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February 14, 2019

Charlevoix County News

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David Malpass is Trump's choice to head World Bank

BY MICHELLE MEDJESKY

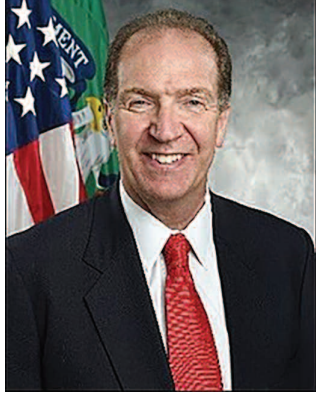
A well-known name in East Jordan is now shining brightly under the national spotlight as President Trump's favored choice to head the World Bank.

David Malpass, who was born in Petoskey and whose family has for five generations owned and run what was formerly known as East Jordan Ironworks, now called EJ Inc., was recently nominated as Trump's top choice to become next chief of the World Bank.

Malpass currently serves as the Under Secretary of the Treasury for International Affairs for the Trump administration, a post he has held since 2017.

The World Bank is the world's most impactful financial institution geared to addressing the matter of global poverty by offering struggling countries loans and financial advice. It emerged just after World War II during the Cold War era in a combined effort with European nations to help capitalist development in poor countries.

The United States has long agreed to select an American to lead the World Bank and Europeans



East Jordan native David Malpass was recently nominated by President Donald Trump to head the World Bank. (Wikipedia photo)

agreed to choose a European to head up its sister institution, the International Monetary Fund. According to its annual report and most recent fiscal records, the World Bank distributed almost \$67 billion in financing, investments and guarantees to developing nations.

Trump said the U.S. contributes about \$1 billion to the World Bank annually.

Last week, Trump confirmed Malpass as his nominee to take the helm at the World Bank according to reports by the Associated Press and other media outlets.

If his nomination is ap-

proved, which it is expected to be, Malpass will succeed former World Bank chief Jim Yong Kim, a Korean-American physician, who was appointed by former President Barack Obama. Kim unexpectedly stepped down from the position this winter to take a job in the private sector, leaving Trump to nominate a replacement.

But in nominating Malpass, Trump is demonstrating a continuing trend of naming skeptics to head up the very agencies and institutions they have publicly criticized, as he has done so far with leaders he named to the Environmental Protection Agency, the U.S. Treasury, the Labor Department, the Department of Education and the Consumer Protection Bureau.

Malpass was quoted during congressional testimony as calling institutions like the World Bank "not very efficient" and characterizing them as "often corrupt in their lending practices, and they don't get the benefit to the actual people in the countries." He has also been widely quoted as calling such institutions "intrusive".

But according to The

Wall Street Journal, after Malpass was named Trump's nominee to head the World Bank last week, he told reporters:

"I care deeply about the mission and about breaking out of poverty and achieving growth, and I am sure the World Bank can succeed."

Trump said he believes Malpass will be a "strong advocate for accountability" at the World Bank who will furthermore advocate his administration's dedication to ensure that "U.S. taxpayer dollars are spent effectively and wisely."

Malpass, a well-known Wall Street economist and licensed CPA, thus far does not have any experience managing international financial institutions. He does, however, have a degree in physics and studied international economics at Georgetown University and was chief economist for many years at Bear Stearns, until the investment bank tanked in 2008 over its sub-prime lending practices.

Malpass speaks several languages and also served as Deputy Assistant Treas-

See Malpass – Page 3A



Construction set to begin on new Charlevoix Marina in spring

BY MICHELLE MEDJESKY

CHARLEVOIX - Planning commissioners met this week to look over further details about construction of a new Charlevoix marina on Ferry Street.

The new marina is to be built on a parcel of land just north of Ferry Beach Park near Irish Boat Shop's Charlevoix business site. City planners overwhelmingly approved the project, which will include construction of a new marina, marina offices, a laundry and multi-purpose area.

It will also be the new home of the Charlevoix Yacht Club.

The project will also include demolition of the existing bathhouse on the property to make way for a new bathhouse and the multi-purpose marina structure as well as a new parking area. City planners intend for the multi-use space to accommodate weddings, meetings and other public gatherings.

The new marina will be two story, 10,000 foot structure. Charlevoix Zoning Administrator Jonathan Scheel said the new marina construction will not impact business at the nearby Irish Boat Shop. He noted that the project does not require any further approval from city entities and that construction is set to begin this spring.



Frank Leist inducted to Auctioneer Association Hall of Fame

Frank Leist, of Boyne City's Leist Auctioneers, was honored by the Michigan Auctioneer Association with an induction into the Hall of Fame. Friends and family gathered in Mt Pleasant as Tricia Wiltjer presented Frank with the industry's highest honor. Over 40 years in the industry and a celebrated career that many could only hope for. We are very proud. Show here; Frank (Ed) Leist, Wade Leist, Frank Leist and Jerry Schmoltdt all part of Leist Auctioneers. Courtesy photo

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AD PRICES GOOD FEB. 10 – FEB. 16

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FRESH ROSES – DOZEN \$16.99

FRESH BONE-IN SPLIT CHICKEN BREAST - FAMILY PACK 97¢ lb.

Chocolate Covered Boyne to be held 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.



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News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

weather

THURSDAY



HIGH: 36
LOW: 21

FRIDAY



HIGH: 25
LOW: 13

SATURDAY



HIGH: 20
LOW: 7

2016-17	AMT"	CITY
2/13/17	..44	..ATLANTA
2/13/17	..89.4	..BOYNE FALLS
2/13/17	..50.3	..CHARLEVOIX
2/13/17	..59	..CHEBOYGAN
2/13/17	..97.5	..EAST JORDAN
2/13/17	..154	..GAYLORD
2/13/17	..119.7	..KALKASKA
2/13/17	..45.1	..LEWISTON
2/13/17	..43.7	..MIO
2/13/17	..60.8	..ONAWAY
2/13/17	..100.1	..PETOSKEY

snowfall

2017-18	AMT"	CITY
2/12/18	..26.2	..ATLANTA
2/12/18	..83.5	..BOYNE FALLS
2/12/18	..79	..CHARLEVOIX
2/12/18	..53.4	..CHEBOYGAN
2/12/18	..115.7	..EAST JORDAN
2/12/18	..97.4	..GAYLORD
2/12/18	..85.5	..KALKASKA
2/12/18	..36.5	..LEWISTON
2/12/18	..25.4	..MIO
2/12/18	..55.9	..ONAWAY
2/12/18	..97	..PETOSKEY

2018-19	AMT"	CITY
2/11/19	..39.1	..ATLANTA
2/11/19	..78	..BOYNE FALLS
2/11/19	..58.7	..CHARLEVOIX
2/11/19	..54.4	..CHEBOYGAN
2/11/19	..96.8	..EAST JORDAN
2/11/19	..96.3	..GAYLORD
2/11/19	..73.2	..KALKASKA
2/11/19	..47.5	..LEWISTON
2/11/19	..43.3	..MIO
2/11/19	..62.8	..ONAWAY
2/11/19	..106.8	..PETOSKEY

record temps

DAY	AVG	LOW	Avg	RECORD	LOW	RECORD	HIGH
FEB 14	...	11°	...	32°	...	-27°	(1971)	..48°	(2002)	
FEB 15	...	11°	...	32°	...	-25°	(1963)	..56°	(1999)	
FEB 16	...	11°	...	32°	...	-28°	(1963)	..50°	(1981)	
FEB 17	...	11°	...	32°	...	-41°	(1979)	..52°	(1981)	
FEB 18	...	12°	...	33°	...	-13°	(1989)	..57°	(1994)	
FEB 19	...	12°	...	33°	...	-21°	(1979)	..56°	(1994)	
FEB 20	...	12°	...	33°	...	-21°	(1950)	..57°	(1983)	
FEB 21	...	12°	...	33°	...	-20°	(1978)	..52°	(1983)	
FEB 22	...	13°	...	34°	...	-24°	(1963)	..57°	(2000)	
FEB 23	...	13°	...	34°	...	-20°	(1962)	..57°	(1984)	

Christina L. Fisher, 50

(MARCH 28, 1968 - FEB. 9, 2019)

Christina L. Fisher of Ellsworth passed away on February 9, 2019 at her home.

No services are planned at this time. Arrangements are being handled by the Hastings Chapel of Mortensen Funeral Homes.

John Elzinga, 86

(APRIL 25, 1932 - FEB. 8, 2019)



John Allen Elzinga of Charlevoix passed away unexpectedly Friday, February 8, 2019.

He was born April 25, 1932

in Banks Township the son of Albert and Gertie (Veestra) Elzinga. John graduated from Ellsworth High School in 1950 and upon graduation took over the family centennial farm in Atwood. John with his wife Phyllis owned and operated Elzinga's Farm Market for over 40 years.

John was an active member of the Atwood Christian Reformed Church. He was the organist for 70 years as well as an elder and deacon. When the Atwood church closed, he became a member of the Ellsworth Christian Reformed Church.

John was involved in many aspects of the community. He was on the Antrim County Farm Bureau Board, the Ebenezer Christian School Board and was the Banks Township Treasurer for many years. John was also on the 4 Front Credit Union Board, the Charlevoix Planning Commission and a counselor at Camp Quality.

Spending time with his family was very important to John. In his free time, he enjoyed working in his garden, tending his roses, and

planting over 60 varieties of trees on the farm. He also enjoyed traveling, deer camp in Grand Marais, and watching sports on TV. John could often be seen in summer parades driving his yellow truck "Buttercup".

On August 31, 1957 he married the love of his life Phyllis Williams who survives. Also surviving are his daughters Susan (Dave) Whiteside of Jacksonville, FL, and Cheryl Elzinga of Grand Rapids, granddaughter Emma Matthew of Alto, MI, brother Allen (Claudette) Elzinga of Traverse City and many nieces and nephews. He was preceded in death by his parents, 2 brothers Hank and Mart Elzinga, and 2 sisters Ona Baker and Nettie Bolser.

Funeral services will be held Wednesday, February 13, at 11am at the Ellsworth Christian Reformed Church with Pastors James Zwier and Dave Kroon officiating. The family will receive friends Tuesday, February 12 from 2 to 4pm and 5 to 7pm at the Hastings Chapel of Mortensen Funeral Homes in Ellsworth. In lieu

of flowers memorial contributions can be given to Good Samaritan Family Services, PO BOX 206, Ellsworth, MI 49729 or Camp Quality, PO BOX 345, Boyne City, MI 49712.

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

William H. Ward, 85

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



William H. Ward of Charlevoix passed away on Feb. 5, 2019, at the Meadow Brook Medical Care Facility in Bellaire.

William (Bill) was born on July 28, 1933, in Charlevoix, the son of Bernie and Mae (Hall) Ward. As a young man, he worked at the family's fishing and boat business, Ward Brothers Boats in Charlevoix. He not-so-fondly remembered picking night crawlers for a penny apiece to sell to customers.

William served in the U.S. Navy and went on to become a successful hydraulic engineer and salesman in the Detroit area. He loved a good laugh, ice cream, cut-throat family Hearts games and a cold Miller High Life. He enjoyed fishing, boating and was an avid golfer. Many summer days he could be found at the Muni with his best golf buddies.

He is survived by four children, William "Scott" (Sue) Ward of Charlevoix, Tom (Rhonda) Ward of Bellaire, Wendy Ward of Madison Heights, MI, Tracy (Bruce) Ward Graham of Charlevoix, as well as eight grandchildren and four great-grandchildren.

He was preceded in death by his parents, his brother

Bernie Ward Jr., and his sister, Joan Goldberg.

A visitation for family and friends will take place on Saturday, Feb. 9, 2019 from 4pm - 6pm at the Winchester Chapel of Mortensen Funeral Homes. A party to celebrate Bill's life will be held the summer of 2019.

Memorial contributions may be made to the Alzheimer's Association, Greater Michigan Chapter, 25200 Telegraph Rd., Ste. 100, Southfield, MI, 48033-7443. Bill's family thanks the staff at Meadow Brook for their kindness and care. Arrangements are being handled by the Winchester Chapel of Mortensen Funeral Homes.

Online guestbook www.mortensenfuneral-homes.com.

Virginia L. Maltby, 83

(JULY 31, 1935 - FEB. 10, 2019)

Virginia L. Maltby of Boyne Falls passed away Sunday, February 10, 2019 at McLaren Northern Michigan.

A full obituary will be updated at www.gaylordfuneralhome.com.

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

The Charlevoix County News is the local weekly newspaper for all of Charlevoix County. Local News and sports from Boyne City, East Jordan, Charlevoix, Boyne Falls, Walloon Lake, Ellsworth and Atwood. Available on News Stands every Thursday for 75 cents or have the newspaper delivered to your home for as low as \$35 a year.

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Kumquats can be the perfect winter fruit for diabetics

When you have diabetes or pre-diabetes, most likely you are focusing on adding more fruits and vegetables to your daily diet. According to the American Diabetes Association's, Create Your Plate meal plan, you need to add a serving of fruit, a serving of dairy or both. Fruits can be high in sugar and therefore need to be eating in balance with your blood sugar management. Kumquats can be a safe, nutritious food to add to your diabetic meal plan.

What is a kumquat? Kumquats, sometimes called "Winter Citrus," are a sweet and juicy fruit. Unlike some other fruit, you can eat a kumquat's rind,

center and even the seeds if you want. Grown in the southern United States, kumquats are quickly transported to grocery stores around the country at peak freshness. Seek out firm and bright orange kumquats when you're at the grocery store.

Why try kumquats? In season from November through March, kumquats are generally among the most affordable, fresh and available fruit during winter months. Plus, Kumquats are great for you thanks to low sugar content and roughly 63 calories in each small kumquat. Additionally, this winter citrus fruit is loaded with fiber, which

is essential for type 1 and type 2 diabetics. Paired with the fact that kumquats have low sodium, only 0.1 grams of fat and zero cholesterol, there's no reason to skip out on the fruit this winter.

Staying on the path to eating healthy can become a little boring. We do know that eating healthy includes fruits, vegetables and whole grains. How many of us step outside of our comfort zones and buy something new? Finding fresh produce during the winter months that are 'in-season' is also a challenge. Don't overlook the power and usefulness of this little fruit.

For more MSU Extension kumquat topics read, Gifts

from the Garden. For more articles on healthy living and chronic disease visit Michigan State University Extension.

This article was published by Michigan State University Extension. For more information, visit <http://www.msue.msu.edu>. To have a digest of information delivered straight to your email inbox, visit <http://www.msue.msu.edu/newsletters>. To contact an expert in your area, visit <http://expert.msue.msu.edu>, or call 888-MSUE4MI (888-678-3464).

Submitted by Pam Daniels, Michigan State University Extension

LETTERS TO THE EDITOR

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

BEAVER ISLAND MORMONS

To the Editor, Michigan had barely gained statehood when James Jesse Strang brought his colony of Mormons to the pretty little island in Lake Michigan. Few settlers there at the time, the newcomers soon took over and routed most to the mainland as they built their first encampment, prospered, and Strang even achieved State Representative office while initiating polygamy as a norm for Mormon adherents.

This tale gets convoluted real fast in research development. Conflicting versions emerge. As we know, the Church of Jesus Christ of Latter Day Saints is the main Mormon bastion centered in Salt Lake City with satellites across the land/globe. It was Joseph Smith who initiated the religion which is an offshoot of Christianity but with a different Bible as mainsail. It's based on prophesy and divine contact. Really. It's in The Book of Mormon but this is not so unusual because Hebrew and Christian Bible Testaments are filled with miracles. It wasn't Joseph Smith who made it to Utah like Moses leading the Jews toward Israel; that mission was left to Brigham Young of the 20 Wives. And James Jesse Strang? He was run off Beaver Island, killed by estranged followers Gandhish-style in 1856. And

Smith? He was killed in Illinois while in jail (1844). See? This gets weird. So how does this affect Michigan? The chronicle A HISTORY OF THE GRAND TRAVERSE REGION (1883) can be found in libraries and online wherein several chapters are dedicated to the Mormons of Beaver Island. After the death of Joseph Smith, Strang migrated, supposedly as abdicate-Smith appointee leader (there's a preserved letter), to the Michigan island with followers and after some islanders and mainlanders alike stormed the colony and forced their removal Strang was murdered in Wisconsin.

Core narrative is to be found in this superannuated book as to the development of the Northwest Lower Peninsula of Michigan which renegade Mormons chose to encamp upon. Pine River, the settlement now known as Charlevoix, was the major destination for many pilgrims associated with the pioneering of the greater area including the many small towns slightly inland accessible by this inlet from Lake Michigan, also rivers, imminently by railroad; in Strang's day Northern Michigan incursion was almost entirely by boat. That sect of Mormons was ejected by mob rule in the 1850s after Strang's industrious attempt at founding a colony through banditry and civil shyster taxation and

heavy-handed exegetical simony extortion tactics, perhaps some form of insanity explaining his wont of proclaiming kingship over not only his flock but all "gentiles" encountered wherever he settled. The immigrant peoples already in Northern Michigan were not inclined toward another king after having recently dispensed with one in Great Britain, France, Holland, Scandinavia and sundry, the diaspora then being multiple in origin.

The colony on Beaver Island had constructed a viable harbor (St. James!) with homes, businesses, a printing shop, church and the array of community services then considered sophisticated. The only problem was James Jesse Strang himself. He who would be King was a despot. This is hardly unusual in the annals of history but Michiganders were having none of it. In fairly short order the Mormon congregation was dispersed with little more than the clothing on their backs, babes in arms, shipped by lake to points south, primarily Chicago, where all trace is lost but for apocrypha of trekking to Utah to merge with the larger congregation. Those mobs driving them off Beaver Island are presumably ancestors of many residents now though no precise genealogy is extant. J. J. Strang was hardly an exemplary member of the Mormon Church and is dismissively

considered a radical exile to this day.

There exists a monumental cathedral in Detroit, THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS. It is not immediately known though doubtful that any mention of Strang is heard of or published there. Joseph Smith remains the prophet of the assembly, Brigham Young the courier and founder of the Utah matrix, THE BOOK OF MORMON the apostolic Bible of the faith. Photos of Strang depict a RASPUTIN the Mad Monk visage but that was not unusual in that day when most men wore full beards. There being no known effigies or markers to his name or church, negligibly coexistent he remains in esoteric history book mention. That his given names were inversions of JESSE JAMES probably hadn't helped him much nor his family name suffix STRANGE. Sometimes a person gets the onomatopoeic designation just right or close enough. He was a strange outlaw. But the Church lives on, as exemplified by the Romney family of Michigan and lately of anywhere the political climate is exigent. Evangelical people tended to be the move though now pretty much stable congregations. In one case a Strang[e] journey.

Mitchell Jon MacKay, East Jordan

News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

Zonta Petoskey grants over \$13,000 to area organizations

Zonta Club of Petoskey awarded grants to five area organizations for their work in the community to empower women and girls. These grants supported the following programs:

- Health Department of Northwest Michigan to provide infant carriers that increase mother/infant contact and promotes increased breastfeeding duration and exclusivity.
- YMCA of Northern Michigan to provide financial assistance to single mothers for the Y's after-school and summer programs.
- Planned Parenthood of Michigan - Petoskey Health Center to provide free health care exams for women who are uninsured and underinsured.

- Char-Em United Way to support bus fare vouchers through the Emmet County transit system for women for whom lack of transportation presents barriers to receiving services, employment or other essential activities.

- Northmen Den for personal, feminine hygiene products for young women.

In addition to these grants, Zonta of Petoskey gives each year:

- \$2,500 to the Women's Resource Center Northern Michigan to support a scholarship for women at North Central Michigan College.
- \$1,000 membership to support the Women's Resource Center Northern Michigan
- \$500 to Camp Daggett



From left: Shelley Paulsen, Planned Parenthood; Anora O'Connor, Char-Em United Way for EMGO; Danica Howard, Health Department of Northwest Michigan; Karen Clark, Zonta of Petoskey; Andrea Coronado, Zonta of Petoskey; Liz Eddington, YMCA; Jan Mancinelli, Zonta of Petoskey; Dottie Hawthorne, Northmen Den by Emmanuel Episcopal Church. Courtesy photo

- \$1,000 to remodel a room at the Safe House
Zonta Club of Petoskey also recommended funding from the Zonta Women and Children's Fund at the Petoskey-Harbor Springs

Area Community Foundation. This fund was established in 1996 by the Petoskey Club and its purpose is to support programs or projects which benefit area women and children

and help them achieve their full potential.

The recommended funding went to:

- Junior Achievement of Northern Michigan to support JA programs at Char-

Em ISD and to purchase materials and conduct volunteer training to implement these programs; and
- The Petoskey Area Hockey Association to help increase girls' participation in the program through providing equipment/gear, ice time and coaching.

Zonta Club of Petoskey meets on the first and third Thursdays at noon at North Central Michigan College. Their primary fundraiser is the annual fashion show, this year celebrating 47 years, on Saturday, November 2 at Odawa Casino Resort. For more information about Zonta Club of Petoskey Area, contact Club Development Chair, Renee DeYoung, at deyoungrenee@gmail.com.

"For the Love of Laundry" free laundry night

BY MICHELLE MEDJESKY

The month of February traditionally triggers folks to express their love for friends and family with cards, chocolates, flowers, kisses and other gifts on Valentine's Day. But staff and volunteers at the Child Abuse Prevention & Education (CAPE) Council for Charlevoix and Emmet Counties are showing love and support for families and friends with soap suds and dryer sheets during a free laundry night later this month-and again once every month through May.

The CAPE council has hosted "For the Love of Laundry Family Night" for the past couple years at Bradford's Master Cleaners in Petoskey every third Wednesday of the month during the school year, September through May. Interested families and individuals in Emmet and Charlevoix Counties are welcome to stop by from 4:30 and 7pm and do several loads of laundry for free at Bradford's Cleaners and laundromat, located at 621 Pleasant Street, near Petoskey's Big Boy Restaurant.

The CAPE council not only pays for several loads to be washed and dried for free, but also supplies free detergent, bleach and dryer sheets. Having to pay to do laundry at a public laundromat can quickly become a big expense for those who don't have access to a washer or dryer in their own home or apartment. A double load can typically cost upwards of \$5 to wash and dry, not including the price of detergent, bleach and fabric softener. The cost of doing laundry at a laundromat-especially for a family-is often way more than budgeted.

But it's important to note how the "For Love of Laundry Family Night" is about more than just one night a month during the school year when people can do laundry for free. It's also a night affording valuable opportunity for people to socialize and learn about many other community resources and programs available to support them and their families, explained Maggie Kromm, executive director of the CAPE Council in Charlevoix and Emmet Counties.

"It is very much a collaborative community event, providing concrete support to our neighbors," Kromm said.

Kromm was among several CAPE council staff and



Maggie Kromm (left), executive director of the Child Abuse Prevention & Education Council for Charlevoix and Emmet Counties, draws a winning raffle ticket during a recent free laundry night at Bradford's Master Cleaners in Petoskey. Photos by Michelle Medjesky



(Left to right) Tara Riley and Wendy Ernst with the Child Abuse Prevention & Education Council for Charlevoix and Emmet Counties staff the snack table at Bradford's Master Dry Cleaners in Petoskey during a recent "For the Love of Laundry Family Night." Photos by Michelle Medjesky

volunteers wearing bright red aprons who warmly greeted families and others who showed up toting dirty duds to Bradford's laundromat for last month's "For the Love of Laundry Night." She and her staff cheerfully plunked dozens of quarters one by one into rows of loaded machines while offering a selection of laundry detergents, bleach and fabric softeners.

Those who showed up

were also entered into raffles held throughout the evening to win gas cards, Wal-Mart gift cards, household items and other surprises. Parents are encouraged to bring children along to do laundry as a family, with a spread of free snacks and drinks available as well as a big screen TV and plenty of brightly-lit tables for children to read, play games or do homework.

Kromm said the "Love of Laundry" project was initiated in 2016 by former CAPE council board member, Joelle Wilcox. Since then, numerous area groups and organizations have stepped up to sponsor the monthly event at Bradford's laundromat, including SAFE Families, Char-Em Great Start Collaborative, the Women's Resource Center of Northern Michigan, Rotary Club of Petoskey Sunrise, Rotary Club of Little Traverse Bay Sunset, DHHS, Petoskey High School Key Club, Petoskey Library, and Northern Michigan Community Action Agency. And Karen Starkey, the Northern Michigan McKinney-Vento Homeless liason, "generously donates laundry soap and dryer sheets each month," Kromm added.

She was also quick to thank Bradford's Master Cleaners for use of the laundromat as well as its monthly donation of \$250 to pay for washer and dryer costs.

"Bradford's has been super generous and supportive and we are very grateful to them," Kromm said.

While awaiting their laundry to wash and dry, Kromm said CAPE council staff and volunteers also have information on hand about available local family programs, resources and educational opportunities, like the Early HeadStart program, for those inter-

ested in learning more about existing offerings in the community.

The next "For the Love of Laundry Family Night" will be at Bradford's laundromat on Wednesday, February 20 and then again on March 20, April 17 and May 15. Free laundry will be offered from 4:30 until 7pm those evenings with the service expected to resume after the start of school in September.

Kromm said the program welcomes anyone who is in need of free laundry services on the upcoming scheduled Wednesdays, but noted it is aimed specifically at families targeted through social media and those enrolled in HeadStart or receiving aid through Department of Health and Human Services.

Kromm pointed to the purpose of her agency:

"The mission of the Child Abuse Prevention and Education Council is the prevention of child abuse and neglect through increased awareness and education. It is our vision that all children live in a home that loves, nurtures and protects them."

For more information about programs like Early Head Start and other resources available through the Charlevoix/Emmet County Child Abuse Prevention and Education Council, or to help sponsor the free laundry program, go to: <https://www.up-northchildabusecouncil.org>



Check out Charlevoix's Indoor Sidewalk Sales

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.

MALPASS

FROM PG. 1A

Secretary under President Ronald Reagan and Deputy Assistant Secretary of State under President George Bush. He currently lives in New York with his wife, Adele.

The decision whether Malpass will be confirmed as new chief at the World Bank is expected sometime in April.

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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.

PETOSKEY

LUNCHEON LECTURE SERIES; MT. KILIMANJARO

February 15, Lunch begins at 11:30am, NCMC Library conference room. Karen Marietti, director of the Camp Daggett Adventure Center, has spent most of her adult life working and living experientially. Mt. Kilimanjaro was always on her list of places to go and, when she was diagnosed with breast cancer, she decided it was time to make the climb. In 2017, she and three other women climbed the 19,340 feet to the summit. She NMI will tell us about her adventure, and show us her amazing photographs. 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

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 top of the bunny hill 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

STATE OF THE COMMUNITY LUNCHEON

April 11, 11:30am-2pm, Talcott Event Center, 4127 M-75, Walloon Lake. Featuring updates from Boyne

City Manager Michael Cain, Charlevoix County Commissioner Chris Christensen, Boyne City School Superintendent Patrick Little, Main Street Executive Director Kelsie King-Duff, and Boyne Area Chamber Executive Director Kim Akin. Tickets; \$25 per person (includes lunch). Register at boynechamber.com

BOYNE CITY

PAINT THE TOWN RED

April 13, Boyne Mountain Civic Center. It's time to Paint The Town Red! Please join us for the 9th annual Rambler night to benefit the Boyne City Booster Foundation, which provides funding in the Arts, Athletics and Academics for our kids. Featuring a buffet dinner, silent and live auctions, and dancing to the band Jedi Mind Trip. Tickets are \$60 and can be purchased at Lynda's Real Estate and Mark Patrick's State Farm Insurance offices.

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 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 pro-

vided, 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 Janu-

ary. 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

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Health Department awarded grant for Rambler Wellness Center renovations

BOYNE CITY, MI – This week the U.S. Department of Health and Human Services Health Resources and Services Administration (HRSA) awarded nearly \$98,000 in funding to the Health Department of Northwest Michigan in partnership with Boyne City Public Schools for renovations to the Boyne City Rambler Wellness School-Based Health Center. The \$97,870 HRSA grant will be used to improve existing school-based health center facilities through creating a dedicated health center space that supports integrated service delivery, increasing capacity for mental health services, substance abuse screening, and obesity related services.

"This grant is an exciting opportunity to increase access to care for students in

Boyne City Middle and Elementary Schools. School-based health centers play a critical role in preventing, screening, and treating some of the most common behavioral health issues known to affect student performance, overall health, and personal safety, including depression, anxiety, social conflict, adverse childhood experiences and attention disorders," said Natalie Kasiborski, Director of Community Health Services at the Health Department of Northwest Michigan.

Currently, mental health services are provided in a different part of the school building than the physical health services. Integrating the physical space for service delivery will support fully integrated care, better enabling warm hand-offs and coordinated treatment

plans. The larger, newly designed space will also support the school health center's effectiveness and efficiency by improving clinic flow and increasing the number of students seen monthly for primary care and mental health.

"Having access to school-based health services improves student wellbeing and their ability and readiness to learn. Our new space will create a designated health center where students can access physical and behavioral health services at a central location," said Pat Little, superintendent of Boyne City Public Schools.

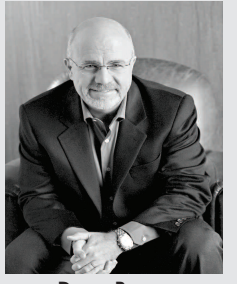
The Rambler Wellness School Based Health Center serves children and adolescents from Kindergarten through 8th grade, approximately ages 5-14 years. The Rambler Wellness Center

goal is to support student success by achieving the best possible physical, intellectual, and emotional health status by providing services that are high quality, accessible, and acceptable to youth.

For a full list of awardees, visit: <https://bphc.hrsa.gov/programopportunities/fundingopportunities/sbhcc/awards/index.html#mi>

The mission of the Health Department of Northwest Michigan is to serve our entire community and to achieve health equity by promoting wellbeing, preventing disease, and protecting the environment through partnerships, innovation, and excellence in public health practice.

DAVE Says



Dave Ramsey

(Zero percent interest?)

Dear Dave,
I know you're against financing purchases. However, is it okay to finance things like furniture at zero percent interest?
Detrick

Dear Detrick,
We just finished an extensive study of more than 10,000 millionaires. Not a single one of these folks said they became rich by borrowing money to buy things at zero percent interest. Since none of those millionaires gave credit for their wealth to zero percent interest financing, and since we know banks charge interest on loans, how is it you think these people are loaning money at "zero percent interest?"

Is it possible the pricing of the item has the interest rate built into it? I think the chances of that are pretty high. If not that, companies offering this kind of financing have very accurate and highly researched data that tells them the vast majority of people who take out zero-percent loans don't pay off the loans in the specified period of time. Do you know what happens if you don't live up to the terms of those contracts? It becomes a regular loan, and they back charge you for the interest.

So, on average you're paying for it all. I don't know why you'd want to play with snakes, Detrick. Snakes bite, and some of them can kill you. Avoid debt like the plague. It destroys your most powerful wealth-building tool—your income.

—Dave

(Explaining the envelopes)

Dear Dave,
I've listened to you for a little while, but I was wondering about the envelope system you recommend. How does it work?
Danielle

Dear Danielle,
Don't let the word "system" intimidate you. It's just grandma's old-fashioned, common sense way of budgeting money.

Back in the day, many people were paid in cash at their jobs. Then, they would take the money home and divide it up into different envelopes. The envelopes held cash for different categories in their budgets—food, clothes, rent, and other bills and such. When a particular envelope was empty they stopped buying that item, because the money budgeted for that category was gone. If you wanted a dress, but the clothing envelope was empty, you didn't buy a dress that month.

It's just a simple cash system that, combined with doing a written monthly budget, will help keep you from overspending!
—Dave

* Dave Ramsey is CEO of Ramsey Solutions. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey.

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Drs. Oz and Roizen

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



Chocolate powers and chocolate myths

"The greatest tragedies were written by the Greeks and Shakespeare ... neither knew chocolate," says Sandra Boynton, the author of the beloved birthday card "Hippo Birdie Two Ewes" and more than 50 children's books.

Is that another reason Americans are feeling blue? Could be. The kind of chocolate you and your neighbors eat is often super-processed milk and white chocolates, which are stripped of many of the magic bean's benefits — that's about as bad as (or worse than) having no chocolate at all!

Instead, enjoy 70 percent cacao dark chocolate. It's loaded with cocoa solids that contain health-boosting compounds like flavonoids. Enjoy hot chocolate made with walnut or almond milk (make sure they don't contain the emulsifier carageenan) and natural, unsweetened cocoa powder. It contains more flavonols (a type of flavonoid) than cocoa powder that's Dutch-processed or alkalinized.

Research shows that chocolate helps control blood pressure, fights cancer and neurodegenerative diseases, and improves athletic performance. But what it cannot do — at least not without help from other additives in a cough syrup — is treat your winter hack.

Despite headlines declaring chocolate is more effective than cough medicine, the researcher who published the study that gave rise to that claim makes it clear in an article on Health.com that the tested cough syrup, which contained the cocoa-based compound theobromine and antihistamine diphenhydramine, isn't the same as a chocolate candy or drink.

So enjoy a daily ounce of dark chocolate for its health boost and flavor, and see your doc for reliable treat-

ments for a dry or wet cough.

Dodge diabetes by maintaining a healthy heart

Celebrity chef Paula Deen is known for her heart-stopping recipes, such as Lady's Brunch Burger: a beef patty topped with bacon and a fried egg then sandwiched between Krispy Kreme donuts. So, in 2012, when Deen informed the public that she has Type 2 diabetes, it was hardly a surprise. The food she'd cooked and eaten for years increased her risk for heart woes and diabetes.

Heart disease indicates that you may be making lifestyle choices that up your risk for diabetes. Poor glycemic control is linked to earlier disability, becoming housebound and earlier death for people with cardiovascular disease. Around 68 percent of people age 65 or older with diabetes die from heart disease.

The good news? Maintaining a heart-healthy lifestyle reduces your risk for Type 2 diabetes. A study published in Diabetologia assessed the heart health and diabetes risk of nearly 8,000 adults in comparison with their meeting, or not meeting, healthy benchmarks for Life's Simple 7 (similar to the Cleveland Clinic's and Dr. Mike's 6+2 Normals). That's maintaining healthy blood pressure, glucose levels and cholesterol; eating a healthy diet; exercising at least 150 minutes per week; not smoking; and maintaining a healthy weight. Those who scored in the recommended range for at least four of these factors had an 80 percent lower risk of developing diabetes 10 years later.

So protect your heart health and dodge the diabetes bullet, too! No red or processed meats; a plant-heavy diet with 100 percent whole grains and lean proteins; regular physical activity; and no first- or

secondhand smoke.

Stair master

In what some consider the ultimate test of endurance, the Empire State Building Run-Up covers, from bottom to top, 86 flights of stairs — for a total of 1,576 steps. Winners do it in about 10 minutes! In the sport of tower running, it's considered the most prestigious victory.

Now, we don't advocate running up and down the stairs in your 20-story office building (without careful training), but a recent study from McMasters University showed that those who work in buildings or live in apartment buildings and "vigorously climb a few flights of stairs in the morning, at lunch, and in the evening ... are getting an effective workout."

The researchers call these short runs up and down stairs fitness "snacks." They're a variation of interval training (regular pace, fast pace, regular pace, which you can incorporate into almost any exercise routine) that improves your cardiorespiratory fitness and muscle strength. It's so handy that if you have a set of stairs around, you can use them to improve your health any time you like.

If you're going to take a hike, we suggest getting some good running shoes, because going up and down stairs can be tough on ankle, knee and hip joints. Well-cushioned, supportive shoes can greatly reduce impact, and when you exercise without injury it, ensures that you'll do it more often. See you at the ESBRU?

Water, water, everywhere — so why aren't you drinking it?

In the 2018 Marvel movie "Aquaman," Arthur Curry

(Jason Momoa) learns that he is heir to the underwater kingdom of Atlantis, and realizes how he's been left high and dry by his landlocked life. He must take his rightful place as protector of the deep and savior of the world.

Water can do that for a person! A study in Clinical and Experimental Pharmacology and Physiology found a correlation between dehydration, thickening of the blood and damage to the arteries and the development of coronary artery disease. In 2011, a study in Nutrition Reviews outlined how drinking enough water helps protect your brain, kidneys, heart and skin. A paper presented at the 2018 American Physiological Society reveals that making sure you get enough water when exercising lets older adults gain the full cognitive benefits of physical activity!

Unfortunately, although American men and women drink a good dose of liquids every day, according to the Centers for Disease Control and Prevention, only about a third of it is plain water. A lot is from sugar-added and artificially sweetened beverages, not healthy choices and not as thirst-quenching!

So how much water is enough? Never let yourself get thirsty, especially when exercising. Dehydration is a major source of fatigue. Aim for around 91 (women) to 125 (men) ounces of water daily, more if working out or in a hot environment. If you have dark urine, dizziness, cramps or a headache, drink up! Drinking enough water to rehydrate reduces your heart rate and increases blood flow in as little as 15 to 20 minutes.

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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February is American Heart Month

February is American Heart Month, and not just candy hearts for Valentine's Day. The heart we are concerned with is the muscular organ in your chest, and we want to keep it pumping! According to the Centers for Disease Control and Prevention, Heart disease is the leading cause of death for both men and women. One in four deaths per year are attributed to heart disease. It is possible to reduce your risk of heart disease by adopting healthy behaviors.

Here are some ways you can protect your heart:

- Know your cholesterol- Cholesterol is a soft, waxy substance that can accumulate along your arterial walls and contribute to heart disease. High cholesterol gives you twice the risk for heart disease. If you have not had yours checked recently, talk to your healthcare provider.
- Quit using tobacco- Michigan Department of Health and Human Services says that tobacco kills more people in Michigan than auto accidents, alcohol, drug overdoses, AIDS, murders, and suicides combined. For help quitting or for information about the Quitline, call 800-QUIT-NOW or visit Michigan.gov/tobacco.
- Manage your blood pressure- Blood pressure

varies throughout the day, but can cause damage if it is chronically high. Some people may not realize they have high blood pressure without getting it checked regularly.

- Get active- Physical activity can help to maintain a healthy weight, blood pressure, cholesterol, and blood sugar. Make sure you find an activity you enjoy to keep you moving all year long. Make the activity fit into your life. Walking laps around your living room for 10 minutes is a great start; those steps count just as much as if they were on an outdoor track.

- Increase fruits and vegetables, and decrease processed foods- While they may taste good, processed foods are typically high in sodium, sugars, and fats. A diet rich in fruits and vegetables contributes to overall health, and they are naturally low in sodium and cholesterol.

Family history, medical conditions, and other circumstances contribute to heart disease. However, you can reduce your risk by changing behavioral risk factors. If you have concerns about your heart, please check with your health care provider.

Article submitted by Nicole Persing-Wethington, Crawford County MSU Extension

Dodge brothers make gift of state parks

DNR HISTORY SERIES

In 1922, directors of the Dodge Brothers Co. made one of the largest donations to Michigan's developing state parks system. Eleven parks, totaling more than 600 acres in all, were presented to the state in memory of late brothers and industrialists John F. and Horace E. Dodge, who founded the Dodge automobile company.

Overcrowded beaches and picnic grounds, along with the increased auto ownership that promoted travel to parks, were some of the reasons for the donation. Conditions in Oakland County, just outside Detroit, were especially dire. Therefore, several state parks were developed in that county, as well as in Macomb, Monroe and Livingston counties. Parks, such as Island Lake State Recreation Area, were first a part of the Dodge Brothers' donation. In fact, Island Lake was one of the smaller donations. The biggest donation was the former 240-acre Horseshoe Lake State Park near Oxford in Oakland County.

The Dodge brothers created their own outdoor recreation spaces that became state parks. For instance, around 1914, John Dodge purchased



Today some of the Dodge brothers' parks have been combined with more acquired space to make bigger parks. Dodge Park 4 in Oakland County is one of the original donated parks. (courtesy of DNR)

some real estate about 15 miles east of Pickford in the Upper Peninsula as a place for his family and friends to hunt and fish. He originally built a main lodge and a caretaker's cabin, adding another five cabins thereafter. He named the area the Munuscong Hunting and Fishing Club. In 1924, the Dodge Brothers Co. board of directors approved the purchase of this property and turned it over to the State of Michigan for a state park. In 1925, this property became the Munuscong Bay State Park spread over 2,400 acres. The property is no longer a state park and is now

part of the Lake Superior State Forest).

Receiving the initial gift of 11 parks, Gov. Alexander Groesbeck said: "It was my privilege, especially in their later years, to count John and Horace Dodge as my friends. I knew them as employers, who were always careful and considerate of their employees and associates. They were never too busy to take an interest in the welfare of those who had helped them to achieve their remarkable success. Beginning in a small way, they had a large share in the development of the great automobile industry in Michi-

gan. This state is fast becoming the summer playground of the people of the central west, and the automobile is the main factor in this development. John and Horace Dodge foresaw this condition, and I am sure, if they could express themselves today, the present action of your board of directors would receive their hearty approval.

"...I agree with you that the recreational needs, particularly of our urban dwellers, are largely met by the establishment of such parks as this fine gift of Dodge Brothers Inc., has made possible."

Petoskey Chamber accepting Go Grants applications

Connecting Women in Business (CWIB), a Petoskey Regional Chamber of Commerce group, is now accepting applications for its GO Grants for girls.

Formed in 2007, Connecting Women in Business provides opportunities for area women business leaders and business owners to learn, form connections, share ideas, and find personal and professional growth. The key purposes of CWIB include:

- Provide professional de-

velopment and leadership training;

- Strengthen and market area businesses;
- Offer networking toward strategic alliances, affiliations and business opportunities;
- Mentoring and support; and
- Provide opportunities for girls to dream big, thereby improving self-esteem and leadership.

It is through the last goal listed above that CWIB created GO Grants for Girls in

2007. GO Grants, or Girls Outreach Grants, reach out to young girls in our area who have an idea and passion to try something new. Grants range from \$100 to \$500, and can be used as resources in any field of endeavor. Since its inception, Connecting Women in Business has provided more than \$63,000 to 174 girls in our service area.

The purpose of the grants is to provide small grants to girls in grades 6 to 10 in the Char-Em ISD service area of

Charlevoix, Emmet and northern Antrim counties. These grants will allow the applicant to pursue a special interest gain or improve a skill, participate in an outdoor experience and more. We encourage applications that will be challenging to the applicant.

Application deadline is March 8, 2019. You can also download an application at <https://bit.ly/2THDTPm> for more information, contact Lisa Hoyt at 231-347-4150.



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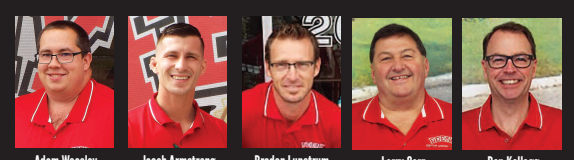
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