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September 19, 2013

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SPORTS

PREP FOOTBALL
WEEK ONE
SCOREBOARD

Area Teams Victorious

Ramblers rumble past Kalkaska 22-6

East Jordan Red Devils | Harbor Springs Rams
20 | 6

Charlevoix Rayders | Grayling Vikings
26 | 30

Boyne City Ramblers | Kalkaska Blazers
22 | 6



Boyne City running back Malik Smith (28) sheds a few Kalkaska defensive players as he powers forward. (PHOTO BY SCOTT RICHARDS)

By Chris Fiel

Boyne City 22, Kalkaska 6

KALKASKA — The Ramblers used their ground and pound attack to punish the Blazers in picking up a 22-6 Lake Michigan

Conference victory on September 13.

Boyne City improved to 2-1 overall, 1-0 conference on the young season with the victory. All three of the Ramblers contests have been away from the friendly confines of Earl Broderston Field in Boyne City. "The kids played better,"

Boyne City coach David Hills said. "We continue to improve which is encouraging."

The Ramblers got things going in the first quarter as junior Malik Smith rumbled in from one yard out to put Boyne up.

Another Smith touchdown in

See *Ramblers-1B*

FULL STORY AND MORE FALL SPORTS COVERAGE THIS WEEK IN SPORTS

Red Devils keep rolling 20-6 over Rams as solid defensive effort keeps Rams off balance

By Chris Fiel

East Jordan 20, Harbor Springs 6

EAST JORDAN — Three weeks of football, three wins! It's been quite some time since the East Jordan Red Devils have been able to say that, 10 years to be exact and the way things have been going following a 20-6 Lake Michigan Conference victory over Harbor Springs, they look to continue that trend.

"We are super excited and feel great about beating a real good Harbor Springs team," Red Devils coach Allan Peterson said. "It all keeps getting tougher from here, our league is very tough and we are moving into the teeth of it. We will take them one at a time and work like we have been

See *Red Devils-3B*



The East Jordan sideline erupts upon seeing a forced fumble against the Rams just before halftime. The Red Devils would recover. (PHOTO BY NELSON OGDEN)

CHARLEVOIX COUNTY COMMISSION MEETING
SEPT. 11, 2013

County Board approves 2014 Budget and millage

By Tina Sundelius

CHARLEVOIX—A public hearing was held to address questions and discuss the proposed 2013-14 general fund budget, the millage was raised and scheduled appearances from North Country Community Mental Health and the Michigan State University Extension Program of Charlevoix County were heard at the September 11 County Commission meeting.

The first order of business after a moment of silence in honor of 9/11, was the opening of a public hearing to discuss resident's concerns pertaining to the proposed general fund budget. There was no public comment and the budget was unanimously passed. Chairman Joel Evans thanked County Clerk Cheri Browe and his fellow commissioners for their hard work on the budget. Due to a drop in the property taxes and lower interest rates it was short by 'close to half a million dollars.' "All of the departments were very, very accommodating by lowering their budget. Hopefully this will be a short term cut to the departments," said Browe.

Shirley Gillespie, Director of the Charlevoix County Commission on Aging approached the board requesting a .05 millage increase for senior citizens. The increase will amount to an added \$100,000 for the commission that provides services to the county's aging population bringing the

See *CoCommission-9A*

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weather

THURSDAY



HIGH: LOW 80's
LOW: Mid 60's

FRIDAY



HIGH: LOW 70's
LOW: Upper 40's

SATURDAY



HIGH: Upper 50's
LOW: Low 40's

SUNDAY



HIGH: Low 60's
LOW: Low 40's

MONDAY



HIGH: Upper 60's
LOW: Mid 40's

TUESDAY



HIGH: Upper 60's
LOW: Mid 40's

record temps

Day	Avg.	High	Avg.	Low	Record High	Record Low
19	72°F	46°F	86°F	(2007)	32°F	(1969)
20	71°F	46°F	84°F	(1970)	29°F	(1973)
21	71°F	45°F	84°F	(1998)	31°F	(1962)
22	70°F	45°F	85°F	(2004)	28°F	(1981)
23	70°F	45°F	89°F	(2004)	26°F	(1981)
24	70°F	44°F	88°F	(2004)	27°F	(1976)
25	69°F	44°F	89°F	(2007)	30°F	(1966)

Nicole Lynn Gibson, 14

(JAN. 12, 1999 - SEPT. 12, 2013)



Nicole Lynn Gibson of Charlevoix, died unexpectedly at her home in Charlevoix, September 12, 2013.

Born in Charlevoix, January 12, 1999, she will be remembered by the many people she came in contact with in her short life; and for her resiliency and selfless ways. Nicole was perceptive of the needs of others and quick to offer a listening ear and comfort. The staff and students of Orion school will miss her smile, hugs, and the stories she shared. She was the school champion of bananagrams; taking on all challenges.

Nicole was a state finalist in the Sunburst Pageant in May 2012. She enjoyed modeling, the glamour of Pageants, and looked forward to her next photo shoot.

Nicole was an articulate and reflective writer and was wise beyond her years. She gave this advice in one of her last school journal writings. 'So remember the things you say, write, text, or post can hurt others and you can't take it back. So stop being a bully and make a difference. You

will be surprised how the world can change in a short time.' Nicole changed our world in her short time and she will be missed.

Nicole is survived by her father, David Gibson; mother, Renee (Potter) Gibson; step-mother, Heather Gibson; sisters, Brittany Gibson, Ashley Sliwinski, Morgan, and Samantha Joseph; niece, Arianna LeClair; grandfather, Ron Potter; great-grandmother, Anne Racignol; aunts, Pam Korth, Lori Kopsi; family friend and "other mother", Jessica Moore; and her boyfriend, Colton Meeker, whom she dearly loved. Nicole was preceded in death by her grandmother, Donna Gibson.

Funeral will be at 1 pm, Thursday, September 19, at First Baptist Church, Charlevoix, the Reverend Ginger Stevens officiating. Visitation will be 6-8 pm, Wednesday at the Winchester Funeral Home in Charlevoix.

Contributions may be made to the David Gibson family.

Please sign Nicole's guestbook at www.winchesterfuneralhome.com

Mary E. Foster, 97

Mary E. Foster of Charlevoix died Sept. 16, 2013, at Charlevoix Area Hospital.

A memorial service will be held at a later date. Arrangements are by Winchester Funeral Home in Charlevoix.

Winifred Green, 96

(JAN. 11, 1917 - SEPT. 15, 2013)

Winifred Green, of Charlevoix passed away Sunday, Sept. 15, 2013, at American House in Charlevoix. She was born Jan. 11, 1917, in Cen-

tral lake, the daughter of Vester and Katrina (Aardema) Shooks. She graduated from Central lake High School in 1936.

On Feb. 17, 1940, Winifred married Robert L. Green in Central Lake. They made their home there until 1960, when they moved to Charlevoix. They were members of the Community Reformed Church in Charlevoix.

Winifred is survived by her children, Robert Wayne (Constance) Green of Amelia, Ohio, Martha E. (Richard) Hawk of Waterloo, Wis., Nancy M. Veenstra of Jonesville, Margaret JoAnn (Ervin) Edson of Sebring, Fla.; grandchildren, Tammy Smith, Cheri White, Christopher Hawk, Kerry Doyle, Kristina Powers, Ryan Hawk, David Hawk, Mark Veenstra, Sarah Corcoran, Casey Hayes, Anthony Edson; 33 great-grandchildren.

Her husband, Robert, preceded her in death on May 31, 1992. She was also preceded in death by her siblings, Walter, Versal, and Marvin Shooks, Margaret Essenberg, and her twin sister, Martha Shooks.

Funeral will be 1 p.m. Wednesday, Sept. 18, at the Community Reformed Church in Charlevoix, where friends may meet with Winifred's family beginning at noon. The Rev. Chip Sauer will officiate. Burial will be in the Atwood Cemetery.

Memorial contributions may be made to the Community Reformed Church for mission work.

The Winchester Funeral Home in Charlevoix is handling the arrangements.

Patricia L. Saganeck, 76

(JAN. 26, 1937 - SEPT. 13, 2013)

Patricia L. Saganeck of East Jordan died Friday, Sept. 13, 2013, at her home.

She was born Jan. 26, 1937, in South Arm Township to Charles and Ruth (Hammond) Looze.

On Dec. 26, 1981, she married Donald Saganeck in East Jordan where they made their home. Mr. Saganeck died June 4, 2011.

Mrs. Saganeck enjoyed genealogy, bingo, bowling, fishing, playing cards, mushrooming and watching birds.

Surviving are her children, Skee (Sandy) Confer of Columbus, Ohio, Bonnie Bundy of East Jordan, Bud (Sue) Confer of Belding, James (Irene) Confer of Perry Co., Ohio, Brook Gibson and Lee Paugh of Columbus, Ohio; stepchildren, Donald (Kris) Saganeck of East Jordan, Sid (Jodi) Saganeck of East Jordan, Rick (Connie) Saganeck of Alba, John Saganeck of Grand Rapids, David Saganeck of East Jordan; 18 grandchildren; 23 great-grandchildren; brother, Dale (Charlotte) Looze of Boyne City; sisters-in-law, Dorothy (Pete) Hammond and Katherine Miller both of East Jordan; her caregiver, Kim Mellios of East Jordan; and family friend, Rick Lent of East Jordan.

She was preceded in death by her parents; sister, Marilyn Manning; brother, John Looze; and stepson Charles Saganeck.

Friends may call at Hastings Funeral Home from 2-4 p.m. and 6-8 p.m. Wednesday, Sept. 18.

The funeral service will be at 1 p.m. Thursday, Sept. 19, 2013, at Hastings Funeral Home in Ellsworth. Burial will be in Sunset Hill Cemetery in East Jordan. Memorial donations may be made to the family. Please sign her online

OBITUARIES

guestbook at www.hastingsfuneral.com.

Janet Donegan, 82

Janet Donegan, 82, died Wednesday, Sept. 11, 2013, at American House in Charlevoix.

A memorial service will be announced at a later date. Arrangements are being handled by the Winchester Funeral Home in Charlevoix.

Chellas L. Wynkoop, 101

Chellas L. Wynkoop died Wednesday, Sept. 11, 2013, at home in Alger.

The funeral service was Monday, Sept. 16, at the Winchester Funeral Home in Charlevoix.

Mary Lou Davis, 64

Mary Lou Davis of East Jordan entered the Kingdom of Heaven on Thursday, Sept. 5, 2013, in Grand Rapids.

Surviving are two children, Sherrie (Buzz) Rinvelt of Middleville and Darryl A. (Jodie) Barkel II of Byron Center; five grandchildren, Andrew and Jonathan Rinvelt of Middleville, Darryl A. Barkel III, Zackery Barkel and Sophia Barkel of Byron Center; four siblings, Marifran Langvardt of Toluca Lake, Calif., Kathleen Massey of Coopersville, Daniel (Karen) Davis of Hopkins and Roselyn (Claude) Cutler of Elk Rapids; her love, Barry Snyder of East Jordan; an adopted mother, Phyllis Cutler of East Jordan; and her beloved dog, Princess. She was preceded in death by her father and mother, Neil Davis Sr. and Rose Davis; brothers, Neil Davis Jr. and Richard Spinski.

The funeral service was Saturday, Sept. 14, at the Penzien Funeral Homes Inc. in East Jordan. The Rev. Jason Richey and the Rev. James L. Jordan officiated. Interment in Sunset Hill Cemetery, East Jordan.

Helen Ann Arman, 92

(NOV. 2, 1920 - SEPT. 9, 2013)

Helen Ann Arman formerly

of Boyne Falls and Petoskey, died Monday, Sept. 9, 2013, at Bay Bluffs of Harbor Springs.

Helen was born Nov. 2, 1920, in Petoskey, to Thomas T. and Frances (Zulski) Kolinski. She grew up here and attended Petoskey schools.

On July 8, 1940, Helen married Leland Arman in Munising; the couple made their home in Munising and were both employed by the Kimberly Clark Paper Mill. They both retired in 1980 and moved to Boyne Falls, where they became active members of St. Augustine's Catholic Church. Leland preceded Helen in death on July 2, 1996.

Helen raised two children, Lee Arman and Karen Mayette, both of whom sadly also preceded her in death; Lee on March 29, 2011, and Karen on March 9, 2008. She was a wonderful mother who provided a safe and loving home for her family. She was an incredibly active person well into her 80s, walking several miles each day and constantly on the go.

Helen is survived by her daughter-in-law, Joetta Arman, and son-in-law, Roger Mayette. Also surviving Helen is her brother, Raymond

Kolinski, and four grandchildren and six great-grandchildren, as well as numerous nieces and nephews.

Helen's life was remembered and celebrated during a funeral Mass Thursday, Sept. 12, at St. Francis Xavier Catholic Church. Interment at Greenwood Cemetery.

Family and friends are also welcome to share memories or offer condolences online at www.stonefuneralhomeinc.com.

Cheryl 'Cherie' Lynn (Bradshaw) Van De Car, 61

(JUNE 10, 1952 - SEPT. 1, 2013)

Cheryl "Cherie" Lynn (Bradshaw) Van De Car, 61 of Boyne City, Mich., departed for her heavenly home on Sept. 1, 2013.

A memorial service in her honor was Saturday, Sept. 14, at the Boyne City United Methodist Church.

Cherie was born in Mount Morris, Mich., on June 10, 1952, to Raymond and Fero (Smith) Bradshaw. While living there, she graduated from Mount Morris High School (1970) as well as Baker Business College.

She worked several years in her father's Ben Franklin store. It was there in her father's store that she hid, standing behind the one-way glass, carefully observing the man she would later wed. Bob Van De Car married the woman near and dear to all our hearts on June 18, 1983. Together they moved up to the Boyne City area where they started and raised their family.

Cherie was a woman of tremendous passion. However, her passion for Christ was the forerunner of all other passions in her life. Stemming from the perfect example of Christ's love came her unconditional and unceasing love for family. Spending time with the ones she loved was of utmost importance and the joy she received from her grandchildren was immeasurable. It is also through this passion that the strong desire to help others came. From her work, various government service jobs, to church and at home, she strived tirelessly to provide encouragement to those around her. With her passion for health and wellness, she organized exercise sessions during break periods with her co-workers until her retirement in January 2011. She then became a certified fitness trainer specializing in the over 50 sector. She never did anything to solely benefit herself, but for the well-being of those around her. Anyone fortunate to spend any amount of time with her would leave feeling encouraged and uplifted. Some other passions include sunsets over lakes, walks along beaches, gardening and exploring God's word with her church family.

Her husband, Bob; her children, Janelle (Tim) Raynard, and Matthew; her grandchildren Ethan, Chloe and a baby to be born this autumn; brothers, Raymond (Marjorie), Gary (Cathy); and sister, Janet (Ralph) Secquer, survive Cherie.

Her parents and sister, Marilyn (Gary) Cooper, preceded her in death.

In lieu of flowers, the family requests donations be directed toward a memorial fund to the Boyne City United Methodist Church which has been helping them through this transition.

Charlevoix
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Veteran of the Month

The Veteran of the Month for September 2013 is Donald Hugh Graham.

Born on March 19th, 1932 in Brown City, Mich., Donald Hugh Graha later moved with his family to what would become the Graham family farm located on Graham Road south west of East Jordan, Mich. Graham graduated from East Jordan High School in the class of 1949, as class president, and attended Michigan State University becoming a dairy tester for the Michigan Department of Agriculture, in Charlevoix and Antrim Counties, working for The Michigan Department of Health Inspection of Agriculture Department, headquartered in Boyne City, Mich., where he worked until October of 1952. On Nov. 4th, 1952 Graham enlisted in the Army, entering into active service in Detroit, Mich. On March 4th, 1953 Graham was promoted to Private Second Class and following basic

training he attended the Army Security Agency School, at Fort Meade, Maryland, March through August of 1953, graduating as a cryptographer capable of deciphering, reading and writing coded messages including being a Morse Code Interceptor. After completing his schooling Graham was reassigned to Field Station, 8609th Deciphering Unit, Clark Army Air Force Base, Luzon Island, The Philippines, east of Vietnam, serving as a Morse Code Interceptor: On Oct. 15th, 1954 Graham was promoted to Corporal Technician and on Oct. 6th, 1955 at The Separation Center, Fort Sheridan, Illinois he received an Honorable Separation and was relieved from active military service and transferred to The U.S. Army Reserves, Michigan Military District and was awarded the

following decorations and medals: The National Defense Service Medal and The Good Conduct Medal. Returning to Michigan Graham worked eight years for Consumers Power Company in Grand Rapids, Mich. and on May 24th, 1958, in Howard City, Mich., he married Pauline Alfreda Doxtater. On Nov. 4th, 1960 Graham completed his military obligation and was awarded an Honorable Discharge. In 1963 Graham moved north to take over the family farm and became a self-employed farmer retiring in March of 1994. He served his community as a board member of the Charlevoix County Road Commission, the East Jordan Farmers Cooperative, South Arm Township Board of Review and as South Arm Township Supervisor and Zoning Administrator. Graham enjoyed calling

bingo, as a member of American Legion Post 277 in East Jordan, bowling, softball, ice fishing and fishing trips in the spring, working crossword and sudoku puzzles, Sunday morning coffee at the Harts home, but what he loved most was spending quality time with his family. On March 22nd, 2013 Donald Hugh Graham answered the final call and is being honored by his wife Pauline, son Terry and their families.

To honor a veteran, call the program chairman at (231) 588-6067 or on Tuesdays call (231) 582-7811 between 3:30-8:30 p.m. The ceremony may be witnessed on the first Thursday of each month in front of The American Legion Post located on the corner of South Lake and Main streets in Boyne City, Mich. at 6:15 p.m.



Friends of the Jordan River Watershed to Celebrate Photo Contest Winners

The Friends of the Jordan River Watershed will announce the winners of its ninth annual photography contest and debut its Visions of the Valley 2014 calendar at a special celebration Saturday, September 21, 1:00-4:00 p.m. at the Jordan River Watershed Center in East Jordan. The event is free and open to all.

The theme for the 2014 calendar is "The Rhythm of the River," reflecting the spectacular nature that is the Jordan River Watershed. More than 120 photographs were submitted to this year's contest. All will be on display at the Watershed Center. Fourteen were chosen for the 2014 calendar, including Youth, President's Choice, and online Viewers' Choice awards. More than \$1200 in awards, sponsored by local businesses and individuals, will be awarded to winners. Calendars will be available for purchase. Judge for this year's contest was Art Curtis of Bellaire, a retired college photography professor.

"Each year, keen-eyed photographers from all walks of life spread out across the Jordan Valley and capture amazing images. These are the best of the best. Although only 14 photos are selected for our calendar, in truth, all 126 photos entered are 'winners,'" said FOJ President John Richter. "This photo exhibit represents a beautiful portrait of the Jordan River Watershed in all its natural splendor. After viewing this exhibit one cannot help but be overwhelmed and convinced of the need to preserve and protect this marvelous place. The calendar serves as a friendly daily reminder of how fortunate we are to have this priceless natural treasure right outside our doorstep."

The celebration will also feature the music of multi-instrumentalist and singer Roger Lilak, who will perform on acoustic guitar and wind synthesizer. Among his folk, jazz, and rock stylizations will be "Famous Green Wellies," his winning 2013 entry in the Newfoundland CBC "Cohen Poetry Contest," with perhaps a couple of South American tunes sneaking in.

Providing refreshments will be Allison's Bakery, a home-based bakery owned and operated by Allison MacKay. Familiar at local farmers' markets, her fare will include specialty mini sandwiches, assorted munchies, and fresh-baked desserts.

Great photos. Great music. Great eats. They all equal a great time to be had Saturday, September 21, 1:00-4:00 p.m. at the Jordan River Watershed Center. Join us.

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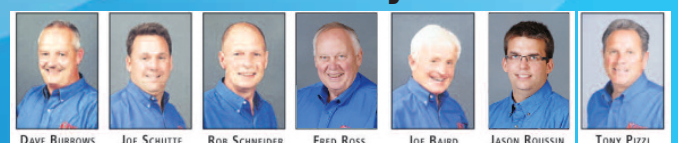
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News

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Friske Farm Market Harvest Festival September 28th

By Heather DeLong

Commence the fall festivities! Next Saturday from 7 am to 7 pm, the Friske Farm Market will open its usual hours, and the festivities take place from 8 am to 4 pm. Located at 10743 US 31 N. Atwood, this festival is packed with fall fun for all ages. From giant apple balloon jumping to face painting, the day is sure to keep you busy with fun activities to participate in. Heidi and Clara, a pair of pigmy goats, will be making an appearance for

everyone to pet, as well as sheep, chickens and roosters. Also, don't forget about the popular orchard play structure for children to enjoy.

The festival starts off with a pumpkin pancake breakfast at 8 am, and a self-pick orchard open to everyone where the cost is measured by how many pounds you pick. At 2 pm a pie eating contest will take place and the Cherry Blossom Ramblers will be there from Traverse City to give the day live entertainment. There is no charge to

enter the event. Tractor wagon farm tours will be \$3 for riders ages 3 and up, and will feature farmers sharing history of the farm, explaining the operations of how it is run. The tour lasts for a half hour.

Just 13 years ago the market was added to the farm and the Friske family has since expanded it, making it a popular family destination in the fall. The family also has a made-from-scratch bakery where they bake homemade goods to sell at the market. The events of the day

will include:

- Scrumptious Pumpkin Pancake Breakfast
- Wagon Ride Orchard Harvest Tours
- Pick Your Own Apples
- Live Music by the Favorite "Cherry Blossom Ramblers"
- Slacklining Demonstrations by Miss Pumpkin
- Giant Apple Balloon Jumping
- Face Painting & Kid's Games
- Barnyard Petting Zoo and Orchard Playland
- Specialty & Gourmet Food Tastings



From giant apple balloon jumping to face painting, the day is sure to keep you busy with fun activities to participate in. Courtesy Photo.

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COURTESY PHOTO

Leadership Charlevoix County

Leadership Charlevoix County started its third year with a class of 18 members from throughout the community visiting Beaver Island for their retreat. The nine month program is a comprehensive training and education experience for area residents who are seeking a more active role in county leadership and understanding of their community. The program is a collaborative effort of the Chambers of Commerce in Boyne City, Charlevoix, East Jordan and Beaver Island. The program receives grant support from the Charlevoix County Community Foundation.

This year's class, pictured on their way to the class retreat on Beaver Island, includes (from left) Ben Hicks of Char-Em ISD, Chad Johnston of Michigan Community Dental Clinics, Cindy Johnson-Minkwic of Boyne Mountain Resort, Patrick Patoka of Boyne Mountain Resort, Hilary Harrington of Site Planning Development, Ben Newington of City of East Jordan EMS, Jessica Davidson of EJ, JP Gerster of Pat O'Brien & Associates, Cynthia Lamberson of First Merit Bank, Cristina Hogarth of Korhase Flinn Insurance, Abbie Hart of Bay Winds Federal Credit Union, Patrick McGin-

nity of Beaver Island District Library, Chelsea Townsend of Charlevoix Area Hospital, Heather Hand of City of Charlevoix Airport, M. Chris Leese of Photography by M. Chris Leese, Dee Vincent of Harbor Industries, Daniel Reynolds of Health Department of Northwest Michigan, and Don Kirk of EJ.

For more information about Leadership Charlevoix County or how you can get involved, contact Program Coordinator Mishelle Shooks at 231.536.2440, mshooks@c3f.org, or visit www.leadershipcharlevoixcounty.com.

Charlevoix County History Preservation Society September History Speaker Series Event

The Charlevoix County History Preservation Society's September 2013 History Speaker Series program will be "Revisiting the Todd Family History" at 6 p.m. on Monday, September 23, at the Raven Hill Discovery Center's Warren Loranger Great Room, located at 4737 Fuller Road, between East Jordan & Boyne City, just off C48 at Pearsall Road within Mile 15 of the Breezeway. Guest Speakers will be Professor Kerri Finlayson, and professional genealogists Barbara Hernden and Karen Giudice.

If you enjoyed learning about the Todd Family history with us in July, you are going to love the September program! We spent so much time learning about the family we did not get to visit their pioneer home site located in Wilson Township on the grounds of Raven Hill Discovery Center! We will meet at the main building at Raven Hill Discovery Center at 6 PM and proceed to



the home site where Kerri Finlayson will show us the actual excavation area. Professor of Archeology and Sociology at North Central Michigan College, Kerri Finlayson has been conducting research at this 1860's homestead for 13 years. Since July, more information and historical documents have been discovered! After the tour, we will return to the Loranger Great Room to hear from professional genealogists Barbara Hernden and

Karen Giudice about the results of their recent research into the Todd family history. Barbara Hernden is Group leader and Karen Giudice is Tech Advisor of the Charlevoix Public Library Genealogy Interest Group. We know you will be very surprised to see what they have discovered and hope you can join us! Light refreshments will be served and the program is free and open to the public. For more information, call 231-582-5326.

CHX. COUNTY SHERIFFS DEPT.

September 9-15, 2013

911 Hang Up Call6
Abandoned Vehicle6
Abuse2
Alarm3
Animal Complaint21
Annoyance3
Assault1
Assist Citizen3
Assist Motorist4
Assist Other Agency10
Attempt to Locate5
Attempted Suicide1
Bank Alarm0
Boating Accident0
Boating Violation2
Breaking & Entering0
Car/Deer Accident5
Citations Issued9
Civil Complaint8
Criminal Sexual Conduct0
Death0
Disorderly Person0
Disturbance1
DNR Complaint0
Domestic Dispute0
Driving Complaint2
Fireworks Complaint0
Found Property6
Fraud2
Health & Safety0
Hit & Run1
Intoxicated Person0
Juvenile0
Larceny1
Lockout7
Lost Property1
Malicious Destruction of Property1

Mental Subject0
Minor In Possession0
Miscellaneous Criminal4
Missing Person0
Noise Complaint2
Operating Under the Influence0
Paper Service18
Parking Violation0
Personal Injury Accident0
Personal Protection Order0
Private Property Accident1
Property Check43
Property Damage Accident3
Prowler0
Road Hazard4
Stalking0
Suspicious Situation7
Threat1
Traffic Stop40
Trespassing5
Unknown Accident2
Unlawful Driving Away of Automobile0
Vehicle in the Ditch0
Violation of Controlled Substance Act3

BOYNE CITY POLICE DEPT.

Monday, September 2, 2013

12:23am	Suspicious activity in the 300 block of E Division
4:16am	Subject arrested for home invasion in the 1400 block of Pleasant Av
5:31am	Suspicious activity in the 300 block of E Division
6:42am	Assist EMS on Hemlock St. Arrested subject on outstanding warrant.
10:40am	Found bike in the 200 block of

S Lake St	
10:58am	Civil dispute in the 100 block of North St
12:25pm	Lost wallet in the area of Water and Lake Streets. Was later found.
3:40pm	Lodged stray cat at shelter
7:26pm	911 check in the 700 block of Line St
9:35pm	Road hazard on Boyne City Rd at city limits
11:13pm	Abandoned vehicle on Lewis Av

Tuesday, September 3, 2013

7:50am	Report of lost iphone
9:15am	Citation issued for expired license
11:43am	Alarm in the 400 block of State St
1:33am	Report of lost watch in the 500 block of N Lake St
3:33pm	Report of stolen license plate
9:31pm	Citation issued for speed on Boyne Av
10:54pm	Driving complaint on E Division St
11:26pm	Noise complaint in the 300 block of E Division St
11:30pm	Report of possible probation violation in the 400 block of State St

Wednesday, September 4, 2013

1:03am	Assist Sheriff Department on Addis Rd
6:14am	Citation issued for speed on Michigan Av at the city limits
6:50am	Gasoline drive off from the 200 block of S Lake St
8:01am	Arrested subject for probation violation
10:03am	Found guitar case turned into

PD. Reunited with owner	
11:32am	False alarm in the 300 block of N Lake St
1:20pm	Vehicle unlock in the 1300 block of Boyne Av
2:24pm	Trespass complaint reported in the 600 block of Grant St
6:43pm	Juvenile complaint in the 300 block of E Division St
11:32pm	Citation issued for speed at Michigan and Lake

Thursday, September 5, 2013

2:34am	Intoxicated subject on N Park St
7:25am	Juvenile complaint in the 600 block of Jersey St
7:45am	911 check in the 500 block of N Lake St
9:33am	Vehicle unlock on W Court St
10:30am	Single vehicle private property dam age accident in the 1300 block of Boyne Av
2:17pm	Attempted suicide in the 800 block of Thompson St
2:18pm	Suspicious situation reported in the 1000 block of Roosevelt
4:30pm	NSF check complaint from the 400 block of N Lake St
3:54pm	Private property dam age accident in the 400 block of N Lake St
5:40pm	.3 vehicle accident on State St
7:38pm	Vehicle unlock in the 300 block of E Division St
9:01pm	Citation issued for defective equipment

Friday, September 6, 2013

1:13am	Suspicious situation on Brockway St
2:44am	Suspicious activity in the 500

block of N Lake St	
8:31am	Suspicious subject in the 1300 block of Boyne Av
4:30pm	MDOP to bicycle in the 1000 block of Boyne Av
7:59pm	Arrested subject on outstanding warrant

Saturday, September 7, 2013

3:29pm	Civil dispute in the 600 block of Grant St
3:40pm	Juvenile complaint in the 300 block of E Division St
3:50pm	Child custody dispute in the 1100 block of Boyne Av
6:00pm	Welfare check in the 600 block of E Main St
6:20pm	Civil standby in the 600 block of Grant St
8:46pm	Civil dispute in the 1300 block of Boyne Av
9:48pm	Assist Sheriff Department on Springwater Beach Rd

Sunday, September 8, 2013

12:41am	Report of MDOP to fountain in Old City Park
4:16am	Domestic dispute in the 1400 block of Pleasant Av
6:40am	Civil dispute in the 400 block of State St
8:20am	Bond violation in the 300 block of N Lake St
11:27am	Vehicle unlock in the 400 block of N Lake St
5:14pm	Juvenile complaint from the 600 block of Spring St
10:22pm	Vehicle unlock in the 400 block of State St
10:47pm	Abandoned bike on Brockway St

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News

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Boyne City State of the Community Our State is Great

By Tina Sundelius

BOYNE CITY—At Boyne City's State of the Community Luncheon the buzz around the room before the speakers took the floor was "What is the secret to Boyne City's success?" Each speaker inadvertently answered the question with their own spin but City Administrator Michael Cain summed it all up by attributing Boyne City's success to a team effort.

Cain began his closing speech with words of encouragement, "Our state is great. No matter how you look at it year after year we're getting better and better," he said. He then introduced the new Assistant City Planner, Annie Doyle, welcomed her to the team and attributed the city's success to a team effort. He then thanked the many organizations and businesses that have contributed to the city's growth and overall financial stability. "We should never think that we are or should be alone to be successful. We all have in some way invested

our futures in this community," he said. He concluded his speech challenging everyone to get involved and make Boyne City better step by step. "The seeds you're planting today we'll be hearing about a lot more in the future," he concluded.

Main Street Manager, Hugh Conklin kicked off the rally of short speeches with praise of the 4500 hours of volunteered time that was invested in the city over the past year. "Working together we are capable of great things," he said. He then listed the city's accomplishments including being placed on the National Registry of Historical Places, the tenth celebration of Main Street, the Farmer's Market, Boyne Theatre restoration, art bike racks, the arrival of the Grain Train and the bright future of the Dilworth Hotel. "This is a tremendous opportunity for Boyne City. Just imagine what down town will be like when the hotel is restored to its former glory?" he said.

County Commissioner Chris Christensen discussed state equalization values and the financial condition of the county whose budget was down 2.2%. "When we began the budget process we were down just over one million dollars, we asked the staff to make cuts and we were able to balance the budget," he said. He discussed the success of the county's recycling program that hauled away 159 tons of recyclables in July and another 152 tons in August at a savings of \$7,000 per month to the county. "We're really getting into some great things as far as recycling is concerned," he said. He gave statistics concerning county transit and energy efficient changes that have been made to the county building, schools and senior center and discussed the new hydraulic prop the Ironton ferry now has as well as the 90th celebration of Whiting Park and the additional 72 acres of adjacent property located southeast of the park which will contain trail systems and lake view campsites. "It's all this public and private partnership stuff that keeps Boyne City moving," he concluded.

Michael Shean, president of the North Country Bicycle Club gave a brief presentation of the three bike trails either under construction or in the planning phase. The Boyne/Charlevoix Trail is planned in three phases, funds for phase one have been raised and construction will begin in the spring. The Boyne Valley Trail and the Charlevoix/Traverse City Trail which is sponsored by the Michigan Department of Transportation are still in the planning stages. "Boyne City intends to become the trail town of Northern Michigan," he concluded.

School Superintendent, Peter Moss began with a confession that it has been a very competi-



Boyne City Administrator Michael Cain summed it all up by attributing Boyne City's success to a team effort.

County Commissioner, Chris Christensen said, "It's all this public and private partnership stuff that keeps Boyne City moving,"



Boyne City Main Street Manager, Hugh Conklin kicked off the rally of short speeches with praise of the 4500 hours of volunteered time that was invested in the city over the past year.



itive year and talked for some time on the assistance the district has been giving other districts, not only in the area but around the state, who are trying to match Boyne City's progress. "We have many very good things going on in the district," he said. He discussed action that has been taken to insure student safety, how the district was able to balance a tight budget keeping all their programs intact, he discussed the many programs the schools have to offer, and praised the 11 graduates from the schools alternative education program. "In our time these would have been the drop outs, we're always committed to all students in our district some

of them are the only graduates in their families," he said. He discussed the schools position in "leading the change" boasting of sixty courses created by teachers to meet individual student needs. "We're fortunate to have quality and talented people. We're getting a lot of national acclaim for what we've done over the last year," he said. Moss concluded his power point presentation with the slogan "We are Boyne" emboldening the screen. "I hope you feel as I do that the state of the Boyne City schools is strong with the promise of getting better, after all we are Boyne City," he said.

30th Annual Charlevoix County CROP Walk is back Saturday, September 28th

By Heather DeLong

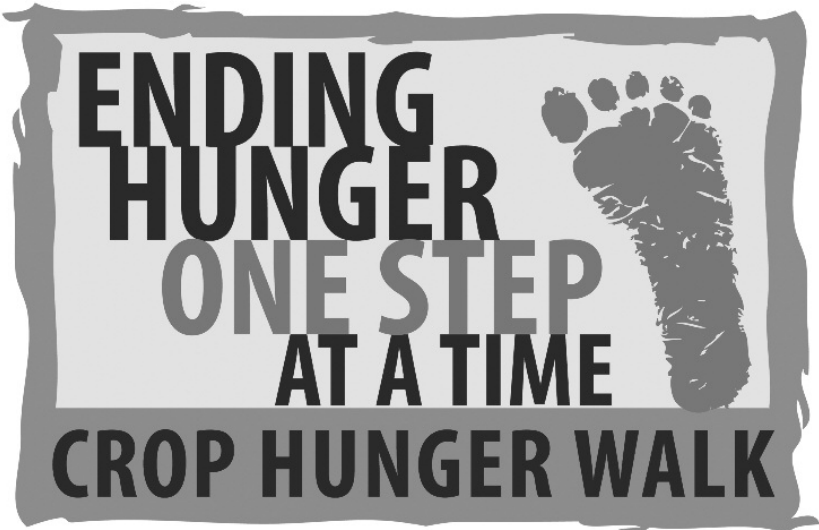
If you've been looking to walk for a good cause, look no further! It's time once again for the Annual Charlevoix County CROP Walk coming next weekend. Each year the 6-mile walk is held to benefit the Church World Service, giving it awareness and providing it with food and money to help end hunger worldwide. Twenty-five percent of all funds raised go to The Good Samaritan of Ellsworth, Care and Share in East Jordan, the Charlevoix Food Pantry, the Seventh Day Adventist Church and the Trinity Pentecostal Church of God in Boyne City.

In years past, thousands of dollars were raised, and a good portion of those donations went toward local food pantries. This year we encourage everyone to

take part in the Charlevoix County CROP Walk to make it our largest outcome in participants as well as donations.

Online at hunger.cwsglobal.org, many are looking for your help to raise money for the cause, and have given explanations as to why they're taking part. One woman stated that she's walking because, "CROP Hunger Walks help children and families worldwide—and right here in the U.S.—to have food for today, while building for a better tomorrow. Each year some two million CROP walkers, volunteers, and sponsors put their hearts and soles in motion, raising over \$16 million per year to help end hunger and poverty around the world—and in their own communities. And you are part of it!"

The Annual CROP Hunger Walk is a community-oriented



event sponsored by the Church World Service, a ministry comprised of 36 Christian denominations and communions joined to do their part in eradicating hunger and poverty. The remain-

ing funds contributed during local CROP Walks are utilized to fight hunger and provide better sanitation in communities throughout the United States and across the globe. It's about neigh-

bors, families and friends walking together to take a stand against world hunger. Your monetary contribution can go a long way. Just \$500 can provide 4,000 pounds of food for a local food bank or provide up to 400 meals in a soup kitchen.

The three departure locations this year are at Charlevoix Middle School, East Jordan Elm Pointe, and Boyne City Whitey Park. Registration begins at 8:30 am and walkers start at 9 am.

For more information, contact: Charlevoix: John Young- ifyoung@freeway.net (231) 547-2042

East Jordan: Marge Tesketteske@charter.net (231) 536-3128

Boyne City: Mary Richwine-jobaker@gmail.com (231) 582-6035

*To contact Heather DeLong for any comments, questions or concerns, she can be reached at heather@weekly-choice.com

Charlevoix Oktoberfest next weekend

The Fall Extravaganza of Charlevoix Oktoberfest is being planned for Saturday September 28th. Oktoberfest activities start at noon on Saturday and will last into the evening. Oktoberfest is a Fall party for families and friends to come and celebrate the beauty of Fall in Northern Michigan. Oktoberfest events will include food and beverage booths, music, kids' games, adult games and the famous Wiener Dog Parade and Races. Oktoberfest will be held on Mason Street and the Public Parking lot on the north side of Mason Street. The Oktoberfest committee is inviting area Non-Profit Organizations and Clubs to operate a food, beverage or game booth. There is NO CHARGE for your group to participate and ALL PROCEEDS are yours to keep!!! There will be a limited number of

spaces available. If your group would like to participate in Oktoberfest please contact Margie Tamminga via email at margieup-north@gmail.com or cell phone 231-675-2498 by Monday September 16th.

Oktoberfest, Charlevoix's Fall Extravaganza is good to go and planning the event is going well. A spokesperson for the Oktoberfest committee said many obstacles to the event have been resolved, the biggest being insurance. The Charlevoix Elks Lodge #2856 has agreed to sponsor Oktoberfest this year and cover the event under its National Insurance Program.

Oktoberfest is a Non-Funded event. The Oktoberfest plans to sell advertising in the Oktoberfest program to offset event costs. Sales of advertising space are limited and sales are going well. If interested please

call Gloria Barnes at 231-675-0907. A reminder to Charlevoix area Non-Profit groups your group is invited to participate at no cost plus keep all your proceeds. Several groups have agreed to participate with food or game booths. If your group would like to participate but not sure what to do, contact the Oktoberfest committee. They have some great ideas. The Oktoberfest committee intends Oktoberfest to become an annual event that heightens Charlevoix are pride, family fun and area pride. Mark your calendar for Oktoberfest Saturday September 28th Downtown Charlevoix from Noon -??? FOOD-FUN-MUSIC and Wiener Dog races and parade. Come and buy a raffle ticket for a bike, the winning wiener dog and more. All to benefit NON-PROFITs in the Charlevoix area.

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News

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Chx County Commission

continued from page 1

senior citizen tax up to .65 mills, the maximum allowed. Gillespie attributed increased expenses of caring for an older building, maintenance, IT expenses and the rising cost of food as reasons for the increase. "In order to continue a free program we need it," said Gillespie.

Alexis Kaczynski, Director of Community Mental Health for twenty-two years, updated the commission on the agency's function and progress. The county has a relationship with community mental health providing local matched contributions. Kaczynski reported that 4100 persons had been helped by the agency in 2012 and that 82% of their budget came from Medicaid. She announced that more changes were coming within the agency. "There is a major change implemented in 2014, It's all rather confusing, once again the state has changed the ground rules," said Kaczynski. The changes include the integration of the Northern Michigan Substance Abuse Agency with Community Mental Health. The commissioners and Kaczynski discussed in length the county's lack of mental health accessibility and the burden that has placed on the jails. "It's very frustrating for me," said Sheriff Don Snyder. "This is not a local problem, it is a national problem that is not getting the attention that it should. What bothers me is that my jail, all jails, are housing these people and that's not what we're here for. We need to fix these people not lock them up," he said.

Patrick Cudney, MSUE District Coordinator brought five MSUE representatives to the meeting to provide narratives on the programs they administer and the impact of those programs. "Per capita you (Charlevoix County) have the largest 4H program in the state of Michigan," he said by way of introduction. 4H Youth Development Director Leah Herrick discussed programs such as Exploration Days, the County Fair and the China Art Exchange. "Our volunteers and parents are the foundation of the program," she said. Other representatives discussed the extension's Agriculture and Agribusiness programs, Greening Michigan Programs and Health and Nutrition Programs. Mark Breederland, District Sea Grant Agent who works with coastal communities and businesses in north-west Michigan to apply science-based knowledge to address Great Lakes issues, discussed low water levels, waterfowl botulism, and invasive species. "No Asian Carp have ever been found in Lake Michigan, we've found their DNA but never any proof," he said. He also assured everyone that water levels were significantly higher than they were twelve months ago. After the representatives gave snapshots of their various programs Cudney stated that, "This is all possible because of the agreement we have with the counties across the state." The county is on year four of a five year agreement with the University Extension Program.

The next regularly scheduled meeting of the Charlevoix County Commission will be held Wednesday, September 25 at 7 P.M.

September Getting Kids Outdoors Educator Workshop Exploring Under Michigan

• Sunday, September 22, 2013 10 am - noon
 • Raven Hill Discovery Center, East Jordan
 Presented by Cheri Leach, Raven Hill Discovery Center
 Geared toward teachers interested in strengthening their science skills in geology, and enhancing lessons with hands-on activities, this workshop will in-

spire anyone to want to learn more about geology. Join Cheri Leach at Raven Hill Discovery Center, near East Jordan, to receive your own hands-on experiences with rocks, minerals, fossils and more found under our Great Lake State. Light snacks provided - bring a lunch and stay. Childcare provided if needed, please indicate when you register. Contact Cheri Leach (231) 536-3369 or emailinfo@ravenhilldiscoverycenter.org.

This workshop is offered with assistance from GKO Partners and the Petoskey-Harbor Springs Area Community Foundation. For more information about Getting Kids Outdoors, visit www.gettingkidsoutdoors.org.

Angels at Work Resale in Gaylord offers a warm, welcoming shopping experience



By Jim Akans

Angels at Work Resale now offers several new "repurposed" items that feature unique ways to utilize common household goods. Examples include mason jar oil lamps (shown here), chalkboards made from old cribs, wonderful garden accessories made from old windows and screen doors, and much more. PHOTO BY JIM AKANS

For those who haven't visited Angels at Work Resale for a while, plenty has been changing at the store including an expansion of their furniture items, redesigned display areas, and several new "repurposed" items for sale that feature unique ways to utilize common household goods. Examples include mason jar oil lamps, chalkboards made from old cribs, wonderful garden accessories made from old windows and screen doors, and much more. Angels at Work Resale has also recently opened a Pinterest/DIY (do it yourself) area for shoppers to browse and explore their creative talents.

"Customers tell us they love these unique, one-of-a-kind items," relates Theresa Lauber, owner of Angels at Work Resale. "They also tell us how much they enjoy shopping here. The cleanliness of our store, the variety of our inventory, and our very reasonable prices are a pleasant surprise. They feel very comfortable... it's a warm, home-style atmosphere."

Indeed, the wide array of items offered at Angels at Work Resale are

presented in several comfortable rooms throughout the 2,400 square foot facility, each focusing on a targeted range of goods, providing an effortless way to browse items of interest.

"We offer quality, thoroughly cleaned clothing at very reasonable prices," notes Lauber. "We also have even more furniture, house wares, tools, books, shoes, belts and accessories, a wide assortment of knickknacks, antiques, and much more."

But that's not all that's happening at Angels at Work Resale. The store also offers weekly specials with 50 percent off on specific clothing items identified by colored tags... and their inventory of those items changes every week.

Those who donate items to Angels at Work Resale receive a 25-percent discount card for purchases that is valid for 30 days from the time of their donation. The store does not offer consignment sales.

Angels at Work Resale is located at 1523 S. Otsego Avenue (U.S. 27 South) in Gaylord. They are open Monday through Saturdays from 10 am to 5 pm. For additional information, please call (989) 448-8615.

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HIDDEN TREASURES

Northern Michigan Treasure Hunter's Guide to area antique, consignment, resale and thrift shops

BOYNE CITY	CHARLEVOIX	ELLSWORTH	GAYLORD	HARBOR SPRINGS	MIO
Challenge Mountain Resale 1158 S. M-75, Boyne City 231-582-5711 www.challengemtn.org	Kelly's Antiques & Furniture Barn 06176 Old US 31 S., Charlevoix 231-547-0133 www.dkellyantiques.com	Good Samaritan 9746 Main Street, Ellsworth 231-588-2208 thegoodsam.org	Goodwill Retail and Donation Center 1361 Pineview Dr. (near Lowes) Gaylord 989-705-1747 www.goodwillnmi.org	New Beginnings Thrift Shop 650 W Conway Rd., Harbor Springs 231-348-2980	Strawberry Patch Downtown Mio 989-826-1503
BOYNE FALLS Peg's Closet 3031 Main St., Boyne Falls 231-675-2463 Proceeds benefit the Boyne Valley Food Pantry	EAST JORDAN Crossroads Resale Shop 205 Water Street., East Jordan 231-536-7606 Open Tuesday thru Saturday	FREDERIC Pineview Military Surplus 7328 Old 27 North, Frederic 989-348-8300	Great Rooms Quality Pre-Owned Furniture 148 W. Main St., Gaylord 989-745-5184 www.greatroomsgaylord.com	Habitat for Humanity Restore 8460 M-119., Harbor Springs 231-347-8440	PETOSKEY Challenge Mountain Resale Shop 2429 US31 North, Petoskey 231-348-3195 www.challengemtn.org
CHARLEVOIX Bergmann Center Resale Shop 8888 Ance Road, Charlevoix 231-547-9624 www.bergmanncenter.org	ELLSWORTH Good Samaritan Furniture & More Store 6517 Center St., Downtown Ellsworth 231-588-2208 thegoodsam.org	GAYLORD A-2-Z Resale 1829 Old 27 South, Gaylord 989-732-9500	Venus & Blue Jeans 340 West Main St., Gaylord 989-731-2600 www.venusandbluejeans.com	Last Chance Resale Store 8426 M-119, Harbor Plaza Harbor Springs MI 231 348 0800 lastchance.resale@yahoo.com	Goodwill 1600 Anderson Rd., Petoskey 231-348-6947 www.goodwillnmi.org
		Angels at Work Resale 1523 S Otsego Ave., Gaylord 989.448.8615	Salvation Army Family Store 919 S. Otsego Ave., Gaylord 989-448-2357	MANCELONA Mancelona Food Pantry & Resale Shop 201 N. Maple St., Mancelona 231-587-9606	To add your business listing E-Mail office@charlevoixcountynews.com

News Briefs

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

CHARLEVOIX

Car Raffle

Car Raffle tickets are now available! This year the Chamber will be raffling a 2014 Mustang Convertible OR \$20,000. Tickets are 1 for \$100 or 3 for \$200 and available on a first come first served basis. The car will be raffled off at our annual party on September 19th at Fox Motors; you need not be present to win. For more info or to purchase your tickets come to the chamber office or call 231-547-2101.

BOYNE CITY

Business after hours

If you haven't yet had a chance to check out the newly remodeled BC Lanes, next Thursday is your chance. That's when the bowling alley hosts the Chamber's Business After Hours from 5:30 to 7:30 p.m. Chris and Sandy Nelson purchased the bowling alley a year ago and now they are nearly finished with a top-to-bottom, inside-and-outside refurbishing of the 18,000-sq.-ft. bowling alley. The Nelsons' daughter, Shantel Erber is the general manager of BC Lanes, which opens its 16 lanes at 4 p.m. Monday through Friday, and at 10 a.m. on weekends. The event is co-hosted by Tom Schraw and Associates, a three-attorney Boyne City firm providing legal services to clients throughout Northern Lower Michigan. Since 1992, Schraw & Associates has successfully assisted clients in both civil and criminal litigation. There is a cash bar, but no charge for admission or hors d'oeuvres.

EAST JORDAN

New hours

Raven Hill Discovery Center is open Noon to 4 pm on Saturdays, 2 pm to 4 pm on Sundays. Open extra hours over holidays and always by appointment

CHARLEVOIX

Drama classes

Drama Classes: Point me in the Right Direction Sept. 16, 18 and 20 from 6:30 to 8:30 pm. What I Need to Know when I Arrive, Mid-Level Actors Sept. 23, 25 and 2 from 6:30 8:30 pm. Fee is \$100 or \$140 if student enrolled in both Classes. Payment due with registration. Call 231.547.3554 or Check www.charlevoixcircle.org

BOYNE CITY

Tailgate party

The Boyne City Booster Foundation is planning a tailgate party fundraiser at 5:30pm Friday Sept. 20, for the Ramblers' first home football game against Harbor Springs. Pulled Pork sandwiches and sides will be \$7 for adults and \$5 for children. The boosters will also be having the Ping-Pong Ball drop at the end of the game. Tickets are \$5 for a chance to win \$2,000 for first prize and \$500 for second prize. Only 2,000 tickets will be sold. Tickets are available the next two Saturdays at Glen's Market, at Ralph Gillett's office and the night of the football game.

ELLSWORTH

ARCHERY TOURNAMENT

Saturday, September 21 at the Ellsworth Community Park Archery Range, Kids Shoot, Adult Fun/Novice Shoot, Adult Competitive Shoot, Bare bow No Site, Bare Compound No Site Shoot, and Open Class Compound Shoot. Vendors are welcome. Contact Hugh Campbell at 231-588-7411 or 231-544-7189

EAST JORDAN

Concert

Robin Lee Berry Concert Sept 21 at Bluestem farm, 4218 M 32, at Adams Rd. 5-6pm, Farm tour and hayride. 6-8pm Potluck & Robin Lee Berry Barn Concert. Families are welcome. This event, like farming, happens rain or shine. 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 place-settings, along with a chair or blanket to sit on and a flashlight to find your way back to your car. Event parking is on the north side of M-32, on Adams Road. No dogs or alcohol, please. Bring along a blank T-shirt or canvas bag if you like, and we'll be glad to silkscreen them for you with the farm's pitchfork logo, free of charge. Donations for Robin are gladly accepted.

ELLSWORTH

Chuck Wagon Ride - CANCELLED

EAST JORDAN

Soup, Salad Supper

The East Jordan United Methodist Mission Committee will serve an all you care to eat Soup, Salad and Dessert dinner, Thursday, Sept. 26 from 5-7pm. The church is located at the corner of 4th and Estery in East Jordan. A free will donation for the dinner will go to Casa Materna in Nicaragua. Casa Materna is a shelter providing education, food and medical attention to rural Nicaraguan mothers with high risk pregnancies.

CHARLEVOIX

Clay shoot

NLEA Sporting Clays Fun Shoot Friday, September 27, 11:30am - 4pm at the Charlevoix Rod & Gun Club

CHARLEVOIX COUNTY

Crop walk

The Charlevoix County CROP Hunger Walk, which will take place on Saturday, September 28, 9am from Whiting Park in Boyne City, Charlevoix Middle School and Elm Pointe in East Jordan will benefit 6 local ministries in our local communities. This year's walk is in honor of past and present walkers. Our goal is to raise \$30,000 and have over 130 walkers. For more information, you may contact Mary Richwine in Boyne City @ 582-6035, John Young in Charlevoix at 547-2042 and Marge Teske in East Jordan 536-3128 or please visit the website www.churchworldservice.org or www.cropwalk.org. CROP Hunger Walks, ending hunger one step at a time!

CHARLEVOIX COUNTY

Dinner 4 Paws

On Saturday, Sept. 28, folks all over the area will host dinner parties, inviting their friends to a benefit for the Charlevoix Area Humane Society. The parties can be themed, fancy or just a potluck. Also, some area restaurants will be also hosting parties with special dinner rates with a portion of the bill to benefit the CAHS. Guests should be informed ahead of time that the dinner is a fundraising event for the Humane Society and, at some point during the dinner parties, the host will solicit a donation from each guest. Party starting times can be varied; however, at 8pm all participants are invited to a grand afterglow party at the Charlevoix Country Club's newly remodeled historic Shanahan Barn. At the Afterglow, we will have desserts prepared by area restaurants. There, we will tally and celebrate the fundraising results with cocktails and dancing to the live music of The Misstery Spot band, featuring Lisa Knight on vocals, with a mix of classic rock, pop, and new favorites, sure to get you on the dance floor. Thanks to entertainment sponsor Classic Instruments. Call the Humane Society at 231-582-6774 to register your party and estimated guest count, or send an email to pets@charlevoixhumane.org.

EAST JORDAN

5k Trail Run/Walk

Fall Color 5k Trail Run/Walk and Family Fun Run. September 28 at East Jordan High School. Proceeds from run/walk will be split between scholarship fund and girls volleyball team. Registration forms available at First Choice Physical Therapy, East Jordan Area Chamber of Commerce Office or on line at http://www.firstchoicept.com. If you have questions please contact Anne at 231-536-2168

ATWOOD, ELLSWORTH, EAST JORDAN, BOYNE FALLS

Fall Color Cruise

Saturdays, Sept. 28, Oct. 5 & 12 - 5th Annual Breezeway Fall Color Cruises

CHARLEVOIX

Oktoberfest

Saturday, September 28 The Fall Extravaganza of Charlevoix Oktoberfest is being planned for Saturday September 28th. Oktoberfest activities start at noon on Saturday and will last into the evening. Oktoberfest is a Fall party for families and friends to come and celebrate the beauty of Fall in Northern Michigan. Oktoberfest events will include food and beverage booths, music, kid's games, adult games and the famous Wiener Dog Parade and Races. Oktoberfest will be held on Mason Street and the Public Parking lot on the north side of Mason Street. The Okto-

berfest committee is inviting area Non-Profit Organizations and Clubs to operate a food, beverage or game booth. There is no charge for your group to participate and all proceeds are yours to keep! There will be a limited number of spaces available. If your group would like to participate in Oktoberfest please contact Margie Tamminga via email at margieupnorth@gmail.com or cell phone 231-675-2498 by Monday September 16th.

BOYNE CITY

Empty bowls

This year's Boyne City Community Empty Bowls Event will be held at the Boyne District Library Saturday, Sept. 28, from 12 noon until the bowls are gone and the soup and bread are eaten. This year the group organized by local resident Meg McClorey made 53 bowls. Chef Nathan Bates will again make soup and the Neighborhood Bread Company will be making bread.

BOYNE CITY

Country music concert

The Boyne City Firefighters Association presents Wade Hayes with special guest Kalisa Ewing at the Boyne City High School Performing Arts Center, at 3 and 6:30 p.m. Sunday, Sept. 29. Tickets are \$25 and are available at the Boyne Area Chamber office, 28 S. Lake St. Call 231-225-0275 for further information.

EAST JORDAN

Cyclocross

Sunday, Sept. 29 - 2nd Annual Cyclocross on the Breezeway - East Jordan Community Park

BOYNE CITY

Country Music Spectacular

Sept. 29 - Boyne City Firefighters annual Country Music Spectacular featuring Wade Hayes at the Boyne City High School Performing Arts Center, 3 and 6:30 p.m. Tickets are \$25, call 231 225-0275.

EAST JORDAN

The New Health Care Law:

This is a free workshop presented by a representative from the Department of Insurance and Financial Services. Previously known as the Office of Financial and Insurance Regulation (OFIR), the Department of Insurance and Financial Services (DIFS) regulates Michigan's insurance and consumer financial service industry. DIFS can offer assistance to consumers if they have questions or complaints about any of the entities it regulates. The representative will explain the Patient Protection and Affordable Care Act and how it will affect consumer health coverage today and in the future including information of the health insurance marketplace. Monday, September 30 held at the Jordan Valley District Library in East Jordan. Time is from 6:30pm - 7:30pm with time for questions. Advance registration is required as resource materials will be provided to attendees. Call the Library at 231-536-7131 to register.

CHARLEVOIX

Sleep seminar for athletes

Dr. James Maas will share current sleep research surrounding the effects of sleep on athletes and highly active people, 6:30 p.m., Tuesday, October 1. Most students and adults are sleep deprived, causing reduced concentration, productivity and quality of work, as well as an increase

in moodiness, stress, accidents, illness and shortened life span. Everyone endures sleepless nights. When a pattern of sleep deprivation takes place with athletes, serious consequences can occur as performances suffer on the field and in the classroom. Dramatic mood swings happen as well. Dr. James Maas will present this program focusing on the benefits of sleep for athletic excellence and how to achieve the best sleep patterns. Dr. James Maas is currently the CEO of Sleep to WIN! and the past Chairman of Psychology at Cornell University. For more information about this or other library events, call 231-237-7340.

BOYNE CITY

Wine Cellar Raffle

If the spirits move you, be sure to attend Boyne Eta Nu Charities "Wine Cellar Raffle and Silent Auction." Here is your chance to win a fabulous collection of wine and to bid on some awesome items donated from our community, all while having a great time. All proceeds will benefit the Boyne Area Free Clinic and Girls Get Fit, an organization that fosters exercise and healthy habits for young women. The event will be held from 5:30 to 7:30 p.m. Thursday, Oct. 3 at Boyne Mountain Resort. Tickets are \$20 per person plus a bottle of wine, or \$40 per couple plus a bottle of wine with a retail value of \$15. Boyne City merchants, local artists and friends are also providing items and gift certificates. The committee is pleased to offer a "Napa Valley Epicurean Adventure" for two, which may be purchased for \$3,500 and there is no limit on the number of trips sold. Tickets are available from members of Eta Nu Charities, Local Flavor book store and at the Boyne City Farmers Market Sept. 21 and 28. For additional information contact Pati Scott at 231-758-2496.

BOYNE CITY

Harvest Fest

Oct 5 Harvest Fest includes farmers, music, crafts and fun. Boyne City will again celebrate its autumn bounty at the Harvest Festival Saturday, Oct. 5. The event brings music, crafts and fall produce to the downtown from 8 a.m. to 4 p.m. Portions of Water and Lake streets will be closed to traffic. The Farmers Market will move from Veterans Park to Water and Lake streets for the event. Folk art demonstrations feature a variety of exhibitors, including a broom maker and blacksmith. There will also be an arts and crafts show. Hayrides start at 10 a.m. and there will also be children's games and pumpkin painting, and more in the main festival area. The festival is sponsored by the Boyne City Main Street Program and the Boyne Area Chamber. More than 40 scarecrows will be displayed around downtown from late September until Halloween. Cafe Sante is planning three days of Oktoberfest German music, food and drinks. 7 MUSICAL PERFORMERS will be featured from 10am to 4pm during the Harvest Festival on two stages in the downtown. For more information, call (231) 582-6222 or visit www.boyneharvestfestival.com.

BOYNE CITY

Great Pumpkin Run

Bring your dogs and comfortable shoes to the Great Pumpkin Run 5K held in Boyne City in conjunction with the Harvest Festival on

Saturday, Oct. 5. Friendly, on-leash dogs are invited to this family walk/run event to support the Charlevoix Area Humane Society. The Great Pumpkin Run helps homeless animals wishing for families. Day-of-race registration starts at 7 a.m. in Sunset Park, behind the Boyne Area Chamber office. The race starts on Front St. and goes along the Lake Shore toward Advance and returns on the same route. A race t-shirt in the proper size is guaranteed to participants who register before Sept. 17. Shirts are available for the first 150 runners who register. Pre-registration is \$20, day-of-race registration is \$25; children's registration is \$10. To register online, complete the registration form and return it to runfortheirives@charter.net, then pay by credit card at the following link: http://www.charlevoix-humane.org/support/online-donations. Or, you can register by mail or in person at the Humane Society, 614 Beardsley St., Boyne City, MI 49712. If you are not a walker or runner but would like to help, the race committee is looking for sign sponsors, employers to sponsor employee participants, and volunteers. For further information email Jamie Baumann at runfortheirives@charter.net or call (231) 675-8792.

EAST JORDAN

Christian coffee house

Open Door Christian coffee house will be held every first and third Saturday of each month at the East Jordan senior center from 7:30 - 9:30pm. Enjoy hymns, southern gospel and praise music. Free admission.

CHARLEVOIX

My Michigan

The Charlevoix Circle of Arts and the Charlevoix Photography Club present My Michigan photography exhibition. The photos will be on display until Oct. 6. Photography is focused on the beauty of our state. Opening reception Aug. 29, 5:30 - 7:30pm. The Circle of Arts is located at 109 Clinton St.

EAST JORDAN

Scarecrows across the Breezeway

It's that time of year again to get our communities decorated for fall. The Annual Scarecrows across the Breezeway Contest, sponsored by Northern Review for the business division and Murray's Bar & Grill for the non-profit, organization & residential division, is underway. The contest is open to all businesses, organizations, non-profit & residents in the communities of East Jordan, Ellsworth and

Atwood (not just on C-48 The Breezeway). Please print the appropriate form and drop it off at the Chamber Office or call 231-536-7351 by Oct. 9th for judging on Oct. 10th.

CHARLEVOIX

Adult Art Classes

Cal Kempainen, Winner of 2013 Venetian Painting Will teach landscapes at the Charlevoix Circle of Arts Oct 10th & 11th, 5:00 to 9:00 pm. Cost is \$100

EAST JORDAN

Fall color plane ride

Saturday, Oct. 12 - Rotary Fall Color Tour PLANE Rides, 10:00 AM - 2:00 PM, EJ Airport, \$20/person

BOYNE CITY

Leaf pickup

The City will pick up leaves Mondays and Fridays from October 14 - November 8. Please set bagged leaves curbside anytime after the first day of pick up, in clearly marked biodegradable paper bags. City crews will pick up bags as time allows. If your bags have been out for an extended period of time and have not been collected, please notify City Hall at 582-6597.

EAST JORDAN

Pumpkin Festival

Saturday, Oct. 19 - 4th Annual Pumpkin Festival - Featuring "Full Circle" from 1:00 PM - 4:00 PM in the bandshell (sponsored by EJ Plastics, Inc.), Twister Joe Sponsored by Charlevoix State Bank, Pumpkin Pie Contest by Save-A-Lot of East Jordan.

EAST JORDAN

East Jordan Remembers 2

A project is now underway to compile a second collection of historical remembrances of East Jordan. Tentative plans are to publish this second volume in spring 2014 in the form of an interesting and educational book that would be illustrated with many photos. The committee coordinating this project is currently soliciting stories and photos for the book and has issued an open invitation to anyone who would like to contribute. Of particular interest is the Tourist Park/Camp and Sportsman's Park; Charlevoix Co. Fairgrounds; the pickle, cigar and gum factories; Cannons independent basketball team; and East Jordan Airport. The deadline for all stories and photos is November 1, 2013. Stories and photos can be sent to East Jordan Historical Society, PO Box 1355, East Jordan MI 49727. Questions can be referred to Agnes Clark, chairperson, 231-536-2163.

REDWOOD STEAK HOUSE

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Sept. 21 & Oct. 5
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News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

Artists in Action

The Charlevoix Public Library is pleased to continue the Artists in Action series highlighting local artistic talents. Artists will be at the library demonstrating their art and answering questions about their craftsmanship with the public. The Charlevoix Plein Aire Artists will return to the library grounds from 10:00 a.m. – noon, September 19. Then the library's own Judith Ivan will be in the lobby, 2:00 – 4:00 p.m., October 17 demonstrating the art of locker-hooking fabric rugs. Mary Ellen Murphy



Plein Aire painters were at the library last summer. Jeannie Putnam painted this "Fish in the Garden."

will be in the lobby 2:00 – 4:00 p.m., November 21 demonstrating the art of stained glass. For further information about this or other library events visit: www.charlevoixlibrary.org g. ###



It's the best time of year for fresh, crisp Michigan Apples

COURTESY PHOTO.

By Jim Akans & Heather DeLong

Fall is the best time of year to enjoy the amazing, appetizing, affordable apple here in Northern Michigan. An astounding number of apple varieties are ripening and ready to shine up during September and October, and there is nothing quite like the crack, crunch and flood of flavor unleashed when biting into a fresh, Michigan-grown apple in the prime of the autumn season.

Sweet or tangy, soft or crisp, red, green, yellow or burgundy, apple species cover a wide variety of textures, tastes, colors, sizes and optimal applications, but they have one thing in common; they are very good and very good for you.

That old "apple a day keeps the doc away" adage may have more than a seed of truth to it. Apples are rich in antioxidants; chemicals that can reduce cell and tissue damage. They have Flavonoids, which are antiviral, anti-allergen, anti-inflammatory and anti-tumor phytochemicals.

Apples also contain Quercetin, which is also found in onions and black tea. These combat destructive free radicals in the body, helping to reduce the risk of cancer, heart attack, cataracts, control asthma, gout and even aid in reducing heartburn.

Once they are out of the shopping bag, apples are ready for all kinds of delectable presentations. Apple pie, apple strudel, apple crisp, apple sauce, apple butter, apple cider, apple cobbler, candy apples, caramel apples, apple fritters, apple muffins, or simply apples in the raw...how can something so good for you be so good

to eat?

Regardless of which fall-fresh apple variety is destined for your pantry (or crisper drawer), be sure to get plenty of them. It takes about two pounds to make a 9-inch pie, a peck weighs about ten and a half pounds (about five pies per peck), and a bushel weighs around 42 pounds and can produce up to twenty-four quarts of applesauce. If you make cider, plan on using about 36 apples for every gallon you wish to produce.

- Apples are a member of the rose family

- Apples can be grown farther north than most fruits because they blossom late in the spring, minimizing the chance for frost damage

- China produces more apples annually than the United States

- Apples ripen ten times faster at room temperature than they do when refrigerated. Optimal conditions; 35 – 40 degrees with 80 – 90 percent humidity.

- Most of the fiber and antioxidants are found in the apples peel.

- As the third largest apple producer in the nation, Michigan accounts for 8-percent of production, while Washington State produces 58-percent.

- Per capita consumption of fresh apples in the U.S. fell from 21 pounds in 1998 to 16.9 pounds in 2005

- Red Delicious is the most widely grown variety in the U.S.

- Apples were introduced in America by European settlers bringing seeds here in the 1600's (Go, Johnny Go).

- The apple blossom is official state flower of both Michigan and

Arkansas.

- Apples float because 25-percent of their volume is air.

And don't forget to keep a few spares around, after all, and apple a day...

Nutrition Facts

Serving Size 1 medium apple (154g / 5.5 oz.)

Amount per Serving

Calories 80 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 0mg 0%

Potassium 170mg 5%

Total Carbohydrate 22g 7%

Dietary Fiber 5g 20%

Sugars 16g

Protein 0g

Vitamin A 2% • Vitamin C 8%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Sat Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Potassium 3,500mg 3,500mg

Total Carbohydrate 300g 375g

Dietary fiber 25g 30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4



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WHEN?

Friday, October 4, 2013

1:00pm – 4:00pm

Saturday, October 5, 2013

9:00am – 4:00pm

WHERE?

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Gaylord, MI 49735

HOW?

- Reserve your spot at: canamdemotour.com
(Other demo events available – see website for details)
- Show up at the address provided with:
 - a) Driver's license
(Driver must be 18 years old, passenger 16 years old)
 - b) Closed-toe shoes
(Helmets and goggles provided)
- Training and safety guidelines will be provided before riding on a closed circuit



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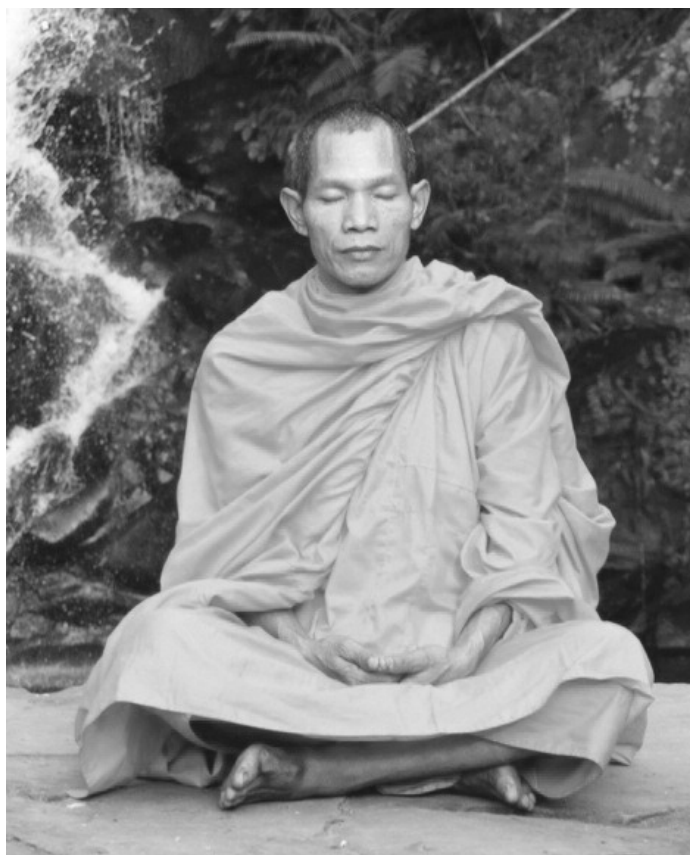
Why you should meditate

By Deb Hagen-Foley

If you could do something to improve your physical and mental health in about 40 minutes a day in the comfort of your home, would you do it? More than 20 million Americans have seen the benefits of regular meditation. Meditation has been practiced for more than 5000 years. It is believed that early hunter-gathering societies practiced meditation. Widespread in Eastern cultures for thousands of years, only since the mid-20th century has meditation become widely accepted in Western societies.

Meditation refers to any of a range of practices that emphasize periods of quiet thoughtfulness. Transcendental meditation is one of the most popular forms; mindfulness meditation is another. There are Zen, Taoist, and Buddhist meditative techniques. Prayer is another form of meditation. The goal of any of these approaches is to quiet the mind and reduce stress.

Researchers are documenting the positive effects of meditation. Transcendental meditation (TM) activates the sympathetic nervous system, dilates blood vessels and reduces stress hormones. Regular meditation is associated



Meditation is traditionally viewed as something done by monks or as part of a spiritual practice. You don't need to be a monk, belong to a religious sect, or live near a waterfall to benefit from regular meditation. WIKIPEDIA PHOTO

with brain changes related to improved attention, sensory awareness and emotional processing and activating a larger portion of the brain when responding to stimuli. Those who

meditated longer showed greater changes. The researchers don't claim that meditating leads to these brain changes, but the results are suggestive.

Extensive research sup-

ports the value of TM. A range of psychological benefits has been identified, including: reduced stress and anxiety, reduced depression and insomnia. Physical benefits have also been found, such as: reduction in pain, reduced blood pressure, cardiovascular disease, and cholesterol, congestive heart failure, metabolic syndrome (pre-diabetes), hospitalization rates, decreased medical care usage and hospitalization; and increased longevity in the elderly. In addition, meditation is related to cognitive benefits, such as: improved memory, creativity, productivity and intelligence. Research in workplaces has found that practicing TM for three months was related to improved work and personal relationships and increased personal and professional satisfaction.

Anyone can learn to meditate and persons of all ages, including children, have seen the benefits of regular meditation. Come back next week to learn how to incorporate meditation into your life.

The New Health Care Law:

There is a free workshop presented by a representative from the Department of Insurance and Financial Services. Previously known as the Office of Financial and Insurance Regulation (OFIR), the Department of Insurance and Financial Services (DIFS) regulates Michigan's insurance and consumer financial service industry. DIFS can offer assistance to consumers if they have questions or complaints about any of the entities it regulates. The representative will explain the Patient Pro-

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Sleep seminar for athletes

Dr. James Maas will share current sleep research surrounding the effects of sleep on athletes and highly active people, 6:30 p.m., Tuesday, October 1. Most students and adults are sleep deprived, causing reduced concentration, productivity and quality of work, as well as an increase in moodiness, stress, accidents, illness and shortened life span. Everyone endures sleepless nights. When a pattern of sleep deprivation takes place with athletes, serious consequences can occur as performances suffer on the field and

in the classroom. Dramatic mood swings happen as well. Dr. James Maas will present this program focusing on the benefits of sleep for athletic excellence and how to achieve the best sleep patterns. Dr. James Maas is currently the CEO of Sleep to WIN! and the past Chairman of Psychology at Cornell University. For more information about this or other library events, call 231-237-7340.

How to improve your ability to cope with stress

By Deb Hagen-Foley

To be living means to experience stress from time to time. What is perceived as stressful differs from person to person. What is stressful for one may be exciting to another. For some people, stress is a part of daily life. Stress can be both positive and negative. Stress can motivate and improve performance. Prolonged, overwhelming stress can also lead to illness.

When we are under stress, our bodies respond as though preparing for battle or escape. When stress continues at a high level for an extended time period, our nervous system is activated over and over. If we don't take steps to reduce the stress or reduce

the intensity of the response, our immune systems are less able to defend our bodies from infection and we are at risk of a variety of illness.

Stress can also increase our risk of illness by leading to sleepless nights and poor dietary habits. Stress is one of the leading causes of insomnia and stress can lead people to overeat or eat very little. Smokers under stress may increase their tobacco use. Chronic stress can damage blood vessels, increase inflammation and result in atherosclerosis. Stress increases the risk of headaches, digestive problems, diabetes, and a range of other health issues.

To reduce the impact of stress on health, both physical and psychological, in-

crease your resilience. Resilience, a capacity to withstand stress, recover or adapt to change, is our ability to bounce back from the unexpected. When stressed with demands, nutrition may suffer. This will impair the ability to counteract stress. Maintain good nutrition, including balanced, regular meals.

Don't use food as a stress reducer. The foods we tend to reach for when stressed are likely to be high in fat, salt or sugar (or all three). These foods will put further stress on the body without providing the good nutrition needed. Reduce caffeine use and stay hydrated. Caffeine is a diuretic and will increase feelings of stress. Dehydration, even at minor levels (1-2% below optimal) is re-

lated to increased stress. When dehydrated, the body isn't working as efficiently



Staying hydrated will increase resistance to stress and being outdoors is a good stress reliever! PHOTO OF LISA O'KEEFE BY CHRISTIAN LOU SWANBERG

and is more susceptible to stress.

When feeling stressed, act quickly. If leaving the stressful situation is not an option, (or you need to go back tomorrow) find ways of reducing the stress. Call a friend, listen to music, read a book, get some exercise or a massage, take a bath or watch a comedy and laugh! Being outdoors can relieve stress as can spending time with a pet.

As previously mentioned, yoga is a great stress reliever. According to Sharon Wegmeyer, a yoga instructor in Gaylord, "It is amazing what I have learned about stress since I have started to do/study yoga. For many of us, stress has become so 'normal' for us that we do not even realize it! It is not

until we begin to release it (perhaps in a yoga class) that we then notice how tight our jaw is, how habitually our shoulders are habitually hunched up to our ears, etc."

Contact Sharon at: 989-732-1253 to learn more about how yoga can help you. Meditation is also a great way to reduce stress. I will share more about incorporating meditation into your healthy lifestyle in an upcoming column.

For a future article about achieving goals, think about your big goals and answer this question: What would you do if you knew you would not fail? Send your response to: Deb@WeeklyChoice.com. Responses will remain anonymous.

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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."

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NUTRITION NEWS

Ten Tips to Achieve Optimal Digestive Health

INTERNATIONAL FOOD INFORMATION COUNCIL FOUNDATION DEBUTS DIGESTIVE HEALTH VIDEO AND OTHER RESOURCES

(Washington, D.C.) – A lot of Americans struggle with digestive difficulties with many not knowing how to fit in regular physical activity or make the best dietary choices that can actually promote digestive health.

According to the International Food Information Council Functional Foods/Foods for Health Consumer Trending Survey, 81 percent of Americans believe foods and beverages may improve digestive health. Many are also aware of the relationship between fiber, probiotics and pre-biotics and maintaining a healthy digestive system.

Yet, few Americans are consuming these types of foods and beverages to experience their health benefits.

Getting regular physical activity and eating a balanced diet that includes plenty of fiber-rich fruits, vegetables and grains as well as certain yogurts and fluids can help promote optimal digestive health. "Making the right choices in your diet is your best assurance of keeping your digestive system running smoothly,"

says David Grotto, registered dietitian and author of "101 Optimal Life Foods."

Contact Eric Mittenthal or Jania Matthews at 202-296-6540 or media@foodinsight.org

Using these tips will have you well on your way to staying healthy and regular.

Ten Tips To Achieve Optimal Digestive Health:

- 1** . Consume a Balanced Diet. Choose a variety of foods from each food group, especially fiber-rich fruits, vegetables and grains as well as certain yogurts and fluids.
- 2** . Establish an Eating "Routine." Eat regular meals to help promote consistent bowel movements.
- 3** . Eat Small, More Frequent Meals. Aim for 4-5 small meals per day versus 2-3 large meals.
- 4** . Chew More. Digestion starts in the mouth. Chew thoroughly. Chewing can help with the needed breakdown of some nutrients.
- 5** . Remember a Mealtime Beverage. Fluids help move solids through the digestive system.
- 6** . Make Half Your Plate Fruits and Veggies. Fiber-rich fruits and vegetables can also provide prebiotics that support the growth of good bacteria in the digestive tract.
- 7** . Eat Yogurt or Kefir Daily. Certain yogurts and kefir contain probiotics that can help promote digestion.
- 8** . Relax After Eating. Give your body time to digest your meal before being active again.
- 9** . Avoid Overeating. Excessive intake can burden the digestive system.
- 10** . Get Moving. Focus on fitting physical activity into your day to help promote digestive health. Even slow activities like stretching and walking will promote good digestive health.

BOYNE AREA SENIOR CENTER ACTIVITIES

Thursday, September 19 Wii Bowling	Friday, September 20 11am-12pm Tag-a-Longs Raffle	Monday, September 23 Line Dancing Bingo	Tuesday, September 24 Br. Bag Bingo	Wednesday, September 25	Thursday, September 26 Wii Bowling
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CHARLEVOIX SENIOR CENTER ACTIVITIES

Thursday, September 19 10:30am Chair Yoga Class 1pm Pinochle Back Porch Music	Friday, September 20 Foot Clinic 9:30am Craft Class 1pm Rummy	Monday, September 23 1pm Wood Carving 7pm Bible Study	Tuesday, September 24 10:30am Chair Yoga Class 1pm Paint Class 1pm Rummy	Wednesday, September 25 Bingo	Thursday, September 26 BIRTHDAY DAY! 10:30am Chair Yoga Class Adolph Cwik Music 1 pm Pinochle
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EAST JORDAN SENIOR CENTER ACTIVITIES

Thursday, September 19 8am-1pm: Walking M-F KARAOKE DAY	Friday, September 20 BAKE RAFFLE— 8am-1pm: Walking M-F 10am Sit and be Fit 11am Cousins Bingo	Monday, September 23 8am-1pm: Walking M-F 10am Sit and be Fit	Tuesday, September 24 8am-1pm: Walking M-F 11am Line Dancing 12:30pm Bingo	Wednesday, September 25 8am-1pm: Walking M-F 10am Sit and be Fit	Thursday, September 26 8am-1pm: Walking M-F KARAOKE DAY
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CHARLEVOIX COUNTY SENIOR CENTER MENU

Thursday, September 19 BAKED CHICKEN	Friday, September 20 MEATLOAF	Monday, September 23 STUFFED PEPPER	Tuesday, September 24 HAMBURGER w/BUN	Wednesday, September 25 GOULASH	Thursday, September 26 POLISH SAUSAGE
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