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Charlevoix County News

December 14, 2017

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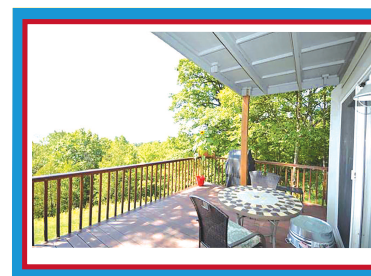
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Men's Shopping Night event in East Jordan on December 19

By Jim Akans

Men; less than a week before Christmas is not considered too early to buy holiday gifts! Downtown East Jordan merchants have the perfect way to get that shopping done in a somewhat timely fashion with "Men's Shopping Night," to be held from 5-7pm on Tuesday, December 19.

Look for special sales, refreshments, prizes and even some help with that gift-wrapping during the event. As of press time, participating merchants include:

Busy Bridge Gifts & Antiques:
Open December 18 - 22 until 7:00 PM, Dec. 19th - Refreshments, Gift Wrapping & In Store Specials

Jordan River Arts Council:
Members Market Open, Dec. 19th until 7:00 PM, Men's Refreshments, Spend \$50 or more and be entered into a prize drawing.

E.J. Shoppe:
25% Off All Regular Priced Merchandise & Accessories, Free Gift Wrapping and Refreshments

Billie's Floral & Boutique:
25% Off All Regular Priced Merchandise & Accessories, Free Gift Wrapping, Refreshments and an Entry into a Drawing for \$25 Gift Certificate.

Not Too Shabby:
25% off one Furniture Item, 20% off Store wide (some exclusions apply), Refreshments. For updates, please visit www.ejchamber.com

Wyman named Charlevoix airport manager

By Michelle Medjesky

CHARLEVOIX - After nearly a year without a solid name at its helm, a familiar face is soaring into a higher position as manager at Charlevoix's Municipal Airport.

Charlevoix City manager Mark Heydlauff confirmed this week that the city recently hired Matthew Wyman as permanent airport manager for the city and its Charlevoix Municipal Airport.

The airport had been operating for about the past 11 months without a permanent manager.

Heydlauff said Wyman has been an employee at the airport since 2013. He has acted as interim manager there on two occasions and has been the assistant manager for several years.

A licensed pilot, Wyman has also been a licensed Airport Manager since 2014, Heydlauff added.

"Matt has built relationships with our operators, flying public and members of the Charlevoix community to assure me he will continue to



New Charlevoix Airport manager Matthew Wyman

COURTESY PHOTO

lead the airport with humility and respect for a variety of viewpoints," Heydlauff said.

Heydlauff noted that Wyman will play a pivotal role at an airport which the Michigan Department of Transportation has determined contributes more than \$29 million annually to the state and local economy and where more than 80,000 operations

were conducted on its two runways in 2016.

"Matt has my complete confidence and I appreciate his ongoing dedication to the City and our airport," Heydlauff said.

Originally from Grand Rapids, Wyman said he moved to northern Michigan in 2007 to work as a pilot flying for Fresh Air Aviation before starting work at Charlevoix Municipal Airport six years later. He lives in East Jordan with his wife, Tammy, and two children, Hannah, 7, and Levi, who will soon be 3-years-old.

Wyman said he is "thankful and humbled" to be named manager at Charlevoix's airport.

While it's not a physically huge airport, it's one that has an extreme amount of seasonal traffic, which not only greatly boosts the city's economy, but the regional one as well, Wyman noted.

"I'm grateful for the opportunity to head up one of the many incredible assets we have in this community," Wyman said, "We have a great airport with a really great crew here."

Charlevoix Hot Cocoa Contest winners announced

Congratulations to Grey Gables Restaurant & Catering, the winner of the 2017 Charlevoix Hot Cocoa Contest that took place during the Holiday Merchant Open House on Saturday, December 2nd. It was a tight race with That French Place taking a close 2nd and Scovie's Gourmet taking 3rd place.

Over 550 votes were cast between the 8 restaurants competing for the Cocoa Championship. The competitors were Grey Gables Restaurant & Catering, Harwood Gold, Lake Charlevoix Brewing Company, Scovie's Gourmet, That French Place, Smoke On The Water, The Cantina, and The Villager Pub.

"Thank you to everyone who came out and voted for our #1 cocoa at the 5th annual cocoa contest. I personally always enjoy this event and love seeing the many sugar rushed faces. A big thanks to the Clothing Company for letting us invade your space. See you next year!" said Kelly Romano, proprietor of Grey Gables Restaurant & Catering.

The 2017 Charlevoix Hot Cocoa Contest offered a wonderful variety of delicious cocoa and toppings for all to sample and enjoy. Those that followed the Cocoa Trail were treated to traditional deep rich chocolate, pina colada, Mexican hot chocolate, festive mint cocoa recipes, and more.

"Thank you to everyone that shopped local and supported our local



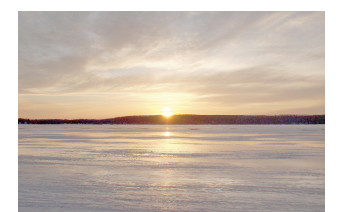
Congratulations to Grey Gables Restaurant & Catering, the winner of the 2017 Charlevoix Hot Cocoa Contest that took place during the Holiday Merchant Open House on Saturday, December 2nd. COURTESY PHOTO

businesses during the Merchant Open House & Cocoa Contest." said Alison Hubbard, President of the Charlevoix Area Chamber of Commerce. "The community really came together this year to help us offer a great event. We are looking forward to next year's festivities."

For more information, please contact the Charlevoix Area Chamber of Commerce at 231-547-2101 or visit www.charlevoix.org.

Winter Solstice brings more hours of daylight

By Jim Akans



There's still plenty of winter ahead, but at 11:28 am next Thursday, December 21, the earth's axis will begin to tilt back toward the sun, resulting in greater amounts of sunlight here in the north every day until mid June. PHOTO BY JIM AKANS

While the Winter Solstice is the official start to the winter season. It will occur at 11:28 am next Thursday, December 21, when the earth's axis will begin to tilt back toward the sun in the Northern Hemisphere. The shortest day (in terms of sunlight) of the year, the "glass half full" perspective is that every day thereafter will bring greater amounts of sunlight here in the north every day until mid June. That's right; despite a full winter ahead we can start looking forward to longer hours of daylight very soon.

The winter solstice is also known as Midwinter, the Solar New Year, the Longest Night, Yule, DongZhi, Soyal...and many more tongue-twisting handles that reference the same celestial event in differing cultural perspectives. The universal message, however, is clear;

See Solstice ... Page 6A

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weather

THURSDAY



HIGH: 23
LOW: 20

FRIDAY



HIGH: 24
LOW: 13

SATURDAY



HIGH: 18
LOW: 13

SUNDAY



HIGH: 31
LOW: 25

snowfall

12/5/16.....7.5	.12/11/2017.....4.6
12/5/16.....4	.12/11/2017.....24
12/5/16.....2.7	.12/11/2017.....13.2
12/5/16.....0.5	.12/11/2017.....17.6
12/5/16.....6.8	.12/11/2017.....28.3
12/5/16.....23.1	.12/11/2017.....40.7
12/5/16.....14.5	.12/11/2017.....29
12/5/16.....8	.12/11/2017.....12.5
12/5/16.....6.4	.12/11/2017.....4.9
12/5/16.....5.9	.12/11/2017.....20.4
12/5/16.....6.2	.12/11/2017.....30.7

ATLANTA
BOYNE FALLS
CHARLEVOIX
CHEBOYGAN
EAST JORDAN
GAYLORD
KALKASKA
LEWISTON
MIO
ONAWAY
PETOSKEY

record temps

DAY	AVG LOW	AVG HIGH	RECORD LOW	RECORD HIGH
DEC 14	.22°	34°	8° (1954)	.59° (1975)
DEC 15	.21°	34°	-7° (2007)	.51° (1997)
DEC 16	.21°	34°	-4° (1961)	.56° (1984)
DEC 17	.21°	34°	-11° (1973)	.54° (1984)
DEC 18	.20°	33°	-1° (1973)	.47° (1949)
DEC 19	.20°	33°	-13° (2004)	.50° (2002)
DEC 20	.20°	33°	-20° (1983)	.48° (1988)
DEC 21	.19°	33°	-14° (1975)	.53° (1967)
DEC 22	.19°	33°	0° (1989)	.55° (1957)
DEC 23	.19°	32°	-9° (1989)	.52° (1957)

OBITUARIES

Evon Joyce (Dalman) Pluister, 84

(APRIL 28, 1933 - DEC. 9, 2017)



Evon Pluister of Boyne City passed away December 9, 2017 at the Georgia House in Charlevoix. She was born April 28, 1933 in Holland, MI the fourth daughter of Ben & Eunice Dalman.

She attended Hope College in Holland and later the Butterworth School of Nursing in Grand Rapids. She dearly loved her family, her Church, her Cocker Spaniels and her husband Robert for 63 years.

She enjoyed many years in the choir of the Presbyterian Church, teaching Sunday School, serving as an Elder and Deacon. She was an excellent seamstress and made many beautiful quilts. She was a big part of the Boyne City Playground Committee and fed all the workers for a week.

She spent 23 years at the Boyne City Elementary School helping students with reading and math. After retirement, she co-managed a gift and consignment shop, The Apple Bee Coterie, for several years. She and her husband spent 15 seasons in Florida.

Survivors include her hus-

band Robert, daughter Diane Godfrey of Coldwater, MI, daughter Cathlene (Dan) Zondervan of Bay Shore, son Tom (Barb) Pluister of Bay Shore, four grandchildren and several nieces and nephews.

There was a funeral service at the Boyne City First Presbyterian Church on Tuesday, December 12, 2017. Reverend Beth Broschart officiated.

Joyce Baker, 88

(FEB. 25, 1929 - DEC. 7, 2017)

Joyce Baker of Boyne City passed away Thursday, December 7, 2017 at Hiland Cottage in Petoskey after a long battle with COPD.

Joyce was born on February 25, 1929 in Brewer, Main the daughter of Maurice and Stella (Kealiher) Baker. She graduated from Brewer High School and went on to study at Boston University where she earned her Bachelor Degree. Following college Joyce served her country as a 1st Lieutenant in the United State Marine Corp.

Joyce taught swimming and sports for two years at the YMCA in Kalamazoo before moving to Petoskey. She taught health and physical education at Boyne City High School for twenty-five years and coached girls basketball, volleyball, track and softball where she touched the lives of many young people.

Joyce also had many artistic talents, always trying new activities and she was very successful at whatever she attempted. She was a long-time member of the Boyne City United Methodist Church where she served as treasurer for many years.

Joyce is preceded in death by her parents; sisters Zelda Baker and Gwendolyn Libby; nephew Eric Libby; niece Susan Gockley and her husband Paul.

She is survived by her nephew Peter Libby; many grand-nieces and nephews; longtime friend Mary Richwine and many other faithful friends and a very loving church family.

We are grateful for all the loving care she received at Hospice of Little Traverse Bay.

A memorial service will be held 1:00 PM Wednesday, December 13th at the Boyne City United Methodist Church, 324 Park Street, Boyne City, MI 49712. A gathering of family and friends will be held from noon until the time of service. A funeral luncheon will follow.

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

Wilma A. Belleville, 71

(JUNE 4, 1946 - DEC. 6, 2017)



Wilma Agnes Belleville of Boyne City passed away on Wednesday, December 6, 2017 at McLaren Northern Michigan Hospital in Petoskey.

Born on June 4, 1946 in Zeeland, Michigan, she was the daughter of Henry and Thelma Crowe. On October 31, 1966 Wilma married Fredrick Belleville in Boyne City.

She worked for several years at Burns Clinic in

Petoskey, Grandvue Medical Care Facility in East Jordan and at Holiday Inn in Petoskey. Wilma loved music and following various local groups. She will be remembered for her love of people and for her never ending willingness to help others. Wilma attended Boyne City Free Methodist Church.

Surviving are her husband, Fredrick; her son, Nyle Belleville of Boyne City; sisters-in-law, Donna Gould of Grand Junction, CO and Jean Gould of Delta, CO; several nieces and nephews; and close family friend, Ron Valad of Boyne City. She was preceded in death by her parents; brothers, Bob and George Gould; and her aunt and uncle, Marvel and Nyle Gould, who helped raise her.

Memorial service arrangements are pending and will follow soon.

Jenny Lynn Fitzpatrick, 61

(NOV. 13, 1956 - DEC. 4, 2017)



Jenny Lynn Fitzpatrick of Columbia, Tennessee, formerly of Wolverine and Boyne City, passed away in Columbia on Monday, December 4, 2017.

Born in Gaylord and raised in Wolverine, Jenny was the daughter of Abner and Gwendolyn (Leese) Smith. She was a 1974 graduate of Wolverine High School.

On a blind date on St. Patrick's Day in 1984, Jenny met Randy J. Fitzpatrick. They were married in Wolverine on August 19,

1989. Jenny and Randy raised their family Boyne City where they lived for many years, later moving to St. Johns, Michigan and finally to Columbia, Tennessee.

Though she had worked at Carter's and Oleson's Markets in Petoskey, Jenny's children and grandchildren were the focus of her life. Taking care of them and making them happy brought her great joy. She will be remembered by her family and her friends for the wonderful cook she was. She was always cooking, canning and baking for others. She painstakingly prepared Christmas gift baskets for each of her family every year.

Jenny had attended Wolverine Free Methodist Church in Wolverine, and the First Presbyterian Church in Boyne City.

Surviving are her husband Randy; her children, Nicholas Fitzpatrick or Las Vegas, NV, Randy Fitzpatrick Jr. of Charlevoix, Justin (Rachel) Fitzpatrick of Boyne Falls, John (Chelsea) Fitzpatrick of Boyne City and Sarah (Matt) Howard of Boyne City; 16 grandchildren; her mother, Gwendolyn Smith of Wolverine; a sister, Sandra Smith of Harbor Springs; brothers, Louie Smith and Gary Smith of Wolverine, Mark Smith of Harbor Springs and Albert (Dawn) Smith of Indian River; and several nieces and nephews. She was preceded in death by father, Abner Smith in 2015 and sister-in-law, Kathryn "Kathy" P. Smith in 2017.

A memorial service will be held at 2:00 PM Saturday, December 16, 2017 at the Wolverine Free Methodist Church where the family will visit with friends beginning at 12:00 PM. Those who wish are asked to consider memorial contributions to the family.

Arrangements are by Gaylord Community Funeral Home & Cremation Service. Please share your memories and personal messages with the family at www.gaylordfu-

neralhome.com

Evelyn K. Hull, 69

(NOV. 27, 1948 - DEC. 5, 2017)



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

She was born on November 27, 1948, in Charlevoix, the daughter of Donald, Sr. and Mamie F. (McWatters) Bolser. She graduated from East Jordan High School in 1966.

On September 16, 1967, in East Jordan, she married Buddy T. Hull, Sr. and they made their home in East Jordan.

Evelyn worked at many local restaurants as a cook and waitress. She was an active member of the American Legion Post #227 Auxiliary in East Jordan. She loved to play card games.

She is survived by her husband, Buddy T. Hull, Sr. of East Jordan; one son, John L. (Liz) Hull of Bellaire; four grandchildren, Andrew, Kendra, Wesley and Braxtyn; one brother, Donald E. (Cheryl) Bolser, Jr. of Belleville; numerous nieces and nephews; as well as a bunch of great nieces and nephews. Evelyn was preceded in death by a son, Buddy T. Hull, Jr. and a sister, Mary Jane Bolser.

A memorial visitation was held on Thursday, December 7, 2017 at the Penzien Funeral Home in East Jordan.

In lieu of flowers, please help her husband, Bud, cover funeral and memorial costs at <https://www.gofundme.com/>

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Publisher
DAVE BARAGREY 1
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Editor
JIM AKANS
News@CharlevoixCountyNews.com

Sports Reporters
CHRIS FIEL
sports@charlevoixcountynews.com

MIKE DUNN
Mike@WeeklyChoice.com

ANDY SNEDDON
andysneddon36@yahoo.com

News Reporters
TINA SUNDELIUS
tina@charlevoixcountynews.com

KRYSTAL JOHNSON
krystalbirgy@gmail.com

MICHELLE MEDJESKY
mm@WeeklyChoice.com

Website Administrator
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Advertising Sales
CHARLEVOIX COUNTY
TONY CUTLER
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CHARLEVOIX & EMMET COUNTIES
JEFF JOHNSON
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KALKASKA COUNTY & MANCELONA
SHERRY KILBOURN
shersk1942@gmail.com
Cell 231-645-6414

Office
CATHY BARAGREY
CB@WeeklyChoice.com

Photography
SCOTT RICHARDS
Scott@CharlevoixCountyNews.com

CINDA SHUMAKER
RACHEL LANGE
M. CHRIS LEESE

Distribution
JEFF BARAGREY
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AGING OUT

To the Editor,

From the Baltimore Longitudinal Study of Aging, "Those holding more negative age stereotypes earlier in life had significantly steeper hippocampal volume loss and significantly greater accumulation of neurofibrillary tangles and amyloid plaques".

"Ageists", in other words, "become the senescent figures they once abhorred". The latter quote is by columnist Tad Friend in The NEW YORKER.

Words like hippocampal, i.e. hippocampus and amyloid, amygdalae, are instrumental organs within the brain, now accessible for fMRI monitoring and associated with psychopathic behavior as well as many other "normal" functions of sentient beings. These are areas of the brain that determine much of our ability to deal with material life and its complementary mental life. Neurofibrillary indicates irregular heartbeat. The aging process naturally coincides with these developments. Hence, we add another word to the lexicon, "Ageist" thence "Ageism" which also implies the far broader spectrum of the aging process and all it encompasses. Ageists are people that concern themselves with aging but are not themselves aged yet - emphasis on yet. Thus inferior, they may already be affected physiologically, fast forward, psychologically.

ward, psychologically.

As has been written, one might say insinuated, when casting a glance toward Silicon Valley, youth runs the show and "old" is now considered 30. 40, forget it. Some professions and trades adhere to the wisdom of age and experience, but those involving current technological trends tend more toward enlisting the rush and thrust of energy found in the young at heart, hard of body, nimble of mind, the combo most desirable, often unsurprisingly excluding even the young feminine gender.

Foster home children age out at eighteen, who though legally able to do anything are often left in the lurch of nowhere to proceed-nowhere to return, no backup system unless the foster parents are able and willing to continue support in any manner. Since foster parents are paid for taking in parentless kids, the financial aspect is often daunting and impossible to continue considering the cost of housing, clothing, feeding, nurturing &c. Presumably there are heartwarming stories to be garnered but just as often tragic outcomes. We know of college kids being homeless and on school vacations are barred from dorm rooms and must seek shelter elsewhere. There's something wrong with that picture but precious few stepping up to fix it.

Geriatric homes of various capacity are now en-

sconced taking up the slack for some at least 10% of the elderly who cannot help themselves or have no family to do so. Poor-Houses and pseudo-hospitals of slightly older times gave way to the proliferation of medically-oriented centers for elderly and incapacitated patients. These range between archaic and modern in terms of ambience, Gothic horror cluster versus Frank Lloyd Wright openness we might say.

But, there's a big secret here: we all get old. In fact we're doing it right now. "Well, wait and see", as Tad Friend homogenizes. All things considered, that's all we can do anyway. Doubtlessly most youth will cognitively dissonance themselves from any recall of future reconciliation between youth and encroaching age. We all do it. We forget, we rationalize, we even try to make up for our Id's lack of empathy later on via various forms of caregiving and return thankless kindness with beneficence. Older folks have always been the target of thieves, which invariably mean younger people. There is a natural animosity between generations anyway and it's easy enough to assume that position of pejorative persecuted age against the machine of civilization as perceived by some. "No matter how I struggle and strive, I'll never get out of this world alive", sang Hank Williams. "Death and

taxes" and so on. One thing sure, that kid that sniggers and sneers at old people's caricatures is heading right that way himself. The uptick in training and staffing personnel for health care and elder care tells us that this is a burgeoning field of employment that's not likely to fade in future, much more likely to snowball as lifespans increase with concomitant improvements in health management, vastly improved testing, pharmaceuticals, technological life-prolonging innovations, accentuation on osteopathic over allopathic treatments etc.

We in the northwestern tip of Michigan as elsewhere are fortunate to have such as Grandvue and Litzenger Place and many others to rely on for relatives and ourselves when it comes to it, practically every area throughout the state fostering some form of health and elder care financed by insurance and government largesse. We might chafe at the redundant methods of intake and testing but by and large it works for us as well as providing employment for so many.

McLaren, Munson, East Jordan Family Health Center, Otsego, the many institutions that are there for more than business prospects: they keep us kickin' - minus the bucket. Mitchell Jon MacKay, East Jordan

News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

Boyer City teen facing years up to 75 years in prison if found guilty of sex crimes

By Michelle Medjesky

CHARLEVOIX - A Boyne City teen remains under house arrest and awaiting trial after being charged with sex crimes against three teenagers that could land him in prison well into adulthood.

In a media release issued this week, Charlevoix Prosecuting Attorney Allen Telgenhof said 17-year-old Ryan Christopher

Bentley of Boyne City has been charged with five counts of third degree criminal sexual conduct against three different teenage victims.

He said the maximum penalty for each of the crimes is 15 years in prison.

According to police affidavits, Telgenhof said Bentley "accomplished sexual penetration utilizing force or coercion with a 17-year old victim and engaged in sexual penetrations

with a 15-year old victim and a 14-year old victim."

The legal age of consent in Michigan is 16, Telgenhof noted.

He said Bentley is scheduled to be in court next for a probable cause conference on all three cases January 9, 2018 with preliminary examinations to follow on January 16, 2018.

Telgenhof added that Bentley has entered not guilty pleas on all charges and is presumed

innocent unless and until he is found guilty beyond a reasonable doubt.

He said Bentley remains free on bond, which was initially set at \$100,000 but was lowered to a \$5,000, ten percent bond by 90th District Judge James N. Erhart.

Bentley is under house arrest while out on bond awaiting trial and is subject to a GPS tether, Telgenhof said.

Charlevoix plans to make Lake Michigan beach more handicap accessible

By Michelle Medjesky

CHARLEVOIX - Whether you go there to swim or just to wade and soak up the sun and soothing waters of 'Lady Lake', getting to the beach for most folks in Charlevoix during the summer months is just a matter of a short walk across the sand and down to the waterfront.

But for those who are handicapped, the idea of having to travel even a short distance across the sand to the water's edge is often a logistic impossibility.

That may not be the case here next summer, however, with the Charlevoix City Council's recent vote to move forward with pursuing a grant that will literally roll out the mat for handicapped individuals to get down to the Lake Michigan beach and enjoy the water.

The council voted this month in favor of approving a request from the city's recreation department to apply for a grant from the Department of Environmental Quality Coastal Zone Management Program that would help pay for a portable, mat-like walkway to make it easier to access the beach for those confined to wheelchairs, using walkers, strollers or

otherwise physically compromised.

The mat would be compliant with standards set forth by the Americans with Disabilities Act and would create a 'quality of life' opportunity for those who once found it difficult, if not impossible, to get to the beach, explained Charlevoix City Manager Mark Heydlauff.

He said the portable walkway, or mat, would be installed at Lake Michigan beach probably from May until October and can be easily rolled up and stored in a city building at the end of the season until the next year's use.

Heydlauff said if approved, the grant would be for around \$10,000 and pay for about half of the mat's total estimated cost of \$20,000, with the rest being paid for out of city funds.

He said the grant will be applied for this month, and if all goes according to plan, funding to purchase could be in place and the handicap accessible beach mats installed by summer 2018, although he noted it's still unclear exactly when.

"I would guess sometime during the summer would be possible," Heydlauff said, "It's certainly a goal."

5 rules to spruce up gifts in Christmas

Courtesy of DaveRamsey.com

Stocking stuffers at Christmas are kind of like cranberry sauce at Thanksgiving. It's there every year, but it's usually an afterthought. It's the opening band for the big concert.

But don't you think the Christmas stocking deserves a little more love? After all, those stockings — hung delicately over the fireplace — are the first to greet Santa as he belly flops into your living room, and the first to bid him farewell when he climbs back up.

Because we think stockings deserve a little more attention this Christmas, we thought we'd share our five rules for stocking stuffers:

Set a dollar limit

This is top priority! How much are you going to spend on each stocking?



Some people like to keep the stocking stuffers cheap, while other people use the stockings to go all out with smaller gifts like jewelry or watches. Either way is fine, but make sure you budget for the stocking just like everything else.

Put some thought into it

The stocking isn't an afterthought. It's a gift, like any other gift under the tree. Ask yourself this question: Am I filling the stocking just to say I've filled it, or am I buying stuff the other person will appreciate? Maybe your spouse would

like a Starbucks gift card and some chocolate more than a 10-pack of socks!

Think outside the stocking Do you give the same stocking stuffers every year — a gift card, maybe a pack or two of gum and some candy? What could you do that's completely different this year?

You might consider giving coupons for acts of kindness (like watching the kids one night while your wife goes out for a girl's night), or giving details about a special summer vacation you're saving for. Sometimes an experience is more memorable than a physical gift, so what type of experience can you provide with the stocking?

Consider a theme

Rather than just a hodgepodge of different stuff, you might want to consider creating a theme for each stocking.

It doesn't have to be fancy or expensive, but that little bit of extra effort could make someone's Christmas morning even more special.

Don't force it

There's nothing wrong with simply using the stockings as decorations, and saving all your money for the gifts under the tree.

If your family has never done the stocking thing there's no need to start now — unless you truly feel like the change will be worth it. Your traditions are your traditions. Own them, and be proud!

But if you find yourself trying to spice up your stocking-stuffer game this year, take these ideas to heart. We think your family and friends will appreciate the extra effort!

—Used with permission from DaveRamsey.com

U. S. MILITARY VETERAN OF THE MONTH



Veteran of the Month" for December 2017 is Robert Lyman Wise Jr. Born on September 23rd, 1942 in Pittsburgh, Pennsylvania, Wise graduated from St. Francis High School in Sharpsburg, Pennsylvania in the class of 1961. On February 5th, 1963 Wise enlisted in the United States Coast Guard in Pittsburgh, Pennsylvania serving on the Great Lakes and later Sand Island, Hawaii aboard a search and recovery ship patrolling in the Pacific Ocean going to Japan, Australia and into enemy waters in Vietnam. On September 17th, 1964, while stationed in Charlevoix, Michigan, Wise married Maryann Suzette Smith. On January 1st, 1966 Wise was promoted to Culinary Specialist 2nd Class and on January 20th, 1967, at USCG Base (TRADU) Alameda, California, Wise received an Honorable Discharge and was awarded The Coast Guard Good Conduct Medal and The National Defense Service Medal. Wise returned to Charlevoix and worked as a cook at Juillerets Restaurant and cooked at The Charlevoix Masonic Lodge #282, of which he was a 32nd Degree Masonic member. Wise acquired his pilots license, and was a member of the Charlevoix Flying Club, and enjoyed flying so much he bought his own plane. After having a successful window cleaning and floor care business for 13 years, his love of sweets drove him to Geneva On The Lake, Ohio, Northeast of Cleveland, Ohio on Lake Erie, where his family used to vacation when he was a child,



ROBERT LYMAN WISE JR.

and with some trade secrets from Jerry Murdick, he inspired Wise to open two Wise's Fudge Stories in Ohio. During retirement Wise enjoyed hunting, fishing, riding his horses, attending Lodge meetings, having coffee with friends and telling stories about his work and time in the service and spending quality time with his family. On October 16th, 2017 Robert Lyman Wise Jr. answered the final call and is being honored by his wife Susie, sons Robert and James and his extended family.

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

29th Non-Traditional Career Day inspires female students



North Central Michigan College President, Cameron Brunet-Koch welcomes area high school students to the 29th Non-Traditional Career Day. The event encourages 9th and 10th grade girls to aspire and excel in careers historically underrepresented by women. COURTESY PHOTO

Northern Michigan female high school freshman and sophomore students participated in the 29th Non-Traditional Career Day held at North Central Michigan College on December 8. Professional women from the community and throughout the state met with the students to help them explore non-traditional careers for women, such as architecture, archaeology, engineering, computer information systems, aviation/pilot and welding. Students selected career tracks of interest and then spent the day exploring those jobs while visiting with professional women who work in those careers. "This event provides an opportunity for female students to broaden their ca-

The goal of career day is to help girls in high school aspire to excel and to think beyond traditional women's careers, which generally pay less.

reer awareness and learn more about high-skill jobs that are not only in demand, but also provide a higher wage," said Stacey Burns, Educational and Employment Services Coordinator for Women's Resource Center of Northern Michigan. The goal of career day is to help girls in high school aspire to excel and to think beyond traditional women's careers, which generally pay less. Women remain underrepresented

in occupations across many occupational groups, including those in the construction trades and STEM (Science, Technology, Engineering, and Math) fields. Non-traditional occupations offer women higher entry-level wages and higher pay as they advance in their careers. North Central Michigan College President, Cameron Brunet-Koch, provided a welcome message to the students. Before breaking into smaller

groups, the students heard an address by Debbie Dawson, who is an associate professor of electrical engineering technology at Ferris State University. Non-Traditional Career Day is sponsored by Char-Em Intermediate School District, North Central Michigan College, Petoskey Zonta Club and Women's Resource Center of Northern Michigan.

BOYNE CITY POLICE DEPARTMENT WEEKLY INCIDENT REPORT

Monday, November 27, 2017
0818 Juvenile missing since yesterday from Boyne Av. Was located.
0832 MDOP complaint from the 400 block of W Ann St
0916 Report of individual caught stealing in the 100 block of S Park St over the weekend. Business owners recovered the property, but would like individual banned from store. No Trespass Order served on individual.
1050 Report of house being moved on Vogel St from Jefferson. Not being moved, just worked on.
1329 Report of suspicious situations in the 1000 block of Boyne Av
1452 Larceny from vehicle in the 500 block of N Lake St
1702 Report of lost wallet

1811 Anonymous report of marijuana use in the 300 block of E Division St
1845 Assist EMS in the 700 block of Vogel St.
Tuesday, November 28th, 2017
0211 Asst. Sheriff Dept. at Thumb Lake and 131.
0224 Assist EMS in the 900 block of Pleasant Av
1038 Assist CPS in the 300 block of E Division St.
1400 Third party report of possible larceny in the 300 block of E Division St
1520 Vehicle unlock on Pine St
2116 Arrest subject for DWLS at N Lake and Groveland. Vehicle towed.

Wednesday, November 29, 2017
0854 Report of missing juvenile from the 1000 block of Boyne Av. Was located.
1109 Assist EMS in the 100 block of E Main St.
1121 Report of domestic dispute in the 100 block of E Division St
1604 Alarm activation in the 1300 block of Charlevoix St.
1719 Fraud complaint called in from Brockway St.
1850 Assist Sheriff Dept. on Lost Woods Dr.
1900 Road rage complaint in the 500 block of N Lake St.
Thursday, November 30, 2017
0125 Vehicle unlock in the Industrial Park
0827 Fraud complaint re-

ported from Pleasant Av
1048 Vehicle unlock in the 1000 block of E Water St
1120 Driving complaint east bound on Boyne Av. Unable to locate
1645 Assist Sheriff Dept. with a warrant arrest on M-75 S
1715 Assist EMS in the 300 block of E Division St
1729 Assist Sheriff Dept. with crash on M-75 S.
1849 Report of leaves being blown into roadway on Groveland.
2129 Private property damage crash on W Main St
Friday, December 1, 2017
0352 Motorist assist in the 200 block of S Lake St.
0836 Report of threats being received in the 400 block of Poplar

St
1206 Report of lost wallet
1435 Third party report of two CSC involving two victims over the summer.
1733 Civil complaint in the 1000 block of E Water St
1756 MDOP/Hit and run reported in the area of N. Park and Wildwood Harbor.
1825 Report of missing sale signs from 3 locations in the city. Were picked up by city staff for ordinance violation.
SATURDAY DECEMBER 2, 2017
0215 BOL for an intoxicated suicidal subject possibly driving into Boyne City. Located in East Jordan.
0620 Assist Fire Dept. with traffic control during at Pleasant Val-

ley and David Rd.
0853 Assist EMS on E Court
1123 Harassment complaint in the 1000 block of Boyne Av.
1208 Assist EMS in the 500 block of N East St.
1954 Arrest subject for CSC
SUNDAY DECEMBER 3, 2017
0012 Seized vehicle used in CSC.
0325 Arrested subject on two warrants
1309 Civil Stand in the 500 block of N Lake St
1810 Assist EMS in the 900 block of Boyne Ave.
2321 Assist Sheriff Dept. with arrest at Boyne Mountain

News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

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

Cinnamon for flavor, not weight loss

Sprudge.com, a website devoted to all things coffee, has determined the Most Annoying Coffee Order Ever: a triple shot (one shot decaf, two shots regular), one pump white chocolate, two pumps peppermint and a half pump of hazelnut mochaccino, with an itemized receipt.

We say: "Whoa there! Where's the sprinkle of cinnamon?"

Whatever your high-fat, sugar-bomb coffee order may be, there's a good chance you'll top it off with something you think is virtuous — cinnamon! That spice is touted for its multiple health benefits. Research indicates that it's anti-microbial; lowers blood glucose, blood pressure and lousy LDL cholesterol; works as a polyphenol that binds free radicals; and is a digestive aid, brain protector and more. And according to recent headlines, it's also a weight-loss aid.

Not so fast! In the study they're referring to, scientists placed fat cells in a lab dish and added one flavoring component of cinnamon, called cinnamaldehyde. Zap! It increased the cells' expression of genes and enzymes that help burn fat. But that does NOT mean ingesting cinnamon or supplements will cause weight loss.

There's true cinnamon, *Cinnamomum zeylanicum* (CZ) and Chinese cinnamon (CC); the later is widely used in the ground spice. But levels of blood-thinning coumarin are high in CC. And coumarin is listed in the Food and Drug Administration's "Substances Generally Prohibited From Direct Addition or Use as Human Food."

So grate your CZ sticks, but don't take OTC coumarin or cinnamon supplements! And opt for a well-flavored, long-range plan to lose

weight. That'll add spice to your life.

How to become a real brainiac

The 2004 movie "Brainiac" is about the discovery of the ultimate feel-good drug, dubbed "Nirvana." Unfortunately, it ends up turning those who take it into brain-devouring monsters. Talk about changing brainwaves.

A new study shows that going [for] nuts also changes your brainwaves, but for the better. Seems nuts and peanuts (really a legume) strengthen brainwave frequencies that are associated with cognition, empathy, healing, learning, memory, recall and other important brain functions.

The study published in the FASEB Journal found that pistachios got the biggest response from your brain's gamma waves — and that builds cognitive processing, information re-

Drs. Oz and Roizen

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



attention, learning, perception and rapid eye movement during sleep. Peanuts triggered the greatest delta-wave response; it's associated with healthy immunity, healing and deep sleep. Plus, all nuts are packed with flavonoids, potent polyphenols that are anti-inflammatory and help fight off cancers and heart disease. And, say the researchers, nuts' flavonoids support growth of new neurons and improve blood flow in the brain. Walnuts deliver the most.

In another new study, researchers followed more than 200,000 people for an average of 32 years and found that eating more nuts was tied to a lower risk of stroke, heart attack and heart disease. Walnuts came out on top again: Eating them two to three times a week was associated with a 19 percent lower risk of heart problems (Dr. Oz soaks them in water; Dr. Mike toasts them). Peanuts and other-than-walnuts tree nuts also ranked high on the heart-protection list.

Just think about it; all that heart health, and brains too!

Helping obese teens lose weight

What came first — the chicken or the egg? That's been buggin' folks for millennia. In fact, Aristotle, in the 4th century B.C., wrote, "There could not have been a first egg to give a beginning to birds, or there would have been a first bird which gave a beginning to eggs." Only with evolution did we learn that the chicken came from some not-quite-a-chicken predecessor, all the way back to the first living cell.

Seems there's a faulty appetite regulator in the brains of obese teens. The question is: Did the broken regulator cause the excess weight, or is it a result of it? As with the chicken and the egg, which came first? Well, we don't know, but realizing there's a broken food regulator provides a new understanding of the challenges obese teens face in achieving a healthy weight.

A study presented at the annual meeting of

the Radiological Society of North America makes it clear that the 20.5 percent of 12- to 19-year-olds in the U.S. who are obese have measurable changes in the appetite-, impulse- and reward-

regulating centers of their brain. (Obesity affects the brain's amygdala, hippocampus, thalamus, bilateral hypothalamus and more!) Helping teens attain a healthy weight means dealing with all of that.

How to do it: It takes a team to help them reset their brains: an exercise physiologist/coach; a nutritionist; a yoga or meditation instructor, plus cognitive behavioral therapy. That can provide the tools needed to establish impulse control and help a teen recognize when enough food is enough.

Double trouble: The unexpected result of sleeve gastrectomy

College Times says that the top three movies to watch when you're tipsy are "Superbad," "Fear and Loathing in Las Vegas" and "The Rocky Horror Picture Show." We say, if you find yourself binge-watching them (they are, after all, aggressively incoherent, even if amusing), well, then, there's a pretty good chance you're already one drink over the line.

But that doesn't mean you've lowered your standards or lost the remote. It might be that after a sleeve gastrectomy for weight loss, your tolerance of alcohol plummeted.

A new study reveals that after sleeve gastrectomy, women can become legally intoxicated if they consume half the number of drinks it takes for women who haven't had the surgery to register as drunk. Two drinks have the effect of four or five! And this comes along with research showing similar results for women who've had Roux-en-Y gastric bypass. (This reduced alcohol tolerance probably holds for men too, because the body's enzymes that process alcohol would be greatly reduced in anyone who's had these operations.)

The American Society for Metabolic and Bariatric Surgery estimates that more than half of the 193,000 bariatric procedures in the U.S. annually are sleeve gastrectomies; 80 percent of those patients are women. That's a five-fold increase in the number of these operations from 2010 to 2015.

So, male or female, if you've had weight-loss surgery, ask your doc about changes in digestion of food and alcohol that it causes. Respect the constraints that this operation places on your daily habits, and you'll reap its amazing benefits.

Gut check: Aspirin and gastrointestinal cancer

In addition to introducing Emily Wickersham as the future Agent Bishop, the Nov. 19, 2013, broadcast of the "NCIS" episode, "Gut Check," challenged the team's newest associate to solve the mystery of a security breach involving the Secretary of the Navy. Bishop's commitment to solving the case (there was a bug planted in SECNAV's pen) earned her a permanent desk. Seems a successful gut check can change the direction of a career -- and, it turns out, your gut health!

A new study followed more than 130,000 people and found that those taking two or more regular aspirin (325 mg) a week for at least 16 years had a 20 percent lower risk of gastrointestinal cancers from the esophagus all the way to the exit.

Salicylic acid, aspirin's active compound, has been used to treat pain for at least 5,000 years. Today, we know it helps prevent second heart attacks (one 81-mg aspirin twice a day with a glass of warm water before and after), while also protecting against nine other cancers. Thanks to this study, we have an idea about how much is needed to block gastro cancers and how long you have to take it to get the benefit! We also know aspirin's protection fades within four years of not taking it regularly.

There are risks from aspirin, such as increased bleeding, and you can't take it with some other meds, but benefits keep adding up. So check with your doc to see if it's good for your gut and more.

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.

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Registrations open for a free Diabetes Self-Management Workshop

To help seniors become better self-managers of chronic health conditions the Area Agency on Aging of Northwest Michigan (AAANM), the Charlevoix County Commission on Aging and Michigan State University, College of Human Medicine in conjunction with Partners in Aging Strategies and Training (PAST) are offering several free Healthy Aging workshops in northern Michigan.

The Diabetes PATH Workshop will be held at the Boyne Area Senior Center, 411 E. Division Street in Boyne City. Hours will be Mondays, 9:30 am-12:00 noon, from January 8-February 12, 2018.

The first class announced is the free, evidence-based Diabetes PATH Workshop, which will take place on Monday mornings in January and February at the Boyne City Senior Center. Developed by Stanford University, Diabetes PATH provides information and techniques to cope with the challenges associated with diabetes. The six-session Diabetes PATH workshop is for adults living with pre-diabetes or diabetes and their family caregivers.

Each two-and-a-half hour ses-

sion focuses on self-management tools to:

- Manage symptoms like pain, frustration and fatigue
- Exercise safely, at a pace that's right for YOU
- Develop healthy eating habits
- Make action plans based on YOUR goals
- Help prevent or delay complications

Through weekly goal-setting activities participants become more active, eat better, and are more confident that they can manage their health. PATH is taught by trained and certified leaders who understand chronic illness and have a personal connection to Diabetes.

To achieve the full benefit of Diabetes PATH, please plan to attend all six workshops. Space is limited and pre-registration is required. Call 1-800-442-1713 for more information or to register, or register online at www.aaanm.org/workshop-registration

Other resources for Diabetes Education in northern Michigan can be found at www.nmdia-betes.org.

Avalanche Mountain Opening

It looks like the snow that has arrived this week will be here for a while. As such Boyne City is pleased to announce that Avalanche Mountain is opening for winter activities. The sledding warming house opens today Friday, December 8 and will be open weekdays 4-9pm and weekends 11am to 9pm. Weekend hours will be observed during holidays when schools are not in session and half days.

The sledding area is lit for evening use. A limited number of free sleds are available when the

warming house is open. Donations of sleds and ice skates are welcome. While the ice rink is not open yet, preparations are getting underway to do so soon. The opening of the Ice Rink will be announced in the media and on the City's website.

Grooming of bike and walking trails for winter use has begun and is taking place by volunteers on a regular basis. A new trail groomer donated by an anonymous donor thru the Charlevoix County Community Foundation is stationed at the park and is already being used.

Whether on foot, snowshoe, cross country ski or fat tire bike come and check this new dimension of winter trail use at Avalanche.

Public restrooms are available at the warming house as is a nice indoor fireplace. All services at Avalanche Mountain are free to the public.

Boyne City's Avalanche Mountain is located south of Division Street at .

Questions regarding Avalanche Mountain can be directed to the Boyne City Hall at .

Charlevoix County Transit offers free New Years Eve service

Charlevoix County Transit will be offering free county-wide transit service on New Year's Eve from 6pm until 3am. The service will be provided on a first come-first served basis.

It is suggested that reservations be made in advance, although same-evening calls will be accepted based on vehicle availability. Ride reservations can be made by calling

231-582-6900 until 4pm on Saturday, December 30 and messages can be left on the voicemail during the day on Sunday, December 31. On New Year's Eve, dispatchers will be available during service hours to assist callers throughout the evening.

"Without the support of many businesses throughout the County we wouldn't be able to offer this

service and we're extremely grateful to have them onboard; whether you're heading out to spend time with family and friends to watch the ball drop or you're attending a party somewhere, we want people to be safe and that's why we're offering this free service" said Transit Director Jill Drury.

Boyne Falls Public Schools STUDENT OF THE WEEK Elijah Fitzgerald

Grade: K

Parent's Name(s): Ashleigh & Dean Fish

What do you want to be when you grow up?: Elijah wants to be a cop and a soldier when he grows up.

Favorite Book: Elijah's favorite stories are "Pete the Cat" books.

Hobbies and Interests: When Elijah is at home, he likes to play with his helicopter, his Spiderman Glove, and play outside with his friends.

School Activities: When Elijah is at school he likes to play with toys, work with 4th grade buddies, go to computer class, practice writing, and playing outside with his friends.

Staff Comments: Elijah Fitzgerald is a very helpful and kind little person. He enjoys helping others and working with his friends. He is eager to learn new things. Since the beginning of the school year, I have watched Elijah grow and absorb new knowledge quickly in kindergarten. Elijah knows the rules and is the first to point it out when someone is not following the rules. All of this will make Elijah a great police officer and soldier when he grows up. Keep up the good work Elijah!!

Submitted by: Deanna Milks



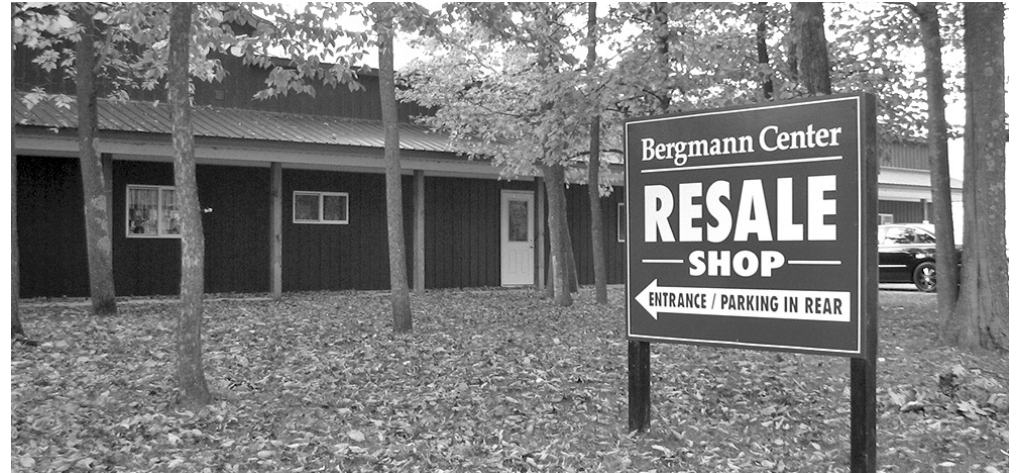
Bergmann Center Resale Shop in Charlevoix

By Jim Akans

Many Northern Michigan residents are familiar with the outstanding opportunities provided by the ongoing work of the Bergmann Center in Charlevoix. The staff at the non-profit Center assists in building life skills for individuals with developmental disabilities, with programs that include on-site job training and employment opportunities, volunteer opportunities, community awareness, daily living skills and enrichment classes.

In August of 2010 the Bergmann Center opened this fantastic Resale Shop, located next to their main facility on Ance Road, offering terrific bargains on resale goods such as clothing, shoes, accessories, household goods, home decor and furniture. A new 1,600 square foot area dedicated to furnishings and sporting goods was launched in February. The shop also has a fascinating art area with photos, paintings, clay sculpture, love lights made with clear stained glass with candles and painted furniture... all created by talented, artistic Bergmann Center clients. Proceeds from the art sales go directly to these artists.

In addition to a lot of great merchandise, the



The Bergmann Center Resale Shop is located at 8888 Ance Road in Charlevoix, and is open Monday through Saturday from 9 am to 4 pm. COURTESY PHOTO

Bergmann Center Resale Shop also offers a wonderful place for individuals in the Center's program to learn skills on the job, such as

running a cash register and processing inventory. These are valuable skills that will continue to provide rewards for these individuals for

years to come. The Center has Job Coach and Job Placement personnel that actively seek employment opportunities for clients and assist with job training. Recently, the Bergmann Center has begun accepting vehicle donations as well.

The Bergmann Center Resale Shop is located at 8888 Ance Road in Charlevoix, and is open Monday through Saturday from 9 am to 4 pm, and the staff accepts item donations during those hours as well.

For additional information call (231) 547-9624 or visit and follow the Resale Shop link. Follow us on Facebook at Bergmann Center Resale Shop.



The Bergmann Center Resale Shop offers terrific bargains on resale goods such as clothing, shoes, accessories, household goods, home decor and furniture. COURTESY PHOTO

NCCMC holiday hours

North Central Michigan College's gym and fitness center at the Petoskey campus will be open over the holiday break with limited hours. The center will be closed from Thursday, December 21 at 7pm through Monday, December 25, Christmas Day and again Saturday, December 30 through Monday, January 1, 2018. Call (231) 439-6370 for more information.

The hours are as follows:
- Open Thursday, December 21, 6am - 7pm.
- Closed December 22 - 25.
- Open Tuesday - Friday, December 26 - 29, 8am - 7pm.
- Closed December 30 - January 1.

- Open Tuesday-Friday, January 2 - 5, 8am - 7pm.
Regular hours resume on Saturday, January 6.

Gym and Fitness Center hours for Winter 2018 semester, starting January 8:
- Monday - Thursday; 6am - 9pm.
- Friday; 6am - 7pm.
- Saturday - Sunday; 10am - 5pm.
The walking track is free to

all and open on the same days and times as the courts.

The college administrative offices and Student Services close Thursday, December 21 at 5pm. These offices will reopen Wednesday, January 3, 2018 at 8:30am.

The College Store will close Thursday, December 21 at 5pm and reopen on Wednesday, January 3 at 8:30am. It will have limited hours Wednesday - Friday, January 3-5, 8:30am - 5pm. Regular hours will resume on January 8.

Regular hours:
- Monday - Thursday; 8:30am - 6pm.
- Friday; 8:30am - 5pm.

The College Library will be open Monday-Tuesday, December 18-19 from 8am - 5pm. The College Library will be closed December 20 - January 4, reopening on Friday, January 5 from 9 a.m. - 5 p.m. Regular hours will resume on Monday, January 8.
- Monday - Thursday; 8am - 7pm.
- Friday; 8am - 5pm.

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www.dkellyantiques.com

EAST JORDAN

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Downtown Ellsworth
231-588-2208
thegoodsam.org

ELLSWORTH

Good Samaritan
9746 Main Street,
Ellsworth
231-588-2208
thegoodsam.org

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Pineview Military Surplus
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Frederic
989-348-8300

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News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

5 Money Moves to Make Before the End of 2017

by Chris Hogan

If you're like the Hogan household, the month of December means one thing — Christmas! Decorations, parties, church, family time and lots of stocking stuffers! In the seasonal hullabaloo, it's easy to forget one very important activity that must be on your to-do list: an end-of-year financial check-in.

Before December 31, 2017, you need to make sure you've done everything you can to maximize your retirement savings and minimize the taxes you'll pay in 2018. You've probably allowed this area to go on autopilot, but

you need to take advantage of retirement options and tax write-offs you might have forgotten about. The less money Uncle Sam gets, the more money you have to fuel your retirement dream!

1. How's Your 401(k)? Did you know that you can increase your workplace 401(k) contribution in December to hit your yearly limit? The most you can invest through your employer is \$18,000 a year (or \$24,000 if you're 50 or over). If you haven't hit that amount, talk to the person in HR who manages your 401(k) plan. Tell them how much extra you want taken out of your last

paycheck this year. You can even have your yearly bonus go into your 401(k). Just make sure you don't blow your budget trying to hit that cap!

2. Yes, You Can Contribute to an IRA Once you've maxed out your contributions to your 401(k), you're not done! You can also put money into an IRA. There are two types — traditional and Roth — and you can put away \$5,500 per year in this account (or \$6,500 for age 50 and up). To find which kind of IRA would be better for your situation, talk to your investment professional. They'll know which to choose, and they can probably help you set it up.

3. Been Blessed? Pass It On! Take unused clothes to a homeless shelter and donate books to a local library or a non-profit clinic. Just make sure you have a receipt for donations of \$250 or more. There are other tax forms if you give

bigger amounts — all the more reason to talk to an investment pro this time of year.

4. Make Your Required Withdrawal Six months after you turn 70, you must begin taking out money from your retirement accounts, like an IRA or a workplace 401(k). The IRS dictates a minimum you must withdraw (called a required minimum distribution or RMD), and if you don't, you'll be penalized — 50 percent of the money you didn't take out. You don't have to spend it, so if you don't need it, just park it in savings.

5. It's Safer to File Early Doing your taxes ranks right up there with a root canal. I get it. But filing your return early lessens the probability of being a victim of identity theft. If you've already filed, nobody else can file a fraudulent claim using your information. If you mail in your tax return, don't put it in your mailbox. Take it directly to the post office. This is an easy way to protect your money — and

your identity.

Before the ball drops on December 31, set up an appointment with your financial advisor to review your investments and finances. You can also talk about any changes to your retirement goals. If you don't know who to talk to, we can recommend a professional in your area. Taking action now can put you closer to your retirement dream in the future!

About Chris Hogan

Chris Hogan is the #1 national best-selling author of Retire Inspired: It's Not an Age. It's a Financial Number and host of the Retire Inspired Podcast. A popular and dynamic speaker on the topics of personal finance, retirement and leadership, Hogan helps people across the country develop successful strategies to manage their money in both their personal lives and businesses. You can follow Hogan on Twitter and Instagram at @ChrisHogan360 and online at chris Hogan360.com or facebook.com/chrisHogan360.

SOLSTICE

FROM PG. 1A

the trail toward summer is about to be broken in.

The word "solstice" comes from a Latin phrase that means: "sun stands still." After months of crossing lower and lower in the sky the sun appears to stop before beginning to arc higher in the sky each day for the next six months. Alas, it takes a few months before the increasingly prevalent sun actually warms things up, resulting in a period we refer to as "winter" around these parts, but it's comforting to know there will be more and more light at the end of the snowy tunnel.

Always a major "turning point," the solstice has been celebrated throughout human history. Germanic cultures celebrated Winter Solstice with Yule festivals, which ushered in the long-standing tradition of burning a Yule log for good luck. The Greeks held a winter solstice festival called Lenaea, or the Festival of Wild Women...now that's an interesting name for an event. Romans held the festival of Saturnalia where schools were closed, prisoners were not executed, and people paraded around the streets in masks (sort of an ancient Mardi Gras). Apparently, people like to party during the longest night of the year.

Yet, as Newton's Third Law indicates: for every action there is an equal and opposite reaction. So while half the world sees greater amounts of daylight after the winter solstice, the other half experiences a steadily decreasing amount of daily sunlight. The same Winter Solstice that begins the slow march toward summer in Cleveland also notifies old man winter its time to think about sauntering back to southern hemisphere places such as Sydney, Australia.

Though there is lots of great outdoor fun to come during the beautiful northern Michigan winter ahead, we can take some solace in the solstice as it brings summer seems a little closer.

The world looks a little brighter every day after the Winter Solstice.



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Paddle Antrim awarded grant for Chain of Lakes Water Trail

Paddle Antrim recently received a Charlevoix County Community Foundation grant to develop wayfinding signs for the upper portion of the Chain of Lakes Water Trail during their 2017 fall grant cycle.

The Chain of Lakes Water Trail is a vast waterway that includes 15 connected lakes and rivers in Antrim, Charlevoix, Kalkaska and Grand Traverse counties. It is designed for people using small, non-motorized watercraft like kayaks and canoes. There are over sixty miles of identified routes with choices for all levels of paddlers to enjoy. While the routes and access sites have been identified, this

grant provides the next step to improve the trail by developing wayfinding signs to install so people can have a quality experience while using the trail.

Development of the water trail is one of Paddle Antrim's program areas whose mission is to protect the water resources by using paddle sports to connect people to the waterways.

"By developing and installing signs, we can engage more people while out on the water," says Deana Jerdee, Paddle Antrim executive director. "When people have fun and positive experiences on the water, they fall in love with a place. It's this sense of care that leads to a curiosity about what

makes a place special and nurtures an instinct to protect it."

Paddle Antrim is a 501(c) 3 non-profit organization who through stewardship, education, improved water trail access, and promotion of the waterways will increase water resources protection and enhance the economic vitality of the region.

More information on Paddle Antrim and the Chain of Lakes Water Trail can be found at www.paddleantrim.com or by calling 231-492-0171.

More information about the Charlevoix County Community Foundation may be found at www.c3f.org or by calling 231-536-2440.

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 - Music
 - Notes of Encouragement
 - Personals
 - Pets
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 - Recreational Vehicle
 - Rental Equipment
 - Resort & Vacation Property
 - Restaurant
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 - Trucks
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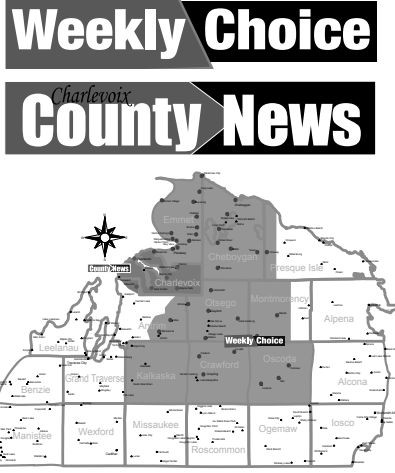
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News Briefs

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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 Korhase 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.glorchestra.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 HOLIDAY ARTIST MARKET

December 16, 9am-1pm, North Perk Coffee, 202 S. Lake Street. We have a variety of artisan gifts for your every giving need. Vendors include: Stello Studio, In the Star Candles, Mary Bea ART, Smitten Design Studio, Sturgeon River Pottery, Northern Territory Imaging (Phil Hutchinson), Rabbit Hill Designs, Tara Palmer-Pop (Christmas Decor), Jacquie Marie Moss (handmade wreaths), Sandies Shop, Moxie Chocolates, Happy Girl Granola, 365 Rerouted Designs, Angela Tomes (handmade jewelry), Outta Style Clothing, and Lavender Hill Farm. To give back, a portion of our sales as well as all vendor contributions will be pooled together and donated to local food pantries to help insure that everyone in our community has a happy holiday season.

BAY TOWNSHIP WREATHS ACROSS AMERICA EVENT

December 16, 11:45am. The Bay Township Cemetery Committee teamed up with the Horton Bay United Methodist Church to form the Bay Township Area Cemeteries (BTAC) group in 2014 and is proud to announce that for the 4th year, they will be again placing wreaths on the graves of all 47 veterans in Dyer, North Bay and Oaklawn Cemeteries in Bay Township. Everyone is invited to attend the special wreath-laying ceremony, which begins at Dyer Cemetery on Camp Daggett Road at 11:45 a.m. The Boyne City American Legion Ernest Peterson Post 228 will again be participating at this ceremony to honor and remember all of the military veterans buried in Bay Township.

EAST JORDAN COOKIES AND COCOA WITH SANTA

December 16, 6-8pm, East Jordan Tourist Park Log Building. Santa and Mrs Clause will both be there. You can tell Santa your Christmas wishes and play with some toy trains and enjoy cookies and cocoa by a warm fire.

CHARLEVOIX PETOSKEY MADRIGAL SINGERS CONCERT

December 17, 4:30-7pm, Christ Episcopal Church, 220 State Street. They will be performing in the church Sanctuary and a dinner will follow in the church Parish Hall. The entire Community is welcome for both the performance and the dinner at no charge. Reservations are required for planning purposes. This event is sponsored by the generosity of the Taylor Family Fund at Christ Episcopal Church. Free. Reservations required, please call: 231-547-6322.

BOYNE CITY SIGNS OF MENTAL ILLNESS

EXPLORED

December 17, 6:30pm, Lifefree Cafe, First Presbyterian Church, 401 S. Park. The program, titled "Mental Illness: Breaking the Silence, Overcoming 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, Lifefree participants will have an opportunity to discuss why a stigma is commonly attached to mental illness, and if there should be. Admission to the 60-minute 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.

EAST JORDAN MADRIGAL SINGERS IN CONCERT

December 20, 7-8pm, East Jordan Community Auditorium. Free concert featuring the Madrigal Singers and the Petoskey High School Chorus. Donations welcome.

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 TrioEvent. Also a silent auction from 5:30-9:30pm, Kids Movie at 7pm, concert at 7:30pm featuring Seth Bernard, Mark Lavengood, 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 all the fixings, including dessert, live music, and other entertainment.

EAST JORDAN CHRISTMAS & HOLIDAY DINNER

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

CHARLEVOIX CHRISTMAS EVE CANDLELIGHT SERVICE

December 24, 6-7pm, Charlevoix High School/Middle School. Free

IRONTON CHRISTMAS EVE SERVICE

December 24, 7pm. Looking for an old fashioned Christmas service? One with all your favorite carols and cookies? We invite you to our candlelight Christmas Eve service. You can join in singing traditional hymns and celebrating the birth of the baby Jesus. Fellowship with coffee and cookies before heading back out into the crisp evening air. We look forward to seeing you. We are located at 3805 Washington Street in Ironton.

BOYNE CITY COMMUNITY CHRISTMAS DINNER

December 25, Noon-2pm, First Presbyterian Church. A traditional Christmas meal will be served. Free will donation.

EAST JORDAN CHRISTMAS DINNER

December 25, 1-3pm, East Jordan United Methodist Church, 401 Esterly. A free Christmas Day buffet dinner will be served Monday, Christmas Day. All are welcome to join us for fellowship and delicious holiday food.

BOYNE CITY FRESHWATER CONCERTS; THORNETTA DAVIS

December 29, 8pm, Freshwaters Art Gallery/Concert Venue, 217 S. Lake Street. Tickets \$30 in advance and \$35 at the door. Info and tickets, call; (231) 582-2588.

BOYNE CITY GUN CONTROL DISCUSSED

December 31, 6:30pm, Lifefree Cafe, First Presbyterian

DAVE Says

(The past can haunt you)

Dear Dave,

My wife co-signed on a loan for an old boyfriend five or six years ago. Now, a collection agency is after her for the remaining \$5,000. We make about \$90,000 a year combined, and our attorney recommended we file Chapter 7 bankruptcy. The idea of filing bankruptcy scares me. Is there a better way to handle this?

Jeffery
Dear Jeffery,
Your attorney doesn't sound very bright. A bankruptcy stays on your record for years. It's just plain stupid to consider trashing your financial life over \$5,000.

This collector bought the loan for pennies on the dollar. It's an old debt, and that means there are very low expectations for collection. At the same time, your wife did co-sign for the loan.

If you have the money, and you can pay it off without hurting yourselves financially, do it. That's the right thing, both morally and legally. If you don't have that kind of cash on hand, try haggling with them. See if you can get them to agree to settle for \$2,500. Remember to get this agreement in writing before you send them a dime, and do not give them access to your bank account.

Chances are they'll threaten to sue and all that stuff, but my guess is you can work out something on an old loan like this. It may take a couple of weeks and a little patience, but that's a small price to pay if it saves you \$2,500.

Sorry, but you guys will have to pay something to make this go away. And I hope it teaches you both a valuable lesson — never co-sign on a loan!

—Dave

(Apps and stocks?)

Dear Dave,
What do you think about online investing apps, and the way they allow you to jump in and out of stocks for really low fees?

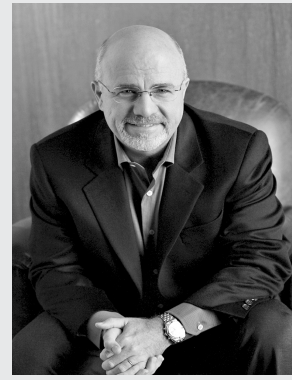
Anonymous
Dear Anonymous,
I don't think about them, and I don't use them. And I don't play single stocks — period.

There's a ton of research out there showing that people who play individual stocks on their own — or with their broker, or with a golfing buddy — see a rate of return of about seven percent on average. You can make anywhere from 10 to 14 percent, on average, with good growth stock mutual funds.

I could probably play single stocks more intelligently than most people, but why? If the average is noticeably less than I'm seeing with my mutual funds, why bother going there? Plus, with a mutual fund portfolio, you've got someone who does this kind of thing for a living managing and researching your investments for you in your best interest.

I don't have an app on my phone that lets me trade stocks, nor do I plan on getting one. There's nothing wrong with apps, in general, but I'll never recommend jumping in and out of single stocks as a method of investing.

—Dave



Dave Ramsey

(Budgeting for holiday happiness)

Dear Dave,
My wife and I are trying to improve our finances by living on a budget and following your plan. We're in the middle of Baby Step 2, so we're working to pay off everything but our house using the debt snowball. We only bring home about \$40,000 a year combined right now, so how should we handle Christmas budgeting in the middle of working our debt snowball?

Scott
Dear Scott,
Working to get out of debt can cause stress within a relationship. That stress is sometimes magnified if you're serious about getting out of debt during the holidays. I'm glad you two are on the same page where your finances are concerned. The fact that you're committed to becoming debt-free as a couple will go a long way toward ensuring a merrier Christmas.

Just sit down together, have a look at your budget, and ask what she thinks is a reasonable amount to spend on gifts and things while you're trying to get out of debt. If you think her suggestion is a manageable figure, just give her a hug, tell her you agree, and move on. If you've been trying to get out of debt for a while, you might even propose using last year's Christmas budget.

The important thing is to make sure you listen to each other, and approach this together. On the off chance one of you wants to spend what the other considers to be too much, talk about how and why you arrived at that figure. Then, using your budget as a guide, gently and lovingly talk things out.

Honestly, I don't think you're going to have problems if you've already been working together to get your finances in order. And remember, you don't have to spend a lot of money to make people happy. Delicious homemade treats and thoughtful, handcrafted gifts can put a smile on anyone's face.

Merry Christmas!

—Dave

Church, 401 S. Park. The program—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 a dish to share.

\$50 per person.

CHARLEVOIX THREE MEN AND A TENOR

January 20, 8-10pm, Charlevoix Cinema III. Live from Charlevoix presents Three Men and a Tenor. Great pop vocal music, quick-witted humor and overall likeability make this a unique show experience. \$25 admission.

BOYNE CITY INDOOR FARMERS MARKET

Saturday, 9am-noon at the Boyne City Indoor Farmers Market will be located in the main lobby area of the new City Facilities Building, which is located right next to the summer market location in Veterans 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."

ELLSWORTH PIG ROAST COMMITTEE SEEKS VOLUNTEERS

The Ellsworth Pig Roast Committee is looking for an extremely organized and self-motivated individual to assist with the coordination of the 2018 event. This coordinator position will involve approximately 10 hours of work each week from February to June, 2018. The position will be a contracted position. Interested applicants are asked to submit a letter of interest no later than December 31, 2017, to: Ellsworth Pig Roast, P.O. Box 193, Ellsworth, MI, 49729. If you have questions or would like to see the job description please e-mail .

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 in-

triguing, unique and finely crafted items for purchase. Over 40 artists will be represented with a variety of mediums.

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 fitness 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: Total Cholesterol, HDL, 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-ins only, no appointment required.

- 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, low-cost 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.

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 at the First Baptist Church, 6781 M66 North. This program is open to anyone in our community looking for assistance in their grief process and is facilitated by Rev. David Behling. There is no charge to attend. Please feel free to call Hospice at 231-547-7659 to register or for more information.

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 preschool-age 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.boynelibrary.org.

News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

Community Foundation celebrates support for urgent needs

Providing support for our friends and neighbors in need has always been a priority for the Charlevoix County Community Foundation. In 2009, the Community Foundation worked with the Frey Foundation to create the Urgent Needs Fund. Human services organizations like Good Samaritan Family Services, Boyne Valley Pantry, East Jordan Ecumenical Ministerial Association, Manna Food Project, and more have received grants from the Urgent Needs Fund to help families and individuals make ends meet. The Community Foundation works with these trusted partners to put our community's charitable dollars where they are needed most when they are needed most.

Trustees of the Community Foundation believe in the work of the Urgent Needs Fund. In fact, they offered a \$100,000 match from endowed resources to boost the Urgent Needs Fund in 2017 – dollar for dollar. Donors who care about those in need in our communities came through, contributing more than enough to meet the match and boost resources for helping with basic critical needs to \$200,000. The Community Foundation will continue to accept funds for this purpose so that together we can keep the heat on, offer groceries and personal hygiene products, and help our community's vulnerable citizens thrive.

For more information about making a difference close to home, call the Charlevoix County Community Foundation office at 231/536-2440, visit the website at www.c3f.org, or e-mail Chip Hansen, President at chansen@c3f.org.

GLE members receive bill credits

Great Lakes Energy is returning a record \$10.3 million in capital credit refunds to its members. The money will appear as a credit on their December bill, and amounts over \$1,000 will be sent as checks.

Refunds will be returned to Great Lakes Energy members who purchased electricity from the electric cooperative during any or all of these years: 2016, 1995, 1994 and 1993. The size of the refund is determined by how much each member spent on electricity during these years.

"In a cooperative, our customers share in the ownership of the business as members which entitles them to a share of any profits or margins the business earns," explains President/CEO Bill Scott. "When financial conditions allow, that money is returned to them as a capital credit refund."

A record amount of capital credit refunds is being returned, which breaks last year's record. Since 2003, the cooperative has issued annual refunds totaling over \$66.4 million.

Annual Bridge Drop

December 31. The Charlevoix Bridge Drop is back and better than ever! Get your creative juices flowing during the Snowman Making Contest (sponsored by Charlevoix Public Library)! Horse drawn carriage rides, s'mores and hot coco, arts and crafts at the Charlevoix Circle of Arts, and a free kid's movie at Charlevoix Cinema III. The greatest New Years Eve Firework Shows will take place at 9pm and midnight!! Many area restaurants will feature Bridge Drop specials and live music!

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2017

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V6, Cloth Bucket Seats, SafetyTec/Security Group, Back up Camera, Power liftgate and more.

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\$369

per month

FOR 42 MONTHS, 10,000 MILES PER YEAR WITH \$2,000 DUE AT SIGNING

WAS \$34,370

NOW ONLY \$29,738

SAVE \$4,632

Or 0% for 72 months

NEW 2018 Jeep Cherokee Latitude Plus 4x4

stk# 18075

Remote Start, Heated Front Seats/Heated Steering Wheel, Back up Camera and more.

NEW 2018 Ram 1500 Big Horn Crew Cab 4x4

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V6, Heated Seats, Heated Steering Wheel, 8 speed trans, Tow up to 7200lbs., and more.

LEASE FOR

\$349

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FOR 36 MOS. 10,000 MILES PER YEAR WITH \$2,000 DUE AT SIGNING

WAS \$46,200

NOW ONLY \$38,939

SAVE \$7,261

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NEW 2017 Dodge Journey GT AWD

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Leather, Remote Start, Heated Front Seats/Heated Steering Wheel, Navigation/Back up Camera and more.

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