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# Charlevoix County News

September 6, 2018

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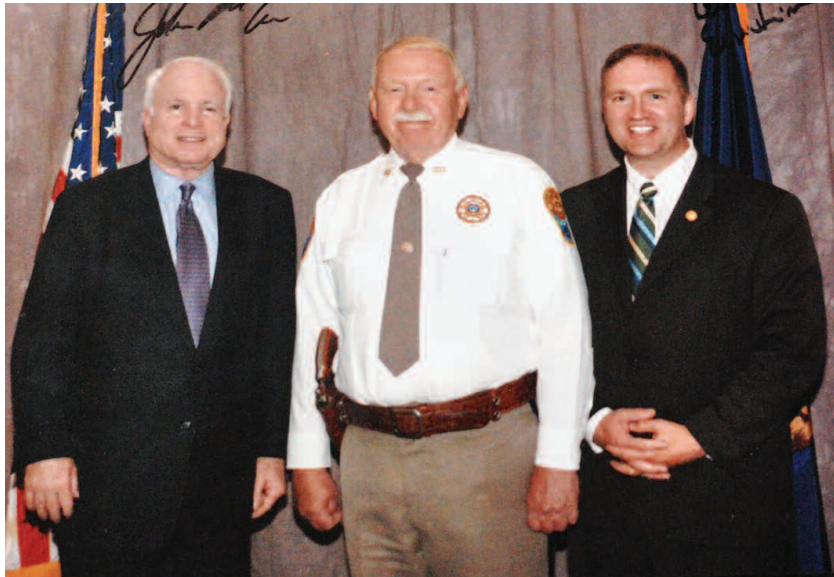
## Lasater recalls providing security for Senator John McCain

BY MICHELLE MEDJESKY

CHARLEVOIX COUNTY - The recent passing of legendary U.S. Senator John McCain moved the hearts of millions around the world who recalled the many hats he wore: as a dedicated family man who served in the U.S. Navy, as a war hero and prisoner of war and of course for his decades speaking on behalf of his constituents before the U.S. Senate. But there's one thing few people know about the late Senator McCain: He was also an Honorary Charlevoix County Sheriff.

Retired Charlevoix County Sheriff George Lasater fondly recalled the day back in June, 2006 when he proudly bestowed that honor on the longtime Republican Senator from Arizona when McCain visited northern Michigan for a fundraising event for then State Representative Kevin Elsenheimer (R), Bellaire, at Boyne Mountain Resort in Boyne Falls.

Lasater, who was then Charlevoix County Sheriff, was charged with assuring the safety of McCain and his staff while they were in the area. He explained his department was as-



(PHOTO COURTESY GEORGE T. LASATER)  
Retired Charlevoix County Sheriff George T. Lasater is flanked by Senator John McCain and former state representative Kevin Elsenheimer in this 2006 photo at Boyne Mountain Resort where Lasater was head of security when McCain appeared at a fundraising event.

signed that duty because it was still some months before McCain would officially announce his run for President of the United States, which automatically would have entitled him to

secret service protection. McCain officially launched his campaign for presidency almost a year later in late

See MCCAIN - Page 3A

## Charlevoix State of Community Luncheon this Tuesday

Don't miss the State of the Community luncheon, presented by the Charlevoix Area Chamber of Commerce, taking place on Tuesday, September 11 at Castle Farms from 11:30am - 1:30pm.

The State of the Community provides attendees an opportunity to learn from community leaders about their successes and upcoming initiatives, as well as specific topics that are timely and insightful to businesses and the Charlevoix community.

Speakers for the event are:  
Amanda Wilkin, Executive Director, Visit Charlevoix

Sarah Lucas, Director of Community Development, Networks Northwest  
Mike Ritter, Superintendent, Charlevoix Public Schools

Charles Vondra, Sheriff, Charlevoix County  
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Sarah Lucas, Director of Community Development, Networks Northwest, will be among the speakers at the Charlevoix area State of Community Luncheon, taking place on September 11 at Castle Farms. COURTESY PHOTO

Charlevoix State Bank and 4 Front Credit Union. Gold Sponsors include Bickersteth, Brown and Associates, Bridge Street Tap Room, Lake Charlevoix Brewing Company,

McLaren Northern Michigan and Munson Healthcare Charlevoix Hospital.

Tickets for this event are \$30 per person or \$240 for a table of eight. Doors will open at 11:30am and the

program will begin at Noon. For more information or to register to attend, please contact the Chamber at 231-547-2101.



Other speakers at the event will include; Charles Vondra; Charlevoix County Sheriff (shown here), Mike Ritter; Charlevoix Public Schools Superintendent and Amanda Wilkin; Executive Director for Visit Charlevoix. COURTESY PHOTO

## Sheriff warns of Latest scams

Sheriff Vondra would like to remind all citizens of our latest and most serious scams circulating recently. One of the most serious scam is when subjects telephone a senior citizen advising them their grandson or granddaughter has been in an accident, or has been arrested, etc. and is in need of funds, usually in the thousands of dollars, sent to assist them. The other scams include subjects impersonating the IRS advising the citizen they need to pay a certain amount of money to stay out of trouble or prevent arrest - or there are telephone calls to citizens claiming to be a court system (usually from down state) advising there is an outstanding warrant and funds are needed to prevent arrest.

Please always remember not to release any information to any person on the telephone. There also have been identity fraud complaints increasing either by mail or internet. Be sure to run all information through your local law enforcement prior to releasing any information to anyone.

## Dedication Ceremony

### Phase 2 of the boyne city to charlevoix non-motorized trail

Charlevoix County is pleased to announce a dedication ceremony for Phase 2 of the Boyne City to Charlevoix Non-motorized Trail.

The ceremony will take place on Friday September 21, 2018 at 3:00 p.m. at the AmericInn Hotel, 11800 US-31 N., Charlevoix, MI 49720 at the south end (back) of the parking lot, near the trail.

Please join us to celebrate the official opening of this phase of the trail!

If you have any questions, please contact the Charlevoix County Parks & Planning Department at (231) 547-7234 or [planning@charlevoixcounty.org](mailto:planning@charlevoixcounty.org).



Advertisers Postal Service has openings for a Rural Route Carrier and a Walking Route Carrier in East Jordan for Weekend Delivery.

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weather

THURSDAY



HIGH: 71  
LOW: 47

FRIDAY



HIGH: 72  
LOW: 52

SATURDAY



HIGH: 73  
LOW: 56

SUNDAY



HIGH: 71  
LOW: 56

MONDAY



HIGH: 72  
LOW: 57

TUESDAY



HIGH: 75  
LOW: 57

WEDNESDAY



HIGH: 77  
LOW: 62

## record temps

DAY	AVG	LOW	AVG	HIGH	RECORD LOW	RECORD HIGH
SEP 6	49°	74°	32°	(1962)	.89°	(1999)
SEP 7	48°	74°	36°	(1955)	.89°	(1960)
SEP 8	48°	74°	35°	(1957)	.89°	(1959)
SEP 9	48°	74°	31°	(1975)	.90°	(1976)
SEP 10	47°	73°	30°	(1967)	.90°	(2002)
SEP 11	47°	73°	29°	(1965)	.87°	(1952)
SEP 12	47°	73°	29°	(1964)	.91°	(1952)
SEP 13	47°	72°	29°	(1963)	.93°	(1952)
SEP 14	46°	72°	28°	(1963)	.89°	(1952)
SEP 15	46°	72°	27°	(1964)	.86°	(2004)

# Block, Paper & Ink Printmaking Exhibition

A Block, Paper & Ink Printmaking Exhibition opening reception will be held at the Charlevoix Circle of Arts on September 14. from 5-7 pm.

Sixteen Michigan artists have been invited to represent traditional and contemporary methods of printmaking in the September-November exhibition at the Charlevoix Circle of Arts, Block - Paper - Ink. This is an exceptional gathering of artists working at the height of fine-art printmaking in the state. Along with the works in the exhibition will be samples of techniques, displays of materials and tools used for printmaking and gallery demonstrations.

There will be two Inner Circle Gallery talks to coincide with the exhibition. On September 20 at 11 am, Chad Pastotnik, founder of Deep Wood Press, will discuss his printmaking journey. Chad Pastotnik began this life's work as a printmaker focusing on the intaglio processes of engraving and mezzotint and the relief processes of wood engraving and linoleum cuts. Book binding started happening in 1990 which led to letterpress shortly after. The cohesion of fine art prints in the hand bound book form accompanied by hand-set or hot metal text composition for letter-

press printing of wondrous stories is the primary focus of Deep Wood Press.

On October 25, 10 am, Charlevoix artist Sue Bolt will give a gallery talk outlining and describing many aspects of historical printmaking and show their relevance in today's world. With a life-time of experience beginning back with her days working for the Detroit Free Press and publications elsewhere, Sue is a walking encyclopedia of knowledge and hands-on experience of various forms of the artform with real-life applications of most processes.

To further explore the world of printmaking there will be two workshops offered. On September 29th, Diane Keighley will teach students the technique of eco-printing which involves bundling leaves, flowers and other plant material in cloth that has been prepared to promote the transfer of tannins in the plant material to the fabric, and then steaming the bundles to create a beautiful print.

On October 21 & 22 Charlevoix artist Meredith Krell will illustrate the



Sixteen Michigan artists have been invited to represent traditional and contemporary methods of printmaking in the September-November exhibition at the Charlevoix Circle of Arts, Block - Paper - Ink. Shown here; Tamara Hirzel's Hunch II. COURTESY IMAGE

process of lino-cut printmaking. The workshop will cover how to carve into golden cut linoleum and create an original design that can be duplicated. Students will also

learn how to hand illuminate each print once the design is set.

The opening of Block - Paper - Ink will be on September 14th from 5-7 pm and

is free and open to the public. For more information please refer to the Charlevoix Circle of Arts website at: [www.charlevoixcircle.org](http://www.charlevoixcircle.org) or call (231) 547.3554. The Circle

of Arts is located at 109 Clinton Street in the heart of downtown Charlevoix.

- Block - Paper - Ink artists:  
Sue Bolt - Charlevoix  
Mary Brodbeck - Kalamazoo  
Pat Custer Denison - Honor  
Cindi Ford - Rapid City  
Lee Ann Frame - Fruitport  
Ladislav Hanka - Kalamazoo  
Tamara Hirzel - Kalamazoo  
Martin Hubbard - Battle Creek  
Meredith Krell - Charlevoix  
Chad Pastotnik - Bellaire  
Carolyn Swift - Traverse City  
Vicki VanAmeiden - Battle Creek  
Donald W. VanAuken - Marshall  
Mariel Versluis - Grand Rapids  
Glenn Wolff - Traverse City  
Nobuko Yamasaki - Grosse Pointe Shores  
For more information please contact: Gail De-Meyere, [gailcvxcircle@gmail.com](mailto:gailcvxcircle@gmail.com)

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The 2018 Annual Bridge Walk included a first ever occurrence: walkers going both north and south on the bridge at the same time. © 2018 MDOT PHOTOGRAPHY UNIT

## 25,000 walk the Mackinac Bridge on Labor Day

Despite significant operational changes to the Mackinac Bridge Annual Walk in 2018, more than 25,000 people participated in the 61-year tradition this Labor Day.

"The comments we heard both during the walk and those submitted through our website afterward have been very positive," said Bob Sweeney, executive secretary of the Mackinac Bridge Authority (MBA). "We had no major issues and no traffic backups during the event, so we're very pleased with how everything went."

The most significant change to the walk was that it started from both ends of the bridge, eliminating the need for buses transporting participants from Mackinaw City to St. Ignace. Many people reported walking the entire bridge, either in one or both directions, and arranged their own transportation, if needed. No participants were

turned away when the starting points were closed at 11:30 a.m. View a time lapse video of the walk here.

The bridge was closed to public traffic from 6:30 a.m. to noon during the event, as it was in 2017. Again, no traffic backups were reported on the highways and freeways approaching the bridge during the walk, and the bridge reopened at noon as planned. Starting the walk from

both ends of the bridge offered new options for participants, including turning around at the midpoint of the bridge and returning to the city they started from, walking the entire bridge and arranging their own transportation, or walking the entire bridge twice and returning to the city they started from.

The MBA decided to close the bridge to public traffic

during the walk beginning in 2017, based on recommendations from the Michigan State Police and U.S. Department of Homeland Security. Emergency vehicles are still permitted to cross the bridge during the event, but no public vehicles were allowed until the walk concluded and participants were off the bridge.

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# News

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## Antique tractors Mackinac Bridge crossing this Friday

BY JIM AKANS

Last year, well over 1,000 tractors crossed the Mackinac Bridge during the annual Antique Tractor Crossing event. It is an amazing sight to behold, and this year's event, presented once again by Owosso Tractor Parts, is scheduled to take place on Friday, September 7.

The 11th Antique Tractor Crossing is expected to bring a huge number classic and unique tractors to Mackinaw City on Thursday in preparation for the Mighty Mac crossing on Friday. On Friday, the fun will begin with a parade from the staging area to Mackinaw City at 9am, followed by the procession across the Bridge. Once the tractors cross, there will be an opportunity for the public to view them at Little Bear Arena from 11am until 5pm and also on Saturday from 8am - 4pm.

Please note that participants in the crossing must maintain a 10 mile-per-hour maximum speed traveling across the Bridge. Failure to comply will mean disqualification from the event by police and officials.

Those who would like to have a look at these tractors in Mackinaw City before the crossing can visit the staging area on Thursday from 3 to 6pm. The staging area is located about one-and-a-half miles west of town off Central Avenue.



Last year, well over 1,000 tractors crossed the Mackinac Bridge during the annual Antique Tractor Crossing event. It is an amazing site to behold, and this year's event is scheduled to take place on Friday, September 7. PHOTO BY JIM AKANS

2018 Mackinac Bridge Antique Tractor Crossing Schedule

### THURSDAY 9/6 SCHEDULE

MACKINAW CITY SIDE

8:00 am - 7:00 pm Information/Merchandise Tent Open  
11:00 am - Duke's Dogs Food Truck Opens  
3:00 pm - 6:00 pm Public viewing in Staging Area  
7:00 pm Jack Pine Lumberjack Show (Mackinaw City)

### FRIDAY 9/7 SCHEDULE - MACKINAW CITY SIDE

6:00 am - 7:30 am Information/Merchandise Tent Open

6:00 am - 8:00 am Participants arrive at Staging Area  
8:15 am - Opening Ceremony/National Anthem - Front of Staging Area (Firetruck)  
9:00 am Parade starts to leave Staging Area  
9:30 am - Parade across

Mackinac Bridge, into downtown St. Ignace

### FRIDAY 9/7 SCHEDULE - SAINT IGNACE SIDE

10:00 am - 3:00 pm Tractors arrive at Little Bear Arena  
10:00 am - 5:00 pm Information/Merchandise Tent Open  
11am - 5:00pm Public Viewing at Little Bear Arena  
3:00 pm - 5:00 pm Tractor Games

### SATURDAY 9/8 SCHEDULE - SAINT IGNACE SIDE

8:00 am - 2:00 pm Information/Merchandise Tent Open  
8:00 am - 4:00 pm Public Viewing at Little Bear Arena  
10:00 am - 2:00 pm Tractor Games - Registration 9:30  
3:30 pm - 4:00 pm Closing Ceremony/Raffle Prizes - Inside Little Bear Arena  
4:30 pm - 6:00 pm Downtown St. Ignace Tractor Parade

Don't miss this one-of-a-kind event taking place this weekend in the Straits of Mackinac area.

For a complete schedule and more information regarding the tractor show and parade, visit [www.mackinacbridgecrossing.com](http://www.mackinacbridgecrossing.com)

## Great Lakes Chamber Orchestra Season Opening Concert on Sept. 8

The Great Lakes Chamber Orchestra is pleased to announce it has commissioned preeminent American composer Gwyneth Walker to write a piece of music for the opening of the Great Lakes Chamber Orchestra's 2018-2019 season on September 8 at 7pm at the Great Lakes Center for the Arts in Bay Harbor.

The Great Lakes Overture was inspired by the Great Lakes and lake activities. "We are honored that Gwyneth Walker has composed a new musical work to celebrate our Great Lakes. Great Music. concert theme. GLCO Music Director Libor Ondras has continued a tradition of pursuing exciting programming by introducing new music and composers to Northern Michigan audiences, and I am excited that this dynamic and creative composer will be with us for this world premiere performance on September 8th," said Executive Director, Judith Zorn.

The prolific Gwyneth Walker has written over 300 commissioned works for orchestra, chamber ensembles, chorus, and solo voice. A special interest has been dramatic works that combine music with readings, acting, and movement. "It is my pleasure and honor to be the Composer-in-Residence with the GLCO and Chorus," said Gwyneth Walker.

GLCO Board President David Kendall commented, "Gwyneth Walker is an incredibly well-regarded and



The Great Lakes Chamber Orchestra is pleased to announce it has commissioned preeminent American composer Gwyneth Walker to write a piece of music for the opening of the Great Lakes Chamber Orchestra's 2018-2019 season on September 8. COURTESY PHOTO

respected composer with innovative thoughts and perspectives on music. Her enthusiasm for this project has been contagious and we are thrilled that she has agreed to fit this into her busy schedule."

Tickets for this concert and the entire season are avail-

able online at MyNorthTickets.com. For additional questions call the Orchestra office at 231-487-0010. Tickets are \$25 and \$35, children 18 and under are free.

For more information about the Great Lakes Chamber Orchestra, go to [www.glcorchestra.org](http://www.glcorchestra.org).

## Registration opens for Northern Michigan Chorale Fall Concert

Registration for the 37th Annual Fall Concert of the Northern Michigan Chorale will be held on Monday, September 10, starting at 6:15 - 7pm. Both registration and rehearsals are held at Cross of Christ Lutheran Church - 1400 E. Mitchell Road, Petoskey. Registration continues on Monday, September 17. Rehearsals start on the 10 and are from 7 - 9pm every Monday evening. Julie Pierpont returns as Music Director, with Howard Richards as accompanist.

The title of the concert is "The Gift of Song" and the music selected will be enjoyed by the whole family. Several songs that will be

performed, include: "My Favorite Things," "I Saw Three Ships Come," and "Let the Bells of Christmas Ring." Concert dates are November 17 and 18 with performances at the Great Lakes Center for the Arts, at Bay Harbor.

The Northern Michigan Chorale is a community chorus, with members of all ages who come from our northern Michigan region. As a member, singers become part of a large choral group. Auditions are not necessary to join the Chorale. The full chorus, plus small ensembles and soloists bring the music alive for the audience.

The annual membership

fee for returning and new members is \$30 each, and family is \$40 and includes Practice CDs. High School students pay \$10. A music fee of \$15 is also collected from new members, with \$5 from current members. Students from North Central Michigan College, taking Chorale, as Music 101, Chorale I, for credit, will pay the music fee only. Contact person at NCMC is Chris Koury. Pre-registration online is encouraged. Select JOIN US on the Chorale website: [www.nmchorale.org](http://www.nmchorale.org).

For further information, please call 231-347-4488.

## MCCAIN FROM PG. 1A

April, 2007.

Lasater said he and four or five other officers from the Charlevoix County Sheriff's Department drove two vehicles to pick up McCain at the Gaylord Regional Airport and escorted him to Boyne Mountain Resort, which was full of supporters awaiting his speech. The former sheriff said he was surprised when McCain made mention of the county's security detail.

"I was honored during his speech," Lasater recalled, "He mentioned me by name several times, thanking me and our department...he went out of his way to give everyone a compliment and I'll never forget that."

Knowing the Senator's strong support of Boy Scouts, a few members from

a local troop showed up at the event in hopes of meeting McCain, and they were not disappointed, Lasater remembered: "He took the time to shake the hand of every Boy Scout and to talk one on one to each of them."

He recalled McCain continued to engage with the scouts even after his staff reminded him of his tight schedule and tried to hurry him along. "He ignored them and told them this was important to these boys," Lasater said, "That just spoke volumes about him to me."

Lasater said there were myriad occasions when he observed McCain's sincerity, kindness and integrity before he left northern Michigan after his brief visit here back in 2006, and those impressions formed a lasting impact on how he will forever regard the late Senator. "I felt he was a

man of high character-an official person of the people," Lasater said, "I think if he'd been elected president, we'd be in a lot better shape than we are now."

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# News Briefs

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## BOYNE CITY ST. BALDRICK'S FOUNDATION EVENT

September 7, Parkside Grill & Treats parking lot, 201 Water Street. The St. Baldrick's Foundation, the largest private funder of children's cancer research, will host one of its signature head-shaving events, where more than seven volunteers will shave their heads to raise money for lifesaving childhood cancer research. This event will take place during the final Stroll The Streets event of the season. It is being sponsored by the Michigan District of Kiwanis International who will be attending their District Convention at Boyne Mountain during this time. If you are interested in shaving your head to raise money for this great cause, please contact Syrina Dawson at 231.675.2492 or Liz Luttrell-Wilson at 517.282.4202

## EAST JORDAN ANNUAL JV-VARSITY FOOTBALL DINNER AND SILENT AUCTION FUNDRAISER

September 7, 5-7pm, EJ MS-HS Cafeteria. Choice of Half Chicken or BBQ Ribs, Baked Potato, Coleslaw, Dinner Roll, Dessert and Beverage. Take Out Orders Available from 3-5pm with prepaid ticket. Call (231) 350-3756. Price is \$10 per person or \$35 for a family of four. Additional family rates available. Game time is 7pm (EJ vs Johannesburg-Lewiston).

## BOYNE MOUNTAIN AUTHOR TONY RUBLESKI SPEAKING EVENT

September 7, 2:30pm, Boyne Mountain. The Michigan District Kiwanis is excited to have Tony Rubleski as the opening speaker at their convention. Tony is currently the president of Mind Capture Group. His message is designed to help people 'Capture' more minds and profits. He is an in-demand speaker who's given hundreds of presentations the past decade, a strategic business coach, and global event promoter with over 20+ years of experience in the personal development industry. The public is invited to attend. Tony will begin speaking at 2:30pm in the Civic Center at Boyne Mountain. There will be a \$10 cover charge for non-convention attendees, and advance registration is required. To reserve your space on September 7th, you may register online by visiting the Events Calendar at [www.boynechamber.com](http://www.boynechamber.com). If unable to register online, please call the Boyne Area Chamber of Commerce at 231.582.6222.

## BAY HARBOR GREAT LAKES OVERTURE CONCERTS

September 8, Great Lakes Center for the Arts. 6pm; Pre-Concert Talk with Libor Ondras, 7pm; Performance Begins Great Lakes Center for the Arts, Bay Harbor \$25 General Admission Please join the Great Lakes Chamber Orchestra and Composer in Residence, Gwyneth Walker, for an evening of great music featuring Great Lakes Overture by Walker, Serenade by Suk, and American Suite by Dvorak. For tickets and more information, please contact the Great Lakes Chamber Orchestra office at (231) 487-0010 or visit [www.glcorchestra.org](http://www.glcorchestra.org).

## EAST JORDAN HUNTER EDUCATION CLASS

September 8 & 9, 9am-4pm, Jordan River Sportsman's Club. This is a two day class, students MUST attend both days. Online certificates will be accepted (please call if student has taken the online section of the class.) Class is limited to 50 students. Please show up 15 - 30 minutes early to register. For more information please contact Mark Kalbfleisch at 231-350-1837 or Duane Arnott at 231-675-7346. Bring your own lunch.

## BOYNE CITY ART OF LISTENING EXPLORED

September 9, 6:30pm, Lifetree Cafe. The program, titled "The Art of Listening: An Act of Love" features a film of NPR's StoryCorps founder, David Isay. StoryCorps has collected and archived more than 40,000 interviews from nearly 80,000 participants.

Participants will discover practical tools for connecting deeply with others. Admission to the 60-minute event is

free. Lifetree Café is in the First Presbyterian Church. Use the Pine St. entrance.

## PETOSKEY 21ST ANNUAL NCMC COOKOUT/60TH ANNIVERSARY CELEBRATION

September 9, noon-3pm, North Central Michigan College. Attendees will enjoy a picnic-style lunch of hamburgers, hot dogs, baked beans, cole slaw, chips and cookies. The Kidz Zone in the gym will have inflatables, carnival games, ping pong, tumbling mats for toddlers and other activities. There will also be a big screen with the football game for parents. Outside attendees will rock to 60 years of #1 hit music spun by DJ Tim Roback, dancing, a costume contest (come dressed from your favorite decade 1958-2018) and lots of great prizes throughout the day. Guests can also enjoy fascinating demonstrations from North Central's variety of programs. Cookout tickets are available on the Petoskey campus in Student Services or the fitness center and College Store in the Student and Community Resource Center, or in the admin offices in the main classroom building. Ticket prices are \$8 per person. Children five and under eat free. For more information, call 231-439-6225.

## CHARLEVOIX STATE OF THE COMMUNITY

September 11, 11:30am-1:30pm, Castle Farms. The State of the Community provides attendees an opportunity to learn from community leaders about their successes and upcoming initiatives, as well as specific topics that are timely and insightful to businesses and the Charlevoix community. For more information or to register to attend, please contact the Chamber at 231-547-2101

## BOYNE CITY BOYNE CITY MAIN STREET 15TH ANNIVERSARY CELEBRATION

September 12, 7pm, Pavilion in Veterans Park. Evening Dessert and a Presentation.

## BOYNE CITY ELECTRONICS AND HAZARDOUS WASTE COLLECTION

September 14; 5-8pm and September 15; 9am-1pm, Road Commission garage on M-75 South. Acceptable electronics and hazardous waste items include computers, TVs, appliances, tires, fluorescent light bulbs, oil-based paints, chemicals and lawn fertilizers. Call 231-237-0156 from Sept. 4-13 for reservations and collection location information. Most items are free; latex paints are \$1 per can.

## BOYNE CITY 15TH ANNIVERSARY BOYNE MAIN STREET CELEBRATION

September 15, 7pm, Pavilion in Veterans Park. Includes an evening dessert and presentation.

## BOYNE CITY "PLIMPTON" FILM DISCUSSION

September 15, Boyne City High School Performing Arts Center. A fund-raiser for the Boyne District Library with the showing and discussion of the film, "Plimpton" with its two producers from New York City. Prior to this event, from 5-7 pm, there will be a Northern Michigan Community Organization Brochure Exchange in the area outside of the auditorium of local non-profits to share with the community their goals and activities, as well as seeking assistance with their organizations. There is no cost to participate and light refreshments will be served. The remaining brochures and promotional items will be distributed via the Boyne District Library. For more information and to RSVP call 734-819-3456. The showing of "Plimpton" will begin at 7pm. Besides being an author and actor, George Plimpton believed in giving back to the community.

## BOYNE CITY MODERN-DAY MIRACLES EXPLORED

September 16, 6:30pm, Lifetree Cafe. The program, titled "Miracles or Mere Coincidences? Does Everything Happen for a Reason?" features a filmed interview with Robin Alm, a woman who believes a miracle occurred in

her life. During the program participants will have an opportunity to share miracles they believe have occurred in their own lives. Admission to the 60-minute event is free. Lifetree Café is in the First Presbyterian Church. Use the Pine St. entrance.

## BOYNE CITY CHAMBER BUSINESS AFTER HOURS

September 20, 5:30-7:30pm, Boyne Boat Yard, 974 E. Division Street. Our monthly business networking event. There is no charge for admission or refreshments.

## BOYNE CITY 36TH ANNUAL COUNTRY MUSIC SPECTACULAR

September 23, Shows at 3pm and 6pm, Boyne City High School Performing Arts Center. The Boyne City Firefighters Association is proud to present the 36th Annual "Country Music Spectacular" starring Gunnar & The Grizzly Boys with special guest Morgan Frazier. Each year the proceeds are used for updated advanced safety equipment and training for the Boyne City Fire Department. Ticket are available from firefighters and at the Chamber office.

## BOYNE CITY PANIC ATTACKS AND ANXIETY EXPLORED

September 23, 6:30pm, Lifetree Cafe. The program, titled "When Anxiety Strikes: Compassion, Peace, and Understanding," features filmed interviews with psychologist Kelly Breen Boyce and with Cheryl Eresman, who describes her experiences with panic attacks. During the program, Lifetree participants will gain greater understanding and get practical tools for dealing with anxiety and panic. Admission to the 60-minute event is free. Lifetree Café is in the First Presbyterian Church. Use the Pine St. entrance.

## EAST JORDAN

### WATER/WAYS EVENT FEATURING GREAT LAKES CHAMBER ORCHESTRA

September 25, starting at 4pm, Raven Hill Discovery Center. See the Smithsonian Museum on Main Street Water/Ways exhibit, enjoy the new Watershed Model and listen to the Great Lakes Chamber Orchestra play Handel's Water Music. Water/Ways is open daily from 10am to 4pm. The open air concert begins at 4pm. Bring a lawn chair or blanket. Donations are appreciated. For more information, call 231.536.3369 or email [info@miravenhill.org](mailto:info@miravenhill.org)

## BOYNE CITY HARVEST FESTIVAL

September 29, 8am-4pm. This family fun day will include music, crafts, children's activities, food and fall produce in the downtown area. As the extended Farmers Market will be moved downtown from Veterans Park, portions of Water and Lake Streets will be closed to traffic. There will also be folk art demonstrations and scarecrows lining the streets. There will be children's games, pumpkin painting and activities sprinkled around town. The festival is supported by the Boyne City Main Street Program and the Boyne Area Chamber. Scarecrows will be displayed around downtown from late September until Halloween; details and contest entry forms are coming soon. The Charlevoix Area Humane Society is sponsoring their annual 5k Great Pumpkin Run at 8 a.m. Bring your friendly pets in costume for fun and a great cause.

## CHARLEVOIX 35TH ANNUAL CROP WALK

September 29, 9am. This year's walk will be a 5K and will begin at three Charlevoix County locations, including Elm Point to the Tourist Park in East Jordan, the United Methodist Church in Boyne City and St. Mary's Church in Charlevoix. All church's and individuals are welcome to join the walk. For more information about CROP Walk or if your church or organization would like to participate, please contact: in East Jordan, March Teske at 231-536-3128, in Charlevoix, John Young at 231-547-2042, and in Boyne City, Mary Richwine at 231-582-6035.

## EAST JORDAN PADDLE ANTRIM

September 29, noon. The

trip will begin at Jordan Valley Outfitters, 311 N. Lake Street. Join Paddle Antrim as we team up with Jordan Valley Outfitters to offer a 2 ½ mile guided family-friendly raft trip down the beautiful Jordan River. This is an opportunity to experience this wild and scenic river that you won't want to miss and at the end we will enjoy some local cider and doughnuts. Space is limited, so make sure to register early. Registration is \$40 per person and \$20 for children 10 and under. Registration is done online at <http://www.paddleantrim.com/class2>.

## BOYNE CITY DIVIDED FAMILIES DISCUSSION

September 30, 6:30pm, Lifetree Cafe. The program, titled "A Family Divided: Finding Peace by Letting Go," features the filmed story of a family that struggled with an unexpected teenage pregnancy. During the program participants will have the opportunity consider lessons the family learned as they worked through their response to the pregnancy. Potluck Sunday will take place at 5:30pm. Admission to the 60-minute event is free. Lifetree Café is in the First Presbyterian Church. Use the Pine St. entrance.

## BOYNE CITY HARVEST FESTIVAL

September 29, 8am-4pm. Downtown. The entire Boyne City Farmers Market will move to Water and Lake Streets from 8am to noon. The farm market booths will sell a variety of apples and other harvest items including pumpkins, squash, apple butter, jam, honey and cider. Portions of Water Street and Lake Streets will be closed to traffic during the festival to make room for the Farmers Market, music and more than 30 arts and craft vendors. The festival will also include folk art demonstrations, children's games, hay rides, and a scarecrow-making contest for residents and businesses.

## CHARLEVOIX

### SMALL TOWN CONFERENCE

October 3 & 4. Brought to you by Michigan State University Extension, this conference provides a chance to learn best practices from entrepreneurial professionals across the country. Breakout sessions will be held in historic downtown Charlevoix venues all within walking distance. Wednesday evening includes a networking event where you can continue the conversation with colleagues from both rural and urban communities.

Conference registration includes breakout sessions, lunch, networking event, and keynote speeches from local entrepreneurs. Early bird registration is \$85 and ends Friday, September 7. Normal registration is \$100 until September 30. At-the-door registration is \$125. Registration fee includes opening and closing lunch, Wednesday evening networking event plus all the conference materials.

## CHARLEVOIX

### 40TH ANNUAL APPLE FEST

October 12-14. Experience the magic of autumn in northern Michigan at the 40th Annual Charlevoix Apple Festival. Join the festivities and show your support for our local farmers, orchards and non-profit organizations while celebrating the season in scenic downtown Charlevoix this October. The Harvest is in! Info at [www.charlevoix.org](http://www.charlevoix.org)

## BOYNE CITY FARMERS MARKET

The Boyne City Farmers Market has several vendors in Veteran's Park. Market hours are Wednesday's and Saturday's, 8 am - Noon. During peak season the market features more than 65 regular vendors, all local, serving seasonal fruits, vegetables, and herbs; gourmet baked goods and preserves; eggs and cheese; honey and maple syrup; proteins, fish, potted annuals, perennials, trees and shrubs, and cut flowers; plus a juried craft market with unique hand-made items for your home or a special gift.

## CHARLEVOIX

### FARMERS MARKET

Thursdays, 8am-1pm, East Park. Many varieties of tables line the Bridge Street sidewalk downtown Charlevoix in full view of the sun rising over Round Lake at East Park. The Market is full of life, flavors,

happy people, activity - and the view is staggering. Shop local. Eat fresh. Bring your family - Children love to get stickers in our Junior Marketeer program and earn a T-shirt in just four visits.

## EAST JORDAN FARMERS MARKET

Thursdays 8am-Noon, Memorial Park. Locally organically grown fruits and vegetables. Baked goods, jewelry, crafts, flowers and more. Free coffee from 8am-10:30am courtesy of North Perk Coffee.

## BOYNE CITY KINDER CLOSET

At Christ Lutheran Church is open from 10am to noon on the second Saturday of every month. Free baby items are provided, including diapers; wipes; clothes and more, for any Charlevoix County parent with a newborn to 24 month-old-child. Christ Lutheran Church is located at 1250 Boyne Avenue in Boyne City. For more information, call 231-582-9301.

## NORTHERN MICHIGAN PEOPLE FUND GRANT APPLICATIONS

The Great Lakes Energy People Fund is accepting grant applications from non-profit organizations throughout its local service area. The upcoming grant application deadline is Oct. 15. The People Fund is supported solely by Great Lakes Energy members who allow their electric cooperative to round up their bill each month to the next dollar. Since 1999 more than \$3.3 million in grants have been awarded to charitable and community organizations throughout Great Lakes Energy's 26-county service area, which stretches from Kalamazoo to the Mackinac Straits. The People Fund awarded \$216,155 in grants in 2017. Non-profit organizations can read program details and request a grant application online at [www.gtlakes.com/grant-application-request/](http://www.gtlakes.com/grant-application-request/) or by calling Great Lakes Energy at 1-888-485-2537, ext. 1313. Non-profit organizations that serve communities located in the Great Lakes Energy service area are eligible to apply.

## NORTHERN MICHIGAN AREA COMMUNITY FOUNDATIONS WELCOME GRANT PROPOSALS

The Charlevoix County Community Foundation and the Petoskey-Harbor Springs Area Community Foundation announce the availability of grant dollars to support the work of area nonprofit organizations, educational institutions, and municipalities. The deadline to submit a grant proposal is Monday, October 1, 2018. Grant applications to support arts and culture, education, the environment, community and economic development, health and human services, recreation and youth are available by calling your respective community foundation office. Applicants must call to discuss their proposal to begin the application process. Eligible nonprofit organizations serve residents of Charlevoix or Emmet County and work to enrich or improve life for local residents. To apply for a grant or for more information, call or email your local community foundation. In Charlevoix County contact Mishelle Shooks for youth grants at [mshooks@c3f.org](mailto:mshooks@c3f.org) or Maureen Radke for all other grants at [maureen@c3f.org](mailto:maureen@c3f.org) or call 231-536-2440. In Emmet County, contact Kassia Perpich or Sarah Ford at [grants@phsacf.org](mailto:grants@phsacf.org) or 231.348.5820.

## 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](mailto: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/referentials. If you or someone you care about has been a victim of crime, contact the WR-CNM'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.wr-cnm.org](http://www.wr-cnm.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](http://www.boynelibrary.org).

# The Power of Place

## A treasured childhood location can still evoke powerful emotions

By John Pepin

DEPARTMENT OF NATURAL RESOURCES

There's a place I remember quite well from my childhood.

It was tucked way back into the woods, along one of the wider dirt roads we used to travel in our old family station wagon.

In those days, before their divorce would separate me from my siblings across an international border, my mom and dad would take us for long rides in the woods.

Depending on the season, we'd pack fishing poles, berry-picking pails or paper grocery bags for apples, bug spray and a picnic lunch my mom had put together.

We'd travel old logging trails and railroad grades, turned two-track roads, looking for whatever wildlife we could see, a chance to enjoy the sunshine and to listen to the car radio.

This was back before cassette, or even 8-track, tape players made their way into the dashboards of American automobiles, back when the radio would play folk, rock, soul and country, back-to-back, all on the same station.

Sometimes, on our way, we'd stop at the little store that sat along the black-topped county road. We'd wait in the car for my dad to come out with a slim-jim for him, a Bit-O-Honey for me and my mom and whatever my younger brother and sisters had wanted.

At the end of the blacktop, where the road split into three dirt roads, we'd often take a right. This is where the adventure would really begin for me. We were finally past all the houses, the town and the trains and cars.

One of my favorite things was water – whether it was playing with the garden hose, in the plastic backyard swimming pool or down at the lake by our house, hunting for frogs and turtles – I loved it.

Out here in the woods, that meant bridges. My dad would stop on the bridges long enough for me to look out both back passenger windows to see the water flowing on one side and then the other.

I discovered a lot of these bridges were like the 45-rpm records I played at home on a box-styled record player we



The old farm that used to run with the help of wind power. (COURTESY OF DNR)

had – there was a fast side and a slow side.

I liked them both. Not surprisingly, the fast side was usually more exciting, but the slow side was deeper.

I never tired of stopping on bridges to look at water.

The forests and countryside we'd drive through would change as we'd ride, like watching a movie out the window.

Tall red and white pines would change to leafy, green northern hardwoods to alders and cedars along the creeks to grassy fields and yellow meadows, flanked on their sides by beautiful, ghostly poplar trees.

My mom would bring a little gardening spade and maybe a cardboard box or a plastic pail. If she found some pretty flowers in the woods – remnants from some deserted homestead garden or something growing wild – she'd get a start to bring home with her.

She grew vegetables and flowers – green beans, carrots, lettuce and peas, not far from red tulips, purple and pink hollyhocks, poppies and trellis-climbing morning glo-

ries.

We knew a small, shallow lake back in those woods, where there were picnic tables overlooking the water. This is where we'd many times stop for lunch.

While my mom was pulling out the food and paper plates, my dad would sit at the table, watching. He'd draw a drink out of the old yellow-and-brown tartan-print juice jug we had.

They'd talk, while me and my siblings would wade among the lily pads and swamp grasses, exploring. I remember one time we found leeches stuck to our legs when we came out of the water. My folks called them "bloodsuckers" and my dad pulled them off, while my sisters screamed.

If our constant kid pleadings had found favor with my mom, lunch might mean bologna, or split hot dogs and ketchup, or peanut butter and jelly, on white bread, with orange or green Hi-C or Kool-Aid to drink and potato chips or those canned Pik-Nik original shoestring potatoes.

Once, when a thunderstorm ruined our woods picnic, we put a blanket on the floor at home and had our dinner there.

From the lake, the road wound slowly through the trees, up and over a few hills, with at least a couple more wooden plank bridges to cross over little creeks, rolling streams or places where the sun had sucked almost all the water dry, leaving only grass, rocks and sand in the river bottom.

I knew every bridge on every road, and the names of all the streams. Because of this, some roads were favorites, while others didn't rate at all. What's the point of even having a road, if there were no bridges on it, I

wondered?

Which brings me back to the place. That place way back in the woods, past a farm powered with a wind turbine, several deer-hunting camps and countless raspberry and blackberry brambles crowding the sides of the cobbled dirt road.

We'd usually get there late in the day, as the sun was sinking down behind the treetops, the air had cooled, considerably, and we needed to be heading home.

There was a bridge there – a glorious bridge, maybe the best bridge.

Not because of the bridge works, but because of one of the best combination fast sides and slow sides I had ever seen – like Creedence Clearwater Revival's "Travelin' Band" and "Who'll Stop the Rain."

This fabulous icy water – which clearly held trout – was combined with a quiet set of modest campsites,

which sat on a flat place under the trees, at the top of a set of wooden steps that reached from the river.

This place was amazing. A kid like me could live here forever and fish trout all day, every day – "brookies", rainbows and browns. I could eat berries along the road, drink water from the pump and make a campfire all the time.

To heck with having a fort in the backyard at home, my brother and I could sleep here in a tent – every night. Maybe even have pizza.

There were often people camping there, but not ever in any large numbers. They seemed to be folks like us, eating dinner from a frying pan or a dinner pail, looking to find a place to connect with nature, away from home.

We'd drive slow through the campground sometimes, looking at the folks and nodding hello – like Henry Fonda and the rest of the

Joads in the labor camp arrival scene from movie version of the "The Grapes of Wrath."

Unfortunately for me, my parents weren't the camping kind. Consequently, my brother and I never did live out my dream of camping there – not even once – at least not yet.

We were young when they divorced, and my brother and sisters moved to Canada with my mom and her soon-to-be new husband.

As the oldest – a 13-year-old with the choice of where I wanted to be – I stayed with my dad here in Michigan and learned how to cook dinner, do laundry, clean house and other stuff my mom used to do.

My dad would take me out to the restaurant in town every payday for supper.

Those early experiences helped shape me in becoming the person I am today. There are lessons there I am very grateful to have had.

I've often been struck over the years with the tremendous power of that place by the river – a rustic state forest campground in the wilds of Upper Michigan.

It grabbed me and never let go – at once capturing my heart and my imagination, without my ever having stayed there even once.

These days, I've got two boys of my own, even a beautiful little granddaughter my dad never got to meet before he died.

I now imagine a time when me and my brother, and my two boys – who are now men themselves – might one day find ourselves together in that wonderful place.

Underneath those pines, sitting around a campfire looking up at the stars, listening to the water – raising a glass to mom and dad and those days gone by – when the biggest thing in life was stopping on a bridge to look at the water.

Michigan has 138 state forest campgrounds, most all associated with a body of water, some found along state pathways. These rustic campgrounds are found throughout the Upper Peninsula and northern Lower Peninsula.



One of the old woods roads traveled often by my family. (COURTESY OF DNR)



A typical evening summer skyline in the Upper Peninsula. (COURTESY OF DNR)

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## East Jordan State of the Community Luncheon

By Tina Sundelius

EAST JORDAN—East Jordan is heading in the right direction and its future is bright was the message members of the community walked away with after hearing four keynote speakers discuss the status of the city, schools, and DDA at East Jordan's State of the Community Luncheon Tuesday, November 11.

An air of optimism filled the Harvest Barn hall as 26 East Jordan High School seniors and other members of the community listened intently to Mayor Russell Peck whose speech focused on the challenges and infrastructure im-

provements that still lie ahead for the city. "All in all things are looking up, we're heading in the right direction. Together we will position our community for a resilient and sustainable future. Indeed, East Jordan's future is bright," he concluded.

Peck not only talked about all that the city has accomplished but emphasized the infrastructure improvements needed to accommodate new growth. "We are very optimistic about the future of our community and that optimism comes from the exciting new direction we have been heading," he said. He cited the city's sewer system that is already operating at 98%

capacity, sidewalks, and sea-pilings to be installed at the southwest side of the harbor next to the bridge intended to stop silt from filling the harbor (construction to begin in December) as projects that will further enable the city to grow. He mentioned the new well house (already up and running), the now open 24/7 recycling center and the \$12,000 kayak facility in the park which he stated presently "looks like an art project." "We are developing the kind of community we have envisioned for future generations. There is a positive up beat energy," he said.



DDA Chairman Tom Teske, Entrepreneur Director with the Northern Lakes Economic Alliance Tom Erhart, Chamber of Commerce Director Mary Faculak, East Jordan Mayor Russell Peck and EJ schools Superintendent Matt Stevenson addressed an audience of community leaders at the third annual State of the Community Address Tuesday, November 11. "East Jordan's future is bright," said Peck.

**SPORTS**

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#5 IN THE STATE

## District Champs!

Boyne City's Luke Sage (2) follows an opening for another big gain. Sage finished with 63 yards on nine carries and a touchdown. Full Story in Sports. (PHOTO BY CINDA SHUMAKER)

## Boyne Area Community Christmas

"That no child in the Boyne area be without a Christmas"

Over the last 60 years your generous donations ensured thousands of Boyne area children had a merrier Christmas.

With the holiday season approaching we, the volunteers of Boyne Area Community Christmas, are asking for your support. All of your donations are greatly appreciated and can be in the form of non-perishable food items, new unwrapped toys, games or books. If you would like to donate monetarily, please make checks payable to Boyne Area Community Christmas and send them c/o Eleanor West, Treasurer at 915 Robinson Street #15, Boyne City, MI 49712. All donations can be dropped off at the Boyne City Education Center by using the Pine Street entrance. We will be accepting donations from November 19 until December 19, 9am to 4pm.

If you need any additional information, please contact Ruth Witenki at (231) 582-3152 or (231) 758-2787. If you would like to submit the name of a child in need, please contact Nancy Hosmer at (231) 582-7246.

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# News

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## A brief history of boxers' benefits

When Muhammad Ali, then Cassius Clay, knocked out Sonny Liston in the first round of the 1965 World Heavyweight Title fight, he was on his way to one of the most illustrious, and ultimately bruising, careers in boxing history. His development of Parkinson's disease has been linked to his 22 years spent in the ring.

But if you're a guy looking to start or expand your family, when it comes to your underwear, it's briefs that are bruisers and boxers that help you dodge serious damage.

We told you a couple years ago that guys who wore boxers during the day and slept naked at night had 25 percent less DNA damage to their sperm than men who wore snug briefs around the clock. Well, we now know that boxers go a couple rounds further.

Researchers at Harvard's T.H. Chan School of Public Health have found that not only are boxer-wearers' sperm healthier, but those guys have a 25 percent higher concentration of the healthy sperm, a 17 percent higher total sperm count and 33 percent more swimming sperm than men who wear tight-fitting briefs.

The reason? Sperm is sensitive to temperatures above 92 degrees. Your body is normally 98 degrees, and briefs keep the testicles close to the body. Boxer shorts are looser and cooler, and get close to allowing for the au natural position of the testicles, which is down and away from the body. In short, it's no contest: Wear boxers for better sperm.

## Catch up with your HPV vaccine!

"Ketchup, Catch Up!" is a children's book written by Fran Manushkin about a young monkey named Ketchup who is slower than all the other monkeys. Because he's so slow, he comes

# Drs. Oz and Roizen

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



in last in every monkey activity. But if you or your daughter have been slow to get her HPV vaccines, she doesn't have to come in last. You now have more time to catch up!

The Centers for Disease Control and Prevention now recommends that 11- or 12-year-old girls (and boys) receive two doses of HPV vaccine, which helps prevent cancers of the cervix, throat, vagina and penis. Unfortunately, less than half of girls in the U.S. ages 13 to 17 are up-to-date on the HPV vaccine series. And as of 2016, only 27 percent of males ages 9 to 26 had received at least one dose.

A recent study from Kaiser Permanente in Northern California that specifically looked at the risk for two types of cervical cancer suggests that for girls and women, catching up with a three-dose series, starting their first dose from ages 14 to as late as 20, will still offer significant protection. That's pretty good news.

In addition, says the CDC, if you're a male who's 13 to 21 and skipped the vaccine series, get it, along with those who are 22 to 26 and have a compromised immune system or are gay, trans- or bisexual!

So, don't be a slow Ketchup; take advantage of your newfound window of opportunity to catch up!

## Monster radish promotes circula-

## tory health

Sacagawea was the Shoshone Indian who helped guide Lewis and Clark's 1805 expedition from Montana to the Pacific. Her bravery and navigational abilities are legendary. The route she advised for their crossing of the Continental Divide — the Yellowstone River Basin — later became the route for the Northern Pacific Railway.

Now it seems that the Sakurajima daikon (from Sakurajima, Japan), otherwise known as the "monster radish," can use its legendary health properties to guide you to a healthier heart, and not just from the exercise involved in transporting it! The largest Sakurajima radish on record weighed more than 68 pounds with a circumference of over 3 feet.

Researchers writing in the Journal of Agriculture and Food Chemistry found that, bite for bite, the monster radish induced more nitric oxide production than its smaller cousins. When nitric oxide is released into your bloodstream, it causes blood vessels to relax, reducing blood pressure and improving the flow of your circulatory system. So, like Sacagawea, the Sakurajima radish improves navigation — this time, of your blood supply throughout your body.

It may be tough to find the Sakurajima radish in grocery stores (they're grayish-white and the size of

pumpkins), but you might come across them at a farmers market, and you can grow your own. Non-GMO seeds are easily purchased online. These behemoths are a little tough, so they're better when cooked or fermented (that's how the Japanese prepare them), and that should give you the extra benefit of ingesting a microbiome-enhancer. Plus, the greens, raw or sauteed, are delicious!

## Soy for your bones

You may think of soy as a food, but it's also used in manufacturing. In the 1930s, Henry Ford hired chemists to turn it into artificial silk, which he named Azlon. While Azlon never reached the market, Ford still used soy in his automobile paints, and soy plastics eventually were used to make horn buttons, gear-shift knobs and accelerator pedals in all Ford cars.

Now a new study has found that there may be yet another benefit from soy. Turns out that soy milk and other soy foods could help keep bones strong and stave off osteoporosis, a concern for women as they age (24.5 percent over age 65 have the condition). Plus soy milk dodges the worrisome proteins and sat fat in dairy — soy milk has 0.5 grams of sat fat per cup; whole milk has 4.6 grams.

For a new study in Bone Reports, researchers divided

rats into two groups. For 30 weeks, one ate a soy-based diet, the other a corn-based one. At the study's end, the leg bones of the rats on the soy diet were significantly stronger. This was true for rats with ovaries and without, suggesting that the benefits could be the same for pre- and post-menopausal women.

So women (and older men — 5 percent of those over 65 have osteoporosis of the femur, neck and lumbar spine) might try adding more soy-based products to their diet. Sub in tofu for meat a couple times a week (watch "Secrets to Flavorful Tofu" at Sharecare.com) or try cereal and coffee with soy milk.

## Oversleeping: Wake up to the risks

At the beginning of the 1999 comedy "Office Space," corporate tech worker Peter's hypnotherapist dies in the middle of his session, leaving him in a trance. As a result, he doesn't care about his job, which he hates. The next morning, he lies in bed

ignoring repeated voicemails from his boss, and doesn't get up until 3:30 p.m., at which point his girlfriend leaves a voice message telling him she's breaking up with him.

Peter discovered what a new analysis of 74 studies confirms: Oversleeping can cause serious problems! The research, reported in the Journal of the American Heart Association, found that people who sleep for more than eight hours a night are more likely to die over a set time period than folks who sleep the recommended seven to eight hours. And if you push it to 10 or more hours nightly? Then you have a 50 percent higher risk of death from stroke and a 49 percent higher chance of death from heart disease.

The researchers think that heart woes can come first, causing exhaustion and oversleeping. But if depression, for example, is making you stay hidden under the covers, then chances are you aren't eating right, exercising regularly or enjoying a supportive social life — all risk factors for heart disease, too.

So if you find yourself hibernating, get a heart health checkup. Then talk to your doc about starting talk therapy and a nutrition and exercise redo. Also, set your alarm for eight hours after you go to bed.

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

(c) 2018 Michael Roizen, M.D. and Mehmet Oz, M.D. Distributed by King Features Syndicate, Inc.

# Bay Harbor sets world record for Bread Break

BY MICHELLE MEDJESKY

BAY HARBOR - It was definitely an event bigger than a breadbox. Way bigger.

In fact, it's hard to guess exactly how many breadboxes it may have taken to store all the bread consumed by hundreds of hungry folks who took a seat in the middle of the street to break bread and set a Guinness World Book Record for doing that very thing together in Bay Harbor last week.

And it's official: Guinness World Book Record adjudicator Michael Empric verified that the event sponsored by the Bay Harbor Foundation on August 30 indeed set a record for success-with a crowd of 328 sitting down to break bread with the person sitting across from them-and then eating it.

A minimum of 250 participants was required to make it a record.

Empric flew in from New York to confirm the event met strict regulations set by Guinness to officially achieve a World Record.

The bread, provided by local bakery Crooked Tree Breadworks, was served on tables dressed brightly in summer décor that were lined straight through Main Street in Bay Harbor Village.

The record-breaking event ran in tandem with a com-



(PHOTO BY MICHELLE MEDJESKY)

It took 328 people to set the Guinness World Book Record of number of people breaking bread together at Bay Harbor Village last week.

munity dinner to celebrate the Bay Harbor Foundation's 15th anniversary and was also a fundraiser for various programs aimed at helping area youth.

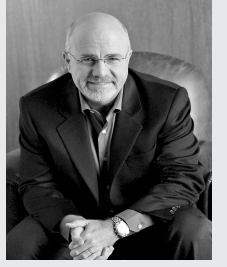
Among the organizations earmarked for funds raised

during the dinner are the Manna Food Project, Feeding America, McLaren Northern Michigan Foundation, Christ Child Society of Northern Michigan and the Nehemiah Project.

This is the second Guinness

Book World Record sponsored by the Bay Harbor Foundation. The organization set its first record in 2009 with the world's largest parade of electric vehicles with some 200 such vehicles participating in that event.

# DAVE Says



Dave Ramsey

## (EE bond dilemma)

Dear Dave, I have about \$36,000 in debt, not including my house. Of that amount, \$30,000 is a truck that's worth about what I owe on it, and the other \$6,000 is student loan debt. I make \$50,000 a year. I also have 24 EE bonds that were gifted to me that haven't fully matured. Right now, they're worth a combined \$12,500. Should I cash those in, and use the money to pay off some of my debt, or let them fully mature before cashing them in? Also, are there any tax ramifications from cashing them in?

Patrick  
Dear Patrick, They might be taxed, but it won't be much to worry about. EE bonds make less than one percent, so you haven't really earned much. Never buy those things, man. They're a horrible investment, with an even worse rate of return.

I'm glad you're working out a plan and moving toward getting out of debt. A \$30,000 truck doesn't work with a \$50,000 income. So, cash in the bonds immediately, sell the truck, and use some of the money from the EE bonds to pay off the school loans. Then, find yourself a cheap, little truck that will get you around for a few years.

You can do this, Patrick. I want you to have a nice truck one day, but I don't want that truck to be a burden. This one's got you by

the throat, and you're feeling it, aren't you?

Drive like no one else for a little while now, so that later you can really drive like no one else!  
—Dave

## (ID theft protection in the baby steps?)

Dear Dave, Where in the Baby Steps does identity theft protection fall? Should we cover the kids, too, or only the adults in our household?

Laura  
Dear Laura, Everyone needs identity theft protection. Unless you're one of those folks who have gone completely off the grid, someone out there probably has a few of your numbers. Between sloppiness on the part of consumers, and the massive data breaches that have occurred in the last few years, almost everyone has experienced, or will experience, some sort of identity theft. Unfortunately, this is today's world.

I don't really consider identity theft protection part of the Baby Steps. It's like life insurance or car insurance, in that it's something almost everyone needs. Things like that should just be part of your budget every month.

—Dave  
\* Follow Dave on the web at [daveramsey.com](http://daveramsey.com) and on Twitter at @DaveRamsey.

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# News

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

## “Tempestry” project at NCMC

Nine women from North Central Michigan College combined their talents for knitting and art with their concern about the environment to create an exhibit now on display in the North Central Library. Inspired by the work of the Tempestry Project, and grounded in NOAA weather data kept at the North Central Weather Station, they created a series of long, knit works where changing color represents the daily high temperatures for one year. This data tells a story of how our climate is changing in Petoskey and on our campus.

Each artist knit two rows for one day of a specific year, from January to December. They used the same colors to designate temperature ranges across the project, so the years could be comparable. The NOAA data becomes a brightly colored representation of the high temperatures for that year, shifting from blues and greens to yellow, red and orange, and then back again to green and blue. Science and art come together to tell the story of our lives, our climate, in Northern Michigan from 2009 to 2017. The College Library hours are Monday – Thursday, 8 a.m. – 7 p.m. and Friday, 8 a.m. – 5 p.m.



Inspired by the work of the Tempestry Project, and grounded in NOAA weather data kept at the North Central Weather Station, they created a series of long, knit works where changing color represents the daily high temperatures for one year. COURTESY PHOTO

this project are Jami Blaauw-Hara, Jane Bowe, Kathy Germain, Shanna Robinson, Dawn Swaim, Marcia Meyer, Anne Morningstar and Carrie Strand Tebeau, all instructors (both full-time and adjunct) at

North Central, Suzanne Shumway, retired instructor; Sara Glasgow, dean of liberal arts, and Melanie Leaver, associate dean of instructional technology.

## North Central Michigan College Fall Hours

North Central Michigan College announces fall semester hours for all departments and offices, effective September 4. The administrative and accounting offices, Student Services and Financial Aid Advising and Learning Support Services will be open Monday – Friday, 8:30 a.m. – 5 p.m.

The College Store hours are:  
Monday – Thursday; 8:30 a.m. - 6 p.m.

Friday; 8:30 a.m. - 5 p.m.

The Library hours are:  
Monday – Thursday; 8 a.m. - 7 p.m.

Friday; 8 a.m. - 5 p.m.  
Closed Saturday and Sunday

The Student and Community Resource Center – gym and fitness center hours are:  
Monday – Thursday; 6 a.m. - 9 p.m.

Friday; 6 a.m. - 7 p.m.  
Saturday-Sunday; 10 a.m. -

5 p.m. begins September 15-16  
Closed Friday, September 7 – Sunday, September 9 for Cookout.

The Iron Horse Cafe will reopen on Tuesday, September 5 to the public. Hours are:  
Monday – Thursday; 8 a.m. - 7 p.m.  
Friday; 8 a.m. - 2 p.m.  
Saturday; 11 a.m. - 2 p.m.

For updated information on hours and events, go to [www.ncmich.edu](http://www.ncmich.edu).

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