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Charlevoix County News

September 13, 2018

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Crowdfunding campaign launched for GreenLight East Jordan project

The Breezeway," a 26-mile business corridor that stretches from Atwood to Boyne Falls, will soon be activated through a new crowdfunding campaign, the Michigan Economic Development Corporation and Northern Lakes Economic Alliance announced today. The campaign is being offered through Michigan-based crowdfunding platform Patronicity.

If the campaign reaches its crowdfunding goal of \$5,000 by October 10, the project will win a matching grant with funds made possible by MEDC's Public Spaces Community Places program. For project details and to donate, please visit: patronicity.com/greenlight. "Creating stronger local entrepreneurs and business is a cornerstone of economic development," said

MEDC Senior Vice President of Community Development Katharine Czarnecki. "We are pleased to provide resources for and serve as a partner in this effort through our Public Spaces Community Places program." The crowdfunding campaign will fund the fourth year of GreenLight East Jordan, a business model competition that works to activate eco-

nomie growth in Northwest Michigan. This campaign will support the growth of the central business district and fill vacancies along the breezeway by supporting the winners to open a brick-and-mortar location, improve their presence, or expand their current model. This campaign will provide funding for

See **GreenLight**— Page 3A



Dozens of business and civic leaders and area residents attended the 2018 State of Community luncheon to hear more about what's been happening in Charlevoix County this past year.

Lack of affordable housing affects many areas of Charlevoix

BY MICHELLE MEDJESKY

CHARLEVOIX – The words "bright, huge, incredible" were just a few of many enthusiastic terms community leaders used to describe the future of Charlevoix during the 2018 State of Community address earlier this week at Castle Farms.

Sponsored by the Charlevoix Area Chamber of Commerce, the annual luncheon event this year featured speakers Amanda Wilkin, executive director of Visit Charlevoix, Mike Ritter, superintendent of Charlevoix Public Schools, Sarah Lucas, director of community development at Networks Northwest and Charles "Chuck" Vondra, Charlevoix County Sheriff.

The four were on hand to offer perspectives from their differing professions by way of the progresses, setbacks, insights and planned initiatives as those have applied to the Charlevoix community over the past year. Dozens of business and civic leaders and area residents attended this year to hear what they had to say:



Charlevoix Public Schools Superintendent Mike Ritter and Charlevoix County Sheriff Charles "Chuck" Vondra were among four community leaders who spoke at the Charlevoix Area Chamber of Commerce's 2018 State of the Community luncheon at Castle Farms this week.

First up was Wilkin: When it comes to tourism in this area, she told the crowd how things just couldn't be better. She noted how some \$313 million spent in Charlevoix was directly related to

tourism. "Tourism is our economy," Wilkin said. "We are 100 percent related to tourism. That's what our community is." She added how the spectrum of tourism is growing bigger and

brighter with more opportunities to attract tourists to the Charlevoix area presenting themselves daily. Among those, she said, are an increase in organized tours visiting from other countries as well as a significant spike in motor coach travelers coming here.

"You've probably seen more and more motor coaches coming through Charlevoix," said Wilkin, "They're bringing lots of folks." And when they come, they visit places like Castle Farms, the mushroom houses and local orchards.

Word about visiting Charlevoix is also spreading fast through the media, she said, noting how the global travel company Expedia just recently named Charlevoix "a premier destination" and "Best Place to Travel Fall, 2018". The company chooses only one such destination

See **State of the Community**— Page 5A

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News

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weather

THURSDAY



HIGH: 80
LOW: 57

FRIDAY



HIGH: 79
LOW: 57

SATURDAY



HIGH: 81
LOW: 60

SUNDAY



HIGH: 81
LOW: 61

MONDAY



HIGH: 79
LOW: 57

TUESDAY



HIGH: 68
LOW: 48

WEDNESDAY



HIGH: 59
LOW: 43

record temps

DAY	AVG	LOW	AVG	HIGH	RECORD LOW	RECORD HIGH
SEP 13	.47°	...72°	...29°	(1963)	.93°	(1952)
SEP 14	.46°	...72°	...28°	(1963)	.89°	(1952)
SEP 15	.46°	...72°	...27°	(1964)	.86°	(2004)
SEP 16	.46°	...71°	...29°	(1964)	.92°	(1955)
SEP 17	.46°	...71°	...30°	(1959)	.85°	(1948)
SEP 18	.45°	...71°	...26°	(1990)	.91°	(1955)
SEP 19	.45°	...70°	...32°	(1969)	.86°	(2007)
SEP 20	.45°	...70°	...29°	(1973)	.84°	(1970)
SEP 21	.44°	...70°	...31°	(1962)	.84°	(1998)
SEP 22	.44°	...70°	...28°	(1981)	.85°	(2004)

Cheryl Jean (Henkel) Lawton, 71



(JAN. 17, 1947 - SEPT. 8, 2018)

Cheryl J. Lawton of Norwood Township passed away peacefully on Saturday, September 8, 2018, at home, surrounded by her loving family.

She was born on January 17, 1947, in Detroit, to Rudolph A. and Helen (Chorley) Henkel. She grew up in Huntington Woods and graduated from Shrine High School, Royal Oak, in 1965, then attended Michigan State University for several years. Cheryl spent much of her late childhood summers at her parents' cottage on Lake Charlevoix. Rudy and Helen moved there in 1971.

She is survived by her devoted husband of 46 years, Duane Lawton of Norwood Township; a son; and a daughter, Melinda (Lawton) Miller of Troy; three grandchildren, Daisy Dmichowski-Burr of Troy; Ethan Lawton and Gavin Hathcock of Troy; three sisters, Mary Henkel of Charlevoix, Kathryn (William) Krug of Lake Orion and Deborah (James) Halasz of South

Boston, Virginia; as well as numerous cousins, nieces and nephews. Cheryl was preceded in death by her parents; sister and brother-in-law, Pamela and Thomas Taunt and brother, Christopher Jay Henkel.

Cheryl married Duane Lawton On March 25, 1972, in Jackson, Michigan. They moved to Troy in 1973 as Duane took a new job. Her love for children ran so deep that for several years she was a nanny to many families while she raised her own and doted on her nieces and nephews. She was an amazing cook and could make anything without a recipe, including popular custom cakes for birthdays. Cheryl was a crafter: knitting, sewing and painting. She loved to travel, particularly out west. In 1997 Cheryl & Duane celebrated their 25th anniversary in Hawaii. Subsequently they returned 20 times.

Cheryl and Duane moved from Troy in 2006 to their dream log home they built together in Norwood Township. Cheryl enjoyed playing bridge and was a member of the Petoskey Bridge Club. She was known as the "Cake Lady" there for her yummy and frequent cakes.

Cheryl would welcome everyone into her home with kindness. They knew her big smile and infectious humor meant she considered them like family. She had a memorable and contagious laugh. Despite her failing health for many years, she remained upbeat and positive and helped everyone feel the same.

You are all invited to a celebration of Cheryl's life to be held on Sunday, September 23rd at 2:00-5:00 pm in the Jesus Is Lord Community Church of Bayshore (10593 Seneca Ave, Charlevoix, MI 49720). Refreshments and continued reminiscences following 2:00 program, come as you are.

In lieu of flowers, her family requests donations be made to B.A.S.E.S. in Charlevoix, a substance abuse counseling and recovery center. (basesrecoverycenter.org).

Jean Louise (Simmons) Strehl, 94

(MAY 10, 2018 - AUG. 28, 2018)

Jean L. Strehl of East Jordan



passed away on Tuesday, August 28th, 2018 surrounded by family. She was born on May 10th, 1924 to Mary Edith and Harry Simmons of East Jordan with siblings Harry Jr., William, Gerald "Dutch", Mary Jane, and Patricia. After graduating East Jordan High School in 1942, Jean joined the World War II effort at the Willow Run Bomber Plant as a "Rosie the Riveter".

Following the war, Jean attended and graduated from Central Michigan University in 1949 with a degree in education. Jean began her career teaching in Traverse City Public School system; and on June 2nd 1951, married her high school sweet-

heart, Robert Strehl, in East Jordan.

After raising their four children, Jean returned to teaching in the East Jordan Public School system, retiring after 33 years in 1986. Jean always stated that if she could be the bright spot in a child's day, she had done her job well.

In retirement, Jean remained an active member of the East Jordan community through volunteer work, and enjoyed gardening and staying active with her family. Jean and Bob also enjoyed 32 years of wintering in Tucson, AZ; participating in many clubs and activities in their retirement village with lifelong friends.

Jean was preceded in death by her husband of 67 years, Robert Strehl, and is survived by their children Mary Louise (Stephen) Weldon of Traverse City, MI; Robert Jr. (Kathy) Strehl of Downingtown, PA; Kate Strehl of Portage, MI; John (Dawn Marie) Strehl of East Jordan, MI; grandchildren Maj. Ryan & Ashley Strehl USMC, Chris & Dr. Sara (Weldon) May, Robert Strehl III & wife Laura Somerville, Annie Weldon & husband Dr. Collin Paschall, Kaitlyn Strehl, Charles Strehl and Elizabeth Strehl; and two great-grandchildren Harper and Leo Strehl.

A graveside service for Jean was held Saturday September 1st, 2018 at the Saint Joseph Calvary Cemetery. Any donations in Jean's honor can be made to Crossroads Ecumenical Resale Shop at 6710 M-32, East Jordan, MI.

Carl W. Misiak, 66

(MARCH 31, 1952 - SEPT. 4, 2018)

Carl W. Misiak of Beaver Island passed away Tuesday, September 4, 2018 at home. Additional information will be updated.

Donald E Stevens, 92

(MAY 2, 1926 - SEPT. 4, 2018)



Donald E. Stevens of Charlevoix and formerly of Central Lake, died Tuesday, September 4, 2018 at the American House. He was born May 2, 1926 in Northville, the son of Sherwood and Emma (Musloff) Stevens.

Don graduated from Northville High School in 1944 and entered the US Army. He served during WWII and earned many service awards including a purple heart. Don was proud of his military heritage and had close family members in every war including the Civil War and the American Revolution.

Don was a self-employed contractor who worked for many years in construction and specialized in different types of flooring. In his free time he enjoyed fishing and deer hunting.

Surviving is his daughter Ann (Robert) Johnson of Manistique and grandsons Ryan and Brad Johnson. He was preceded in death by his wife Mary in 2000, and his dear friend Twala Wolfe in 2009.

A memorial service with military honors was held Tuesday, September 11, at the Central Lake Chapel of Mortensen Funeral Homes. Interment in Great Lakes National Cemetery in Holly, MI. Memorial contributions can be given to the Central Lake VFW Post 6985, PO

BOX 245, Central Lake, MI 49622.

Please sign his online guestbook www.mortensen-funeralhomes.com.

Kennen Earl Wiese, 87

(AUG. 22, 1931 - SEPT. 7, 2018)



Kennen Earl Wiese was born August 22, 1931 in rural Wisconsin.

After putting himself through college he served in the Korean War. Upon returning home he put himself through law school. A truly self-made man, he spent his career as a lawyer in downtown Chicago. During this time, he married and raised two sons. He was a dedicated father who provided for his son's education, starting them toward their careers. Ken also built a fine home and quality of life on Walloon Lake, Michigan until passing peacefully on September 7, 2018 at Pineview Cottages in Harbor Springs, Michigan.

Ken is survived by his wife, Nancy; grateful sons, Kurt and Robert and five thriving grandchildren. He and his wit will be missed and remembered.

Ken's family has chosen to remember him privately. Please share your memories and personal messages with his family at www.gaylordfuneralhome.com

Charlevoix County News

VOLUME 10 ISSUE 12

E-Mail News Releases and Announcements to Office@CharlevoixCountyNews.com

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

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

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

Available on News Stands: 75 cents a copy.

Subscriptions:

Local Home Delivery of the News: \$55.00/year.
Out-of-County Delivery of the News: \$75.00/year.

(Local area includes Boyne City, Boyne Falls, Charlevoix, East Jordan, Ellsworth, Petoskey, Gaylord)

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Charlevoix man sentenced to prison for marijuana thefts and evidence tampering

BY ALLEN TELGENHOF

On Friday, Sept. 7, Trevor James Blackwell, 26, Charlevoix was sentenced to prison in the 33rd Circuit Court for breaking and entering a pole barn with intent and tampering with evidence. Blackwell was subject to an enhanced sentence because he had previous felony convictions.

According to affidavits filed by police, on Sept. 10, 2017, Blackwell and other individuals broke into two different medical mari-

juana grow operations where they stole over 100 marijuana plants.

While Blackwell was awaiting trial on these charges, he convinced one of his fellow offenders to write a false letter stating that Blackwell was not involved. The letter was given to Blackwell's attorney for use in court, but under oath the witness admitted the letter was false.

Circuit Court Judge Roy C. Hayes III sentenced Blackwell to 48 to 240 months in prison on the breaking and entering charge and an additional 23

to 48 months on the evidence tampering charge to be served consecutively. Blackwell received 112 days of jail credit.

Blackwell was also charged originally with larceny \$20,000 or more (for the other marijuana theft), home invasion first degree (for the theft of a television on a different date) and witness intimidation. Those charges were dismissed as part of the plea agreement.

"One of the most important parts of the sentence was the consecutive time on the evidence tampering," Charlevoix County

Prosecuting Attorney Allen Telgenhof said. "It was discretionary by the court, however, the judge agreed that to sentence that time concurrently would give no punishment for the crime. It is important that when someone is charged with a crime that they know if they intimidate witnesses or create false evidence, they will be getting more time behind bars."

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News

Oktoberfest is coming to Charlevoix

Charlevoix's own Van Pelt Alley will transform into a German Biergarten complete with stage for live music, dance floor, outdoor seating, decorations and authentic German food and bier on September 14-15, Friday 5-10 pm and Saturday 3-10 pm.

Event Coordinator, Tony Matye, is excited to share his German roots with Charlevoix. Matye has belonged to the Carpathia Club, a German cultural center in Sterling Heights, for 50 years and has been wanting to bring Oktoberfest to Charlevoix for a while. Downtown businesses have been working collaboratively with him to make it a celebration not to be missed.

The stage will be set up on Friday with live music both nights from 5-9 pm. Friday features the Donny Hartman Band (Blues / Rock). On Saturday, Immigrant Sons will take the stage, an authentic German band based out of Detroit.

German food will be available both days with bratwursts, knockwursts, Hungarian sausage, German potato salad and sauerkraut by the Cantina. Homemade pretzels with bier cheese will be offered by That French Place & Brian's Ice



Charlevoix's own Van Pelt Alley will transform into a German Biergarten complete with stage for live music (Immigrant Sons shown here), dance floor, outdoor seating, decorations and authentic German food and bier on September 14-15. COURTESY PHOTO

Cream Experience. The Salad Fork will also present a special German cucumber salad. Authentic German bier will be available in 1 liter and half liter steins at the biergarten. Free wine and soda sampling will also be taking place inside the Cherry Republic.

If you want to get involved in a pit spit contest, cookie eating contest or

soda ring toss, Cherry Republic is organizing activities for kids on Saturday from 3-5 pm. Boomer the Bear will also be present for photo ops.

The north to south portion of Van Pelt Alley will be closed for traffic during the specified hours of the event. The east to west portion of the alley will be closed starting Friday night through Sunday morning

to accommodate the stage. Businesses will remain open along the alley during the celebrations for shopping.

"This is the First Annual Oktoberfest in Van Pelt Alley of Charlevoix. We hope to make it a long-term event for the City," says Matye. "Please remember to drink responsibly."

GREENLIGHT FROM PG. 1A

new businesses through various events throughout the business competition and beyond. The past four years have funded 11 winners and are working toward creating a full-service business district along the Breezeway.

"The GreenLight Committee is most appreciative and excited about this opportunity with the Michigan Economic Development Corporation," said Mary Faculak, president and CEO of the East Jordan Area Chamber of Commerce and member of East Jordan Green Light Committee. "This crowdfunding campaign will allow us to continue to fill the commercial vacancies along the Breezeway, ignite entrepreneurial spirit within our region, and demonstrate that East Jordan, Ellsworth, Atwood, and Boyne Falls are open for business."

Public Spaces Community Places is a collaborative effort of the MEDC, the Michigan Municipal League, and Patronicity, in which local residents can use crowdfunding to be part of the development of strategic projects in their communities and be backed with a matching grant from MEDC. Communities, nonprofits and other business entities can apply at <https://patronicity.com/puremichigan>.

"Encouraging and supporting local entrepreneurs is key to great placemaking," said Dan Gilmartin, CEO and executive director of the Michigan Municipal League. "The Green Light campaign has already established a good track record of bringing entrepreneurs to the Breezeway. This campaign will propel them toward their goal of creating a vibrant business district."

The Public Spaces Community Places initiative started in 2014 with MEDC providing matched funding of up to \$50,000 for community improvement projects throughout Michigan. As of August 2018, MEDC has provided \$5,253,166 in matching grants. Since the launch of the program, 165 projects have been successful in reaching their goal, with \$6.2 million raised from 31,534 individual donors.

For more information on the MEDC and our initiatives, visit www.MichiganBusiness.org. For Pure Michigan® tourism information, your trip begins at www.michigan.org. Join the conversation on: Facebook, Instagram, LinkedIn, and Twitter.

CTAC's 2018 eddi Awards ceremony

Crooked Tree Arts Center's 2018 eddi Award recipients have been selected, and will be recognized at the Awards Ceremony on Thursday, September 20 at the Arts Center. The eddi Awards honor and celebrate the individuals and organizations who work to keep the arts alive in Northern Michigan through appreciation and participation.

Named for the late eddi Offield, Crooked Tree Arts Center is grateful to the Offield Family for the opportunity to recognize excellence in the arts by hosting these awards. eddi Offield was an accomplished artist in her own right, as well as a

generous benefactor and advocate for the arts in Northern Michigan.

The recipients are as follows: Jim Kan, Arts in Education; Bob Harmeling, Individual Patron; Abby Kent, Visual Artist; Isaac Wittenberg, Young Artist; Harbor Springs Area Historical Society, Arts & Cultural Organization; Monarch Floral/William Santos, Benefactor; Nikki Devitt, Performing Artist; and Ron Fowler, Lifetime Achievement.

The 2018 eddi sponsors to date are Blissfest Music Organization, PNC Bank, Karin Offield, Petoskey Plastics, WCMU Public Media, Little Traverse Civic Theatre, and

Granite & Quartz Countertops.

Tickets for the Awards Ceremony are \$55. Past eddi Award recipients receive one free ticket, redeemable by calling the front desk and making a reservation.

For more information about the eddi Awards, visit www.crookedtree.org, or contact the Crooked Tree Arts Center at 231-347-4337. The Crooked Tree Arts Center is located at 461 E. Mitchell Street, downtown Petoskey.

Honorees will receive an eddi Award, designed by local artist and sculptor, Paul Varga. COURTESY PHOTO



Stuart Price shows off his "new" gently used bike that he earned through the Books for Bikes program. COURTESY PHOTO



From left to right: His House Director, Stacy Nelson, Chris McLain, and Mom's & Tots Director Gayle Kroon. COURTESY PHOTO

Books for Bikes program bring smiles to area children

All of the hard work paid off on August 30. Children in Antrim and Charlevoix County who participated in the "Books for Bikes" program were able to finally pick up their bikes! Squeals of excitement and big smiles were seen all day.

Chris McLain, co-owner of McLain Cycle and Fitness heard His House director Stacy Nelson on a local radio station earlier this summer. Stacy was talking about

the His House program which is a program through Good Samaritan Family Services that encourages positive fatherhood.

Upon hearing the encouraging impact that His House along with Moms and Tots was having on the local community, McLain knew she wanted to get involved. McLain Cycle and Fitness donated 69 gently used bikes to His House and Moms & Tots. With back to school quickly

approaching Stacy and Moms & Tots director Gayle Kroon, developed a reading program for children to earn those bikes.

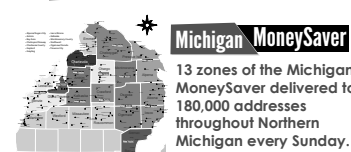
For more information on any of Good Samaritan Family Services programs and services or for hours of operations visit their website at www.thegoodsam.org or on Facebook at <https://www.facebook.com/HisHouseGSFS/>,

<https://www.facebook.com/momsandtotscenter/>, or <https://www.facebook.com/GoodSamaritanFamilyServices/> For more information on McLain Cycle and Fitness visit their website at www.mclaincycle.com or <https://www.facebook.com/mclaincycle/>.

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9/25 - 10/6
 \$5 BAG SALE!

News Briefs

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

CHARLEVOIX CANDIDATE FORUM

September 13, 6:30-8pm, Charlevoix High School Auditorium. The forum will feature Janet Kalbfell and Jodi Laurent running for council for Ward 1, Thomas Olesky and Greg Stevens running for council in Ward 2, and Shane Cole and Rick Wertz running for council for Ward 3. It will also feature both mayoral candidates, Luther Kurtz and Gabe Campbell. The candidates will be answering four prepared questions as well as two questions taken from the audience before the forum begins. Scott T. LaDeur, Ph.D., Professor of Political Science, North Central Michigan College will moderate for the evening.

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.

CHARLEVOIX OKTOBERFEST

September 15; 5-10pm and September 16; 3-10pm. Charlevoix's own Van Pelt-Alley will transform into a German Biergarten complete with stage for live music, dance floor, outdoor seating, decorations and authentic German food and beer. The stage will be set up on Friday with live music both nights from 5-9 pm. Friday features the Donny Hartman Band (Blues / Rock). On Saturday, Immigrant Sons will take the stage, an authentic German band based out of Detroit. If you want to get involved in a pit spit contest, cookie eating contest or soda ring toss, Cherry Republic is organizing activities for kids on Saturday from 3-5 pm. Boomer the Bear will also be present for photo ops.

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 Cafe 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.

PETOSKEY

EDDI AWARDS CEREMONY

September 20, Crooked Tree Arts Center. Crooked Tree Arts Center's 2018 eddi Award recipients have been selected, and will be recognized at the Awards Ceremony on Thursday, September 20 at the Arts Center. The eddi Awards honor and celebrate the individuals and organizations who work to keep the arts alive in Northern Michigan through appreciation and participation. Tickets for the Awards Ceremony are \$55. Past eddi Award recipients receive one free ticket, redeemable by calling the front desk and making a reservation. For more information about the eddi Awards, visit www.crookedtree.org, or contact the Crooked Tree Arts Center at 231-347-4337.

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 Cafe 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

BOYNE CITY

BUSINESS ETIQUETTE WORKSHOP

September 26, 8-10am, NCMC Library Conference Room. Young professionals are invited to expand their leadership skills with Cultivate: A Leadership Seminar Series presented by Thrive 45° in partnership with the Petoskey Regional Chamber of Commerce. This series is an opportunity to learn from topical experts and enhance your problem-solving skills, leadership style, improve soft-skills, planning, organization and more. The cost is \$25. Register at petoskeychamber.com

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 1/2 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>.

EAST JORDAN

ANNUAL BREEZEWAY FALL COLOR CRUISE

September 29, 8am-5pm. Three Saturday's of beautiful fall colors on C-48 the Breezeway. Pick up your "Goodie Bag" in Atwood and cruise to Boyne Mountain at your own pace - stopping whenever and wherever you want. See the fall colors, buy your pumpkins & apples, shop and much more! www.ridethebreezeway.com

EAST JORDAN

FALL FESTIVAL

September 29, Noon-10pm, Tourist Park. Live music, beer and wine, food trucks, family fun, kids activities, farmers market, craft show, softball tournament, campsite decorating, trick or treating and more.

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 Cafe 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 busi-

nesses.

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.

EAST JORDAN

ANNUAL BREEZEWAY FALL COLOR CRUISE

October 6, 8am-5pm. Three Saturday's of beautiful fall colors on C-48 the Breezeway. Pick up your "Goodie Bag" in Atwood and cruise to Boyne Mountain at your own pace - stopping whenever and wherever you want. See the fall colors, buy your pumpkins & apples, shop and much more! www.ridethebreezeway.com

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

EAST JORDAN

ANNUAL BREEZEWAY FALL COLOR CRUISE

October 13, 8am-5pm. Three Saturday's of beautiful fall colors on C-48 the Breezeway. Pick up your "Goodie Bag" in Atwood and cruise to Boyne Mountain at your own pace - stopping whenever and wherever you want. See the fall colors, buy your pumpkins & apples, shop and much more! www.ridethebreezeway.com

EAST JORDAN

PUMPKIN FESTIVAL/MOONLIGHT MADNESS

October 17, 5-7pm. Enjoy face painting, costume contest, music, food & vendor booths, special sales in participating businesses, early trick-or-treating, Twister Joe Balloon Artist, EMS, Fire Truck and Police Car display, plus much more.

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 handmade 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/ 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 or Maureen Radke for all other grants at maureen@c3f.org or call 231-536-2440. In Emmet County, contact Kasia Perpich or Sarah Ford at 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 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 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.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

Join Charlevoix Circle of Arts to Art Prize in Grand Rapids



The Charlevoix Circle of Arts is accepting reservations for a one-day excursion to Grand Rapids to explore Art Prize on Tuesday, October 2. COURTESY PHOTO

The Charlevoix Circle of Arts is accepting reservations for a one-day excursion to Grand Rapids to explore Art Prize on Tuesday, October 2. The bus will depart from the Charlevoix Circle of Arts parking lot at 7:15 am and travel for a day filled with fun and discovery.

From the Experience Grand Rapids website, it is described as, "Art Prize began 10 years ago as an experiment - a totally new event, unlike anything the world had ever seen. For 19 days each fall, three square miles of downtown Grand Rapids become an open playing field where anyone can find a voice in the conversation about what is art and why it matters. Art from around the world pops up in every inch of downtown, and it's all free and open to the public."

There will be a private tour of the Art Prize installa-

tions at the Grand Rapids Art Museum beginning at 11 am where you can see work in the galleries before the museum is open to the public. After the tour, participants can stroll through the multitude on venues in Grand Rapids at their own pace.

At 4 pm the group meets back at the Grand Rapids Art Museum and travels onward to the Frederick Meijer Gardens. There you can walk through the Art Prize sites at the Gardens at no additional charge, yet to enter the Garden extensive property there is an additional fee. There is a Garden Café onsite where you can get something for dinner before we head back to Charlevoix. At 6:15 the group will then board the bus for a relaxing journey home with an accompanying movie and light snacks.

"Art Prize can be a pretty

daunting experience for one that has not had the opportunity to see it first hand," Gail DeMeyere, Director of the Circle of Arts. "The concept of this trip is to give people the opportunity to see the scope of this phenomenal art experience without the logistical concerns of travel and parking. We found that last year our patrons were fully satisfied that they were able to explore a great deal of territory in the time allowed."

It was announced that moving forward, Art Prize will now be offered every other year, so this will be an opportunity that will not be available in 2019. Reservations are being accepted online or in-house. Seating is limited to 50 guests. Register online at: www.charlevoix-circle.org or call at (231) 547-3554. The Charlevoix Circle of Arts is located at 109 Clinton Street in the heart of downtown Charlevoix.

35th Annual Charlevoix County CROP Walk

Come rain or shine! Area residents are gearing up to join in the Charlevoix County CROP Walk, Saturday, September 29 at 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.

Organized locally, the Charlevoix County CROP Walk has set a goal of recruiting 100 walkers to raise \$ 25,000, which will work to combat hunger here in our community as well as around the world. Twenty-five percent of all monies raised here in Charlevoix County will come back locally to the Good Samaritan of Ellsworth, Care and Share of East Jordan, the Charlevoix Food Pantry, Seventh Day Adventist, Boyne Food Pantry in Boyne City and Boyne Falls Food Pantry, Boyne Falls.

Last year 70 walkers and volunteers raised \$ 22,318.00, of which, \$5,580 was divided between our local food pantries. The remaining funds helped to combat hunger and poor sanitation around the world, including the United States.

The theme this year is "Chicken and Seeds". We have received a matching grant from a downstate donor that will give \$125 for a group of 3 youth walkers that raise \$ 250 one per organization.

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.

Life expectancy estimates available by neighborhood in Michigan

Life expectancy estimates by Census tract nationally are now available for the first time, allowing public health officials in Michigan and other states to work to improve health outcomes by comparing data neighborhood-by-neighborhood. The Michigan Department of Health and Human Services (MDHHS) plans to analyze the new data working in coordination with local health partners.

The life expectancy initiative is called the United States Small-Area Life Expectancy Estimates Project. It is a joint effort of the National Association for Public Health Statistics and Information Systems that serves as the national nonprofit organization representing the state vital records and public health statistics offices in the United States, the federal Centers for Disease Control and Prevention's National Center for Health Statistics and the Robert Wood Johnson Foundation.

The U.S. Small-Area Life Expectancy Estimates Project has been working with MDHHS and other states in the months leading up to the public release of the data today.

These Census tract-level life expectancy estimates – based on state death records and population estimates from the U.S. Census Bureau – have previously been unavailable nationwide. Access to estimates like these helps public health officials

quantify how people living just a few miles apart can have vastly different opportunities for a long life.

With this kind of information, community leaders can examine the factors that may be influencing differences in longevity – such as access to health care, safe and affordable housing, educational opportunities, and other factors that impact the health of community members – and target solutions more effectively.

"Every day MDHHS works to protect, preserve and promote the health and safety of the people of Michigan," said Dr. Eden Wells, MDHHS chief medical executive. "This new data is exciting because it gives us a greater opportu-

nity to better address barriers to healthier and longer lives for Michigan residents. We look forward to working with our local health department partners and others to take positive action based on thorough analysis of this new information now available at the neighborhood level."

Although county-, city-, and ZIP code-level data have provided similar information, they often don't tell the full story as neighborhoods right next to each other – located within the same ZIP code, city, or county – can provide drastically different opportunities for health and well-being. Census tract-level data offer information on a much smaller

and targeted group of people which makes it easier to create a more complete picture of health at a local level – although it's important to keep in mind that statistical measures such as life expectancy need to be evaluated with caution. These estimates can vary simply due to random variation or data errors.

Census tracts cover an average of 4,000 people who typically have similar characteristics, such as social and economic status.

For more information on the U.S. Small-Area Life Expectancy Estimates Project and to access life expectancy estimates by neighborhood, visit www.naphsis.org/usaleep.

City of Charlevoix examines deer herd population

BY MICHELLE MEDJESKY

CHARLEVOIX - Fall in northern Michigan can mean a lot of different things to a lot of different folks, but for many it means that firearm deer hunting season is on its way.

But while thinning the herd every year is a necessary way to control the deer population and keep it healthy, Charlevoix officials say it's probably not the best way to keep deer at bay in this city.

From curious raccoons, hungry bears and coyotes to wandering moose and deer, communities across the country face a daily battle to keep beasts away from peoples' habitats, but it can be especially tricky in a city like Charlevoix, especially when it comes to deer.

That's mostly because so many people consider the deer as pets; a cute and even bucolic sight to behold, while many others consider them road hazards and pests who eat gardens, trample lawns and limit flower plantings.

While there have by no means been an "overwhelming" number of deer complaints

in the city of Charlevoix, it's an issue that city manager Mark Heydlauff and police chief Gerard Doan agreed during last week's city council meeting that may be one that's simply not reported as often as it's talked about privately.

To that end, Heydlauff noted that the city plans to launch its new website in coming weeks and that a survey page should be included to gauge the area's deer population and any issues residents may want to report they experienced.

Doan explained how such a survey would bode well with advice he recently got from biologists with the Michigan Department of Natural Resources, who recommended further information be gathered about outstanding or ongoing deer issues in the city before any decisions are made about how to thwart them.

Doan noted that so far in 2018, there have been four vehicle/deer crashes and that there were five in 2017, six in 2016 and 11 in 2015, most all of which occurred on the north side of Charlevoix.

City council members Janet Kalbfell and Greg Bryan agreed there seems to be more of an issue with deer on the north side of the city.

Doan explained to the council how a ban on baiting and feeding deer in the Lower Peninsula that goes into effect at the end of January, 2019, will apply even to those who like to feed deer that wander onto their properties and therefore may deter the number of deer that wander into the city.

Doan also explained how a "culling program", which is an effort sometimes used in communities to decimate the population of pesky critters that infringe on urban areas, is not an idea that would work well in Charlevoix. For one thing, he said, the public doesn't generally welcome such an idea with a warm embrace. It would also not be a practical idea and would take years to show an impact simply because of the number of yearlings deer produce.

STATE OF THE COMMUNITY

FROM PG. 1A

monthly.

"That's huge," Wilkin said.

The city has also been named "best of" in other national publications and is making its name known through social media by way of "online influencers," Kinetic Trends and contact marketing strategies.

Charlevoix Public Schools superintendent Mike Ritter also had a positive and enthusiastic take on the state of educating the youth in Charlevoix area, albeit one he served with a twist.

Ritter said that while the district is overall doing very well and is well-funded, well-rounded and winning academic and athletic accolades, it has nevertheless been doing so in the midst of a steady decline in enrollment. "It's quite depressing," Ritter said.

He said there are many reasons for the decline,

among those a shortage of affordable housing and inability to attract new teachers and their young families to the area. Ritter said he expects the downward trend in enrollment to continue for "a bit longer". He said his district remains "incredibly well-funded" in the meantime, however, noting how school funding formulas can complex and confusing. He applauded former Charlevoix school superintendents and board members for providing for the current healthy fund balance for the district. "We've had a really tough job," he said.

Ritter said he is optimistic the decline in enrollment will reverse in time. "The larger we are, the more opportunity we can provide kids," Ritter said, "We want every kid in Charlevoix to be educated in Charlevoix Schools."

Ritter pointed to the many elementary through high school programs offered in his district that even larger schools can't provide, such as Robotics, Jr. Lego, marching band, middle school and varsity sports, and health, CAD and building trades pro-

grams, to name a few.

He also noted how Charlevoix students continue to rank high in state standardized testing and have won numerous All-State Academic and Athletic Awards.

Ritter said there have also been many structural improvements within the district in the past year, including a new track, various building improvements and there's also a new elementary school building in the works. "The future of Charlevoix schools is bright," he said, "The state of our district is strong."

Visible growth and development in the area can't be disputed, and that was Lucas' specialty to address at this week's luncheon. As director of community development at Networks Northwest, Lucas "facilitates and manages" a 10-county region. She and her team advise how to strategize a community master plan and attract and retain a talent/workforce, manage businesses, recreation, housing development and transportation.

Those are all hot button topics that Lucas and her

staff have been helping a fast-growing Charlevoix to navigate. "We try to help out where there's a gap," Lucas said.

The lack of affordable housing is an especially tough issue to tackle, Lucas said. She explained how in most cities, tough zoning is to blame for lack of affordable housing being built. But she said Charlevoix officials are being "really responsive" to fixing that problem by examining how to change zoning laws that right now make it harder to build affordable homes due to density or other issues or ones that will allow for property owners to rent out a room in their home and not be termed a "boarding house."

Lucas applauded Charlevoix officials for working with Networks Northwest's community development team and "kind of throwing open the doors" and looking at other options to provide affordable, available housing in the community, which is a troubling issue throughout the region.

The community working together with local law enforcement has helped

streamline the jobs of Charlevoix Sheriff Chuck Vondra and his deputies over the past year or so, Vondra told the luncheon crowd. And he said everyone has been eating their vegetables to boot.

Vondra explained how the number of summer events especially those held on Lake Charlevoix and Walloon Lake have ratcheted in recent years, attracting more visitors than ever. "That's a great thing for the county but it's a drain on services," he said.

Vondra said the increase in events and crowds have upped his department's lake patrol time 500 additional hours in just the last couple years. But it could have been significantly more if those events had not been so "well-managed and well-planned," he said, noting how having such good organization and management requires less law enforcement presence. "Charlevoix does that really, really, really well," Vondra said.

He said in the past year he and his department staff have been focused on training and education, from learning how to cope with

those affected by traumatic events to training about decision making process in difficult situations.

Vondra's department is also continuing training in how to deal with opioid drug abuse and overdose procedures. They are also working to forge a better relationship with local school officials in taking stronger security measures and developing more friendly and empathetic relationships with students and their families.

Meanwhile, back at the ranch, Vondra said a vegetable garden planted and tended by inmates at the Charlevoix County Jail last year saved the county \$34,000 in the jail's food budget.

He thanked the Charlevoix Community Foundation for a grant to install a well that now provides water for the vegetable garden. The inmates also pick and clean the vegetables, which are then prepared for meals. Vondra said leftovers are then frozen for use later in the year. "It is phenomenal," he said.

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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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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)

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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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HOW EATING GREEN HELPS YOU AVOID COLON CANCER

Gang Green Nation is fan-central for the New York Jets football team. But since gangrene is also the name for limb-threatening cell death, fans may have been better off calling their group Jolly Green Giants ... er ... Jets — after all, fresh, frozen and canned vegetables are the real winners. The Jets had five wins, 11 losses last year, slightly better than Dr. Mike's beloved Cleveland Browns, who had a perfect season of 0 wins, 16 losses!

In fact, your front line of defense against inflammation and colon cancer turns out to be from the giants of green veggies: broccoli, kale, collards and other cruciferous plants.

Researchers in London have found a couple of health-promoting chemical building blocks contained in those powerful veggie defenders. They're released in your gut when you digest the above-mentioned nutritional linemen and their teammates cauliflower, cabbage and Brussels sprouts. Once let loose to play in your intestinal tract, they help create a team that encourages your body to regulate inflammation and modulate immune cell activity.

The researchers were amazed to find that when these veggies were fed to mice, they not only prevented colon cancer, but in mice that had colon cancer, they reduced the number and size of tumors and made some of them benign!

So, do you need another reason to make a healthy serving of these defensive players a big part of your daily diet? Enjoy munching on these Green Giants (dip them in chickpea hummus) when watching football. At least you know then, for sure, you'll be a winner.

MUSHROOMS' HIDDEN POWER

When Jefferson Airplane sang "White Rabbit," they were musing over the power of some fungi to make gut changes in your consciousness: "When the men on the

Drs. Oz and Roizen

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



chessboard get up and tell you where to go, and you've just had some kind of mushroom and your mind is moving low, go ask Alice, I think she'll know."

But while psilocybin mushrooms can turn your mind to mush, white button mushrooms turn out to have transformative powers that are positive and far-reaching. Researchers from Penn State's College of Agricultural Sciences have discovered that these most common of edible fungi (they're not as exotic as shiitake, cremini, portobello, oyster, chanterelles or reishi) are powerful prebiotics that can help prevent runaway blood sugar levels.

The way they do that, explained in a study published in the Journal of Functional Foods, is as circuitous as Alice's journey through Wonderland. Seems the 'shrooms are gobbled up and fermented by good-for-you gut bacteria in the large intestine, goosing them to produce more short-chain fatty acids. These heart-loving, inflammation-dampening SCFAs are then able to change genes (that's epigenetics in action) along a gut-brain pathway, so production of glucose is more effectively managed. All it took was about 3 ounces (one serving) a day to get that benefit.

So enjoy: Slice and saute them with spinach and garlic, put them into soups and stews and broil them with fish or skinless chicken. And for more info on other types of mushrooms' benefits,

check out: "Anti-inflammatory Diet Tip: Mushrooms" on Sharecare.com.

THE MOST IMPORTANT MEAL OF THE DAY

In the film "Groundhog Day," Phil Connors (Bill Murray) declares the upside of living the same day over and over is that he can indulge in the decadent breakfast of his dreams every day. "Don't you worry about cholesterol, lung cancer, love handles?" asks his co-worker. "I don't even have to floss," he replies smugly, as he stuffs cake into his mouth.

That's certainly not what nutritionists mean when they advise you to eat "the most important meal of the day."

To gain breakfast's health benefits, the meal should be 13-plus hours after your last one and consist of lower glycemic index foods (100 percent whole grains; no added sugars or processed carbs) and lean proteins (egg whites; broiled, skinless chicken; or salmon burgers). That'll improve your concentration at the office or school, protect healthy HDL cholesterol levels, promote lower blood pressure and help you dodge diabetes. In contrast, skipping breakfast can promote weight gain and lots of associated health risks.

A study from the University of Bath in the U.K. randomly assigned 12 men to one day of eating milk and porridge (oatmeal) for breakfast and then cycling for an hour, and another group to a day of cycling, but with no

breakfast. Turns out eating breakfast was associated with burning more carbs during the same workout! And remember, it's also a healthy move to eat a smaller and earlier dinner.

TICKING TIME BOMB

When "The Tick" premiered on Amazon in 2016 it seemed unlikely that the public would bite. But with 10 more episodes slated for 2019, it looks like The Tick, a super-resistant superhero who dresses in a tick costume, has taken up residence in enough TV-viewing homes to be a keeper. Ticks are like that.

Areas with specific tick infestations are expanding. In the past 13 years, the number of reported tick-borne diseases has more than doubled in the U.S. You may be familiar with some of them, such as Lyme disease. But, from 2004 through 2016, seven new tick-borne germs that can infect people have been identified.

On top of that, some ticks are especially fond of your pets. One example is the so-called dog tick, which carries Rocky Mountain spotted fever. A recent Centers for Disease Control and Prevention report identified a new variety — the brown dog tick — that's sickened untold dogs and 4,000 folks since 2008 in Mexicali, a city on the southern side of the U.S.-Mexico border. As this critter migrates northward and indoors, it's spreading a Rocky Mountain spotted fever infection that's more aggressive

than the standard American dog tick's.

So whether you are in the Southwest, a mountainous region, New England or the upper Midwest, you need to protect yourself from ticks: — Use an Environmental Protection Agency-registered insect repellent (think DEET); find one at EPA.gov.

— Outside, wear long-sleeved shirts and long pants. Put DEET on your clothes, too.

— Examine yourself carefully whenever returning indoors, especially your legs.

— Examine pets daily and remove ticks carefully with tweezers.

A MUDSLIDE OF BAD NEWS ABOUT VAPING

Where there's smoke, there's fire — and then, after wildfires, often come the rains and all-too-lethal mudslides. Well, the same is true for vaping. It turns out that mudslides of information are piling up about the serious health problems associated with firing up e-cigs.

At first, no one was sure if vaping was bad for you, at least compared with smoking tobacco. In the 2010 movie "The Tourist," Frank (Johnny Depp) says, while

smoking an e-cigarette, "It delivers the same amount of nicotine, but the smoke is water vapor." But inhaling any batch of ignited chemicals is destructive to lung tissue — and we've been warning you about the hazards for years.

Well, it's even worse than we thought: New research from the U.K. shows that not only does vaping cause destructive lung-cell inflammation, it also can shut down your lungs' protective cells that ward off bacteria and allergens (researchers used the phrase "impaired bacterial clearance").

Plus, research recently presented at the American Chemical Society says that e-cigs can damage DNA in your oral cells, upping your risk of mouth and throat cancers! And then there's mounting evidence that vapers have double the risk of heart disease and heart attack compared with people who don't smoke anything. Cigarette use triples the risk. And yet another study found that people who used e-cigarettes and tobacco cigarettes daily (many do) were five times more likely to have a heart attack than those who had never used either.

So there you have it. Where there's smoke, well, you know the rest.

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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LETTERS TO THE EDITOR

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

SOMETHING'S GOING TO EXPLODE

To the Editor,
You can feel it. This bottleneck traffic jam can't untangle itself perpetually as more scandals come to forefront and further intrigues of embedded subterfuge extend tentacles in grasp of more subversive control. The pressure build-up is straining, steaming, little bursts of relief coming consistently but not enough to ameliorate the intense cauldron of gusher like some oil well tapped or a volcano long-slumbering releasing subterranean flow. It's that dynamic, the tension bubbling barely beneath the surface as Earth rumblings complement the psychic sense of impending eruption.

The current figurehead is incidental to this confrontation. It might have been any entity to play the role but might as well be this one with the Clarabelle clown demeanor for show since it makes for sensationalist entertainment. People are at once shocked, mesmerized, catatonic, bewildered, enraged, sublimated, energized, instigated, titillated, cowed, compromised, no end of superlatives and verbiage this infant terrible has brought to the fore. But the plot was already there, pre-scored, choreographed, waiting only for a set of circumstances to be enacted in full "Dress Rehearsal Rag". Surrealism is the leitmotif for this tentative production. As New York and

Hollywood producers know, the charade of promotion is just part of the act, much of which is never advanced to actual product of stage or screen but only pantomimed to fulfill the constant need of new material. Many more ideas are teased and tossed than dramatized.

That's why this current fiasco is watched with such bemusement for rarely is such behavior allowed extended leeway for public view. As American in Singapore Alexander Arguelles put it, "Immodesty is the hallmark of a charlatan". They've stretched their audacious audition to the breaking point. Someone(s) will have to stand up and act the parent part and say, "Okay, time for cleanup, fun's over". If not, we'll see some very real fireworks. Americans, most of them anyway, don't take well to being unsettled; Americans like to git-er-dun. You get an American mad, why, s/he's almost as vicious as a Canadian who won't be pushed around, eh? like, you don't wanna be there - unless you're an idiot.

This fiasco, though, goes right to the core of America and principles as defined in the constitution. And that's the crux of the problem, the very document that guides has been infiltrated by ne'er-do-wells like warned aforesaid by progenitors. The old guys, the Founding Fathers, with all their shortcomings, knew that some usurpers were lurking in the bushes

that would spring forth at every opportunity to infect and corrupt the wonderful idea of America, even with its baggage of evils that they figured would be addressed in future which they surely were and still are. But this bunch now seeks to supersede everything gained by Constitution and Bill of Rights, Amendments and precedents set. "Unprecedented" is a term heard a lot lately. Certainly the American revolution was unprecedented but not really, another reenactment actually, although all radical movements seem unprecedented in their time regardless the repetitive catalyst. This one is a Grade-B showstopper. Those of us (un)fortunate enough to have been attentive to the ongoing dramaturgy via "the tube" have a pretty good idea of what's what even as some have gone over to the loser's bench or dugout to await recycling or, more likely, disguise.

Americans do like flirting with disaster nonetheless, which is exemplified in horror flicks, adventure series, shock-and-awe presentations, re-scripting and so on. We're an insatiable bunch. Canadians and Europeans savor the next WHODUNNIT coming across the airwaves for their entertainment and definitely are fine-tuned to this outcome about to combust. Aussies say "Crikey", Brits say "Blimey", Americans used to say "Effin' Aye, Baby". US military grunts

and protesters used to play at adversary games but it was all the same act with audience participation. Dynamics is what America is all about so this confrontation ought to implant psychologically enduring intrigue. The US was getting a little wimpy so this might energize people to visceral revolutionary action again. They see how government has become supine and condescending, tax-freak wasters, military-brat Ken & Barbie-Doll figurines, geeky bureaucrats, disgruntled shadowy fugitives and dependent dole-mongers regardless of rhetorical entitlement claims. That's why and how the present administration came into staking deed as claim-jumping squatters. The constitution, the Law, allowed it and ushered them in.

Now real Constitutionalists have to figure how to evict them. Tough job. But not really. Anyone standing on the outside looking in can easily see the remedy. It might be illegal but who cares? Everything that gets done used to be illegal until ratified. King George III declared Colonists unpatriotic deviants until his own cabinet declared him mad. Sound familiar? These usurpers implemented the language of Democracy to stave off culminating detonation now.

Mitchell Jon MacKay, East Jordan

(Planning and success)

Dear Dave,
I'm stuck in a dead-end job, and I only have a high school diploma. I've never minded long hours and hard work, but I've begun to realize I need to have a better career, so I can spend more time with my kids. I feel like I'm missing out on their lives, because I work 65 to 70 hours every week. Do you have any advice on how to change my situation?
Tim

Dear Tim,
Asking questions and exploring your options like this is a much smarter move than simply walking away from an unsatisfying job situation — especially when you have a family to think about. I'm glad you're wise enough to take a thoughtful look at the situation, instead of making a rash decision that could have a negative impact on you and your family.

There's absolutely nothing wrong with wanting to improve yourself in terms of education or your career. But before you do any of that, you've got to have a definite direction in mind. You need an in-depth, detailed game plan for the next three or four years that's designed to put you

where you want to be. It may involve going back to school for some classes, additional training in your field, or even getting a full-blown degree. If you identify your long-term goals in detail, it will lead you to some of the short-term goals that will help you arrive at your final destination.

Have you tried talking to your boss about your goals and your situation? See if you can have a sincere conversation with him or her, and discuss your feelings about your career and what's going on with your family, too. Your company may be very receptive to the idea of increasing your value in the workplace. A good leader will also understand the importance of family.

Also, there's a great book by Dan Miller that addresses this topic. It's called 48 Days to the Work You Love. In this book, he lays out the steps to discovering what you really love to do and how to get there. Best of luck, Tim!
—Dave

* Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including The Total Money Makeover. The Dave Ramsey Show is heard by more than 14 million listeners each week on 600 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey.

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