister in law Marge Wittbrodt-Hager, her children, Daniel Baker, Greg (Jill) Baker, Cyndee (Ken) Krstich, Bob Baker, Wendy Dawson, Rob Pearson, Daryl Pearson, Kevin Speer, and Kerry Speer, along with many loving grandchildren, great grandchildren, nieces and nephews.

Janice was preceded in death by her parents, Leon and Flora, her sister Lorraine (Merlin) Dittenber, her brothers William (Lee) Wittbrodt, Leon (Mary) Wittbrodt, Jerry Wittbrodt, and Duane Wittbrodt. Also preceding her are daughters Kathy Peaphon, Lynda Haggerty, and grandson Eric Shuman.

The family would like to thank the staff at Meadow Brook Medical Care Facility in Bellaire for taking great care of Janice for 8 ½ years. Their guidance and support were invaluable during this time.

Funeral services will take place Saturday, February 9th, 2019 at 2 p.m., at the Central Lake Chapel of Mortensen Funeral Homes. Pastor Brian Yost will officiate. Visitation will be from 12 p.m. until the beginning of the service. A luncheon

will take place after the service.

A spring 2019 interment will take place at Lakeview Cemetery in Bellaire, Michigan.

Those planning on expressions of sympathy are asked to consider the Alzheimer Research Foundation, 3152 Little Road Suite 146, Trinity, Florida 34655 or Communities in Schools Northwest c/o Central Lake Public Schools, 205 Grove Street, Mancelona, Michigan 49659.

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

Gloria Jane Lemon, 94

(SEPT. 9, 1924 - JAN. 30, 2019)

Gloria Jane Lemon of Charlevoix died January 30, 2019.

She was preceded in death by her husband Glenn of 66 years, her parents, her sister Betty and her brother Burt.

Gloria is survived by her son Michael and daughter Karen, both of Charlevoix. For all that knew Gloria and loved her she will be greatly missed. She was active both in church and community activities, helping when and where she could.

No funeral or memorial will be held per Gloria's wishes.

Arrangements have been handled by the Charlevoix Chapel of Mortensen Funeral Homes.

William H. Ward, 85

(JULY 28, 1933 - FEB. 5, 2019)

William H. Ward of Charlevoix passed away on February 5, 2019 at Meadow Brook Medical Care Facility in Bellaire. There will be a visitation on Saturday, February 9, 2019 from 4-6 p.m. at the Winchester Chapel of Mortensen Funeral Homes. A full obituary will be coming soon.

Betty Ann Anderson, 96

(JAN. 3, 1923 - JAN. 26, 2019)

Betty Anderson of Ellsworth died Saturday, January 26, 2019 at Boulder Park Terrace.

LETTERS TO THE EDITOR

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

DONI VAUGHN FUNDRAISER A HUGE SUCCESS

Hundreds of people planned, worked donated or attended the fundraiser for

our friend Doni Vaughn. Once the word got out, we were flooded with calls from businesses, co-workers, family, friends, neighbors, all from near or far. Not only did all of these people help or donate, so many people sent cards, meals, gifts, good thoughts & prayers to Doni & her family.

There is no way we could keep track of all of you for a personal thank-you! Doni would like everyone to know she is so appreciative to each and everyone of you!

Because Doni is still in the fight for her life, we are encouraging everyone to help keep her spirits up and remind her to stay strong by sending cards, (8185 Goebel Rd. E. Jordan) text messages & good thoughts & prayers.

Once Again, Thank You! The committee members of the Doni Vaughn Benefit & Doni Vaughn and her family.

PERJURY TRAP

To the Editor, Every prosecutor, every defense attorney, wants the magic silver-bullet question which upon inducing answer means guilt whether "yes" or "no". These plays exist, hence are plotted against throughout the legal-political system. No reasonable person wants to get caught in inescapable testimony. This bodes ill for those who have earned reputation as prevaricators, that is, straying from or straddling the truth. Some call it lying but such blame is usually occluded in lieu of more euphemistic terms

such as "evasive". "avoidance", "distraction", "doubletalk", ad infinitum. When a lawyer extracts an irremediable admission of guilt, the case is won. This is not always the smoking gun so brouhaha as Perry Mason genre television episodes would have it. Perry Mason BTW began life as a comic strip, not unlike Marvel characters. With comics you can do anything. Look at Doonesbury.

Well-used aphorisms such as "I am not a crook", "I never had sex with that woman", "I forget", are illustrative of those quote purveyors immemorably. After hedging such guilt-ridden admissions there's nothing else worth remembering. Thus, "No Collusion" enters that panoply of dubiously memorable quotations. In all instances the ineluctable inversion of guilt denied is beyond obvious; it becomes legacy.

In court as in Socratic dialectic – ubiquitously derived from Plato's writings – prosecution-defense peroration is managed much as the Athenian Symposium Republic. Socrates as recorded by Plato used question and answer disclosure to assess basic truths and flaws in discourse by means of simple analogy with everyday issues. Everyday, yes, but with redound unto the mental extremities of cogitation in philosophic nuance. The simplicity of allusion is often misleadingly perceived as childish prattle until sentences are conjugated, an educational premiss apparently not insisted upon in recent times, nor orthography, semantics, syntax etc. Plebeian social order does not concern itself with grammar but court and politics must adhere some-

what to proper grammar as do literature in the main and journalism par excellence. The best an attorney, or anyone questioning, can do is compose a question to which the answer whether positive or negative is condemning without a tunnel of escape in finality of decision.

This is naturally why the lawyers defending Donald Trump want no part of under oath testimony. But subpoenaed testimony it shall be just like Michael Cohen, no refusal possible. Thus one perjury trap emerges before any testimony: Pleading the Fifth. This of itself is admission of guilt because the Amendment clearly states "witness against himself" subsequently interpreted with addendum of "incriminating himself". In other words, if refusing to answer, the inference is guilt. But that's not enough. That's inference only. Everybody might know of or believe in someone's guilt but prosecutors have the onus of proof to bring to bear or at least a verisimilitude of circumstantial evidence enough to sway a jury. Therefore the immutable question and answer is sought for unanimous ultimatum, the unalterable admission that is garnered through either catharsis or anosognosia, i.e. plea-bargain cooperation versus irrational denial.

One such means in actuality would be if Donald Trump were to answer a question seeking confirmation of felony charges which answer is well known to the prosecution as being true via written proof, witness testimony, audio or video replay, herein plausible personal disclosure in a braggadocio moment. Should he answer "yes" he is adjudged guilty of the crime so pre-

sented. Answering "no" begets guilt by perjury since the denial is already proven false. Catch-22 in short.

There is what is known to psychologists as Cognitive Dissonance, a mental disorder that protects and prevents acknowledgement of actions or intentions that have been shown to be unwise or worse, that is, defending such decisions even under dire fire. Many other terms complicate this mental aberration, thus experts have to be enlisted to analyze and establish in/competence of anyone on trial or examination. Because such insanity defenses predictably do not work, the defense attorney has little chance of alleviating guilt but can only try to lessen severity. Dissonance in the case of a high US officeholder, a president being equivalent to a King or Queen, presents some conundrums of jurisprudence as seen banded about throughout this administration. If indeed a president lies under oath consistent with a lifetime of devious dealings, is he automatically guilty of perjury as would be any other defendant? Since insanity defense doesn't work, the outcome will be contingent upon a jury, the final arbiter being the judge. The prosecution has done its job, in any other case a guilty rendering via perjury trap as it were. Perjury traps are initiated by a defendant alone but may be orchestrated by prosecution assuming defendants' propensity toward being untruthful. This is indeed Socratic in essence, Q&A designed to uncover what is self-evident though disputed under societal shield, rhetoric and custom. Guilty.

Mitchell Jon MacKay, East Jordan

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Petoskey Winter Carnival kicks off on February 14

BY MICHELLE MEDJESKY

While the notion of a carnival generally conjures up visions of ferris wheels and other midway attractions under a hot summer sun, the perfect carnival in Petoskey for the past 91 years has been a winter celebration defined by ice sculptures, bumpjumper and many other seasonal salutations to the snowy winter season.

The fun starts off with a "Wine and Dine" progressive dinner and wine pairing on Valentine's Day-Thursday, February, 14. For a ticket cost of \$50 per person, participants will be winned and dined at five eateries in downtown Petoskey, starting with "nibbles" at 6pm at American Spoon Foods on East Lake Street. Ticket holders will then travel as a group about a block through Pennsylvania Park up to Petoskey Cheese on East Mitchell Street, where they will learn about wine and cheese pairings.

The group will then turn about face and head back north to the Noggin Room Pub at Stafford's Perry Hotel where they will enjoy soup and salad.

After that, the progressive "winers and diners" will move up the hill to City Park Grill to indulge in their main course meal be-

fore again walking north for dessert at Palette Bistro on Bay Street.

The five-course progressive dinner will take about 3 hours from nibbles to dessert and space is limited.

For tickets or more information visit www.petoskey-downtown.com or call (231) 348-0388.

Tickets will only be available until 5pm, Tuesday, February 12.

Numerous other activities and downtown merchant specials will be ongoing throughout the weekend, including dozens of ice sculptures along the streets sponsored by businesses and a search for "Olaf the Snowman" contest in participating shops for a chance to win \$100 in "Downtown Dollars". An Olaf Stamp Book can be picked up at the Downtown Petoskey office at 216 Park Ave. or at any participating shop. All stamped books must be turned in to the downtown office by 4pm Sunday, February 17.

Other events scheduled during the Petoskey Winter Carnival include:

FRIDAY, FEBRUARY 15
- 3 p.m.-7 p.m.- Chocoholic Frolic; tour participating downtown shops for an array of chocolate treats! Grab a stamp book at any of those shops or at the downtown Petoskey office 216 Park Ave. and enter to win a delicious Chocoholic Frolic Gift basket.



The 91st Petoskey Winter Carnival will be held throughout the weekend of February 14-17-with tons of fun events and activities for all ages available throughout the downtown area all weekend. Photo by Michelle Medjesky

- 6 p.m.-9 p.m.- Little Traverse Bay Humane Society "Rock Out for Rescue" event at Stafford's Perry Hotel featuring dueling pianos, hors'deuvres, a cash bar and

silent auction. Tickets \$50 each. Call (231) 347-2396 or contact www.petoskeydowntown.com

- 6 p.m. Winter Ghost Walk; A hour-long walking

tour of all of downtown Petoskey's most spooky establishments will begin at Stafford's Perry Hotel, 100 Lewis Street. Cost is \$15 per person and space is limited so please call ahead for reservations-and dress warm! (231) 348-0388

SATURDAY, FEBRUARY 16

- 10 a.m.- 5 p.m.- Cardboard Sled Workshop-Petoskey District Library; Cardboard and other materials provided so participants can take their sleds to the Winter Sports Park and register for the race there by 6 p.m. The race begins at 7 p.m.

- 1 p.m.-4 p.m. Ice Bar Celebration/ Downtown Pennsylvania Park; Music by Lite 96.3 and DJ Tim Nixon, kids games and other activities, LIVE ice carving demonstration and more.

SATURDAY SCHEDULE AT PETOSKEY WINTER SPORTS PARK, 1100 Winter Park Lane

- 10:30 a.m. Bumpjumping Registration

- 12:00 p.m. (Noon) Bumpjumping Competition (an event unique to northern Michigan)

- 3:30 p.m. Youth Sledding Competition (Ages 12 and

under)

- 6 p.m. Cardboard Sled Challenge Registration-Open to individuals, teams and organizations. Build your sled from cardboard, duct tape, paint.

- 6:30 p.m. Figure Skating Demonstration by the Petoskey Figure Skating Club, choreographed by Anne Murray and Terri Seever

- 7 p.m. Carboard Challenge XXIV-Sleds to be judged on speed and creative design

There will also be two hockey games hosted at the Winter Sports Park at 11:00 a.m. and 12:30 p.m. for the Adray Northern League Semi-Finals.

SUNDAY, FEBRUARY 17

Kid's Sunday FUN Day! Noon-4 p.m. Participating downtown shops will host fun indoor activities for kids.

For more information about Petoskey's 91st Winter Carnival celebration or to purchase tickets for carnival events, go to:

<http://www.petoskey-downtown.com/downtown-events/winter-carnival>



Two of the earliest "bump jumpers" at the Petoskey Winter Carnival at the Winter Sports Park. Courtesy photographs



1936 Petoskey Carnival "Snow Queen", Shirley Squier, who is being crowned by then Michigan Governor Frank D. Fitzgerald. Courtesy photo

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SNOW DAYS FROM PG. 1A

superintendent for the additional three days that can maybe be "forgiven" and not required to be made-up at the end of the year. However, that appeal can't be submitted until April, he said.

"I am optimistic, due to the documented Influenza A outbreak...that our appeal may be granted, however, that is not guaranteed," Little wrote

in his statement.

"I also know that we may have at least 60-70 more days of winter-type weather ahead of us. As a reminder, we had two canceled days of school due to snow last April. For this reason, I am notifying our community that we may need to extend the school year. Currently, we are scheduled to end the year on June 6," Little stated, adding, "I am requesting that we all keep the entire week of June 10-14 open for required days of school."

Little said school officials will be in contact with parents sometime in

May after the snowy season wanes in terms of whether the district's appeal to be "forgiven" by the state for three added cancelled days will be granted and if the end of the school year needs to be extended.

He noted the Early Learners Pre-School program will not be affected by the extension.

Little said in closing, "Thank you for your support during these winter days that test our patience and systems for balancing the need for students to be in school and the need to have safe transit to and from school."

EJ Firefighters Battle Blaze and Snow

BY MICHELLE MEDJESKY

EAST JORDAN-A home in East Jordan was heavily damaged during a fire last week that was extra hard for firefighters to battle because of heavy snow, bitter high winds and white-out conditions.

Firefighters from the East Jordan Fire Department responded to a report of a chimney fire and smoke filling a home located at 9526 Rogers Road around 12:45 p.m. on Wednesday, January 30, said East Jordan fire chief Glen Thorman.

Thorman said firefighters found heavy smoke coming from the eaves all around the roof of the house when they arrived at the scene, but noted the home's occupants got out safely before firefighters arrived and no injuries were reported.

But just getting firefighters and water to the scene to extinguish the fire in itself was a daunting task, said Thorman, explaining how weather conditions and "white-out" visibility in particular made emergency crews' ability to access the site "just horrible."

Temperatures in East Jordan at the time of last week's fire hovered around 4 degrees with wind gusts as high as 35 mph, dragging wind chills as low as 20 below zero. Road crews had already closed M-66 to Ranney Road to all traffic except emergency vehicles because of the weather.

Thorman said firefighters had trouble accessing the house because the driveway was full of snow, making it necessary for them to park their trucks on the road and to drag hoses, ladders and

other equipment some 100 feet up a hill and through snow drifts-some waist deep.

Thorman said firefighters had to take frequent breaks to warm up in vehicles provided by Jordan Valley EMS and Banks Township crews, which also provided food and water.

He said fire teams extinguished the fire but remained on the scene until about 4:30 p.m. putting out "hot spots" in the house's ceiling and walls. Thorman said it appears the fire started in a chimney leading to a basement woodstove.

The East Jordan Fire Department was assisted by fire crews from Charlevoix Township, Boyne City and Banks Township.

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CHARLEVOIX CHAMBER ANNUAL MEETING AND AWARDS BREAKFAST

February 8, 7-9am, Castle Farms. Please join us in celebrating the award winners; Outstanding Citizen; Maureen Owens, Business of the Year; Charlevoix State Bank, New Business of the Year; Northern Explorers Child Development Center, Young Professional of the Year; Jodi Bingham, Customer Service Award; Charlevoix Public Library and Chamber Ambassador Award; Cheryl Carey. This year's featured speaker is David L. Miles, Charlevoix Historical Society Curator. Also, on the morning'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.

EAST JORDAN

BLOOD DRIVE

February 8, 11:30am-5:30pm, East Jordan Community Civic Center Gymnasium. Everyone who attempts to donate receives a pair of R U My Type? Socks (while supplies last). Appointment preferred. Call 866-642-5663 or visit versiti.org/miblood

BOYNE CITY

FRESHWATER CONCERTS PRESENTS ALBERT LEE

February 9, 8pm, Freshwater Art Gallery, 217 S. Lake Street. If you watched the George Harrison Tribute concert on PBS Saturday night you saw Albert on stage trading licks with Eric Clapton, Paul McCartney, Tom Petty, Jeff Lynn, Etc. He is the real deal. The chance to see someone of this stature playing in an intimate setting in Northern Michigan is rare.....very rare. Tickets \$35 in advance and \$40 at the door. Call to reserve; (231) 582-2588.

EAST JORDAN

ANNUAL DADDY DAUGHTER SWEETHEART DANCE

February 9, 6-8pm, East Jordan High School Cafeteria. Presented by the CO-OP Nursery. Grandfathers, uncles or friends welcome. Includes DJ, Dancing, Ice Cream Sundae, Craft and Photo Momento. \$20 per couple, \$25 for a family with two or more daughters. Please contact a Co-Op Nursery Parent or the school office (238) 536-7564, ext 5166 with any questions.

EAST JORDAN

ALL-YOU-CAN-EAT SWISS STEAK DINNER

February 9, 5-7pm. The East Jordan United Methodist Women are sponsoring an All you care to eat Swiss Steak Dinner with Swiss steak, mashed potatoes, gravy, green beans, salads, rolls, and homemade pies. The dinner will be held at The United Methodist Church, 201 Fourth Street.

Ticket prices are \$9 for adults, \$5 ages 5-12, under 5 free.

BOYNE CITY

THE LIMITS OF LOVE DISCUSSED

February 10, 6:30pm, Lifetree Cafe. The program, titled "What Would You Do for Love? One Guy's Outrageous, Risk-It-All Adventure to Get the Girl," includes a film featuring Ryan Leak, whose girlfriend, Amanda Roman, once said she wanted to get engaged and married on the same day. So, Ryan secretly invited 100 of their friends and family to fly to Miami to witness their wedding—before he'd proposed. The only flight into Miami that was delayed was Amanda's flight. "She had no idea she was getting married the next day," said Ryan who struggled to stay calm while keeping his secret. 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.

BOYNE CITY

HOUSING SOLUTIONS MEETING

February 15, 1-2:30pm, Commission Chambers at Boyne City Hall. The Boyne Area Chamber, in conjunction with the City of Boyne City and surrounding townships, has organized Boyne Housing Solutions, a group focused on scouting solutions to our housing needs in the Boyne Area. As many are aware, the supply of housing options in the Boyne Area is currently not keeping up with the demand. Some businesses are finding it difficult to hire employees, because potential employees can't find an affordable place to live within reasonable driving distance. The public is invited to attend

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 contest.

CHARLEVOIX

DOWNTOWN SIDEWALK SALES

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

BOYNE CITY

INTELLIGENT LIFE ON

OTHER PLANETS EXPLORED

February 17, 6:30pm, Lifetree Cafe. The program, titled "We're Not Alone? The Search for Intelligent Life on Other Planets," features a filmed interview with Dr. Seth Shostak, senior astronomer at the SETI Institute and author of Confessions of an Alien Hunter: A Scientist's Search for Extraterrestrial Intelligence. Participants in the Lifetree program will have an opportunity to share their thoughts and experiences related to the topic. 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.

WALLOON LAKE

BOYNE CHAMBER BUSINESS AFTER HOURS

February 21, 5:30pm, Walloon Lake Trust and Conservancy, 4060 M-75, Suite 102. Business After Hours is the Chamber's monthly business networking event, held at member businesses. There is no charge for admission or refreshments.

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, Girls Bikini Radar Run fundraiser, 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

CHARLEVOIX

7TH ANNUAL DOGMAN CHALLENGE

February 23, Noon at Mt. McSauba. Revolution Bike in Charlevoix is proud to host the 7th Annual Dogman Challenge Fat Bike Race with the support of Bickersteth Brown & Associates, The City of Charlevoix, and Charlevoix Convention & Visitor's Bureau. Riders will race Fat Bikes on a 1.8 mile loop through the trails of Mt McSauba and North Point Nature Preserve. Prizes awarded. Also fire pits, s'mores and more. For more information or to register to for the race, contact Revolution Bike at 231-237-0900 or visit www.dogmanchallenge.net.

CHARLEVOIX

TOAST TO LITERACY MARDI GRAS PARTY

February 23, 7-10pm, Castle Farms. Join us for the party of the year! Live music, silent auction, a fun food competition by local caterers, plus tastings with local breweries, vineyards, & meaderies. Registration includes a commemorative glass and a free drink ticket at check-in. Wear your best Mardi Gras outfit and support childhood literacy in Charlevoix & Emmet Counties. For more information, visit charemunitedway.org/toast or call 231.487.1006. Use promo code CHAMBER to receive \$5 off.

ELLSWORTH EUCHRE FUN

February 23, 7pm, Banks Township Hall. Refreshments and ice provided (BYOB). Prizes, lots of laughs, meet new people (no partner needed). Sponsored by Ellsworth Lioness Club. Cost, \$10 per person. Profits used for community projects. For info call; Jan Olach (231) 588-2213.

BOYNE CITY

PERSONAL TRAGEDIES EXPLORED

February 24, 6:30pm, Lifetree Cafe. The Lifetree event, titled "Why, God? When Personal Tragedy Doesn't Make Sense," features an original film depicting the true story of Thomas Vander Woude, who found his son struggling for his life after a backyard accident. According to Lifetree Café representative Craig Cable, "When tragedy strikes, many people question how God could allow such suffering. This Lifetree program addresses this question head-on." This is Potluck Sunday. Bring a dish to share at 5:30pm. 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

PROJECT CONNECT

March 13, 11am-3pm, Odawa Casino. Project Connect is a day of service for those in need in Charlevoix and Emmet Counties. During this one-day event 500 to 1,000 individuals will connect with a range of health and human services provided by around 70 local nonprofit agencies and businesses. Free services are available in areas such as: Education & Employment, Food & Nutrition, Health & Wellness, Housing & Finance, Kids & Parenting, Veterans Affairs and other Social Services. Guests can also receive gifts of personal care items. The idea behind the event is to help people who may be struggling to make ends meet, to have access to the services they need without the confusion, red tape, and waits that often characterize social services.

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@boyncity.com

CHARLEVOIX COUNTY

COMMUNITY 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 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.

BOYNE CITY

KINDER CLOSET

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

CHARLEVOIX

WELLNESS WORKSHOPS

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

- Hatha Yoga, every Monday and Friday 7:30-8:30am. The yoga sequences, along with breath work and relaxation techniques will assist in building strength, stamina, flexibility, balance, and increasing body awareness. The use of props, blocks, or blankets make poses easily modified to suit the individual. All levels of fitness are welcome and modifications will be provided as needed. The class is taught by Lisa Hepner is a licensed physical therapist assistant with Munson Healthcare Charlevoix Hospital.

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

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

BOYNE CITY

FREE COFFEE, DOUGHNUTS & LUNCH FOR VETERANS

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

CHARLEVOIX

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

NORTHERN MICHIGAN

Women's Resource Center of Northern Michigan provides counseling and support services at no cost to survivors of domestic abuse, sexual assault, child abuse, child sexual assault and adults molested when they were children. Support services include crisis counseling, individual counseling, support groups, trauma therapy (EMDR), play therapy for children, safety planning, advocacy and resources/referrals. If you or someone you care about has been a victim of crime, contact the WRCNM's main office at (231) 347-0067.

NORTHERN MICHIGAN

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

BOYNE CITY

BOYNE DISTRICT LIBRARY PROGRAMS

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

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

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

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

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News

Nominations sought for Hometown Health Hero awards

The Michigan Public Health Week Partnership is seeking nominations of individuals and organizations that have made significant contributions to preserve and improve their community's health for its annual Hometown Health Hero awards.

Hometown Health Hero awards are presented every April as part of Michigan Public Health Week. This year's awards focus on the following five areas of public health:

- Healthy Communities
- Violence Prevention
- RuralHealth
- Technology and Public Health
- Climate Change

Nomination forms can be downloaded from Michigan.gov/mpwh. Completed nominations should be sent to Jim Koval via email at kovalj@michigan.gov or faxed to 517-335-8392 by Feb. 15.

Awards will be presented at the State Capitol on April 10.

Celebrate all that is Chocolate at "Chocolate Covered Boyne"

There are many reasons to spend the day in Boyne City, but nothing as sweet as chocolate indulgences throughout downtown. This is your chance to experience chocolate treats and good deals at participating businesses on February 15 & 16 during regular store hours, in celebration of Valentine's Day.

The event culminates in a Chocolate Dessert Contest from 11 a.m. – 1 p.m. on Saturday, February 16. This 'tasty' competition, hosted this year by Stiggs Brewery & Kitchen, last year's winner, is open to the public. Be a part of the action as our guest judges sample desserts prepared by local restaurants. The public can

taste desserts from 11 a.m. – 1 p.m., with the winner announced at 1 p.m. The winner takes home a trophy and chocolate bragging rights.

To view a full list of participating businesses visit, www.boynecitymainstreet.com

Chocolate Covered Boyne is the best way to chase

away the winter blues and indulge in delectable creations, all conveniently located in downtown Boyne City.

For additional information and details, please contact Kelsie King-Duff, Boyne City Main Street Executive Director at 231-582-9009 or via email at mainstreet@boynecity.com.



Families can apply for Children with Special Needs Fund grant

Children with special needs will have better access to their homes and communities through the purchase of ceiling and stair lifts thanks to a Rollin M. Gerstacker Foundation grant. The Michigan Department of Health and Human Services Children with Special Needs Fund is receiving the \$50,000 grant and will be awarding funds twice this year. Applications received by May 23, 2019, will be reviewed in June, and applications received by Aug. 22, 2019, will be reviewed in September.

Besides ceiling and stair lifts, the Children with Special Needs Fund also assists with partial or full payment for items such as wheelchair ramps, vehicle accessibility devices, transit options, therapeutic tricycles, air conditioners for certain medical conditions,

weighted blankets or vests, and adaptive recreational equipment. Applications for these items are reviewed year-round.

"For nearly 75 years, the Children with Special Needs Fund has been a resource for Michigan families of children with special health care needs, and it plays an important role in the lives of these children and their families," said MDHHS Director Robert Gordon. "Many families may not be aware of the fund, and we want them to know this is a resource they can turn to when no other resources are available."

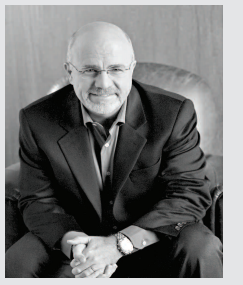
Thousands of children with disabilities and serious illnesses have benefited from the fund with awards of more than \$8 million. The fund operates from private funds through gifts, bequests and donations made

by individuals, organizations and businesses.

Based in Midland, the Rollin M. Gerstacker Foundation was established by Eda U. Gerstacker in 1957 in memory of her husband. Eda Gerstacker died in 1975 and family members continue to serve as officers and trustees of the foundation. The Children with Special Needs Fund was created in 1944 when Dr. James Pardee, co-founder of Dow Chemical Company, made a generous bequest of Dow stock.

Anyone who wants to find out if a child is eligible for assistance or donate to the fund can visit www.michigan.gov/csnfund or contact their local health department's Children's Special Health Care Services worker. Apply for funds by clicking the "Application" button on the left side of the website homepage.

DAVE Says



Dave Ramsey

(A teachable moment)

Dear Dave,
My mom is single, and she co-signed on my student loans for college. Would it affect her credit if I couldn't or didn't make the payments?
Terri

Dear Terri,
Yes, it would. The truth is, your mom shouldn't have co-signed for you in the first place. There's only one reason lenders want a co-signer, and that's because they're afraid the person taking out the loan won't be able to pay back what's owed.

You'll be trashing your and your mom's credit if you don't pay the bills on time. If she co-signed for you, and you don't do the right thing and pay back the loans, she'll start getting phone calls looking for the money, too. I don't think you want to subject your mom to the stress and hassle of collector calls or bad marks on her credit, do you?

Believe me, I understand what happened. Your mom loves you, and she wants the best for you. She's willing to do whatever it takes to help her daughter succeed. What I want you both to understand going forward is that the idea you have to borrow money to attend college—or do anything else, really—is a myth. There are many ways to get a great education, and find excellent career opportunities, without borrowing a dime. Scholarships and grants are everywhere these days. There's absolutely nothing wrong with working before and during college to help cash-flow an education, or you can begin your studies at a community college where the costs are much less.

In addition to four-year schools and community colleges, anyone looking to further their education shouldn't ignore the possibility of trade or technical schools. At these institutions, you can get valuable training that's highly marketable. Not to mention completing a trade or technical school program usually takes less time and is cheaper than a bachelor's degree.

My goal here isn't to fuss at you or beat you up, Terri. It's just very important you understand what's at stake—now and in the future. My hope is to give you and your mom some good information that will help each of you make smarter, more informed financial decisions down the road!

—Dave

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

Drs. Oz and Roizen

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



The importance of kids experiencing nature

In the 1950s TV shows "Lassie" and "The Andy Griffith Show" young boys Timmy (Jon Provost) and Opie (Ron Howard) were always running around outside, saving people or going fishing. Whether having fun or encountering danger (Timmy's in the well!), they were outside a lot. Today, for city and suburban kids to spend time outside things must be planned and supervised. Hours and hours are spent indoors, with eyes on the screen for school, play and socializing. That puts a strain on kids.

According to a recent study from the University of Hong Kong, 16 percent of preschoolers in Hong Kong, and up to 22 percent in China, show signs of mental health problems. The numbers are almost identical in the U.S. According to the Centers for Disease Control and Prevention, 1 in 5 (that's 20 percent) of American children ages 3 through 17 — about 15 million — have a diagnosable mental, emotional or behavioral disorder in any given year. What can be done?

Members of the World Health Organization met in Parma, Italy, in 2010 and came up with the Parma Declaration to help improve children's physical and mental health. One solution: decrease the current epidemic of nature-deficit and child-nature-disconnectedness. Research has clearly shown that being connected to nature — or not — affects a child's psychological functioning and well-being.

So, spend time in a park, green space or recreation area with your child every day. You'll see improvements in mood, attention, sleep quality and school-

work! Chances are you'll have fun, too!

Dog flu and you

In Wes Anderson's animated film "Isle of Dogs," an outbreak of canine influenza rips through the fictional Japanese city of Megasaki. The town's mayor, fearing the virus will spread to humans, banishes all dogs to Trash Island, aka Isle of Dogs. The ultra-smart exiled pups, missing the great meals their owners once provided, eventually find a way to help upend the government conspiracies that forced them out of town.

This dystopian film is, of course, a work of fiction. In real life, there's never been a documented case of animal-to-human transmission of a dog flu virus. (They're named subtype H3N8 and subtype H3N2; each name identifies its antigen.) But it's important to know that your pooch is vulnerable to the virus, and somewhere under 10 percent of infected dogs die of flu-related complications.

Canine influenza is transmitted through droplets that become airborne when a dog breathes, barks or sneezes (cats can catch it from them). Symptoms include cough, runny nose, fever, lethargy, eye discharge and reduced appetite. Your vet's treatment will include support care to keep your dog hydrated and prevent a secondary bacterial infection.

So make the flu shot an annual healthy habit for your entire family — one kind for people and one for dogs that spend a lot of time around other animals in boarding or day-care facilities, parks or dog runs. The vaccine is administered in two doses, three weeks apart, and like its human counterpart, getting it early (September or October) makes sense, but it's never too late to help!

Obesity and your brain are not a happy couple

In Japan, most Sumo wrestlers weigh 300-400 pounds. While they're professionally active, they follow a diet and workout routine that helps keep them surprisingly healthy, considering their girth. But once they stop training, they're prone to Type 2 diabetes, high LDL cholesterol and cardiovascular disease, and they have a life expectancy that's 10 years shorter than the general population.

It shouldn't take a genius to figure out that sooner or later, being chronically obese is going to exact consequences. Belly fat and brains ... if you got one, you're losing the other!

In a study published in *Neurology*, researchers found that people with the highest body mass index and the highest waist-to-hip ratios (fat around the middle), had the lowest volume of brain gray matter. This matter contains most of the brain's nerve cells, memory transmission centers and synapses. People with a BMI of 30 or above and a waist-to-hip ratio above 0.90 for males and above 0.85 for females had an average gray matter brain volume of 786 cubic centimeters. Folks with healthy BMIs and waist-to-hip ratios had an average volume of gray matter of 798 cubic centimeters. Just being overweight, even without a huge belly, is associated with a smaller hippocampal memory-relay center.

Such gray-matter shrinkage puts you at risk for dementia! So, let this be the year that you're summa (not Sumo) cum laude about your health!

The optimal amount of fiber to stave off disease

You've hit the Mega Millions jackpot of meta-studies. But while Jan. 1 this year saw a winning ticket for \$425 million (it hit that sum just about two months after a record-breaking \$1.527 billion prize), this meta-study took a bit longer to make its splash.

Published in the journal *The Lancet*, the megapaper "Carbohydrate Quality and Human Health" covers 40 years of data. The aim? To let you know the right amount of daily fiber to help stave off cardiovascular diseases, cancer, chronic respiratory diseases and Type 2 diabetes.

Researchers found that 25-29 grams of dietary fiber daily produced the best outcomes. Folks consuming that much were 15 to 30 percent less likely to die prematurely from all causes and had a 16 to 24 percent lower incidence of heart disease, stroke, colon cancer and Type 2 diabetes. Unfortunately, the average American consumes only 15 grams a day.

How to up your intake? Replace refined grains with 100 percent whole-grain breads and cereals. Tip: Cook whole-grain pasta, sweet potatoes and other starches in the evening, then eat them for breakfast or lunch the next day. They become resistant starches, acting like fiber in you.

Other ways: The American Academy of Family Physicians suggests that you aim for 2 cups of fruits and 2 1/2 cups of vegetables and 1/2 cup cooked beans daily. Your goal, they say, is to take in 5 grams of fiber in every serving of plant-based foods you eat.

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

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Should you Appraise your Home Before Putting it on the Market?

It isn't necessary, but an appraisal will give a good indication of the price the seller will actually get for their property. A real estate agent can give you similar reliable data to determine current market value.

First, to determine the asking price, a seller's agent will look at the "comps," the price for which "comparable" homes in the area have recently been sold.

Based upon these prices, the seller should adjust what they are asking. For example, if similar properties in the area are selling for \$210,000, then trying to get \$250,000 usually does not make sense. Thus, before putting the house on the market, a seller should review the "comps," which can be obtained from a local real estate professional.

The appraisal process used by a licensed appraiser is more theoretical than a "comp," and doesn't predict what a buyer will be willing to pay. Why would anyone ever get an appraisal then? Although rarely needed by buyers or sellers, appraisals are normally required by lenders who are considering making a loan.

However, sellers of expensive, custom homes may get appraisals, because there may not be any homes in the area that compare. Buyers of these one-of-a-kind homes will also have more confidence in an asking price that is supported by an appraisal.

Before determining an asking price, sellers should give their agent a list of major improvements done to the home, such as a new roof or upgraded heating system.

This will help the agent consider all the factors when recommending a price.

It will also put him or her in a better position to sell the house-and all of its features-for the best possible price.

Real Estate Feature Property



Updated ranch home on over four acres

BY JIM AKANS

Enjoy a "life in the country" with this updated ranch home on over four acres near East Jordan.

This three-bedroom, two-bath home has approximately 1,620 square feet of living space. Featuring an open floor plan, generously sized rooms, a wood

fireplace in the family room, spacious kitchen with wood flooring that continues into the dining area as well as the luxurious master bath. Updates include new carpet, fresh paint and more. This home has a great design and appeal for family living as well as for entertaining.

Updates extend outdoors with new landscape features in the huge back yard. The property

also includes a large 24x32 foot pole barn. This is country life at its best just a few miles from both East Jordan and Ellsworth. It is also located near a public boat launch.

This updated ranch style home on an over four acre setting is located at 5902 Miles Road south of East Jordan, and it is listed at \$125,000. For more information or to arrange a home

tour, call Marty Moody, Associate Broker or Christopher Christensen, Associate Broker at Lynda's Real Estate Service in Boyne City at 231-582-9555 or email at Marty@lyndas-realestateservice.com, or Chris@lyndasrealestateservice.com.



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