THIS WEEK IN SPORTS: GIRLS HIGH SCHOOL BASKETBALL SEASON KICKS OFF



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HIS HOUSE mentoring ministry moves into new building

This is a place where men can find friendship, support, and encouragement

By Tina Sundelius

Ellsworth - Mom and Tots, a faith based nonprofit established to support new mothers and their children, celebrated the construction of a new building that will house a leg of their ministry intended to provide an equally important service to young fathers, in a dedication and 'key passing' ceremony last Friday.

His House is a mentoring ministry. Older men volunteer to take young fathers under their wing offering advice when asked and teaching skills like basic auto maintenance, home repair and finances. "The building will be used as a spot to walk alongside men, married or single to help them learn what their roles are as dads and encourage them along the way," said Gayle Kroon, Director of Mom and Tots. His House's purpose is to meet men where they are, and stand with them as they navigate through the gauntlet of life. "This is a place where men can find friendship, support, and encouragement," said His House Director, Stacy Nelson.

The house was built by the Charlevoix High School Building Trades Class and set on its foundation by Heeres Contracting and a host of volunteers beginning in July. The building contains an office, counseling room, gathering room and multi-purpose room where skills like family finances, budgeting, cooking, a GED program and marriage will be shared. Downstairs contains a woodworking shop. "So dads and kids can work together, because a lot of good things happen when they work together," said Kroon.

His House Director Stacy Nelson has been operating the ministry with an office and a counseling room in the basement of the Mom and Tots building for 2 years now. "We now have room to host various

PEPPERMINT STICK

MOCHA LATTE



Dave Heeres, Stacy Nelson, Gayle Kroon, Dave Kroon, Jerry Troyer, Mary Peterson, Stan Moore, and Bill Broadwick stand on the porch of the new addition to Mom and Tots in Ellsworth. The building will house a men's mentoring ministry called His House.



General Contractor Dave Heeres turned the keys to the new building over to His House Director Stacy Nelson after the building was dedicated to God's service in a service conducted by Pastor Dave Kroon.

events and trainings, conduct oneon-one coaching and very soon we will have "Papa's Workshop" which will be a wood shop that men can learn new vocational skills and dads can bring their kids to build things like bird houses and toy trains," said Nelson.

Mom and Tots serves 360 clients from 22 communities reaching a radius of 50 miles around Ellsworth. Volunteers are always needed, from greeting visitors to one-onone mentors. "We've seen the growth, we've seen the need," said

RIGHT: Pastor Dave Kroon and three other speakers dedicated a new building addition to Mom and Tots for God's service Friday. 'A little more space to go deeper," was the theme of the evening.

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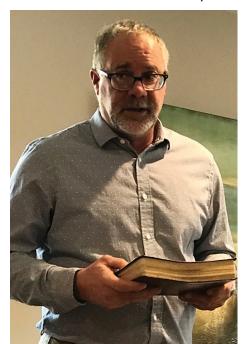
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Charlevoix County men sentenced for **Child Porn**

By Michelle Medjesky

CHARLEVOIX - Thanks to an on-point mom and tech savvy retailers, two Charlevoix County men will spend the next year in jail and coming years on probation for possessing child sexually abusive materials.

Charlevoix County 33rd Circuit Court Judge Roy C. Hayes III last week sentenced Lon James Kowalske, 61, of Boyne City, to 12 months in jail and 48 months on probation for possession of child sexually abusive material and using a computer to commit a crime, according to a media release from County Prosecuting Attorney Allen Telgen-

Also last week, Hayes sentenced 37-year-old Warren Edwin Witham Jr. of Boyne Falls to spend the next 12 months in jail and 36 months on probation for possession of child sexually abusive material, Telgenof said.

Telgenhof said Kowalske pleaded guilty to his crimes this past September.

He was charged after numerous videos and images of very young children being sexually abused were discovered when Kowalske bought a new computer and asked for assistance to transfer files from his old one. The Michigan State Police were then called to investigate and found more than 200 child sexually abusive videos and images, Telgenhof said.

Hayes said he sentenced Kowalske to jail and probation instead of prison time based on the fact that the defendant had no prior criminal history and his need for intensive treatment to address his interest in such activities.

Witham's sentence came after it was found that he solicited and received nude photographs of an underage victim, whose mother discovered the images after installing a device on her child's computer to monitor their activity.

Telgenhof noted that both Kowalske and Witham will be required to register as sex offenders as a result of their convictions and that neither will be allowed to use a computer during their probationary terms.



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LOW: 21

FRIDAY



HIGH: 27 LOW: 15

SATURDAY

HIGH: 21 LOW: 17

SUNDAY



HIGH: 31 LOW: 27

time they spent in Boyne

Sacramento, CA. He made

immeasurable personal sac-

rifices over the last several

years, first helping to care

for her ailing husband dur-

and then spending months of

every year to come and stay

with her in Michigan. He al-

lowed for her to spend the

last several months of her

life in the home she loved.

and vegetables and made

Evelyn canned lots of fruits

many varieties of jams and

jellies through the years. In

fact, during the last summer

of her life she insisted that

jelly be made for her daugh-

ter's family in Ohio. Since

she was no longer strong

enough to complete these

it under her watchful eye.

death by her parents, Roy

Edward (Nip) Bayliss,

brother and sister-n-law,

sister and brother-n-law,

Kenney and husband,

Michael E. Bradley.

Evelyn was preceded in

and Mildred Bayliss, brother,

Howard and Dorothy Bayliss,

Frank and Florine (Bayliss)

Her remains will be in-

Simon and Fred Bayliss to do

tasks, she relied on Rita

tomatoes get canned and

ing his last months of life

MONDAY



HIGH: 29 LOW: 16

snowfall

12/4/20171.7ATLANT	Α
12/4/20178BOYNE FALL	S
12/4/20173.2CHARLEVOI	X
12/4/20175.1 CHEBOYGA	N
12/4/201710EAST JORDA	N
12/4/2017 19.3 GAYLOR	D
12/4/201714KALKASK	Α
12/4/20175.5 LEWISTO	
12/4/20171.8 MI	0
12/4/20176.6ONAWA	
12/4/2017 13.2 PETOSKE	Υ

record temps

DAYAVG LOWAVG. NIGHREGURD LOWREGURD NIGH
DEC 724°37°4° (1954) .51° (1988)
DEC 824°36°2° (1977) .53° (1990)
DEC 923°36°3° (1962) .52° (1952)
DEC 1023°36°2° (1977) .51° (1971)
DEC 1123°35°2° (1995) .55° (1971)
DEC 1222°35°13° (1989) .56° (1949)
DEC 1322°35°13° (1995) .50° (1991)
DEC 1422°34°8° (1954) .59° (1975)
DEC 1521°34°7° (2007) .51° (1997)
DEC 1621°34°4° (1961) .56° (1984)

Ruth N (Sloop) Nichols, 83

(FEB. 28, 1934 - DEC. 2, 2017)

Ruth N. Nichols of Boyne City passed away peacefully at her home on December 2, 2017 sur-



Ruth was born in East Jordan on February 28, 1934 to

Harry and Elizabeth Sloop. Being with her family gave her the most joy. She loved gardening and taking care of her flowers. She loved collecting old jewelry, animated toys and dolls.

Ruth is survived by her husband Robert (Crazy Bob) Nichols, two daughters; Robin (Jim) Hissong Berry and Rose (Ken) Rau; four sons Bob (Ruth) Nichols, Rick (Trini) Nichols, Roger (Sue) Nichols, Russ (Lisa) Nichols; fourteen grandchildren, nineteen great grandchildren with two more on the way; three brothers Ralph, Ray and Richard Sloop; sister-in-law's Dolly (Ken) Anderson and Betty Niedringhaus; brother-inlaw Carl Nichols and lots of nieces and nephews.

Ruth's life will be remembered and celebrated 11:00 AM, Saturday, December 9th at the Community of Christ

Church in Boyne City.

In lieu of flowers memorial donations may be directed to the Salvation Army.

Family and friends wishing to share a thought or memory are encouraged to do so online at www.stonefuneralhomeinc.com.

Evelyn (Cub) J. Bradley, 87

(APRIL 10, 1930 - NOV. 28, 2017)

Evelyn (Cub) J. Bradley passed away on November 28, 2017 in Blue Ash, Ohio at Hospice of Cincinnati. She was born Evelyn Jean Bayliss, to Roy and Mildred Bayliss, April 10, 1930 in Ellsworth, Michigan. Evelyn attended school in Ellsworth and Alma, MI. She graduated from Ellsworth High School in 1947. She worked and met her husband, Michael at the A&P grocery store in Boyne City, MI. Evelyn and Mike had two children and raised their family in Boyne City aside from a brief time they lived in Newberry, MI. in the 1970's. Evelyn retired from Bendix/Honeywell in 1995. After her husband and she retired they spent winters in Lakeland, Fl. Evelyn continued to go to Florida up until this year.

She is survived by her son, Carl (Claire) Bradley of Orlando, Florida, daughter, Sheri (Steve) Hatch of

Mason, Ohio, grandchildren, terred at Maple Lawn Ceme-Ryan and Henri Bradley of tery in Boyne City, Michigan. Orlando, Jourdan, Collin and There will be a private me-Jensen Hatch, all of Mason, morial service planned at a later date. Evelyn's family Ohio, and many nieces and nephews. Her nieces and has asked that donations be made to the Boyne City Pubnephews, Brian and Pam lic Library in her name, in Price and Rick and Rita lieu of flowers. Simon, helped her and her husband greatly during the

OBITUARIES

City in recent years, but es-Markus Jacob pecially in the time since his Kewagshken passing. Words cannot express the sincere gratitude (MARCH 17, 2017 - NOV. 28, 2017) her children and she felt to Markus Jacob her nephew, Fred Bayliss of Kewagshken of Charlevoix

passed away on November 28, 2017 at his home. Markus was

born on March 17, 2017 in Petoskey,

Michigan to Jeannine L. Kewagshken.

He was a big cuddle bug and was quick to flash you his big smile. He had a great personality, great hair and cute dimples. He enjoyed being rocked and sang to. He loved listening to his mom's voice and his turtle music.

Markus is survived by his mom, Jeannine L. Kewagshken of Charlevoix; brother, Maurice Joseph Kewagshken; grandmother, Donita Jo Powless of Green Bay, WI; Auntie-Grandma, Anna (Uncle-Grandpa Gary) Smith of Charlevoix; Grandpa, Ron John of Charlevoix; Uncles, Jesse Allen Kewagshken, Cletus aka Turtle Kewagshken, James Kewagshken all of Charlevoix; aunts, Raven Roberts of Chicago, Linda Smith of Charlevoix, Kim Smith of Charlevoix and April Cross of Traverse City.

He was preceded in death by his grandpa, Kenneth Joseph Kewagshken, Grandma Betty Lou Kewagshken and Aunt Marlene Kewagshken.

Funeral services were held on Saturday, December 2, 2017 at the Winchester Chapel of Mortensen Funeral Homes with Rev. Sam McClellen officiating.

Arrangements are being handled by the Winchester Chapel of Mortensen Funeral Homes.

Thomas E. Caldwell, 85

(JULY 28, 1932 - NOV. 29, 2017)

Thomas Eugene Caldwell of Birmingham, MI and Deerfield Beach, Florida passed away on November 29, 2017 in Deerfield Beach.

Tom was born in Ohio on July 28, 1932. He was a graduate of Eastern Michigan and the University of Michigan. He began his career as an educator in the Hazel Park Michigan Public School system where he served as teacher, principal and special education director. He was employed as Special Education Director in the Washtenaw Michigan Intermediate school district. He re-located to Charlevoix, Michigan in 1974 where he was employed as director of Special Education for the Char-Em Intermediate School District until his retirement in 1990. He moved to Birmingham, MI and maintained his primary residence there. Tom was a member of Congregation Shir Tikvah in Troy, Michigan and Temple Binai Isreal

in Petoskey, Michigan.

Tom is survived by his wife of 28 years, Audrey Shapero; daughters, Jill (Ron) Way of Charlevoix, MI and Marla Showfer of West Dundee, Illinois; 10 grandchildren.

He was preceded in death by his first wife, Marlene Caldwell, daughter, Louise Houtman, brother, John Caldwell and his parents, Thomas and Juanita Cald-

A memorial service will be held at a later date. Interment will take place in Brookside Cemetery in Charlevoix, Michigan. Memorial contributions in Tom's memory may be made to the Michigan Humane Society, 3600 Auburn Rd. Rochester Hills, MI 48309 or to Vitas Healthcare Hospice 5420 NW 33rd Ave, Suite 100, Ft. Lauderdale, FL 33309.

Arrangements are being handled by the Winchester Chapel of Mortensen Funeral Homes. Online guestbook at

www.mortensenfuneralhomes.com.

Evelyn K. (Bolser) Hull, 69

DECEMBER 5, 2017

Evelyn K. Hull of East Jordan died on Tuesday, December 5, 2017.

A memorial visitation will be held on Thursday, December 7, 2017, from 2:00 to 4:00 P.M. at the Penzien Funeral Homes, Inc. in East Jordan.

A complete obituary will follow.

Charlevoix Xews

VOLUME 9, ISSUE 25

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The Charlevoix County News is published weekly on Thursdays. Published by Michigan Media, Inc., PO Box 1914, Gaylord, Michigan 49734.

POSTMASTER: Send address changes to Charlevoix County News, PO BOX 1914, GAYLORD, MI 49734-5914

Distributed to Boyne City, East Jordan, Charlevoix, Boyne Falls, Walloon Lake, Ellsworth and Atwood.

Available on News Stands: 75 cents a copy.

Subscriptions: Local Home Delivery of the News: \$55.00/year. Out-of-County Delivery of the News: \$75.00/year. (Local area includes Boyne City, Boyne Falls, Charlevoix, East Jordan, Ellsworth, Petoskey, Gay-

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The vote is in - City gets new polling location

By Krystal Johnson

EAST JORDAN — The East Jordan City Commission met briefly Tuesday evening to approve a new polling location and hear updates given by the city administrator.

City residents will no longer report to 116 Main Street to cast their ballot on Election Day after a unanimous vote approved the relocation of precinct 21 to City Hall at 201 Main Street. City Administrator Tom Cannon said that most cities hold polling directly at their city hall buildings, and the new location will be easier for staff. He also commented that the 116 Main Street location has had a lot of activity with community events, and the voting equipment will be safer at city hall.

Cannon shared with commissioners that the parks department was recently awarded a grant for \$8,596 to put towards a handicap accessible walkway at the Tourist Park. Campground Manager, Rob Crick will be working on the project and plans to have the new walkway installed for use by spring of 2018.

The Department of Public Works (DPW) and parks staff are also working to begin ice rink installation downtown. The unseasonably warm weather has delayed the installation, Cannon said, but the DPW has worked diligently to get the liner put down and a layer of water in it.

The next regular meeting of the East Jordan City Commission is scheduled for 7 p.m. Tuesday, December 19, 2017.



Thomas Reid Jr. joins the East Jordan City Commission, replacing the vacated seat of Thomas Breakey. An employee of East Jordan Public Schools and active community member, Reid began serving as a commissioner



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Munson streamlines Urgent Care and Emergency Services

As the number of patients visiting urgent care and emergency departments across northern Michigan continues to increase, the need for improved processes and efficiency has become more important than ever. In responding to these evergrowing needs. Munson Healthcare Charlevoix Hospital made the decision to renovate and streamline its urgent care and emergency services facilities.

"The upgrade and remodel of the registration area for our urgent care and emergency departments was completed earlier this year, and now the streamlined processes are in place," said Joanne Schroeder, president of Munson Healthcare Charlevoix Hospital. "While this necessitated a brief closure of the urgent care portion of our services, our emergency services continued to be available. I'm happy to announce that our Urgent Care services will reopen on Monday, December 4

CCE Central

Dispatch

Authority

ecutive

search

initiates ex-

The CCE Central Dispatch

process to put in place a new

executive director in light of

the retirement of former executive Bob Bradley. The

CCE Central Dispatch Au-

thority Board selected the

through the process. They

Michigan Society of Associa-

tion Executives to guide them

have developed a new job de-

teria for the ideal candidate.

These criteria will be the focus of the selection

process.

scription and have set the cri-

This position is attractive

in that is a unique opportu-

multiple governmental units in a consolidated dispatch

center to maximize efficiency

first multiple county consolidated dispatch with a reputa-

in public safety. It was the

tion for excellence. The

position leads a team of 20 that makes a difference to the

quality of life in Emmet,

Charlevoix and Cheboygan

"The CCE Central Dis-

committed to a process to se-

cure the next leader that the

the Authority and City Man-

This is an exciting time for

the 911 Central Dispatch Au-

thority. They welcome a leader with public safety ex-

perience to review the post-

ing and job description at

www.msae.org/cce911.

patch Authority Board is

team and community is

essential role," stated Michael Cain, chairman of

ager for Boyne City.

proud to work with on this

counties and their first re-

nity that brings together

Authority has begun the

with the goal of improving efficiency in both departments, leading to shorter wait times and increased patient satisfaction and comfort."

Bernadette Cole, chief nursing officer of the hospital, agrees. "These enhancements will allow us to provide a better experience during what can often be a stress-filled time. When you or your family members walk through our doors, you can be assured that we are doing everything possible to quickly provide the right level of care in the right place."

The biggest change that patients will see is a dedicated registration window just for Urgent Care. The entrance to the hospital's **Emergency and Urgent** Care departments remains the same, with convenient parking just outside the doors to both services.

Most patients who seek out an urgent care facility are simply looking for quick, basic medical care. When these facilities first opened around the country

back in the 1970s, it was to meet the growing need for walk-in clinics that provided care for colds, flus, aches and other small issues. And while today, many urgent care centers have expanded available medical treatments, there is often still confusion with regard to the difference between an emergency de partment visit and an urgent care visit.

While it's possible that an intended urgent care visit can "turn into" an emergency visit, because of a more extensive diagnosis or significant illness, typical urgent care visits are for those "non-emergency" issues that require very little to no additional testing. This would include diagnoses such as sore throats, fevers, earaches, sprains, insect bites, stings, and other basic medical needs. It's important to note that out-of-pocket insurance co-pays are often significantly less for urgent care visits than for emer-

gency services. The need for emergency

department services include (but are not limited to) abdominal pain with IV and surgical consultation, acute nausea and/or vomiting, acute neck or back pain, arrival in an ambulance, cardiac chest pain, serious burns, fractures, lacerations or cuts requiring multiple stitches, workrelated injuries, poisoning, seizures, shortness of breath, stroke, traumatic injuries requiring immediate care, and community mental health issues.

"Of course, our hope is that when you need medical care, you'll first reach out to your primary care provider," said Ms. Schroeder, "but we know that it's not always possible to get a same-day appointment, and in those cases, our urgent care is here for you and offers a great alternative to get the medical care you need.'

For more information, munsonhealthcare.org/cha

rlevoixhospital.



In responding to these ever-growing needs, Munson Healthcare Charlevoix Hospital made the decision to renovate and streamline its urgent care and emergency services facilities. COURTESY PHOTO

Charlevoix Circle of Arts establishes string quartet

The Charlevoix Circle of Arts, Dorothy Gerber Strings Program (DGSP) under the direction of Dr. David Reimer has established a professional string quartet representing some of the finest strings players in northern Michigan. The concept of this new group, called The Cummings Quartet in honor of the program's benefactors Gay and Peter Cummings, is that in part, they would provide a motivating experience for prospective students and parents in the program.

Dr. Reimer set out to recruit the highest caliber musicians willing to perform in a quartet, but also to serve as ambassadors of stringed performance in northern Michigan and private lessons instructors for the DGSP. Reimer, a violinist, had performed for several years as a member of the Beaver Island String Quartet as part of Baroque on Beaver Island.

His first call was to Elizabeth Bert, a cellist with Baroque on Beaver Island and a principal cellist for the Great Lakes Chamber Orchestra and the Traverse Symphony Orchestra. When she agreed, they considered other colleagues from the GLCO and TSO and invited Traverse City-based violist Kim Teachout and Kewadin-weekender Cheryl Zetterholm (a violinist). They accepted the initial invitation to play at strings recruitment events with the DGSP and had so much fun performing Beethoven and Gershwin that they started looking for more opportunities to perform

together. Thus, The Cummings Quartet was established.

Dr. Reimer has degrees in violin performance from the Cleveland Institute of Music and the Ohio State University and recently was professor of violin and director of String Studies at Calvin College. Mrs. Bert earned a degree in Music Education from the University of Toledo after initial studies at Michigan State and has now been a member of the Traverse Symphony for 40 years. She has performed with nearly every orchestra in northern Michigan and was recently on the faculty of Northwestern Michigan

Mrs. Zetterholm earned her degrees in violin performance from Michigan State and the New England Conservatory of Music, then played with the Florida Symphony Orchestra for nine years. Later she returned to West Bloomfield as a free-lance performer and teacher and is now transitioning to Kewadin. Ms. Teachout earned degrees in viola from Northern Illinois University and the University of Colorado and subsequently worked in a wide range of artistic positions, from playing with the Phoenix Symphony to directing a Charter School for the Performing Arts in Washington, D.C.

The Cummings Quartet will give their first official performance on December 6 at 6:00 at the Charlevoix Circle of Arts at a Holiday Festival that unites the Circle with the Historical Society and the Public

Library as part of the Charlevoix Cultural Corridor. Earlier in the day, The Cummings Quartet will be investing, and nurturing students involved in the DGSP classes in Boyne City.

Future events for the quartet include a performance on "Fantastic Fridays" - a program at the Charlevoix Montessori School for the Arts – and another on Beaver Island on January 12. They will give a featured recital at the Charlevoix Circle of Arts on March 2, including a program of Beethoven, Brahms and Webern. Upcoming activities will include a collaboration with TSO pianist Dorothy Vogel and GLCO conductor Libor Ondras on a series throughout Michigan, including the Cordia Concert Series in Traverse City (April 5), the Music at Mid-Day Series in Grand Rapids (April 10) and the GLCO Sunday Recital Series (May 20).

In a short span of time, The Cummings Quartet has evolved to make its mark on musical excellence in the region. They are preparing for a series of performing and educational appearances across Michigan serving as teachers and artistic representatives for the Dorothy Gerber Strings Program. Each member is a highly regarded professional performer yet is strongly committed to teaching the next generations of string stu-

For more information about The Cummings Quartet you can go to the Dorothy Gerber Strings website at: www.gerberstrings.org. Students who would like to take private lessons with members of The Cummings Quartet are encouraged to email Dr. David Reimer at info@gerberstrings.org. The Charlevoix Circle of Arts is located at 109 Clinton Street, Charlevoix MI, 49720, (231) 547-3554, .



The Cummings Quartet Photo #1: Kim Teachout (viola), Elizabeth Bert (cello), Dr. David Reimer (violin) and Cheryl Zetterholm (violin). COURTESY PHOTO

BOYNE CITY POLICE DEPARTMENT WEEKLY INCIDENT REPORT

Monday, November 20, 2017 0801 Report of suspicious activity in the 400 block of E Main St Report of 2 semis being stuck on the Marshall Rd hill. 0933 Private property damage crash on Robinson St Burn permit issued in the

300 block of Silver St Civil complaint from the 100 block of W Division St Citizen assist in the 900 block of Roosevelt

Subject in business on 1453 Water St asking customers for a ride. No trespass order was served on subject 1531

Report of vehicles not stopping at the cross walk at the HS. 1604 Citation issued for speed on State near Hannah. 911 Hang-up from Moll 1608 Civil complaint in the 100 1633

Driving violation on

W Division St

Boyne City Rd. near Horton Bay, and also report that something had flown out of suspect truck and struck another vehicle. No damage to vehicle. Located suspect driver in town

Tuesday, November 21, 2017 Removed low hanging tree from the road Marshall and Anderson.

Removed several pieces 0307 of pink insulation from road at W. Michigan and Lake. Report of attempted theft from the 200 block of North St Assist other agency in the 800 block of Boyne Av Child on E Main throwing bricks into road

Wednesday, November 22, 2017 Report of missing wallet 911 hang up in the 400 block of High St.

MDOP to restrooms at the River Mouth 1111 Assist to Sheriff Dept. on Old State Rd

1127 Property damage crash at Water and East. Subject arrested and vehicle towed for no insurance. Private property damage crash in the 1000 block of Boyne Av Civil complaint in the 300 block of E Division St

1512 Driving complaint on Fall Park. Suspicious activity in the 1745

300 block of Silver St. Welfare check in the 600 block of N East Street.

Thursday, November 23, 2017 0845 PR. At the Turkey Trot. 1541 Welfare check on W Morgan St. Assist EMS in the 800 2008

block of Boyne Ave. Report of subject shooting a pellet gun in the 300 block of E

Friday, November 24, 2017 0136 Assist Sheriff Dept. on

M75 S 0943 Vehicle unlock in the 1000 block of Robinson St. Report of subject with possible warrant in the 300 block of E Division St.

> Report of a shore station on Lakeshore near Marshall that was causing a vision obstruction for those trying to turn on to Marshall from Front.

1700 PR at the tree lighting in Old City Park Report of intoxicated subjects harassing people in the 500

block of N Lake St 1755 PR-Lead the Santa Parade. 1801

Report of a possible road hazard at Water and East. Report that spectators looking at the Live Nativity could possibly

1855 Assist EMS in the 1000 block of S Lake St Assist Sheriff Dept. on M-1940 75 S

2025 private property damage crash in the 300 block of N Lake St. 2107 Report of subject passed out in a vehicle on Water St. Was intoxicated and had a warrant form Otsego Co. Was arrested on the warrant.

Subject arrested for Domestic and Strangulation in the 300 block of E Division

Saturday, November 25, 2017 0158 Assisted MSP with a do-

mestic on Bailey St. 1018 Assist to other agency in the 300 block of W Michigan Ave. Assist EMS in the 1100 1107 block of Leroy 1144 Report of a stolen cell phone cord

Assist EMS in the 300

1414 Assist Sheriff Dept. on Gobbler's Knob 1430 Assist citizen with civil questions in the 500 block of N Lake

block of N Lake St

1445 Private property damage crash in the 500 block of N Lake St. Civil issue in the 500

1500 block of N Lake St 1520 Suspicious activity in the

400 block of State St 1732 Returned found wallet to owner in the 500 block of N Lake St.

1925 Suspicious activity in the 300 block of Bay St. Request for civil standby on Contractors Dr.

Sunday, November 26, 2017 Noise complaint in the 300 block of E Division St.

Drs. Oz and Roizen

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

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

Watering down the obesity epidemic — in a good way!

The 2009 documentary "Tapped" looks at megacompanies that repackage municipal water and sell it to you in gussied-up plastic bottles for a huge profit, when you could filter your tap water and get a just as healthy (or healthier) beverage for almost nothing!

Clearly Americans still haven't figured this out: Each one of you drank about 39 gallons of bottled water last year, using and throwing out 50 billion plastic water bottles in the process!

That's why we praised the New York City school system for its "water with lunch" campaign that brought large water dispensers (not bottled water) into some public schools: We knew that it would mean kids would consume fewer calorieladen beverages, drink more water (so important for a healthy metabolism) and eliminate plastic bottles. Win, win, win

Well, the data on the test run is in. Researchers from the University of Illinois have done a cost-benefit analysis of that campaign and found:

—Expanding the program to public and private schools nationwide can prevent more than 500,000 youngsters from becoming overweight or obese and trim down medical costs associated with kids' weight-related problems.

—Making water with lunch available to every K-12 student today would cost only about \$18 per pupil! And the net benefit to society? \$13 billion over those students' lifetime.

So talk to your local school board and PTA about installing fresh water dispensers in all cafeterias; and stop serving sugar-added beverages of any kind at home! Concerned about water quality? Use an easy-toinstall, on-tap water filter.

Daydream believers

Recent headlines have suggested that daydreaming is a

sign of brilliance. True, as a young man, Einstein was accused of daydreaming, and according to a recent study published in Neuropsychologia, "mind wandering positively correlated with fluid intelligence and creativity." But really, how many daydreamers are Einsteins, Mozarts or even one of The Monkees? So let's back up a few steps and figure out "Oh, what can it mean?"

The study points out that if your child can't seem to keep his or her mind on something for an extended period of time, it may not stem from an attention deficit problem and in "certain instances ... mind wandering may not be inherently harmful."

That's why it's important to have a trained professional make an evaluation.

—It's possible that daydreaming is a sign your child isn't getting the stimulation he or she needs to stay involved in learning. Discovering what level of instruction in school will engage a child can transform his or her future. The National Association for Gifted Children can guide you toward testing at www.nagc.org.

—Evaluation may reveal that your child has ADHD (attention deficit hyperactivity disorder), and that's also info you want. Left undiagnosed and untreated, ADHD can cause intellectual, social and emotional problems that persist for a lifetime. Find an evaluation professional through Children and Adults with Attention-Deficit/Hyperactivity Disorder at www.chadd.org.

So stop monkeying around and discover if your daydreamer is the next Einstein, just bored or has ADHD. Finding out and treating the situation appropriately will make you say "I'm a Believer."

Sticking with old friends

In a memorable scene from "I Love Lucy," Lucy and Ethel go onstage to perform a song about friendship, only to notice that they're wearing the same dress, even though each had promised to buy a different one. "It's friendship, friendship, just the perfect blendship," they croon as they begin to rip flowers and ribbons from one another's ensembles in a far-from-friendly display.

While like that duo, you may not always see eye-to-eye with your best friend, evidence shows that it's good to keep your pals around, especially as you get older. The latest discovery comes from Northwestern University's study of Super-Agers — people over 80 whose memory is as good as someone 20 to 30 years younger. Seems the clear-thinking cadre are more likely to have satisfying, high-quality relationships than their peers who are cognitively average.

Add this to research showing that people who are more socially engaged are at a lower risk of heart disease, and you have good reasons to keep in touch with your buddies.

If you're shy or a bit of an introvert, don't worry about it. A few special people you trust and can rely on is all that's needed to get the benefits of social support and affection. And if you could use some more folks in your life, get back in touch with an old friend, or join a community like a gym, a book or bridge club or a walking group. It's never too late to make new friends.

Sounding off about hearing loss

Many in ancient China believed that ear shape was a powerful way to predict one's future. Long ears were a sign of nobility; thicker ears meant more wealth; and long earlobes signified longevity. Liu Bei, founder of the Eastern Han dynasty, was said to have ears reaching to his shoulders.

These days we can't say how wealthy you'll be based on your ear thickness, but we can predict what will happen to you if your hearing is compromised.

Nearly 40 million adults in the U.S. have less-than-optimal hearing, and 28.8 million of them could benefit from using hearing aids. Unfortunately, fewer than 30 percent have ever used them.

If you're part of that crowd, you are risking both your quality of life and your brain function.

—A study in the Journal of Personality found that unaddressed hearing loss triggers personality changes: You may become more withdrawn and less outgoing. Research shows that a shrinking social base undermines both longevity and happiness.

—A six-year study out of

Johns Hopkins found that participants (ages 75-84) with hearing loss had a measurable cognitive decline that was 32 to 41 percent faster than folks without hearing loss.

So if you're cranking up the volume on the TV, asking folks to repeat what they say or just dropping out of conversations you cannot hear, get your hearing tested. It'll improve your health, happiness and cognition. If you need help affording hearing aids, check the Hearing Loss Association of America

(www.hearingloss.org). Tip: Less-expensive hearing aids through your smartphone are on the horizon.

The power of strength training

The two hapless weightlifters Hans and Franz (Dana Carvey, Kevin Nealon) got Arnold Schwarzenegger to flex his pecs in an episode of their 1991 "Saturday Night Live" routine. And though their dubious advice to a class of 7-year-olds was to oil your body, shave your pecs and strike a pose, their real intention was to "pump ... you up."

New research in the American Journal of Epidemiology looked at data on over 80,306 adults and confirms that strength training is an important aerobic exercise — and it can give you a younger RealAge. The University of Sydney researchers found that doing regular muscle-building workouts (no gym or weights required) was associated with a 23 percent reduction in risk of premature death from any cause and a 31 percent reduction in cancer-related deaths. Push-ups and other exercises that use your own body weight as resistance or using stretch bands or weights is equally effective.

The researchers also found that together, a routine of aerobics and strength building delivered the best boost to your health. In the study, that meant 150 minutes of aerobics and two days of strength training every week. Our favorite aerobic/strength-building routine involves:

—Walking 10,000 steps a day or the equivalent.

—Doing 7-10 minutes of strength training of your foundation muscles (abs, back, buttocks, quadriceps, hamstring, and rotators) every other day.

—Doing 8-10 minutes of strength training of your nonfoundation muscles (chest, shoulder, biceps, triceps, and forearms) every other day.

—Doing 20 jumps — to build hip and spine bones — every day.

That will pump ... you up!

* * * 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.

MDOT keeping most rest areas open year-round

As in most years, the Michigan Department of Transportation (MDOT) will keep nearly all of the state's 78 rest areas open this coming winter to maintain the convenience and safety they provide to motorists.

Only five rest areas will be closed for the 20-week period beginning Dec. 5 and ending April 25, 2018. These closures are due to reduced use during winter months and safety concerns, such as steep entrance and exit drives and potentially slippery conditions on stairways between the parking lots and the buildings.

"Many look to our network of rest areas year-round for convenience and safety on their travels," said State Transportation Director Kirk T. Steudle. "For that reason, we keep as many open through winter as possible."

The following five rest areas will close Dec. 5 and reopen in April:

- St. Ignace Rest Area on southbound I-75 in Mackinac County

- Ludington Rest Area on northbound US-31 in Mason County

 Topinabee Rest Area on northbound I-75 in Cheboygan County
 Hebron Rest Area on southbound

I-75 in Cheboygan County - Hart Rest Area on southbound

US-31 in Oceana County
Designated rest areas will have
"Closed Until Spring" signs posted,
and will have the mileage to the next
open rest area listed. Closed rest
areas will be listed on MDOT's Mi
Drive construction and traffic infor-

mation website at www.michigan.gov/drive.

East Jordan Holiday Community Night

December 7, 5-7pm. Fun for the whole family will include a Soup Cook-off, Bake Sale, Craft-making, a Lighted Parade, Community Tree Lighting and Caroling, a Santa Scavenger Hunt, a Christmas Raffle Drawing, the Lighting of the Lions Club Christmas Village at Tourist Park and more. Of course, Santa will be on hand for the kids, visiting at the City Hall Chambers (with cookies!) from 5:45-7pm. Downtown businesses will be holding open house so attendees can be sure to get some holiday shopping done.

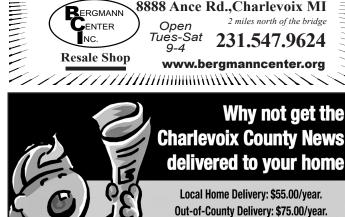
The Polar Express

December 9, Doors open at 2pm, movie begins at 2:15pm in ECS High School Gym. Open to all students, families and community members. Admission by donations, concessions available for purchase. Attend with your child or drop-off care available. All proceeds benefit the 2018 Junior/Senior Government trip to Washington, D.C.

Christmas Band Concert

December 11. The Charlevoix Rayder Band Program will be performing a Christmas Concert in the Charlevoix Middle High School (CMHS) Auditorium. The program will begin with our 6th graders at 6pm. Admission to this concert is





TUESDAY – Spin the wheel for a Deal!!!!!

WEDNESDAY – 50% off all Clothing

THURSDAY – 10% off anyone 55 or older & all military

FRIDAY – Buy 1 get 1 free on selected item of the day

SATURDAY – Fill a bag of clothing for \$5.99



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News

Boyne Falls Public Schools

STUDENT OF THE WEEK **Riley Bumstead**

Grade: 6th Grade

Parent's Name(s): Rob and Stephanie Bumstead

Future Plans: Riley states that she would like to go to college when she gets out of High School. She would also like to be a chief or a ferrier.

Favorite Book: Fable Haven, by Brandon Mull

Hobbies and Interests: Riley likes to play volleyball, ride horses and she enjoys arts and crafts.

School Activities: Riley's favorite school

activites are spelling and reading. She states that she has always disliked reading up until this year. Now she is really starting to enjoy it!

Staff Comments: Riley is a great student, both academically and behaviorally. When things are tough for Riley, she gives it her all. She is kind and loyal to her peers and treats everybody with respect and compassion.

Submitted By: Ms. Menara

Nominations sought for 2018 Governor's Service Awards

Year Award: honors individ-

younger who have already

begun making a significant

difference in their commu-

- Mentor of the Year

ual who provides youth

successful.

Award: honors an individ-

(ages 25 and under) with the

confidence and assets to be

- Outstanding Volunteer

Organization Award: hon-

ors service clubs, nonprofit,

faith-based, veteran, disas-

ter preparedness and other

organizations that make a

demonstrated difference in

- Education Service

schools, colleges, universi-

ties and other organizations

that support youth making

a difference in their commu-

- Outstanding National

Service Program Award:

honors organizations that

provide a high-quality na-

tional service program that

yields a significant impact

in a Michigan community.

- Corporate and Small

Leader Award: honors cor-

that excel in community in-

volvement and demonstrate

excellent corporate citizen-

ship by giving back to their

eighth year of involvement

in the Governor's Service

launched by Gov. John En-

gler in 1992 and maintained

Granholm during her terms

ice Awards Nomination is

an online application avail-

www.michigan.gov/gover-

norsserviceawards. Nomi-

nations must be submitted

by 5 p.m. Jan. 31. For addi-

tional information or ques-

tions, please contact the

MCSC at 517-335-4295 or

gsa@michigan.gov.

The 2018 Governor's Serv-

Awards, which were

by Gov. Jennifer M.

This will be Gov. Snyder's

community in a variety of

ways.

in office.

able at

porations and businesses

Business Community

Leader Award: honors

their community.

uals who are age 25 or

nity through service.

The Michigan Community Service Commission is pleased to announce that nominations are being sought for the 2018 Governor's Service Awards. The Governor's Service Awards are given annually by the governor to individuals, organizations and businesses to acknowledge their commitment to serving their communities through volunteerism. This event is hosted by the Michigan Community Service Commission. The celebration will be held in June.

"These awards serve as a unique opportunity to highlight Michiganders helping Michiganders," Gov. Rick Snyder said. "We want to hold up Michigan's best volunteers and show them off as role models for others. I hope you will help recognize the outstanding individuals, organizations and businesses in Michigan by nominating them for the Governor's Service Awards."

In 2018, awards will be presented in 10 categories which reflect the diverse nature of volunteers throughout the state. The categories

- Governor George Romney Lifetime Achievement Award: honors an individual who has shown a lifelong commitment to community involvement and volunteerism.

- Lifetime Humanitarian Award: honors individuals or families that have demonstrated a lifetime of outstanding civic and charitable responsibility to a community or organization.

Senior Volunteer of the Year Award: honors individuals age 65 and older who have taken action to make their community a better place to live through serv-

- Volunteer of the Year Award: honors an individual who strives to improve the lives of neighbors, friends, community or congregation through volunteerism.

- Youth Volunteer of the



Congratulations to the Ellsworth Community School High School Quiz Bowl Team on their victory in a competition at North Central Michigan College in Petoskey on Friday, December 1. The victory marked the first time that ECS has won first place in the C-D division of the regional quiz bowl competition. As a result the team was able to bring the traveling trophy back to ECS until the next round of matches. For more information on this program or Ellsworth Community School in general please contact Superintendent, Aaron Gaffney at 231.588.2544 or . COURTESY PHOTO



Goodwill Retail & Distribution Centers in Charlevoix, Cheboygan, Gaylord and Petoskey

By Jim Akans

Goodwill is a name that symbolizes services and programs that provide a means for people in need to get back on their feet and regain their treasured independence. Goodwill has been around since 1902, when a Boston area Methodist Minister named Rev. Edgar Helms began collecting used household goods and clothing, and hired those who were down on their luck to mend and repair those goods for resale. Here in Northern Michigan, Goodwill opened their doors at Asgard Enterprises in 1972, and today the non-profit organization offers vocational, housing, transportation, nutritional and family strengthening programs across the region.

Goodwill has also become a nationally recognized name in resale; offering gently used clothing, household items, books, home décor accessories and more at their Retail and Donation Centers. Centers located in Petoskey Gavlord, Chebovgan and Charlevoix utilize proceeds from sales at each location to help support programs throughout Northern Michigan that help people overcome barriers to independence. Goodwill also recycles metal items, cardboard, purses, belts, shoes, books and clothing.

Goodwill Northern Michigan serves 19 counties with nine locations, strengthening communities through programs such as Patriot Place transitional housing



Goodwill Retail and Donations Centers are located throughout Northern Michigan, including this location in Petoskey. PHOTO BY DAVE BARAGREY SR

and resources for homeless military veterans, the Goodwill Inn emergency shelter for individuals and families and the Workers on Wheels programs. Workers on Wheels (WoW) pairs low income, hard working families in need with a safe, reliable donated vehicle at little or no cost to the family. Being able to get to work in a reliable dependable vehicle strengthens family independence and community involvement. Last year, 50% of WoW recipients reported increased earnings from picking up more hours or landing a better job through reliable transportation. Seventy-nine percent of car recipients reported that their

tracurricular activities. Goodwill has achieved many amazing results, including:

kids had an increase in ex-

- .91 of every dollar from Goodwill resale stores is

reinvested into the mission and Goodwill is rated an "A" by Charity Watch.com.

- Donated items that do not meet quality criteria for resale are not just thrown away, but salvaged.... that includes your shirt with a stain or that puzzle missing a piece. Goodwill Northern Michigan is proud to be a leader in sustainability as one of the largest recyclers in Northern Michigan, diverting millions of pounds of 'stuff' from local landfills each year.

- Goodwill's Jobs program offers a hands-on opportunity for individuals to gain trust in themselves and explore their capacities in the workplace.

- Goodwill employees earn higher than the Michigan state minimum wage with excellent benefits, including career advancement opportunities.

- Goodwill Northern

Michigan is all about maximizing impact. Donated items of exceptional value are auctioned online at www.shopgwmi.com...check it out! Proceeds are re-invested in the Goodwill Northern Michigan mission.

Your support is vital to the success of Goodwill's mission - whether you make a financial contribution, donate a pair of jeans you've outgrown, shop our stores, or you volunteer your time that's where GOOD happens. And it happens right here, every day. Thank you for making GOOD happen in your community.

The Goodwill Retail and Donation Center in Charlevoix is located at 402 Petoskey Avenue and is open Monday through Saturday from 9am to 7pm and Sunday from 11am to 6pm. The Center in Gaylord is at 1361 Pineview Drive and is open Monday through Saturday from 9am to 7pm, and Sunday from 11am until 6 pm. The Goodwill Retail and Donation Center at 1600 Anderson Road in Petoskey is open Monday through Saturday from 9am to 8pm, and Sunday from 11am until 6 pm and the Center in Cheboygan is located at 982 South Main Street and is open Monday through Saturday from 10am to 7pm and Si day from 11am until 6pm. For additional information,

www.goodwillnmi.org/goodtoknow.

Specials

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Hidden Treasures

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

CHARLEVOIX

Bergmann Center Resale Shop 8888 Ance Road, Charlevoix 231-547-9624

www.bergmanncenter.org Kelly's Antiques &

Furniture Barn 06176 Old US 31 S., Charlevoix 231-547-0133 www.dkellyantiques.com

Goodwill Retail and Donation Center 402 Petoskey Avenue Charlevoix

231-437-6176

CHEBOYGAN

Goodwill Retail and Donation Center 982 S Main St., Cheboygan 231-445-9300

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

ELLSWORTH

Good Samaritan 9746 Main Street, Ellsworth 231-588-2208

thegoodsam.org **FREDERIC**

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

GAYLORD

Goodwill Retail and Donation Center 1361 Pineview Dr. (near Lowes), Gaylord 989-705-1747. www.goodwillnmi.org

GAYLORD

The Resale Shop

1961 South Otsego, Suite A (next to Ace hardware). Gaylord 989-731-4305, 989-370-3677 Hours: 10am - 6pm, Mon. - Sat

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

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GRAYLING

The-Brickery.com Two floors of treasures 107 Ottawa, Grayling,

989-348-8999

HARBOR SPRINGS

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

PETOSKEY

Goodwill Retail and Donation Center

1600 Anderson Rd., Petoskey 231-348-6947 www.goodwillnmi.org

To add your business listing call 989-732-8160 Page 6A • Charlevoix County News

News

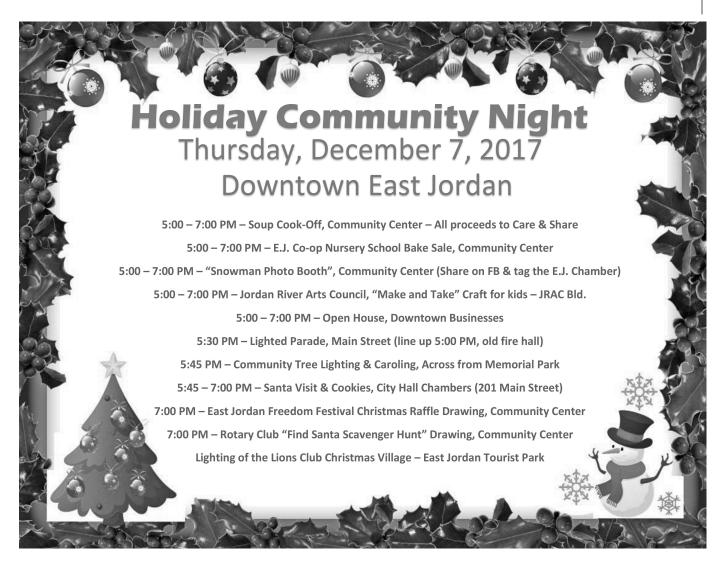
ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM



Christmas Tree Hunting Season

The Terry Richey family of East Jordan takes advantage of a sunny Saturday last weekend to get their family Christmas tree as did many families in our area. Three-year-old Eddie gets carried by mom, Katie, while six-year-old Emma rides the tree wagon pulled by, dad, Terry, and sister Angelina walks back after a fun outing cutting their own tree at the McPherson Tree Farm in Ellsworth.

PHOTOGRAPH BY M. CHRIS LEESE



"Try Days" introduce farm fresh foods to EJ Public Schools students

Elementary School, K-6, and preschool students at East Jordan Public Schools are eating more local farm-fresh fruits and vegetables thanks to "Try Days," which the Charlevoix County school is holding early each



Elementary School, K-6, and preschool students at East Jordan Public Schools are eating more local farm-fresh fruits and vegetables thanks to "Try Days." COURTESY

month. In order to connect nutrition with classroom learning, students also watch a series of videos featuring one-minute health tips, and vote whether they "tried it", "liked it" or "loved it". The Groundwork Center for Resilient Communities, a resource for the school, shared "Harvest of the Month" literature with kids interested in taking recipes home to their families.

On Dec. 6, students tried local carrots from nearby Bluestem Farm. Jennifer Lewis of Wagbo Farm and Education Center. Parent volunteer at East Jordan, has been incorporating garden-related lessons with interested teachers. Early in January the students will try local parsnips. Last month the selection was roasted delicata squash. More than 250 elementary students voluntarily ate Michigan-grown winter squash for lunch. More than half of those officially "loved

"Since the students loved the roasted delicata squash so much, we need to get it on the line throughout the entire month," said Gretchen Bender, East Jordan Public Schools food service director.

School food programs provide a significant portion—in some cases up to half—of a student's daily calories. Rural communities such as East Jordan are at a greater risk for chronic diseases related to diet, including diabetes and obesity. The 2014 "Framework for Healthy Communities in Northwest Michigan", prepared by Networks Northwest, reports that "about a third of residents living in the region are

obese (defined as having a BMI greater than 30) and another one-third are overweight". Those conditions are even higher for those living in poverty.

"We've learned that getting the students to taste foods that are new to them and voting on their experience makes them more likely to take it from the tray line and actually eat it," said Jen Schaap, local food policy specialist with the Groundwork Center. "Meeting the community members that grow it and love it, also helps them feel more invested in trying new things."

'Try Days" are currently held in the East Jordan Elementary School, K-6 and preschools—and will soon be in the middle and high school. Here's how it works: the kitchen staff prepares the samples; parent volunteers and students administer the tasting in the cafeteria; the school's Student Leadership Council, made up of fifth and sixth graders, administers the voting process; students taste it and vote, then get a sticker; parent volunteers identify lessons related to what the class is already studying; teachers bring the class to the garden, or the garden lesson comes to the classroom

"The stars just seem to be aligning for this kind of programming to happen," said Jennifer Lewis of Martha Wagbo Farm and Education Center. "The administration (at East Jordan) is supportive, the staff members are excited, the kids are eager and ready, and the kitchen has already been ordering local food from (the local food hub) Cherry Capital Foods."



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Local business receive \$400,000 for Employee Training

Sixteen businesses in Charlevoix and Emmet counties have received grants totaling more than \$400,000 from the Michigan Skilled Trades Training Fund (STTF) for the 2017-18 fiscal year. The grants, applied for through Northwest Michigan Works!, will help the companies train new and incumbent workers in a variety of skills.

STTF grants in the area included \$68,515 to MDC Contracting in Charlevoix, \$37,190 to Petoskey Plastics, and \$36,000 to Great Lakes Energy in Boyne City. The grant to Great Lakes Energy will be used to train both incumbent workers and new hires in a brand new Linemen Apprenticeship program. Twelve employees in all will receive this high-level training.

"We're very proud to be recognized by the Talent Investment Agency as a grant recipient," said Bill Scott, President & CEO of Great Lakes Energy. "Employee training is vital to any business, but for an electric utility, developing proper skills ensures the safety of our most valuable asset - our people. The funds will support training for our apprentice lineworkers, which is critical to our success and fills a gap in the workforce as they become technically skilled, top performing employees."

Bear River Health in Walloon Lake received a \$16,320 STTF grant for nonviolent intervention skills training as well as "training the trainer" for CPR to bring inhouse training that is currently outsourced.

rently outsourced.
"With the rapidly growing number of substance

use disorders griping the nation and changes in health care, Bear River Health is at the forefront advocating for access and innovative approaches to treatment," said Heather Diggs, Bear River Health Business Director, "This funding allows Bear River Health the ability to offer an even higher level of job training, accessing broader education knowledge than ever before, partnering up with training institutions to

offer training more readily." Businesses and nonprofits in the ten counties of Northwest Lower Michigan were awarded over \$1.3 million in grants to train both new and existing employees. That training will include everything from LEAN training to very specific apprenticeship training. Training dollars went to multiple industries including healthcare, IT, manufacturing, nonprofits, agricultural, and more. Close to 1,500 existing employees and nearly 160 new employees are expected to be trained in the region.

The STTF provides competitive awards for employer responsive training that enhances talent, productivity, and employment retention while increasing the quality and competitiveness of Michigan's businesses. The grants are awarded to help ensure that Michigan's employers have the talent they need to compete and grow, and individuals have the skills they need for in-demand jobs.

More information about the STTF and a full list of the 2017-18 grant recipients is available at: nwm.org/misttf.

News Briefs

HOLIDAY COMMUNITY NIGHT December 7, 5-7pm. Fun for the whole family will include a Soup Cook-off, Bake Sale, Craft-making, a Lighted Parade, Community Tree Lighting and Caroling, a Santa Scavenger Hunt, a Christmas Raffle Drawing, the Lighting of the Lions Club Christmas Village at Tourist Park and more. Of course, Santa will be on hand for the kids, visiting at the City Hall Chambers (with cookies!) from 5:45-7pm. Downtown businesses will be holding open house so attendees can be sure to get some holiday shopping done.

BOYNE CITY ROTARY BLOOD DRIVE

December 8, Noon-5:45pm, Christ Lutheran Church Fellowship Hall, 1250 Boyne Avenue. To make an appointment, visit redcrossblood.org or call 1-800-Red Cross (1-800-733-2767). The Red Cross urges donor of all blood to give now to help keep the blood supply stable during the holidays.

HARBOR SPRINGS

"MOVIE & A PIZZA NIGHT" FEATURING WARREN MILLER FILM

December 8, 5-9pm, Boyne Highlands day lodge cafeteria. The recently released winter sports film, Line of Descent, from Warren Miller Entertainment will be shown. The film screening, hosted by Boyne Highlands, is part of the Harbor Springs Ski Team's annual Movie and Pizza Night fundraiser. Tickets are \$10 and available from ski team members, at Kelbel Pharmacy in Harbor Springs, by email at Scoring@HSskiteam.com or at the door. For more information, visit HSskiteam.com.

EAST JORDAN GARAGE AND BAKE SALE

December 9, 8:30am-1pm, East Jordan Elementary Gym. Students will have their own booths. Proceeds will go toward their 8th grade Washington DC trip. Check out the great deals, do a little Christmas shopping and enjoy some baked goods.

ELLSWORTH PANCAKE BREAKFAST

December 9, 9-11am, Banks Township Hall. Indulge in a full breakfast of pancakes, eggs, sausage, juice, milk and coffee. Choose a stuffed toy and take a photo with Santa and Mrs Claus compliments Charlevoix State Bank.

ELLSWORTH THE POLAR EXPRESS PRESENTED BY ELLSWORTH

December 9, Doors open at 2pm, movie begins at 2:15pm in ECS High School Gym. Open to all students, families and community members. Admission by donations, concessions available for purchase. Attend with your child or dropoff care available. All proceeds benefit the 2018 Junior/Senior Government trip to Washington, D.C.

CHARLEVOIX **MICHIGAN STATE UNIVERSITY JAZZ BAND** CONCERT

December 10, 3pm, CMHS Auditorium. This will be free for all band students, with a \$5 suggested donation for parents and community members. All proceeds benefit our band pro-

BOYNE CITY COMMUNITY CONCERT

December 10, 3pm, First Presbyterian Church. Featuring the Jordan Valley Community Band. Free will donation.

BOYNE CITY STORIES OF HOMELESS CHILDREN SHARED

December 10, 6:30pm, Lifetree Cafe, First Presbyterian Church, 401 S. Park. The program, titled "Children with No Place to Call Home: Helping Kids in Crisis," features a filmed interview with Jennifer Herrera, director of the Colfax Community Network, an organization dedicated to serving children and families living in rundown motels in the heart of Denver, Colorado. During this program, participants will have an opportunity to discuss ideas for helping address the issue of child homelessness. Admission to the 60-minute event is free. Use the Pine St. entrance.

CHARLEVOIX **CHRISTMAS BAND CONCERT**

December 11. Charlevoix Rayder Band Program will be performing a Christmas Concert in the Charlevoix Middle High School (CMHS) Auditorium. The program will begin with our 6th graders at 6pm. Admission to this concert is free.

ELLSWORTH WOODEN SHOE FESTIVAL December 13, 6pm, Banks

Township Hall. Enjoy our 12th annual evening of fun with friends and neighbors featuring the Ceremonial Lighting of the Community Tree, Caroling, Pizza Dinner, Cookies the Grinch Punch and Hot Chocolate Bar. Make and take ornament, Pine Lake Winds concert and Twister Joe.

BOYNE CITY HOLIDAY BUSINESS AFTER **HOURS**

December 14, 5:30-7:30pm. Holiday Business After Hours sponsored by Resort Rentals North at a client's home, 221 North St. Big E's Smoke Shack will provide hors d'oeuvres. Spencer Korthase will entertain, and proceeds from the 50/50 raffle will benefit the Charlevoix Area Humane Society. No charge for admission or refreshments.

PETOSKEY "MESSIAH PLUS BACH & **RUTTER" CONCERT**

December 14 & 15, 7pm, St. Francis Xavier Church. This year's Great Lakes Chamber Orchestra performances will include J.S. Bach, Suite No. 1, BWV 1066; Handel Messiah Chorus & Soloists, and Rutter Christmas Carols. Tickets are \$25 General Admission, \$35 Silver Seating, \$50 Gold Seating and \$75 Platinum Seating. General Admission tickets are available at area chambers of commerce and online at www.glcorchestra.org.

Reserved seating is also available online or by calling the orchestra office at (231) 487-0010.

BOYNE CITY 7TH ANNUAL HOLIDAY OPEN HOUSE

December 16, 5-9pm, Boyne Mountain. The holiday cheer and activities are open to all. Enjoy horse drawn sleigh rides. roaring bonfire and s'mores, arts 'n crafts, family holiday movie, chair massage, shopping specials, live entertainment, complimentary arcade tokens, holiday treats, beer and wine tastings, and more. 5-9pm: Holiday Open House stores, restaurants, spa and activity areas across the resort welcome guests with treats and specials. 5:30pm: Village Tree Lighting Ceremony - In front of Trophy Room Pub & Pizzeria. 6-9pm: Pictures and Wishes with Santa Claus -Mountain Grand Lodge and Spa Lobby

BOYNE CITY SIGNS OF MENTAL ILLNESS EXPLORED

December 17, 6:30pm, Lifetree Cafe, First Presbyterian Church, 401 S. Park. The program, titled "Mental Illness: ing the Silence coming the Shame," features a filmed interview with Amy Simpson, author of the book "Troubled Minds." Simpson grew up with a mother who was later diagnosed with schizophrenia. During the program, Lifetree participants will have an opportunity to discuss why a stigma is commonly attached to mental illness, and if there should be. Admission to the 60minute event is free. Use the Pine St. entrance.

EAST JORDAN MEN'S SHOPPING NIGHT

December 19, 5-7pm. The perfect shopping event for men, with downtown businesses offering specials to make it easy to find that perfect holiday gift.

PETOSKEY 12 ANNUAL WINTER SOLSTICE CELEBRATION

December 21, Crooked Tree Arts Center. Live music from 5 - 7pm at local restaurants, including Beards: Boundary Water, POUR: Chris Michels, Roast and Toast: Liz Thorp, Palette Bistro: DJ Jeffrey Caston and City Park Grill: Owen James TrioÉvent. Also a silent auction from 5:30-9:30pm, Kids Movie at 7pm, concert at 7:30pm featuring Seth Mark Lavengood, Bernard, Robin Lee Berry and Katie Lee. Ticket available by calling 231-348-7047 or at Blissfest.org.

CHARLEVOIX **CHRISTMAS & HOLIDAY** DINNER

December 22, 11am-1pm, Charlevoix Senior Center. We will have a traditional homemade full holiday dinner with all the fixings, including dessert, live music, and other entertainment.

BOYNE CITY CHRISTMAS & HOLIDAY DINNER

December 22, 11am-1pm, Boyne Area Senior Center. We will have a traditional homemade full holiday dinner with the fixings, including dessert, live music, and other entertainment.

EAST JORDAN CHRISTMAS & HOLIDAY DINNER

December 22, 11am-1pm,

DAVE Says



Dave Ramsey

(Stay intense!)

Dear Dave,

I just accepted a new job that will pay me \$30,000 a year more than my old position. I've got about \$55,000 in debt I've been working hard to pay off, and I know now I need to adjust my budget. Do you have any advice?

Mitch

Dear Mitch,

The first thing I'd say is don't go crazy on any big-ticket items while you're paying off debt. Keep it simple, and go out to celebrate with a nice dinner after you get your first paycheck. Remember, the more you put toward debt, the faster it goes

For the time being, I want you to remain passionate about getting out of debt. Your thought process needs to be, "Wow, I got a new job making more money. I can get out of debt even quicker!'

Again, I'm okay with you adjusting a bit that first month and having a little fun to celebrate your good fortune. But after that, I want you to turn around and attack that debt with even more intensity than before. Then, once you're out of debt, you can celebrate that with something a lot

Congratulations, Mitch! —Dave

(No electronic access!)

Dear Dave,

You say to never give collectors access to your checking account. Does that include debit cards, too?

Sue

Yes, it does! Collectors are looking to get as much as they can on a bad, late debt. I've seen numerous situations where collectors have taken more than the agreed-upon amount from someone's account once they gained access. To be fair, the collection business does have a few good people in it. But it also has those who will lie and make threats.

If you're doing something like scheduling utility payments to come through your debit card or out of your personal checking account, that's perfectly fine. But there are much safer ways to handle situations with debt collectors. You can send a money order overnight, or wire

East Jordan Senior Center. We

BOYNE CITY

COMMUNITY CHRISTMAS

DINNER

First Presbyterian Church. A

traditional Christmas meal will

be served. Free will donation.

EAST JORDAN

CHRISTMAS DINNER

Jordan United Methodist

Church, 401 Esterly. A free

Christmas Day buffet dinner

will be served Monday, Christ-

mas Day. All are welcome to

join us for fellowship and deli-

BOYNE CITY

GUN CONTROL DISCUSSED

tree Cafe, First Presbyterian

Church, 401 S. Park. The pro-

gram-titled "Inside the Gun

Debate: To Hunt? To Defend?

To Assault?"-features filmed

interviews with Tom Mauser,

whose son died at Columbine

High School, and Michael

Lang, a concealed weapon

firearms instructor. Admission

to the 60-minute event is free.

Use the Pine St. entrance. Join

us at 5:30 for a potluck. Bring

BOYNE CITY

ANNUAL AWARDS GALA

Boyne Mountain. The Boyne

Area Chamber will be honoring

several local businesses, or-

ganizations and individuals for

their contributions to the com-

munity. This year's theme is

"Toast To The Town," and the

event is presented by Ko-

rthase-Flinn Insurance and Fi-

nancial Services. The program

is an upbeat gathering with

great food and drink, live and

silent auctions, live music and

the introduction of our Cham-

ber Board members. It always

sells out with more than 300

people attending, and tickets

will be on sale soon.

January 18, 5-8:30pm,

a dish to share.

December 31, 6:30pm, Life-

cious holiday food.

December 25, 1-3pm, East

December 25, Noon-2pm.

entertainment.

the cash to them. You can also send a cashier's check. Some folks have even used pre-paid debit cards that aren't attached to any of their accounts.

The pre-paid debit card isn't my favorite way to handle these things, but it's a lot better than giving a dishonest collector the opportunity to really mess you up!

(It's a dream, not a plan)

Dear Dave,

I've been trying to save cash to buy a home, but things always seem to come up that eat away at my savings. I have \$130,000 set aside, plus an emergency fund, and I make \$120,000 a year. I'm debtfree and renting right now, but eventually I'd like to buy a house in the \$300,000 range. I really hate the idea of owing the bank money, so would you advise continuing to save and pay cash, or is it okay to make a big down payment and take out a small mortgage?

Megan Dear Megan,

I love your idea, but right now you have more of a dream than a plan. You'll need \$170,000 to go from \$130,000 in savings to \$300,000, right? So, let's start planning.

If you save \$60,000 a year, it would take you a little less than three years to get there. If you set aside \$40,000 a year, it would take a little more than four years. A little division — just divide \$170,000 by the amount you want to save each year and you've got the beginnings of plan. A dream is a good place to start, but I want you to develop this into a plan that focuses on a goal. Break this down, and figure out how to achieve it.

I see three ways to achieve this home ownership goal. One, you do the long division math and save like crazy for however many years it takes to save up \$170,000. The second is to put \$130,000 down on a \$300,000 home, and take out a \$170,000, 15year fixed rate mortgage. This is the only kind of debt I don't beat up people for having. The good news is, with your income, you could probably pay it off in half

A third possibility is to buy a \$130,000 house. Write a check for nice, modest home now, and in five years — saving wildly the whole time, since you'll have no house payments — move up and pay

cash for a \$300,000 home. If I'm in your shoes, that's what I'm

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

5 Gotchas to **Budget for this Holiday Season**

One of the biggest problems with Christmas is how it moves around on the schedule every year. You never know when it's going to be, when it might be coming, and then BOOM! There it is at your front door saying, "Hey, I'm Christmas. Buy stuff!"

But, wait a minute ... Christmas is on the same day every year! December 25th. Who knew?

Somehow, too many of us are caught off guard year after year by Christmas. You already know you need to save throughout the year for holiday festivities. But we all have little things that, no matter what, sneak up on us.

Here's a list of "gotcha" items to include in your holiday budget: Stamps

Uncle Billy is waiting on his Christmas card. Unless you plan on driving to Toledo to deliver it in person, you're going to need a stamp — plus about 30 more for the rest of your family and friends. Even though they're inexpensive individually, the cost can add up quickly.

Wrapping Paper A pair of velvet slippers in a brown bag just doesn't have the same effect. You can do so much better than that! Go the extra foot and buy some nice Christmas wrapping paper. While you're at it, go ahead and include some extra cash so you can buy it on sale the day after Christmas so it's waiting for you next year.

Parties

There's your work party, your wife's work party, your kid's school party, your church party, the neighborhood party ...

During the holiday season, you probably need a project manager just to keep track of all the events. And whether you're bringing cookies, decorations, drinks, or gifts, you'll still need to plan

Travel

Going to see the parents? The in-laws? Maybe you're taking a vacation that doesn't involve awkward dinner conversations. If you're traveling this holiday season, don't forget about gas, snacks, hotels, checked baggage fees, rental cars, and anything else you might need to get around.

Food

You can't possibly forget to budget for food, can you? Let's hope not. But while you might not forget the bread, milk, and cereal, you also need to think about the seasonal food you'll be buying, like egg nog, ham, turkey, and fruit cake.

It's time to make a vow. Let's promise ourselves we won't wait until the last minute to take care of the stuff we know is coming. Keep these things in mind while you're out shopping this holiday season!

> Please feel free to call Hospice at 231-547-7659 to register or for more information.

> at the First Baptist Church,

6781 M66 North. This program

is open to anyone in our com-

munity looking for assistance

in their grief process and is fa-

cilitated by Rev. David Behling.

There is no charge to attend.

NORTHERN MICHIGAN

Women's Resource Center of Northern Michigan provides counseling and support services at no cost to survivors of domestic abuse, sexual assault, child abuse, child sexual assault and adults molested when they were children. Support services include crisis counseling, individual counseling, support groups, trauma therapy (EMDR), play therapy for children, safety planning, advocacy and resources/referrals. If you or someone you care about has been a victim of crime, contact the WRCNM's main office at (231) 347-0067.

NORTHERN MICHIGAN Women's Resource Center

of Northern Michigan offers free playgroups for children 0-60 months and their preschoolage siblings. Playgroups help you learn about your child's developmental stages, learn new children's games/activities and share parenting concerns/experiences with other parents and the playgroup facilitator. Playgroups are held in various northern Michigan communities. For current playgroup locations/times, visit www.wrcnm.org or call (231) 347-0067.

BOYNE CITY BOYNE DISTRICT LIBRARY PROGRAMS

Toddler Tales & Tunes every Monday at 10am and Preschool Storytime every Tuesday at 10am. Check website for any date changes. No registration is required.

Yoga with Reb Andrews 9am every Monday, 8 week sessions/\$5 per week

- Tai Chi every Wednesday, 9am beginners class, 10am advanced class, cost is \$5 per session

- The Boyne District Library Book Club meets at 7pm. Information at www.boyneli-

INDOOR FARMERS MARKET Saturday. 9am-noon at the

will have a traditional homemade full holiday dinner with Boyne City Indoor Farmers all the fixings, including Market will be located in the dessert, live music, and other main lobby area of the new City Facilities Building, which is located right next to the summer market location in Veter-

ans Park.

CHARLEVOIX **COMMUNITY FOUNDATION**

GRANTS AVAILABLE Since it was founded in 1992, the Community Foundation's net assets have grown to more than \$39 million. Grants and scholarships totaling more than \$22 million have been distributed to enhance and enrich the quality of life for everyone in Charlevoix County—and for generations to come. The Community Foundation welcomes inquiries and grant requests. The next deadline for submitting a grant request is Thursday, March 1, 2018. For a complete list of the recent grant awards, visit the foundation's website at www.c3f.org and click on "What's New," then "Recent Grants."

CHARLEVOIX **HOLIDAY CIRCLE MARKET**

The Charlevoix Circle of Arts annual Circle Market from 5-7pm until close of day on December 23. This is a holiday shopping experience that promotes the purchase of original artisan work for holiday gift giving. The market represents intriguing, unique and finely crafted items for purchase. Over 40 artists will be represented with a variety of medi-

CHARLEVOIX **WELLNESS WORKSHOPS**

Held at Munson Healthcare Charlevoix Hospital Wellness Workshop, 411 Bridge Street. Call (231) 437-3482 for more information

- Hatha Yoga, every Monday and Friday 7:30-8:30am. The yoga sequences, along with breath work and relaxation techniques will assist in building strength, stamina, flexibility, balance, and increasing body awareness. The use of props, blocks, or blankets make poses easily modified to suit the individual. All levels of fit-

ness are welcome and modifications will be provided as needed. The class is taught by Lisa Hepner is a licensed physical therapist assistant with Munson Healthcare Charlevoix

Hospital.

- Wellness Wednesday, every Wednesday from 8am-11am. Health screens include: Cholesterol, TC/HDL Ratio, Glucose Level, Body Mass Index Score, Muscle and Fat Percentages, and a Blood Pressure Reading. No fasting is required. However, if you are fasting and LDL and Triglyceride reading can also be obtained. Cost for the service is \$15. Hemoglobin A1C Levels can also be done for known or borderline diabetics for an additional \$10. Participants will receive all test results at the time of the screening and a "Know Your Numbers" log to track progress. A Registered Nurse will adapt health consultation and educational materials to individual results. Walk-

Full Body Toning Exercise Class, every Thursday from 5:30-6:30pm. The first class is free as are all yoga and strength training classes. If you enjoy your first class, lowcost punch cards available and are good for any of our classes. Call (231) 437-3482 for more information or email chx-wellness@mhc.net to have our calendar emailed to you monthly.

ins only, no appointment

required.

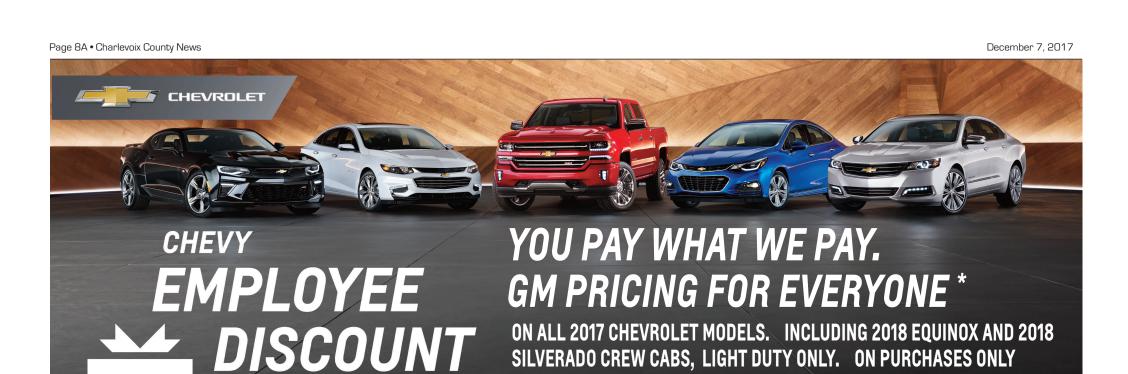
BOYNE CITY FREE COFFEE, DOUGHNUTS & LUNCH FOR VETERANS

The community of Boyne City will be hosting a free social gathering for all veterans from 9 to 11 a.m. on the fourth Tuesday of the month at the Boyne Area Senior Center. Coffee and doughnuts will be donated by supportive area businesses. The senior center will also offer free lunches to all veterans on the fourth Tuesday of the month, starting in January. The senior center is located at 411 E. Division St.

CHARLEVOIX

Hospice of Northwest Michigan invites you to join our Monthly adult grief, loss & bereavement support group, which takes place the 2nd Sunday of each month from 4-5pm

BOYNE CITY



Drop off your unwrapped toy donations at Dave Kring Chevrolet Cadillac and the Marine Toys for Tots Foundation will distribute those toys as Christmas gifts to needy children in the community.



2002 BUICK CENTURY CUSTOM \$4,950

Pwr locks-Windows, Cloth, Auto, Front air zones - Dual, 3.1 liter V6 engine, Multi-function remote WITH FULL TANK OF GAS!



2015 FORD FUSION SE \$15,990

CARFAX 1 owner* Satellite Radio, CD player, USB Port, Sunroof, All-Weather Floor Mats, Bluetooth, Pwr door locks-Windows, VERY NICE!



FOR EVERYONE

2003 TOYOTA CAMRY LE \$4,990

CARFAX 1 owner* CD player, Alloy Wheels, Sunroof, Pwr locks-windows, Auto, Air, Pwr seats, New



2016 TOYOTA CAMRY LE \$15,990

Rear camera, CD, cloth, Pwr windows and Seats, Steering wheel controls, Dual climate control. Ready to Go!



2007 CHEVROLET SILVERADO 1500 \$9,990

CD player, Assist Steps, Alloy Wheels, Tow Package, Bed Liner, All-Weather Floor Mats, Dual Air zones, 5.3 liter V8. WINTER READY!



2015 SUBARU IMPREZA 2.01 PREMIUM \$17,490

New Arrival! CARFAX 1 owner* All-Weather Floor Mats, CD player, Heated-Power- Seats, USB Port, Bluetooth, THINK CHRISTMAS!



2013 CHEVROLET MALIBU 1LS

CARFAX 1 owner* OnStar, Alloy Wheels, Satellite Radio, CD player, wireless phone connectivity, SAFETY TECHNOLOGY!



2016 CHEVROLET TRAX LT AWD \$18,950

Chevrolet CERTIFIED! CARFAX 1 owner* OnStar, Rear View Camera, Satellite Radio, USB Port, Sunroof.



2015 CHEVROLET EQUINOX LS

CARFAX 1 owner* OnStar, Alloy Wheels, Satellite Radio, Bluetooth, Power- Cloth seats. EXCELLENT CONDITION!



2014 LINCOLN MKZ AWD TURBO \$20,990

Navigation, USB Port, CD player, Alloy Wheels, All-Weather Floor Mats, Pwr-heated- Leather seats,



2015 FORD ESCAPE SE 4X4

CARFAX 1 owner* USB Port. Rear

View Camera, wireless phone con-

*Offer ends January 2, 2018!

\$23,990

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