

#### CHARLEVOIX CITY COMMISSION, AUGUST 18, 2014

## **Nuisance Ordinance introduced to Charlevoix city council**

#### By Tina Sundelius

CHARLEVOIX-The Charlevoix City Commission held a public hearing to gather response to the expansion of the Round Lake Marina, introduced a new Nuisance Ordinance and was surprised by the resignation

of the city airport manager at the August 18 meeting.

Two conceptual plans for the Marina expansion were provided to the City Council. One plan included the extension of the shoppers dock and addition of seven 80 foot slips while the other the shoppers dock extension and the

addition of five 80 foot slips. Both the Planning Commission and DDA sent recommendations to the Council that they approved the installation of seven 80 foot docks. The estimated cost of the project is \$500,000 and does not include the infrastructure work needed to accommodate the Ke-

weenaw Star. The new docks are estimated to bring in between \$58,000 and \$83,000 annually for the city. The majority of the comments from the audience expressed concern that the new docks would impede navigability in Round Lake. In a letter from Margo Marks, President of the

Beaver Island Boat Company she wrote, "It has been clearly demonstrated the navigable area in which you proposed to build these docks interferes with the approach our vessels have to our established dock area." Retired

#### See Nuisance Ordinance–9A



EAST JORDAN—The East Jordan City Commis-

of City Administrator with Cutler

**CHRIS YONKER** 

FILE PHOTO

**TONY CUTLER** 

the purchase of a tractor, set a public hearing and made an appointment to the Housing Commission.

City Administrator Chris Yonker ended his Administrators report "on a personal note" stating that on the cusp of his two year anniversary as City Administrator he needed to offer his resignation. Yonker offered distance from his children and grandchildren as well as aging parents as a reason for the action. "There isn't any one thing making this decision, we want to reevaluate where we're at in our lives," he said. Yonker offered to give whatever length notice necessary to make the transition easy and smooth. "You've been good to me I want to be good to you," he said. Appreciation from both Yonker and the Commissioners was expressed and a motion to tentatively set Yonkers resignation for October 3

See Resignations –8A

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News

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# New massage therapist joins Chellos

#### **By Tina Sundelius**

EAST JORDAN - Chellos of East Jordan has added a new amenity to their spa options. Licensed Massage Therapist Kathy Moblo has set up shop at the salon on M-66 and is offering introductory pricing in celebration of her official opening.

Moblo has 21 years experience as a massage therapist. She received over 1000 hours of official training back in 1993 before licensing was mandatory and has continued to work in the field at high-end salons and spas including Bay Harbor. "Everything I've learned I'm bringing to the small town, the same product line and expertise for a fraction of the cost," she said.

Services that Moblo provides include deep tissue massages for those who need isolated areas worked up, the Swedish massage intended for total relaxation and the sports massage that improves range of motion and stretching capacity as well as giving attention to injured areas. "The most popular massages are the deep and Swedish. Some people want the deep for some areas and the Swedish to fully relax, most masseuses don't offer a mix," said Moblo who will combine the techniques to give her clients the ultimate therapeutic experience.

Reflexology is acupressure performed on the bottom of the foot. "You can get a whole



body massage just by working on the bottom of the feet," said Moblo. The foot simulates the body with the head at the toes and the sciatic at the heel. The only difference between

the right and left foot is that the heart is represented in the left and the liver in the right. "Acupressure has been an art for thousands of years, it's just something we're starting to use again," she said.

Moblo has specific certification in prenatal massage. She emphasized that a massage should never be done in the first trimester and that it should always be done by a trained masseuse. "The body is changing so much, everything is growing you want to protect the pregnancy until you're sure you're carrying the baby well," she added.

Of course treatments to enhance massage such as body scrubs and hot stones are part of her repertoire as well.

She is happy that Michigan's deadline for mandatory licensing of massage therapists is near (October 31) and is proving her commitment to continuing education and professionalism with more training. "It gets rid of the riff raff, you will be required to keep your license current with continuing education," she said.

By the beginning of October, Moblo will have an additional 24 hours of training for certification in Bellanina face lift massage. "My emphasis is relaxation, quiet and a calming atmosphere," she said.

Moblo is in the salon Tuesdays through Saturdays. 231-536-7764.

#### **Fish Fry Benefit** at Lake Louise

#### Fish Fry benefits food pantry and Lake Louise camp scholarship fund

On Friday, August 29 from 4:30-7:30 a fish fry will be held at the Lake Louise Christian Community Camp & Retreat Center located at 11037 Thumb Lake Rd, Boyne Falls. A free will offering will be accepted at the door. All donations will support both the Boyne Valley Pantry and the camp scholarship fund for the Lake Louise Camp.

The Boyne Valley Pantry was established in November 2009 and has been helping approximately 40 families a week. This may not seem like a lot but when you multiply that by 52 weeks that is a lot of food being supplied. Not only do they supply food but they also provide things like bathroom tissue, paper towels, cleaning supplies and personal hygiene products. The Boyne Valley Pantry is always looking for donations and volunteers. To volunteer please call Bill at (231)549-2230. The Boyne Valley Pantry is open on Thursday from 2:00pm-5:00pm.

The scholarship fund for the Lake Louise Camp helps those young people who might not be able to attend camp due to financial situations. There are several camps held each summer. The Lake Louise Community, Camp & Retreat Center mission: We offer an environment and provide leadership opportunities promoting healthy relationships, personal wholeness and spiritual well-being. For a full list of camps available please visit www.lakelouisecommuntiy.org

#### Secure your home today, visit the Placeshifting Fair August 26

Placeshifting is a new phrase that has entered our vocabulary due to the fact that many people live in more than one place throughout the year. It is defined as the activities needed to safely, efficiently and cost effectively manage a home. The Charlevoix Public Library is pleased to bring to town a Placeshifting Fair 4:30 - 6:30 p.m., Tuesday, August 26. The Library is located in downtown Charlevoix at 220 W. Clinton St.

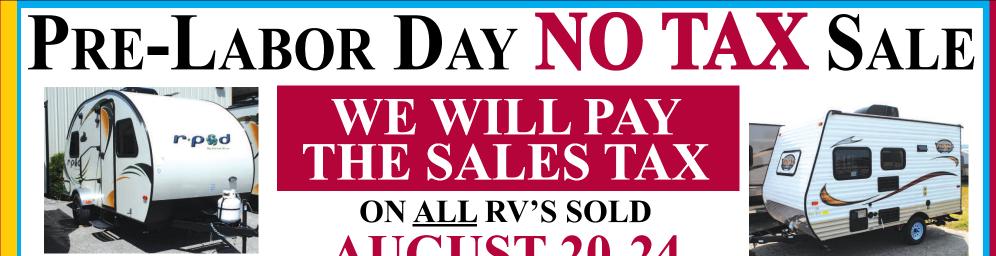
The Charlevoix community offers many resources and services to help people monitor their house on smart devices which will save money and protect the safety of their home. Representatives from the City, mobile device companies and utility companies will share their knowledge on ways to prepare and monitor homes, whether in town or at a distance.

The fair vendors will concentrate on ways to prepare a home for winter including ways to monitor your home from afar. The vendors will also share techniques to save money on cable and telephone services and share how to secure important documents and access them remotely. "Whether you are a year round or summer resident there are new methods and devices that can make your house safer and smarter," stated librarian Linda Adams.

The fair will give attendees an

opportunity to talk to many different vendors about how they can secure their homes. Some of the vendors are: Macprofessionals will discuss Dropbox and the storing documents electronically; Charlevoix Police and Fire Department will provide advice concerning home safety when homes are unoccupied; Best Buy will demonstrate Slingbox technology allowing you to watch TV from a remote location; Cellular Connection Charlevoix will provide information concerning portable landlines and smart phone technology; Health Department of Northwest Michigan will provide information concerning proper disposal of expired or not needed prescription medicines; Radioshack Charlevoix will review smartphone home safety features and portable landlines; Charlevoix Area Hospital will explain how to transfer health records; US Post Office Charlevoix will have information on mail forwarding options; Charlevoix Public Works Department will discuss winter home preparation; DTE Energy will be on hand sharing home energy tips and conservation.

Attendees are welcome to roam the tables and learn different techniques to help make their home safer. For more information about this or other offerings at the library, visit them at www.charlevoixlibrary.org.



#### New 2014 R-Pod 171 Travel Trailer

This unit it about the necessities, if you are just looking for a dry comfortable place to sleep, eat and shower during your camping excursions then this is the unit for you, but that is not to say it is without its luxuries! Not to mention this unit could be towed by most mid-sized SUV's. MSRP \$16,189

> SALEPRICE \$**13.995** AS LOW AS \$114 A MONTH **Plus** we pay the Tax!



New 2014 Freedom Express **320 BHDS Travel Trailer** 3 slideouts, outdoor kitchen, power jack, power awning. MSRP \$43,116

#### SALEPRICE \$**29,995**

AS LOW AS \$249 A MONTH **Plus** we pay the Tax!

# **AUGUST 20-24**



New 2015 Bighorn 3875 FB Fifth Wheel 3 Slides, 1 % bath, fireplace, stainless steel side by side refrig, Wow, this is nice! Perfect coach to get away this winter. MSRP

#### SALEPRICE <sup>\$</sup>64,995

AS LOW AS \$449 A MONTH **Plus** we pay the Tax!





**New 2014 Trailrunner 26 SLE Travel Trailer** Bunkhouse, full size slideout, power awning. MSRP \$25,785.

#### SALEPRICE <sup>\$</sup>17.995

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Donate school supplies or money

help us Stuff the Bus!

to purchase supplies for Otsego

New 2014 Viking 14R Travel Trailer Easy to pull and a low, low price. MSRP: \$!2,325

SALEPRICE \$**9.995** AS LOW AS \$115 A MONTH **Plus** we pay the Tax!



New 2015 Sundance 278 TS Fifth Wheel 3 Slideouts, power leveling jacks, power awning, Amish crafted cabinetry and solid surface countertops. Lots of room. MSRP \$42.451

> SALEPRICE \$**33.995** AS LOW AS \$289 A MONTH **Plus** we pay the Tax!

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County students.

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# News

# **Fox Motors holds Grand Opening Saturday**

#### Norma Jean Babcock

CHARLEVOIX: Fox Motors will host their Grand Opening Sale beginning Saturday August 23rd and continuing until Wednesday, August 27th in an effort to get members of the community in to see what's new and available in General Motors (GM), Ford, and Chrysler vehicles.

The Grand Opening Sale will showcase the remodels and new showrooms that Fox Motors has been operating in throughout the summer. The Sale begins August 23 from 9:00 am to 3:00 pm, and continues August 25th through August 27th with extended hours from 8:30 am to 8:00 pm. The sale will be held in all three showrooms located along U.S. 31

The sale features over 400 ve-



ABOVE: The new GM/Chrysler facility will host the Grand Opening Celebration on Thursday, August 28th from 6-9 pm.

hicles which will be clearly marked with special sale prices and will offer rates as low as 1.99% APR on used vehicles in addition to 0% for 72 months on select new vehicles. The sale also offers a chance

for those coming in to enter a contest through the Charlevoix Chamber of Commerce to win a 2014 Chevrolet Camaro Convertible. Three tickets will be given away each day for free; otherwise tickets are valued at

\$100.

Customers will enjoy this chance to view the new showrooms for GM and Chrysler as well as the beautiful remodel of the Ford Showroom. Each

#### See Fox Motors Grand Opening–3A

#### **Central Drug Store** raises \$1,100 to benefit Veterans

Jim Jeffreys before the Grand Opening Sale.

Service advisor Chad Fortune (left) chats with Fox Motors General Manager

Central Drug Store raised \$1,100.00 in July for Paws 4 Liberty, an organization which raises and trains dogs to help our disabled veterans.

Paws 4 Liberty is an organization that changes lives - one dog at a time. For disabled veterans in need, a trained service dog increases independence in daily activities and en-

# SAVE NOW ON EVERYDAY **ESSENTIALS FOR YOUR HOME**







riches their lives with a loyal companion. Since 2006 Paws 4 Liberty has been raising, training and placing service dogs with skills that include pulling a wheelchair, retrieving a telephone, providing physical support for balance and alerting deaf individuals. There is no modern, hightech piece of equipment that can replicate all these amazing animals can do for their recipients. We feel honored and proud to be able, along with the donations of our customers, to be part of helping to make others' lives better, especially those who have given so much for our freedom.

For more information about Paws 4 Liberty, see Paws4Liberty.org

#### **Drag Race**

The annual Boyne City drag race is being reorganized and will be held Sunday, Aug. 31. Side-by-side, eighth-mile drag races will be from 12 noon-5 p.m. at the airport, 1048 E. Main St. Proceeds from the event will benefit the Boyne City Airport and the Boyne Valley Lions Club. The city police department has organized the event since 2003, but they are phasing out their involvement. The event will be organized this year by the Lions and a committee of drag race enthusiasts. There won't be any significant changes to the event, however. Entry fees are \$25 in advance and \$30 on race day for cars, trucks and motorcycles, while pit passes are \$15. Spectators pay a \$10 admission fee; children under 12 years are admitted free. Gates open to racers at 8:30 a.m. for registration and tech inspections. For information call the Boyne Area Chamber at 5826222 or visit www.bcpddragrace.org

# **News Briefs**

Stroll the Streets is every Friday night from 6 to 9pm and continues with free music all over downtown Boyne City through Labor Day weekend.

Stroll the Streets schedule August 22 - Don Rivers & Jim, Ernie Mindel & Cedar Valley, Joyful Creations, Kowalske Family Band, Lake Street Ramblers, Straight Forward Bluegrass Band, T N T, Wooden Nickels

August 29 - Craig Cottrill, Horton Creek, Kowalske Family Band, Northern Nights, Steven D and The Keys, Twister Joe, Wyatt & Shari Knapp

#### CHARLEVOIX Arm Chair Theatre

Ruth Willis is a noted Drama Instructor and Director from Pittsburgh who resides in Charlevoix during the summer months. Ms. Willis will be Presenting Armchair Theatre twice a month, Sundays early evening gathering at the Charlevoix Circle of Arts located at 109 Clinton Street. Participants will explore creative theatre-thought, written, read, spoken, acted, sung, performed and enjoyed. The first program is from 6:30 -9:00 pm. Armchair Theatre is free to the public. Programs will cover many moods: August 31, September 14, 28. Armchair Theatre is presented by the Performing Arts Committee

#### NORWOOD Summinar: Shale, Kettles and

#### Concretions

University of Wyoming geology professor, Jim McClurg, will satisfy the curiosities of many up-north residents and closet geologists with an illustrated program on Norwood's shale deposits, their kettles and concretions on the lakeshore south of the village of Norwood. Wednesday, August 20, at 7:30 p.m. at the Norwood Schoolhouse. Free for members, \$5 for non-members.

#### GAYLORD, PETOSKEY Safety in Residential construction training seminars

The Home Builders assn. of N. Mich. and MIOSHA team up to make job sites safe. The

top 5 serious hazard cate-

locations: August 20th - 4-6pm at ProBuild, 1054 Old 27 North, Gaylord and August 26th - 4-6pm at Preston Feather Lumber, 900 Spring Street, Petoskey. Training class cost is \$20 for general admission and Free for HBA Northern Michigan members. For more information visit www.hbanorthernmichigan.org

#### PETOSKEY Joe Nichols headlines Emmet-Charlevoix Fair

The Emmet-Charlevoix County Fair returns to the fairgrounds in Petoskey from Aug. 15-24. The carnival begins Tuesday, Aug. 19, country music star Joe Nichols performs Thursday, Aug. 21, and the Monster Truck Show returns on Saturday, Aug. 23. Tickets for the Monster Truck Show are \$17 and 2 for \$25 in advance for ages 13 and up; \$7 for ages 2 to 12; and under 2 are free. Monster Truck tickets will be available at the Boyne Area Chamber office, 28 S. Lake St. Other grandstand events include Pony, Mule and Horse Pulls on Aug. 19; Michigan High School Sanctioned Rodeo Aug. 20; and Autocross Racing on Aug. 22. To purchase Grandstand event tickets, call the Fair Office at 231-347-1010.

#### CHARLEVOIX Art at the Market

Thursday, August 21, 9am-1pm in East Park. Plein Aire artists gather to paint during, Charlevoix farmers market on Bridge Street. Also glass painting fundraiser for the Charlevoix Circle of Arts by Edith Pair and music by the Pistil Whips.

#### BOYNE CITY

#### Great Lakes People Fund grant helps Arts Collective sponsor kids event

Boyne Arts Collective has been awarded a much-appreciated grant from the Great Lakes Energy People Fund. The grant will be applied to a Boyne Art Blast program centered on "Kids Doing Art." The two-day camp will take place Aug. 22 and 23 at Veterans Park Pavilion on North Lake Street. The Boyne Art Blast participants aged 10 - 14 will explore the environment for inspiration and will focus on contrasts of rural and urban settings. Students will learn art techniques and new mixed media to create three pieces of finished art to take home. For more information, call Lisa Beeman at 720-235-2337 visit or www.boynearts.org. During August, the BAC South Gallery is exhibiting the works of June Storm's latest watercolor classes.

the Circle of Arts. You are cordially invited to join us. Reception, Saturday, August 23 from 5 - 7pm. Meet a few of the artists who will be attending. Refreshments will be served. Please check our website: www.charlevoixcircle.org or call 242.547.3554 for further Information.

#### PETOSKEY Beyond the scoreboard golf outing

The Golf outing will be on Sunday August 24 at the Crooked Tree Golf Club. Registration, putting and chipping contests start at 2, modified shotgun start at 3. Cost is \$80 per person or \$300 for a team. Sign up right away. Have a great time, win prizes and help support Beyond the Scoreboard in our work to promote character development in area youth through high school and area youth sport programs. To read more about the golf tournament and download the registration form go to beyondthescoreboard.org. For more information, contact Ron Goodman 231-622-2223 or email character@beyondthescoreboard.org.

#### BELLAIRE Golf Tournament, Spaghetti

Dinner

All proceeds will benefit the family of Bob King. Golf Tournament, Monday, August 25, The Legend GC, Shanty Creek Resorts, 1:30p Shotgun Start, 4-Person Scramble, \$25/person. To register your team, please contact the Summit Pro Shop, 231-533-2020. Spaghetti Dinner, Silent Auction & Bake Sale, Monday, August 25, Parlor A&B, Shanty Creek Resorts, 6:00p, \$10/person.

#### PETOSKEY Classes on doing business with the federal govt

A series of classes focused on doing business with the federal government is offered at NCMC in room 536. First class is Aug. 26, 9am - Noon. No charge but pre-registration is required at nwm.org/ptatraining or call Deb Donavon at 231-929-5076. Additional classes will be offered Oct. 2, Nov. 5 and Dec. 11.

#### BOYNE CITY Summer Jam

Casaiana are bested by the

#### applications are at www.boynefalls.org and www.runmichigan.com.

gust 30, 9am to Noon, at Ferry

Beach. Lots of perennials.

#### CHARLEVOIX Plant sale

Charlevoix Evening Garden Club Plant Sale, Saturday, Au-

#### BOYNE CITY Triathlon

Register now for this triathlon coming on Labor Day weekend. You can register for the second annual event at www.BoyneCityTriathlon.com.

#### MICHIGAN Energy grants

The Michigan Energy Office (MEO) is offering grant awards to fund energy efficiency retrofit projects in commercial buildings that are owned by small businesses and private nonprofit organizations. The goal is to encourage cost-effective energy upgrades that reduce operating costs for building owners, support local job creation, and free up capital to re-invest in these businesses over the long term. Applications are due August 31, 2014 or when funds are exhausted.

#### BOYNE CITY Drag Race

The annual Boyne City drag race is being reorganized and will be held Sunday, Aug. 31. Side-by-side, eighth-mile drag races will be from 12 noon-5 p.m. at the airport, 1048 E. Main St. Proceeds from the event will benefit the Boyne City Airport and the Boyne Valley Lions Club. The city police department has organized the event since 2003, but they are phasing out their involvement. The event will be organized this year by the Lions and a committee of drag race enthusiasts. There won't be any significant changes to the event, however. Entry fees are \$25 in advance and \$30 on race day for cars, trucks and motorcycles, while pit passes are \$15. Spectators pay a \$10 admission fee; children under 12 years are admitted free. Gates open to racers at 8:30 a.m. for registration and tech inspections. For information call the Boyne Area Chamber at 5826222 or visit www.bcpddragrace.org.

#### Classes are tailored to your skill level, beginner to advanced. Help is available for iPads and Windows 8. For help with downloading ebooks, as well as other information about using tablets and readers, the library also offers digital learning sessions on Tuesdays from 2-3 p.m. Library cardholders can borrow and download e-books and audio books from the library at no charge on a variety of devices. For more information, call the Library 582-7861.

#### BOYNE CITY Grief support group

Survivors of Suicide [SOS] is a grief support group for support and understanding after the loss of a loved one or friend. Meetings are held at the Boyne Area Senior center conference room, 411 East Division St., Boyne City, on the first Wednesday of the month from 6:30-8 p.m. For more information call Hospice of Little Traverse Bay 231-487-4825.

#### ADVANCE Summer Jam

The historic Porter Creek Grocer is now hosting "Summer Jam" sessions every Sunday at 5 p.m. Bring your instrument, your family, your friends and your chairs. Join in the local "Summer Jam" every Sunday at 4672 Lakeshore Rd (across from Sommerset Pointe Yacht Club). All musical genres are welcome. It's a great place to showcase your talent or just relax and listen to some great local musicians. Porter Creek Grocer will be open for your convenience, cold beer and the best pizza around.

#### **BOYNE CITY**

#### **Boyne Volunteer Network**

Boyne volunteer network is a joint project of the Boyne District Library, Boyne City Main Street Program and the Boyne Area Chamber of Commerce. It's easy to participate - just go to www.boynevolunteers.org and fill out the application form, which will tell us your skills, interests and contact information. We will contact you later about volunteer opportunities that may interest you. If you have guestions or would like to learn more about how to include your organization and volunteer needs in this new network,

#### ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

Sept. 4. 11am. The 6th annual charity golf outing will help benefit Manna and its programs. Taking place at Boyne Highlands Moor Course. The event includes golf, lunch, dinner, silent/live auction, awards and prizes.

#### EAST JORDAN Hunter Safety Course

September 6 & 7, 9AM -4PM at the Jordan River Sportsman's Club Rifle Range. For more information call Mike Beauvais at 231-536-3208

#### EAST JORDAN Benefit dinner

Casey Gardner was in a horrible motorcycle accident on 7-22-2014. He has severe head trauma, a shattered hip. He is still in a comma. There is a benefit dinner to help out with medical expenses. On Saturday, Sept. 6th at the VFW Post 7580. It will be a spaghetti dinner, \$5 a plate or donation. There will be a silent auction, 50/50, raffle, and bake sale. The time will be from 3pm-8pm. The VFW post is located at 4690 M-32.

#### BAY HARBOR Women Can Women Do Fundraising Luncheon

Sept 10, 11am - 1:45pm. More than a hundred volunteers ensure the success of Women Can/Women Do fundraising luncheons that raise needed dollars to help fund essential programs and services provided to women, children and families through the Women's Resource Center of Northern Michigan (WRC-NM). To reserve a seat, or for more information, call the WR-CNM administrative office at (231) 347-0067.

#### **BOYNE CITY**

#### State of the Community

Everyone in the community is invited to attend the Boyne Area Chamber's 6th annual State of the Community luncheon. This year's event will be held at Sommerset Pointe from noon to 2pm on Thursday, Sept. 11. Speakers will be City Manager Mike Cain, County Commissioner Chris Christensen, and School Superintendent Peter Moss. Admission is \$25, which includes salad. entree, dessert, beverage, tax and gratuity. Table sponsorships, which include eight seats, table sign and intro-

gories commonly associated with residential job sites are: Falls, Scaffolds, Ladders, PPE/Tool Guarding, Electrical. Call the HBA Northern Michigan office at 231.348.9770 to register for a training class on these 5 hazard categories at the training location and date most convenient for you. The training will give you an overview of what you can do to protect yourself and others on the job site from injury or fatality. The training seminar is an important safety awareness starting point for all who work on residential construction sites. Attendees will also be able to record Continuing Education credits for attending. Safety in Residential construction training seminars will be held at HBA training sponsor

#### CHARLEVOIX Michigan Water Color Society

The Charlevoix Circle of Arts proudly presents The Michigan Water Color Society & the addition of local water color artists, Trish Morgan & Betty Bea Washburn, Trish has been on Circle Board for six years and Betty Bea Washburn has taught water color painting at

Bill and Joy Murray (231) 536-2925 BODY SHOP LLC www.murraysbodyshop.com In Business Since 1955 938 South Lake St. East Jordan, MI 49727 Cell: (231) 675-9599 Fax: (231) 536-0851



www.CharlevoixCountyNews.com

Sessions are hosted by the historic Porter Creek Grocer every Sunday at 5pm. Bring your instrument, your family, friends and chairs. Join in the local Summer Jam at 4672 Lakeshore Road, across from Sommerset Pointe Yacht Club All musical genres are welcome. It's a great place to showcase your talent or just relax and listen to some great local musicians. Porter Creek Grocer will be open for your convenience with cold beer and the best pizza around. For further information call Dan at 231-884-6882.

#### BOYNE CITY Ridge Run Dog Park opening celebration

Everyone is invited to the opening celebration of the Ridge Run Dog Park on Thursday, Aug. 28 from 4 to 6pm. Bring your dog to this dedication of Boyne City's newest city park. A ribbon-cutting ceremony will begin at 5 p.m. and refreshments will be served. Ridge Run Dog Park is located three blocks north of the Boyne City/Charlevoix Road (Michigan Avenue), follow Charlevoix Street north to Ridge Street and turn left, west. The park is now open for use, although more amenities including drinking fountains and grass planting are coming soon.

#### **BOYNE FALLS**

#### Patriotic color run/walk

The Patriotic run and walk is 9am on Saturday, Aug. 30, when the Boyne Falls Class of 2016 will be featuring the first-ever Patriotic 5K Color Run/Walk. Join the fun as the class will confetti you with color at each mile marker of the race. The theme is patriotic since it will be held Labor Day weekend, so make sure you "dress" the part. We will have prizes for the 1st - 3rd place runners in each of the men and women divisions. We are encouraging walkers, as we will have fun door prizes for all participants, including a pair of Michigan football tickets. Details and registration

#### <sup>er</sup> **BOYNE CITY** <sup>g</sup> Senior dinner

The Boyne Area Senior Center is now hosting Wednesday night dinners (instead of Wednesday lunches). Suggested donation is \$3. Dinner from 5-6pm. Music from 5:30-7pm. The senior center is located at 411 Division St.

#### EAST JORDAN Senior dinner

The East Jordan Community Center is now serving Dinner every Wednesday. Dinner and entertainment - Entertainment begins at 4PM and dinner is served at 5PM. Lunch will not be served on Wednesday throughout the summer. The senior center is located downtown.

#### CHARLEVOIX Senior dinner

The Charlevoix Area Senior Center is now hosting Wednesday night dinners (instead of Wednesday lunches). Entertainment follows dinner.

#### CHARLEVOIX Farmers Market

Held every Thursday in East Park on Bridge Street, downtown from 9am - 1pm. Free 20-minute parking along Bridge Street for market shoppers!

#### BOYNE CITY Farmers market

The Boyne City Farmers Market continues its outdoor season at Veterans Park from 8am to noon every Saturday and Wednesday.

#### EAST JORDAN Farmers market

Every Thursday at Sportsmans Park, 9am - 1pm

#### BOYNE CITY Free computer classes

Free computer classes are held at the Boyne District Library at 10am every Friday. contact Monica Kroondyk at the Boyne District Library by phone at 231-582-7861 or by email at kroondykm@boynelibrary.org.

#### EAST JORDAN Christian coffee house

Open Door Christian coffee house will be held every first and third Saturday at the East Jordan Community Center on Main St. Refreshments are available; free coffee and a small charge for pizza and soda. We have a lot of wonderful talent right here in northern Michigan. Great fellowship, everyone is welcome to come

#### CHARLEVOIX

Chronic disease path workshop

This Stanford University developed group workshop assists program participants to better face the daily challenges of living with long term health conditions such as heart disease, asthma, arthritis, diabetes, fibromyalgia, and depression. Take an active, positive role in the management of your chronic condition. September 3rd thru October 8th, 9:30 - Noon at Charlevoix Senior Center. No cost to attend. \$15 donation appreciated. To register call Darcia at 800.442.1713.

#### CHARLEVOIX

#### Chronic pain path workshop

This Stanford University developed group workshop has shown that program participants report less severe pain, are less dependent on others, have improved mental health and increased vitality, are more able to participate in everyday activities and have greater life satisfaction. Take an active, positive role in the management of your chronic pain. September 3rd thru October 8th, 1 – 3:30 pm at Charlevoix Senior Center. No cost to attend. \$15 donation appreciated. To register call Darcia at 800.442.1713.

HARBOR SPRINGS Golf Fore Manna ductions at the event, are available for \$250. A crowd of more than 100 business and civic leaders is expected. For reservations, call the Chamber at 231-582-6222.

#### EAST JORDAN Hayride & Potluck

Saturday, September 13, 5:30 farm tour, 6:30 potluck at Bluestem Farm, 4218 M-32 (at the Adams Road intersection). Meet the farmers and get an up-close look at the animals, vegetable gardens, woods, and fields that make up Bluestem Farm, and share a potluck meal. Families welcome. Free. Like farming, this hayride happens rain or shine, but there's a big barn for cover if the weather's not good. Please dress for the weather and wear comfortable shoes you won't mind getting dirty. If you'd like to share the meal, please bring a dish to pass along with your own placesettings. For your comfort, you might want a chair or blanket to sit on, but if you're not too particular we'll have an assortment of things to sit on. Event parking is on the north side of M-32, on Adams Road. No dogs, please.

#### CHARLEVOIX Trunk & treasure sale

Homemade items, vintage, craft, client art and much more at Bergmann Center's Trunk & treasure sale Sept. 13, 9am - 4pm. \$1 entrance fee to benefit Bergmann Center's gift of love. 8888 Ance Road.

#### BOYNE CITY

#### Business after hours

Coldwell Banker Schmidt Real Estate will host the Chamber's next Business after Hours at 231 Water St. at 5:30 p.m. Thursday, Sept. 18. The theme for the evening will be an ice cream social, thanks to event co-sponsor Parkside Grill and Treats. There is no charge for admission or refreshments; a 50/50 raffle will benefit the Boyne City Community Christmas program.

### News RESILIENT **EAST JORDAN**

continued from 1A

- Sportsman's Park (3)
- Kayak launch area
- The people
- Charlevoix County Community Foundation
- Browns Creek area/proiect
- All City parks (this item was noted as both a positive and a negative by one group)
- Industry EJ, Burnette Foods, Plastics
- Arts community
- Trails
- Watershed area/preserves
- Airport
- Boswell Stadium
- JVAC

#### **Negative Elements** within the East Jordan

#### Community

- Boat launch/parking lot (2)
- Sparse downtown (2) Housing improvement
- needed
- Sediment dump
- No hotel/motels (3)
- Foot bridge over river
- Top ten corner soften Chamber satellite office
- Public beach at tourist park – signage
- Tourist park change name
- · Entrance corridors (unattractive)
- · Lack of recreational stores
- Marina issues
- Two downtowns east vs. west
- Housing availability
- All City parks (this item was noted as both a positive and a negative by one group)
- Downtown
- Blight
- Former IGA (area)
- Downtown buildings
- Roadway blight • Business on the lake
- Lack of walkability
- Lack of retail/dining
- Lack of pedestrian bridge

#### Visions for the Future of the East Jordan Commu-

nesses · Community events/festivals

- Lodging (5)
- Purposeful/well maintained recreational activi-
- ties
- Fine dining
- Microbrewery
- Name change Jordan,
- Rivertown
- Districts historic, arts · More benches
- Connectivity Retail businesses
- · More trails
- More variety of businesses
- Extension of existing city utilities to allow further development along the M-32 and M-66 corridors
- A place (trail head) for all types of transportation and the users to congregate
- A place for people to stay when they come to use the trails
- Vibrant downtown (2)
- Art galleries
- Dark skies
- · Light manufacturing and industry
- · Clean main streets and sidewalks
- No blight
- Great schools
- Great leadership that is collaborative and responsive
- Expanded tax base fueled by new growth
- · Accessibility to lakes, trails, and river
- · Hotel at trail head South Arm boat
- (dinner/tour)
- Microbrewery/winery Downtown residency
- Cultural Center
- (theatre/arts/music)
- Farmer's Market
- Boat racing
- Splash in (airplanes)
- Community pride

**Community Action** Teams will meet September 18 at the East Jordan Civic Center to move forward on a plan of action. Interested community members are invited to be a part of the teams. They will address specific areas of interest and systems that sustain the East Jordan community. Future meetings are planned for September 30th and October 14th. More information is

available online at www.resilientmichigan.org/east\_jo rdan.

## Antiques, Art, Consignment and New at The Brickery in Grayling

#### By Jim Akans

Shoppers in downtown Grayling will find two floors of treasures embracing a wide array of fascinating items at The Brickery. Established by Linda Nickert in June of 2007, items offered throughout the approximately 1,000 square feet of retail space in this historic building cover just about any interest or gift idea.

Nickert states, "We offer many items made by local crafters. Michigan-made products, lots of antiques, art, and more. We have new products and consignment items, gift items, scarves, hats and gloves, and we are beginning to offer salvage products so people can make their own crafts. Customers can spend an hour in our store and still not see it all."

The stately brick building that is now home to The Brickery was originally the International Order of Odd Fellows building, constructed in 1908. The downstairs held a theater that would put on plays for loggers and for Camp Grayling. The building has gone through many incarnations over the years, but shoppers at The Brickery can still see the original tin ceiling and hardwood floors.

Nickert recalls that the idea for her shop's name came from her daughter; "We were trying to think

Shoppers in downtown Gravling will find two floors of treasures embracing a wide array of fascinating items at The Brickery. The store, located at 107 Ottawa in downtown Grayling, is open Monday through Saturday from 10 am until 6 pm, and Sunday from 11 am to 3 pm. COUR-**TESY PHOTO** of a name. Since there are so many

bricks both inside and out; the walls are three bricks thick, my daughter suggested calling it The Brickery."

It's the perfect name, reflecting solidity and tradition; an apt representation of the enduring quality of the wide variety of items offered at The Brickery. The store,

located at 107 Ottawa in downtown Grayling, is open Monday through Saturday from 10 am until 6 pm, and Sunday from 11 am to 3 pm. Visit www.the-brickery.com or call 989-348-8999 for additional information.

#### **New** Summer Clothing, Swimwear, Shoes and Sandals are Arriving Daily!



Downtown Boyne City • 101 Water St. • 231.582.71

#### **ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM**



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# Hidden Treasures

#### **BOYNE CITY**

**Challenge Mountain Resale Store** 

01158 M-75 South, Boyne City 231-582-6966 Open M-Sat. 9:30 - 5:30

#### **BOYNE FALLS**

**Peg's Closet** 3031 Main St., Boyne Falls 231-675-2463 Proceeds benefit the Boyne Valley Food Pantry

#### **CHARLEVOIX**

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

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

#### EAST JORDAN

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

#### ELLSWORTH

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

#### **Good Samaritan**

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

#### FREDERIC

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

#### GAYLORD

A-2-Z Resale 1829 Old 27 South, Gaylord 989-732-9500

**Angels at Work Resale** 1523 S Otsego Ave., Gaylord 989.448.8615

**Goodwill Retail and Donation Center** 1361 Pineview Dr. (near Lowes) Gaylord 989-705-1747 www.goodwillnmi.org

**Great Rooms Quality Pre-Owned Furniture** 148 W. Main St., Gaylord 989-745-5184 www.greatroomsgaylord.com

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

GAYLORD

**Homespun Antiques & Crafts** 230 West Main Downtown Gaylord 989-731-4305 Mon - Sat 10-5, Sun Noon - 4

#### GRAYLING

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

#### HARBOR SPRINGS

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

#### MANCELONA

Mancelona Food Pantry & Resale Shop 201 N. Maple St., Mancelona 231-587-9606

MIO

resale and thrift shops

Northern Michigan Treasure Hunter's

Guide to area antique, consignment,

**Strawberry Patch** Downtown Mio 989-826-1503

#### PETOSKEY

**Challenge Mountain Resale Store** 2429 US31 North, Petoskey 231-348-3195 Open M-Sat. 9:30-5:30

#### **Goodwill Retail and Donation Center**

1600 Anderson Rd., Petoskey 231-348-6947 www.goodwillnmi.ora

To add your business



#### Page 6A • Charlevoix County News

# Ιλιρινις

weathe

# THURSDAY

HIGH: Upper 70's LOW: Mid 60's

HIGH: Low 80's HIGH: Upper 70's LOW: Mid 60's LOW: Low 60's

FRIDAY







MONDAY

HIGH: Low 80's HIGH: Upper 70's LOW: Mid 50's LOW: Low 60's





HIGH: Upper 60's LOW: Mid 50's

# record temps

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

Day	Avg. High	Avg. Low	Record High	Record Low
21	80°F	53°F	99°F (1955)	35°F (2004)
22	80°F	53°F	89°F (1968)	33°F (1950)
23	79°F	53°F	93°F (1968)	36°F (1967)
24	79°F	53°F	93°F (1948)	30°F (1967)
25	79°F	53°F	96°F (1948)	34°F (1977)
26	79°F	52°F	92°F (1948)	37°F (1963)
27	79°F	52°F	93°F (1948)	36°F (1968)
28	79°F	52°F	93°F (1973)	34°F (1982)



The weather phenomenon results from temperature changes on the water

# Waterspout season on Great Lakes

#### The weather phenomenon results from temperature changes on the water

GAYLORD - Waterspouts represent an intriguing sidebar to the Michigan weather story. It's a sidebar that's worth a look, as we move into waterspout season on the Great Lakes.

#### Look a Lot Like Tornadoes

Waterspouts look a lot like tornadoes in photos and videos, but only some waterspouts are really "tornadoes over water." Sometimes a true tornado forms over land before heading over the water and becoming a waterspout.

The majority of waterspouts on the Great Lakes are like the other lake effects we see in Michigan: they result from temperature differences between the water, and the air or nearby land. The National Weather Service usually predicts waterspout activity when water temperatures are warm, the air is cool and moist, and winds are relatively light. That

#### Tracking Waterspouts

Meteorologists, led by the International Centre for Waterspout Research, are just beginning to track waterspouts closely and to predict them. The Centre counted a new record of 154 waterspouts for the Great Lakes in 2012. When observers on Lake Ontario logged a single day global record of sixty-seven last October, Centre director Wade Szilagi said there had probably been even more that simply weren't seen or recorded.



(Will the government take it?)

#### Dear Dave,

I have a 5-year-old daughter, and I want to start a 529 for her. However, I'm concerned that the government might seize the 529 assets in order to pay off debt and give people treasury bonds instead. Do you think this might happen?

#### Barry

Dear Barry, I think there's less than a one percent chance they'd seize the actual assets. Really, I don't believe they're any more likely to come take investments away than they are to come take your home. I mean, we're really talking about private property here. If you have \$100,000 in a retirement fund, and they say they're going to take that away from you, it's like taking a person's home. I just don't see that happening.

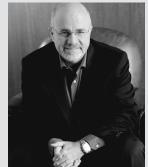
The big question, I think, is this: Are they likely to take away some of the tax benefits — like the 529 plan's ability to grow taxfree? As in, they just come in and say they're making it all taxable to pay the bills they've accumulated up in Washington, D.C. from all their stupid behavior. That kind of thing actually could happen.

—Dave

(Sell the rental and reinvest?)

Dear Dave, I'm retired, and my husband

plans to work for several more years. We have \$130,000 in savings



Dave Ramsey

Barbara Dear Barbara,

If I were in your shoes, I'd be investing in mutual funds and paying off the rental property as fast as possible. That would be my game plan.

When it comes to mutual funds, you shouldn't be jumping in and out. The key is to find good ones with long track records of success and stability. Then, leave the money alone for several years and let it do its thing! -Dave

(Settling with Sallie Mae)

Dear Dave,

Is it possible to settle the debt on a student loan?

James Dear James,

Sallie Mae student loans, or federally insured student loans, are insured by the government. Translation, the bank is going to still get paid 100 percent by the taxpayers, because the government is guaranteeing the loan. They have no reason to settle with you

They're not going to settle with you on the principal amount or the interest, James. You might be able to talk them down on the collection fees. They jack those way up. But the original amount you borrow, plus the actual interest that hasn't been paid, is guaranteed by the government. They'll get it from one of you!

-Dave

\* The Dave Ramsey Show is

is most likely to be the case in late summer and early fall when the lakes are at their warmest, but we can get blasts of colder air.

accounts, plus a rental property. The rental property has a \$150,000 mortgage, but we have no other debt. Should we sell the rental and reinvest in the stock market?

heard by more than 8 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

#### Mary Ann Hodack, 56

Mary Ann Hodack of East Jordan and formerly of Charlevoix died Monday, August 11, 2014 at Charlevoix Area Hospital.

A memorial service will be announced are a later date. The family was served by the Penzien Funeral Homes, Inc. in East Jordan.

#### **Richard Ayearst, 72**

**OBITUARIES** 

Richard Ayearst of Charlevoix. died Tuesday, Aug. 12, 2014, at Charlevoix Area Hospital. No local services are planned.



#### **VOLUME 6, ISSUE 9**

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Arrangements are by Winchester Funeral Home in Charlevoix.

#### Margaret L. Derenzy, 94

(JULY 25, 1920 - AUG. 14, 2014)

Margaret L. Derenzy of East Jordan died Thursday, August 14, 2014, at Meadow Brook Medical Care Facility in Bellaire.



She was born on July 25, 1920, in East Jordan, the daughter of Frank and Edith (Myrick) Decker. On November 14, 1942, in East Jordan, she married Clifford L. Derenzy and raised three sons on their family farm.

While Margaret loved farming and being a farmer's wife, she also had worked in East Jordan at Sherman's Canning Factory, now known as Burnette Foods, and Mt. Clemens Metal Products, now known as Dura.

Margaret was a member of the Veterans of Foreign Wars Post #7580 Auxiliary and American Legion Post #227 Auxiliary, both in East Jordan. She also attended the Pleasant Valley Free Methodist Church in Echo Township, Antrim County, Michigan and was a member of the Ladies Aide of Echo Township. Margaret enjoyed gardening, playing board games and cards, as well as entertaining family and friends. She was proud of playing basketball during her high school years. She loved attending her grandchildren's sporting events.

Margaret is survived by three children, William F. (Evelyn) Derenzy of Central Lake, Gary C.

(Janet Fouts) Derenzy of Grayling, and Timothy W. (Dawn) Derenzy of East Jordan; ten grandchildren, Todd J. (Shelly) Derenzy, Willa F. (Ken) Graham, Cain M. Derenzy, Heidi Mead, Heather (Craig Foy) Derenzy, Holly (Rodney) Halstead, Spencer Derenzy, Ryan (Tracey) Derenzy, Chad Derenzy and Jenny (Rich) Hoffman; eleven great-grandchildren, Richard C. Derenzy, Erica (Jason) Luneack, William F. Brockman, Mikayla M. Graham, Lauren Mead, Logan Mead, Lucas Mead, Brandan Foy, Torin Halstead, Haley Hoffman and Heath Hoffman; one great-greatgrandson, Patrick K. Luneack; one brother, Phillip (Donna) Decker of Charlevoix; as well as several nieces and nephews. She was preceded in death by husband, Clifford L. Derenzy on July 23, 1999; one great-grandson, Dylan Derenzy; one great-granddaughter, Kassie Derenzy; three sisters, Blanche Cutler, Alma Prause and Nellie Bowers; and two brothers, Roland Decker and Franklin Decker,

Funeral services were held on Sunday, August 17, 2014 at the Pleasant Valley Free Methodist Church in Echo Township, Antrim County, Michigan. Pastor Dave Scott of the Pleasant Valley Free Methodist Church officiated with a committal service following at Morehouse Cemetery, Echo Township, Antrim County.

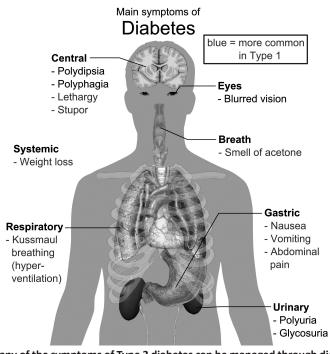
Memorials may be given to Wounded Warrior Project, 230 W. Monroe Street, Suite 200, Chicago, IL 60606 (630-522-4774) or the Good Samaritan Family Services, PO Box 206, Ellsworth, MI 49729.

# Health & Wellness Adopting Dietary Changes for Diabetes

#### **Deb Hagen-Foley**

Dietary changes are an essential component of treating diabetes. Typically, the diagnosis of diabetes includes nutrition classes to learn the how and what to eat to minimize blood sugar fluctuations. My husband, Tim, was diagnosed with diabetes in 2001. He completed a series of nutrition courses where he was to learn the standard recommendations are to restrict portion sizes and limit the amount of carbohydrates. The eating recommendations are intended to improve the food choices that contributed to the presence of diabetes. Many of those with diabetes struggle with compliance with a restrictive eating plan.

Tim will tell you that his eating habits were poor. He ate many processed foods, fast-food meals whenever he could get them, regular (not diet) soft drinks and plenty of chocolate bars. After the warning from the doctor and visits with a nutritionist, who explained the diabetes diet restrictions, his dietary choices



Many of the symptoms of Type 2 diabetes can be managed through dietary changes, yet persons with diabetes are often not compliant with the standard dietary recommendations.

did not change. He continued to eat fast foods, high-fructose soft drinks, and chocolate bars (almost daily).

By 2008, he weighed approximately 350 pounds. A healthy weight for a male of his height and age would be less than 190 pounds. He was experiencing constant and excessive ankle pain and regular attacks of gout, a type of inflammation caused by the buildup of uric acid. Organ meats, bacon, and being overweight are all contributors to gout. He had high blood pressure, despite multiple medications. His blood sugar continued to be high.

At that time, he began walking more frequently and revised his diet slightly, attempting to make "better" choices at each meal. He continued to drink soft drinks containing high-fructose corn syrup, roughly a 12 pack each week. He didn't think it was possible, or necessary, to give up the soft drinks.

In 2010, the doctor wanted him to begin diabetes medication. He had lost 70 pounds at that point, the ankle pain was somewhat reduced and the gout was occurring less frequently. He had not adopted the recommendations for a diabetic eating plan, but continued to regularly eat ice cream, potato chips and chocolate. Of course, the soft-drink habit continued. He avoided the diabetes medication for the time being. Next week, how the diabetes medication let to dietary changes.

# Community Foundations welcome grant requests

**ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM** 

The Charlevoix County Community Foundation and the Petoskey-Harbor Springs Area Community Foundation invite area nonprofit organizations, educational institutions, and municipalities to submit grant requests to put local charitable dollars to work in our area.

Grant applications to support arts and culture, education, the environment, community and economic development, health and human services, recreation and youth are available by calling your respective community foundation office.

All applicants must call to discuss their proposals in advance. Eligible nonprofit organizations must serve residents of Charlevoix County or Emmet County and work to enrich or improve life for local residents. The deadline for submission is Wednesday, October 1, 2014. Applications will be reviewed by community members and the youth advisory committee members and recommendations will be reviewed by the respective Boards of Trustees.

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

To apply for a grant or for more information, call/email your local community foundation program officer. In Charlevoix County, contact Maureen Radke at 231-536-2440, maureen@c3f.org In Emmet County, contact Sara Ward at 231-348-5820, sward@phsacf.org.

## Drs. Oz and Roizen

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

TAME STRESS BEFORE IT GOES TO YOUR MIDDLE

MICHAEL ROIZEN, M.D., AND MEHMET OZ, M.D.

TEveryday events can cause you to feel stressed -- and that's not all bad. Brief blasts of stress can focus your attention, motivate you to strive harder, even delight you with the joy of competition. And there's some research that shows that those super-charged, fleeting moments may improve your memory and strengthen your immune system. But chronic stress that cranks up your tension without relief?



That's a whole other ballgame. And, according to a new study from Ohio State's Institute for Behavioral Medicine Research, when you combine chronic tension (that you cannot or do not dispel) with even one highfat, high-calorie, comfort-food meal a week ... screech! ... you slow your spikes slow down fat-burning in the body and send excess calories into fat cells for storage!

So if you've had to deal with a major high-anxiety event in the past year or you find that chronic stress is interfering with your life, listen up! You can change how stress affects your health, happiness -- and waistline.

Step No. 1: Remind yourself that stress is trying to help you. A growing stack of scientific research (in humans, not lab mice!) reveals that how you think about stress plays a role in how harmful it is, or isn't. In several studies, people who saw stress as their body's way to gear them up for a difficult task, and not as a health threat, had lower levels of the stress hormone cortisol, and calories, feel energized, calm food cravings and avoid a metabolic slowdown.

Step No. 3: Practice profound relaxation. Find a quiet place to meditate at least once a day. Just 25 minutes of easy mindfulness is all it takes to tame tension, says a new report from Pittsburgh's Carnegie Mellon University. Sit comfortably or lie down; close your eyes and gently breathe in and out. Focus on your inhalations and exhalations. When your mind wanders (it does for everyone), refocus on your breath. Start by practicing this technique for three days in a row. In the study, that was enough to keep levels of cortisol lower even when you encounter stressors later.

Step No. 4: Go for a stress- and

for 45 minutes. Flip the veggies over halfway through cooking. Dr. Mike's favorite: Fresh asparagus. Great idea: Exercise, meditate or both while your favorite veggies are cooking.

Step No. 5: Tackle your NUTS -that's Nagging Unfinished Tasks! Don't underestimate how NUTS they can make you. A month's worth of unfiled paperwork; the lawn that's gone to weeds; the thank-you notes unwritten -- as they pile up, chronic stress rises and rises. Do what we do: After steps 1 through 4, make a personal list of what's driving you NUTS. Tackle them one at a time. You'll feel serene instead of stressed.

metabolism enough to cause an 11pound weight gain in just one year. (This study looked at women, but we think the phenomenon is worth watching regardless of your gender.)

Turns out having a stressful day, then overeating or downing comfort food (36 percent of you say that's your stress response) sends a "make more insulin" message to your pancreas. Researchers say these insulin that's good, because cortisol makes you want to eat high-fat, high-carb, high-calorie food.

Step No. 2: Use stress as fuel for physical activity. Exercise is one of the best ways we know to help you manage your response to a stressful event. Whether you've got five minutes for a brisk walk or 30 minutes for some strength-training moves, take advantage of these opportunities to release tension. You'll burn waist-reducing diet. Instead of reaching for a food felon (any sugary, fatty food) when you feel tense, pull out fresh veggies -- just like Dr. Mike does. Chop them into mediumsize, equal pieces, toss with a little olive oil mixed with seasonings (we recommend garlic, oregano and rosemary, but any spices you love would work). Spread on a lightly oiled cookie sheet or in a roasting pan; then roast in a 275-degree oven 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.

\*\*\*





#### **BEAUTY SALON**

**Chello's Salon & Day Spa** 126 Main St. East Jordan 231-536-7764

**Carriage Clippery** 308 South Otsego Gaylord 989-732-5094

**OrigiNAILS by Shelley** 200 Fairview St. Gaylord 989-732-7100

#### COUNSELING

Cygnet Counseling Downtown Gaylord 989-731-1018 www.cygnetfamilycounseling.com

#### DENTIST

#### Mio Family Dentistry 107 East 8th St. Mio 989-826-626

Main Oak Family Dentistry 219 East Main St. Gaylord 989-732-6271 www.mainoak.com

#### FITNESS FACILITY

Otsego County Sportsplex 1250 Gornick Ave., Gaylord 989-731-3546 www.ocsportsplex.com

**Otsego County Community Center** 315 S. Center, Gaylord 989-732-6521 www.otsegocountyparksrec.com Powerhouse Gym 1044 W. Main, Gaylord 989-732-0744 www.gaylordsgym.com

Health

directory

#### Nautilus Fitness & GS 20 Express Workout

1140 Gornick Ave. Gaylord 989-732-5820 www.gs20expressworkout.com

#### HOME HEALTH CARE

Health Dept. of NW Michigan 220 W. Garfield, Charlevoix 231-547-6092 www.nwhealth.org

Northern Management Services 657 Chestnut Ct..Gaylord 989-732-6374 www.northernmanagement.org

#### HOSPITALS

McLaren Northern Michigan 416 Connable Avenue Petoskey (800) 248-6777 northernhealth.org

#### Mercy Hospital 1100 Michigan Ave.

Grayling 989-348-5461 www.mercygrayling.com

#### Charlevoix Area Hospital 14700 Lake Shore Dr

Charlevoix 231-547-8630 www.cah.org

#### Otsego Memorial Hospital 825 North Center

Gaylord 989-731-2100 www.MyOMH.org

#### MASSAGE THERAPY

The Naturalist 1029 Gornick Ave., Gavlord

989-705-1451

Self Heal Massage/ Body Work/Energy Medicine Cathy Brink NCMP/AMTA, Reiki Master/Teacher 1029 Gornick Ave., Alpine Suite #103 989-619-6282

#### MONUMENTS

Anger Monuments 7535 US 131, Mancelona 231-587-8433

#### NUTRITION & SUPPLEMENTS

General Nutrition Centers 1417 W. Main St., Pineridge Square Gaylord, MI 49735-1755 989-731-6363

Four Star Nutrition 604 W. Main, Gaylord 989-448-8618 www.fourstarnutrition.net

#### PHARMACY

Central Drug Store 301 Bridge St. Charlevoix 231-547-242 www.central-drug.com

#### PHYSICAL THERAPY

Jordan Valley Rehabilitation Center 100 Main St # 9, East Jordan 231-536-1451

#### **Boyne Rehabilitation**

**Center** 197 State St, Boyne City 231-582-6365

#### SENIOR ASSISTANCE

Otsego County Commission on Aging 120 Grandview Blvd.,Gaylord 989-732-1122 www.otsegocountycoa.org

#### Crawford County

**Commission on Aging** 308 Lawndale St., Grayling 989-348-8342 www.crawfordcoa.org

#### **Seniors Helping Seniors**

221 E. Felshaw St., Gaylord 989-448-8323 www.seniorshelpingseniors.com/ northernmichigan

#### Charlevoix County

**Commission on Aging** 218 West Garfield St. Charlevoix 231-237-0103 www.charlevoixcounty.org/coa.asp

#### WALK-IN CLINIC

OMH Medical Group – Boyne Valley 2572 North US 131 Elmira 989-731-7700 www.MyOMH.org

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

# News

#### RESIGNATIONS

continued from 1A

with the option to revisit the date depending on whether his services were needed to facilitate the transition to a new administrator or with unfinished projects.

On the same note Commissioner Tony Cutler opened the meeting by giving his resignation as Deputy Mayor and immediately after it was "regretfully" accepted he nominated Commissioner Mark Penzien to the position, Penzien was approved. As the final speaker of the meeting Cutler explained that his job will be taking him to Iowa and although he will return in November he would be missing many meetings. "We owe it to the citizens of East Jordan to have somebody who's going to be here." he said. He concluded stating that he would be back in November. "Maybe I'll run again," he said.

Commissioners voted to finance half of the \$102,500 cost of a new Trackless 4WD Diesel Articulated Tractor and pay cash for the other half. As of the end of June the equipment fund only had \$121,000 and the city still has outstanding loans for the dump truck and frontend loader. The split financing arrangement will prevent the depletion of cash reserves. The tractor comes with a high capacity snowblowing attachment and an angled power brush attachment. There is only one planned future purchase of equipment in the fund in the current 5year Capital Plan. The commission voted to finance the \$51,250 through Charlevoix State Bank for 3-Year IPA at 2.25% interest.

A public hearing on the possibility of vacating part of the public alley south of Water Street, running east/west between Lake Street & McKenzie Street was set for September 2 at 6:45 just prior to the regular meeting. The hearing was set at the request of residents Tom and Sally Gilmore who desire to purchase a burned out home on McKenzie Street but are running into zoning and ordinance issues.

Joyce Chanda was appointed to the Housing Commission Board for the remainder of the 5-year term expiring December 31, 2016. The seat was vacated by Scott Skop.

The next East Jordan City Commission meeting is set for Tuesday, September 2 at 7 p.m. What Happened to the sign?

East Jordan CITY LIMIT

Home Of The Class C 2014 Boys Basketball District & Regional Champions



A new sign appeared at the city limits of East Jordan congratulating the Red Devils 2014 Boys' Basketball team that won the district and regional basketball title. EJ residents have been asking what happened to the sign that had been there. The Michigan Department of Transportation explained that they have a regulation that limits one additional sign attached to state highway signs.

Portraits and Fine Art by



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#### Charlevoix County News • Page 9A

#### ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

# August 21, 2014 News

**NUISANCE ORDINANCE** continued from 1A

Acacia Commander Keith Bills addressed the council, "At first glance it looks like the navigable concerns are real, 5 slips may be doable, you need to pay attention to what the slip operators are saying sometimes you do need a wide angle of approach," he said. Other public input comments ranged from hoping the city will give residents first option to the slips to what will be done with the income generated from the slips. After questions arose concerning the need for the slips Harbormaster Hal Evans stated that during the 6 peak weeks of summer he turns away on average 4 sixty foot or larger vessels a week because there is no place to dock them. There were comments made about the Marina expansion committee and Councilman Shirley Gibson stated that the committee that consists of 2 council members and city staff is "inappropriate." No action was taken. Another public hearing will be held at the September 2 Council meeting.

An FAA grant to complete phase three of the ramp rehabilitation and expansion of the airport apron was accepted. The final project is scheduled to begin spring 2015 and is required due to deteriorating asphalt. A bid to Elmer's Crane and Dozer in the amount of \$1,549,066 to begin construction and an engineering contract with RS&H Michigan, Inc. in the amount of \$151,000 were also ap-

#### proved. Immediately afterward, Airport Manager Scott Woody informed the council that he was retiring as of this coming Saturday. "I was made a promise by Mr. Straebel that I would not be micromanaged, that has happened and today he told me my heart is not in this job," he said as explanation. "This is not good, we need to get to the bottom of this," said Council Member Gibson. Woody left the meeting room immediately and the meeting proceeded without pause.

Present City Clerk Joyce Golding was officially appointed as Clerk based on election results. The option placed on the ballot to make the position an appointed rather than elected position passed 521 to 345.

A new Nuisance Ordinance was introduced by City Planner Mike Spence. "At this point since it is a fairly substantial change we'd like to allow a month for the public to hear about it," he said. The ordinance is intended to clarify language and add a legally sound process for addressing dangerous and dilapidated buildings in the city. Spence stated there were presently 4 buildings that would be affected by the ordinance. "We know this is not the perfect ordinance at this point we are looking for some constructive comments," said City Manager Rob Straebel. A public hearing on the ordinance will be held at the September 15 meeting.

The next City Council meeting is set for September 2. Please note the meeting is on a Tuesday due to the Labor Day holiday.

## **GUTSEE** (Giving Useful Thinking Skill Explorations & Experiences) Girls to explore center of gravity

Balancing pencils, nails and hammers was the challenge Monday, August 18 as participating GUTSEE (Giving Useful Thinking Skill Explorations & Experiences) Girls came together to actively explore gravity, while building their self-confidence & self-esteem.

The GUTSEE Girls program is sponsored by the Hestia Women's Circle of Giving, which serves Emmet and Charlevoix counties, so there is no charge to participate. Since July, the girls have met the first Monday morning of each week at Raven Hill Discovery Center for two-hour science sessions. The last summer session is Monday, August 25 from 10 am to noon. Any girls attending schools in Charlevoix or Emmet counties are invited to participate even for the last summer session. On Saturday, September 6 from 10 am to noon, the program will culminate with a Celebration of Success for all participants and their families, especially mothers and othermothers (sisters, grandmothers and aunts). Mothers and othermothers are always invited to partner with their girls to experience fun, hands-on science activities that promote physical science careers as a pathway to future economic self-sufficiency. For more information or to register for the last summer session on August 25 and/or the Celebration of Success on September 6, call Cheri at 231.536.3369 or email cheri@RavenHillDiscoveryCenter.org



GUTSEE Girls showing off their pencil balances. From left to right are Lidia Frasz, Sarah Johnson, Norah Frasz, Kayden O'Neil, Katelyn Dittmar, Kami Chapp and Jade Fazio

There is also still time to treat yourself and your family to an afternoon or a day of fun and exploration at Raven Hill Discovery Center. Located between East Jordan & Boyne City, just off C-48 at Pearsall Road and in Mile 15 of the Breezeway, Raven Hill helps visitors build connections between science, history and the arts in an interactive learning environment. In addition to the hands-on museum and the exotic animals, visitors can explore all the outdoor exhibits, including the music garden, Jurassic Park, schoolhouse, treehouse, wetlands boardwalk and the Ancient World. Raven Hill is open weekdays from 10 am to 4

pm, Saturdays from noon to 4 pm and Sundays from 2 pm to 4 pm (summer hours) until Friday, August 29. Over Labor Day weekend, the Center is open on Saturday, Sunday and Monday, August 30 through September 1 from noon to 4 pm each day. Winter hours go into effect after Labor Day, when the Center will be open noon to 4 p.m. on Saturdays and 2 p.m. to 4 p.m. on Sundays and closed weekdays, except by appointment. Check out the website at www.RavenHillDiscoveryCenter.o rg or phone 231-536-3369 or 877-833-4254 toll-free for more information.

#### **BOYNE CITY** POLICE DEPT.

Monday, August 4, 2014 10:48am Report of lost bracelet

11:01am Report of domestic assault on Earl St

1:46pm Vehicle unlock in the Industrial Park

3:39pm Report of phone from the 300 block of scam Terrace

7:04pm Harassment com-

partment with traffic crash on M-75 N 1:43pm Parking violation re-

ported in the 100 block of N Lake St 1:59pm Fire alarm in the 700

block of Vogel St 2:30pm Juvenile complaint in the 600 block of N East St

3:28pm Report of juveniles jumping off picnic table into river downtown

6:26pm Private property dam age accident in the 400 block of N Lake St

11:27pm Citation issued for speed at Lake and Groveland

smoking in Old City Park 4:56pm Report of dog in vehicle in the 400 block of N Lake St

5:50pm Arrested subject for DWLS second



Abandoned Vehicle .....1

Unknown Accident .....1 Unlawful Driving Away of Automobile

> Vehicle in the Ditch.....1 Violation of Controlled Substance Act.....0

**ATV** personal injury

#### accident

Sheriff W.D. Schneider reports on Monday, August 18, 2014 at approximately 5:25 PM members of the Charlevoix County Sheriff's Office responded to an ATV accident in Melrose Township. The crash occurred on Holms Rd. near Springbrook Rd. and involved 67 year old Donald

Krusell of Boyne Falls. Krusell lost control of his Yamaha Grizzly 660 ATV while going down a hill. The machine rolled over and Krusell was injured as a result of the crash. Krusell was taken to McLaren Northern Michigan Hospital in Petoskey and treated for possible broken ribs.

plaint from the 1400 block of Pleasant

8:14pm Suspicious situation in the 600 block of N East St 9:09pm Assist MSP on M-75 Ν

11:40pm Harassment complaint from the 1400 block of Pleasant

#### Tuesday, August 5, 2014

12:07am Citation issued for littering at Division and Lake. Probation violation also 9:38am Found credit card and driver's license turned into PD. Returned to owner. 9:50am Vehicle unlock in the 1000 block of Boyne Av 2:30pm Vehicle unlock in the Industrial Park 1:38pm Report of scruffy looking fox on Front St 2:06pm Report of missing

cell phone 5:21pm Report of juveniles throwing rocks in the 200 block of Vogel St

5:36pm Arrested subject for domestic assault on Earl St 8:31pm Vehicle unlock in the 1300 block of Boyne Av 9:04pm Complaint of bonfire smoke on S Park St 11:20pm Suspicious activity

in the 500 block of Groveland St

#### Wednesday, August 6, 2014

10:57am Assist EMS in the 300 block of Silver St 1:09pm Request for civil standby in the 1300 block of Boyne Av 1:20pm Found key turned in from the area of the Co-op 1:15pm Property dam age accident in the 100 block of S Park St 1:30pm Found iPod dropped off at PD 2:03pm Property dam age accident at Lake and Lower Lake 7:06pm Arrested subject on warrant

#### Thursday, August 7, 2014

- 6:14am Assisted Sheriff Dept with car deer accident on M-75 Ν 7:23am Report of missing cell phone 8:36am Disturbance in the
- 300 block of Silver St 9:44am Assist Sheriff De-

Friday, August 8, 2014 1:25am Citizen assist in the

1300 block of Boyne Av 1:50am Vehicle unlock on W Main St 12:25pm 2:30pm Report of missing bicycle 3:05pm Citation issued for over width load at Lake and Lower Lake 5:25pm Citation issued for speed 6:22pm Dispatched injured fawn on Michigan Av 8:44pm Vehicle unlock in the 200 block of N Lake St 9:52pm Vehicle unlock in the 100 block of E Water St 9:53pm Fireworks complaint on Pleasant Av 11:16pm Vehicle unlock in the 400 block of N Lake St

#### Saturday, August 9, 2014

12:51am Assist Sheriff Dept with MIP's in Walloon 8:29am Arrested subject for probation violation in the 300 block of N Lake St 5:06pm Report of barking dog on Deer Run Ct 9:26pm Iphone turned into PD. Returned to owner 11:31pm Noise complaint

#### Sunday, August 10, 2014

1:15am Noise complaint on Haven Ct 2:14am Noise complaint on Haven Ct 2:18am Report of barking dog in the 700 block of Wenonah St 3:58am Alarm in the 400 block of S Park St 8:47am Vehicle unlock in the 800 block of {Pleasant Av 9:58am Found credit card s at the Flea Market 10:35am Assist Sheriff Dept with gasoline drive off 10:47am Vehicle unlock in the 300 block of N Lake St 3:12pm Vehicle unlock in the 200 block of N Lake St 3:15pm Report of dog locked in a car on River St. Was OK 3:23pm Report of juveniles jumping off Shopper's Dock 3:40pm Juvenile complaint at the Marina 4:12pm Citation issued for failure to yield

4:43pm	Report	of	iuvonilos
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Abuse1
Alarm3
Animal Complaint30
Annoyance2
Assault0
Assist Citizen3
Assist Motorist7
Assist Other Agency16
Attempt to Locate2
Attempted Suicide1
Bank Alarm0
Boating Accident0
Boating Violation
Breaking & Entering0
Car/Deer Accident5
Citations Issued
Civil Complaint
Criminal Sexual Conduct1
Death0
Disorderly Person0
Disturbance4
DNR Complaint0
Domestic Dispute3
Driving Complaint6
Fireworks Complaint2
Found Property3
Fraud2
Health & Safety3
Hit & Run1
Intoxicated Person0
Juvenile1
Larceny9
Lockout
Lost Property3
Malicious Destruction of Property1
Mental Subject1
Minor In Possession1
Miscellaneous Criminal7
Missing Person0
Noise Complaint5
Operating Under the Influence0
Paper Service
Parking Violation0
Personal Injury Accident3
Personal Protection Order1
Private Property Accident4
Property Check26
Property Damage Accident8
Prowler0
Prowler0 Road Hazard5
Road Hazard5
Road Hazard5 Stalking1
Road Hazard5 Stalking1 Suspicious Situation11
Road Hazard5 Stalking1 Suspicious Situation11 Threat0

# Some things are just better together!



Bay Winds Federal Credit Union has proposed a partnership with Members Credit Union and we'd like to share the exciting details with you. Join us at an upcoming special meeting to learn why this partnership will offer superior, best-in-class products and services, broadened branch and ATM access, and more user-friendly resources to keep you better connected to your money.

#### SPECIAL MEMBER VOTING MEETING

WHEN: Wednesday, September 3rd 7:00pm – 9:00pm WHERE: Community Building Emmet County Fairgrounds 1129 Charlevoix Avenue Petoskey

Call 800.638.1182 or visit baywindsfcu.com/partnership for more information.



It pays to belong. www.baywindsfcu.com

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

# Νριλις



Aten Place summer concerts will end on August 23rd with an encore performance by Lindsey Lou and the Flatbellys

This will be a very special evening of new and traditional bluegrass music played by young,  $enthus iastic \ and \ talented$ musicians, and a great way to complete the 20th season of Concerts in the Barn.

Hailing from all corners of the Great Lakes State of Michigan, Lindsay Lou & the Flatbellys are giving a nod to American traditional music, while boldly taking their own songs in new directions. Distinct vocals, tight harmonies, instrumental expertise, and creative arrangements are all essential characteristics of their unique sound. The group focuses on the original tunes of Lindsay Lou Rilko, which include true-life tales of bank-robbing aunties, moonshinin' grandpas, and celebrations of love, life, and nature. Don't be surprised to hear bluegrass standards, Beatles hits, and contemporary classics at a Flatbelly's show as well. Joining Lindsey Lou on mandolin is Joshua Rilko, Mark Lavengood on dobro, Spencer Cain on upright bass, and Keith Billik on banjo. It's a contagious vibe that could only have been born in the heart of

Tickets are \$16 and can be purchased in advance by using the online order form or calling (231) 549-2076. Ordering advanced tickets is highly recommended. Tickets can also be purchased the evening of the show starting at 6:00 pm, with performances beginning at 7:30 p.m. Advanced tickets and schedule details are available by visiting www.atenplace.com.

America's Fresh Coast.

Aten Place is located 1/2 mile south of Cherry Hill Road on Old Mackinaw Trail in Boyne Falls. The venue is a ninety plus year old oak frame barn with seating for 180, overlooking the Boyne River valley, in the shadow of Boyne Mountain. Aten Place is a nonprofit endeavor, and no food or beverage is sold on the premises. Many patrons bring snacks and desserts to share at intermission. There is also a covered picnic pavilion for those who wish to come early and enjoy the grounds and peaceful setting.

For more information on this summer's schedule go to www.atenplace.com or call Bill or Maxine Aten at 231-549-2076.

# FOX

All three Fox Charlevoix locations, including the recently remodeled Ford showroom, will offer incredible deals on new and used vehicles during the Grand Opening Sale held from August 23rd to August 27th.

#### **FOX MOTORS GRAND OPENING**

continued from page 3A

showroom features comfortable waiting areas, increased inventory, and quicker technology to make the car buying or repair experience comfortable and enjoyable.

"Customers have commented on how open and friendly the facilities are, the comfort of the waiting areas, the technology available, the increase in inventory and vehicle selection and how modern the new facilities are," says Jim Jeffreys, General Manager of Fox Charlevoix.

The Grand Opening sale gives Fox Motors the opportunity to say thank you to the community for the support they have shown to the dealership. Jeffreys says that the dealership is on track for its best year ever in the history of Fox Charlevoix due in large part to the community.

"Without the support of the community we at Fox could not invest in the facilities and team members we are so very grateful to have, and for that we say thank you," stated Jeffreys.

Jeffreys explained the community will benefit not only from the Grand Opening Sale but from the improved facilities and inventories going forward. With a remodeled Body Shop at Ford and a new technician on board the dealership can continue offering great service but at an increased speed and capacity. Jobs have also been added due to the investment in new facilities, 6 in all so far and current recruitment efforts to bring in 3 additional sales persons, and more support staff for the service and parts areas. These staff members not only offer more friendly and speedy service, but give back to their community through volunteer efforts and shopping local themselves.

"...our team mostly live in Charlevoix, East Jordan, Boyne City, Central Lake, and Ellsworth...they carry to their hometowns the Fox tradition of giving back to our local communities through the many sponsorships, charitable contributions, and volunteer hours provided by the Fox Charlevoix Family," said Jeffreys.

Jeffreys says that the new showrooms, remodels and upgrades are in no way an end to the investing that Fox Charlevoix hopes to do in the area. He stated the dealership is already looking into future opportunities to expand and upgrade facilities to serve the community.

In addition to the Grand Opening Sale held during the week, a Grand Opening Celebration will be held Thursday, August 28th from 6:00 to 9:00 pm at the GM/Chrysler showrooms. There will be delicious food, refreshments, and live music at the Celebration as well as a ribbon cutting ceremony. All in the community are invited to attend.

To learn more about the sale or the new showrooms call 231-547-9900 or stop by either showroom located on U.S. 31.









LIVE MUSIC: **PORTER CREEK FISH HOUSE** at Sommerset Pointe, 6 to 9 p.m.

Wed., Aug. 20 - Nelson Olmstrom Wed., Aug. 27 - Ben Overbeek Fri., Aug. 29 - Nathan Bates



YACHT CLUB & MARINA **Everyone Welcome! OPEN TUESDAY-SUNDAY 11AM-10PM** 00970 Marina Drive - Boyne City, MI • 231.582.7080 sommersetpointe.com



#### The CHARLEVOIX Circle of Arts Proudly presents "The Michigan Water Color Society" & the addition of local water color artists, Trish Morgan & Betty Bea Washburn.

Trish has been on Circle Board for six years and Betty Bea Washburn has taught water color painting at the Circle of Arts,



You are cordially invited to join us.

RECEPTION, SATURDAY, AUGUST 23, FROM 5:00 - 7:00 PM. MEET A FEW OF THE ARTISTS WHO WILL BE ATTENDING. REFRESHMENTS WILL BE SERVED.

"The Hunt" by Jerry Bowman



"One with Nature" by Trish Morgan



"Arbutus Lake Lily Pads" by Trish Morgan

Charlevoix Circle of Arts – ART CLASSES \* EVENTS

For a complete list of 2014 Exhibits please visit charlevoixcircle.org • 231-547-3554



# Charlevoix County Commission on Aging

"The mission of the Charlevoix County Commission on Aging is to provide the highest quality senior services in partnership with the community. We focus our efforts on advocacy and support for seniors and their caregivers by promoting health, wellness, and education to achieve a dignified and enriched quality of life."

East Jordan Community Center News!

#### 218 W. GARFIELD ST., **CHARLEVOIX, MI 49720**

Phone: (231) 237-0103, Toll Free: (866) 428-5185 Fax: (231) 237-0105

Office Hours: Monday - Friday 9AM-5PM

#### **COA BOARD**

Shirley Gillespie, Director **Richard Fish, Chair** Ruth Gee, Vice-Chair Suzanne Carlson, Secretary Richard Gillespie, Board Liaison Jean Kinsley, Janet F. Shepherd, Jerry Kelts, and Hugh Conklin

#### **OFFICE STAFF**

Shirley Gillespie, Director Theresa Graham, Receptionist Leslie Lake, Admin. Assistant JoLynn Michel, Database Tracey Rupinski, Clinical Manager

> LOCAL SENIOR CENTER **CONTACT INFORMATION**

**Beaver Island Center:** 

Ann Partridge 26215 Main St, BI, 49782 231-448-2022

#### **Boyne Area Senior Center:**

Terri Powers 411 E. Division, PO Box 964 Boyne City, MI 49712 Phone: 231-582-6682

#### **Charlevoix Senior Center:**

Nona Jadwin 06906 Norwood Road Charlevoix, MI 49720 Phone 231-547-5361

#### **EJ Community Center**

Brenda Skop 116 Main Street, East Jordan, MI 49727,

#### **Boyne Area Senior Center News!**

Easter Bonnets, Parades, Prizes...and Memories!





#### A HUGE "THANK YOU"! GOES OUT TO THE AMERICAN HOUSE IN CHARLEVOIX FOR THEIR DONATION SUPPORTING THE HOME DELIVERED MEALS PROGRAM FROM THE CHARLEVOIX SENIOR CENTER. AMERICAN HOUSE RECENTLY HELD A CAR SHOW IN JULY,

WHERE THEY SOLD FOOD, AUCTIONED A GREAT PICTURE, AND THEN DONATED THE PROCEEDS TO THE COA CHARLEVOIX SENIOR CENTER'S HOME DELIVERED MEALS PROGRAM. THANK YOU TO ALL WHO PARTICIPATED, AND ESPECIALLY TO THE AMERICAN HOUSE FOR THINKING OF THE COMMISSION ON AGING!

#### **BOYNE AREA SENIOR CENTER ACTIVITIES**

www.central-drug.com

Charlevoix

Monday, August 25 Line Dance

Wednesday, August 27

Thursday, August 28 COOK's CHOICE

food stores

East Jordan





27 S. Lake St., Boyne City • 231-582-9555

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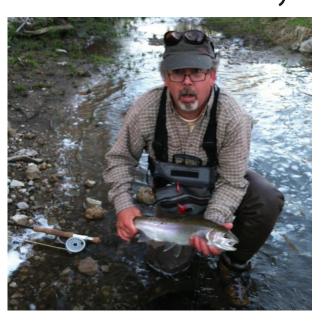
News

#### **ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM**

# Fly Tying demonstration at the Charlevoix Public Library

The Charlevoix Public Library is pleased to announce that John Sheets will be demonstrating the art of tying flies as our Artist in Action, 2:00-4:00 p.m., August 21 in the main entrance of the Charlevoix Public Library. John will have all the basic equipment and supplies, including hooks, furs, feathers, and threads, for tying a few basic flies. Today there many different types of natural and synthetic materials used to tie flies. Fly patterns represent the "recipe" required to create the fly-what hook size(s)

types to use, what materials are to be used, what colors, in what sequence and by what methods they are to be assembled on the hook. There are thousands of possible fly patterns to use. John is an avid fisherman and has been tying flies for over thirty years. Currently John is the manager of Johan's of Charlevoix. The library is located in downtown Charlevoix at 220 W. Clinton St. For further information about this or other library events visit: www.charlevoixlibrary.org



#### SummerFolk Concert Series continues Monday, August 25 at the Charlevoix Public library with Dave Boutette

The Charlevoix Public Library is pleased to continue the SummerFolk Concert Series. Dave Boutette will be the featured performer on August 25, 6:30 p.m. Whether banging out a set of saloon songs at a Michigan watering hole, or settling back for an evening of singing at a fire ring afterward, Dave Boutette will hold listeners as long as they keep the lights on or until the rain starts. Stories, advice, observations, or raffles are as apt to appear during a performance as are his songs. Blending many schools of American roots and popular music including folk, blues, swing, and old time country, his songs testify to the power of true love, rebirth, snow plows, and migrating fish.

Dave has delighted crowds in Illinois, Ohio and all over the state of Michigan, including many music festivals and venues from Ann Arbor to Beaver Island. "Boutette's genial temperament and taste make each song durable, and he baits his hooks like a Zen trout fishing master," states the Ann Arbor News.

SummerFolk celebrates local folk artists with an evening of music. The featured performer kicks off the evening with a 45 minute concert, which is followed by an open mic session; an opportunity for the public to share talents. Open mic sign-up begins at 6:00 p.m. the night of the concert, and is limited to 5 performers. Sandy Blumenfeld & Sour Mash will round out the SummerFolk series on September 29. For more information about the Folk Concert Series, talk to Dwain at the library, 231-547-2651.





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Charlevoix County Area High School Teams

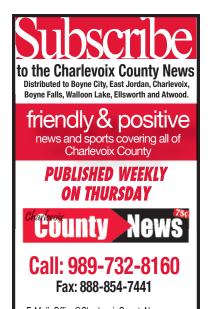
The Charlevoix County News is the local weekly newspaper for all of Charlevoix County, Local News and sports from Bovne City. East Jordan. Charlevoix, Boyne Falls, Walloon Lake, Ellsworth and Atwood. Available on News Stands every Thursday for 75 cents or have the newspaper delivered to your home for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





#### **Boyne City State of** the Community

Everyone in the community is invited to attend the Bovne Area Chamber's 6th annual State of the Community luncheon. This year's event will be held at Sommerset Pointe from noon to 2pm on Thursday, Sept. 11. Speakers will be City Manager Mike Cain, County Commissioner Chris Christensen, and School Superintendent Peter Moss. Admission is \$25, which includes salad, entree, dessert, beverage, tax and gratuity. Table sponsorships, which include eight seats, table sign and introductions at the event, are available for \$250. A crowd of more than 100 business and civic leaders is expected. For reservations, call the Chamber at 231-582-6222.



E-Mail: Office@CharlevoixCountyNews.com www.CharlevoixCountyNews.com

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Not one cent in interest for 72 months - that's 6 years! - on nearly EVERY Chevy! 0% saves you thousands, but the clock is ticking, so hurry in for best selection!

Sales: Mon-Fri. 8am-6pm, Sat.8-2pm Service: Mon-Fri. 7am-6pm, Sat.8am-Noon Quick Lube: Mon-Fri. 8-5:30, Sat.8am-Noon

1 Monthly payment is \$13.89 for every \$1,000 financed. Example down payment: 8.2%. Some customers will not qualify. No monthly payments for 90 days. Down payment required a signing. Must qualify and be approved through Ally Financial. Not compatible with leases and some other offers includes al 2014 Silverado. Traverso, Cruze. Mailbuc, Camaro and Impaia vehicles. Not available in Washing-ton Do. Take delivery by 92/14. See dealer for details.

Approximately 2 miles north US-31/M-119 intersection



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