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September 4, 2014

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EAST JORDAN CITY COMMISSION, SEPTEMBER 2, 2014

Curfew siren makes a comeback in East Jordan

By Krystal Johnson

EAST JORDAN—The city of East Jordan will be bringing back a community staple, as commissioners approved to reinstitute the use of the emergency siren for the 9:30 p.m. youth curfew at Tuesday evening's city commission meeting. Commis-

sioners also tabled resolutions seeking the city to vacate a portion of the alley located between Lake and McKenzie Streets until the September 16 meeting and came to agreements concerning the resignation of the city administrator.

"The restored emergency siren that was previously on the roof

of the old fire station on Main Street has been re-installed on a new pole near the wastewater pumping station on Bridge Street," said City Administrator Chris Yonker.

Consumers Energy donated and installed the 45-foot long pole for the siren, and city mechanic Bob White coordinated the con-

nection of the siren.

The city requested that the commission set a policy concerning the operation of the newly re-installed siren, as commissioners had expressed interest at previous meetings to reinstitute the sounding of the 9:30 p.m. curfew. Yonker shared with the commission that there had been over-

whelming support on the city's FaceBook page to bring back the 9:30 p.m. siren call, including many comments that were reminiscent of the small town tradition.

Commissioners unanimously approved a policy to reinstate the

See **Curfew Siren** -2A

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Ridge Run Dog Park Opening Celebration

Scott MacKenzie, Executive Director of the Charlevoix Area Humane Society, Michele Carter, Ridge Run Dog Park Committee Chair, Mayor Ron Grunch and Gail VanHorn, Boyne City Parks and Recreation Committee are surrounded by many of the canine friends who came out to celebrate the Ridge Run Dog Park's ribbon cutting Thursday.

By Tina Sundelius

BOYNE CITY - A grand opening celebration and ribbon cutting was held Thursday, August 28 at the new Ridge Run Dog Park located at the north end of Boyne City off of Charlevoix Street. The event was a huge success with nearly a hundred dogs and their humans in attendance.

Refreshments were served including hot dogs which sometimes tested the canine's devotion to any non-hot dog carrying human. A couple vendors of pet products had informative displays set up and packets of doggie treats available to help persuade the pups to try the agility course. All in all the two large fenced in areas filled with dogs of all breeds was enough to make the canines happy. The dogs were visibly excited to be there and having a wonderful time. "After 8 months of real hard work, great leadership and a great committee, great support from the community and the city and phase one of Ridge Run Dog Park is done," said Scott MacKenzie, Executive Director of the Charlevoix Area Humane Society.

Volunteers have raised \$32,000 so far from corporate sponsors and individuals and the city donated the property the park sits on. "The community support was incredible," said Michele Carter, Ridge Run Dog Park Committee Chair.

The park is open for use but is far from complete. More amenities including drinking fountains/ wash stations, grass and tree plantings, a walking trail around both areas for humans, shade pavilions and benches are coming soon. "To celebrate Boyne City and the enthusiastic volunteers we have. It's over the top!" said Mayor Ron Grunch as he cut the ribbon. Then MacKenzie chimed in, "It's over the ridge!"



Bubba and his human Brian Freund. Bubba has been selected to adorn the cover of the dog park calendar which will be available soon. \$675 was raised from the Ridge Run Calendar event.

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31st Charlevoix County CROP Walk

Come rain or shine! Area residents are gearing up to join in the Charlevoix County CROP Walk, Saturday, September 27 at 9:00 am. The Six-mile walk will begin at three Charlevoix County locations, including Elm Pointe in East Jordan, Whiting Park in Boyne City and Charlevoix Middle School in Charlevoix. Each location will conclude the walk at the Congregational Church in Ironton where lunch will be provided for all walkers. All church's and individuals are welcome to join the walk.

Organized locally, the Charlevoix County CROP Walk has set a goal of recruiting 120 walkers to raise \$25,000, which will work to combat hunger here in our community, as well as around the world. Twenty-five percent of all monies raised here in Charlevoix County will come back locally to The Good Samaritan of Ellsworth, Care and Share of East Jordan, the Charlevoix Food Pantry, Seventh Day Adventist, Boyne Food Pantry in Boyne City and Boyne Falls Food Pantry, Boyne Falls.

Last year, over 125 walkers and volunteers raised more than \$26,000 of which \$6,500 was divided between our local food pantries. The remaining funds helped to combat hunger and poor sanitation around the works, including the United States.

For more information about CROP Walk please contact: East Jordan, Marge Teske at 231-536-3128, Charlevoix, John Young at 231-547-2042 and for Boyne City, Mary Richwine at 231-582-6035.

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weather

THURSDAY



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

FRIDAY



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

SATURDAY



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

SUNDAY



HIGH: Low 70's
LOW: Low 50's

MONDAY



HIGH: Low 70's
LOW: Low 50's

TUESDAY



HIGH: Low 70's
LOW: Upper 50's

record temps

Day	Avg.	High	Avg. Low	Record High	Record Low
4	77°F	50°F	93°F	(1999)	34°F (1987)
5	77°F	50°F	93°F	(1999)	35°F (2003)
6	76°F	50°F	89°F	(1999)	32°F (1962)
7	76°F	50°F	89°F	(1960)	33°F (2011)
8	76°F	49°F	89°F	(1959)	35°F (1957)
9	76°F	49°F	90°F	(1976)	31°F (1975)
10	75°F	49°F	90°F	(2002)	30°F (1967)
11	75°F	49°F	87°F	(1952)	29°F (1965)

OBITUARIES

Joe Sievertson

Joe Sievertson passed away on Friday, July 12, 2014, in Petoskey. Joe was born and raised in Charlevoix. He attended St. Mary's School and Northwest Academy where he graduated from in 2004. Joe was an avid sailor and spent many days with his family sailing and later purchased his own boat. Joe also became very involved with horses and worked at local stables and eventually had his own horse which he cared for with much diligence and love. Joe was also a very bright student and an amazing talent on the Alto Sax. His talent was realized as the lead alto with the Northwest Academy Jazz Band and an outstanding sax quartet. He also led the NWA Advanced Band with great style and charisma. Joe was preceded in death by his father Roger and mother Maureen. He is survived by his daughter, Aleigha, and half-brother Paul Sievertson. A memorial service will be held at the Ironton Congregational Church at 10:00 A.M. on Friday, September 5, 2014. Interment will be at St. Mary's Cemetery immediately following the service. A luncheon will be served at Christ Episcopal Church at the corner of State and Clinton Streets following the graveside service. Please sign Joe's guestbook at www.winchesterfuneralhome.com

Margaret Francis Castle, 72 (May 16, 1942 - Aug. 26, 2014) Margaret Francis Castle died Tuesday, August 26, 2014, at home in East Jordan. She was born on May 16, 1942, in Lincoln Park, Michigan, the daughter of Roy Albert and Margaret Mary (Montry) Lewis. On September 17, 1960 in Southgate, Michigan, she married Archie L. J. Castle, Sr. He preceded her in death on March 2, 1999. She enjoyed crocheting, bingo, bowling and most of all, her family. She is survived by one daughter, Joann (David) Vermillion of East Jordan; four sons, Archie L.J. (Susan) Castle, Jr. of Bedford, Texas, Ivan Castle of Wilmington, Ohio, Robert (Jackie) Castle of Bedford, Texas, and William Castle of East Jordan; ten grandchildren; and two great grandchildren. The family would like to give a special "thank you" to George Burt of East Jordan. A memorial service was Saturday, August 30, 2014 at the Lighthouse Missionary Church in East Jordan. Rev. James L. Jordan officiated. Interment in Sunset Hill Cemetery, East Jordan. Memorials may be given to Lighthouse Missionary Church or the Lighthouse Missionary Church Youth Group, 7824 Rogers Road, East Jordan, MI 49727. The family was served by the Penzien Funeral

Howard "Scott" J. Haselschwardt, 58

Howard "Scott" J. Haselschwardt of Charlevoix, died August 25, 2014. Scott grew up in Chelsea, graduating in the class of 1974. He earned a BSE in civil engineering from Michigan State University in 1979. He moved to Wisconsin to work for the US Forest Service, where he met Sarah Smith. They were married in Madison, Wisc. in 1982. The two settled in Charlevoix where they raised two children. Scott began his career at Northwest Design Group, grew the company and later became the president and owner. Scott held a pilot's license, belonged to the Charlevoix flying club and enjoyed flying any chance he had. He was an avid hockey fan and player. He loved spending time in the family woods and on the water in Charlevoix, teaching his kids, nieces and nephews the joy of hard work as well as how to have fun. He had a brilliant mind and loved to use it for both work and play. He held the respect and admiration of his coworkers, clients and competitors. Scott is survived by his wife, Sarah, daughter Sally of Ann Arbor, son Scotty of Santa Barbara, Calif., his parents Howard and Agnes (Romsek) Haselschwardt of Chelsea, sisters Jeanne (Darryl) Christensen, Liz (Tim Reed) Haselschwardt, and Sarah (Fred Vasquez) Haselschwardt, and brother-in-law Tom Bailey. He was preceded in death by his sister, Jane Bailey. Also surviving are 9 nieces and nephews. Scott will be sorely missed by his family and friends. Funeral was Saturday, August 30, at St. Mary's Catholic Church in Charlevoix. In lieu of flowers, please make donations to a charity of your choice.



Laura Jane Stanley, 67

MARCH 19, 1947 - AUGUST 21, 2014 Laura Jane Stanley of Boyne City died August 21, 2014 at her home. Laura was born on March 19, 1947 in Petoskey, the daughter of George and Edith (Stocker) Stanley. At a young age her family moved to Muskegon, MI and Laura graduated from Muskegon Senior High School in 1965. Laura continued her education and received her certification as a Laboratory Technologist and worked in Grand Rapids and St. Joseph, MO before moving back to Northern Michigan in the early 1990's. She went to work at the Northern Michigan Hospital in Petoskey, now McLaren Northern Michigan, retiring in 2013. Laura was always a very independent woman and loved to read, listen to music, and travel. She is survived by 2 sisters, Virginia (Ollie) Houseman of Petoskey and Joyce (David) Dunshree of Petoskey and by numerous nieces and nephews. Laura was preceded in death by her parents; a sister, Anna May Hufford; a brother, Arnold Lee Stanley; and by an infant brother, Willard George Stanley. A memorial service will be held on September 6, 2014 at the Stone Funeral Home at 11:00am with Rev. David Behling officiating. The family will receive friends at the funeral home from 10:00am until the time of service. Burial will be in Greenwood Cemetery.

Phebe R McCary, 90

SEPTEMBER 21, 1923 - AUGUST 26, 2014 Phebe R. McCary of Boyne City passed away peacefully Tuesday, August 26, 2014 at The Brook in Boyne City. Phebe was born on September 21, 1923 in Boyne City the daughter of Charlie and Irene (Smith) Janack. She grew up in Boyne City and attended Boyne City High School. On July 18, 1942 she married Lavern McCary in Petoskey. Phebe enjoyed being a member of The First Presbyterian Church in Boyne City and the Boyne City Senior Center. She enjoyed spending time with her family and being close to her friends at The Brook for the past two years. She is survived by her children Donna (Henry) Erber, Linda (Jim) Mitchell and Sharon Holzschu; grandchildren Pam (John) Zaremba, Nikki (Pat) Little Mark (DeNise) Mitchell, Paul (Amy) Mitchell, Beth Holland and Andrew (Jennifer) Holzschu; eighteen great grandchildren; brother-in-law Bob Erber and special friends Carolyn and Patrick McCleary. Phebe is preceded in death by her husband Lavern; two brothers Maynard "Bud" Janack and Jack Janack; and sister Laura Erber. A funeral service was Thursday, August 28, 2014 at Stackus Funeral home. Family request memorials in Phebe's name to be directed to the Boyne City Senior Center or the Boyne City First Presbyterian Church. Burial will follow at Maple Lawn Cemetery in Boyne City.

Mary L. Speigl, 83

Mary L. Speigl of Charlevoix died Aug. 31, 2014, at Boulder Park Terrace Nursing Home in Charlevoix. Arrangements are pending at Winchester Funeral Home, Charlevoix. William Cashman, 74 William Cashman of Beaver Island died Aug. 29, 2014, at his home. Burial took place Tuesday, Sept. 2, at Holy Cross Cemetery on Beaver Island. Arrangements are being handled by the Winchester Funeral Home in Charlevoix.

CURFEW SIREN

continued from 1A 9:30 p.m. siren, in addition to being used for emergency events, including severe storms and tornadoes. The commission also began dealing with the business of the city administrator's resignation at Tuesday's meeting. Commissioners agreed that Yonker would receive his due benefits and a severance package of four months upon his last day. Yonker will continue to serve on his current contract until October 3, unless parties agree to extend that date, as the hiring process of a new city administrator could take 60 to 90 days. Commissioners also came to a consensus to

begin advertising for the city administrator position. The city commission gave commendation to Donald Skinkle for his years of dedicated service on the planning commission from December 9, 1993 to October 13, 1994 at Tuesday's meeting, and the appointments committee appointed Donald Wright to the planning commission for the remainder of the 3-year term that was vacated by Jessica Spencer. Commissioners agreed to extend the timeframe to accept application for the vacant commission seat previously held by Tony Cutler. Andrew Boyer of East Jordan submitted application for the seat. The commission will review any additional applicants at the next meeting. The next regular meeting of the East Jordan City Commission is scheduled for 7 p.m., Tuesday, September 16, 2014.

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EAST JORDAN AREA CHAMBER OF COMMERCE BUSINESS OF THE MONTH

Darlene's Restaurant will open for dinner

By Tina Sundelius

EAST JORDAN - September's East Jordan Area Chamber of Commerce Business of the Month has been on the corner of C48 and Second Street in East Jordan for 23 years. Darlene's Restaurant has been able to retain employees from its inception because of its family atmosphere and satisfied customers because of their home baked goodies and friendly service.

The building that houses the business used to be a gas station and was converted to a restaurant around 1978. The Bolsers took over the building in 1991. "My husband and I both had worked at Dura Automotive before that. Rusty continued to work at the factory for 3 more years, to see how things worked out here," said the restaurant's namesake, Darlene Bolser.

Things worked out just fine for the couple then six years ago when the economy plummeted the restaurant was forced to cut its hours back. "That was the slowest we've ever been, we had to shut her down but with the help of the community and a great staff we have survived the best and worst of years," she said.

Many of the staff have been with the restaurant for over twenty years. "They keep us on track more than we keep them on track," she said. Both Darlene and Rusty are natives to the area Rusty graduated from East Jordan



The staff of Darlene's Restaurant kicks off the Labor Day weekend with some of their "county-wide famous" sweet rolls. The restaurant has been voted as the East Jordan Area Chamber of Commerce Business of the Month. Darlene Bolser, Angie Skop, Jordan Hock, Lisa Hock, Victoria Fehrlin, Kendra Balch, Chad Logan, Jared Hock and Ted Peck take a quick few minutes to pose for a picture while the restaurant fills up.

dan and Darlene from neighboring Ellsworth. "We grew up here and chose to stay because the people around here are awesome and they've supported us through the years," she said.

Bolser attributes the home style cooking as the element that keeps the customers coming back. "We serve a great breakfast, homemade soups and breads and we can't forget our famous sweet rolls made daily from scratch," she said.

Now that the economy has turned around a little bit and two of the other downtown restaurants are closing Darlene intends to

increase hours of operation to 6 a.m. to 7p.m. weekday keeping the 6 a.m. to 2 p.m. Saturday and Sundays. "I think we're the only Mom and Pop restaurant left in East Jordan," she said. With the increase in hours the restaurant will be baking more of the pies and other home made goods that weren't necessary when the restaurant closed at 2.

The Business of the Month is sponsored by the East Jordan Area Chamber of Commerce and the Charlevoix County News.

Charlevoix Area Humane Society's Dining 4 Paws

On Saturday, September 13th, folks all over Northwest Lower Michigan will host dinner parties, inviting their friends to come to a benefit for the Charlevoix Area Humane Society. The parties can be themed, fancy or just a potluck. A number of the 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 fundraiser event for the CAHS, and, at some point during the dinner parties, hosts will solicit a donation from each guest.

Party times can be varied; however, at 8:00pm 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 the best area restaurants and desserteries in northern Michigan. There, we will tally and celebrate the fundraising results with cocktails and dancing to live music, with a mix of classic rock, pop, and new favorites, sure to get you on the dance floor.

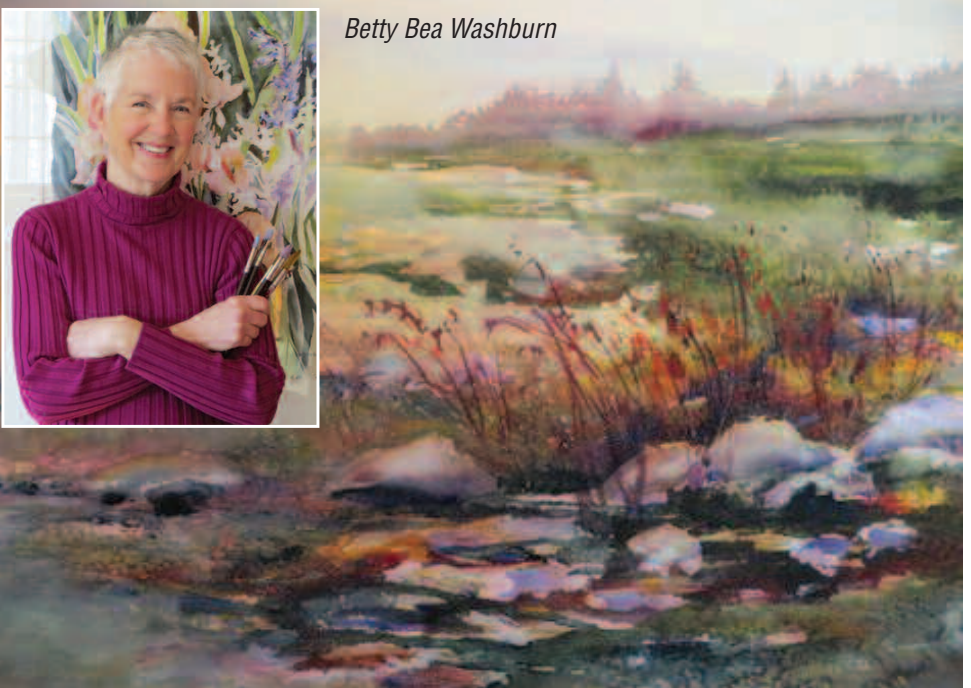
Call the Charlevoix Area Humane Society at 231.582.6774 to register your party, or send an email to pets@charlevoixhumane.org.

Check us out on-line at charlevoixhumane.org.



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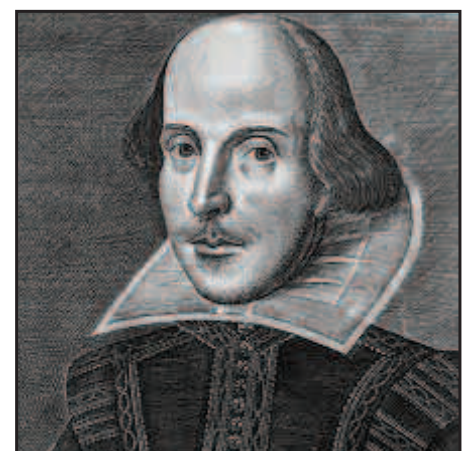
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Monologues, a brief bio, and - a young couple who needed more time - "Romeo and Juliet"

September 28
New play released in 2013 by Jessica Dickey
"Charles Ives, Take Me Home"
Powerful and thoughtful - a father and daughter's passions - her basketball, his violin music - drive them in opposite directions. Survey winner!

October 12
"Spoon River Anthology" by Edgar Lee Masters
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CHARLEVOIX

Main Street meeting

There will be a Main Street Meeting on Thursday, September 4 at 6pm at the Charlevoix Public Library. Speakers will be Patrick Reagan from the Portland DDA and Laura Krizov from the Michigan Main Street Program. They will be on hand to explain the program and answer all of your questions. Everyone is welcome!

MICHIGAN

Minimum wage hike

Increases to Michigan's minimum wage law approved by state legislators in May kick in on Sept. 1, when the minimum wage increases to \$8.15 an hour. Learn more about the pending wage law changes in the latest Northern Michigan Business Blog from Northern Michigan Chamber Alliance Govt. Relations Director Kent Wood.

PETOSKEY

Homebuyer Education

Northwest Michigan Community Action Agency (NMCAA), a certified HUD and MSHDA housing counseling agency, will be presenting a three night workshop on Homebuyer Education. This 8 hour workshop will be held September 4 from 6pm to 9pm; and September 9 from 6pm to 8pm. This course will teach you the basics of the home buying process including options for low-to-moderate income families. The workshops are being offered 2202 Mitchell Park, Suite 4. Attend all three workshops to get your Certificate of Completion! To register or to find out about future workshops, please call (231) 347-9070 or (800) 443-5518, or visit www.nmcaa.net.

CHARLEVOIX

Chronic disease path workshop

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

CHARLEVOIX

Chronic pain path workshop

This Stanford University developed group workshop has shown that program participants report less severe pain, are less dependent on others, have improved mental health and increased vitality, are more able to participate in everyday activities and have greater life satisfaction. Take an active, positive role in the manage-

ment of your chronic pain. September 3rd thru October 8th, 1 - 3:30 pm at Charlevoix Senior Center. No cost to attend. \$15 donation appreciated. To register call Darcia at 800.442.1713.

BOYNE CITY

Rubbish collection

Collection will resume for three weeks in the City of Boyne City on Sept. 3 and 4. The pickups will take place in areas on and south of Main Street on Wednesdays, Sept. 3, 10 and 17. Areas north of Main Street will be picked up on Thursdays, Sept. 4, 11 and 18.

HARBOR SPRINGS

Golf Fore Manna

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

CHARLEVOIX

First Friday

September 5th - First Friday Business Breakfast at Castle Farms. 7:30 - 8:30am. Updates from Castle Farms, Northwestern Bank and Bethany Pearson, DDA, on the Mainstreet Program

BOYNE CITY

Hazardous waste collection

Electronics and hazardous waste collection will be held from 5-8 p.m. Friday, Sept. 5, and 9 a.m.-1 p.m. on Saturday, Sept. 6 at the Road Commission garage on M-75 South. Acceptable electronics and hazardous waste items include fluorescent light bulbs, oil-based paints, chemicals and lawn fertilizers.

BOYNE CITY

Tailgate party

The Boyne City Booster Foundation will be hosting their annual Tailgate Party and Ping Pong Raffle on Friday Sept. 5. The event will be held at the Ramblers first home football game, when they host Charlevoix. Dinner will start at 6 p.m. Menu items include chicken BBQ, hot dogs and macaroni and cheese - \$7 for adults and \$4 for kids. The Ping Pong Raffle will immediately follow the football game. Watch the ping pong balls be dropped from the top of the Boyne City Fire Department's ladder truck to a target on the ground. Raffle tickets are \$5 and the prize is \$2000 cash for the numbered ball that lands closest to the bullseye. Tickets can be purchased at the Chamber, Ralph Gillett's office, any of the school offices or from any Booster Board member. Proceeds support all Boyne City Public school students.

EAST JORDAN

Ribbon Cutting

At Gemini Lanes/The Zone - Saturday, September 6 - 1:45 PM

BOYNE FALLS

Aten Place hosts Sept. 6 fundraiser for trails group

Aten Place will host a celebration and fundraiser for the Top of Michigan Mountain Bike Association (TOOMBA) at 6pm Saturday, Sept. 6. Silent auction and food service begin at 6 p.m. with music at 7, featuring Blissful of Dollars and the Dominic Sisters. Admission is a \$5 requested donation. Proceeds support the organization's efforts to build and maintain trails, including better tools, match funds for grants, advertising, grant writing, trail planning, trail flagging and more. Organizers point out that this event and their trails are not just for mountain bikers, but for anyone who loves trails for hiking, skiing and snowshoeing. For more information, to make a donation of cash or an auction item, contact Sarah Gurney at 231-330-0151 or sesgurney@gmail.com.

EAST JORDAN

Benefit dinner

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

EAST JORDAN

Hunter Safety Course

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

BOYNE CITY

Community potluck

The 9th annual Boyne City Community Potluck Picnic will feature a pig roast this year. The end-of-summer celebration will be held from 1 to 4 p.m. Sunday, Sept. 7 in Veterans Park. Beverages and barbecued pork will be provided; those attending are asked to bring a dessert or a side dish to pass, serving 6 to 8. There will also be music and games for all ages, whiffle ball, topped off with the ever popular adults vs. kids Tug O' War. The Friends of the Boyne District Library will also be conducting a drawing for their quilt raffle. Contact the chamber for details, 231-582-6222.

EAST JORDAN

Sno-Blast festival

If you love Winter and the Sno-Blast Festival please join us at a planning meeting for the 2015 Sno-Blast Festival on Tuesday, September 9 at 9:30am in the Charlevoix State Bank Conference Room. We would like to encourage anyone to attend that would like to help with the Sno-Blast events. It takes many hours and lots of help to make the event happen. If you would like more information please contact the Chamber Office

at 231-536-7351.

BAY HARBOR

Women Can Women Do Fundraising Luncheon

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

BOYNE CITY

State of the Community

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

PETOSKEY

Energy Conservation Workshop

Northwest Michigan Community Action Agency will be hosting a workshop on Energy Conservation to be held September 11 from 6pm to 9pm, as part of a series of home maintenance workshops. This workshop will be offered at 2202 Mitchell Park, Ste. 4. To register or to find out about future workshops, please call (231) 347-9070 or (800) 443-5518; or visit www.nmcaa.net.

EAST JORDAN

Business after hours

At Pickers Exchange - Friday, September 12, 5 - 7PM

CHARLEVOIX

Dining 4 Paws benefit

On Saturday, Sept. 13, folks all over the area will host dinner parties, inviting their friends to come to a benefit for the Charlevoix Area Humane Society. The parties can be themed, fancy or just a potluck. A number of area restaurants will be also hosting parties with special dinner prices and a portion of the bill benefiting CAHS. Party starting times can vary; however, at 8 p.m. all participants are invited to a grand afterglow party at Charlevoix Country Club's historic Shanahan Barn. The afterglow will feature desserts prepared by top area restaurants. There, organizers will tally and celebrate the fundraising results with cocktails and dancing to live music.

Call the Humane Society at 231-582-6774 to register your party and estimated guest count, or send an email to pets@charlevoixhumane.org

CHARLEVOIX

Back porch

The 2014-15 season of Back Porch Coffeehouse Music Events is about to begin! The group Wooden Nickels will kick things off for us in toe-tapping style. This 4-person group offers bluegrass and gospel music with guitars, fiddle, mandolin and great vocal harmonies! Wooden Nickels will perform at 7pm on Saturday, Sept. 13th at the Charlevoix Senior Center building, corner of Carpenter and Sheridan streets. Donations at the door (\$5 - \$10 per person suggested) are all for the scheduled performers. Soup, coffee and cookies will be served at no additional charge. At 8:30pm, following the scheduled performers, we will have a circle jam for musicians in attendance. The facility is fully accessible.

CHARLEVOIX

Car Raffle

The Charlevoix Chamber Car Raffle Drawing Party which will take place at Fox Motors on Wednesday, September 17th, from 6-9pm. 2014 marks the 24th anniversary of the annual Charlevoix Area Chamber Car Raffle, and we are pleased to offer you the chance to win a 2014, fully loaded, black Chevy Camaro convertible from Fox Motors in Charlevoix. Just 899 tickets are available for purchase. Tickets are \$100 each or three for \$200. While only one lucky winner will drive home in a shiny new car, second place will receive \$500 and third place will receive \$250. Three easy ways to purchase tickets for this 2014 Chevy Camaro.

EAST JORDAN

Hayride & Potluck

Saturday, September 13, 5:30 farm tour, 6:30 potluck at Bluestem Farm, 4218 M-32 (at the Adams Road intersection). Meet the farmers and get an up-close look at the animals, vegetable gardens,

woods, and fields that make up Bluestem Farm, and share a potluck meal. Families welcome. Free. Like farming, this hayride happens rain or shine, but there's a big barn for cover if the weather's not good. Please dress for the weather and wear comfortable shoes you won't mind getting dirty. If you'd like to share the meal, please bring a dish to pass along with your own place-settings. For your comfort, you might want a chair or blanket to sit on, but if you're not too particular we'll have an assortment of things to sit on. Event parking is on the north side of M-32, on Adams Road. No dogs, please.

CHARLEVOIX

Vendors for trunk sale

Bergmann Center Resale Shop is looking for vendors to participate in our First Annual Trunk and Treasure Sale. Are you an artist or craft person looking for a fun way to show what you can do? The event will take place on Saturday, September 13. A registration fee of \$25 will reserve you a space with a table and chairs. Please contact Kim Brock at 231.547.2979 for more information or stop by the Bergmann Center Resale Shop located at 8888 Ance Rd.

CHARLEVOIX

Trunk & treasure sale

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

CHARLEVOIX

Recital

Great Lakes Chamber Orchestra invites you to a special Sunday Series Recital to be held at 4pm Sept. 14, at the First United Congregational Church. Admission is free. For this recital, the Baroque Ensemble will be joined by Libor Ondras and Marion Watson. Dr. Ondras is the newly appointed Music Director for the orchestra, and Marion is the winner of the 2014 Charles F. Davis Emerging Artist Competition. The Sunday Series of programs are presented free of charge with the support of Carolyn Klender. For more information visit www.glorchestra.org or call 231-487-0010.

BOYNE CITY

Sept. 15 deadline for Marvin Loding Community Pride Award

The City of Boyne City is bringing back the Marvin Loding Community Pride Award to honor people who take pride in their homes and businesses. The deadline for nominations has been extended to Sept. 15. Loding was a former Boyne City Mayor (three terms), an alderman on the Common Council before the adoption of the City Charter, and Mayor Pro-tem of the first City Commission in 1960. In recognition of this outstanding citizen, the City of Boyne City is proud to present these awards to honor those individuals who take pride in their home, business, or industry. The criteria for judging is principally for completed improvements of existing property in one or more of the following categories: landscaping, renovation, appearance, maintenance and being harmonious with the neighborhood. Please submit photographs with nomination. Return award nominations to City hall by Sept. 15

CHARLEVOIX

Car Raffle

The Charlevoix Chamber Car Raffle Drawing Party which will take place at Fox Motors on Wednesday, September 17th, from 6-9pm. 2014 marks the 24th anniversary of the annual Charlevoix Area Chamber Car Raffle, and we are pleased to offer you the chance to win a 2014, fully loaded, black Chevy Camaro convertible from Fox Motors in Charlevoix. Just 899 tickets are available for purchase. Tickets are \$100 each or three for \$200. While only one lucky winner will drive home in a shiny new car, second place will receive \$500 and third place will receive \$250. Three easy ways to purchase tickets for this 2014 Chevy Camaro.

CHARLEVOIX

Christmas decorations needed

Old, unused Christmas decorations taking up room in your house? Donate them to the Charlevoix Area Hospital Foundation! The Holly Daze Committee coordinates our annual winter fundraiser and is looking for white, red and silver Christmas balls, bulbs, ornaments, working white Christmas lights and/or artificial greenery (garlands, wreaths, trees). If you have any of these items and would like to donate to the Committee, please call Faye Parrish at 231.547.8501 to make arrangements for drop off at the Charlevoix Area Hospital Foundation.

2. Call the Chamber at 231.547.2101

3. Purchase on line at www.charlevoix.org

If you are not able to purchase a car raffle ticket, you may still joining us at the Car Raffle Drawing Party. \$25pp includes heavy hors d'oeuvres, cash bar and door prize eligibility. Call the Chamber office at 231.547.2101 to RSVP today!

BOYNE CITY

Business after hours

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

PETOSKEY

Budgeting workshop

Northwest Michigan Community Action Agency will be hosting a workshop on Budgeting to be held September 18 from 6pm to 9pm, as part of a series of six workshops on financial capabilities. This workshop will be offered at 2202 Mitchell Park, Ste. 4. To register or to find out about future workshops, please call (231) 347-9070 or (800) 443-5518; or visit www.nmcaa.net.

CHARLEVOIX

Finding success with today's volunteers

Nonprofit organizations serving Charlevoix and Emmet counties are invited to attend Find Success with Today's Volunteers, a workshop focused on how the face of volunteerism is changing and what organizations can do to continue attracting, developing and celebrating the best of a new type of volunteer, held at the Charlevoix Public Library on Tuesday, September 23rd, from 9am to Noon. The cost is \$10 per attendee and the deadline for pre-registration is Friday, September 19. To register, go to www.c3f.org then click on "What's New", then "Workshops Offered".

CHARLEVOIX COUNTY

Crop Walk

The 31st Charlevoix County CROP Walk is scheduled for, Saturday, September 27th at 9AM, rain or shine. For information about CROP Walk please contact: East Jordan, Marge Teske, 231-536-3128, Charlevoix John Young, 231-547-2042 and Boyne City, Mary Richwine, 231-582-6035.

PETOSKEY

Historic Homes Tour

The Little Traverse Historical Society is pleased to announce a tour of historic Petoskey homes on Saturday, September 27, between 1pm - 4pm. The tour begins with an orientation at the Little Traverse History Museum at 1pm and then the four beautiful and unique homes will be open to visit until 4pm. Docents at the homes will point out unique features and answer questions. Tickets cost \$20 per person and can be purchased after September 1 at the Little Traverse History Museum during regular hours and at the Petoskey Regional Chamber of Commerce. Space is limited so early purchase is advised.

ATWOOD TO BOYNE FALLS

Breezeway cruise

Get ready for the 6th Annual C-48 Breezeway Fall Cruise, Saturdays - September 27, October 4 and October 11

CHARLEVOIX

Christmas decorations needed

Old, unused Christmas decorations taking up room in your house? Donate them to the Charlevoix Area Hospital Foundation! The Holly Daze Committee coordinates our annual winter fundraiser and is looking for white, red and silver Christmas balls, bulbs, ornaments, working white Christmas lights and/or artificial greenery (garlands, wreaths, trees). If you have any of these items and would like to donate to the Committee, please call Faye Parrish at 231.547.8501 to make arrangements for drop off at the Charlevoix Area Hospital Foundation.

Bill and Joy Murray
(231) 536-2925



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Enjoy Camping on the shore of Lake Charlevoix without a Camper.
Rent one of our new cabins at East Jordan Tourist Park.



Cabins are furnished with a queen size bed, 2 twin bunk beds, futon, fridge, microwave, toaster, coffee maker, table & chairs, outdoor grill, 2 patio chairs and a picnic table.

Cost is just \$75/night (up to 2 people) \$15/night for additional adults.

Reserve your cabin today. Call **231-536-2561**.

Amenities include:

- volleyball • playground • basketball & tennis courts
- softball field • pavilion • And the beach on beautiful Lake Charlevoix.

Our Beach House is available to rent for parties and special occasions.

The Tourist Park and Beach and Municipal Harbor are operated by City of East Jordan Parks Department

News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

Three incumbent directors re-elected to Great Lakes Energy board

Three incumbent directors re-elected to Great Lakes Energy board

Incumbents Ric Evans of Ellsworth, Dale Farrier of Kalkaska and Larry Monshor of Gaylord were recently reelected by Great Lakes Energy members in their district to three-year terms on the electric cooperative's board of directors.

Each incumbent defeated challengers in their district (see election results summary) to earn another term on the board. Evans is from District 3 (Antrim County) and is an energy-efficiency consultant, instructor and owner of Paradigm Energy Serv-

ices. Farrier is office manager for the Antrim County Road Commission and resides in District 5 (Grand Traverse, Kalkaska, Manistee, Missaukee and Wexford counties). Monshor lives in District 4 (Otsego, Montmorency, Oscoda and Crawford counties) and is a CPA and engineer-manager.

Great Lakes Energy members in districts 3, 4 and 5 received their mail-in ballot in the July/August issue of Michigan Country Lines. Voters had to return their ballots to a private CPA firm by Aug. 21 and winners were announced Aug. 27 at the cooperative's annual business

meeting in Boyne City. Election Results Summary
District 3:
Ric Evans, Ellsworth – winner - 399
Tom Kiessel, Central Lake - 331
C. Sue Robinson, Mancelona - 180
District 4:
Larry Monshor, Gaylord – winner - 695
Ann Berry, Gaylord - 485
District 5:
Dale Farrier, Kalkaska – winner - 392
Edward E. Rice, South Boardman - 258
Charles V. Weaver, Kalkaska - 174



LARRY MONSHOR, GAYLORD



RIC EVANS, ELLSWORTH

People Fund grant applications due by October 1

The Great Lakes Energy People Fund is accepting grant applications from non-profit organizations throughout its local service area. The upcoming grant application deadline is October 1.

The People Fund is supported solely by Great Lakes Energy members who allow their electric cooperative to round up their bill each month to the next dollar. Since 1999 more than \$2.5 million in grants have been awarded to charitable and community organizations throughout Great Lakes

Energy's 26-county service area, which stretches from Kalamazoo to the Mackinac Straits.

Non-profit organizations can read program details and request a grant application online at or by calling Great Lakes Energy at 888-485-2537, ext. 1313. Non-profit organizations that serve communities located in the Great Lakes Energy service area are eligible to apply.

Organizations that are unable to apply by October 1 will have another opportunity to apply next year.

Day of Caring won't happen without you

In observance of the National Day of Service and Remembrance, you're invited to join Char-Em United Way's Day of Caring on Thursday, September 11. Hundreds of local volunteers along with thousands of other groups statewide and millions of people nationwide plan to pay tribute as part of the single-largest charitable service effort in the U.S.

The goal of the National Day of Service and Remembrance is to bring Americans together in the same spirit of compassion, unity, and service that existed after the 9/11 attacks.

Day of Caring for Charlevoix and Emmet Counties focus is with local non-profit organizations and senior citizens. Day of Caring is an incredible opportunity for people in the community to get involved and volunteer their time to benefit local communities.

This year the need is great in the Charlevoix area for senior individuals struggling to stay independent in their homes. Project requests that we have received via the Charlevoix County Commission on Aging include painting, minor home repairs,

cleaning and window washing, weeding and tree trimming and much more.

Available projects are listed online through Char-Em United Way's Volunteer Connections at <http://charemunitedway.galaxydigital.com/>. Search keywords "Day of Caring" to find a project that fits your time, skills and passion. Click on "Respond to Need" and you will be contacted by United Way staff with details to complete your volunteer match. Or you can call the Char-Em United Way office at 231-487-1006 to register as a volunteer.

State of the Community

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

Strawberry Patch ReSale-Consignment helps Mio area residents buy and sell quality goods

By Jim Akans

Established in their present location in Downtown Mio approximately nine years ago, Strawberry Patch ReSale-Consignment store offers area residents an excellent opportunity to sell their quality used items, and purchase a wide variety of clothing and household goods at very reasonable prices. The shop, which was founded by Sharon Gardulski, Pastor of the Freedom Worship Center, is operated by

a dedicated group of thirteen volunteer from the Mio area.

"We have many different types of items in the store," states Gardulski. "That includes furniture, appliances and other household items, and we have a lot of new and used clothing, including coats in men's, women's and children's sizes, as well as several items that would make excellent Christmas gifts."

The inventory at Strawberry Patch ReSale-Consignment is brought in by

local individuals who receive 40-percent of the amount those items sell for. Strawberry Patch takes care of the tagging and marketing of those items, and after a 60 day period, unsold clothing is sent to an Amish warehouse facility that distributes that clothing to people in need all over the world.

"Our location is a great resource for people in the Mio area," observes Gardulski. "Major shopping areas, such as Gaylord, Alpena and West Branch,

are all an hour or more drive away. So this is a convenient, local spot where people can make some extra money selling items, and shop for a wide assortment of clothing and household items."

The Strawberry Patch ReSale-Consignment Shop is located in Downtown Mio next to the Rite Aid store. The facility is open Monday through Saturday from 10 am until 6 pm. For additional information, please call (989) 826-1503.



Strawberry Patch ReSale-Consignment store offers area residents an excellent opportunity to sell their quality used items, and purchase a wide variety of clothing and household goods at very reasonable prices. PHOTO COURTESY OF TONI MILLER

GOOD SAMARITAN RESALE SHOP

9746 MAIN STREET, ELLSWORTH • ON THE BREEZEWAY

Our inventory is bursting at the seams. Stop by and check out our huge selection... we're sure to have something you've been looking for.

FURNITURE & MORE STORE

6519 CENTER STREET, ELLSWORTH

Located on Main Street in Ellsworth. We offer sofas, tables and chairs, end tables, lamps and more! All the proceeds benefit the Good Samaritan Food Pantry.

Furniture Donations Needed Now

All proceeds go to purchasing food for our food pantry



Open Thursday, Friday 10-4, Saturday 10-2
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2 miles north of the bridge
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231.547.9624
www.bergmanncenter.org

Hidden Treasures

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

BOYNE CITY	EAST JORDAN	GAYLORD	GAYLORD	MIO
Challenge Mountain Resale Store 01158 M-75 South, Boyne City 231-582-6966 Open M-Sat. 9:30 – 5:30	Crossroads Resale Shop 205 Water Street., East Jordan 231-536-7606 Open Tuesday thru Saturday	A-2-Z Resale 1829 Old 27 South, Gaylord 989-732-9500	Homespun Antiques & Crafts 230 West Main Downtown Gaylord 989-731-4305 Mon – Sat 10-5, Sun Noon - 4	Strawberry Patch Downtown Mio 989-826-1503
BOYNE FALLS	ELLSWORTH	Angels at Work Resale 1523 S Otsego Ave., Gaylord 989.448.8615	GRAYLING	PETOSKEY
Peg's Closet 3031 Main St., Boyne Falls 231-675-2463 Proceeds benefit the Boyne Valley Food Pantry	Good Samaritan Furniture & More Store 6519 Center St., Downtown Ellsworth 231-588-2208 thegoodsam.org	Goodwill Retail and Donation Center 1361 Pineview Dr. (near Lowes) Gaylord 989-705-1747 www.goodwillnmi.org	The-Brickery.com <i>Two floors of treasures</i> 107 Ottawa, Grayling, One block north of the light 989-348-8999	Challenge Mountain Resale Store 2429 US31 North, Petoskey 231-348-3195 Open M-Sat. 9:30-5:30
CHARLEVOIX	Good Samaritan 9746 Main Street, Ellsworth 231-588-2208 thegoodsam.org	Great Rooms Quality Pre-Owned Furniture 148 W. Main St., Gaylord 989-745-5184 www.greatroomsgaylord.com	HARBOR SPRINGS	Goodwill Retail and Donation Center 1600 Anderson Rd., Petoskey 231-348-6947 www.goodwillnmi.org
Bergmann Center Resale Shop 8888 Ance Road, Charlevoix 231-547-9624 www.bergmanncenter.org	FREDERIC	Salvation Army Family Store 919 S. Otsego Ave., Gaylord 989-448-2357	New Beginnings Thrift Shop 650 W Conway Rd., Harbor Springs 231-348-2980	Mancelona Food Pantry & Resale Shop 201 N. Maple St., Mancelona 231-587-9606
Kelly's Antiques & Furniture Barn 06176 Old US 31 S., Charlevoix 231-547-0133 www.dkellyantiques.com	Pineview Military Surplus 7328 Old 27 North, Frederic 989-348-8300			

To add your business listing call
989-732-8160



Health & Wellness

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

Vegan Diet Alternative for Diabetes

By Deb Hagen-Foley

Dietary changes are an essential component of treating diabetes. Many of those with diabetes struggle with compliance with a restrictive eating plan, intended to minimize blood sugar fluctuations. When my husband, Tim Hagen-Foley, was diagnosed with diabetes in 2001, he completed a series of nutrition courses offered by our health care provider, but did not make changes to his eating habits.

As a result, by 2008, he weighed approximately 350 pounds, more than 150 pounds overweight. By 2010, had lost 70 pounds and refused the diabetes medication recommended by his physician. For the next three years, he made minor, inconsistent changes to his eating behaviors.

In 2011, the doctor insisted that he begin taking the diabetes medication Metformin. After approximately six months of daily Metformin use, he noticed that the numbness and pain in his legs had gotten worse. He stopped taking the

drug and his symptoms were reduced. Then in 2012, the sensations in his legs returned and were sustained. For him, he made a major dietary change he made at that time - switching from regular cola to diet. He continued to eat ice cream, chips, and chocolate, although he attempted to reduce the quantity.

In April 2013, the signs and symptoms of diabetes were considerably worse. His blood sugar level was 8.7 and a new doctor insisted on Metformin. His cholesterol and blood pressure were also too high. He had extensive pain in many of his joints and muscles. Pain would increase with any activity.

In July of that year, his A1C test was 6.4, which is considered "managed," with medication. The doctor was not satisfied and increased the Metformin dosage. He also recommended a second medication, which Tim refused. His blood pressure was very high and required more frequent monitoring. He took a closer look at what he had been eating.

We watched the documentary

Forks Over Knives and he learned that others with various health problems, including diabetes, had successfully used a plant-based diet to improve their health and reduce the need for medications. He recognized that he was addicted to sugar and that processed foods were "like poison" to him. He started making better choices.

One morning in September 2013, he awoke to discover that his vision was significantly impaired. An optometrist found that his vision was 20/80, just within the legal limits to drive. His blood pressure was 196/135, despite taking the maximum dosage of three blood pressure medications. Before prescribing a fourth medication, his physician ordered an MRI to check for renal stenosis, a kidney blockage that could lead to high blood pressure. Prior to the test, he discontinued the use of Metformin, on the recommendation of our niece, Lisa. The dye used in the test could interact with the Metformin.

The test was scheduled for a Thursday in October. He stopped taking the drug on

Wednesday. Within two days, his vision had returned to its prior level. At that time, he chose to not continue Metformin and committed to a primarily vegetarian, whole food eating plan. There was no blockage.

After three months of following this eating plan, the A1C test was repeated and had improved to 6.1. The neuropathy in his legs, which had been mid-thigh and below was reduced to below his knees. He estimates that he was following the vegetarian/whole foods eating plan approximately 60% of the time. The doctor felt there was no longer a need for medication for diabetes.

A follow-up visit in August showed an A1C test result of 5.4 - under 5.9 is considered normal. His blood pressure was 122/70. He had almost no neuropathic pain. In general, he feels better, physically and mentally. He has embraced vegetarian cooking and eating, following the plant-based eating approximately 80% of the time. He eats unlimited amounts of plant-based foods. He finds this an



One year after transitioning to a plant-based diet, Tim weighs 215 pounds and his blood sugar levels and blood pressure are normal. He has found plant-based eating much easier to follow than the restrictive eating plan traditionally prescribed for diabetes. PHOTO BY ROXIE KONSELLA, FOREIGN FIVE, CHIPPEWA FALLS, WI

Drs. Oz and Roizen

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



THE PLANT-POWER DIET

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

Juicy tomatoes, sweet peaches, sizzling hot peppers ... good summer produce is at its peak, just in time for you to get all the benefits that a plant-based diet offers! And here's the latest proof that it can help your heart grow younger.

In a headline-grabbing study from the Cleveland Clinic (where Dr. Mike is Chief Wellness Officer; he's also a co-author of the study), 198 women and men with heart disease stayed on a produce-packed, plant-based diet for three and a half years. They gave up processed foods, added sugars and salt, meat, poultry - even fish, vegetable oils and caffeine. On their plates: Loads of artery-pampering leafy greens, plus plenty of

heart med, making changes only as recommended by their doctors.) Volunteers also lost an average of 19 pounds apiece.

FIVE WAYS PRODUCE HELPS

The plant-heart connection has been making headlines for other reasons, too. In midsummer, the incoming president of the American College of Cardiology blogged about his decision to become vegan (100 percent plant-based diet) to combat his own rising cholesterol levels. It was the No. 1 post on the site for a week.

Why does it work? Our friends at the Cleveland Clinic point out four big benefits:

No. 1: Artery protection. Cutting out processed foods, animal proteins and dairy reduces intake of saturated fat and cholesterol, both of which increase artery-damaging LDL cholesterol levels in the bloodstream. Removing them from your diet also protects the endothelial cells that line the walls of your arteries, and helps keep them from releasing compounds that make arteries tighten.

No. 2: Revitalized blood vessels. Eating loads of leafy greens like kale, spinach and collards helps your body produce new copies of the cells that line artery walls. Healthy arteries, in turn, produce loads of nitric oxide, a beneficial compound that keeps your blood vessels relaxed.

No. 3: A better "good bug" mix in your intestines. Cutting out red

meat, eggs, dairy and other animal proteins reduces the effects of "bad" bacteria in your digestive system that churn out a compound called TMAO. TMAO creates inflammation that clogs your arteries.

No. 4: Better blood fats and blood sugar. A high-fiber, low-fat, plant-focused eating plan can lower levels of heart-threatening triglycerides (a blood fat) as well as homocysteine (another compound that can raise heart attack risk). It also helps your body absorb blood sugar more easily.

HARNESSING PLANT POWER

To start reaping the delicious benefits of plant-based eating, start with these small yet powerful changes:

Nix food felons. Banish foods packed with saturated fat, trans fats, added sweeteners and syrups, and sodium.

Get bean-y. Twice a week, replace animal proteins on your plate with hearty three-bean chili, a bowl of white bean and kale soup, or beans and brown rice. Pair beans with whole grains like quinoa, whole-grain pasta, wraps and barley, too.

Have leafy greens every day. Salad, a side dish of sauteed kale, collards, spinach or chard, a green smoothie ... find new ways to fit in a variety of greens.

Start the day with oats and fruit. Oatmeal's packed with cholesterol-clobbering soluble fiber. Top it with berries (and a splash of fat-free milk if you'd like), and you're good to go.

easy eating plan to follow, "Vegetarian eating is delicious and is just as filling as traditional (meat-based) dishes. I know that I'm not missing something by choosing healthier foods."

I transitioned to a largely plant-based diet in 2012 and encouraged Tim to do the same. Tim now says, "I should have listened to my wife earlier and I would have been much healthier sooner, but I didn't understand one important thing: I had to fight an addiction before I could move on to healthier eating. I was an addiction (to sugar) that I didn't know I had and that was the important realization that helped me make progress."

Is a vegetarian eating plan right for you? If you have diabetes, consult your physician before making a major lifestyle change. Tim's physician was amazed at his results. Many insurance companies are encouraging persons with diabetes to adopt a plant-based diet. Reducing intake of processed foods and incorporating more vegetables, fruits, whole grains are better choices for anyone seeking health improvements.

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CHARLEVOIX CITY COUNCIL, SEPTEMBER 2, 2014

Volunteers make Char-Em United Way's Stuff the Bus a Success!

Dozens of volunteers from many local businesses and organizations helped collect school supplies during Char-Em United Way's 7th Annual Stuff the Bus which will benefit students in Charlevoix and Emmet County schools.

Each year during the back-to-school season, Char-Em United Way collects donated school supplies to distribute to children in need in the Char-Em Intermediate School District. On Saturday, Aug. 16 school buses were parked at the Wal-Mart plaza in Petoskey and the K-Mart plaza in Charlevoix and were filled with items donated by the community that will help students succeed in school.

"With assistance from volunteers we collected over 9,500 items this year, one of the best years yet. All supplies collected will go to children in Charlevoix and Emmet Counties allowing them to start the new school year with confidence. The number of students that qualify for free or reduced lunch show that almost half of the families in the district are still struggling financially and the community's support of Stuff the Bus can provide a huge relief," stated Lisa Luebke, Char-Em United Way Project Manager.

Char-Em United Way would like to thank all the volunteers and sponsors that made Stuff the Bus possible including Petoskey Wal-Mart, Charlevoix K-Mart, WTCM and WCCW radio, Bear Creek/Resort Fire Department, Bergmann Center-Aktion Club, Retired and Senior Volunteer Program, Charlevoix Public Schools, and Johnson's Buses as well as many local businesses and individuals.

Supplies have been distributed to schools in the Char-Em Intermediate School District. Students in need of school supplies should ask their teachers about Stuff the Bus supplies. We invite you to join us next August for Stuff the Bus 2015.

For more information visit www.charemunitedway.org or call 487-1006.

City Council takes Marina Expansion to the Next Level

By Norma Jean Babcock

CHARLEVOIX: Monday night, City Hall was abuzz as the large crowd gathered for the meeting of City Council anticipated sharing their opinions during the second public hearing held regarding expanding the Marina, and finding out what direction council would take.

Prior to Monday several public hearings had been held to consider an expansion of Dock A to accommodate more large boats in the Marina. After much public dissent however, the idea was rejected in favor of forming a committee to look into other options that would allow expansion but not to such a severe degree. After six meetings, that committee came back with new options which were the subject of a public hearing held August 18.

Those options included creating a new dock with five 80 foot slips and expanded shopper's docks or creating a new dock with seven 80 foot slips and expanded shopper's docks. At the August 18 meeting council chose to focus on the plan to add a new dock with seven 80 foot slips and expanded shopper's docks. In order for the plan to happen however, it needs to be reviewed by the Army Corps of Engineers and DNR.

Prior to public comment City Manager Rob Straebel expressed to council that he supported sending the plan to the two entities so that further direction could be given on this issue.

"I think it would be appropriate to send (a plan) to reviewing agencies to get the experts to look at this... We need to find some closure on this issue..." said Straebel.

Straebel detailed the estimated costs that creating this new dock and shopper's docks would have. According to his estimates, \$363,000 would be devoted to the dockage itself and \$117,000 would go toward utilities, creating an overall sum of \$500,000.

After Straebel delineated the fine points of



the expansion, those in the audience who spoke ranged from strictly opposed, to completely in favor. However some voiced a balanced opinion that an expansion could be beneficial, but only if the plan was thoroughly thought out.

"I think we have to be very careful on how we handle Round Lake... I'm not against it but I would think it through thoroughly," said Jon Fogg of the St. James Marine Company from Beaver Island.

At the end of public comment council shared their opinions which were evenly divided between sending the proposal on for review and not doing so. Leon Perron stated clearly that he was "against the marina expansion," and Jeff Porter explained that

many people he had spoken with were "not in favor" of this idea. However their opinions were in direct contrast with Lyle Gennett who stated that council "needed to move" on this expansion and that he favored sending the proposal for review.

Ultimately council wound up with a tie vote, with members Leon Perron, Jeff Porter, and Shirley Gibson voting no, while Peggy Brennan, Shane Cole, and Lyle Gennett voted yes. Mayor Norman Carlson broke the tie with a yes vote, sending the proposal on for review.

The next meeting of City Council is scheduled for September 15 at 7:00 p.m. in Council Chambers at City Hall.

Boyer City man sentenced 18-60 months in prison for Theft

Jacob John Maltby, 31, of Boyne City, was sentenced to 18 to 60 months in prison and ordered to pay nearly \$9,000 in restitution for stealing and receiving stolen property. Maltby admitted stealing tools from two local builders in October of 2012.

Police received a tip which allowed them to obtain a search warrant for Maltby's home. In the search they located two

items that had been stolen. Three weeks later police were called back to Maltby's home on a separate call where they discovered other stolen tools buried in a pile of leaves.

According to the affidavit of probable cause filed in the case, Maltby told another witness that he had put the tools there because he was afraid the police would come back to search

further.

Maltby was also originally charged with an additional charge of breaking and entering in a vehicle with the intent to steal property. That charge was dismissed as part of a plea agreement in the case.

The case was jointly investigated by the Charlevoix County Sheriff's Department and the Boyne City Police Department.

Women Can Women Do Fundraising Luncheon

Sept 10, 11am - 1:45pm. More than a hundred volunteers ensure the success of Women Can/Women Do fundraising luncheons that raise needed dollars to help fund essential programs and services provided to

women, children and families through the Women's Resource Center of Northern Michigan (WRCNM). To reserve a seat, or for more information, call the WRCNM administrative office at (231) 347-0067.

BOYNE CITY POLICE DEPT.

Monday, August 18, 2014

1017 Citation issued for speed and No Proof of Insurance at Pleasant and Prospect
1215 Vehicle unlock at 329 Groveland St.
1345 Report of a lost iPhone in the river mouth bathrooms
1340 Request for welfare check from W Water St
1355 Civil Dispute/ Keep the peace in the 600 block of Call St.

1511 Littering complaint on Jefferson. Report of 2 subjects tossing trash out window of vehicle

1513 Two car property damage accident at Lake and Main.

1515 Assist Sheriff Department with a disturbance on Addis Rd. N

1517 Private Property Damage Accident in the block of Boyne Av

1752 Civil complaint in the 800 block of Thompson St
1803 Report of possible child abuse in the 800 block of Thompson St. Unfounded.

1822 Suspicious situation in the 100 block of E Water St
1835 Suspicious situation in the 800 block of Brockway

1947 Civil complaint in the 800 block of Thompson St
2021 Juvenile complainant in the 500 block of N Lake St

2045 Harassment complaint from the 400 block of Lewis. When second half of complaint was contacted, a driving complaint was made against the reporting party.

Tuesday, 19th, 2014

0914 Report of missing credit card

1440 Report of missing key fob. Lost in the area of Tannery Beach

1519 5-6 young subjects jumping off Shopper's Dock again.

1639 Suspicious subject in the 600 block of N. East St.

1847 IRS Phone fraud

1923 Report of a black German shepherd running up the middle of State Street, causing a traffic problem.

2138 Report of a vehicle parked in the road on Jefferson and Arthur St

Wednesday, August 20th, 2014

0104 Report of 7 juveniles entering the Waterworks building. Were found and turned over to parents

0830 Report of found rod and reel at the small boat launch. Was returned to owner

0918 Report of possible drug use on Morgan St

0949 Suspicious vehicle reported on Boyne City Rd

1116 Report of damaged trelis in the 100 block of Cherry St

1335 Subject in to turn in possible stolen property

1347 Reports of male in his underwear walking in traffic between BRI and Parkside Grill.

1350 Attempted IRS Fraud on W Michigan

1402 Report of harassing phone calls from Alice St

1425 Request for officer in the 300 block of Vogel ref on-going neighborhood dispute

1649 Gasoline drive off from the 1300 block of Boyne Av

2017 Assist Sheriff Dept in Walloon.

2035 Suspicious subject and vehicle in the 600 block of E. Main St

2114 Disturbance reported in the 400 block of Lewis Av

2229 Citation issued for Speed at Lake/Groveland.

THURS AUGUST 21, 2014

0103 Unlock in the 200 block of North St

0233 Assist Sheriff Dept and EMS on Smith Ln.

1010 Vehicle unlock on State St

1019 Report of stolen vehicle at Water and Park. Vehicle was returned.

Two similar vehicles and two drivers who both left their keys in their cars.

1327 Assist to Sheriff Dept with found credit card in Walloon

1426 Possible civil dispute in the 800 block of N Lake St.

1458 Vehicle unlock near the Marina

1604 Requested for civil stand by in the 600 block of N East.

1630 Private Property Damage Accident in the 400 block of N Lake St

1645 Request for a second stand by on N East St

1934 Report of a suspicious subject selling something out of a box on Hemlock St.

1939 Report of a trailer without a plate parked at the boat launch.

2032 Lodged a dog at the shelter.

Friday, August 22, 2014

0005 Assisted Sheriff Dept with vehicle in the ditch and DWLS at Deer Lake/Korthase.

0816 Probation violation in the 300 block of N Lake St

0855 Civil complaint on Pine St

1202 Pair of glasses found behind the Chamber

1543 Subject in to report sick fox on Boyne Av between the top of the hill and McDonalds.

1630 Report of subject flying a remote control air plane on the airport strip.

1804 Vehicle unlock at River and Lake St

1939 Parking complaint on W Water St

1945 Found wallet downtown/was returned to the owner.

Saturday, August 23rd, 2014

0615 Assist EMS in the 300 block of E Division St.

0930 Report of harassing/threatening phone calls

0950 Found iPhone near the Marina

1216 Report of a Pit bull running at large on Lewis attacking a small white dog

1233 Another dog running at large on Lewis.

1241 Assist EMS in the 300 block of S Lake St.

1309 Two car personal injury

accident at Lake and Division. Citation issued for Learners permit violation.

1709 Custody dispute in the 700 block of West St

1747 Natural death in the 600 block of Alice St.

1834 Threats complaint in the 300 block of E Division St

2021 Report of a suspicious vehicle in the 300 block of E Main St

Sunday, August 24, 2014

1025 Assist citizen's with heavy flooding inside units in the 300 block of E Division St

1041 Report of a Black lab/Dane mix that ran off from Avalanche

1138 Report of a black and white husky running at large at Lake and North

1818 Vehicle unlock in the 300 block of Bailey St.

1926 Civil complaint at the PD

2321 Report of a prowler in the 100 block of Cherry St

CHX. COUNTY SHERIFFS DEPT.

August 11-17, 2014

911 Hang Up Call6

Abandoned Vehicle1

Abuse0

Alarm4

Animal Complaint29

Annoyance1

Assault0

Assist Citizen1

Assist Motorist3

Assist Other Agency12

Attempt to Locate0

Attempted Suicide2

Bank Alarm0

Boating Accident0

Boating Violation8

Breaking & Entering1

Car/Deer Accident8

Citations Issued13

Civil Complaint7

Criminal Sexual Conduct4

Death0

Disorderly Person0

Disturbance6

DNR Complaint0

Domestic Dispute2

Driving Complaint3

Fireworks Complaint0

Found Property3

Fraud2

Health & Safety3

Hit & Run2

Intoxicated Person2

Juvenile0

Larceny7

Lockout6

Lost Property3

Malicious Destruction of Property0

Mental Subject0

Minor In Possession0

Miscellaneous Criminal1

Missing Person0

Noise Complaint3

Operating Under the Influence0

Paper Service14

Parking Violation0

Personal Injury Accident0

Personal Protection Order1

Private Property Accident3

Property Check23

Property Damage Accident7

Prowler0

Road Hazard3

Stalking0

Suspicious Situation17

Threat0

Traffic Stop43

Trespassing0

Unknown Accident2

Unlawful Driving Away of Automobile 0

Attempted Suicide0

Bank Alarm0

Boating Accident0

Boating Violation3

Breaking & Entering1

Car/Deer Accident3

Citations Issued11

Civil Complaint9

Criminal Sexual Conduct0

Death1

Disorderly Person0

Disturbance1

DNR Complaint2

Domestic Dispute0

Driving Complaint4

Fireworks Complaint0

Found Property2

Fraud4

Health & Safety2

Hit & Run0

Intoxicated Person2

Juvenile3

Larceny4

Lockout5

Lost Property0

Malicious Destruction of Property2

Mental Subject0

Minor In Possession1

Miscellaneous Criminal1

Missing Person2

Noise Complaint4

Operating Under the Influence0

Paper Service18

Parking Violation2

Personal Injury Accident3

Personal Protection Order0

Private Property Accident0

Property Check37

Property Damage Accident4

Prowler0

Road Hazard4

Stalking0

Suspicious Situation8

Threat2

Traffic Stop31

Trespassing2

Unknown Accident2

Unlawful Driving Away of Automobile 0

Vehicle in the Ditch1

Violation of Controlled Substance Act12

News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

Fox Charlevoix Celebrates Grand Opening of new facilities



PHOTO BY M. CHRIS LEESE

General manager Jim Jeffreys of Fox Motors Charlevoix welcomes the crowd Thursday evening at the Grand Opening celebration of their new facilities in Charlevoix on US 31 south.



PHOTO BY M. CHRIS LEESE

A cut red ribbon signifies the doors are open for business at the new Fox Motors GM, Chrysler and Ford facilities on US 31 south in Charlevoix (from left) Fox Motors Northern Division Director John Cueter, Charlevoix chamber of commerce president Alison Hubbard, owners Pamela and Dan DeVos of Grand Rapids, Fox Charlevoix general manager Jim Jeffreys and Charlevoix mayor Boogie Carlson of Charlevoix, participate.



LEFT: Fox Motors owner, Dan DeVos of Grand Rapids, addresses the audience with his insights on the car industry and its recovery since he purchased the facility in 2006, with encouragement for the future.

PHOTO BY M. CHRIS LEESE



RIGHT: Pamela and Dan DeVos

PHOTO BY M. CHRIS LEESE

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Round Lake Rainbow



God smiles on Charlevoix with a complete rainbow over Round Lake, Friday afternoon.

PHOTO BY M. CHRIS LEESE

eLearning Lab is just a click away

The Charlevoix Public Library is pleased to announce their eLearning Lab. The eLearning Lab is a new option on the library's catalog. The eLearning Lab provides easy access to three resourceful training tools: Atomic Training, Mango Languages, and Learning Express.

Atomic Training is a comprehensive online database of how-to training sessions, covering popular software and applications, including tutorials for: Microsoft, Apple, Adobe, Google, and the Cloud, as well as social networking applications. Patrons of the Charlevoix Public Library will have unlimited access to tutorials in the library or at home. These tutorials help patrons of all ages improve job skills and become more proficient in

basic computer applications. Mobile device training is also available, allowing patrons to learn how to get the most out of their smart phones and tablets. "Atomic Training will allow the library to provide instant training exactly when and how our patrons need it," states Valerie Meyerson, Library Director.

Mango Languages is a language learning tool including over 60 different languages. Patrons will learn basic conversational skills through interactive tutorials that include reading, listening, and speaking. Mango Languages is a great support piece for language classes in school or a way for travelers to pick up basic knowledge before visiting a non-English speaking country.

The third tool, Learning Express is the place to go for exam reinforcement. There are hundreds of study guides found within nine different centers including high school, college and college prep, and career guides as well as the adult learning center. Learning Express is the place to go to help study for almost any exam and reinforce at home review.

For a quick start to learning, visit the library catalog at charlevoix.bibliocommons.com/ and click on one of the links in the eLearning Lab menu. The patron then creates an account and selects the tutorial they would like to begin. Stop by the Information Desk at the library for information on how to access this service or call them at 231-237-7340.

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Material Obsession IV at the library

The Charlevoix Public Library is pleased to announce its newest exhibit: Material Obsessions IV presented by Liberated Threads of Northern Michigan, a monthly group at the library. Liberated Threads presents its fourth annual show of textile and mixed media works of art. They are a group of artists who are primarily fabric-based but enjoy mixing it up with a variety of media and techniques. Their art ranges from the abstract to the realistic which is all presented for viewing.

The group challenged themselves with this year's show by presenting two themes: "Tactile Architecture" which includes the subgroups of passageways, windows, steps and roofline; and "Beyond the Edge" which explores uneven or irregular edges. There are many various interpretations of these themes scattered throughout the show. The community room foyer walls, as well as the Michigan Room showcase, offer a range of work for enjoyment and purchase. Review the exhibit book in the foyer for contact information.

The Liberated Threads group meets monthly at the Charlevoix Public Library, 1:00 p.m. on the third Wednesday and welcomes new mem-



bers year round. For further information about this or other library

events visit: www.charlevoixlibrary.org.

NCCMC staff updated on Title IX policy



Naomi DeWinter (from left), Vice President of Student Affairs at North Central Michigan College is pictured with Chris Krajewski, Domestic Abuse and Sexual Assault Program Director with the Women's Resource Center of Northern Michigan and Cameron Burnet-Koch, President of North Central. DeWinter and Krajewski presented information to college staff and resident assistants on North Central's Title IX policy and how to help provide a safe and respectful culture on campus.

Colleges across the country are gearing up for the start of school and the return of students. North Central Michigan College is ensuring staff and resident assistants are prepared under the terms of Title IX. Title IX is a federal civil rights law that prohibits discrimination on the basis of sex in federally funded education programs and activities. All public and private elementary and secondary schools, colleges and universities receiving any federal financial assistance must comply with Title IX.

In 2011, the Office for Civil Rights (OCR) in the U.S. Department of Education issued a 'Dear Colleague Letter' (DCL) regarding student-to-student sexual harassment and sexual violence. The DCL explains a school's responsibility to respond promptly and effectively to sexual violence against students in accordance with the requirements of Title IX. Essentially, the DCL put schools on notice that failure to handle sexual assault properly could cost them their federal funding. According to Bernice Sandler, known as the godmother of Title IX, the DCL was a game-changer.

Sexual assault on college campuses is a critical issue. Nationally, 1

in 5 college women will experience a sexual assault by the time they graduate. According to an article on npr.org, the total number of U.S. colleges under investigation for potential Title IX sexual violence violations is 74.

North Central Michigan College is confronting the issue head on. Chris Krajewski, WRCNM Domestic Abuse and Sexual Assault Program Director and Naomi DeWinter, Vice President of Student Affairs at North Central provided training to North Central staff and resident assistants at the college this week. The training covered:

- North Central's Policy on Title IX
- Definition/types of sexual violence
- The role of staff as it relates to bystander intervention and reporting incidences to the Title IX coordinator at North Central
- Scenarios to help staff understand their role and responsibilities

Over the years, Bernice Sandler has watched the Title IX legislation she pushed over 40 years ago evolve. In an interview on npr.org, Sandler described her perception of the advancements as, "The darkness is over."

Dance under the Harvest Moon at the Headlands

By Jessica Boyce

This Friday, September 5th, The Headlands International Dark Sky Park is holding their first ever Harvest Moon Dance. From 7:30 - 10:30 pm you can visit the Dark Sky Viewing Area and dance under the Harvest Moon.

There will be entertainment by Moxie Strings which is the duo of fiddler Diana Ladio and cellist Alison Lynn who are often joined by drummer Fritz McGirr. They play rock influenced music that puts a new spin on Celtic and Americana Music.

This is a family friendly, free event to attend at the park which will take place rain or shine. There will be a large tent in the Dark Sky Viewing Area where the dance will take place and you can follow the signs to get you to the park which is located at 15675 Headlands Road two miles west of downtown Mackinaw City. Refreshments will also be available during the Harvest Moon Dance.

The Harvest Moon is unique because it is the full moon closest to the Autumnal Equinox which is on September 23rd this year. There will be many moonlit skies in the beginning of September thanks to the Harvest Moon. During this time of the year,



Celebrate the moonlit skies of September with the Harvest Moon Dance at the Headlands International Dark Sky Park this Friday, September 5th.



the time between successive moonrises from one night to the next is shorter than usual. It is believed that the Harvest Moon got its name from farmers who thought the moon was useful during this time of year to help bring in the crops.

Dark Sky Park Program Director Mary Adams states, "Moonlight through the Headlands is one of the most beautiful experiences. Add a lit-

tle music and some dancing fun and I think it will be one of our best programs celebrating the beauty of the Headlands." If you have any questions about the event, you can call the park at (231) 348-1713.

Charlevoix County Commission on Aging Senior Project FRESH/Market FRESH Program

Charlevoix County Commission on Aging, located at 218 West Garfield Ave., in Charlevoix is continuing to partner with the Charlevoix County Community Foundation during the 2014 Senior Project FRESH/Market FRESH season to purchase and distribute farmers' market coupons. These coupons may be used until the produce season ends on October 31, 2014.

The mission of the Charlevoix County Commission on Aging (CCCOA) 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.

Recognizing that a healthy lifestyle begins with good nutrition, the CCCOA places a high priority on programs that help seniors make healthy food choices. Senior Project FRESH/Market FRESH Program is designed to educate low-income seniors age 60 and older (Tribal Elders age 55 and older) about proper nutrition and to increase access and daily consumption of fruits and vegetables in support of healthier lifestyles. Every Project FRESH dollar directly benefits low-income seniors and local farmers.

The Charlevoix County Community Foundation is a local charitable organization dedicated to en-

hancing the quality of life for all citizens of Charlevoix County by building permanent endowment, addressing needs through grant making, and providing leadership resources to serve the community. More information about the Charlevoix County Community Foundation may be found at www.c3f.org or by calling 231-536-2440.

More information about the Senior Project FRESH/Market FRESH Program through the Charlevoix County Commission on Aging may be obtained by calling 231-237-0103. More information about the Charlevoix County Community Foundation may be found at www.c3f.org or by calling 231-536-2440.



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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."

218 W. GARFIELD ST.,
CHARLEVOIX, MI 49720

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

Office Hours:
Monday - Friday 9AM-5PM

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LOCAL SENIOR CENTER CONTACT INFORMATION

Beaver Island Center:
Ann Partridge
26215 Main St, BI, 49782
231-448-2022

Boyne Area Senior Center:

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

Charlevoix Senior Center:

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

EJ Community Center

Brenda Skop
116 Main Street,
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Phone: 231-536-7831

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- Personal Care Assistance
- Project Lifesaver
- Senior Hi-Lites Newsletter
- Tax Assistance
- Volunteer Opportunities

WEBSITE ADDRESS:

www.charlevoixcounty.org/coa.asp

Area September Happenings

9/3, 10, 17, 24, Wednesdays, 8am - 12pm
9/6, 13, 20, 27, Saturdays

Farmers' Market

In Veteran's Park on Lake Street, Boyne City
www.boynechamber.com

9/4, 11, 18, 25, Thursdays, 9am - 1pm

Farmers' Market

East Park in Downtown Charlevoix
www.charlevoix.org

9/4, 11, 18, 25, Thursdays, 9am - 1pm

Farmers' Market

In Sportsman's Park, East Jordan
www.ejchamber.org

9/1, Monday, 12:30pm

Charlevoix's "Little But Mighty Bridge Walk"

Walkers will gather at 12:30pm at the Town House, hike to the bridge at 12:45pm, and cross the bridge at 1:00pm. T-shirts available.
www.charlevoix.org

9/8, Monday, 1:00 - 5:00pm

Chainsaw Carving Extravaganza

Woodworks Chainsaw carving from Ishpeming, MI will be carving logs at the Charlevoix Public Library main entrance.
www.charlevoix.org

9/12 & 9/26, Fridays, 6:00 - 8:00pm

Pickers Exchange - Car Cruise-In / Car Show

Walker Building Parking Lot; all welcome, no entry fee. www.ejchamber.org

9/13, Saturday, 9:00am - 4:00pm

Trunk & Treasure Sale

The Bergmann Center Resale Shop has home-made items, vintage, crafts, client art, and much more. www.charlevoix.org

9/13, Saturday, 10:30am - 10:00pm

V-Twins for Vets Poker Run & Pig Roast

The Charlevoix Elks

Lodge #2856 is hosting the 6th Annual Poker Run and Pig Roast to benefit veterans and their families. Events include poker run, pig roast, live auction and music. This event is open to the public.
www.charlevoix.org

9/17, Wednesday, 5:00 - 9:00pm

2014 Charlevoix Area Chamber Car Raffle

Tickets will be drawn at this special After Hours event to win a 2014, fully loaded, black Chevy Camaro convertible from Fox Motors in Charlevoix. Need not be present to win.
www.charlevoix.org

9/22, Monday, 6:30 - 8:30pm

Summerfolk Concert Series

Charlevoix Public Library is hosting Sandy Blumenfeld and Sour Mash, followed by an open mic.
www.charlevoix.org

9/27, Saturday

"Breezeway" Fall Cruise

Register @ Boyne Mountain 5:30 - 7:00pm. A rural ride along C-48 from Atwood through Ellsworth & East Jordan, ending in Boyne Falls; boasts scenic overlooks, recreation amenities, working farms, resale shops, and much more.
www.ejchamber.org

9/28, Sunday, 10:00am - 4:00pm

Pickers Exchange - Flea Market

Walker Building Parking Lot. www.ejchamber.org

9/28, Sunday, 11:00am - 2:00pm

Harvest Festival @ Castle Farms

Celebrate the Fall season with cider and doughnuts, sack races, arts and crafts, and all sorts of fall-themed activities at this family-friendly event. \$10 per person.
www.charlevoix.org

BOYNE AREA SENIOR CENTER ACTIVITIES

Thursday, September 4 Wii Bowling	Friday, September 5 11am Dollar in a Jukebox Raffle	Monday, September 8 Foot Clinic (by Appt) Line Dance Brown-Bag Bingo - Gift Certificate Prize	Tuesday, September 9 10am Adv Board Mtg Brown-Bag Bingo - Free Lunch Prize	Wed., September 10 5-7pm Potluck + Music!	Thursday, September 11 Wii Bowling
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CHARLEVOIX SENIOR CENTER ACTIVITIES

Thursday, September 4 11am Chair Yoga Class 1pm Pinochle	Friday, September 5 9:30am Craft Class 1pm Rummy	Monday, September 8 1pm Bridge 1pm Woodcarving 7pm Bible Study	Tuesday, September 9 9am Adv Board Mtg 11am Chair Yoga Class 1pm Paint Class 1pm Rummy	Wed., September 10 Foot Clinic 12:45pm Bingo	Thursday, September 11 11am Chair Yoga Class 11:15am Roger Hartson Music 1pm Pinochle
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EAST JORDAN SENIOR CENTER ACTIVITIES

Thursday, September 4 Karaoke Day!	Friday, September 5 Birthday Day! 11am Backwoods Maestros Bingo/Raffle	Monday, September 8 8am-1pm Walking M-F 11am Piano Music	Tuesday, September 9 11am Line Dancing 12:30pm Bingo	Wed., September 10 GAME DAY!	Thursday, September 11 Foot Clinic KARAOKE DAY! Advisory Bd Mtg
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CHARLEVOIX COUNTY SENIOR CENTER MENU

Thursday, September 4 HAMBURGER w/BUN	Friday, September 5 CREAMY DIJON CHICKEN & MUSHROOM	Monday, September 8 BREAKFAST	Tuesday, September 9 BEEF CHILI	Wed., September 10 TUNA CASSEROLE	Thursday, September 11 CRUNCHY CHICKEN
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