

BOYNE CITY, CHARLEVOIX, EAST JORDAN, ELLSWORTH AND SURROUNDING AREAS



HOUME

nsic THIS WEEK

THIS WEEK IN SPORTS

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By Michelle Medjesky

CHARLEVOIX - A local attorney who has been shadowed by some controversy in his dealings with the county in years past was recently named a member of the Charlevoix County Defense Team.

The Charlevoix County Board of Commissioners earlier this month voted in favor of adding John Jarema to the consortium of attorneys based on the recommendations of Judge James Erhart and Judge Roy C. Haves

Jarema will become the

Jarema appointed to County defense team

fourth member of the County Defense Team, joining attorneys Jodi Doak, Christopher Turkelson and Kyle Legel. He will be replacing 64year-old attorney Kraag Lieberman, who died November 1. Turkleson was approved to replace Lieberman as the consor-

Charlevoix

tium's court coordinator. The Charlevoix County Defense Team is responsible for acting as public defender for criminal defendants in the county's district and cir-



John Jarema

sition did not come without some concerns. Two staff members at the Charlevoix County Prosecutor's Office, Lori Parris and Mary Shephard, explained to commissioners that in the wake of controversy Jarema left in his past involvement with the

Jarema to fill the po-

county, he should have been precluded him from being appointed to the team. The women said they believe Jarema has cost Charlevoix County taxpayers "hundreds of thousands of dollars" and that other attorneys should have been better considered to fill the opening on the defense team. District court administrator Dean Viles, however, dismissed the womens' concerns, stating it was "unethical" for staff from the county prosecutor's office to comment on the commission's decision. Jarema served as

November 23, 2016

Charlevoix County prosecutor until he was defeated by current prosecuting attorney Allen Telgenhof in the 2012 election.

STILL

UST

Jarema was named in a harassment lawsuit filed by former assistant prosecuting attorney Shaynee Fanara, which was settled out of court in 2014.

County commission chairman Joel Evans said despite Jarema's past, he believes the attorney is nevertheless good at his job and capable of becoming Lieberman's replacement. Evans said he therefore voted in support of the recommendation by both judges to approve Jarema as the newest member of the Charlevoix County Criminal Defense Team, on which the attorney will serve through December 31, 2017.

Lovegrove sentenced to 10 years for drunk driving crash that killed St. Ignace football player

By Michelle Medjesky

CHARLEVOIX - In an emotional case where the ruling brought

many in the courtroom to tears, a St. Ignace man was



sentenced

this week to a minimum of 10 years in prison for a drunk driving crash that caused the death of a 17-year-old high school student who was on his way home from a homecoming dance last year. In a case that required a change of venue from Mackinac County, a Charlevoix County jury last month found 41-year-old Darrell Lovegrove of St. Ignace, guilty of involuntary manslaughter and operating while intoxicated causing the death of 17-yearold Mitchell Snyder of St. Ignace. The judge received the request by the defense to move the trial, based on the belief that Mr. Lovegrove might not be able to receive a fair one in 11th Circuit Court in St. Ignace. Police say Snyder was headed home after his school's homecoming dance last fall when Lovegrove's vehicle crossed the center line and hit him head-on and killing him. Lovegrove, who had prior alcohol convictions, was later found on video to have been drinking at a local casino. Accident re-construction showed Lovegrove was traveling 15 miles over the speed limit at the time of the incident. Lovegrove's attorney, Michael Hackett, this week pleaded to the courtroom and Charlevoix Circuit Court Judge Roy C. Hayes before his client's sentencing. "I know in my heart that he'd give anything to change places with Mitchell Snyder," Hackett said. Sentencing guidelines dictate Hayes could have sentenced Lovegrove to a



By Jim Akans

Growing up in America, the tale of the first Thanksgiving feast bringing together newly arrived Europeans immigrants and Native Americans in the early 1600's was well ingrained upon our young minds. Deerskin clad warriors joining in a feast with pioneers dressed in conservative dark clothing and tall hats seemed to epitomize the spirit of cooperation, graciousness and gratitude that remains at the root of the American character to this day.

What isn't widely known is a legendary political figure, also associated with a tall black hat, is responsible for establishing the beginnings of Thanks-



While often romanticized, such as in this "The First Thanksgiving" 1621 oil on canvas by Jean Leon Gerome Ferris, images of a first Thanksgiving much like this are firmly etched in the minds of most Americans. PUBLIC DOMAIN PHOTO



While President Lincoln is often remembered for issuing the Emancipation Proclamation in the autumn of 1862, Lincoln also issued (at the urging of magazine editor Sarah J. Hale), the **Proclamation declaring Thanksgiving as** a national holiday in the fall of 1863.

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Permit No. 70 Gaylord, MI **DIA9 99657209 2U** Standard Mail giving as a national holiday over 200 years after that first remarkable gathering

On October 3, 1863, President Abraham Lincoln issued a proclamation declaring the last Thursday in November be designated as a national holiday of Thanksgiving. It was a proclamation Lincoln issued at the urging of Sarah J. Hale, editor for a popular magazine at the time, who had campaigned for many years to create a national observance of the Thanksgiving holiday.

Following are the closing words from President Lincoln's official proclamation. And while Mr. Lincoln is referring to the Civil War that raged at that time, many of his carefully chosen words could apply to the sacrifices, courage and divisiveness we experience in our

country today:

"It has seemed to me fit and proper that they should be solemnly, reverently, and gratefully acknowledged as with one heart and one voice by the whole American people. I do, therefore, invite my fellow-citizens in every part of the United States, and also those who are at sea and those who are sojourning in foreign lands, to set apart and observe the last Thursday of November next as a Day of Thanksgiving and Praise to our beneficent Eather who dwelleth in the heavens.

"And I recommend to them that, while offering up the ascriptions justly due to Him for such singular deliver-

NTING BY FRANCIS BICK **NELL CARPENTER**

ances and blessings, they do also, with humble penitence for our national perverseness and disobedience, commend to His tender care all those who have become widows, orphans, mourners, or sufferers in the lamentable civil strife in which we are unavoidably engaged, and fervently implore the interposition of the Almighty hand to heal the wounds of the nation, and to restore it, as soon as may be consistent with the Divine purposes, to the full enjoyment of peace, harmony, tranquility, and union. Abraham Lincoln





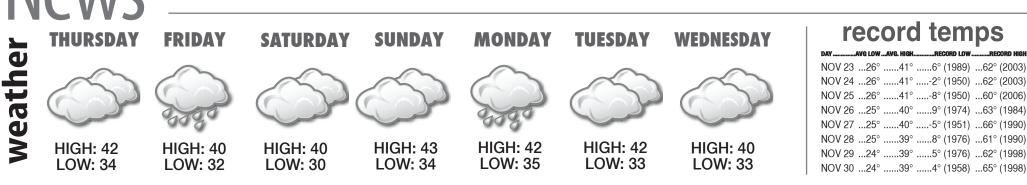
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See Lovegrove–Page 6A

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KALKASKA COUNTY



(Micro investing apps?)

Dear Dave,

What is your opinion on micro investing apps?

- Tammy
- Dear Tammy,

Honestly, I'm not a big fan of micro investing apps. As you probably know, the word "micro" means small. So why would you want to mess with something like that? Are you going to have a micro retirement? Do you want to be micro wealthy? I don't. I want to be really wealthy with a big retirement and a big life full of outrageous giving.

It's fine if you want to give micro investing apps a try. I'm not going to be mad at you or anything like that. But these things function kind of like deals where the marketers say you get one percent back. It's like credit cards, where silly people spend \$100,000 in order to get \$1,000 in brownie points.

You've got to do more than micro, because micro means what it says small. I guess you could argue that at least you're doing something, but if that's your only plan you should prepare to be pretty hungry during retirement.

When it comes to investing, why not go big? Go big, or go home! - Dave

(Is this plan too intense?)

Dear Dave,

My wife and I make a little over \$50,000 a year combined, and we're almost debt-free. Right now, we have \$50,000 left on our mortgage and \$4,000 in student loans left to pay. We're both really excited about the future, and we're thinking about selling our home and moving into a trailer her parents own. On top of this, we'd like to save my wife's entire salary for five years to buy another, better house. What do you think of this plan? Travis Dear Travis,



Dave Ramsey

Man, I'm really excited for you two. You're working hard to take control of your finances and pay off debt. This is what I mean when I use the phrase "gazelle intensity."

However, I think selling your home is going a bit too far at the moment. Despite a really rocky road the last several years, the housing and real estate market is finally starting to rebound. At this point, there's every indication that your home is going to go up in value. If you go with your plan, you're going to lose all that appreciation value and lower your standard of living at the same time.

While you have something of a modest income, I think you make enough money to pay off the house and become prosperous during the next five to seven years, without going to the extreme.

Keep up the great work! - Dave

(Funding a new business)

Dear Dave,

We're completely debt-free with a fully funded emergency fund, and we have \$350,000 sitting in the bank from a land sale a couple of months ago. My wife and I would like to buy a chicken farm with two houses and upgrade it to contract standards. This — plus the stock — would cost around \$290,000. I would keep my regular job, and my wife would run the farm. An investor friend of mine said I should finance the entire business purchase. What do you think about this scenario?

Darryl Dear Darryl,

Either do the deal with cash, or don't do it at all. Your investor friend is full of crap, and there's a good chance he doesn't have nearly as much money as you do. He's probably got more bad opinions than dollars. Now, the pro formas on the kind of thing you're talking about are incredible. They can make a ton of money, but they're a lot of work - I mean real, hard work. Some are

more high-tech than others, and that can mean a little less work, but someone's got to be out there every day with their hands on this thing or you're going to be in trouble. I don't know the ideas you have for divvying up the work, but I'm afraid it would just be too much for one and a half people.

I don't mind you doing the deal, as long as you pay cash for it. But if you're looking to invest, there's always real estate — it seems like you've done pretty good there - or maybe another small business idea. Whatever you do, you need to stop listening to your friend about borrowing money. You're liable to turn what was a blessing into a curse if the two of you go borrow money on a chicken farm. —Dave

(Health insurance options)

Dear Dave,

My husband and I are self-employed, and we currently pay almost \$1,000 a month for health insurance. I've heard you talk about the potential for rates to increase as much as 40 to 60 percent next year. Are there other options, such as just saving the money in case of medical emergencies?

Anna

Dear Anna,

You don't want to go completely without insurance, because you'll get penalized by the government. Remember, when it comes to health insurance, the problem usually isn't a kidney stone or a trip to the emergency room for a few stitches. The problem is a cancer diagnosis, which ends up costing \$500,000 or more.

You might want to check into an HSA (Health Savings Account) type of plan within the exchanges. Another thing you could look at is one of the medical sharing programs through a Christian organization such as Christian Healthcare Ministries.

But a higher deductible, HSA-type plan might help keep your premiums down. It's sad, but this is what Obamacare has done to independent people like you and me who are selfemployed. It's destroying small group plans, and I guess that was their intent. I suppose they wanted to put those companies out of business, so the government could take it over.

CINDA SHUMAKER RACHEL LANGE M. CHRIS LEESE

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- Dave

*Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey.

LETTERS TO THE EDITOR

Letters may be submitted by e-mail to office@Charlevoix CountyNews.com.

To the Editor.

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This letter is in regards to an article titled Mad Hatters Tea Party2.1. I have seen this gentleman's articles in your newspaper for quite some time now. His opinions are not what I believe in. But none the less are his freedom of speech. Unless it begins to cross over the lines of offensive. Which this article he wrote clearly is. It went beyond the political rhetoric of the side that can't handle losing, into the downright offensive. I have a biracial family and extended family. And was appalled by the fact that this gentleman used racial slurs and mocked the way African American people speak. What shocked me even more was that you chose to print this rubbish in your newspaper. Usually the articles are almost laughable in ignorance. But not this one. Very offensive no matter what political party you subscribe to. I, as a citizen of the area, and a man who has a biracial family ask that further publications of these articles be read more carefully before publishing. Please. It was tremendously offensive.

Sincerely Dan Zipp Charlevoix

ELECTORAL SCHMALAGE To the Editor,

I KNOW, I KNOW, IT'S IN THE CONSTITUTION, this electoral college thing. Some of the more astute among us postulate that they should have simply decided to hire the administrators of governance instead of leaving it up to some amorphous group of electors, do away with the sham of popular vote, get the best CEOs they can find and if they don't perform well, fire them. That must have something to do with the Trump appeal albeit he did lose the popular vote by one million. It's inadequate in this era to have

an electoral college determine what a popular vote and/or an august body could hire. Of course Donald Trump is riding on the crest wave of that electoral body so he must be content in their choice. As absurd as all this is, it's a matter of winner/loser and we know where he's at on that score.

Now, I've never seen The Apprentice or whatever that reality show was in which people are hired and fired at whim or whatever, but the gist seems to have been that meritocracy held sway. Which, yeah, takes us back to the hiring of CEOs to run this country. There is a sense, voiced by the elderly statesmen types, that the impeachment process will take care of that in due course. Donald's in a tough spot. If he follows through with campaign outrages he's in trouble. If he doesn't, he's hypocritical, just another lying politician even though he's not the latter, only the former. He's caught between a rock and a hard place. Apparently he doesn't know this - yet. He will. There are long-term political entities already lying in wait to trip him up. If he thinks business is tough, wait'll he encounters the wiles of politics. Those guys don't have to play by any rules but their own – with vague adherence to the Constitution. Donald Trump has just met his match and then some.

But this electoral college is a travesty in its present form. It might have worked well enough in the early days of constitutional order because as they say the rural nature of the country wasn't conducive to a popular vote process. Everybody was busy on the farm or moving out west. There was no radio, no TV, not even any newspapers but for Ben Frank's occasional almanacs. So they decided that a certain electoral body was needed to supersede those uneducated hicks, uh, farmers and

pioneers who didn't know asses from elbows but could sure grow corn and wheat and mow them wild Indians down. They needed leadership of the highest quality and by God they wrote it right into their Constitution to indicate that they really meant it. Hence the electoral college. But its days are numbered.

It's possible that the election of Donald Trump will precipitate more enthusiasm for outhousing the electoral process as already seen via internet sources. Why is it - in curious aside - that democratic candidates are the only ones to be affected by this offset in electoral policies? In any case it has eroded to the point of desuetude even though it still stands as policy, but not much longer. It simply doesn't work, doesn't tally anymore. That would be the 28th Amendment, the abolishing of the EC. This is not without precedent: the 21st abolished the 18th. Cheers to that. The 13th abolished the free labor cotton trade. Of course Eli Whitney had some influence in that too. When them cotton balls get rotten and all that.

Intuition seems the best guide when logic and math don't jibe. Doing the math begets balance sheets but doesn't quite equate in most cases. Likewise logic, like logistics, can't predict the unpredictable. The attempt at formalizing the electoral process might have worked in those early days but is now archaic and dysfunctional. Now that those boys and girls got off the farm there was no looking back. From the hayloft to the back seat of a 57 Chevy was a major leap. We don't need an Electoral College anymore and everybody knows it. All that remains is someone to tell those guys in charge the news. It's not that hard. It's not math or logic; it's intuition. And it's natural - just like the backseat of that 57 Chevy.

Mitchell Jon MacKay, East Jordan

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

The Christmas Messiah Plus One" tickets available

Tickets are now on sale for the Great Lakes Chamber Orchestra's annual holiday offering of Handel's Messiah. The two performances, to be held at 7 pm, Thursday, December 15 and Friday, December 16, will take place in the sanctuary of St. Francis Xavier Church in downtown Petoskey, and will include a post-performance reception with refreshments in the church's lower level.

For this concert, Music Director, Dr. Libor Ondras, has selected The Christmas portion of Handel's Messiah and will also

include; Oratorio de Noël, Opus 12 by Camille Saint-Saëns.

The Great Lakes Chamber Orchestra Chorus will be rehearsed by Chorus Master Peter Sims. The chorus and orchestra will be joined by 4 soloists: Risa Renae Harman, soprano, Martha J. Hart, alto , Thomas Cilluffo, tenor and Jason Coffey, baritone.

A portion of the chorus singing Messiah at St. Francis are also part of The Great Lakes Chamber Orchestra Chorus that will perform Handel's Messiah in New York City at Carnegie

Hall on November 27.

Peter Sims, leading the group to New York stated, "there will be 21 singers, as well as some friends and family members who will make the trip to New York." Peter continued, "The Great Lakes Chamber Orchestra Chorus received this invitation because of the quality and high level of musicianship demonstrated by the singers. It is quite an honor just to be invited to perform in New York."

Tickets are \$25 for general admission, and \$35, \$50 and \$75 for your choice of reserved seating.

All tickets may be purchased online at glcorchestra.org or at the Great Lakes Chamber Orchestra office: 231-487-0010, General admission tickets are available at these Chambers of Commerce: Boyne City, Charlevoix, Harbor Springs and Petoskey. Students and youth who are 18 and under, military personnel and people with disabilities registered with VSA Arts of Michigan are admitted free of charge.

For more information about the Great Lakes Chamber Orchestra, go to www.glcorchestra.org.



Tickets are now on sale for the Great Lakes Chamber Orchestra's annual holiday offering of Handel's Messiah. COURTESY PHOTO

HOLIDAY FESTIVITIES

Holiday Open House and Santa Parade in **Boyne City this Friday**

Join the celebration and kick off to the holidays in downtown Boyne City on Friday, November 25, from 5 – 9 p.m. for the Holiday Open House and Santa Parade. The streets of downtown Boyne City will be filled with the sounds, sights and smells of the holiday season. Downtown businesses will be offering great shopping, refreshments and hospitality during the festivities.

The evening kicks off with the Girl Scouts lighting the community Christmas tree in Old City Park at 5 p.m. The parade will begin at 6 p.m. with the evening's special jolly guest in a red suit direction from the North Pole. After the parade children can meet with Santa, who will be at the patio at Parkside Grill and Treats. Be sure to bring your Christmas list.

Those participating in the parade will line-up on East Main Street between East and Lake Streets starting at 5:30 p.m. All community churches, organizations, schools and businesses are encouraged to participate in the parade. The parade route will be Lake



There's plenty of holiday fun in store for the whole family this Friday, November 25, in Boyne City at the Holiday Open House and the Santa Parade, kicking off with a tree lighting in Old City Park at 5pm. COURTESY PHOTO.

Street to Water Street and through downtown.

For additional information, contact Karen Guzniczak at Bovne City Main

Street Promotions Committee Chair at County Now & Then (231) 582-2355 or call the Boyne Area Chamber at (231) 582-6222.

Boyne District Library Holiday Open House

The Bovne District Library is hosting a Holiday Open House and Book Sale on Saturday, December 3 from 10am-2pm. We will have activities and events for community members of all ages. Santa Claus will be in the Children's Area from 10am-12pm. All of Santa's young visitors will receive a gift and a photo keepsake from Santa. From 12-2pm, children and teens are invited to drop in for holiday-themed crafts.

In the Children's Area, the Boyne District library is partnering with the Charlevoix County Conservation District to offer a holiday nature story and craft. Teens and tweens can stop by the teen area and make a "sweet" decoration to take home. Patrons of all ages are invited to visit our Technology Petting Zoo in the Conference Room upstairs from 12pm-1pm.

Representatives from the Charlevoix Radio Shack will have tech gadgets of all kinds on hand for patrons to explore. You'll be able to try out mobile devices, wireless speakers, electronic toys, and more: everything from large gifts to stocking stuffers. Information on purchasing these items will be available.

And of course, The Friends of the Boyne District Library will hold their Holi-



The Boyne District Library is hosting a Holiday Open House and Book Sale on Saturday, December 3 from 10am-2pm, with activities and events for community members of all ages and Santa Claus will be in the Children's Area from 10am-12pm. **COURTESY PHOTO**

day Book Sale in the library's Community Room from 10am-2pm. Browse the Friends' used book inventory, have a glass of punch, and enjoy holiday music as vou shop.

'Tis the season for holiday cheer at the Boyne District Library. Questions? Contact Assistant Director Monica Kroondyk: (231) 582-7861 or kroondykm@boynelibrary.o rg.

Charlevoix Holiday Parade & Tree Lighting

Come celebrate a time of family, friends and fun during the annual Holiday Parade & Tree Lighting Celebration taking place in downtown Charlevoix on Friday, November 25.

Throughout the day, Charlevoix stores and restaurants will be offering fantastic Black Friday Deals. Get a jump on your holiday shopping while taking advantage of some of the lowest prices of the year. Black Friday will kick off the Live Life Local shopping contest brought to you by Charlevoix Main Street. Spend \$50 in downtown stores (receipts may be combined) from November 25 to December 24 for a chance to win \$500, \$300, or \$100 in Charlevoix Chamber Checks. For contest details visit www.charlevoixmainstreet.org.

From 3 to 5pm, children of all ages are invited to the Charlevoix Circle of Arts to partake in some good old fashioned holiday craft activities. Chemical Bank and the Circle of Arts have joined forces to help you create precious moments and keepsakes that will be remembered for a lifetime. There will be sprinkles and toppings galore for delicious cookie decorating fun, or help your little ones make their own ornament to take home and hang on your family tree. This is just a sampling of the fun craft activities that will be available at the Circle.

From 3 to 5pm, Charlevoix State Bank will host the North Pole where children can have their picture taken with Santa compliments of Picture This. Santa and his jolly elves will be at the bank to help you capture that special holiday moment. Enjoy tasty treats in the lobby while your child waits for



Come celebrate a time of family, friends and fun during the annual Holiday Parade & Tree Lighting Celebration taking place in downtown Charlevoix on Friday, November 25. COUR-**TESY PHOTO**

his or her turn to visit with Old Saint Nick. Don't forget to stop in and pick up vour pictures at Picture This. located in the Oleson's Plaza, during regular business hours following the event.

From 4 to 6pm, Stafford's Weathervane Restaurant and Subway invite you to warm up with some hot cocoa and cookies in East Park next to the Community Christmas tree. Cookies and cocoa will be served by volunteers from the Charlevoix Chamber Ambassador Committee. Get them while they last!

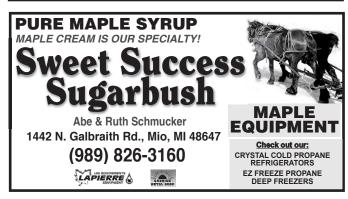
At 5:30pm, the 6th Annual Holiday Parade will make its way down Bridge Street. The parade will take place on

US 31 between Hurlbut and Clinton Street downtown. Enjoy music, lighted floats and more. The final parade entry will be Santa and his helpers who will stop in East Park to brighten the night by lighting the Community Christmas Tree for the first time this holiday season. The tree will be lit at approximately 6:00pm accompanied by music and caroling provided by Charlevoix Middle/High School Performing Arts.

Contact the Charlevoix Area Chamber of Commerce at 231-547-2101 or visit www.charlevoix.org for additional information or to get a parade entry form.

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nounced. Details on Facebook.

December 3, 5pm, East

Park. You are invited to partici-

pate in the 1st Annual Lights of

Love Event in Charlevoix with

all the proceeds benefiting

Hospice of Northwest Michi-

gan. Please join us for the

lighting of our Christmas Tree

in East Park, with a short dedi-

cation and caroling. Then all

are invited to stay and join par-

ticipating Charlevoix restau-

rants, bars and businesses in

special food, beverage and

sales opportunities supporting

the event. You can NOW spon-

sor a light or purchase an or-

nament to decorate the tree in

memory or in honor of loved

ones this holiday. Donation and

News Briefs

THANKSGIVING FAMER'S

MARKET

November 23, 9am-Noon. Red Barn. Pick up all the food you need for your Thanksgiving meal. Note; there will not be a Farmer's Market on November 26

BOYNE CITY **COMMUNITY THANKSGIVING** DINNER

November 24. The Bovne City Eagles will host their annual Community Thanksgiving Dinner from noon to 2 p.m. on Thanksgiving Day, Nov. 24, at the Eagles Hall, 106 N. Lake St. The dinner is open to the public, and there is no charge. Dinner includes turkey, stuffing, potatoes and gravy, vegetables and desserts. Anyone who needs a ride or needs dinner delivered or who would like to volunteer or donate food - is asked to call the Eagles in advance at 231-582-6904. Please consider bringing a monetary donation or a nonperishable food item; proceeds will be divided among local food pantries.

BOYNE CITY

KIWANIS TURKEY TROT

November 24. The 5K and 1 Mile Fun Run will begin at 9 am at Veterans Park. Here is the registration form or pick one up at the Boyne Area Chamber, Edward Jones, Kilwins of Boyne City, or North Country Cycle Sport.

BOYNE FALLS

COMMUNITY THANKSGIVING DINNER

November 24. The Whi-Ski Inn is hosting their 2nd Annual Community Thanksgiving Dinner from 1-4 p.m. We will be preparing a delicious meal with all the fixin's for anyone that would like to stop in and enjoy. The meal will be by donation of your choice or by bringing in non-perishable food items. All proceeds will benefit the Boyne Valley Food Pantry. Details on Facebook.

218 W. GARFIELD ST.,

CHARLEVOIX, MI 49720

Phone: (231) 237-0103,

Toll Free: (866) 428-5185

Fax: (231) 237-0105

Office Hours:

Monday - Friday

8:30am to 4:30pm

CHARLEVOIX **ANNUAL 5K TURKEY TROT**

November 24, 8:30am, Registration is now available online at shop.cah.org, in person at the Munson Healthcare Charlevoix Wellness Workshop on 411 Bridge Street or on the day of the event from 7:30-8:30am. Pre-registration ends November 20 at midnight; after that, the cost increases by \$5. Pre-registration costs are as follows and include a long-sleeved t-shirt or hooded sweatshirt (additional \$10): \$15/adult, \$10/youth. Early shirt pickup will be available on November 23 at the Wellness Workshop or you may pick your shirt up at the event.

CHARLEVOIX

10TH ANNUAL COMMUNITY THANKSGIVING MEAL

November 24, Noon-3pm, St. Mary of the Assumption Catholic Church, 1003 Bridge Street. The meal is provided at no charge All are welcome!

WALLOON LAKE VILLAGE LIGHTING OF THE VILLAGE

November 25, 6pm. Visit the Village of Walloon for an evening of holiday cheer as the holiday lights are turned on for the first time. The Lighting of the Village is only one of many things happening in the Village this winter. The Village Green Park, next to Barrel Back restaurant, will be transformed into an ice skating rink for the duration of the winter. Ice skates will be available at Tommy's, under the Barrel Back, free of charge.

EAST JORDAN SMALL BUSINESS SATURDAY SHOP SMALL EVENT

November 26, downtown Many shops will be offering great sales, specials and give aways.

BOYNE CITY

BLOOD DRIVE

November 28. 8:30am-2:15pm. Boyne City High School, 1035 Boyne Ave. Simply call 1-800-RED CROSS (1-800-733-2767) or visit redcrossblood.org to make an appointment or for more information.

ELLSWORTH **DRUG EFFECTS IN ELLSWORTH & ANTRIM COUNTY**

November 28, 6:30pm, Banks Township Hall. Come hear about the impact of illegal drug use and related activity in our community and area. Presented by Antrim County Prosecuting Attorney, Jim Rossiter. Also in attendance will be Sherriff Dan Bean and others with insider information regarding the impact of illegal drugs in our community. Who should attend: Community Leaders, Business Owners, School Professionals, Students, Parents, Church and Non-profit Groups, Caregiving Professionals and anyone who can help our community work together to help slow the damage illegal drug use causes in our area. Refreshment will be served. If you have questions, please call 231.676.0935

BOYNE CITY

EJ CHAMBER HOLIDAY BUSINESS AFTER HOURS

November 30, 5:30-7:30pm, Sommerset Pointe Admission will be a cash donation to be divided between two local food pantries

CHARLEVOIX BLOOD DRIVE

November 30. 8:30am-2:15pm. Charlevoix High School, 5200 Marion Center Rd. Simply call 1-800-RED CROSS (1-800-733-2767) or visit redcrossblood.org to make an appointment or for more information.

CHARLEVOIX

MDOT PUBLIC MEETING

November 4-6pm, 30 Charlevoix City Hall. The Michigan Department of Transporta-tion (MDOT) will have a public meeting to discuss the upcoming repair project of the US-31 bascule bridge over the Pine River Channel in Charlevoix, slated to begin in December.

CHARLEVOIX

CHARLEVOIX WIND ENSEMBLE CONCERT

November 30, 7pm, First Congregational Church. The Wind Ensemble is a group of dedicated area musicians ranging from music teachers to outstanding high school performers. The Wind Ensemble will perform selections by Wagner, Grieg, Chance, Leroy Anderson and Handel. All are welcome.

EAST JORDAN

AUTHOR DAVID BURCH PRESENTATION

November 30, 3pm, Jordan Valley District Library community room. Former East Jordan resident and author David Burch will be talking about his life, which transpired into his book, "Pocket Full of Dreams." Former East Jordan resident and author David Burch will be talking about his life, which transpired into his book

EAST JORDAN

HOLIDAY BUSINESS AFTER HOURS November 30, 5:30-7:30pm at

Sommerset Point. Admission will be a cash donation to be divided between the two local Food Pantries.

EAST JORDAN

HOLIDAY LIGHT PARADE & TREE LIGHTING.

December 1. Downtown East Jordan. Line up at 5:30pm at Old Fire Hall on Main Street. Parade begins at 6pm. Parade route is Main Street to Mill Street to Spring Street ending at corner of Spring and Esterly. At 6:15 the Community Tree Lighting and Caroling will take place across from Memorial Park.

EAST JORDAN

HOLIDAY COMMUNITY NIGHT December 1, 5:30-7:30pm. Downtown business Open House. Events at Community Center will include; Soup Cook-

off, EJ Co-op Nursery School Bake Sale, "Snowman Photo Booth," East Jordan Freedom



Seating is limited. To purchase tickets or to make a donation to Home for the Holly Daze, please contact Faye Parrish at 231-547-8501 no later than Monday, No-

Fest Christmas Raffle Drawing,

Rotary Club "Find Santa Scav-

enger Hunt" drawing. Also a

"Make and Take" craft for kids at

Jordan River Arts Council. The

City Hall Chambers (201 Main

Street) will host a Santa Visit with

December 2, 7:30-8:30am,

December 2, Castle Farms.

Presented by Munson Health-

care Charlevoix Hospital Foun-

dation. Proceeds from the event

Charlevoix Courier and Munson

Healthcare Charlevoix Wellness

Workshop on Bridge Street.

Cookies from 6 to 8pm.

FIRST FRIDAY BUSINESS

CHARLEVOIX

BREAKFAST

CHARLEVOIX

HOLLY DAZE

BOYNE CITY

vember 21.

RE/MAX "HELP KIDS BE KIDS" SOUP LUNCHEON

December 2, 11:30am-2pm, Boyne City Eagles Hall. Offering 8 or more different soups to choose from, and all proceeds will "Help Kids be Kids." Many elementary and middle school children in Boyne City schools need our help. Money raised will help purchase backpacks, clothing, lunch boxes, school supplies, allow a child to go on field trips and mostly help our families in transition. More than half of our students are on free or reduced lunches and need additional resources. Stay and eat or take out will be available. Suggestion of a \$6 donation. Soups that will be available include Chili, Chicken Noodle, Potato Ham, Seafood Chowder, Vegetable Beef, White Chili, Broccoli Cheese, Vegan and others to be an-

order form available at local merchants and Hospice office. Info call Amy Wieland, 231-

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

CHARLEVOIX

LIGHTS OF LOVE

CHARLEVOIX

547-7659.

HOLIDAY MERCHANT OPEN HOUSE & COCOA CONTEST

December 3. downtown. Merchants will be armed with entertainment, samples, refreshments, special sales, giveaways. Santa escorted through town at 11:15am and at Charlevoix Cinema 11:30am to 1:30pm. Free movie, "Secret Life of Pets" at 2pm (children free, bring nonperishable food item for Charlevoix Food Pantry). 4th Annual Hot Cocoa Contest taking place from Noon to 5pm. Follow the "Cocoa Trail" to sample and vote for your favorite hot chocolate recipe.

BOYNE CITY

CHRISTMAS ARTS & CRAFTS SHOW

December 3, 9am-3pm. The Holiday Hobby Craft Show is held from 9 a.m. to 3 p.m. Saturday, Dec. 3, at Boyne City High School. More booth space has been added in the school Media Center. Admission is \$2 for adults and no charge for students or seniors. Refreshments are also available for this 38th annual event that raises funds for the Boyne City Booster Foundation. Hourly drawings will be held for \$20 Boyne Bucks giveaways.

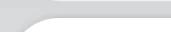
EAST JORDAN

THE DEPOT OPEN HOUSE

December 4, 10:30am-1pm. Enjoy refreshments and learn about The Depot.

EAST JORDAN

Blood Drive December 6, Noon-5:45pm. East Jordan Civic Center, 101 Civic Center Lane. Simply call 1-800-RED CROSS (1-800-733-2767) or visit redcrossblood.org to make an appointment or for more information.



COA BOARD Shirley Gillespie, Director Richard Fish, Chair Janet Shepherd, Vice-Chair Suzanne Carlson, Secretary Nancy Ferguson, Board Liaison Jean Kinsley, Janet F. Shepherd Jerry Kelts, Joni Olach and Cathy Kessler **OFFICE STAFF** Shirley Gillespie, Director Theresa Graham, Receptionist Sally Nye, Database Tracey Rupinski, Clinical Manager Debbie Peck, Food Service Manager



Boyne Area Senior Center News!!

CHARLEVOIX COUNTY COMMISSION ON AGING

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

Charlevoix Senior Center News!



LOCAL SENIOR CENTER CONTACT INFORMATION **Beaver Island Center:** Ann Partridge 26215 Main St, BI, 49782 231-448-2022

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

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

East Jordan Senior Center Brenda Skop 951 Mill Street East Jordan, MI 49727, Phone: 231-536-7831

THE COA OFFERS THE **FOLLOWING SERVICES:**

Congregate Meals **Foot Care Management Emergency Communication Devices** Home Delivered Meals Homemaker Services In-Home Respite Information & Referral Medicare D Counseling **Medication Management Personal Care Assistance Project Lifesaver** Senior Hi-Lites Newsletter Tax Assistance Volunteer Opportunities

WEBSITE ADDRESS: www.charlevoixcounty.org/coa.asp



Betty J. Mapes-aka, the vare Wrapper"-is a har dependable volunteer daily over the past 3 -is a hard years, mately she has wrapped approx 23,000 sets of cutlery!

Paul Drewanz, Joan Covall and Patti Ecker hard at work on one of their 1000-piecers.

Boyne Puzzlers

Happy Birthday to Eric, our volunteer dishwasher holding his 'go blue' blanket made by cook Bridget Burns

Thursday, November 24

CENTER CLOSED

HAPPY THANKSGIVING!

Thursday, November 24

CENTER CLOSED

HAPPY THANKSGIVING!

Thursday, November 24

CENTER CLOSED

HAPPY THANKSGIVING!

Thursday, November 24

CENTER CLOSED

HAPPY THANKSGIVING



Friday, November 25

CENTER CLOSED

HAPPY THANKSGIVING!

Friday, November 25

CENTER CLOSED

HAPPY THANKSGIVING!

Friday, November 25

CENTER CLOSED

HAPPY THANKSGIVING!

Friday, November 25

CENTER CLOSED

HAPPY THANKSGIVING



LEFT: Mary O'Brien, Marilyn Loy, Cheri Bogan, and Larry Trumble celebrated their September Birth-days at the center. RIGHT: Leola Schnackenberg. Gerrit Elzinga, and Joni Olach joined us to celebrate their October Birthdays! They all received a free youcher for their next meal

During our most recent Wii Bowling competition, we had three separate bowlers on three different teams, bowl the same high score of 222! Pictured are Jan with Petoskey Wii bowlers, and Beverly Middaugh and Dan Cimienski with CVX.



sdav. November 30

10:30am Wii Bowl Practice

12:30pm East Smart, Live

String Cooking Class

Wednesday, November 30

1pm Bingo

11:30am Brad Hersey Music

esdav, November 30

mber 30

Game Dav!

Pool Table/Ping Pong

10:30am Crafts

1pm Texas Hold-Em

Chicken Noodle Casserole

Wednesday, Nov

Wed

Angle Supernaw joined her son Bill and John and Phyllis Haggard for lunch. She is reported to be 103 or so. but who's counting!

Thursday, December 1 9-10am Food Distribution **11am Arthritis Foundation** Exercise Program Wii Bowlina

Thursday, December 1 11:30am Roger Hartson Music 11am Chair Yoga Class 1pm Mahjong **1pm Wii Bowling Practice**

Thursday, December 1 **Foot Clinic** 11am KARAOKE DAY! 12:30pm Euchre 1pm Ceramics

Thursday, December 1 Pork Chop & Stuffing

THIS PAGE SPONSORED BY THE FOLLOWING CHARLEVOIX COUNTY BUSINESSES

BOYNE AREA SENIOR CENTER ACTIVITIES

CHARLEVOIX SENIOR CENTER ACTIVITIES

EAST JORDAN SENIOR CENTER ACTIVITIES

CHARLEVOIX COUNTY SENIOR CENTER MENU

Tuesday, November 29

11 am Walk with Ease

Bingo - Free Lunch Prize

Mexican Train

Tuesday, November 29

1pm Paint Class

1pm Mahjong

Tuesday, November 29

Foot

12:30pm Bingo -

Meal Ticket Prize

1pm Paint Class

Mexican Poker

Tuesday, November 29

Cabbage Roll

Monday, November 28

10:30am Line Dancing

Bingo - Gift Certif Prize

Rummikub

Monday, November 28

1pm Bridge

1 pm Woodcarving

7pm Bible Study

Monday, November 28

8am-1 pm Walking M-F

10:30 Exercise

12:30pm Wii Bowling

Monday, November 28

Cod Almondine



CHARLEVOIX

ALL IS BRIGHT

December 11, 6:30pm, Charlevoix Circle of Arts located at 109 Clinton. Santa, Bob T., and his elf, Kate Heady will perform for the audience and Ruth Willis, piano stylist, will play music of the season. For additional information and registration, please call the Charlevoix Circle of Arts at 231-547-3554

CHARLEVOIX

BLOOD DRIVE

December 15, 10am-3:45pm. Munson Healthcare Charlevoix Hospital, 14700 Lakeshore Drive. Simply call 1-800-RED CROSS (1-800-733-2767) or visit redcrossblood.org to make an appointment or for more information.

PETOSKEY

GLCO MESSIAH CONCERT.

December 16 and 16, 7pm, St. Francis Xavier Church. The Great Lakes Chamber Orchestra Chorus will be rehearsed by Chorus Master Peter Sims. The chorus and orchestra will be joined by 4 soloists: Risa Renae Harman, soprano, Martha J. Hart, alto , Thomas Cilluffo, tenor and Jason Coffey, baritone. Tickets are \$25 for general admission, and \$35, \$50 and \$75 for your choice of reserved seating and may be purchased online at glcorchestra.org or the Great Lakes Chamber Orchestra office: 231-487-0010. General admission tickets are available at these Chambers of Commerce: Boyne City, Charlevoix, Harbor Springs and Petoskey. Students and youth who are 18 and under, military personnel and people with disabilities registered with VSA Arts of Michigan are admitted free of charge.

EAST JORDAN

COMMUNITY CHRISTMAS DINNER

December 25, 1-3pm. The East Jordan United Methodist Church would like to invite everyone to join them at a Community Christmas Dinner on Christmas Day

BOYNE CITY

FARMERS MARKET

Wednesdays and Saturdays, 9am – Noon, Red Barn at Boyne District Library

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

Feeling so Blessed! Thank You for supporting "Dress For Chill."

Submitted by Suzanne Hubner, Boyne City Eta Nu Charity Organization member

Eta Nu Women could not be more thankful to our community for the support they received on their "Dress For Chill" project in 2016. This year, new winter coats, pants, boots, hats, and gloves, were purchased and distributed to 36 Head Start Preschoolers and 104 Boyne City Elementary School students.

"We could not accomplish our goal in helping these kids without the support of so many people and organizations within the Boyne City area", said Denise Holmes, chairperson for Dress For Chill.

Several businesses made generous contributions: The staff at Pat O'Brien & Associates chose Dress For Chill as



Volunteers at the B C Elementary School. COURTESY PHOTO

their 3rd Qtr. Charity and donated a generous amount; also a thank you goes out to Boyne Country Provisions

who helped spread the word through their weekly newsletter and were also generous in their donations. Cash donations from individuals and local businesses were collected in several locations throughout Boyne City. We thank the patrons of the following establishments as they served as Dress for Chill ambassadors, fielding questions and supporting the program awareness: Local Flavor, BC Provisions, Huffs Pharmacies, Ace Hardware, Inspired Living, Mary's of Boyne, Country Now and Then, Fustini's, Boyne City Bakery, En Vogue Salon, Pat O'Brien's.

Boyne City community and service organizations came out in full support as well: BC Rotary Club, FOE 1583, FOE 1583 Ladies Auxiliary, Knights of Columbus Council 6314 and the Boyne Valley Lions Club all gave generous donations. A special thanks to Francine Sorber and all the various "angels", who either provided personal dollar donations or purchased complete outfits for the students.

Over 400 items were purchased from these local stores: JC Penney's, Dunham's, Peebles, Meijer, Wal-Mart and BearCub Outfitters and Kmart. The sales personnel were helpful in advising us of sales and off-season clearance items.

Special thanks to Mary Hickman, Family Resource Liaison at the Boyne City Elementary School for her work in gathering all the information we needed ensuring a successful distribution of clothing.

"We cannot begin to express our gratitude to the community for their continued support of the Eta Nu Dress for Chill. We couldn't do it without you", said Penny Dietz, President of Eta Nu.

Boyne Falls Public Schools Students of the Week



Cheyanne Sayles

Grade: 7th

Parent's Name(s): Tait Sayles and Nicole Skinner

Future Plans: Cheyanne Sayles would like to go to college to study photography and have a career as a photographer.

Favorite Book: Cheyanne's favorite book to read is "Fault in Our Stars".

Hobbies and Interests: In Cheyanne's free time she enjoys snowboarding and dirt bike riding.

School Activities: Cheyanne is an avid basketball and volleyball player at Boyne Falls Public School.

Staff Comments: "Cheyanne Sayles is a caring, cheerful, honest, dependable, hardworking student. I have had the pleasure of getting to know Cheyanne over the past 8 years and watch her grow into the responsible young woman she is today. She stands up for others and is there for her friends and family when they need her. Cheyanne is always willing to give a helping hand to anyone in need. I know that her family is as proud of her as I am! Good Luck Cheyanne in your future years here at Boyne Falls Public School and beyond! Keep up the good work!" – Mrs. Deanna Milks

HIDDEN TREASURES Good Samaritan Resale Shop & Food Pantry Serving families in need for 26 years

By Jim Akans

Back in 1990, Ellsworth resident Mary Peterson had an idea...or perhaps it was more of a calling.

"I was visiting a local resale shop and I saw people searching through the trash for something they could use," she recalls. "I just knew there had to be a way to set up a new system for distributing goods to those in need, so I began looking for people who could pursue that idea."

Over twenty-five years later, the result of that inspiration; Good Samaritan Family Services, continues following a mission statement of "servicing the Lord by reaching out to those in need," providing food and outreach programs to local fami-



Good Samaritan Family Services, is celebrating over two-and-a-half decades of following a mission statement of "servicing the Lord by reaching out to those in need," providing food and outreach programs to local families who could use a little help. COURTESY PHOTO

lies who could use a little

help. Petersen recalls, "When we began our mission, it was located in the old fire hall in town, we received support from local churches and it was ran by a small group of



volunteers." At that time, about 30 families visited the facility each month.

Today, approximately 700 families visit Good Samaritan's Food Pantry each month, primarily from Antrim County though about a quarter of those families are from Charlevoix County. A crew of some 90 volunteers helps to stock and distribute the food supplies, oversee the non-profit organization's Resale Shop, Good Samaritan Furniture & More Store, and assist new mothers at their affiliated Moms & Tots Center.

"The need has grown over the years," Mary relates. "People's stories tug at your heart. Our senor population has grown and we are seeing more seniors seeking assistance here, though they can be reluctant to ask for help." She adds, "Everyone who gets food also gets free clothing. People can visit once a month, and we try to give them enough to last a bit longer. A lot of our food comes from the Manna Food Project, which we receive at a very good discount, so we can really stretch dollars that are donated."

Good Samaritan Family Services also offers "Sammy's Shoes" at the Resale Shop, which has a huge assortment of new shoes in virtually every size, style and color. Families in need can pick up a brand new pair of shoe for a small donation or even for free if they are unable to afford the donation.

Good Samaritan's hours of operation are Tuesdays, 10am to 7pm, Wednesdays through Fridays from 10am to 4pm, and Saturdays from 10am to 2pm. They are located at 9746 Main Street in Ellsworth and can be reached at (231) 588-2208 or on the web at www.thegoodsam.com

Mary Peterson, Director of the Pantry/Resale Shops stands among the 700 pairs of shoes in a closet at the Good Samaritan resale shop. Sammy's Shoes is a program designed to provide every child with a NEW pair of shoes.



Furniture & More S 6519 Center St., Downtown Ellsworth 231-588-2208 thegoodsam.org

Charlevoix

231-437-6176

Goodwill Retail and Donation Center 1361 Pineview Dr. (near Lowes), Gaylord 989-705-1747. www.goodwillnmi.org **The-Brickery.com** *Two floors of treasures* 107 Ottawa, Grayling, One block north of the light 989-348-8999

To add your business

listing call 989-732-8160

TOGETHER, YOUR CARING HEART AND GOOD SAMARITAN WILL HELP LIGHTEN THEIR LOAD



Will You Help Make a Difference?

- 1 in 3 Charlevoix County families are not able to make ends meet.
- 1 in 5 kids don't get enough to eat at home.
- It is possible some of your friends and neighbors are visiting our food pantry. We serve about 650 families every month.
- These are real people with real needs. They may live in the house next door. These struggling families are across from us at the gas station, sitting in front of us in church, their kids are in the classrooms with our kids.
- They are doing their best working marginal or multiple jobs; jobs with few hours and low pay.
- The choices are tough; heating fuel, food, reliable

Live from Charlevoix!



PHOTO BY M. CHRIS LEESE

Mainstreet volunteer and co-chair of Live from Charlevoix, Maureen Owens welcomes a capacity crowd to the inaugural event, a comedy show, Saturday night at Charlevoix Cinema III. First of a 5-part series, this night out in downtown Charlevoix is the original idea of co-chair Tim Fore of Charlevoix. Designed to inspire and encourage economic activity in the off season Live from Charlevoix will host four more concerts, monthly from January through April. More information on shows and season tickets at www.LiveFromCharlevoix.com

People Fund Grant awarded to Conservancy for Trail Cameras

A \$1,200 grant was recently awarded to the Little Traverse Conservancy to purchase eight trail cameras that will help the organization identify and assess trail use and priorities among their evergrowing list of nature preserves. The grant comes from Great Lake Energy's People Fund, a source of money that comes from Great Lakes Energy members voluntarily rounding up their bills to the next highest dollar. The rounded up amount is distributed to non-profit organizations and charitable activities that benefit people in communities served by the cooperative.

"Trail cameras are able to capture preserve visits and distinguish not only an animal from a human, but a hiker from a biker or someone snowshoeing," explained Derek Shiels, the Conservancy's Easement & Stewardship Specialist. "This information helps us figure out where we should be di-



A \$1,200 grant was recently awarded to the Little Traverse Conservancy to purchase eight trail cameras that will help the organization identify and assess trail use and priorities among their ever-growing list of nature preserves. COURTESY PHOTO

preserves. I hope this community will continue to support the People's Fund by saying 'yes' to rounding up their energy bills." Visit gtlakes.com or call 888-GT-LAKES for more information.

For more information about the Little Traverse Conservancy and land protection options for your land, please contact their office at 231.347.0991 or visit

transportation, and on and on. These basic needs have to be met. For many stressed families, a major car repair or medical bill is all it takes to send them to our pantry for help.

- Many families live just above the poverty line and cannot receive state aid.
- Good Samaritan has been the resource of last resort since 1990. With few options for a desperate family in Charlevoix County, we help with the seemingly impossible unmet needs.
- Our resources are eventually overwhelmed as we try to keep families together in their homes; children and elderly warm and fed, living as normal lives as possible.
- We must keep hope alive.
- When you give thanks for your many blessings this Christmas season, please reach out and help those less fortunate.

We are ready to help, but we can't do it without you. Please send your generous gift today.

Please help us provide food, clothing and heating fuel for those	
who come to us.	
\Box \$25.00 \Box \$50.00 \Box \$100.00 \Box \$500.00 \Box \$	
Credit Card Gifts: 🗆 Visa 🗆 MasterCard 🗆 Discover	
Gifts on line at: www.thegoodsam.org	
Number Exp. Date Security code	
Name	
Address	
City/State/Zip	
Good Samaritan Family Services	
PO Box 206	
Ellsworth, MI 49729	
L	

recting our efforts among our more than 200 nature

www.landtrust.org.

LOVEGROVE

CONTINUED FROM PG. 1A

minimum of four years in prison but after hearing testimony about the case and comments from his family and others affected, Hayes decided the minimum sentencing was not enough and tacked on six more years. Mitchell's mother,

Debra Brandstrom told

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L

י י_ the judge, "Darrell stole Mitchell's life...Darrell stole Mitchell from us...there is no way to give back what Darrell Lovegrove has taken from us." Snyder, a stand-out ath-

lete and lineman for LaSalle High School's football team, played in his school's game and had just attended the homecoming dance on the night of Friday, October 2, 2015. After he bid farewell to his girlfriend just before midnight, Snyder was returning home when Lovegrove hit him head-on as the two were driving along on Mackinac Trail in St. Ignace.

In his sentencing, Judge Hayes recommended that Lovegrove not serve his sentence at the Chippewa County prison, where Snyder's father, Brent, is employed.



Office@CharlevoixCountyNews.com www.CharlevoixCountyNews.com

Parents and fans can send photos, local news and news releases for everything Charlevoix County to us at Office@CharlevoixCountyNews.com

Help stop the

Local resident appointed to Public Health Advisory Commission

spread of the flu As the flu virus begins to spread across Northern Michigan this holiday season, the Health Department of Northwest Michigan is urging residents to get a flu shot in order to protect themselves

and their community. "People in Northern Michigan should get a flu shot as soon as they can. The vaccine takes about two weeks after administered to fully protect you. With more traveling and interaction around the holidays, individuals and families should visit the Health Department, their primary care doctor or a pharmacy soon to get the vaccine," Medical Director Dr. Josh Meyerson said.

Everybody needs a flu vaccine every year, Meyerson says. Without the vaccine, individuals are at a significantly higher risk of contracting the flu, which is a contagious respiratory illness. Symptoms can include fever, body aches, and fatigue that can last up to two weeks, leading to missed work and chances to be with family and friends over the holidays. The flu can also lead to hospitalization and has caused dozens of deaths in recent years across Michigan.

Mike Swain, Public Information Officer at the Health Department wants residents to know that everyone has a role to play in stopping the spread of the flu: "While pregnant women, seniors, parents and those with asthma and diabetes are at a higher risk of serious complications, everyone is at risk of contracting the flu. By getting the flu shot this year, you'll protect not only yourself but also your neighbors and loved ones who may be at a higher risk."

Infants under the age of six months are at high risk for severe illness from the flu, but are too young to be vaccinated for influenza. According to Meyerson, "the best way to protect infants is vaccinate everyone around them."

Flu shots are available at Health Department locations in Bellaire, Charlevoix, Harbor Springs and Gaylord. Call the Health Department of Northwest Michigan today at (800) 432-4121 to schedule an appointment. Most insurances are accepted at the Health Department and f shots do not require a copay. Those who are uninsured should also call the Health Department to learn how to receive the flu shot. The flu shot is easy to get, safe and can protect the health of Northern Michigan residents and communities.

Gov. Rick Snyder today announced the appointments of 18 members to the Public Health Advisory Commission. The 24-member commission will complete an assessment of the current public health service delivery system in Michigan, at both the state and local level. It will include a review of:

- the organization of public health functions within and across the ex-

ecutive departments of this state; - the division of responsibilities between state and local public health authorities; and

- the regulatory framework established by the Public Health Code, 1978 PA 368.

The commission is to complete its work and issue a final report to the Governor for his consideration no later than April 1, 2017.

"Ensuring the health and safety of all our residents is of the utmost importance. This board will be part of continuing efforts by the state to ensure we are putting the health of Michiganders above all else," Snyder said.

Mark Fowler of East Jordan is the water/wastewater superintendent for Boyne City. He holds a certificate in wastewater treatment technology

from Northwestern Michigan University and an associate's degree in business administration from Northwestern Michigan College. Fowler will represent local directors of Public Works.

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

Members will serve terms expiring at the pleasure of the governor.

plements unless your eye doc says to, and keep a sharp eye out for a colorful variety of 5 to 9 servings of fruit and veggies daily.

Your soundtrack to better health

Around the time Alan Menken won an Oscar for the soundtrack to "Beauty and The Beast" (1991), you and millions of others found yourselves repeatedly humming the melody to "Belle." And in 2009, Lady Gaga's "Bad Romance" may have bounced around inside your brain for a while. These persistent tunes, which researchers call "earworms," drill their way into your mind because they're simple, upbeat and catchy.

Well, while those earworms can be darn irksome, the power of music can put a smile on your face. Researchers from McMaster University have found that if you use music to power your workout during intense intervals, you'll end up more likely to stick with it and enjoy it!

Interval training (whether it's during a spin class or your daily walking routine) increases endurance and aerobic capacity great for the heart and self-esteem and it can help increase calorie burn and decrease your risk for obesity, Type 2 diabetes and dementia. So consider downloading your favorite up-tempo music to power you through times of increased workout intensity.

We like listening to music during an interval routine on the treadmill: Start with a 2-minute warm-up at a pace that's right for your fitness level (say, an intensity of 4-5 on a scale of 1-10). Then increase your intensity each minute so that you hit 6, 7, maybe higher. With music cranking, hold your most intense pace (walking or jogging) for 1 minute. Then cool down to your warm-up level. You'll be singing a whole new tune about your health!

* * *

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.

and Roizen

Drs. Oz

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

Make your own pumpkin spice

One of the earliest recorded recipes for "Pumpion Pye" comes from "The Compleat Cook," published in 1671. It calls for "about a half a pound of Pumpion," chopped with several herbs, flavored with "Cinamon (sic), Nutmeg, Pepper and six cloves," and mixed with 16 eggs and apples. That's a big, spicy pie!

These days, pumpkin spice mixtures are so popular that they're the driving force behind best-selling beverages — pumpkin spice lattes available at McDonald's, Starbucks, etc. Starbucks' pumpkin spice latte sales jumped 234 percent from 2008 to 2012, and from 2003 to 2015 they sold 200 million of them!

What's making those lattes so fetching? Well, the flavor actually comes from a bunch of artificial flavors and bad-for-you sugars. Each barista pump of the pumpkin syrup that goes in your drink (there are about eight) adds 50 calories of sugar, with a few from makes-youage-faster saturated fat in whipped cream.

We have a better idea: Make your own pumpkin spice mixture! You'll get the delicious flavor and all the health benefits of a slimmed-down version of the original Pumpion Pye.

Our Compleat Recipe: Mix a tablespoon of nutmeg (anti-inflammatory properties) and cardamom, a teaspoon of allspice and cloves, 2 tablespoons of ginger (aids digestion and helps relieve pain) and 1/4 cup of cinnamon (contains polyphenols that helps reduce insulin resistance, lower levels of bad LDL cholesterol and even prevent some cancers), all ground. Add to your coffee. Your body and your skin deserve to get and look younger, not older, this time of year.

Beat cold and flu season — with sex!

About 20 years ago, a Scottish researcher postulated that the reason Goldie Hawn, Joan Collins and Helen Mirren looked so good was because they had very active sex lives. And he didn't mean promiscuous sex, but loving sex with a regular partner. (Two of the three women were in long-term marriages, while Ms. Collins was between her fourth and fifth husbands.)

Well, assuming they were having fulfilling love lives, research indicates that they also were less likely to come down with a cold! That's because researchers from Wilkes University discovered that college students in steady relationships who had sex two or three times a week (that was the minimum for college students in steady relationships) had elevated levels of an antibody critical for the health of mucous membranes, immunoglobulin A (IgA). Seems mutually loving whoopee tends to crank up IgA, and higher levels of IgA translate to a stronger immune system and a greater ability to fend off infections!

Add in that mutually loving sex lowers blood pressure, triggers the release of body chemicals like phenylethylamine (also called the love drug), serotonin (a happy neurotransmitter), oxytocin (the bonding hormone) and stimulates the body's natural painkillers, endor-



the heat! We'll even write you a prescription.

The eyes have it!

"Keep Your Eyes on the Prize," a civil-rights anthem from the 1950s recorded by everyone from Pete Seeger to Bruce Springsteen, calls for folks to pay attention to their goals and to have faith that they can win the fight.

Well, for the past decade, ophthalmologists have been telling folks at high-risk for age-related macular degeneration to keep their eyes on another prize: preserving their vision by taking supplements of lutein (10 mg) and zeaxanthin (2 mg), as well as DHA-omega-3, zinc, copper and vitamins C and E.

Lutein and zeaxanthin are carotenoids, vitaminlike pigments, which have antioxidant and anti-inflammatory powers and are thought to neutralize light-induced eye damage. (They're also the reason eating a diet rich in fruits and vegetables helps keep you young!)

Carotenoids' red, orange, green and yellow colors are found in tomatoes, carrots, apricots and dark leafy greens like kale. You also can get them by taking supplements (Dr. Mike takes DHA-omega-3 combined with lutein and zeaxanthin — his eye doc found that his retina needed them).

But be careful of supplements. Folks without any risk for, or indication of, AMD sometimes take lutein and zeaxanthin in amounts greater than what's recommended for atrisk folks. And overdoing it, say researchers in the journal Ophthalmology, can trigger crystal deposits in the retina's macular region (crystalline maculopathy). That and Mehmet Oz, M.D. can interfere with visual acuity. So don't take more than minimal sup-

2216

That's some pretty powerful medicine.

So if you want to beat colds and other sniffly infections that come with flu season, make sure you eat 5 to 9 servings of fruits and vegetables daily (see the Garden Harvest Soup recipe at doctoroz.com), cuddle together under the covers and turn up

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BC POLICE DEPT INCIDENT REPORT

MONDAY NOVEMBER 7

1308 Vehicle unlock in the 300 block of E Division St 1310 Juvenile complaint in the 1000 block of Boyne Av Private property damage 1424 crash in the 400 block of N Lake St 1505 Suspicious situation in the 1000 block of Boyne Av Vehicle unlock in the 200 1742 block of E Main St.

TUESDAY, NOVEMBER 8 0800 Hit and run private property crash in the 500 block of N East St Report of possible CSC in the 1001 1000 block of Boyne Av Report of possible child 1111 abuse on Pleasant Av. Unfounded. Vehicle unlock in the 1300

1551 block of Boyne Av 1824 Car deer accident at Fall Park and Boyne Ave.

WEDNESDAY, NOVEMBER 9 0513 Assist EMS in the 800 block

of S Park St 0738 Truancy complaint in the 300 block of W Division St Parking complaint on W 1102

Water St Additional issues with earlier 1152 truancy complaint Report of damage to fence 1515 on Boyne Av Vehicle unlock in the 300 1540 block of E Water St

THURSDAY, NOVEMBER 10

Citation issued for speed at 0917 Lake and Morgan. Report of attempted phone 0945 fraud Citation issued for DWLS II at 1100 Boyne Av and Division Vehicle nearly hit family in 1208 crosswalk at Lake and Water. Witnesses report driver texting Parking complaint on W 1210

Water St Vehicle unlock in the 100 1438 block of E Water St Assist EMS in the 300 block 1757 of E Division St 2325 Assist citizen in the 1000 block of S Lake St.

FRIDAY, NOV 11

0424 Report of possibly intoxicated driver on Boyne City Rd. No violations observed. Vehicle unlock in the 700 0855 block of E Main St Assist EMS in the 300 block 0910 of E Division St Vehicle unlock on Main St 1123 Assist Sheriff Dept looking for

drunk driver believed to be coming into Boyne City from East Jordan. Unable to locate. Report of a group of juveniles running up and down Lincoln St. near Douglas.

SATURDAY, NOVEMBER 12

0143 Welfare check in the 400 block of Boyne Av. 911 Hang Up on Ann St 1118 1158 Report of lost wallet Assist Sheriff Dept on Addis 1240 Rd. Assist EMS in the 300 block 1433 of E Division St 1524 Report of Facebook account being hacked.

crash in the 500 block of N Lake St. 2200 Vehicle parked blocking entire lane on Charlevoix St. near Court St. Owner moved it

Private property damage

SUNDAY, NOVEMBER 13

0038 Assist Sheriff Dept on Springbrook Rd. Arrested subject for domestic 0338 assault in the 400 block of State St. Suspicious situation in the 1549 1000 block of E Main St 2038 Assist Sheriff Dept on Addis Rd Assist Sheriff Dept. with dis-2051 turbance on Aspen View 2230 Vehicle unlock in the 200 block of Vogel.

BEAUTY SALON

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

OrigiNAILS by Shelley 1504 S. Otsego. Gaylord 989-732-7100

DENTIST

Main Oak Family Dentistry 219 East Main St. Gaylord

989-732-6271 www.mainoak.com

Otsego Dental Group

785 East M-32, Gaylord 989-448-2664 www.OtsegoDentalGroup.com

Health SERVICES irectory d

FITNESS FACILITY

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

Otsego County Community Center 315 S. Center, Gaylord 989-732-6521 www.otsegocountyparksrec.com

HOME CARE-NON MEDICAL

ComForCare Home Care 814 S. Otsego Ave., Suite C, Gavlord (989)448-2778 ComForCare.com/NorthernMI

HOME HEALTH CARE Health Dept. of NW Michigan 220 W. Garfield, Charlevoix

231-547-6092 www.nwhealth.org

Munson Home Health Care 309 W. North St., Gaylord 800-252-2065 www.munsonhealthcare.org

Community Home & Health Services 657 Chestnut Ct... Gavlord

989-732-6374 www.communityhomehealthservices.com

HOSPITALS

McLaren Northern Michigan 416 Connable Ave, Petoskey

Munson Healthcare Grayling 1100 Michigan Ave., Grayling 989-348-5461 www.mercyhealthgrayling.com

Munson Healthcare Charlevoix 14700 Lake Shore Dr., Charlevoix 231-547-8630 www.cah.org

The Naturalist 1029 Gornick Ave., Gavlord 989-705-1451

MASSAGE THERAPY

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

NUTRITION & SUPPLEMENTS

Four Star Nutrition 1250 Gornick Ave. (Inside the Sportsplex), Gaylord 989-370-8898 www.fourstarnutrition.net

PHARMACY

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

The Medicine Shoppe 500 N. James, Grayling 989-348-2000

RETIREMENT COMMUNITY

Aspen Ridge **Retirement Village** 1261 Village Parkway, Gaylord 989-705-2500 www.rlmgmt.com

The Brook of Gaylord 900 Hayes Rd 989 732 6200 www.brookretirement.com

Boyne City Phone: 231.582.4300 www.brookretirement.com

The Brook of Cheboygan

11965 Townline Rd. Cheboygan Phone: 231.268.3400 www.brookretirement.com

The Brook of Grayling 503 Rose Street Grayling Phone: 989.348.8900 www.brookretirement.com

SENIOR ASSISTANCE

Otsego County COA 120 Grandview Blvd., Gaylord 989-732-1122 www.otsegocountycoa.org

Crawford County COA

308 Lawndale St. Grayling 989-348-8342 www.crawfordcoa.org

Charlevoix County COA

218 West Garfield St., Charlevoix 231-237-0103 www.charlevoixcounty.org/coa.asp

TO ADD YOUR BUSINESS OR SERVICE LISTING CALL 989-732-8160

near Lake St. 1251

MASSAGE THERAPY

Gaylord

The Brook of Boyne City 701 Vogel Street







4524 SUMMER · MANCELONA

This is a hunters paradise! Modern living in this completely "off grid" property. No monthly utility bills to pay! Property is operational with solar power and has a generator if/when needed. Modern 4" well(run by generator), 1000 gal. septic, LP for the fridge, hot water, range and wall heater. High efficiency wood stove makes the home very cozy. MLS #449553. **\$94,900.** *Ask for Chris Oliver.*





204 DEPOT, EAST JORDAN

A great location in East Jordan with a historical flair. This building could be used in many ways, in the past it started as the East Jordan and Southern RR depot and has been used as a retail outlet and was last used as manufacturing operation. This property has just over 5 acres with waterfront on the "millpond". You can see soaring eagles from this location on a regular basis. If you have a vision this property has a lot of potential. MLS 448624. *\$299,900 Ask for Chris Oliver.*





10950 N US 31 · ELLSWORTH

What a great opportunity, 11.60 Acres on US 31 with 2 Buildings 1) 48x50 3 Bays, 12x13, 10x 12, 9x11 has an office and 1/2 bath 2) 24x36 Bay 14x9. 1999 16x80 mobile home over looking large pond, a Greenhouse plus 2 wells and 2 septics The business is not part of this listing, but the current owner is open in negotiation. MLS #448255. **\$106,959.** Ask for Mike Stark or Holly Nierman







204 WATER STREET · EAST JORDAN

This is a great business opportunity, the long established waterfront marina located on the South Arm of Lake Charlevoix in the City of East Jordan. Great exposure for retail, boat and water accessories. Includes nheated storage building 50 x 104 with attached sales and show room that is 36 X 98. Good opportunity for a multi-use business. MLS #447866. \$498,500. Ask for Mike Stark or Holly Nierman





2268 ECHO LANE · EAST JORDAN

A SPORTSMENS PARIDISE! Bow hunt and fish right out the door frontage on Scotts Lake and the channel between Scotts and Beals Lake make for great fishing! Lots of room to expand or put in a larger garage/pole barn. Centrally located between East Jordan Central Lake and Belliare. Just a short ride to the Jordan valley for more fun UP NORTH MLS #447924. \$75,000. Ask for Chris Oliver.





5924 ZIMKLEY ROAD · HARBOR SPRINGS This home sits North of Petoskey, this 3 bedroom 2 bath homes sits on nearly 2 acres. Located in the Harbor Springs school district. This home is ready to move in with a possible lease option with 10% down. MLS #449856. \$69,900. Ask for Mike Stark or Holly Nierman







MIKE STARK CELL: 231-357-2347

CHRIS OLIVER CELL: 231-675-7342



<u>109 Mill St.,</u> **East Jordan** 231-536-7700

"Where Buyers and Sellers Meet"



SCHMIDT REALTORS