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EMILY MATELSKI, BOYNE FALLS

The Logger junior scored a combined 45 points, 19 assists, eight boards and six steals in leading Boyne Falls to a pair of opening week victories.



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Charlevoix **County News**

Section B

Thursday, December 6, 2012

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Ramblers rebound against Mesick after tough opener

By Chris Fiel

Boyne City 67, Mesick 31

KINGSLEY — The Ramblers used some effective full court pressure en route to a 16-1 first quarter advantage, as Boyne rolled to a 67-31 victory over Mesick on December 1.

“Our full court pressure was pretty effective today,” Rambler coach Kevin Fitzpatrick said. “They couldn’t handle it, which led to some easy opportunities for us. It was also a little odd playing at noon on a Saturday, but the girls responded well.”

Rainy McCune led Boyne with 17 points, including 11-of-12 from the charity stripe, Mary Myers had 13, and Jenny Selissen added 10. All 10 Ramblers got into the scoring column.

For Mesick, Clara Jurik finished with 15 points.

Boyne City is 1-1 on the season.

JV RESULTS

Boyne City also won the JV game, 42-31. For Boyne, Hannah Hoth had 21 points and Ali Johnson added seven.

Gaylord St. Mary 68, Boyne City 29

GAYLORD — The Boyne City Ramblers opened their season against one of Northern Michigan’s premier teams as the Gaylord St. Mary Snowbirds handed them a 68-29 defeat on November 27.

St. Mary built a 18-5 first quarter lead and extended that to a 37-17 cushion at the half, and led 53-25 entering the final quarter.

Rainy McCune led Boyne with 11 points, while Jenny Selissen added seven rebounds.

Kari Borowiak, finished with 24 points for Gaylord St. Mary, while Christina Smith added 15 and Bekah Myler had 13 points.

“They took it to us,” Boyne coach Kevin Fitzpatrick said. “Our girls played hard, their girls played hard, St. Mary is a fine team.”

FRESHMAN RESULTS

PETOSKEY — The Boyne City freshman girl’s basketball team dropped a pair of games in the season opening Petoskey Kick off tournament, falling to Sault Ste. Marie 32-16 on November 26, and 31-30 to Petoskey on November 29.

In the contest against SSM, Brianna Burnell led the team with four points, while Lexee Baker had five steals and Mary Hausler grabbed five boards.

Against Petoskey, Lexee Baker scored 12 points and had eight steals to lead the Ramblers, Autumn Vosboukis and Makayla Baker added five rebounds each, and coach Ross Payton credited Sara Longcore with good defensive efforts in both contests.

Rayders get past Lancers in opener

Runs into tough Frankfort team for first loss.

By Chris Fiel

Charlevoix 63, Ellsworth 33

CHARLEVOIX — The Rayders got off to an early 23-7 opening quarter lead as Charlevoix rolled in the season opener for both schools, giving new coach Liz Shaw her first varsity basketball victory on November 27.

Charlevoix placed four players in double figures led by the play of sophomore Madeline Boss with 15 points, nine rebounds, three steals and a pair of blocks. Gabby Gray had 12 and two steals; Sydney Carlson added 11 points and three steals; Kelsey Engstrom chipped in with 10 points and four steals; Kourtney Puttman had five points and eight rebounds; and

Ellie Way added four points.

The Rayders led 34-15 at intermission and carried a 42-23 cushion into the final eight minutes of regulation.

“It was a great team win,” coach Shaw said. “We did a lot of good things this early in the season; our team defense will continue to improve as we have more time together.”

Charlevoix also won the JV

Rayder senior Sydney Carlson lets a triple fly over the outstretched arm of Ellsworth senior Kari Steenwyk.

(PHOTO BY CHRIS FIEL)



Lancer senior Tara Essenberg looks to get to the middle of the lane against Charlevoix. (PHOTO BY CHRIS FIEL)

game, 37-33, in overtime. For the Rayders, Olivia Storm had a game-high 22 points, while for Ellsworth, Katelyn Sowers paced the team with 15 points, Maddie Steenwyk and Sharnjeet Dhillon each added six points. Amanda Veenstra had a game high 14 rebounds and Steenwyk added eight boards.

Frankfort 71, Charlevoix 35

KINGSLEY — The Rayders slipped to 1-1 on the young season as they fell to Frankfort 71-35 on December 1.

Madeline Boss finished with 20 points and four rebounds in leading Charlevoix. Sydney Carlson had an all-around good floor game as she added five points, four steals, four boards and four assists and Katie Hybl added six points.

RIGHT: Charlevoix sophomore Madeline Boss goes up for two of her 15 points against the Ellsworth defense. (PHOTO BY CHRIS FIEL)



MORE GIRLS BASKETBALL RESULTS ON PAGE 4B!

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2012/13 BOYS BASKETBALL

SEASON PREVIEW

Boyne City

Ramblers looking to progress throughout season

By Chris Fiel

BOYNE CITY – The 2012-13 Ramblers have a tough road ahead of them this season. Coming off of a District Championship 17 win season a year ago, there will be teams gunning to keep them grounded.

“Expect our young team to get better throughout the season and be very competitive,” Rambler coach Nick Redman said. “We have to learn fast because we have tough schedule, the first two games and nine of the last ten are away.”

So far this preseason, coach Redman noted that the kids are working hard, and showing good chemistry, and he added that he’s had guys prove to him that the team can count on them, and noted that the team will play hard each time they take the court, and look to improve and

seem to enjoy playing together.

Top returnees from last years team are sophomore Corey Redman and junior Ryan Carson, where each averaged double figures.

Redman is a five tool player that will see action at all positions, and has developed more leadership skills from quarterbacking the successful Rambler football team, while Carson is battling injury and the coach noted that he will be a huge part of the team’s success when he’s back to form as one of the premier versatile big men in the league.

Also back are Bradley Fouchia, Steven Halstead and Noah Aller, while newcomers to watch are Maceo Vroman, Cole Butler, Michael Dohm, Nick Vellis and Elliott Hausler.

Fouchia and Vroman are very athletic guards that will have a



2012-13 BOYNE CITY RAMBLERS. Front (L-R) Maceo Vroman, Bradley Fouchia, Elliott Hausler, Steven Halstead, Zach Napont. Back (L-R) Coach Nick Redman, asst. coach Brian Vroman, Noah Aller, Cole Butler, Michael Dohm, Corey Redman, Ryan Carson, Nick Vellis, Zach Wandrie and asst. Tylor Daniels. (PHOTO BY CINDA SHUMAKER)

big impact on the Rambler team this season, Dohm and Vellis will give Boyne an inside presence, while Butler and Halstead will stretch the defenses with their outside shooting.

“I like our team,” Redman said. “When we get some game experience for our young guys and get Ryan back healthy, we will be fine. WE have a good group of guys that will be fun to watch.”

Boyne City opens play at Evart on December 6, and return to action on the 7th at Kalkaska.

Boyne Falls

Boyne Falls looks for new identity

By Chris Fiel

BOYNE FALLS – The 2012-13 Loggers return three players that saw significant playing time last season, but with the loss of Josh Puroll to graduation, that leaves a big hole to fill.

“We’re still trying to find out identity,” Boyne Falls coach Tim Smith said. “We are still going to do a lot of the same stuff we have in the past, maybe run a little more, and we may have to get creative.”

Returning for Boyne Falls is junior Brendan Matelski, freshman Marcus Matelski and Max Reed, along with Crosby Boettger and William Miller.

Both Brendan Matelski and Marcus Matelski will look to

lead the Loggers with their play making skills as well as their ability to put the ball in the hoop, while Reed steps into a much bigger role this season, after playing a significant amount of minutes as the sixth man last season.

“So far practice has been pretty solid,” Smith noted.

“We’re working in the new guys, and looking to play a little faster than the last couple of seasons.”

Smith looks for his team to be real solid in the half court offense, and may look at other ways to get scoring opportunities as he sees fit.

“We will do a lot of the same things, the guys will work hard, they will rebound and that’s all I can ask,” the coach added. “We need to be good at the things we



2012-13 BOYNE FALLS LOGGERS Front (L-R) Clay Whitley, Andrew Stevens, Maxwell Reed, Kevin Lange and Brendan Matelski. Back (L-R) Coach Tim Smith, Aaron Barker, Crosby Boettger, William Miller, Marcus Matelski and asst. coach Dale Jacob. (PHOTO BY CHRIS FIEL)

can control, and there is always room to improve.”

Boyne Falls opened play on Tuesday against Joburg, and will

battle Traverse City Christian on Thursday, December 6.

East Jordan

Red Devils return talent and youth for 2012/13 Season

By Chris Fiel

EAST JORDAN – So far this preseason, coach Darrin Weber is liking what he is seeing. And that starts with the commitment level. As an annual tradition, the East Jordan team’s implement two-a-days, the Breakfast Club, as they call it, where the team get together before school to go over defensive work and follow the school day with offensive work. The whole thing is capped with a breakfast buffet for the players, provided by the parents.

“The kids are working hard and we look to compete this season,” coach Weber said. “We play in a very physical league, and rebounding will be a test as we aren’t very big and were

young.”

The Red Devils are indeed young as they have two seniors, six junior and five freshman on the squad.

“We graduated eight kids last year, but these kids are good, smart kids, they play hard and were not going to put a lot of expectations on them.” He added. “We do know that they (we) are ready for the challenge and are excited.”

Top returnee for East Jordan is junior Noah Bacchus, the teams point guard in his third season on the varsity. Junior Isaiah Sladick also returns and will give the Red Devils an inside presence. Seniors Matt Bolser and Joe Manville each played well at the end of last season and look to continue that



2012 East Jordan Red Devils. Front (L-R) Colin Petrie, Collin Bajko, Dustin Hejka, Noah Bacchus, Matt Bolser, Don Cutler. Back (L-R) Coach Darrin Weber, Jordan Weber, Ben Walton, Thomas Brandell, Isaiah Sladick, Joe Manville, Donvee Burks, Jayden Hoffman. (PHOTO BY SCOTT RICHARDS)

trend.

Also looking to make an impact are freshman Jordan Weber, Donnie Cutler and

Colin Petrie.

The Red Devils opened play on December 4 against Mancelona and will face Buck-

ley on December 8, at 1:45 pm in Kalkaska.

Sports

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2012/13 BOYS BASKETBALL SEASON PREVIEW

Charlevoix

Aggressive play, depth key for Rayders

By Chris Fiel

CHARLEVOIX – In coach Adam Wood's first two seasons as the man in charge, the Rayders have posted a 28-14 record, including a 12-9 campaign last season. This season Charlevoix will return key players and in addition to that, have added some depth to the rotation.

Coach Wood noted that the team has been pushing each other everyday in practice and with the added depth at every position, each practice is intense and filled with great energy as each individual is competing for playing time.

"We have had great energy and intensity everyday and we can't ask for anything more than that at the start of the season, our young guys are adjusting to the speed of the game, but improve everyday," Wood said. "It will be exciting to see what this group can do together."

Returning to the line-up for the Rayders are All-Area selections Tanner Catt and Charlie Hamilton, along with Sawyer Russell.

Catt was a defensive specialist for Charlevoix last season, with the ability to guard anyone and change the game with his presence on the court. Hamilton brought his "quick-strike" shooting off the bench last season, at 11 points per contest, and with unlimited range and the fearless ability to get to the rim among the giants, he will be counted on to share in the scoring load.

Russell will be looked on to have a break out season and not to be overlooked (which will be difficult to do) is 6'8" junior Zach Hankins, who has improved by leaps and bounds and will continue to get better as the season progresses.

So this season look for a lot of effort, intensity and passion from this group of Rayders, and whoever is called upon will leave



2012-13 CHARLEVOIX RAYDERS. Front Row L to R. Justin Erskin, Justin Pearl, Shane Sutherland, Charlie Hamilton, Chanler Novotny, Tanner Catt, Jared Reibel, Corbin Turkelson. Back Row. Coach Adam Wood, C.J. Rice, Nate Moon, Sawyer Russell, Zach Hankins, Matt McKenzie, Logan Hess, Devin Drain, Assistant Dr. Jim Gels. Not in picture Assistant Bret Erskine. PHOTO BY SCOTT RICHARDS

every ounce of energy on the floor, each time they take the court.

"We are pleased with the effort of the guys after the first week of practice," coach wood said. "They have shown great energy,

intensity and passion in everything they are doing. We love the way they have pushed each other to be better and are holding each other accountable to the standards we have in place. If they continue this trend, I believe we

can compete with anyone. It's just a matter of working hard every single day!"

Ellsworth

Veteran Coach Mason to lead Lancers

By Chris Fiel

ELLSWORTH – The Lancers will have a new look to them this season as veteran coach George Mason takes over. The longtime Bellaire girls coach and varsity assistant brings with him a proven track record and longevity.

"Its and adjustment," coach Mason said. "Everyone has been great and the kids have been real receptive."

Coach Mason noted that things are going good so far this preseason, and he is seeing progress. He also added

that the community and players accepted him right away.

The Lancers will dress 10 players this season with three underclassmen, including last season returnees Sherman Williams and Troy Vandenberg.

"We have a good group, they work hard, they have talent, and we have high expectations of ourselves and think we will do well in our league," Mason said. "We're not sure what everyone else has, but we know what we do and were going to go with that."



2012-13 ELLSWORTH LANCERS. Front (L-R) Ethan Wallace, Skylar Curtis, Diamond McPherson, Luke Seaney, Winter Romyne. Back (L-R) Coach George Mason, Brian Drenth, Nate Veldboom, Tyler Drenth, Sherman Williams, Troy Vandenberg. (PHOTO BY JODELL DANBERT)

Thanks

Boyne Co-op Tackle Box and True Value Hardware hosted a Buck Pole this year in downtown Boyne City. The Buck Pole displayed Bucks taken in the area on Opening Day of Firearm Deer Season and November 16. The number of entrants were up 33% from last year and 24 Deer were entered in the contest.

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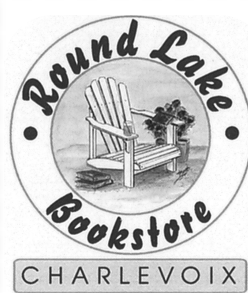
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Loggers roll to victory in first two contests

By Chris Fiel

Boyne Falls 61, Mancelona 24

MANCELONA – The Loggers got 25 points and nine assists from junior Emily Matelski as Boyne Falls rolled to their season win of the season over Mancelona 61-24 on November 30.

Also for Boyne Falls, Raegan Pedigo, Kendra Berreth and Calsey Matelski all scored eight each.

“We did a nice job defensively,” Logger coach Lyndell Ingalls-Sage said.

Vanessa Batchelor led Mancelona with 10 points.

The Loggers are 2-0.

JV RESULTS:

Boyne Falls won the JV game, 23-7. Megan Byrne and Haley Matelski each had six points.

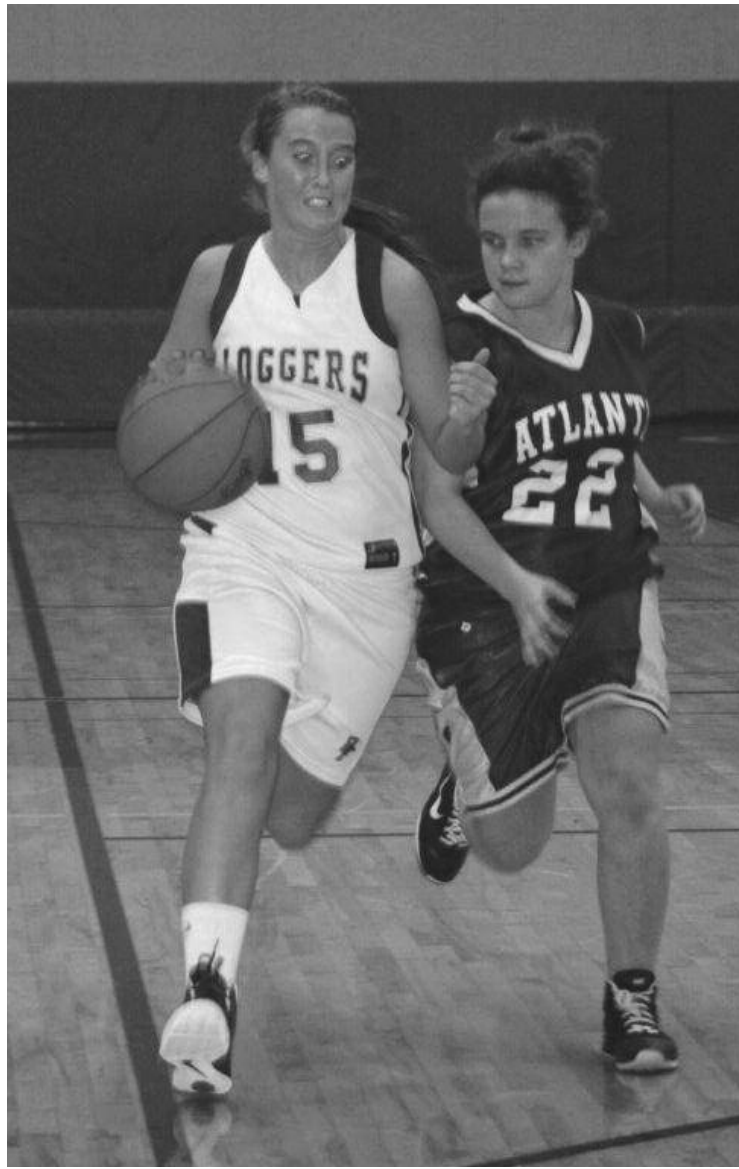
Boyne Falls 82, Atlanta 14

BOYNE FALLS — The Loggers wasted little time in setting the tone as they raced to a 23-5 opening quarter lead and never looked back as they got past the Huskies 82-14 on Nov 27.

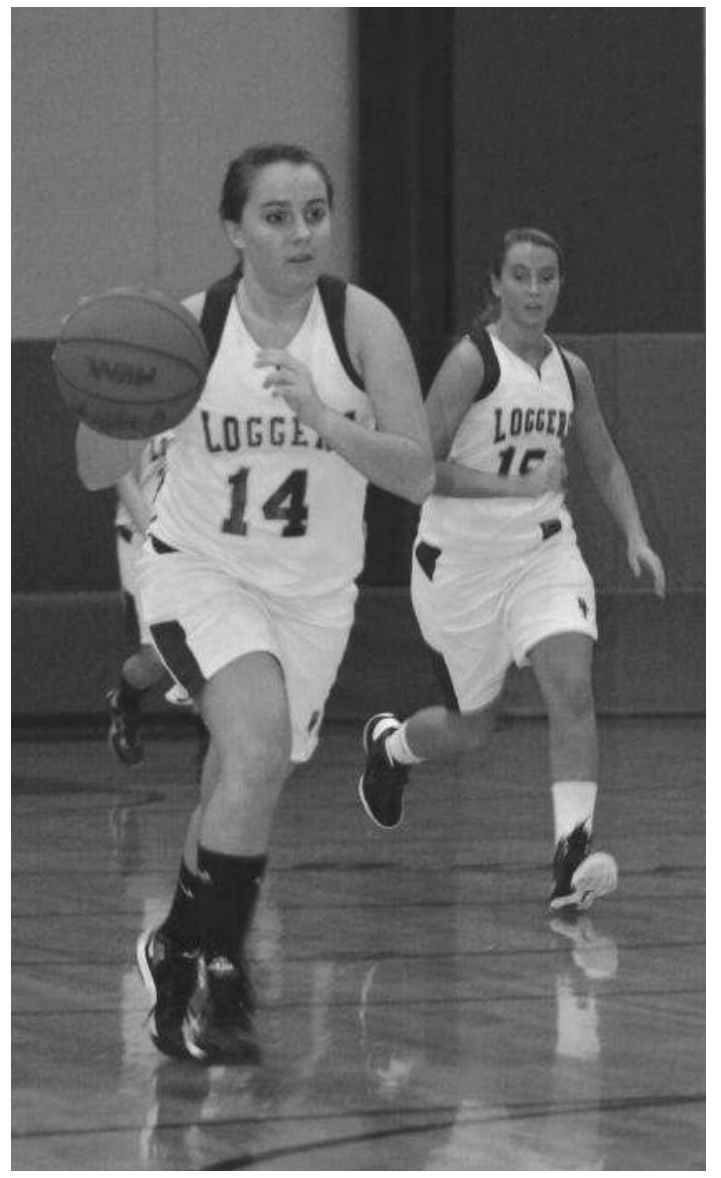
Boyne Falls put five different players in double figures, led by Emily Matelski's 20 points, 10 assists, eight rebounds, six steals and zero turnovers from her point guard position.

Calsey Matelski added 18 and seven boards, Kathryn Miller 14 points, Raegan Pedigo 12 points, nine boards and three blocks and Kendra Berreth finished with 10 points and six rebounds.

For Atlanta, Kayla Durocher finished with five points.



Boyne Falls junior Emily Matelski pushes the ball up court against Atlanta. (PHOTO BY RACHEL LANGE)



Logger junior Kathryn Miller leads the Logger fast break. (PHOTO BY RACHEL LANGE)

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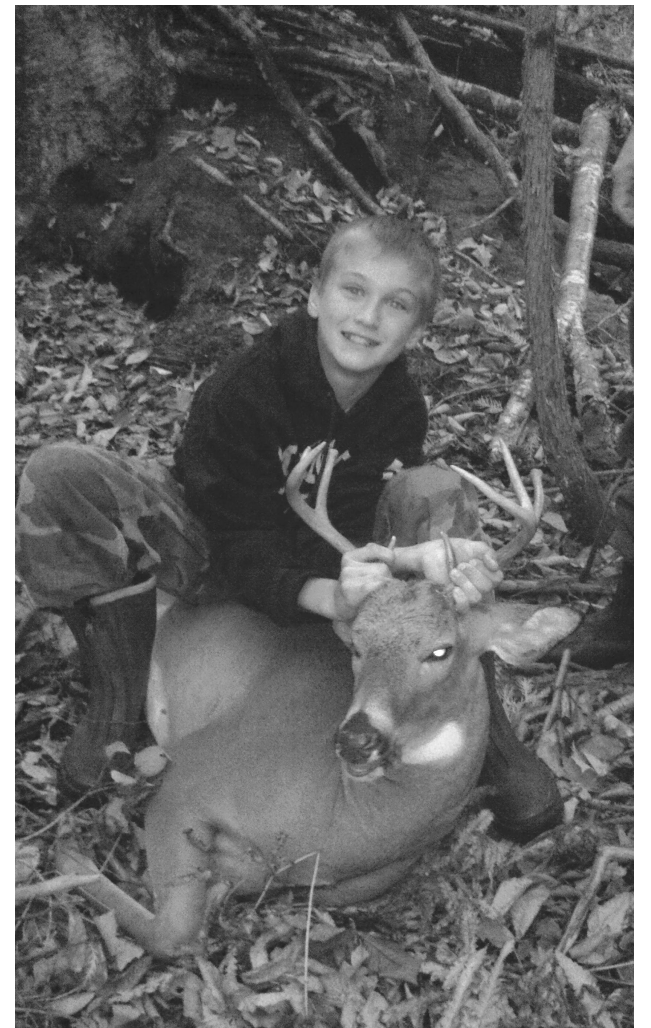
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Health & Wellness

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Anti-tobacco coalition commends Boyne City, Boyne Falls and East Jordan Public Schools

CHARLEVOIX COUNTY – Three of the five public school districts in Charlevoix County have now adopted 24/7 Tobacco-Free School policies, according to Susan Pulaski, Community Health Coordinator for the Health Department of Northwest Michigan.

Pulaski, who coordinates the Tobacco Reduction Coalition of Antrim, Charlevoix, Otsego and Emmet Counties, said the Boyne City, Boyne Falls and East Jordan Public School Districts have instituted policies prohibiting the use of tobacco products within any building, within any vehicle or on any property that is owned, leased, or operated by the school district. They apply to all employees, students, contractors and visitors on the premises of the school district, and are in effect at all times.

"Policies that guarantee a healthy, tobacco-free environment demonstrate that being tobacco-free is a community norm," Pulaski said. "This reinforces what students are already learning in school about tobacco use, and it supports the students' decision to avoid tobacco."

More than 600,000 U.S. middle school students, and more than three million high school students, smoke cigarettes, though the U.S. Surgeon General's office reports that progress is being made toward preventing tobacco use among youth. Tobacco use is believed to be responsible for more than 1,200 deaths nationwide each day. For every death that occurs, at least two school-age youth are taking up smoking, and nearly 90 percent of "new" smokers begin smoking before age 18.

"We congratulate the public schools in Boyne City, Boyne Falls and East Jordan for recognizing the importance of instituting 24/7 tobacco-free policies," Pulaski added. "They've demonstrated their commitment to building healthier communities by putting students' health first." Anyone interested in being a part of the four-county Tobacco Reduction Coalition is invited to attend its next meeting on Thursday, December 6 at 1pm at the Health Department office, 3434 M-119 in Harbor Springs.

The Health Department of Northwest Michigan is mandated by the Michigan Public Health Code to promote wellness, prevent disease, provide quality healthcare, address health problems of vulnerable populations, and protect the environment for the residents and visitors of Antrim, Charlevoix, Emmet, and Otsego counties. For more information about the Tobacco Reduction Coalition and 24/7 Tobacco-Free School policies, contact Pulaski at (231) 347-5813. For free help in quitting tobacco contact the Michigan Tobacco Quitline at (800) 784-8669 or (800) QUIT-NOW.



Vitamins Who Needs Them??

By Leo Galland, MD

When it comes to vitamins, don't fall into the trap of thinking "the more the better." Gone are the days when everyone was advised to take a multivitamin, said Leo Galland, MD, an internist and founder of PillAdvised (PillAdvised.com), an online resource for information about medications and supplements. It's better to get nutrients from dietary sources as much as possible -- and it's now clear that some of the ingredients in these pills may be unnecessary or even harmful.

Last week (see Daily Health News, December 23, 2010, "Mineral Supplements Can Be Toxic"), Dr. Galland told us about the benefits and considerable risks of taking certain minerals, either alone or as part of a multivitamin. I invited Dr. Galland to continue the discussion today by evaluating the most commonly used vitamin supplements. Are any of them dangerous... and do you really need them? I suspect that some of what you read will surprise you.

Folic acid is a synthetic "pre- vitamin" that the body converts into the vitamin folate. It's important for the health of the brain, nervous system and immune system... for normal cell growth and normal fetal development... and for the prevention of cancer. Though folate is found naturally in some foods (including liver, green leafy vegetables and citrus fruits), most people don't get enough of it in their diets.

The dilemma: We need folate, but taking supplements made of the synthetic form (folic acid), even in doses as low as 400 mcg (the amount prescribed by OB-GYNs during pregnancy), has been linked to several types of cancer. Too much folic acid can mask symptoms of vitamin B-12 deficiency and can even lead to permanent nerve damage if the B-12 deficiency is not corrected. Also, certain common drugs -- including nonsteroidal anti-inflammatory drugs (NSAIDs) and

some medications for inflammatory bowel disease -- can interfere with the body's ability to convert folic acid to folate.

Dr. Galland's advice: Far better than folic acid is to take 500 micrograms (mcg) a day of L-methylfolate, a form of folate that circulates in the blood and is therefore more physiologically accessible. This is most particularly important for adults over age 50.

Vitamin A deficiency, which can cause impaired immunity, night blindness, susceptibility to infection and rough, dry skin, is quite common. The body creates vitamin A from beta-carotene (found in orange and red vegetables and fruits, liver and whole milk), but some people don't get enough from their diets. In other folks, a vitamin A deficiency is caused by their inability to properly absorb vitamin A or to convert it from beta-carotene.

The dilemma: Vitamin A supplements have the potential to cause a host of problems, including headaches, bone loss, yellow or orange skin, rash, loss of eyebrows and liver disease. Also, supplementing with beta-carotene can increase the risk for lung and colon cancer in people who are or were heavy smokers. These problems can arise in several ways: When very large doses of vitamin A or beta-carotene are eaten... when other complementary antioxidant vitamins and minerals aren't consumed in sufficient quantities to balance and leverage the benefits of vitamin A or beta-carotene... or when lifestyle choices (such as heavy smoking) distort the benefit of the vitamin.

Dr. Galland's advice: If you have any clinical signs of vitamin A deficiency (listed above) and think you could benefit from a beta-carotene supplement, look for one formulated with other carotenoids (often called "mixed carotenoids" on product labels). Or, if your blood test shows that you have a low vitamin A level, your doctor may prescribe a form

of the vitamin called retinol, which also circumvents these problems.

Vitamin D is all over the news these days. This vitamin helps strengthen the immune system and prevent cancer and ensures that the body properly absorbs calcium, while a deficiency of vitamin D is linked to a variety of health problems, including certain autoimmune disorders (such as type 2 diabetes), chronic metabolic and systemic diseases, and an increased risk for multiple sclerosis. Our bodies manufacture vitamin D when the skin is exposed to sunlight -- which is problematic at this time of year for those of us living in the northern hemisphere, since sunlight is in short supply. Another problem: Aging reduces the skin's ability to produce vitamin D from sunlight. For these reasons, most Americans need supplemental vitamin D.

The dilemma: Excessive vitamin D supplementation brings its own list of problems, some quite serious -- including kidney damage and leaching of calcium from bones into soft tissue. Plus, vitamin D supplements may cause problems for people with diabetes (talk to your doctor) and should not be taken by people with high calcium levels, kidney stones or sarcoidosis, a disease where scar tissue is deposited in multiple sites throughout the body.

Dr. Galland's advice: Do not take vitamin D in doses higher than 2,000 IU per day without your doctor's approval. Take vitamin D-3, the form that's absorbed best, after your largest meal of the day.

Vitamin E was once a wildly popular supplement, thought to have many potential benefits, including prevention of heart disease and cancer. While those claims have been called into question, research does show that vitamin E can help reduce risk for recurrent strokes in people with diabetes.

The dilemma: Most people get only a minimal benefit from vita-

min E supplementation, while excessive amounts or the wrong type of vitamin E has the potential to do some serious damage. Studies show that vitamin E supplements can increase the risk for heart failure in people with heart disease, mainly by depleting the body of coenzyme Q10, which is needed for proper coordination of the pumping mechanism.

Dr. Galland's advice: If you wish to take supplemental vitamin E, choose the natural form of a "mixed tocopherol" product (labeled "d" -- not "dl") that contains alpha, beta, gamma and delta tocopherols -- this is closer to what you'd find in food. No one should take vitamin E doses exceeding 100 IU per day (unless under the advice of a physician), and vitamin E should not be taken at all by anyone who takes statin drugs. Research has demonstrated that statins inactivate the antioxidant effects of vitamin E and that vitamin E may interfere with the therapeutic effect of statins, so people who take both may end up getting the benefit of neither.

Be Careful About Taking Vitamins

Vitamins should not be taken indiscriminately, cautions Dr. Galland. All the vitamins listed above are frequent components in multivitamins in amounts that can be problematic for some people, so it is vitally important to read labels carefully even for seemingly safe multivitamins. Don't take a multivitamin if it contains ingredients that you don't need, and stop taking individual vitamins if you are getting sufficient quantities of them in your multivitamin. And remember, these are all reasons why it is so important to have an expert in nutritional medicine on your health-care team.

Source(s):

Leo Galland, MD, internist, author and internationally recognized leader in integrated medicine, based in New York City.

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Automotive Review



Ford's new Fiesta, which breaks cover at the Los Angeles Auto Show, will redefine the small car with a projected best 40 mpg-plus fuel economy rating, an exciting new look, and special features and technology that make it the most fun-to-drive car of its size. PHOTO COPYRIGHT FORD MOTOR COMPANY

2014 Ford Fiesta Shatters Small-Car Mold: Best Projected Miles Per Gallon, Connectivity, Performance and Personality

Ford's 2014 Fiesta, which breaks cover at the Los Angeles Auto Show, will redefine the small car with a projected best 40 mpg-plus fuel economy rating, an exciting new look, and special features and technology that make it the most fun-to-drive car of its size.

"Customers want cars that are expressive and fun while offering class-leading fuel economy," says Mark Fields, Ford president of The Americas. "Fiesta delivers all the excitement drivers are looking for in a car we believe will raise the bar even higher for small cars in North America.

"Our goal with this Fiesta was to take a car that was already a leader in fuel efficiency, performance, connectivity and personality, and make it even better," Fields adds.

The most dramatic and distinctive Fiesta to date will deliver the best miles per gallon among its rivals, led by Ford's patented new 1.0-liter EcoBoost® engine. This landmark engine, already selected for both the Popular Mechanics 2012 Breakthrough Award and Engine Technology International's International Engine of the Year Award in Europe, is expected to deliver more than 40 mpg.

With that, Fiesta is projected to be the most fuel-efficient non-hybrid subcompact in America, and stands as a shining example of Ford's commitment to provide consumers with the most fuel-efficient cars, SUVs and trucks.

While the diminutive size of the 1.0-liter EcoBoost saves cash

at the pump, it doesn't hold anything back on the road. At 123 horsepower for each liter of engine displacement (the engine's size), the 1.0-liter EcoBoost delivers more power for its size than a Lamborghini Aventador (at 108 horsepower per liter). In addition to its new EcoBoost engine, Fiesta boasts a best-in-class suite of technologies and features that give drivers the perfect blend of a connected world and an untethered driving experience.

A new MyFord Touch® system with 6.5-inch touch screen that features enhanced voice control is now available, providing drivers more options than ever for navigation, communication and entertainment functions. Fiesta still features SYNC® AppLink™ capabilities pioneered on the first Fiesta, which allows drivers to access and control Ford-approved smartphone apps with voice commands and vehicle controls while on the go, helping drivers keep their hands on the wheel and eyes on the road. Turn-by-turn navigation remains part of SYNC Services.

Ford's MyKey® is a new feature on Fiesta, which enables parents in particular to encourage safer driving and limit their teenagers' exposure to risk at the wheel. The system allows owners to configure maximum speed and audio volume limits. It also mutes audio until seat belts are fastened and ensures driver aids, safety systems and more vigorous alerts cannot be deactivated when used.

"This car was built for the digital generation," says John Schneider, Ford chief engineer, Upperbody Electronics. "With Bluetooth® connectivity and MP3 capabilities, tech-savvy people who use social media to be constantly connected with the world around them won't be slowed down when they get in this car.

"It has always been the belief at Ford that entry-level drivers deserve the best technology," Schneider adds. "We launched SYNC AppLink on Fiesta, and now transitioning to MyFord Touch with this new touch screen enables us to go further in our quest to give drivers the best in in-car electronics."

A new high-output variant of the award-winning 1.6-liter four-cylinder EcoBoost engine propels Fiesta ST with an anticipated 197 horsepower and 214 lb.-ft. of torque. In comparison, Mini Cooper S makes do with 181 horsepower and 177 lb.-ft., while Chevrolet Sonic RS produces 138 horsepower and 148 lb.-ft.

Unlike the competition, Fiesta ST doesn't simply look like a performance car; it's got the guts to back it up.

Fiesta ST may be born with racing DNA, but there's no price for that performance at the pump. Available exclusively as a five-door hatchback in North America and with a six-speed manual transmission, Fiesta ST is projected to achieve up to 34 mpg.

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Real Estate Corner

Question & Answers About Selling Real Estate

Mortgage Rates Reached New Lows Again



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Mortgage rates continue to fall, with fixed-rate mortgage rates reaching new record lows last week for the second consecutive week, Freddie Mac reports in its weekly mortgage market survey.

“Fixed mortgage rates continued to ease somewhat this week to record lows and should help the ongoing

housing recovery,” said Frank Nothaft, Freddie Mac's chief economist.

Here's a closer look at mortgage averages for the week ending early due to the holiday on Nov. 21:

30-year fixed-rate mortgages averaged a new low of 3.31 percent, with an average 0.7 point, dropping from last week's 3.34 percent average.

A year ago, 30-year rates averaged 3.98 percent.

15-year fixed-rate mortgages averaged a new record low of 2.63 percent, with an average 0.7 point, dropping from last week's 2.65 percent average. Last year at this time, 15-year rates averaged 3.30 percent.

5-year adjustable-rate mortgages averaged 2.74 per-

cent, with an average 0.6 point, holding the same as last week's average. Last year at this time, 5-year ARMs averaged 2.91 percent.

1-year ARMs averaged 2.56 percent, with an average 0.5 point, rising slightly from last week's 2.55 percent average. A year ago, 1-year ARMs averaged 2.79 percent.

Featured Property

Spacious retreat offers Jordan River frontage

By Jim Akans

This is an exceptional “get-away from it all” retreat situated along 300 feet of frontage on the famed Jordan River. Offering just under 1,900 square feet of two level living space, the home features four bedrooms and a bath and a half, a beautifully finished rustic interior highlighted by beamed ceilings, nicely finished moldings and trim, and brick fireplace with wood stove insert, plus a sprawling covered rear porch overlooking the gorgeous surroundings.

Of course, one of the most outstanding features of those surroundings is the 300 feet of frontage along the Jordan River. But there is so much more.

The property also has a detached two-car garage PLUS a large pole barn for extra storage needs. In addition to the many ways to enjoy the Jordan River, the home has convenient access to nearby snowmobile trails, providing plenty of opportunity for outdoor recreation and sporting yearlong.

Located at 2452 Martinson Drive near East Jordan, this exceptional year round or second home is listed at just \$159,900.

For additional information or to arrange for a tour of this home, please call Mike Stark at Stark Realty at 231-536-7700 or email admin@starkrealty-online.com.



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Don't miss out on this rare opportunity to enjoy 452' feet of Walloon Lake frontage. This property has 3+ wooded acres, 95' of dock and a 10 x 19.5 changing house. Stony shore to a sandy lake bottom with a slow, shallow slope, great for swimming! A great place to build your lakefront dreams! MLS 433440. Ask for Tm Conklin. \$399,000



REDUCED!

2105 SCHUSS MTN DRIVE, MANCELONA

Ski in Ski out to this BEAUTIFUL get away home with room for all your family and friends! In true, Up North style, this home features a cedar exterior, granite, slate, earth tones and more throughout the entire home. MLS 434652. Ask for Jennifer Burr-Cutler. \$279,000.



LAKE ACCESS

03451 COMMODORE, EAST JORDAN

Virginia Ledge stone gas fireplace in living room, a brick wood burning fireplace in family room and a wet bar with refrigerator, aple cabinets, granite countertops, hardwood floors and stainless steel appliances, plus a butler pantry with wine cooler and granite countertop. Lake Charlevoix access!! MLS 432758. Ask for Mike Stark. \$199,900



MUST SEE!

300 NORTON STREET, EAST JORDAN

Large wrap-around porch, open living spaces, large bedrooms, finished full basement with family room and office/play area and partially wooded lot all located just a stone's throw from the public beach, 2 car garage and an additional garage for "toy" storage and paved drive. MLS 434537. Ask for Mike Stark. \$175,000

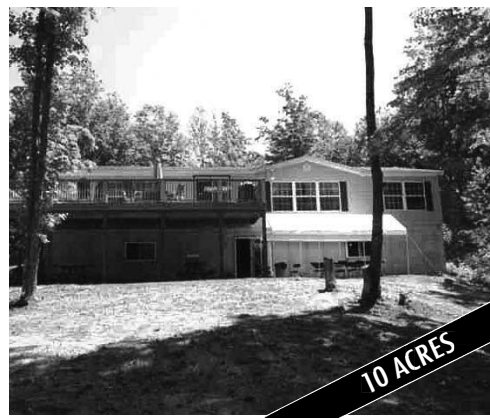


17 ACRES

06110 BC-EJ RD., EAST JORDAN

The fully finished walkout lower level also includes a 2nd kitchen to use for guests, family member living, possible rental income, or your own expanded living! The high quality construction with features such as solid oak trims makes this beauty almost too good to be true, but its not! The exterior boasts beautiful lawns and a trout stream to enjoy the outdoors as much as the in. call now! MLS 434910. Ask for Mike Stark. \$175,000

Featured Listings



10 ACRES

3180 MT. BLISS ROAD, EAST JORDAN

Very well maintained home in the country with a private setting. 4,278 Sq.ft with the basement half finished and plumbed for a 3rd bath. French doors, sliders, jacuzzi tub, skylights, radiant floor heat in basement and a newer wrap-a-round deck. Plus 10 acres to play on or hunt. Parcel is adjacent to 290 acres of State Land with river frontage as well!!! MLS 435468. Ask for Jennifer Burr-Cutler.

\$139,000



REDUCED!

1210 MOUNTAIN RD., EAST JORDAN

This home features so many unique rooms. There are rooms for dens, rooms for walkin closets, rooms for suites, or just plain rooms for even more than 4 beds! Outside, the HUGE heated pole barn with power, water and 200 amp service offers TONS of options as well, you must see this one to appreciate. MLS 434373. Ask for Mike Stark.

\$149,900



66 ACRES

10132 LA CROIX RD., EAST JORDAN

Slightly rolling country side, mixed with some hardwoods and pines, makes this home with 66 plus acres appealing! Manufactured home features a breeze way additon attaching the garage as well as a 30 x 40 pole barn for storage or livestock. This one is priced to sell and won't last long! MLS 434964. Ask for Jennifer Burr-Cutler.

\$184,900



JUST REDUCED!

320 OLD STATE ROAD, BOYNE CITY

Great location! close to town, yet just out of the way off the main road. Large kitchen with lots of cabinet space, as well as a large combo dining/living area. The acreage give room to add or expand as well. MLS 432586. Ask for Mike Stark

\$69,500

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MOTIVATED SELLER!

705 PROSPECT ST., EAST JORDAN

Turn of the Century home with architectural charm! This home has recently had extensive remodeling and is ready for you to move right in! Beautiful wood floors, an updated kitchen, a formal dining room for entertaining, as well as a newer furnace and roof! Close to schools and downtown for your conveniences! Call to see today! MLS 430906. Ask for Jennifer Burr-Cutler. \$90,000.



PENDING
MOTIVATED SELLER

511 BARKER STREET, EAST JORDAN

Very cute, very clean and well maintained home in town, close to everything! Cozy gas fireplace for those cold winter nights. Great deck with a large back yard for room to roam or a garden. The pole barn has plenty of room for 2 cars and a workshop or a hobby room, plus all your toys! Come take a look for yourself! MLS 434463. Ask for Jennifer Burr-Cutler. \$84,900



IN-TOWN!

605 MILL STREET, EAST JORDAN

Great intown location for many reason. This home also features a "pole barn" style garage with additional work space in addition to parking. With some updates over the years this home should be on your viewing list for today! MLS 434764. Ask for Mike Stark. \$49,900



PENDING
REDUCED!

3446 OLD STATE, EAST JORDAN

GREAT COUNTRY SETTING! Privacy galore, yet on a county maintained road. 3 floors add to the privacy and spaciousness of this wooded setting home. MLS 434951. Ask for Mike Stark. \$38,500



JUST REDUCED!

3963 BC/EJ ROAD, EAST JORDAN

This home is in great shape and has a full finished basement. A 60 x 20 pole barn just needs a few finishing touches to give you that additional storage you have been looking for! A wood fireplace compliments the family room. Country living, yet near town! Call for your tour today! MLS 435226. Ask for Jennifer Burr-Cutler. \$84,900



COMMERCIAL/RESIDENTIAL

502 MAPLE, EAST JORDAN

Although zoned C-1 for small business, this was previously used as a home and City says can still be. Detached garage with gas heater and a large corner lot! Very convenient location. Close to grocery store, schools, community park and downtown. Additional parcel in back is also available which provides room for a pole building. MLS 435252. Ask for Mike Stark. \$59,900



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POOL TABLE with Ping-Pong top. Good condition. \$150 obo. 517-879-8806
RENT a car or van as low as \$19.95 a day. Petoskey Auto Group, Nobody Sell For Less 2215 N. US-31, Petoskey, MI 2 3 1 - 3 4 7 - 6 0 8 0 . www.petoskeyautogroup.com

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1992 Wilderness 255K 25' Fifth Wheel. Sale Priced - \$2,995. International RV World. 277 Expressway Court Gaylord. 989-448-8700. www.irvsgaylord.com.

1998 Mallard 255G 25' Fifth Wheel. Sale Priced - \$4,995. International RV World. 277 Expressway Court Gaylord. 989-448-8700. www.irvsgaylord.com.

1998 Prowler 25' Fifth Wheel. Sale Priced - \$2,995. International RV World. 277 Expressway Court Gaylord. 989-448-8700. www.irvsgaylord.com.

Used 2004 Sunline Solaris 25' Travel Trailer. Awning, nice. Sale priced at \$6,495. Petoskey RV USA. 2215 US Highway 31 N Petoskey, MI

49770. Phone 231-347-3200

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231-347-3200

1995 Polaris 600, \$1,000. 2000 380X Cat, \$1,750. Like new. 231-585-7406. 989-350-7413

Storage

Heated or Cold storage available for Winter, Spring, Summer, Fall. 989-732-0724

SUV

2001 Ford Explorer XLS, 4x4, air, power. TONKA pkg. Payments as low as \$199 a month to qualified buyer. Petoskey Auto Group, Nobody Sell For Less 2215 N. US-31, Petoskey, MI 231-347-6080. www.petoskeyautogroup.com

2003 Chevy Trailblazer LT, 4x4, 7 passenger, loaded, tow pkg. Payments as low as \$225 a month to qualified buyer. Petoskey Auto Group, Nobody Sell For Less 2215 N. US-31, Petoskey, MI 231-347-6080. www.petoskeyautogroup.com

2003 Ford Explorer XLT 4x4. Only 95K miles, power everything, 3rd row seat. Great for winter driving. Payments as low as \$229 a month to qualified buyer. Petoskey Auto Group, Nobody Sell For Less 2215 N. US-31, Petoskey, MI 231-347-6080. www.petoskeyautogroup.com

**CITY OF EAST JORDAN
REQUEST FOR BIDS
SOLID WASTE HAULING**

The City of East Jordan will receive sealed bids for Solid Waste Hauling as follows:

- A. Materials Collected at City Transfer Station
Hauling and disposal of approximately 450 cubic yards monthly of compacted solid waste collected at the city transfer station (Nicholls Street)
- B. Hauling and disposal of approximately 130 cubic yards monthly of solid waste in dumpsters provided by the hauler at various city owned parks and buildings

For specifications and bid forms contact City Hall at (231) 536-3381.

All bids must be sealed and marked "SOLID WASTE HAULING", and must be received no later than 2:00 p.m., Thursday December 20, 2012, at 201 Main Street, PO BOX 499, East Jordan, MI 49727.

The City reserves the right to accept or reject any and all bids, waive irregularities and to award the bid in the best interest of the City.

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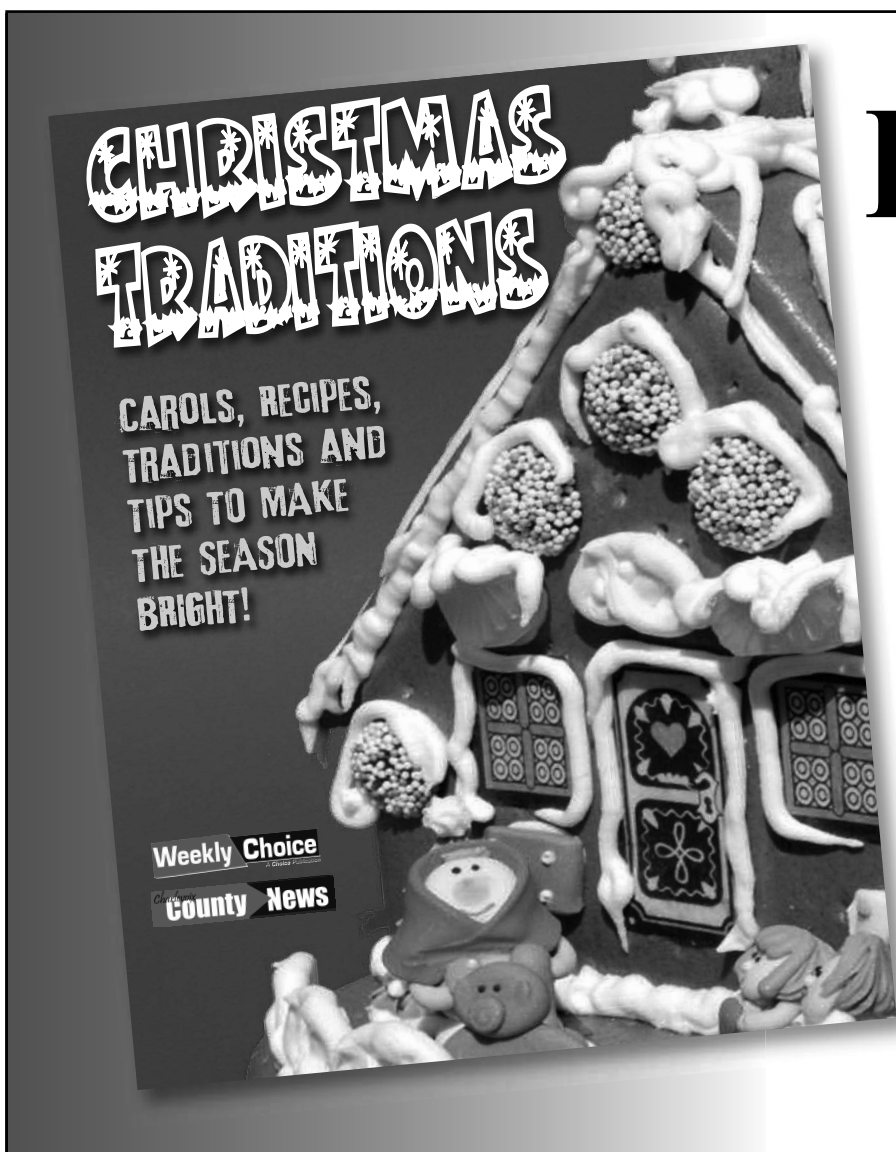
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2004 Lincoln Aviator SUV. Luxury, AWD. Extra clean, very nice. \$9,499. Payments as low as \$199 a month. Petoskey Auto Group, Nobody Sell For Less 2215 N. US-31, Petoskey, MI 231-347-6080. www.petoskeyautogroup.com

2005 Chevy Equinox LT. AWD, sunroof, DVD, OnStar. Nice SUV. Payments as low as \$249 a month to qualified buyer. Petoskey Auto Group, Nobody Sell For Less 2215 N. US-31, Petoskey, MI 231-347-6080. www.petoskeyautogroup.com

2005 Chevy Suburban LS 4x4. 1 owner & serviced here! OnStar, ABS, Traction control & Air bags make it one save vehicle. With running boards, Roof Rack, Tow, Audio controls on steering wheel. \$12,449. Dave Krings Chevrolet-Cadillac, 1861 US 31 North, Petoskey, MI 231-347-2585.

2005 Chrysler Pacifica. 7 passenger, heated seats, loaded with lots of extras. Payments as low as \$199 a month to qualified buyer. Petoskey Auto Group, Nobody Sell For Less 2215 N. US-31, Petoskey, MI 231-347-6080. www.petoskeyautogroup.com

2008 Mercury Mountaineer Premier SUV. AWD, power everything. Payments as low as \$229 a month to qualified buyer. Petoskey Auto Group, Nobody Sell For Less 2215 N. US-31, Petoskey, MI 231-347-6080. www.petoskeyautogroup.com

2011 Ford Escape Limited 4x4. Tuxedo Black 1 owner! Less than 33k miles! Heated black leather, sunroof & safe! Perfect Family Gift! Will take on Winter with ease! Many extras! \$23,949. Dave Krings Chevrolet-Cadillac, 1861 US 31 North, Petoskey, MI 231-347-2585.

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Used Pace 5x8 enclosed Cargo Trailer. Just \$1,395. Petoskey RV USA. , 2215 US Highway 31 N Petoskey, MI 49770. Phone 231-347-3200

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1998 Ford Ranger Stepside Pickup. Auto, cruise, bedliner. Great MPG. Payments as low as \$169 a month. Petoskey Auto Group, Nobody Sell For Less 2215 N. US-31, Petoskey, MI 231-347-6080. www.petoskeyautogroup.com

2000 Chevy K3500 4x4 Pickup. Powerful, ready to haul most anything you need, in Pewter with gray cloth. A Great buy! Come and Check it out today! \$5,980. Dave Krings Chevrolet-Cadillac, 1861 US 31 North, Petoskey, MI 231-347-2585.

2003 Chevy Silverado 1500, Z-71, 4 door, ext. cab, tow pkg, spray on bedliner. Loaded! Payments as low as \$249 a month to qualified buyer.

Petoskey Auto Group, Nobody Sell For Less 2215 N. US-31, Petoskey, MI 231-347-6080. www.petoskeyautogroup.com

2003 Chevy Silverado 1500. Arrival Blue with less than 85k miles! Bright Alloys wrapped by deep tread Cooper Tires. Tonneau Cover, CD, tinted windows and more. Very Clean! \$12,449. Dave Krings Chevrolet-Cadillac, 1861 US 31 North, Petoskey, MI 231-347-2585.

2003 GMC Sierra 1500, Z-71, 4x4, Supercab, Flare side, 4 door, tow package. Payments as low as \$249 month. Drive Now Auto Sales, 2215 US Highway 31 N Petoskey, MI 49770. Phone 231-347-3200

2004 Chevy Silverado _ ton 4x4. Work Truck with low miles, Victory Red, gray cloth interior, perfect to haul those Christmas Gifts to grandma's house. Come in today. \$8,949. Dave Krings Chevrolet-Cadillac, 1861 US 31 North, Petoskey, MI 231-347-2585.

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2006 Chevy Silverado 1500. 4x4, 4 door, extended cab, locking cargo box, tow pkg. Ready to work. Payments as low as \$249 a month to quali-

fied buyer. Petoskey Auto Group, Nobody Sell For Less 2215 N. US-31, Petoskey, MI 231-347-6080. www.petoskeyautogroup.com

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