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# Charlevoix County News

October 2, 2014

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## 36th Annual Charlevoix Apples abound at 36th annual Apple Festival



**Apple Fest**  
October 10 - 12, 2014

CHARLEVOIX - Fall is in the air and northern Michigan orchards are busy harvesting bushels of fresh, ripe apples in preparation for the 36th Annual Apple Festival taking place downtown Charlevoix on October 10-12. Apples are Michigan's largest and most valuable fruit crop and this year our area apple trees are full

to overflowing. "This year's apple crop has been great, excellent actually! Apple Fest should be full of more varieties and better quality than in years," said Joann Brown from Farmer's Daughter apple orchard located in Williamsburg. More than 30 types of apples will be available as well

as other fall harvest items including pumpkins, mums, squash, jam, maple syrup, pies, cider and more. Local non-profit organizations will be onsite to tempt you with hot food items such as chili, hot dogs, pasties, apple flappers, soup and kielbasa. Pick up your fresh bagels, mustard, crepes, ice cream, honey, meat, baked

goods, granola, fall veggies, and mums - All locally grown and produced. Our fall harvest celebration includes fun for the entire family. You won't want to miss the holiday art & craft show in East Park featuring 125 exhibitor booths bursting with unique, one

See **Apple Festival**-9A

**THIS WEEK IN SPORTS**

**BOYNE CITY 28**  
**T.C. ST. FRANCIS 27**

**CHARLEVOIX 19**  
**SUTTONS BAY 48**

**EAST JORDAN 0**  
**FRANKFORT 68**

## Charlevoix Teen recognized as a Hero

By Tina Sundelius

CHARLEVOIX - We live in a world where the actions of a single person often go overlooked or we feel that what we do is insignificant but the actions of 14 year old Austin Kleiber on September 29, 2013 were anything but insignificant and Charlevoix County authorities wanted to make sure they didn't go overlooked at an award presentation held September 25, 2014 at the Circuit Courtroom where the trial of KayLee Booth was held and the acts of Kleiber's heroism were brought to life.

Lead Investigator in the case, Deputy Chief of Police Scott Hankins, addressed the courtroom filled mainly with police, sheriff and prosecuting staff as well as media and Kleiber's family. "The reason that we're here involves a court case that took place here. We heard a lot of bad news that day but today we're going to hear some good news," he said.

A year ago Booth attacked a woman outside of a home on State Street in Charlevoix with a knife. She stabbed her victim in the leg, then in the chest and then through her arm and into the victim's side. At the hearing the victim testified that Booth then went for her throat but Kleiber had followed Booth out of the house and when he saw her attacking the victim grabbed Booth around the upper arms and pulled her off the victim then held her away while first aid was administered and the police arrived. Authorities say that his actions very likely saved the victim's life.

The award was presented by Charlevoix County Prosecuting Attorney Allen Telgenhof on behalf of his office and the City of Charlevoix Police Department. "The testimony in the court case was very clear and powerful, if it wasn't for Austin the stabbing



Charlevoix County Prosecutor, Alan Telgenhof and Deputy Chief of Police, Scott Hankins flank Charlevoix High School Freshman Austin Kleiber at an awards ceremony in honor of his acts of heroism during a stabbing that took place last year.

"Too often people see a person in distress and walk on by, I commend his courage and the example he has set."

— Judge Richard M. Pajtas

would have continued," said Telgenhof. In a letter read from Circuit Judge Richard M. Pajtas, who presided over the Booth trial, he said, "Too often people see a person in distress and walk on by, I commend his courage and the example he has set."

Kleiber appeared humbled by the attention but stated that he knew he had saved a life. "All I saw was her running and I knew she

was in trouble," he said when asked what he was thinking in that moment. Telgenhof praised him for focusing on the person being hurt and not looking to the adults that were present to do something. "If it wasn't for Austin's courage, the victim may not have survived," he said.

## Man arrested for running alleged meth lab in car

By Norma Jean Babcock

CHARLEVOIX: An East Jordan man was arrested on September 24 for allegedly running a methamphetamine manufacturing laboratory out of his vehicle.



ARCHIE GRAHAM

Archie William Graham, 34 of East Jordan was arrested on four felony counts including; Delivery/Manufacture of a Controlled Substance, Operating/Maintaining a Laboratory involving Methamphetamines, Possession of Methamphetamine, and Fleeing a Police Officer, Fourth Degree. The counts of Delivery/Manufacture carry 20 years and or \$25,000.00 worth of fines. The count of possession carries 10 years and or a \$15,000.00 fine and the count of fleeing carries 2 years and or a \$500.00 fine.

According to the complaint document filed by the Deputy Sheriff, Graham is a habitual offender and this is his second offense. Due to

See **Meth Lab** -9A

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## weather

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
HIGH: Upper 60's LOW: Low 60's	HIGH: Mid 60's LOW: Low 40's	HIGH: Mid 40's LOW: Upper 30's	HIGH: Low 50's LOW: Upper 30's	HIGH: Mid 50's LOW: Low 40's	HIGH: Mid 50's LOW: Mid 40's

## record temps

Day	Avg.	High	Avg. Low	Record High	Record Low
2	66°F	42°F	86°F	(1971)	28°F (1997)
3	66°F	42°F	84°F	(1971)	26°F (1981)
4	65°F	41°F	87°F	(2005)	26°F (1996)
5	65°F	41°F	87°F	(2005)	20°F (1965)
6	64°F	41°F	84°F	(2007)	26°F (1966)
7	64°F	40°F	87°F	(2007)	23°F (2001)
8	63°F	40°F	88°F	(2007)	28°F (1981)
9	63°F	40°F	88°F	(2007)	22°F (1989)

## OBITUARIES

### Spencer David Tibbits, 17



Spencer David Tibbits, 17, of Larks Lake, died Sunday, September 28, near his home. He was born September 28, 1997, in Petoskey. He lived in the Petoskey / Charlevoix area until he was in the 6th grade, then in Fort Collins, Colo. for a short time before returning to northern Michigan where he's lived the last 3-1/2 years in Larks Lake.

Spencer was in the 11th grade at Petoskey High School, and worked at Randy's Mighty Good Pizza. He enjoyed video games, nature, music – especially the Wagon Wheel Song, four-wheeling, the color blue, writing, and drawing.

He loved his brother and sisters with all he had. He was the kindest young man with a gentle soul, and never put himself first.

Spencer is survived by his parents, Rebecca (Martin) and Tim Burger of Tiverton, R.I., Christian and Jill Tibbits of Larks Lake; brother, Zachary Tibbits of Larks Lake; sisters, Scarlett and Libby Burger of Tiverton; grandparents, Stan and Carol Martin of Charlevoix, Gary and Trisha Tibbits of Lake Havasu City, Ariz., Cathleen Tibbits of Mackinaw City, Thomas and Gayle Runquist of Leesburg, Va., Nancy Burger of Cheboygan; great-grandparents, Ethel Krepps of Dearborn, Dora Czerkic of Petoskey, Modell DeBell of Sanford; many aunts, uncles, great-aunts, great-uncles, cousins, and countless friends.

Visitation will be from 4-7pm, Friday, October 4, at the Community Reformed Church in Charlevoix. Funeral will be 1pm, Saturday at the Community Reformed Church where Spencer's family will greet friends from 11am until noon.

Memorial contributions may be made to [www.gofundme.com](http://www.gofundme.com) and search by zipcode (49770).

Please sign Spencer's guestbook at [www.winchesterfuneralhome.com](http://www.winchesterfuneralhome.com)

### Franklin James Potter, 52

(APRIL 5, 1962 - SEPT. 23, 2014)

Franklin J. (Jamie) Potter of South Arm Township died Tuesday,

September 23, 2014 at his home.

He was born April 5, 1962 in Charlevoix the son of Franklin and Quinella (White) Potter. On June 23, 2009 he married Linda Frye in Charlevoix and they made their home in South Arm Twp.

Mr. Potter was employed at the East Jordan Iron Works now known as EJ for many years. Frank enjoyed hunting and loved animals.

Surviving are his wife Linda, son David (Alyssa) Potter of Central Lake, stepchildren: James (Linda) Russell of Charlevoix, Randy W. Russell of East Jordan, Gerald (Jenn) Russell of Charlevoix, Jack (Ann) Russell and Cathy Russell of East Jordan, 2 grandchildren, 11 step grandchildren, 5 step great grandchildren, his mother Quinella Potter and friend John Lashmit of Charlevoix, brothers: Barry (Lisa) Potter of East Jordan, Jay (Mariska) Potter of East Jordan, sister: Penny Potter and friend Kenny Burke of Charlevoix, brother-in-law 'Butch' Frye of East Jordan; several nieces and nephews and great nieces and great nephews. He was preceded in death by his father Franklin Potter on October 5, 1985.

Cremation has taken place. The family will hold a memorial gathering at the Barnard Grange Saturday, October 11, 2014 from 1 to 4. Memorials may be made to the Charlevoix County Humane Society, 614 Beardsley St., Boyne City, MI 49712. Arrangements by Hastings Funeral Home in Ellsworth. Visit our website at [hastingsfuneral.com](http://hastingsfuneral.com).

### Judith L. Detcher, 68

(OCT. 28, 1945 - SEPT. 26, 2014)

Judith L. Detcher passed away Friday, September 26, 2014 at her home in Boyne City, MI.

Judi was born in East Jordan, MI to Marlin and Margery (Stallard) Cihak on October 28, 1945. She grew up in East Jordan and graduated from East Jordan High School in 1963.

On May 20, 1977 she married Ray Detcher of Boyne City where they made their home for the past 34 years. Judi loved gardening; baking, knitting and watching all the birds eat from her backyard feeders. She also loved spending time with family and friends.

She is survived by her husband Ray Detcher and her children; Angela (Ken) Wilson of Walloon Lake, April (Kelly) Bellant of Boyne City; Andrea (Christopher) Horn of Petoskey, Geoffrey (Shelly) Detcher of Fort Wayne, IN and Beau (Susie) Detcher of East Jordan. She was also a grandmother of 16 and a great-grandmother of 8. She is also survived by her siblings; Pat Pepin; Gary (Barb) Cihak and Jerry (Dawn) Cihak all of East Jordan. She was preceded in death by her parents.

A memorial service will be held at Stackus Funeral home on Thursday, October 2, 2014 at 11:00am. Friends and family are encouraged to visit

with the family from 10am-11am prior to the service. A celebration of Judi's life will take place at the Detcher's home following the memorial service.

Please make any memorial contributions to Hospice of Little Traverse Bay in Judi's name.

Stackus Funeral Home of Boyne City is serving the family.

### Sarah Elizabeth Holmes, 102

(MAY 24, 1912 - SEPT. 20, 2014)



Sarah was born in Gaylord, Michigan on May 24, 1912 and went home to be with the Lord September 20, 2014.

She was the daughter of Robert Lemuel and Christina (Jenkins) Evans, the youngest daughter of 8 children. Sarah married Frank K. Holmes April 3, 1942 and he, as well as the rest of her immediate family, has preceded her in death.

She is survived by their two children, Christina Nelson of Boyne City, Michigan and Robert Holmes of Lansing, Michigan.

During her hundred plus years of life Sarah graduated from Central State Teachers College now known as Central Michigan University. Sarah taught school in Gaylord and Lansing, Michigan, worked for the State of Michigan and did volunteer work at a Lansing Hospital as a Gray Lady.

She and husband Frank retired to the Boyne City area in 1970. She was a member of the First Baptist Church where she enjoyed playing piano for services.

In life she loved flowers, bird watching and exploring what was around the next bend. Later in life she found great joy in being wheeled along the Petoskey, Michigan area bike paths. Always a lovable, caring and giving person who found such joy in simple things, she set a Godly example to all who came into contact with her.

A funeral service was Thursday, September 25, 2014 at the First Baptist Church in Boyne City Burial at Deepdale Memorial Gardens in Lansing, MI.

In lieu of flowers memorials may be directed to the First Baptist Church in Boyne City, Hospice of Little Traverse Bay or a charity of choice.

Stackus Funeral Home of Boyne City is serving the family.

### Jack W. Richardson, 82

Jack W. Richardson of Charlevoix died Sept. 29, 2014, at Mallard Cove Assisted Living in Petoskey.

No services are planned. Arrangements are being handled by Winchester Funeral Home in Charlevoix.

## Drs. Oz and Roizen

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



## HABS (THAT IS, HARMFUL ALGAL BLOOMS) AND HABS NOT

Green slime. Red tide. Brown scum. Toxic algae blooms are fouling waterways across North America these days -- killing fish in Florida, sickening sea lions in California, temporarily closing beaches on Canada's beautiful Pelee Island and even shutting off tap water to 400,000 residents of Toledo, Ohio, for two days after this gunk grew too close to water-intake pipes in Lake Erie. Those toxic algae blooms aren't really made up of sea plants; the creatures photosynthesize like a plant, but they're a collection of nasty bacteria and other microorganisms! Some of those microbial stewes can produce one or more toxins (they don't always) that cause you skin irritation, gastrointestinal problems and liver failure in rare cases, and kill marine life. The toxins can also harm pets and livestock. And even a non-toxic bloom can suck oxygen from the water, suffocating fish.

Algae blooms are millions of years older than you, but researchers think they're happening more often -- and sticking around longer -- thanks to two factors. One is warmer water; the other, an uptick in phosphorus levels, the algal blooms' favorite feast. The increase in their meal-time favorite is in large part due to fertilizer runoff from farms and lawns. Scientists and lawmakers are working to rein in the problem, devoting \$1.6 billion alone to a Great Lakes Restoration Initiative to help farmers control runoff and create wetland filters. A dozen states now have rules that ban, at least in part, the use of phosphorus-containing fertilizers on lawns and golf courses. Here's what you can do, too:

Start by steering clear of a bloom. Follow advisories and avoid swimming in or using water from a tainted area. (Boiling, using disinfectants, even filtering at home using activated charcoal isn't enough to always make sure water is safe during a ban). Stay away if water looks odd. Algae blooms may look like pea soup or like long green streaks, scum or mats on the water. But they also can be subtle. If water looks greenish and cloudy, and you can't see your feet when standing knee-deep in it, get out. That's why you should shower off with soap and water after swimming in a lake. And don't go boating,

water skiing or ride a jet ski through algal blooms. That exposure can be harmful.

Get smart about fertilizer. On your lawn, use a phosphorus-free fertilizer. (Look for the three numbers on the fertilizer bag that tell you how much nitrogen, phosphorus and potassium the fertilizer contains; the middle number should be zero.) It really can make a difference: In one recent University of Michigan study, phosphorus levels in a local river dropped 28 percent after the town of Ann Arbor banned phosphorus fertilizers. If you think your soil needs phosphorus, get it tested first. You'll find test kits in garden stores and online. Repeat your test every two to three years.

Keep fertilizer, grass clippings and leaves out of local waterways. Gotta fertilize? Don't spread it before a heavy rain and keep application of it at least 25 feet from ponds, streams, lakes and rivers. Sweep up extra fertilizer that lands on driveways, sidewalks or in the street. Also sweep grass and fallen leaves off sidewalks and other paved areas. Storm water from paved areas rushes into drains that often lead to streams, rivers and lakes, carrying this phosphorus-rich stuff along with it. It can end up in distant waterways and ultimately in the sea.

Keep a lid on pet business -- and yours, too. Human and pet waste is another source of phosphorus that toxic algae love to munch. So don't let rain and snowmelt carry it away. Pick up pet droppings. If you have a septic system, have your tank pumped out about every two years to prevent overflow. Get it inspected regularly, too. In a year, an adult's "waste products" include about 1.2 pounds of phosphorus -- enough to feed 300 pounds of algae!

\*\*\*

Mehmet Oz, M.D. is host of "The Dr. Oz Show," and Mike Roizen, M.D. is Chief Wellness Officer and Chair of Wellness Institute at Cleveland Clinic. To live your healthiest, tune into "The Dr. Oz Show" or visit [www.sharecare.com](http://www.sharecare.com).

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## See the fall color from the sky



By Tina Sundelius

EAST JORDAN - Fall is here, the hillsides are vibrant with color and the East Jordan Rotary Club Fall Color Tour plane rides are scheduled for October 11 from 10:00 to 2:00 at the East Jordan Airport.

The East Jordan Rotary Club has been partnering with Island Airways and the city of East Jordan to provide an opportunity to view the awesome beauty of fall from a new and exciting perspective for six years. "It's been a great thing, we always enjoy the colors but never from the air, it's been a unique addition to our community," said Mark Penzien Club Presi-

dent.

This year the Club is celebrating their 75th year in East Jordan. "They are a fun group who truly celebrates the Rotary International phrase, Service Above Self," he said. Rotary Club has served the East Jordan community by sponsoring little league programs, Christmas parties for local handicap children, activities at Camp Daggett, the annual Father & Son Banquet which honors a Father of the Year, middle school mentoring programs, high school "Strive" programs, International Student Exchanges, the Lingap Orphanage in the Philippines as well as administering a multitude of endowed scholar-

ships through the Charlevoix County Community Foundation for the dreams and development of East Jordan youth. They have also developed the East Jordan Skate Park and are currently assisting the East Jordan Lions Club in the creation of a Disk Golf Course at the East Jordan Community Park. "Each of our activities are designed to add value to our community beyond mere funds. They add a sense of adventure in the creation of a community. A good example is our Rotary Variety Show's motto: "What we lack in talent, we make up in props". It's the reflection of "what we have" and how it's put together. The show is our conversation with the

community for growth and development possibilities through fun and flare. The celebrating of who we are and the possibilities for that future together," said Penzien.

In recent years, the club's fundraising activities have included chili dinners in the winter and the East Jordan Rotary Variety Show held every spring. Monies from these events as well as the color tours are used to fund the many community services the club provides.

The airport is located just southeast of town on M-32. The cost is \$20 per person. In the event of rain the rides will be reschedule on October 18th.

### Charlevoix Democrats to host Bart Stupak and Jay Calo

The Charlevoix County Democratic Party (CCDP) is hosting a Candidate Meet & Greet at their campaign office at 808 Bridge Street in Charlevoix on Wednesday October 8, from 11:00 am to 12:30 pm.

This is a special opportunity to reconnect with Bart Stupak, our former Congressman for the U.S. 1st Congressional District. Stupak is actively supporting Calo in his campaign for the 105th District Michigan House seat. Calo is the Democratic candidate who is running against conservative Republican and Americans for Prosperity supported Tristan Cole.

The CCDP campaign office hours of operation are Monday through Friday 2:00-6:00 pm, Saturday 11:00 am-4:00 pm, and Sunday 1:00-4:00 pm.

On October 27, hours will be extended to 7:00 pm daily. Candidate materials and campaign signs are available. Please R.S.V.P. by Monday October 6 if you will be attending this candidate event by emailing democrats.charlevoix@gmail.com or phoning 231-753-8411.

### Charlevoix Farmers Market to continue throughout winter

CHARLEVOIX - With the end of summer and the beginning of fall, the Charlevoix Farmers Market is excited to announce that you can keep enjoying your favorite fresh, local foods throughout the winter months.

The Charlevoix Farmers Market will be held indoors at the Charlevoix Public Library the every Thursday from 9am-1pm, starting on October 16th and going until December 18th. There are also two special holiday markets available on Tuesday, November 25 and Tuesday, December 23.

The market will continue to accept Bridge Cards and Credit/Debit Cards throughout the winter.

Over 20 Northern Michigan farmers and vendors will be present to supply you with fresh meat, cheese, bread, baked goods, dried and frozen fruit, holiday items including wreaths, garland and pumpkins, honey, maple syrup, beef jerky, frozen produce, canned items, fresh apples, squash, greenhouse tomatoes and a variety of fresh greens.

Various special events are planned throughout the winter months, including food tastings and demonstrations, holiday celebrations, and family activities.

For more information about the Farmers Market please contact Bethany Pearson at the Charlevoix Downtown Development Authority by calling 231-547-3257 or e-mailing bpearson@city-ofcharlevoix.org.

## Boyne City Fall Leaf Pickup

October 13th – November 7th (Mondays and Fridays only)

The City of Boyne City will pick up leaves every Monday and Friday beginning October 13 and continuing through November 7, 2014. After the scheduled date, citizens will be responsible for disposing of their own leaves.

Please set bagged leaves curbside anytime after the first day of pick up, in 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.

Biodegradable paper bags are available at Boyne City Ace Hardware

and Boyne Co-op True Value or can be purchased from any other source. Please put only leaves in bags as they are not strong enough to hold sticks, sand, or stones, and will tear upon lifting.

Brush will not be picked up; however, residents may take their brush and leaves, either bagged in biodegradable bags or unbagged, up to the North Boyne Compost Site at the end of Robinson Street, which is open seven days a week for your convenience. Commercial businesses may also utilize the compost area with their city issued permit.

City Ordinance prohibits depositing leaves or

other yard waste in the street.

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## save the date

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SATURDAY, OCTOBER 4



Community Reformed Church's Marriage Enrichment team is hosting the "I Still Do" Marriage Conference by Family Life Radio. "I Still Do" is a one-day marriage event where couples will enjoy engaging speakers, musicians and worship leaders, and be encouraged to continue to invest in their marriage and live life as a team. We will be watching the simulcast live from Washington DC.

Date: October 4<sup>th</sup>

Time: 9:00 a.m. to 5:00 p.m.

Where: **Centerpoint Church in Charlevoix**

Cost: Advanced Registration is \$25.00 per couple

\$35.00 per couple at the door.

Lunch is included.



To register visit

[istilldo-charlevoix.eventbrite.com](http://istilldo-charlevoix.eventbrite.com)

or contact Lynda at the church office 547-9482.

Make checks payable to CRC and mail to 100 Oak Street, Charlevoix, MI. 49720



Register today! Space is limited.

LIVE WORLD-WIDE SIMULCAST EVENT | SATURDAY, OCTOBER 4



## Please Join Us - Transit Open House

STOP BY AND SEE TRANSIT'S NEWLY UPDATED AND EXPANDED FACILITY

**CHARLEVOIX COUNTY TRANSIT**

**Monday, October 13th 2:00—5:00 p.m.**

Light refreshments will be served



1050 Brockway, Boyne City

# News Briefs

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

## ATWOOD TO BOYNE FALLS

### Breezeway cruise

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

## BELLAIRE, PETOSKEY, GAYLORD, KALKASKA

### Traveling Art Show

North Country Community Mental Health will host the Michigan Association of Community Mental Health Boards' (MACMHB) statewide traveling art show, "Creative Minds Changing Minds," during the month of October in Bellaire, Gaylord, Kalkaska and Petoskey. The show will be on display in the Antrim County Building in Bellaire on Thursday, Oct. 2 through Wednesday, Oct. 8; the Petoskey District Library on Friday, Oct. 10 through Thursday, Oct. 16; the Gaylord University Center from Friday, Oct. 17 through Thursday, Oct. 23; and the Kalkaska Memorial Cardiac Rehab Gym from Friday, Oct. 24 through Thursday, Oct. 30. The show features the original work of 34 artists who access Community Mental Health services across Michigan. The event is free and open to the public.

## EAST JORDAN

### Chicken BBQ

Tailgate Chicken BBQ, October 3rd, 4-7PM at Boswell Stadium, East Jordan High School. Tickets \$10 single/\$40 Family (family - 2 adults/3 kids = 5 meals) Meal includes: Chicken, Baked Beans, Coleslaw, Apple sauce & roll. Tickets on sale now at Elementary Office, Middle & High School Athletic Offices.

## CHARLEVOIX

### First Friday breakfast

Friday, October 3rd, 7:30 - 8:30AM. Sponsored by Fox Motors. \$7 for Members. \$10 for Non-Members

## BEAVER ISLAND

### Bite of Beaver Island

Saturday, October 4th for the Bite of Beaver Island Food Festival and the Island Boodle 5K Run/Walk and make way for a wonderful fun autumn day. Run in the morning, eat in the afternoon, apple pie contest, and craft items at the Community Center. For questions or more information as well as chef table and run entry forms please call the Beaver Island Chamber of Commerce office at 231.448.2505 or visit our website at www.beaverisland.org

## BOYNE CITY

### Harvest Festival

Boyerne City will again celebrate its autumn bounty at the Harvest Festival Saturday, Oct. 4. 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. There will also be an arts and crafts show. Hayrides start at 10 a.m. and there will also be children's games, 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 30 scarecrows will be displayed around downtown from late September until Halloween. Cafe Sante is planning three days of Oktoberfest German music, food and drinks, and Freshwater Gallery will host singer-songwriter Steve Poltz for its first concert of the season. For those seeking athletic challenges, there is the Great Pumpkin Run and the Michigan Mountain Mayhem Gravel Grinder cycling event. 4 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.boyne-harvestfestival.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. 4. 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 at 8 a.m. on Front Street 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. 19. 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. For further information, email Jamie Baumann at runfortheirives@charter.net or call (231) 675-8792.

## BOYNE CITY

### Farmers Market moving downtown for Oct. 4

The Boyne City Farmers Market will be moving downtown for the Harvest Festival on Saturday, Oct. 4. Some of the vendors will stay until the festival ends at 4pm. Summer may be cooling off but there are more great finds than ever at the Boyne City Farmers Market. There are cukes and zukes, peaches and plenty of corn, summer squash and so much more. Don't forget your favorite bakers and crafters. Stop at Veterans Park rain or shine. The market is open from 8am to noon every Wednesday and Saturday through October and then

moves to the library red barn on Saturdays through the winter.

## BOYNE FALLS

### Splake fishing tournament

On Saturday, Oct. 4, Lake Louise will host a Splake Fishing Tournament. Boats in the water and gathered at Lake Louise camp beach by 7am for final instructions. As fishing concludes, drop anchor near the camp and come ashore for lunch on the camp beach. Lunch and a t-shirt are provided for all registered participants. Cash prizes awarded. All proceeds go to support camp scholarships for children whose families cannot afford camp. Come, cast a line, and help a child experience the joy of camp. For more information and registration materials, contact Sarah Heschels, program@lakelouisecommunity.org or call 231.549.2728.

## ELLSWORTH

### Raffle supports Front Porch Cafe

Tickets are now available for the Front Porch Ministries Cash Raffle. One lucky winner will receive a \$500 cash prize at the drawing on Saturday, October 4 between 1:00 PM - 2:00 PM at the Front Porch Café in Ellsworth. Only 1000 tickets will be sold at \$5.00 each or 5 for \$20.00. Ticket holders need not be present to win. Tickets may be purchased at the Front Porch Café, 9235 Main Street, Ellsworth or from board members. For more information phone 231-588-2000. Raffle license # X87940

## CHARLEVOIX

### Financial future

Tuesday, October 7th College Planning Seminar 6:30-8pm at the Charlevoix Public Library. This workshop is designed to give an overview of the college planning process, giving families tips on how to get started. It will cover how financial aid is determined, offer guidance on how to make college more affordable, how to compare the true cost of college, and choose the college that is right for your student. Participants will come away with knowing how to develop a good plan and financial strategies to avoid jeopardizing retirement. Vicki Beam and Matt Breimayer are college planning specialists located in Traverse City and work with clients throughout Michigan and beyond. For more information contact the Charlevoix Public Library at 231.237.7360. You can also visit their website at www.charlevoixlibrary.org

## EAST JORDAN

### Blood drive

American Red Cross Blood Drive, Tuesday, October 7 from Noon to 5:45 PM. 101 Civic Center Lane, East Jordan. Sponsored by E.J. United Methodist Church. Call 1-800-RED-CROSS (800-733-2767)

to schedule an appointment.

## CHARLEVOIX COUNTY

### Pet clinics

October 8th is the final affordable spay and neuter clinics, vaccinations and Micro Chipping here at the Charlevoix Area Humane Society for the season. Please call in and make their appointments now. 231.582.6774 or visit www.charlevoixhumane.org.

## CHARLEVOIX

### Beginning Stitchery

The Charlevoix Public Library will be hosting a four week series on learning and enhancing basic sewing skills and for kids. Beginning Stitchery will be offered at 3:45 p.m. each Thursday in October, beginning October 9. Kids will learn basic stitches, how to sew a button, and how to sew shapes onto cloth. Kids of all ages are invited to participate in these practical sessions. Call soon to register, as the class is limited to 10 students, 231.237.7350. For more information about this or other library events visit them at www.charlevoixlibrary.org.

## CHARLEVOIX

### Applefest volunteers needed

We are in need of many volunteers to help out during the 36th Annual Apple Festival. Applefest runs Friday and Saturday, October 10th & 11th, from 10am until 6pm and Sunday, October 12th, from 10am until 4pm. Volunteer shifts can be as short as 1 hour and all volunteers will receive a limited edition Applefest T-shirt. Applefest is one of the biggest events of the year in Charlevoix so please consider volunteering your time to help make this year's festival the best ever! For more information on the volunteer opportunities available and times, please contact Mary at the Chamber office at 231.547.2101 or email her at info@charlevoix.org.

## CHARLEVOIX

### Applefest fun run

Applefest is a great time for family fun! The Apple Fest Fun Run is just that, a lot of fun! Offering up a shorter, 1 mile run for those looking for something simple, and a 5k for those out for a little more fun! Each course has fun obstacles that can be mastered by runners of all ages. A great family/group discount is also offered so bring your family and friends out for a run before enjoying Apple Fest! Saturday, October 11th at 9am is the 1 mile; 9:30am is the 5k and each start downtown Charlevoix. All proceeds support the Charlevoix Kiwanis - Supporting Kids. This community event is sponsored by Charlevoix State Bank. For more information, race map, and registration go to www.active.com and search Apple Fest Fun Run or visit www.charlevoixkiwanis.org

## CHARLEVOIX

### Back porch coffeehouse

Our next Back Porch Coffeehouse is on Saturday, Oct. 11th and will feature Louan Lechler. Louan is a Northern Michigan treasure, a renaissance woman who is a folk singer, songwriter, poet, artist and illustrator. A walking encyclopedia of folklore, she is a favorite at many festivals and events throughout the state. The Back Porch music series is held on the second Saturday of each month, September through May, at the Charlevoix Senior Center building, at the corner of Carpenter and Sheridan streets. The building is fully accessible, and this is a community event for all ages. Music begins at 7 p.m. The doors open at 6 p.m., and soups, cookies, coffee and tea are available at no charge. Donations at the door - \$5 - \$10 suggested-are for the scheduled performer(s). The evening will end with a "circle jam" of area musicians. Contact: 231-622-2944

## CHARLEVOIX

### Armchair theatre

On Sunday, Oct. 12th, the Charlevoix Circle of the Arts will hold the last of their 2014 Armchair Theater programs, "Spoon River Anthology" by Edgar Lee Masters. This special presentation will include both spoken pieces and music selections. The program begins at 6:30 p.m. at the Circle of the Arts gallery, 109 Clinton

St., in Charlevoix. A classic piece of American theater, "Anthology" is a musical play about former residents of the small Midwestern town of Spoon River. The New York Times called Spoon River Anthology "A glowing experience on the stage." This evening of musical theater is free to the public. For more information, call the Charlevoix Circle of Arts at 231-547-3554.

## CHARLEVOIX

### Stories and song at the Circle

October 12th, Spoon River Anthology by Edgar Lee Masters. Stories and songs from a small town blend toward poetry. For more information, please call 231.547.3554 or visit our website at www.charlevoixcircle.org.

## BOYNE CITY

### Open house

Charlevoix County Transit has recently completed a facility renovation and expansion project and we will be holding an Open House on Monday, October 13 from 2-5pm. We're excited to be out of our temporary office trailer and back into our facility. Please stop in and see the facility, meet the Transit Board and Staff and learn more about public transit!

## BOYNE CITY

### Business after hours

The Boyne Area Alano Club/Unity Hall will host the Chamber's next Business After Hours from 5:30 to 7:30pm Thursday, Oct. 16. Unity Hall is located at 509 East St. There is no charge for admission or refreshments.

## PETOSKEY

### College night

North Central Michigan College invites high school juniors and seniors and their parents to College Night, Thursday, October 16. The event will be held on the Petoskey campus in the Student and Community Resource Center from 6:30pm until 8pm. High school students and parents can meet with representatives from more than 50 public and private colleges and universities from throughout the Midwest about higher education options, admission requirements, programs of study, costs of college, campus activities and residence life. Armed Forces representatives will also be available. A North Central financial aid advisor will be present to answer questions about federal financial aid for college. The program is offered to the community by North Central as a free service for college-bound students and families, and is supported by the Michigan Association of Collegiate Registrars and Admission Officers.

## EAST JORDAN

### Leaf Peeker craft show

There are still spaces available for the very popular Leaf Peeker Craft Show that will be held during the 5th Annual Pumpkin Festival on Saturday, October 18th. The Leaf Peeker Craft Show will be held in downtown East Jordan at the Community Center/Civic Center from 10:00 AM - 4:00 PM. There are both indoor and outdoor spaces available. Call the Chamber Office for more information 231-536-7351.

## EAST JORDAN

### Air color tour

Fall Color Tour Plane Rides, Departing from East Jordan Airport on M-32, Saturday, October 11 from 10AM - 2PM. \$20 per person. Sponsored by Island Airways in partnership with E.J. Rotary. Rain date - October 18.

## EAST JORDAN

### Concert, craft show & pumpkin pie contest

At the 5th Annual Pumpkin Festival & Leaf Peeker Craft Show - Saturday October 18th! Just booked: "The Sleeping Gypsies" will be performing in the bandshell from 1PM to 4PM. They are being sponsored by E.J. Plastics, Inc. Twister Joe will be creating his spectacular balloon art. He is being sponsored by Charlevoix State Bank. Get those pumpkin pie recipes out and perfected. 5th Annual Pumpkin Pie Contest is back and will once again be sponsored by Save-A-Lot.

## CHARLEVOIX

### Chamber Member Appreciation Open House

Wednesday, October 22, 7:30 - 9:30 AM at the Charlevoix Chamber of Commerce Office.

## BOYNE CITY

### Grief support group

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

## BOYNE CITY

### Boyerne Volunteer Network

Boyerne volunteer network is a joint project of the Boyne District Library, Boyne City Main Street Program and the Boyne Area Chamber of Commerce. It's easy to participate - just go to www.boynevolunteers.org and fill out the application form, which will tell us your skills, interests and contact information. We will contact you later about volunteer opportunities that may interest you. If you have questions or would like to learn more about how to include your organization and volunteer needs in this new network, contact Monica Kroondyk at the Boyne District Library by phone at 231-582-7861 or by email at kroondykm@boynelibrary.org.

## EAST JORDAN

### Christian coffee house

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

## NORTHERN MICHIGAN

### Playgroups

Playgroups for children 0-60 months and their pre-school aged siblings are offered free through the Women's Resource Center of Northern Michigan. Playgroups will help you find out more about your child's developmental stage; learn new games and activities to play with your child; and share ideas, parenting experiences and concerns with the playgroup facilitator and other parents. This fall/winter, Playgroups are held: 9:30-11am Tuesdays at Jordan Valley District Library Community Room, East Jordan; 9:30-11am Wednesdays at United Methodist Church, Alanson; 9:30-11am Thursdays at Christ Lutheran Church, Boyne City; 9:30-11am Fridays at United Methodist Church, Petoskey. Call (231)347-0067 or visit wrcnm.org for more information.

## CHARLEVOIX

### Messy church

This is a fun way of doing church for families. There are crafts, Bible stories learning about the God who loves you, songs, and free meal. Children must be accompanied by parent or adult. This is a non-denominational event which takes place on the first Sunday of each month at 4 - 6 pm at the Charlevoix United Methodist Church, 104 State St. Your call is appreciated for meal count at 547-2654.

## BOYNE CITY

### Leaf pickup

The City of Boyne City will pick up leaves every Monday and Friday beginning October 13 and continuing through November 7, 2014. After the scheduled date, citizens will be responsible for disposing of their own leaves. Brush will not be picked up; however, residents may take their brush and leaves, either bagged in biodegradable bags or unbagged, up to the North Boyne Compost Site at the end of Robinson St.

## EAST JORDAN

### State of the community

East Jordan State of the Community, Tuesday, November 11, Noon to 1:30 PM at Harvest Barn Church

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to the Charlevoix County News

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# News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

## “Doing the Most Good” – Gaylord Salvation Army Family Store offers shopping and community value

By Jim Akans

The Salvation Army Family Store and Donation Center in Gaylord is a win-win for both area shoppers and for the local community. The shop, one of six being rolled out in the organization's Eastern Michigan division between 2012 and 2014, opened on October 26th of last year, and is operated under the direction of Lori Oldenburg, Store Manager and Timothy Schroeder, Eastern Michigan Division Family Store Consultant.

“The inventory we carry

comes from community donations,” Schroeder explains, “and we rotate that inventory consistently to keep it fresh for our customers. Our revenue, after expenses, is utilized to help fund the work the Salvation Army does in this community for those in need. We are up 35% over last year and have also increased our staff. We want to thank the community for all of their donations, for shopping here and for helping others do the most good.”

Brian Jergenson, Business Manager for Salvation

Army in Otsego County, notes, “In Otsego County, much of the funding we receive is used to help residents in need of assistance for paying utility bills. We work in cooperation with First Call for Help and the Otsego Housing & Homeless Coalition and other community service organizations in assisting individuals and families in need. We also provide disaster assistance for shelter and food, and on a more limited basis, we offer help for paying for prescriptions and gas vouchers.”

Revenue from the Gay-

lord Salvation Army Family Store is critical in supporting the Salvation Army's mission of “Doing the Most Good.” The store also provides employment for approximately 20 people. Shoppers are impressed with the stores clean, well lit and organized atmosphere, as well as the outstanding values that can be found among the huge variety of items ranging from men's, women's and children's clothing, books, DVD's, household and kitchen ware, toys, and even large items such as furniture, televisions and

appliances.

Schroeder points out, “We also offer a 15-percent discount for Senior shoppers every Wednesday, and a 15-percent discount for those serving or who have served in the military on Thursdays.”

Shoppers will also find half-off specials each week, and the store offers pick-up service for donated items. In keeping with the organization's mission of “Doing the Most Good,” clothing items that aren't sold are baled and sent to 3rd world countries.

“Many people don't real-

ize that the Salvation Army is a church,” states Schroeder. “We are Christian mission and a Christ-center organization. We are about helping others.”

The Salvation Army Family Store is located at 919 S. Otsego Avenue in Gaylord, and is open Monday through Saturday from 10 am until 7 pm. For those wishing to drop off items for donation (this is especially welcome during the slower first few months of the year), they can stop by between 9 am and 7 pm Monday through Saturday – phone (989) 448-2357

## LETTERS TO THE EDITOR

Letters may be submitted by e-mail to [office@CharlevoixCountyNews.com](mailto:office@CharlevoixCountyNews.com).

### To the Editor

In Boyne City, MI, on May 13, 2014 city commissioners voted 3 – 2 to stop fluoridating the city water supply.

After researching the issue extensively, commissioners Gene Towne, Derek Gaylord and Laura Sansom came to believe the health risks of ingesting fluoride are much more dangerous than we've been led to believe, and citizens should have the democratic choice of whether or not to ingest fluoride. So, with a majority NO vote, the program, begun in 1973 with a vote of the public, was ended.

Soon after, a group called Citizens United for Dental Health, organized to get enough legal signatures to put the question of water fluoridation on the Nov. ballot. They were successful, and the citizens of Boyne City will now vote to either keep fluoride out of Boyne City's water, or put it back in.

A group called, Citizens Against Forced Medication, then issued the WATER FLUORIDATION PUBLIC DEBATE CHALLENGE to provide a public forum to debate the topic before the Nov. vote.

Paul Connett Ph.D, retired professor of environmental chemistry/toxicology at St. Lawrence University, NY, executive director of FLUORIDE ACTION NETWORK, and co-author of “The Case Against Fluoride, How Hazardous Waste Ended Up in Our Drinking Water and the Bad Science and Powerful Politics That Keep It There,” will present the anti-fluoridation position at the Boyne City District Library, Saturday, Oct. 11, 3pm. The pro-fluoridation lobby has been invited to present any expert they choose to debate the pro-fluoridation position.

Public debate is a great American tradition. We hope you will publicize this important public health, informational

debate.

Thank you.

**Citizens Against Forced Medication  
Jinny Heick, Boyne City**

EDITOR'S NOTE: SEE SIDEBAR FOR RELATED INFO)

### ARE YOU REGISTERED TO VOTE?

#### To the Editor,

To vote in the election November 4th, you must be registered by October 6th.

To register to vote you need to:

Be a citizen of the United States of America

Be at least 18 years of age (by election day)

Be a resident of Michigan and will be at least a 30-day resident of your city or township by Election Day.

There are several ways to get registered. You can send in your State of Michigan Voter Registration Application by mail, or in person at your county, city, or township clerk's office. The Secretary of State's Office also has applications.

We are fortunate to live in a country where we have the “right to vote.” It is a privilege that we should never take for granted. Voting is a responsibility shared by each of us. Don't miss your chance to have your voice heard when it counts. Not voting is a vote (maybe not the one you intended).

Please exercise your right and be sure you are registered to vote by October 6th.

**Election Day is November 4th.**

**Linda Parsons, Boyne City**

#### Letter to the Editor

Men in Support of Women

I want to take a stand for the women of

Michigan. This election gives the men of Michigan an opportunity to support the women of our state. The last four years under Governor Snyder and the Republican controlled State House and Senate have seen women taking hit after hit. It is time for the men of Michigan to help put a stop to this nonsense.

Mark Schauer showed that he was determined to support the women of our state by recruiting Lisa Brown as his Lieutenant Governor. Lisa was very vocal on the State House floor by demanding that Republican lawmakers stop their march to limit reproductive rights of women of Michigan. This has not stopped the Michigan House and Senate from passing their “rape insurance” bill that was signed into law by Governor Snyder. That law prevents private insurance companies from covering legal abortions even after rape, incest or when the life of the mother is in jeopardy. That is unless the woman had the foresight to purchase a “rape insurance” rider as part of her policy. Republican lawmakers in the Michigan House and Senate have introduced more than 45 bills to restrict access to birth control and health care for women.

Governor Snyder and the Republican House and Senate also are responsible for cutting the \$600 per child tax credit, which was an economic blow to the women of our state. This hurts all parents struggling to make ends meet during trying financial times, but especially hurts those women who are heads of households raising children with little or no support. At the same time Republican lawmakers have fallen over themselves to give tax breaks to the wealthiest in Michigan. I plan to stand with the women of our state by voting Democrat for Governor, State House, and State Senate.

**Richard C. Spring, Charlevoix**

## Water Fluoridation Public Debate Challenge

Citizens against forced medication do hereby publicly challenge the pro-fluoridation lobby to an open public debate in the arena of public scrutiny to critically examine the public health consequences of the forced medication practice known as water fluoridation.

This public debate will take place on Saturday, October 11, at the Boyne City District Library in the Community Room from 3:00pm – 5:30pm.

The anti-fluoridation position will be represented by

Paul Connett Ph.D.

Executive Director of the Fluoride Action Network, Dr. Connett has given more than 2,000 pro-bono presentations in forty-nine states and fifty-two countries on the issue of waste management. He holds a bachelor's degree from the University of Cambridge, England, and a Ph.D. in chemistry from Dartmouth College in the United States and is a retired professor of environmental chemistry and toxicology at St. Lawrence University in N.Y. Dr. Connett began researching the issues of fluoride's toxicity relating to water fluoridation in 1996. He is the co-author of *The Case Against Fluoride, How Hazardous Waste Ended up in Our Drinking Water and the Bad Science and Powerful Politics That Keep It There*. He lives in Binghamton, New York.

Pro-fluoridation proponents are invited to present any expert on water fluoridation they choose to debate the pro-fluoridation position. After the debate, questions will be taken from the audience. The public is invited to come and QUESTION AUTHORITY. For information: [fluoridefreebc@gmail.com](mailto:fluoridefreebc@gmail.com)

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Resale Shop

# Hidden Treasures

### BOYNE CITY

**Challenge Mountain Resale Store**  
01158 M-75 South, Boyne City  
231-582-6966  
Open M-Sat. 9:30 – 5:30

### CHARLEVOIX

**Bergmann Center Resale Shop**  
8888 Ance Road,  
Charlevoix  
231-547-9624  
[www.bergmanncenter.org](http://www.bergmanncenter.org)

**Kelly's Antiques & Furniture Barn**  
06176 Old US 31 S., Charlevoix  
231-547-0133  
[www.dkellyantiques.com](http://www.dkellyantiques.com)

### EAST JORDAN

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

### ELLSWORTH

**Good Samaritan Furniture & More Store**  
6519 Center St.,  
Downtown Ellsworth  
231-588-2208  
[thegoodsam.org](http://thegoodsam.org)

**Good Samaritan**  
9746 Main Street,  
Ellsworth  
231-588-2208  
[thegoodsam.org](http://thegoodsam.org)

### FREDERIC

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

### GAYLORD

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

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

**Goodwill Retail and Donation Center**  
1361 Pineview Dr. (near Lowes), Gaylord  
989-705-1747. [www.goodwillnmi.org](http://www.goodwillnmi.org)

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

### GAYLORD

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

### GRAYLING

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989-348-8999

### HARBOR SPRINGS

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

### MANCELONA

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

### MIO

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

### PETOSKEY

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

**Goodwill Retail and Donation Center**  
1600 Anderson Rd., Petoskey  
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[www.goodwillnmi.org](http://www.goodwillnmi.org)

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# Health & Wellness

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

## An Experience with Reiki

By Deb Hagen-Foley

Literally translated, Reiki means, "spiritually guided life force energy." The word is a combination of two Japanese words, Rei, meaning "God's Wisdom or the Higher Power" and Ki, "life force energy." Reiki has been used effectively in treating nearly any illness you can name, including chronic pain or stress, anxiety and insomnia.

A growing body of research is showing the positive effects of Reiki, which can be used with other medical or therapeutic techniques. While the technique is spiritual, it does not require a specific belief system and is not even dependent on a belief by the recipient that the technique will work for it to be effective.

My spouse, Tim Hagen-Foley, has had chronic pain for nearly 40 years, following surgery on both ankles. His poor diet and health habits likely contributed to his pain, which he describes as "exceptional and difficult to tolerate." In the past two years, he made dietary changes, including eliminating sugary soft drinks, chocolate and most animal-based foods from his diet. The intensity of the pain has been reduced he believes, through the reduction of processed foods, sugar and weight loss.

He has never been a believer in the power of unseen forces, such as negative energies, and the influence these might have on well-being. He recently spent several days in the home of a family member living with an emotional abusive spouse. This family member is very attuned to negative energies and had experienced the negative energy of her spouse.

One morning, Tim awoke with significant pain, similar to the whiplash experienced following a severe car accident decades earlier. From the time he arose, the pain continued to worsen. He began to have trouble breathing.

He recalls, "It was like something was squeezing my lungs. It was even more confusing because I had the feeling there was nothing wrong with my body. It felt so bad that I was considering calling 911 but I knew they would

find nothing to treat." He contacted me and I contacted Lisa O'Keefe, a holistic nutrition, western herbalist, and urban sustainability specialist and Reiki practitioner.

Lisa conducted a sage cleansing of the home and witnessed Tim's breathing problems. After the cleansing, she performed a Reiki session and included some general massage. Tim states, "By the time she was done (with a brief session) my breathing was nearly normal and the pain had subsided dramatically. Within a couple hours, I felt much better, as though the whole episode hadn't happened." She offered to perform a complete session at a later date.

A few days later he experienced a full reiki treatment. During a reiki treatment, you remain fully clothed. You can lay on a bed, massage table or the floor.

Tim states, "The best thing to do is close your eyes, clear your mind, and be open for whatever feelings you receive. It wasn't effective for me until I was open to feeling whatever moved me. I wasn't explicitly aware of anything going on but there were hand motions along my body, which I understood were directing the negative energy to leave my body. I felt better as this was happening. It was a remarkable experience for someone who usually needs solid tangible proof of things to be able to accept them."

He continues, "I felt relaxed and energized afterwards. It has been approximately four weeks since that time and I am still free of the chronic pain I had been experiencing since I was 14!"

I asked Lisa how Reiki works. "Our nerves are electrical impulses across nerve endings, synapses affecting muscles and relaying messages to the brain and back to muscles again. Energy. Reiki focuses on this energy through the seven chakras; Crown, Brow, Throat, Heart, Solar Plexus, Sacral and Root."

A non-invasive technique, Reiki compliments other traditional treatments and can improve outcomes in a range of physical and emotional illness.

## Health Department helps Northwest Michigan prepare for flu season

With influenza threats on tap for the 2014-2015 flu season, the Health Department of Northwest Michigan is helping communities prepare by offering flu vaccines to area children, adults and seniors. It's also working with local schools, businesses and community partners to provide flu vaccine clinics throughout the area. Visit the Health Department's Web site at [www.nwhealth.org](http://www.nwhealth.org), or on Facebook at [www.facebook.com/nwhealthdepartment](http://www.facebook.com/nwhealthdepartment), for flu clinic locations and schedules, and call (800) 432-4121 to schedule appointments for the whole family to receive their flu vaccines.

According to Joshua Meyerson, M.D., Medical Director for the Health Department, annual vaccination is the single best way to protect against the flu, and everyone six (6) months of age and older should receive a seasonal flu vaccine.

"Vaccination can prevent serious illness and save lives, especially among young children and older adults," Meyerson said. "Everyone should be vaccinated, to prevent the spread of illness."

The Health Department has vaccine in stock, and appointments are available for flu shots and other vaccines at its offices in Bellaire, Mancelona, Charlevoix, Petoskey/Harbor Springs and Gaylord. Local schools and senior centers are also hosting vaccination clinics in partnership with the Health Department. Cost for seasonal flu vaccination is \$25. Medi-



caid and Medicare are accepted, as well as private insurance, or clients may pay by cash or check. Call the Health Department at (800) 432-4121 to schedule an appointment. You can also visit [www.nwhealth.org](http://www.nwhealth.org) or [www.facebook.com/nwhealthdepartment](http://www.facebook.com/nwhealthdepartment) for details on flu clinics being offered at a school or business in your area. Flu vaccinations offer protection throughout the entire flu season, which can begin as early as October and last as late as May. There are two types of flu vaccines: the flu shot, approved for use in people six (6) months of age and older, including healthy people, people with chronic

medical conditions and pregnant women; and the nasal-spray flu vaccine, approved for use in healthy people from 2-49 years of age who are not pregnant.

The Health Department of Northwest Michigan is mandated by the Michigan Public Health Code to promote wellness, prevent disease, provide quality healthcare, address health problems of vulnerable populations, and protect the environment for the residents and visitors of Antrim, Charlevoix, Emmet, and Otsego Counties. For more information, call (800) 432-4121 or visit [www.nwhealth.org](http://www.nwhealth.org).

## Building Better Bones

Petoskey – Osteoporosis can be a silent disease, one that causes the thinning of bones, which then causes bones to become fragile and more likely to fracture.

"It's a disease that people often don't realize they have until they fracture their hip, wrist, or ankle," said Linda Linari, RN, BSN, ONC, an orthopedic nurse clinician with McLaren Northern Michigan.

Linari will share information on osteoporosis prevention and treatment during the "Building Better Bones" class. It will take place from 6 – 8:30 p.m. on Wednesday, October 8 at the John and Marnie Demmer Wellness Pavilion and Dialysis Center located at 820 Arling-

ton Avenue in Petoskey.

The program is free and open to all individuals interested in the prevention, early diagnosis, and treatment of osteoporosis. Bone biology, bone density testing, treatment options, nutrition instruction, exercise, and fall/fracture prevention will be discussed.

Linari will provide an overview of osteoporosis, and will be joined by presenters a registered dietitian, and a physical therapist.

"The physical therapist will go over exercises you can do to strengthen muscles, which strengthens bones and increases bone density, and ways to keep yourself safe so you don't injure your back, or slip and fall," Linari said.

registered dietitian will educate attendees on making proper dietary choices to increase calcium intake. "And she will go over reading labels. There's a lot of information on food labels and it can be confusing. She will discuss how to read the labels appropriately," Linari said.

Women and men, particularly the elderly, can both suffer from osteoporosis, she added, though it does more commonly affect women.

"It's a disease we can prevent, or one that we can halt the progression of with appropriate medications and education," Linari said.

Pre-registration is requested and can be arranged by calling (800) 248-6777.

## McLaren lifts restriction for visitors 12 and under

The trend of respiratory complaints McLaren Northern Michigan had seen, which recently led to the restriction of children 12 yrs. and under, has declined. Therefore, visitor restriction for this specified population has been discontinued.

McLaren Northern Michigan still asks that you do not visit patients at the hospital if you are ill, or feel like you are "coming down with something." Practicing good hand hygiene is the single most important thing you can do to stop the spread of germs. It's a healthy habit for anyone, whether you are in the hospital, at work or at home.



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<p><b>HOSPITALS</b></p> <p><b>McLaren Northern Michigan</b> 416 Connable Ave., Petoskey (800) 248-6777 <a href="http://northernhealth.org">northernhealth.org</a></p> <p><b>Mercy Hospital</b> 1100 Michigan Ave., Grayling 989-348-5461 <a href="http://www.mercygrayling.com">www.mercygrayling.com</a></p> <p><b>Charlevoix Area Hospital</b> 14700 Lake Shore Dr., Charlevoix 231-547-8630 <a href="http://www.cah.org">www.cah.org</a></p> <p><b>Otsego Memorial Hospital</b> 825 North Center, Gaylord 989-731-2100 <a href="http://www.MyOMH.org">www.MyOMH.org</a></p> <p><b>MASSAGE THERAPY</b></p> <p><b>The Naturalist</b> 1029 Gornick Ave., Gaylord 989-705-1451</p> <p><b>Self Heal Massage/ Body Work/Energy Medicine</b> Cathy Brink NCMP/AMTA, Reiki Master/Teacher 1029 Gornick Ave., Alpine Suite #103 989-619-6282</p>	<p><b>NUTRITION &amp; SUPPLEMENTS</b></p> <p><b>General Nutrition Centers</b> 1417 W. Main St., Pineridge Square Gaylord, MI 49735-1755 989-731-6363</p> <p><b>Four Star Nutrition</b> 604 W. Main, Gaylord 989-448-8618 <a href="http://www.fourstarnutrition.net">www.fourstarnutrition.net</a></p> <p><b>PHARMACY</b></p> <p><b>Central Drug Store</b> 301 Bridge St. Charlevoix 231-547-242 <a href="http://www.central-drug.com">www.central-drug.com</a></p> <p><b>PHYSICAL THERAPY</b></p> <p><b>Jordan Valley Rehabilitation Center</b> 100 Main St # 9, East Jordan 231-536-1451</p> <p><b>Boyne Rehabilitation Center</b> 197 State St, Boyne City 231-582-6365</p>	<p><b>SENIOR ASSISTANCE</b></p> <p><b>Otsego County COA</b> 120 Grandview Blvd., Gaylord 989-732-1122 <a href="http://www.otsegocountycoa.org">www.otsegocountycoa.org</a></p> <p><b>Crawford County COA</b> 308 Lawndale St., Grayling 989-348-8342 <a href="http://www.crawfordcoa.org">www.crawfordcoa.org</a></p> <p><b>Seniors Helping Seniors</b> 221 E. Felshaw St., Gaylord 989-448-8323 <a href="http://www.seniorshelpingseniors.com/northernmichigan">www.seniorshelpingseniors.com/northernmichigan</a></p> <p><b>Charlevoix County Commission on Aging</b> 218 West Garfield St. Charlevoix 231-237-0103 <a href="http://www.charlevoixcounty.org/coa.asp">www.charlevoixcounty.org/coa.asp</a></p> <p><b>WALK-IN CLINIC</b></p> <p><b>OMH Medical Group – Boyne Valley</b> 2572 North US 131 Elmira 989-731-7700 <a href="http://www.MyOMH.org">www.MyOMH.org</a></p>

# Health & Wellness

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

## Area Doctor Retires After 39 Years Serving Charlevoix Area Residents

### Charlevoix Area Hospital announces the retirement of Reed K. Freidinger, MD.

"It's always been very gratifying to help people in need," said retiring Dr. Freidinger. "I've spent a lot of time at this hospital and the staff has been wonderful. The nurses have been my eyes and ears. They make the doctors look good."

Reed K. Freidinger, MD retired from his practice at Charlevoix Area Hospital on Tuesday, September 30th, together with his wife, Janet, who has been his long-time nurse and office manager. He became interested in medicine at a very young age as a result of two neighbors who were doctors. He has always liked science and can't really remember a time when he wasn't fascinated by it.

He graduated from Albion College in 1967 and the Wake Forest University School of Medicine in

1971. His internship was at Swedish Hospital Medical Center in Seattle, Washington and his residency was at William Beaumont Hospital in Royal Oak, Michigan. Dr. Freidinger said that although he enjoyed other areas of medicine, internal medicine was always his main interest and what he wanted to pursue. Together, he and his wife, Janet, moved to Charlevoix in 1975 where he began his long-term relationship with Charlevoix Area Hospital.

Dr. and Mrs. Freidinger have had the pleasure of a third member of their family in attendance at the office for the last five years. Lady Bentley is their registered therapy dog – a beautiful Cavalier King Charles Spaniel with a gentle demeanor and sweet disposition. She will no doubt be missed by Dr. Freidinger's patients, who have looked forward to seeing her whenever they have come in for an office visit.

A tribute to their practice, Jackie Boog was their receptionist for 22 years, just recently moving on to another position as a result of the Freidingers' retirement.

The Freidingers plan on enjoying the early days of their retirement by heading west and doing

some much anticipated traveling. The fall will be spent taking in the beauty of the south rim of Grand Canyon with visits to Sedona and San Francisco, where their daughter resides. They plan on staying in Charlevoix for the summers and winters ahead, thoroughly enjoying both seasons in northern Michigan. The spring and fall will find them exploring the west and southwest, and ultimately the Pacific Coast Highway.

The beautiful retirement cake shows two dates - July 1, 1975 and September 30, 2014 - indicating more than 39 years of faithful service to his beloved patients. Their family at Charlevoix Area Hospital wishes them well and thanks them both for their many, many years of service to our local communities.

When asked what he would miss most, Dr. Freidinger's smile became more serious. "It's the patients and the nurses. Many of these folks have become long-time friends. We have been with them through good times and hard times and really do love them."

For more information about what Charlevoix Area Hospital has to offer you, please visit [discover.cah.org](http://discover.cah.org).



### Free lecture focusing on preventative and alternative medicine

Petoskey - McLaren Northern Michigan is proud to bring Mark A. Moyad, MD, MPH back to northern Michigan. Dr. Moyad spoke to a packed auditorium last year at North Central Michigan College and will speak again Tuesday, October 14 from 6:30 - 8 p.m. at North Central Michigan College Cafeteria Conference Room 3 (1515 Howard Street, Petoskey).

Dr. Moyad, Director of Complementary and Alternative Medicine at the University of Michigan Medical Center (Department of Urology) will speak on diet and dietary supplements for cancer prevention, treatment, survivorship and overall healthy living. Dr. Moyad has probably educated the largest number of health care professionals on the topic of complementary and alternative medicine/dietary supplements in the world while also arguably writing and publishing the largest number of medical articles on integrative medicine. He is currently being featured as an expert in diet and dietary supplements in multiple publications and books and has been a featured guest on the Dr. Oz Show. His most recent book, "Dr. Moyad's Guide to Dietary Supplements" is scheduled to hit bookstores this Fall.

The lecture is free. Due to limited seating, registration is required by calling (800) 248-6777 or visit [northernhealth.org/classes](http://northernhealth.org/classes). Speaker is funded by the Marge Winnell Complementary Medicine Fund within the McLaren Northern Michigan Foundation.

### Boyne City Empty Bowls Luncheon benefits Manna Project

This year's third annual Boyne City Community Empty Bowls Community Meal to fight hunger will be held at the Boyne District Library during the Harvest Festival at noon Saturday, Oct. 4. For a suggested donation of \$20, those who attend will select a beautiful, one-of-a-kind bowl, which is then filled with soup. Guests keep the bowl as a reminder that there are always empty bowls in the world. Sixty-four bowls for the Boyne City event were made by people who attended Stroll the Streets and the SOBO Arts Festival this past summer. Vendors from the Boyne City Farmers Market will be making the food. Chef Paul Ramey will be making soup, and The Rustic Baker will be making rolls.

A suggested donation of \$20 gives a patron the choice of their bowls, soup and bread. The bowls are then taken home to be used, and to serve as a reminder that there is hunger in our community. The funds raised are given to the Manna Food Project and split between Boyne area food pantries.

For further information about the project, call event organizer Meg McClorey at 231-582-7689.

When the school nurse at St. Mary's School in Charlevoix, an elementary school serving children from kindergarten through seventh grade, heard that there was an opportunity for her school to receive a grant for life-saving equipment, she jumped into action. Chris Signs-Warstler, RN knew that the State of Michigan had lost at least 62 students to sudden cardiac arrest (SCA) and related causes. After applying for a grant from The Kimberly Anne Gillary Foundation, Chris was delighted to find out that the grant had been approved and an automated external defibrillator (AED) would be supplied to St. Mary's School, together with necessary training for staff.

The Kimberly Anne Gillary Foundation is a charitable foundation that was established in memory of Kimberly who passed away on April 3, 2000 after suffering a cardiac arrest while playing in a water polo game for the Troy Athens High School team in Troy, Michigan. Even though she had received immediate care by a practicing cardiologist at the scene, she never regained consciousness. It is believed that her chances of surviving would have greatly improved had there been an AED at the school.

According to the American Heart Association, an AED is a portable device used to administer an electric shock through the chest wall to the heart. The built-in computers assess heart rhythm and make a judgment whether defibrillation is needed. If it is, the AED administers the shock and can restore a normal heart



Charlevoix Teachers CPR (St. Mary's teachers and Chris Signs-Warstler)

## St. Mary's School Receives Life-Saving Gift

### The Kimberly Anne Gillary Foundation Awards AED



Presentation of AED (l to r: Fr. Matthew Wigton of the St. Mary's Parish, Geryl Dvoskoch, MD of Charlevoix Area Hospital, Kathleen Dvoracek, Principal of St. Mary's School, and Chris Signs-Warstler, school nurse)

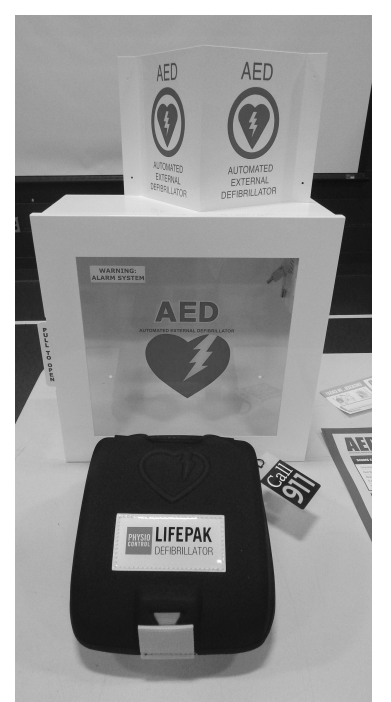
rhythm. AEDs can be easily used by non-medical personnel as they provide audible and/or visual prompts that guide the user through the life-saving process.

The AED was presented to Kathleen Dvoracek, Principal of St. Mary's School, Fr. Matthew Wigton of the St. Mary's Parish, Chris Signs-Warstler, RN, the school nurse, and Geryl Dvoskoch, MD of Charlevoix Area Hospital. The presentation was followed by a

CPR course taught by Chris Signs-Warstler and Sue Coen, also a school nurse sponsored by Charlevoix Area Hospital.

St. Mary's School is the beneficiary of one of four registered nurses supplied by Charlevoix Area Hospital at no cost to seven of the area school systems. Partnering with the community has always been a hallmark of the hospital and when funds for the provision of school nurses were cut from local area school budgets, the hospital stepped in to help. "Our school nurses fill a crucial role for our community schools," said Kathy Jacobsen, the hospital's Director of Community Health Education. "Without our school nurses' passion for healthy kids and Charlevoix Area Hospital's dedication to the local communities, our schools would be sadly lacking this vital component of health care."

Although it may seem as if young school children wouldn't have much of a need for an AED, the representative from The Kimberly Anne Gillary Foundation explained that just a short time ago an 11-year old boy from West Branch collapsed in his school's hallway and their AED was used to revive him prior to airlifting him to Grand Rapids for fur-



AED and mounting case

ther treatment. The young man had no previous incident of heart problems and the use of the AED very likely saved his life.

For more information about what Charlevoix Area Hospital has to offer you, please visit [discover.cah.org](http://discover.cah.org).

# News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

## Charlevoix Circle of Arts hosts opening reception October 4

Please join us for wine and hors d'oeuvres at the opening reception for "Inside the World of Outsider Art" on October 4th from 6 to 8 pm.

This show is curated by Marell Staffel and will feature her Outsider Art collection along with pieces from the collection of Suzy and Burton Farbman.

We are also featuring the work of 98 year old outsider artist and Charlevoix native, Clayton Smith of Smith's Little Acres.

Sky King of Bliss Michigan and Reb Roberts of Grand Rapids will be exhibiting their fun and unique outsider art, which will also be available to purchase. A portion of all sales will benefit the Charlevoix Circle of Arts.

The fourth part of the show is a tribute to the Heidelberg Project in Detroit. Students from Charlevoix Elementary, Charlevoix High School and St. Mary School have decorated houses in the spirit of the project. We have children painting shoes and various objects to add to the exhibit. Also contributing to this part of the show are clients of the Bergmann Center.

The show runs from October 4, 2014 until November 15, 2014 at the Charlevoix Circle of Art at 109 Clinton St.

For more information call 547-3554 or visit us at

## Photo Contest Winner Announced

Friends of the Jordan River Watershed Announces Winners in its 10th Annual "Visions of the Valley" Photo Contest

The Friends of the Jordan River Watershed is pleased to announce the winners of its tenth annual Visions of the Valley photo contest and the debut of its 2015 calendar, "Splash of Seasons." More than \$1200 was awarded in prizes at the organization's fall celebration on September 20 in East Jordan. The 2015 calendar is dedicated to Dr. John Richter, longtime president of the Friends and one of its founders, who died earlier this year.

Top award winners were: Grand Prize, "Autumn Reflections" by Preston Cole of Mancelona, who also earned a calendar month for "Home Sweet Home"; Viewers Choice Award, "Ballet Practice" by Nik Ury of East Jordan; President's Choice Award, "A Reflection of Richter" by Rick Hawley of East Jordan; and Youth Award, "Simply Beautiful" by Elliot Ruggero of Austin, TX.

Also claiming calendar months and cash awards were: "Undisturbed" and "A New Day" by Heather Outman of East Jordan; "Frosty Morning, Frosty Woodpile" and "Dragon Fly's Lair" by Jan Goodwin of East Jordan; "Afternoon Walk" by Courtney McKenzie of East Jordan; "Trillium Glow in the



Preston Cole, of Mancelona, next to his Grand Prize-winning photo, "Autumn Reflections," at the recent Friends of the Jordan River Watershed photo exhibit and celebration in East Jordan.

Valley" and "Winter Fun at Pinney Bridge" by Teresa Cole of Mancelona; "Pink Coneflower Bumpers" by Sheri McWhirter of Elmira; and "Last Stand on Cinder Hill Road" by Teresa Payne of Greenfield, TN. All photos were taken in the Jordan River Watershed. This year's juror was photographer Dianne Carroll Burdick of Grand Rapids. The Friends of the Jordan

thanks its many sponsors, which include lead sponsors Bay Winds Federal Credit Union and Charlevoix State Bank, along with sponsors EJ, East Jordan Plastics, Central Lake Pharmacy, Jordan Valley Animal Clinic, Dr. Kaysserian and Access Dental, Sodalicious and Marty's Cones, Bier Art Galley, Riparia Ltd, John and Phyllis Dedoes, Barb V. White, Abdeen Jabara and Holly

Maguigan, and Steve and Amy Umlor.

Winning photographs and all photographs entered will be up for viewing soon at [www.friendsofthejordan.org](http://www.friendsofthejordan.org), where readers may also order the new 2015 calendar. A portion of the proceeds from calendar sales support the FOJ's Young Friends of the Jordan summer program for grades three to eight.

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## Great Lakes Chamber Orchestra Concert in Bay View Friday



"Slavonic Celebration" is the focus for an October 5th concert presented by the Great Lakes Chamber Orchestra in Bay View's Hall Auditorium at 4:00 pm. The concert will feature works by Anton Dvorak and Jean Sibelius that combine elements of romance, ethnicity, and nationalism. "Both of these composers," indicates conductor Dr. Libor Ondras, sought "to infuse romantic language with inflections from their ethnic musical heritage. Sibelius wanted to create a Scandinavian sensibility, while Dvorak gravitated towards Bohemian folk dances and folk songs."

Ondras urges concertgoers to pay attention to the "sublime artistry of

Dylana Jenson's playing." Jenson—Sunday's featured violinist—received a Silver Medal at the International Tchaikovsky Competition when she was 17 and made her Carnegie Hall debut two years later playing this concerto with the Philadelphia Orchestra. "She is a true artist who is intimately familiar with this concerto," Ondras says. "She matches the beauty of Northern Michigan's hues of changing leaves with subtle shades of tone color."

Like Jenson, Ondras brings extensive background preparation to Sunday's concert. "In familiarizing myself with the score, I really want to get into the mindset of the

composer. I research the background of the piece, asking what was going on in the composer's mind as he wrote it, what were society's expectations and norms, what is the essence of the piece? I like reading correspondence if I can get my hands on published letters."

As conductor of the Great Lakes Chamber Orchestra, Dr. Ondras seeks to perform "world class music right here at home." His goals include diversifying programming, reaching out to a broad, multi-generational audience, spearheading music education programs in local schools, adding more concerts per season, and expanding the

membership base—audience, supporters, and community. Eventually, he hopes that recordings and tours will become part of the GLCO's activities.

General admission tickets cost \$20, and may be purchased online at [glcorchestra.org](http://glcorchestra.org) and [MyNorthTickets.com](http://MyNorthTickets.com), or at the orchestra office: 231-487-0010. Tickets are also available at Chambers of Commerce in Boyne City, Charlevoix, East Jordan, Harbor Springs and Petoskey. Students/youths who are 18 and under, military personnel and people with disabilities registered with VSA Arts of Michigan are admitted free of charge.

## Charlevoix Yacht Club members honor veterans through letter writing campaign

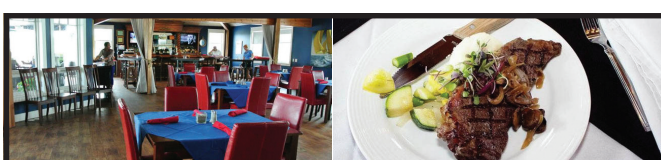
September 12th saw members of the Charlevoix Yacht Club participating in a letter writing campaign to support southwest Michigan's Talons Out Honor Flight taking place on September 27th. Talons Out will be flying World War II veterans to Washington DC free of charge to visit THEIR memorial. Veterans receive letters during "mail call" on their return flight from citizens thanking them for their service to our country. Mail call is a very personal way to let our veterans know that, even after all these years, their sacrifices are still appreciated. Veterans that have participated in previ-



ous Honor Flights continue to look at the letters received during mail call for the rest of their lives. Please visit our website

if you are interested in additional information about the Charlevoix Yacht Club or if you would be interested in becoming involved

in future letter writing campaigns for Talons Out Honor Flights: [charlevoixyachtclub.org](http://charlevoixyachtclub.org).



**WEDNESDAY: BURGER & BEER - \$8**

\$8 - 1/3 pound burger served with chips and a domestic beer.

**THURSDAY: PORTER CREEK RIB NIGHT**

\$10 Half Rack/\$20 Full Rack - Served with vegetable, house made cole slaw and garlic mashed potatoes

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# News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

## Your Financial Future Workshops at the Charlevoix Public Library

Pursuing financial goals is usually part of everyone's to do lists. But typically the information and process is so vast and daunting that it stalls even the most dedicated planners. The Charlevoix Public Library, 220 W. Clinton St., has planned a series of workshops to assist people in meeting their goals. The Financial Future Series includes three consecutive Tuesday sessions to help attendees create a plan to achieve goals. Please register for each class separately, online [www.charlevoixlibrary.org/cal-](http://www.charlevoixlibrary.org/cal-)

endar or call 231-237-7340.

The College Planning Seminar kicks off the series 6:30 p.m., October 7. This workshop is designed to give an overview of the college planning process, including tips on how to get started. It covers how financial aid is determined, offers guidance on how to make college more affordable, how to compare the true cost of colleges, and choosing the right school. The presenters will also touch on how college expenses are trending, how to develop a good plan, and financial strate-

gies to avoid jeopardizing retirement.

The second session will work on the Family Love Letter Booklet, which is a lasting and important gift to family and loved ones. This will be presented 6:30 p.m., October 14. All vital information that loved ones need to know in case of sudden incapacitation or death are part of the booklet. The presenters will walk through the steps in gathering and organizing this information. All participants will go home with a booklet and a file

organization system.

Vicki Beam and Matt Breimayer, Fortitude Wealth Planners, LLC are financial planning specialists located in Traverse City and work with clients of all ages throughout Michigan and beyond. They will be facilitating the first two sessions.

The final session 6:30 p.m., October 21, will focus on Social Security Planning. This meeting will help define Social Security benefits and explain how different retirement decisions may af-

fect benefit levels. Ben Muladore from Edward Jones and Robert Tyler from Prudential will explain how to make informed decisions about the future based on Social Security benefit options.

For more information about this or other programs at the library visit them at [www.charlevoixlibrary.org](http://www.charlevoixlibrary.org) or call the information desk at 231.237.7340.

### Library celebrates Teen Read Week

Charlevoix Public Library will celebrate Teen Read Week (October 12-18, 2014) aimed at encouraging teens around the area to read for the fun of it. Teen Read Week is a time to celebrate reading for fun while encouraging teens to take advantage of reading in all its forms, books, magazines, e-books, audio books and more! It is also a great opportunity to encourage teens to become regular library users.

In recent years, many families have had to adapt to make do with less as a result of the economy. Teen Read Week is a great opportunity for teens and their families to learn about all the free services and resources the library offers. The library also offers a safe and supervised space for adolescents to engage in creative, educational activities with caring adults and mentors.

Moreover, according to Laura Potter, Teen Librarian, strong reading skills are more critical than ever because they translate into better performance at school and better preparedness for careers. This is why it is important to take advantage of Teen Read Week and show teens that reading is a fun and relaxing activity they can do for free.

Charlevoix Public Library invites teens to drop by the library and enter their Book

in a Jar Contest, where teens are asked to guess titles of books that are in jars. Each entrant will get a free book.

Parents of teens are also encouraged to celebrate Teen Read Week at home. Laura offers these ideas:

Set aside time each day for the family to read

Give books or magazine subscriptions to your teen as a gift or reward

Share your favorite book with your teen

Listen to an audio books on your next trip

Create a cozy reading corner somewhere in your home

Use meal time to talk about books that you're reading

Incorporate reading into teen chores, such as reading a recipe when cooking, reading instructions for how-to projects, reading sales fliers to develop a shopping list, and more

Teen Read Week is a national adolescent literacy initiative created by the Young Adult Library Services Association (YALSA), a division of the American Library Association. It is held annually during the third week of October. For more information, visit [www.ala.org/teenread](http://www.ala.org/teenread) or visit the library at [www.charlevoixlibrary.org](http://www.charlevoixlibrary.org).

## East Jordan High School HOME COMING

Congratulations to the 2014 Homecoming Court



**2014 EAST JORDAN HOMECOMING COURT**

Front row: (l-r): Bronte Munson, Katie Spence, Kayla Keane, Kirsten Malpass, Stephanie Buckholz, Lindsay Schroeder

Back Row: (l-r): Wyatt Crick, Herschell Sutton, Noah Raymond, Jordan Peterson, Bailey Sargent, Andrew Drenth

**QUEEN CANDIDATES:** Stephanie Buckholz, Kayla Keane, Kirsten Malpass, Bronte Munson, Lindsay Schroeder, Katie Spence

**KING CANDIDATES:** Wyatt Crick, Andrew Drenth, Jordan Peterson, Noah Raymond, Bailey Sargent, Herschell Sutton

### Float Themes

Senior  
Junior  
Sophomore  
Freshman  
Captain America

Spider Man  
Superman  
Batman

### Spirit Days

Monday  
Tuesday  
Wednesday  
Thursday  
Friday

Favorite College Sports  
Tutu and Tux/Tie Day  
Wacky Wednesday  
Villain or Superhero Day  
Red and Black

### CHX. COUNTY SHERIFFS DEPT.

Sept 22-28

911 Hang Up Call.....	2
Abandoned Vehicle.....	2
Abuse.....	0
Alarm.....	6
Animal Complaint.....	16
Annoyance.....	1
Assault.....	0
Assist Citizen.....	2
Assist Motorist.....	3
Assist Other Agency.....	8
Attempt to Locate.....	1
Attempted Suicide.....	0
Bank Alarm.....	0
Boating Accident.....	0
Boating Violation.....	1
Breaking & Entering.....	1
Car/Deer Accident.....	12
Citations Issued.....	12
Civil Complaint.....	10
Criminal Sexual Conduct.....	1
Death.....	0
Disorderly Person.....	0
Disturbance.....	5
DNR Complaint.....	1
Domestic Dispute.....	5
Driving Complaint.....	6
Fireworks Complaint.....	0
Found Property.....	3
Fraud.....	5

Health & Safety.....	2
Hit & Run.....	0
Intoxicated Person.....	1
Juvenile.....	3
Larceny.....	5
Lockout.....	6
Lost Property.....	5
Malicious Destruction of Property.....	1
Mental Subject.....	3
Minor In Possession.....	0
Miscellaneous Criminal.....	7
Missing Person.....	0
Noise Complaint.....	2
Operating Under the Influence.....	0
Paper Service.....	16
Parking Violation.....	0
Personal Injury Accident.....	2
Personal Protection Order.....	2
Private Property Accident.....	0
Property Check.....	33
Property Damage Accident.....	1
Prowler.....	0
Road Hazard.....	11
Stalking.....	0
Suspicious Situation.....	6
Threat.....	2
Traffic Stop.....	71
Trespassing.....	4
Unknown Accident.....	1
Unlawful Driving Away of Automobile.....	0
Vehicle in the Ditch.....	0
Violation of Controlled Substance Act.....	1

### APPLE FESTIVAL

continued from 1A

of a kind creations. Mason Street will be a hub of activity with face painting, pumpkin painting and a petting zoo. Please note that the children's activities will take place during festival hours on Saturday and Sunday only.

Judging is underway to determine the winner of the 2014 Apple Fest Shirt Design Contest. Students from the Charlevoix High School Design Class came up with some really great concepts to commemorate this year's festival shirt. Stay tuned, the Chamber will be announcing the winner soon. Apple Fest merchandise will be available at the Chamber Booth located next

to the clock tower in East Park.

Show your Rayder Spirit on Friday, October 10 by attending the Charlevoix High School Homecoming Parade. The procession will start at the Charlevoix Public Library at 6pm and make its way down Clinton Street, turning right on Bridge Street, ending up at the Football Field.

The Apple Fest Family Fun Run benefiting Charlevoix Kiwanis Youth Foundation is on tap for Saturday, October 11. The 1 mile starts at 9am; 5k starts at 9:30am. The races will not be timed and there will be fun obstacles along the course. The event is sponsored by Charlevoix State Bank and promises goodies, prizes and lots of fun for everyone. Find out more at [www.charlevoixkiwanis.org](http://www.charlevoixkiwanis.org).

Keweenaw Excursions will offer a Fall History Cruise on Saturday, October 11 from 3 to 5pm. The 2-hour

trip will take you out on Round Lake and Lake Charlevoix. A portion from every ticket will be donated to the Charlevoix Historical Society. The tours will offer lively narration and commentary along the way, providing interesting tidbits of local history about this harbor town. For details visit [www.keweenawexcursions.com](http://www.keweenawexcursions.com).

Experience the magic of autumn in northern Michigan at the Charlevoix Apple Festival. Join the festivities and show your support for our local farmers, orchards and non-profit organizations while celebrating the season in scenic downtown Charlevoix this October. The Harvest is in!

For more information contact the Charlevoix Area Chamber of Commerce at 231-547-2101 or visit [www.charlevoix.org](http://www.charlevoix.org).

### METH LAB

continued from 1A

this he could face one and one half times the maximum sentence on his charges.

The current counts against Graham stem from a traffic stop made on September 23 according to the Affidavit of Probable Cause. Late in the evening Graham was driving a vehicle with a busted tail light when a police officer attempted to pull him over. Graham allegedly sped up to avoid the officer to speeds of over 100 miles per hour. He eventually pulled the vehicle over, where a police officer ascertained that the vehicle had several broken windows, and was missing mirrors.

According to the affidavit the officer determined Graham to be under the influence of a substance and asked him to step out of the vehicle. After giving permission, Graham was patted down, at which point a coffee filter with a small amount of white powder was found in the front pouch of his hooded sweatshirt. Pouch being asked what the substance was Graham replied

"I have no idea."

The affidavit states that the officer asked Graham a series of questions, then gave him a field sobriety test. He then ticketed Graham for lacking proof of insurance, not having a license, and defective equipment. At this point the officer looked inside of the vehicle and saw indications that methamphetamines were being cooked in the vehicle. The officer had probable cause to search the vehicle and had it impounded to the Charlevoix County Sheriff's Department.

The affidavit further says a search warrant was issued, the search began and "methamphetamine components" were located. At that point the Michigan State Police were called in to further search the vehicle. The State Police then told the local police that the vehicle was used for manufacturing methamphetamines and that a methamphetamine was present in the vehicle.

According to the affidavit police went to Grahams home to interview him, when he admitted that he had gone that evening to cook methamphetamine. Graham indi-

cated at that time he had cooked it between 100 to 200 times and only used it for personal use. He also indicated that he cooks the methamphetamine out on deserted roads and burns the remainder of it so no one can be "hurt by it."

An officer then searched Graham's home where the affidavit indicates more components to create methamphetamine were found. Graham was taken into custody, and a bond was set for \$25,000. Graham is no longer in custody and he will be arraigned on October 7 at 10:30 a.m.

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# News

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## Boyne City Public School Student of the Week



### Zach Bailey

**Grade:** 12  
**Parent(s):** Traci Everson and Shawn Bailey  
**Future Plans:** Join the Army.  
**School Activities:** Soccer • Tech Crew • VI  
**Hobbies and Interests:** Playing Soccer • Playing Video Games • Driving Golf Carts  
**Additional Comments:** "I'm awesome"  
**Staff Comments:**

"Zach demonstrates professionalism each time he comes to class. His work is timely and is very thoughtful. He is very attentive when I am providing instruction." (Matt Swank, Business Teacher)  
 "Zach has done many very selfless acts during the first week for the benefit of the student body & the community." (Randy Calcaterra, TV & Film Teacher)

# Fright Night to support Montessori School

Charlevoix – Tickets are now on sale for the ninth annual community-wide Fright Night celebration, held this year at Castle Farms on October 24. Hosted by the Charlevoix Children's House Montessori School, this adults-only costume party features dinner, drinks, dancing and silent and live auctions.

"We are still in the process of collecting auction items and recruiting sponsors," said Perry Hodgson, chairperson of the Children's House Fright Night Committee. "We expect to have about 200 items from vendors, and we already have some incredible offerings including Disney World park hopper tickets, skydiving passes, trip and spa packages and signed sports memorabilia. There really is something for everyone."

Local doctor, Ryan McConnell will lead the evening's festivities as the DJ for the event. This is his second year to provide music, which party-goers say is an essential part of the fun. "We had a blast dancing last year," said Henry Pfeifer, event attendee. "The music is great, the costumes are hilarious, and everyone gets to relax and have fun!"

Costumes are encouraged, but not required. The yearly costume contest does create some competition and creativity among attendees. Last year's winners were Roderic and Pat Tinney, of East Jordan, who dressed as a dog and fire hy-



Molly Arnold, directress of the Charlevoix Children's House Montessori School, hugs several of her young students after school. Fright Night is an annual fundraiser for the school. Tickets go on sale Oct. 1.

Everyone comes together for a night of enjoyment, and it is such a wonderful way for the community to support the children at our school."

Tickets for the event include dinner and drinks, and are \$45 per person in advance and \$50 at the door. Tickets are available at Family Fare in Charlevoix, Lake Street Market in Boyne City and Bearcub Outfitters in Petoskey. The event runs from 6:30 to 11:00 p.m. If you would like more information about the event, would like to donate an auction item, or would like to be an event sponsor, please contact Perry Hodgson at fright-nightcharlevoix@gmail.com.

All proceeds from the event will support operating expenses of the Charlevoix Children's House, a non-profit organization with 501(c)(3) tax-exempt status. The Charlevoix Children's House was founded in 1979 to fulfill the mission of giving children the freedom to learn. The Montessori community is dedicated to providing a learning environment that guides, nurtures and enriches the individual. As an exciting and dynamic school for young minds from three to six years old, the "little red schoolhouse" provides families a nurturing and inspiring place for children to learn. For more information visit [www.charlevoixchildrenshouse.org](http://www.charlevoixchildrenshouse.org).



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## Char-Em ISD AmeriCorps members complete community service book project

Char-Em ISD AmeriCorps members completed a community service project following their swearing in on Friday, Sept. 12. Their project was to sort and place a label on books that are distributed through the Great Start Collaborative FreeCycle to area businesses and physician offices throughout

Charlevoix, Emmet and northern Antrim counties. Pictured are members (from left) Derek Clements, Peg Herlocher, Shelly Wochoski, Char-nell Bacon, Deby Chew, Chelsea Nayback, Jonathan Kelly and Nat Hebben with just a few of the more than 400 books they handled that day. Missing from the photo is

Donna Waters. The Char-Em ISD AmeriCorps program started in 1994 and is the longest consecutively running program in Michigan. The 10 AmeriCorps members work with local elementary school at-risk students to improve their literacy skills.

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