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BY MICHELLE MEDJESKY

CHARLEVOIX - A Boyne City man who pleaded no contest in the accidental shooting death of his friend in Charlevoix earlier this year will spend at least the next six months in jail.

Charlevoix County Circuit Court Judge Roy C. Hayes III last week sentenced 28-yearold Anthony Gene Michanowicz of Boyne City to serve 9 months in jail with six months to be served immediately and the remaining time held in abeyance, including credit for three days served.

Michanowicz pleaded no contest last month to a charge of negligent dis-



Anthony Gene Michanowicz, 28, will serve at least the next six months in jail for the accidental shooting death of his friend, Gregory Van Stedum, 36, in Charlevoix earlier this year.

charge of a firearm causing death, which is a high court misdemeanor that carries a



Boyne City man sentenced for accidental shooting of friend

Greg Van Stedum and his newborn daughter, Violet, in early 2017

maximum two year sentence.

He was arrested following an incident on April 14 that occurred at an apartment on May Street in Charlevoix during which Gregory Van Stedum, 36, of Charlevoix, sustained a fatal gunshot wound.

According to an affidavit filed by the Charlevoix Police Department, police were called to the apartment around 4:15 p.m. that afternoon and found Van Stedum had been shot in the torso. He was taken to McLaren Northern Michigan Hospital in Petoskey where he was later pronounced dead.

Police said Van Stedum was at his apartment with his brother when Michanowicz came over to show the two brothers his new Smith and Wesson .45 caliber pistol and he allowed each one to examine it. When he was handed back his pistol, Michanowicz loaded its magazine, pulled it back and the gun accidentally fired, hitting Van Stedum.

Testing by the Michigan State Police crime lab found the gun to be in proper working order and that it had not malfunctioned. Police investigators determined the shooting death to be accidental, but Michanowicz nevertheless pleaded no contest to his charges due to possibility that civil liability charges may later surface.

Michanowicz read to the court from a prepared statement: "There's not a day that goes by without thinking about how much I love and

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That "Leafen-rakin" time of year

BY JIM AKANS

The yard is full of fallen foliage once again and it's time for the annual autumn observance I less than affectionately refer to as Leafenrakin. It's a Bavarian flavored term for the repetitive northern Michigan fall task of clearing the yard... over and over again. An ode to those beautifully hued deciduous trees droppings in the vard, and blowing in from nearby yards as well. Leafen-rakin is a way of life in the fall, and we either embrace it or just move south...way south. The thing about Leafenrakin is that it really isn't such a bad thing if one approaches it with the right attitude...and pace. There are certainly ways to make it less of an intrusion on the mind, body and spirit. The easy way out is to hire a professional Leafen-rakin crew (or neighborhood teen) to take all the job literally out of your hands. That's effective, easy on the back...but not as easy on the pocketbook. There are specially designed machines engineered to take some of the "work" out of Leafen-rakin. Those include blowers of varying power and size, bags that attach to the lawn mower, and one of the favorites from my childhood days; the walk be-



Boyne City fall leaf pick up schedule

City of Boyne City Fall Leaf Pickup will begin on Monday, October 15 through Monday, November 12. Leaves will be picked up on Mondays and Fridays only. The City will pick up leaves during the above scheduled dates only. After the scheduled date, citizens will be responsible for their own leaves.

Please set bagged leaves curbside any time after the

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The yard is full of fallen foliage once again and its time for the annual autumn observance I less than affectionately refer to as "Leafen-rakin." PHOTO BY JIM AKANS

hind rotary "brooms" that sweep fallen leaves from the ground like sand from the carpet.

But the true human connection to the Leafen-rakin season reflects the spirit from which the term is derived: the simply fashioned tool commonly known as the leaf rake. To operate, grasp rake in hand (I strongly recommend a padded handle and using gloves), reach down into the multi-colored mess of leaves strewn across the yard, and pull those fallen summer heroes into a large pile. Put pile into a container to haul away or a burn barrel and repeat.

At first it's kind of fun. However, after a little while the leaves get heavier, the shoulders and upper arms sorer, and Leafen-rakin transforms from an autumn afternoon adventure into a survivor sport. Keep the eyes on the prize as the yard clears; Leafen-rakin does have a purpose and an eventual end.

Or so it seems. Because if the intent is to remove all the leaves from the area surrounding your abode, don't

expect that objective to remain complete for long. Here in the spectacular northern Michigan woodlands, there are seemingly always more leaves to fall. Even after the snow advances from early small wet flakes to masses of the white stuff as far as the eye can see, there will be stubborn leaves that continue to fall upon a turf once swept clean during the Leafenrakin season.

Nature is beauty, but it can be messy.

first day of pickup, in biodegradable paper bags. City crews will pick up the bags as time allows. If your bags have been out for an extended period of time and have not been collected, please notify City Hall at 582-6597.

Biodegradable paper bags are available at Boyne City Ace Hardware and Boyne Co-op or can be purchased from any other source. Please put only leaves in bags as they are not strong enough to hold sticks, sand or stones and will tear upon lifting.

Brush will not be picked up; however, residents may take their brush and leaves, either bagged in biodegradable bags or un-bagged, up to the North Boyne Compost Site at the end of Robinson Street, which is open seven days a week for your convenience. Commercial businesses may also utilize the compost area with their city issued permit.

City Ordinance prohibits depositing leaves or other yard waste in the street.

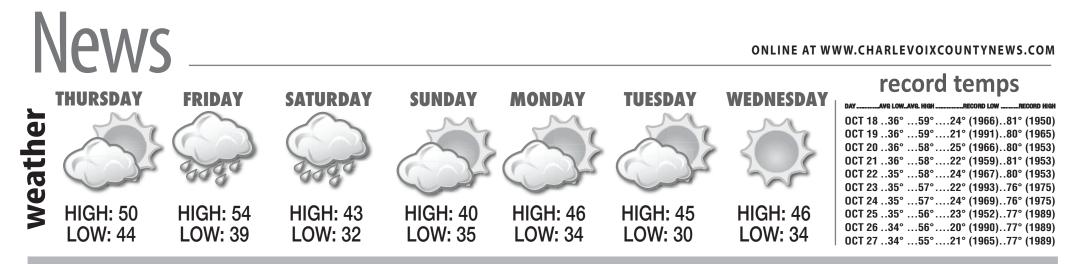


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Quinella Marie (White) Potter, 83

(MARCH 13, 1935 - OCT. 7, 2018)



Loving mother grandmother and friend, Quinella M. Potter, passed away peacefully on Sunday, October 7, 2018, at Grandvue Medical Care Facility in East Jordan.

She is survived by John Lashmit loving companion of 20 plus years; children, Jay (Mariska) Potter Sr., Barry (Lisa) Potter and Penny Potter; as well as several grandchildren and great grandchildren. She was preceded in death by her husband, Franklin Potter and son, Franklin Jamie Potter.

A graveside memorial service was held on Sunday, October 14, 2018, at Barnard Cemetery, 15700 Klooster Road, Charlevoix, Michigan.

In lieu of flowers please consider donations to Hospice of Northern Michigan.

Larry L. Burgess, 77

(AUG. 8, 1941 - OCT. 10, 2018)

Larry L. Burgess, former 90th District Court Magistrate died Wednesday October 10 2018 at the age of 77. Larry was born August 8, 1941 in Alabama where he



to Detroit where he graduated from Cass Technical High School in the printing curriculum. After high school, he enlisted in the U. S. Air Force where he was stationed at Wurtsmith Air Force Base in Oscoda and served as a staff meteorologist in Greenland for a year.

Following the service, he received his B.A. (1968) and M.A. (1969) in English literature from the University of Michigan. Upon graduation from U-M he was Director of Education at University Center in Ann Arbor for two years before studying law at University of Detroit Law School where he received his Juris Doctorate in 1975.

He was a lawyer in private practice for eight years during which time he also served as mayor of the Village of Dexter, Michigan before becoming an assistant prosecuting attorney for Washtenaw County in 1983. A soft spoken lawyer, he was known as an effective, dedicated and tenacious prosecutor with a reputation as a formidable figure in the courtroom.

After moving to Charlevoix in 1995, he served as Chief Assistant Prosecutor for Charlevoix County and later Magistrate for 90th

District Court. He was also an adjunct professor at North Central Michigan College.

Larry was an avid reader, a connoisseur of fine wine and a knowledgeable birder. His reading served him well during two different stints in Charlevoix bookstores, Bridge Street Books and Round Lake Bookstore, where his knowledge of the interesting and obscure and his memory for details made him a tremendous resource

His memory for details was also put to good use when seeking out and identifying birds. This love of our feathered friends was shared with many who learned from him to appreciate their beauty.

He was preceded in death by his parents Mary (Norwood) and Villard H. Burgess, brother Jerry Burgess sisters Beverly Rager, Janet Burgess, and Tracy Burgess. He is survived by his wife, Julie Claire (Prince) Burgess, brother Danny Burgess and many nieces and nephews.

At Larry's request there will be no services. Memorial contributions may be made to the Friends of the Charlevoix Public Library 220 W. Clinton Street,

Charlevoix, MI 49720 or the Charlevoix Area Humane Society 614 Beardsley Street, Boyne City, MI 49712.

Douglas C. Winnell, 71

(MAY 15, 1947 - OCT. 12, 2018)



Douglas C. Winnell, age 71 of Charlevoix passed away on October 12, 2018 at Munson Healthcare Charlevoix Hospital.

Douglas was born on May 15, 1947 in Petoskey to the late Charles and Gail (Crump) Winnell.

Douglas enjoyed reading many novels especially Western's. He also spent a lot of his time collecting cars, both real and antique car models.

He owned many cars throughout the years that he would buy and sell.

On May 15, 1976, in Petoskey, he married Theresa Hollister who survives. He is also survived by his children, C.J. (Breann) Winnell and Caitlyn Winnell both of Charlevoix; grandchildren, Grant, Harrison, Claire and Taylor Winnell all of Charlevoix and sister, Diane Pace.

He was preceded in death by his parents.

Funeral services will be held at 1:00 p.m. on Friday, October 26, 2018 at the Winchester Chapel of Mortensen Funeral Homes. Interment will take place at Greenwood Cemetery in Petoskey. Memorial contributions may be directed to Charlevoix County Humane Society, 614 Beardsley Street, Boyne City, MI 49712.

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

Live music at EJ United Methodist Church

The East Jordan United Methodist Church invites you to attend their worship service on Sunday October 21 at 9am for an hour filled with music from Bruce Ogden on the guitar and Todd Parrott on the harmonica

Bruce first started playing the piano at age nine and then picked up the guitar at age seventeen Bruce has

been playing in different types of bands since the 1960's and plays gospel, easy listening, original songs, country, oldies and classic rock.

Todd Parrott has been playing harmonica for 28 years and has been blessed to perform and record with several artists. God has blessed him with a gift and sharing his music with others is his

way of partly giving back. Todd's soulful, gospel harmonica has been heard in many churches and other events across the nation as well as on many studio recordings.

Buddy Greene, harmonica player and co-writer of 'Mary Did You Know" says "Todd plays with a sensibility and maturity that lets me know he is first and foremost

a great musician who never sacrifices musicality for mere technique. And he genuinely loves sharing whatever knowledge he has with the rest of the harmonica community out there.'

Please join us for this inspirational service Sunday, October 21 at 9am at 201 4th Street in East Jordan, Michigan.

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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)

ADVERTISING DEADLINE MONDAYS AT NOON

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News

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Banks Township Cemetery to be rededicated

A Rededication of the Atwood Catholic Cemetery will be held at 4pm Thursday, October 25. The community is invited to a ceremony conducted by the Sons of Union Veterans of the Civil War Robert Finch Camp #14 of Traverse City honoring those buried there. The Most Reverend Steven J. Raica, Bishop of the Diocese of Gaylord, will provide a sacred blessing." The Banks Township Board is pleased to work with Robert Finch Camp #14 on this restoration and re-dedication project, said Donna Heeres, Banks Township Clerk

This little-known cemetery, owned by the Catholic Diocese, was unattended for many years until the mid-1980's when the Banks Township Board began to provide basic yard maintenance. Recently, it was brought to the Township's attention that several Civil War veterans are buried in the small parcel of land off US31, south of Atwood. Their grave markers were damaged, and one had toppled over. The Township has since invested in the removal of dead trees and old bushes, clean up and restoration of the grave markers. Records found online list 66 internments but only 41 grave markers are found onsite.

"Last November, the Board received a letter from Scott Schwander, Memorials Officer, of the Sons of Union Veterans group, telling of the sorry condition of one of the largest monuments in the cemetery. He informed the Board of the Civil War veterans buried there and asked if the Board could right the marker. Well, when I went out to the cemetery to check things out, and then brought my findings to the Board, discussion was held to restore all the markers in the small cemetery and do a general clean up of the grounds," said Heeres.

Consequently the township fixed the fence and gate, seven large dead trees were removed from the perimeter, a huge overgrown lilac bush was cut back and other bushes were removed. They hired the Carter Cemetery Preservation team in July and they were able to assess the markers, clean them, patch where needed and level them.



A Rededication of the Atwood Catholic Cemetery will be held at 4pm Thursday, October 25. COURTESY PHOTO



Peter Moblo, Jr. is thought to be a civil war veteran. At this time, research is being conducted to determine his status. COURTESY PHOTO

we needed to show off our work! And, here it is!" She said.

With the help of the Robert Finch Camp #14, the Township is researching the history of the cemetery, trying to establish records of those interred there. Most graves are from the mid 1800's when this area was first settled, making it one of the oldest cemeteries in the township. The latest identified burial was made in 1944. "We are in alliance and



Francis Arno was a civil war veteran. COURTESY PHOTO

partnership with Banks Township, Antrim County, for a re-dedication ceremony for the Atwood Catholic Cemetery. This old cemetery is thought to predate the 1870's and contains burials of several Civil War Soldiers. Banks Township is committed to the restoration and future of this small niece of land which contains the burials of many homesteaders, families, men, women and children, and perhaps some unknown burials," said Scott Schwander, Robert Finch



Edward Yartoo:'s marker was toppled and began the work to repair the markers in the cemetery. Edward was a civil war veteran who later settled in Banks Township. COURTESY PHOTO

Camp #14 Memorials Officer and the coordinator with Banks Township.

Because of the lack of parking at the cemetery, guests attending the dedication are asked to park at Rocky Top Preserve entryway , north of Essex Road and the cemetery) and a free shuttle will be provided to the site via Antrim County Transit bus. Refreshments will be served. The ceremony



miss my best friend. There's not a day that goes by without thinking about how sorry I am for Greg's loved ones, such as his wife, Emily, who took care of Greg while he was ill for eight years and their beautiful daughter who will have to grow up without her father. Also every time I think about Greg's mother and father, my heart sinks to the floor with sorrow."

He noted that he had not expressed remorse or sympathy to the family in the months prior to his sentencing under the advice of his defense attorney, Mary Beth Kur.

Van Stedum's 35-yearold widow, Emily, explained to the court the impact that the sudden death of her husband of 17 years has had on her and their young daughter, Violet, who was just 13months-old and at the apartment at the time of her father's shooting last spring.

"Violet always sat on her dad's lap, so I could have lost my whole family that day," Emily Van Stedum told the court.

"Now Violet and I walk or drive to the cemetery to visit Greg and as soon as she sees the cemetery she says, 'Da Da' and blows him kisses," she said, "That's how she gets to see her dad for the rest of her life."

Emily Van Stedum asked Judge Hayes to impose the maximum twoyear sentence, however, Hayes noted this to be "a very difficult case" and that Michanowicz has no prior criminal history. He furthermore agreed with Michanowicz's legal counsel in that he harbored no malice or intent to harm Gregory Van Stedum and that he is "no monster."

"While this tragic fatal shooting was truly accidental, it was not a fluke accident or an inexplicable accident. Mr. Van Stedum's death can easily be explained by the natural application of physics," Hayes told the court. Hayes furthermore said the incident demonstrated a "serious and blatant violation of basic rules of firearm safety." Michanowicz stated to the court upon sentencing: "Every day I think how badly I wish I could go back and not go to that house at all...The one positive contribution I think I can make is to do talks at firearms safety classes to help people avoid the mistakes that I have made." Michanowicz will also be on probation for two years and will not be able to legally possess a firearm during that time, however, his conviction will not prevent him from owning firearms after that period.

"It was obvious when these tasks were completed,

more information, please contact the Banks Township Office at 231-588-6126 or email to clerk@bankstownship.net .

ower

VOLFRED LADUE

1845 + 1927

Wolfred LaDue was a civil war vet-

eran who owned an 80 acre parcel

that included the Catholic Cemetery.

He donated the half acre parcel to

the Diocese for a cemetery. COUR-

will include a bagpiper and a

bugler, twenty one gun

salute, a blessing of the

grounds and other fitting

"If you have never wit-

nessed a cemetery re-dedica-

tion ceremony, or would like

your company," said Schwan-

Please bring lawn chairs to

the dedication ceremony. For

to attend, we would enjoy

TESY PHOTO

passages.

der.

Phone Scam spoofs Munson Healthcare numbers

Reports continue to surface that Northwest Michigan residents in different communities are receiving phone calls with sales pitches that include both prerecorded messages and live callers that show Munson Healthcare phone numbers on caller ID.

Munson Healthcare Telecommunications Manager Joe Dechow said the calls typically try to sell credit cards, insurance, trips, or try to trick people into turning over personal information such as Social Security numbers or bank account information.

"Munson Healthcare is not trying to call people and gather personal information or sell anything," Dechow said. "The problem is we only control our own phone system and these people can spoof our institution names or numbers, making it nearly impossible to trace these calls."

Anyone receiving these types of calls should never provide any personal information, and can contact the Federal Trade Commission. Residents may add their number to a Do Not Call registry by going to FTC.gov. The website also has a link for reporting unwanted calls.



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News Briefs

BOYNE CITY Halloween fun run

October 18, 10am, Northern Michigan Equine Ther-This family-friendly apy. fundraiser will be held outdoors on our picturesque property north of Horton Bay. Joggers or walkers can choose from a 1-mile walk or 5k run. The course features wooded trails, and jogging strollers are permitted. Water and popcorn will be provided. The horses will wear their costumes, don't forget yours, Pre-register by October 13th to receive a free t-shirt. \$25 Pre-registration, \$35 on-site registration. Register at

www.nmequine.org

BOYNE CITY Astronomy Club Discusses gamma rays

October 18, 7:30pm, Wildwood Observatory, 1825 Wildwood Heights Rd. Gamma Ray Bursts are the types of events that create short and long duration bursts. Since the discovery of Gamma Ray Bursts the reason for the difference in length has been a mystery. Telescopes will be set up for viewing, weather permitting. All are .

PETOSKEY

LUNCHEON LECTURE; NCMC NEW PRESIDENT

October 19.The program will be held in the Library Conference Center on the Petoskey campus. Lunch begins at 11:30 a.m. and the program begins at noon.For the first time in 18 years, North Central Michigan College has a new president. Dr. David Roland Finley comes to the Petoskey campus from Lake Superior State University where he served as provost and interim vice president for academic affairs, as well as dean of the College of Business and Engineering. Dr. Finley will discuss his focus on enhancing North Central's collaboration with communities and finding new opportunities to serve students. Reservations are required. Call 231-348-6600 email luncheonlecor tures@ncmich.edu to reserve your place at the table. Cost is \$12 (cash or check only - at door) and includes lunch.

be used at Lake Charlevoix Brewing Company -OR-Bridge Street Tap Room.

BOYNE CITY Zombie mountain attack 5K fun run

October 21, Avalanche Mountain. Registration at noon, run starts at 1pm. Be a Zombie or a runner, costumes optional, families welcome. Registration fee; \$10, includes pizza, apples and water. Supporting Boyne City BLAZE BCHS Robotics Team. For info call (231) 439-8100.

BOYNE CITY Overcoming regret explored

October 21, 6:30pm, Lifetree Cafe. The program features the filmed story of Chad Arnold, a man whose need for an organ transplant prompted his brother to volunteer to be a donor. Arnold's brother died as a result of the surgery; Arnold survived. Admission to the 60-minute event is free. Lifetree Café is in the First Presbyterian Church. Use the Pine St. entrance.

PETOSKEY FALL INTO NUTRITION COOKING DEMONSTRATION

October 23, 5:30-6:30pm, John and Marnie Demmer Wellness Pavilion and Dialysis Center, located at 820 Arlington Avenue. Led by McLaren Northern Michigan registered dietitians, Mary Fisher, RD, and Elizabeth Lownsberry, RD, the class will showcase tasty, healthy, and seasonal fall foods. Participants will taste dishes and be able to leave with the recipes to recreate at home. Registration is required for this event. To register go to mclaren.org/northernclasses or call (800) 248-6777.

EAST JORDAN State of community Forum

October 23, 11:30am-Harvest Barn 1:30pm, Church, 210 S. Lake Street. Presenters include: Sarah Lucas - Director of Community Development - Networks Northwest, Tom Cannon – East Jordan City Administrator, Matt Stevenson – East Jordan Public School Superintendent, Tom Teske – Chairman East Jordan Downtown Development Authority and Mary Faculak - President/CEO East Jordan Area Chamber of Commerce. Lunch will be catered by East Jordan Public Schools. Sponsors include Charlevoix State Bank, Blue Cross Blue Shield of Michigan, East Jordan Public Schools and the Harvest Barn Church. Price for lunch is \$15 per person for East Jordan Area Chamber Members, \$20 for Not-Yet-Members. Reservations are asked to be made by October 16, 2018. Call the Chamber Office at 231-536-7351 or send checks to East Jordan Area Chamber of Commerce, 100 Main Street, P.O. Box 137, East Jordan, MI 49727. Master Card and Visa Accepted.

DOG COSTUME PARTY

October 27, 3-5pm, Charlevoix Humane Society, 614 Beardsley Street. Come join the Charlevoix Area Humane Society, Waterpaw Ponds, and Tropic Cove for a Dog. This is an inaugural event and we hope to see you there for the 1st Charlevoix Area

Humane Society Doggie Costume Contest. Complete with benches, a dog proof fence, and a water feature the park is an ideal location for any doggie gathering. This event will showcase just how special this new dog run is and offer our 4 legged pals a chance to get in on some Halloween Fun! If you would like to rent the park for your upcoming party contact the Charlevoix Area Humane Society. The cosponsors for this event, Waterpaw Ponds and Tropic Cove are excited to be able to bring our communities together with activities like this one. Both businesses support healthy, happy pets and pet safe communities. All prizes are provided by Tropic Cove of Petoskev, All dogs MUST be up to date on all Vaccines. Attendance is free but donations for the Humane Society are welcome. Event will take place Halloween Party & Costume Contest at the new Meet and Greet Dog Run at the Humane Society.

BOYNE CITY

GROWING CLOSER TO GOD EXPLORED

October 28, 6:30pm, Lifetree Cafe. The program, titled "Encountering God: What Ancient Practices Can Teach Us Today," features a short film depicting how various groups and individuals have tried to grow spiritually. Lifetree participants will explore how ancient practices might benefit their own spiritual lives. Admission to the 60-minute event is free. Lifetree Café is in the First Presbyterian Church. Use the Pine St. entrance.

CHARLEVOIX 14TH ANNUAL GRAND WEDDING EXPO

October 28, 11am-4pm, Castle Farms. This eagerlyanticipated annual event features displays by the finest in wedding service providers Northern Michigan has to offer. Couples are certain to find that special something to help make their wedding day dreams come true. Don't forget- register to win door prizes and the Grand Giveaway. The Grand Finale Fashion Show, presented by Petoskey Bridal, closes the event and showcases the latest in bridal fashions. Tickets: \$5 in advance or \$6 at the door. Free on-site parking.

Street. Market hours are Saturday's, 9 am - Noon through mid April. The Boyne City Indoor Farmers Market will be located in the main lobby and training room of the City Facilities Building, which is located across the street from the summer market location in Veterans Park. Twenty vendors are confirmed for the indoor market. For more information on the market, visit the Boyne City Farmers Market Facebook page or email farmersmarket@boynecity.com

CHARLEVOIX FARMERS MARKET

October 11- November 20: Charlevoix Public Library, 220 Clinton St. Thursdays from 3-6pm. The vendors you love will be back for a new season to bring their farm goods to your table. The Charlevoix Farmers Market offers a variety of farmers and specialty vendors. Whether you're in need of organic produce from Providence Farm, SweeTango® apples from Interwater Farms, natural beauty products, or freshly baked goods you can find it at the Market

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 FALL LEAF PICKUP

City of Boyne City Fall Leaf Pickup will begin on Monday, October 15 through Monday, November 12. Leaves will be picked up on Mondays and Fridays only. Please set bagged leaves curbside any time after the first day of pickup, in biodegradable paper bags. Do not put sticks, sand or stones in bags. City crews will pick up the bags as time allows. If your bags have been out for an extended period of time and have not been collected, please notify City Hall at 582-6597.

BOYNE CITY KINDER CLOSET

At Christ Lutheran Church

October 18, 2018

Boyne Falls Public Schools STUDENT OF THE WEEK



Winston Fannin

Grade: Kindergarten

Parent's Name(s): Jeff & Danielle

What do you want to be when you grow up?: *I* would like to work at a sporting goods store.

Favorite Book: Pete the Cat books

Hobbies and Interests: *Kayaking with Mom & Hunting with Dad*

School Activities: *Playing 'hide and seek' tag at recess*

Favorite Home Activities: *Playing on my dirt bike outside and playing with transformers inside*

Favorite Food and Drink: *Cucumbers and pot pies with ice water*

Staff Comments: Winston comes to school each day ready to learn. He is a great listener and always tries his best. Winston is kind and helpful to classmates. It is a pleasure to have Winston as a member of our Kindergarten class.

Submitted By: Ms. Disney

EAST JORDAN HARVEST DINNER & AUCTION

October 20, 5:30pm, Evangelical Lutheran Dinner will be Church. served at 5:30 pm (free will offering) with the auction starting immediately thereafter. There will be good quality household items, fresh produce, homemade items and baked goods to bid on. Come and enjoy good food, fellowship and fun. the church is located at 7855 Rogers Road, East Jordan. For more information call 231-536-7566.

BOYNE CITY FRESHWATER CONCERTS PRESENT MARIA MULDAUR

October 20, 8pm, Freshwater Art Gallery, 217 South Lake Street. Part of an album release tour. This album will mark Maria's 41st album in a distinguished career that has established her as a preeminent and revered interpreter of American roots music and it is her first studio album in six years. For this stunning show, Maria pays tribute to the wonderful Blue Lu Barker, the popular vocalist and songwriter of the late 30's and 40's whom Billie Holiday once cited as her biggest influence. She is best known for her 1970's hit "Midnight at the Oasis." Tickets \$35 in advance. Call to reserve 231-582-2588. Remember to bring an item for our food pantry collection box

CHARLEVOIX FALL PUMPKIN CARVING AND PAINTING CONTEST

October 20, 1pm. Fall Pumpkin Carving & Painting Contest for Kids & Adults. Come enjoy this Fall Season and join us down at the Brewery for a full family fun day - \$5 Entry Fee gets you a pumpkin from Local Bolt's Farms, tools and supplies, Kid's Goodie Bag, and Adult Beer Drink Tickets that can

BOYNE CITY LISTENING TO LEAD WORKSHOPS

October 25, 9am-noon and 1:30-4:30pm. Boyne City Hall. Sarah Hescheles will be leading an experiential workshop, "Listening to Lead: Cultivating Relationships at Work, Home, and in the Community." This introductory workshop will explore what constitutes an open, honest question and how to formulate one and provide time to practice writing open, honest questions, listen actively, and experience being listened to. \$100 per person. Info and registration at www.restoringwatersconsulting.com

EAST JORDAN

CHAMBER BUSINESS AFTER HOURS

October 25, 5-7pm, The Landing Restaurant, 10231 Ferry Road. Sponsored by 4Front Credit Union. It's "Networking on Lake Charlevoix" with hors d'oerves, door prizes and a cash bar. Free to East Jordan Area Chamber members, \$10 for non-members.

BOYNE CITY

BOYNE CITY BUSINESS EXPO/TASTE OF BOYNE

October 30, 3-7pm, Civic Center at Boyne Mountain. This is always one of Northern Michigan's largest business networking events, as more than 1,000 people come to see 75 booths. The public is welcome to attend for \$5 admission, which includes tastings from about 10 food providers in the Taste of Boyne. New this year are mini-workshops during the event, 15-30 minutes each. Free with \$5 admission.

BOYNE CITY 13th Annual Trunk and treat

October 31, 5-7pm. First Presbyterian Church is hosting the 13th Annual Trunk and Treat. Setup Time: 4:30 on Pine St. between the Early Learners building and the

church. Pine St. will be closed between Park St. and East. St. ALL community members and organizations willing and able to participate are encouraged and welcome. We recommend at least 800 +/- wrapped candy or treats (pencils, pens, healthy snacks, etc.). If you have any questions, please don't hesitate to call the First Presbyterian Church 582-7983.

BOYNE CITY FARMERS MARKET

Boyne City Hall, 319 Lake

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.

CHARLEVOIX

WELLNESS WORKSHOPS

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

- Hatha Yoga, every Monday and Friday 7:30-8:30am. The yoga sequences, along with breath work and relaxation techniques will assist in building strength, stamina, flexibility, balance, and increasing body awareness. The use of props, blocks, or blankets make poses easily modified to suit the individual. All levels of fitness are welcome and modifications will be provided as needed. The class is taught by Lisa Hepner is a licensed physical therapist assistant with Munson Healthcare Charlevoix Hospital.

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

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

BOYNE CITY FREE COFFEE, DOUGHNUTS & LUNCH FOR VETERANS

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

CHARLEVOIX

Hospice of Northwest Michigan invites you to join our Monthly adult grief, loss & bereavement support group, which takes place the 2nd Sunday of each month from 4-5pm at the First Baptist Church, 6781 M66 North. This program is open to anyone in our community looking for assistance in their grief process and is facilitated by Rev. David Behling. There is no charge to attend. Please feel free to call Hospice at 231-547-7659 to register or for more information.

NORTHERN MICHIGAN

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

NORTHERN MICHIGAN

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

BOYNE CITY Boyne district library programs

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

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

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

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

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

News Boyne Valley Lions Club Celebrates five decades of service

The Boyne Valley Lions Club, based in Boyne City, celebrated it's 50th anniversary in 2017 while the larger Lions Clubs International Organization celebrated its centennial anniversary in the same year.

The motto for the Lions is "We Serve" and the Boyne Valley Lions Club has chosen to serve their community by dedicating a beautiful seating group in the Open Space property across from Family Fare. The plans for the seating group were drawn up last year and implemented this year. The seating group sports a bench with spectacular views of Lake Charlevoix, a multiple basin Murdock drinking fountain with a pet drinking basis, two new trees, and a trash container.

The Lions are also known for:

- Diabetes education and free screening initiatives - KidSight screening for

early onset visual impairments

- White Cane fund-raising for the visually impaired - Participate and serve vol-

unteers in "Buff up Boyne" - Serve hungry elementary school students at Field Days and school carnival

- Project WAVE Lions initiatives

- Financial support to Girl Scouts, PAWS with a Cause, Bovne District Library, Alzheimer's Fund, - Crop Hunger Walk, Humane Society, other

The Lions Club meeting every Wednesday at the Boyne District Library at noon. For more information on becoming a Lion contact James Richman, Membership Chairman at mr.richman@gmail.com

The dedication to the city will be on October 17, 2018 at 12:15PM in the Open Space area.



The seating group will sport a bench with spectacular views of Lake Charlevoix, a multiple basin Murdock drinking fountain with a pet drinking basis, two new trees, and a trash container. Special thanks and appreciation to Mark Felton, Charlevoix Landscape, and Gow Litzenburger for the donation of their service, trees, and landscaping materials. COURTESY PHOTO

The farmers work hard to ex-

tend the produce season for

their customers," Missy Jol-

lette, Farmers Market Man-

Twenty vendors are con-

firmed for the indoor market,

ganic Farm, Beijo de Choco-

Gardens, Providence Farm,

Blackbird Gardens, Cook

Family Farm, Daybreak

lat, Spirit of Walloon, Gallant

Dreamfarm, My Grandmoth-

ers Table, Winnies Originals,

bush, Charlevoix Moon Arti-

Siegrist Farm & Greenhouse,

Walloon Lake Winery, Big

Medicine, The Rustic Baker,

Ya Ya's Bakery, Ken's Fresh

Korthase Brothers Sugar-

san Wine, Mini Farm,

including Bear Creek Or-

Nominations sought for 2019 Governor's Service Awards

The Michigan Community Service Commission is pleased to announce that nominations are being sought for the 2019 Governor's Service Awards. The Governor's Service Awards are given annually by the governor to individuals, organizations and businesses to acknowledge their commitment to serving their communities through volunteerism. This event is hosted by the Michigan Community Service Commission.

The online application for the 2019 Governor's Service Awards is available at

www.michigan.gov/governorsserviceawards. Nominations must be submitted by Jan. 15, 2019. Date and location of the event will be announced at a later date.

"Help us honor those who make a difference in Michigan communities. Michigan Community Service Commission executive director Ginna Holmes said. "We would like to lift up those who carry a generous spirit of helping others and inspire more Michiganders to volunteer.' In 2019, awards will be presented in 10 categories which reflect the diverse nature of volunteers throughout the state. The categories are: Governor George Romney Lifetime Achievement Award: honors an individual who has shown a lifelong commitment to community involvement and volunteerism. - Lifetime Humanitarian Award: honors individuals or families that have demonstrated a lifetime of outstanding civic and charitable responsibility to a community or organization. Senior Volunteer of the Year Award: honors individuals age 65 and older who have taken action to make their com-

munity a better place to live through service.

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

- Youth Volunteer of the Year Award: honors individuals who are age 25 or younger who have already begun making a significant difference in their community through service.

- Mentor of the Year Award: honors an individual who provides youth with the confidence and assets to be successful.

- Outstanding Volunteer Organization Award: honors service clubs, nonprofit, faith-based, veteran, disaster preparedness and other organizations that make a demonstrated difference in their community. - Education Servi Leader Award: honors schools, colleges, universities and other organizations that support youth making a difference in their communities. - Outstanding National Service Program Award: honors organizations that provide a high-quality national service program that yields a significant impact in a Michigan community. - Corporate and Small **Business Community** Leader Award: honors corporations and businesses that excel in community involvement and demonstrate excellent corporate citizenship by giving back to their community in a variety of ways. For additional information or questions, please contact the Michigan Community Service Commission at 517-335-4295 or gsa@michigan.gov.

Boyne City Farmers Market moves inside beginning Oct. 20

ager, said

Farmers Market shoppers can continue shopping for local produce and unique market goodies, in the comfort of an indoor space beginning Saturday, Oct. 20 at 9 a.m. The Boyne City Indoor Farmers Market will be located in the main lobby and training room of the City Facilities Building, which is located across the street from the summer market location in Veterans Park.

"We are so pleased to be able to offer our indoor market for the eighth year. This is such a wonderful opportunity to provide our community with fresh produce, locally raised meat and homemade goodies all year.

Charlevoix Fall Farmers Market moves to Library

As summer fades into fall and business hours shorten, there's still a place to pick up all your farm fresh favorites. Head to the Charlevoix Public Library for the Charlevoix Fall Farmers Market every Thursday from October 11 until November 20 between 3-6pm. The vendors you love will be back for a new season to bring their farm goods to your table. The Charlevoix Farmers Market offers a variety of farmers and specialty vendors. Whether you're in need of organic produce from Providence Farm, SweeTango® apples from Interwater Farms, natural beauty products, or freshly baked goods you can find it at the Market.

library is the perfect time and place to swing by after work and bring the kids after school. Stock your pantry with fall goods and your shelves with books to read on those chilly nights. Plus, the Market offers a Junior Marketeer Program for even more fun for your little one. Each visit, your Junior Marketeer receives a sticker and on the fourth visit will receive a free tee-shirt! Never carry cash? At the Market, you can swipe your credit card, debit card, or EBT card to receive market tokens to use at vendors' booths. In addition, the Market participates with Double Up Food Bucks, SNAP, WIC, Market Fresh, and Senior Project Fresh. The

Fish 'N Tales, and Bluestem Farm. The indoor market will operate 9 a.m. - 12 noon every Saturday through mid-April before moving back

outside. Plans are still in place to make the Veteran's Park Pavilion the markets permanent winter home, once the pavilion is complete. Funds are currently being raised to installed doors on the pavilion. To donate, please contact the Boyne City Main Street office at 231-582-9009.

For more information on the market, visit the Boyne City Farmers Market Facebook page or email farmersmarket@boynecity.com

Charlevoix Farmers Market

everyone in the community.

special Fall Market events.

Make your place spooky for

Painting at the Market on Oc-

Halloween with Pumpkin

You won't want to miss the

aims to be accessible to

Experience your favorite movie music at GLCO Concert

Join the Great Lakes Chamber Orchestra on October 21st, 4pm at the Petoskey Middle School, 513 Howard Street, for an exciting performance of music from Star Wars, ET, Jurassic Park and Indiana Jones, along with Britten's Young Person's Guide to the Orchestra. The GLCO Young People's concert is all about having fun! This high-energy concert features musical hits that you know and love, and best of all. they fully engage our audience members with laughter, costumes, and the occasion to experience area student groups engaging with the orchestra.

Our student group this year features the local FIRST® robotics teams from Petoskey, Charlevoix, East Jordan and Boyne City. Join us as the FIRST® Robotics teams lead the audience to the outer limits of the universe in DESTI-NATION: DEEP SPACE!

We are pleased to announce Thomas Agee, Trumpet, winner of the 2018 Charles F. Davis Young Artist Competition, will make his debut performance with the Orchestra. This Young Artist Competition is part of the Great Lakes Chamber Orchestra's education outreach and is available to students of piano, winds, brass, percussion, strings and voice between the ages of fourteen and nineteen.

We'd love to see kids all decked out for Halloween! Children in costumes can participate in a free raffle for a chance to receive gifts

An evening Market at the

tober 25. It'll be a fun event for all ages and a creative way to decorate for autumn!

The Fall Farmers Market will come to a close with a special Holiday Market on Tuesday, November 20th. Nab those last-minute goodies for your Thanksgiving feast including locally raised turkeys. Stock up on storage vegetables, specialty baked goods, wreaths, and more,

Like the Charlevoix Farmers Market on Facebook for the most up to date informaand prizes! Tickets for this con-

cert and the entire season are available online

MyNorthTickets.com. For additional questions call the Orchestra office at 231-487-0010. General seating admission for this concert is \$15, age 18 and under are free. Join us for a fun af-

ternoon.



Friendly & Positive News and Sports!

8888 Ance Rd., Charlevoix MI RERGMANN 2 miles north of the bridge Open ENTER Tues-Sat 9-4 231.547.9624 NC. **Resale Shop** www.bergmanncenter.org GOOD SAMAR 9746 MAIN STREET, ELLSWORTH • ON THE BREEZEWAY GUUU SAMAKITAN FUK LOCATED ON MAIN STREET IN ELLSWORTH. - GLADLY ACCEPTING FURNITURE DONATIONS We turn your Like us on Facebook purchase into food for our neighbors in need HOURS: Wed, Thurs, Fri 10-4 • Tues 10-7 • Sat 10-2 • 231-588-2208

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

WEDNESDAY - 50% off all Clothing

SATURDAY - Fill a bag of clothing for \$5.99

to the Charlevoix County News

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

friendly and oositive

news and sports covering all of Charlevoix County

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)

Rayders win District Volleyball Title...Pg 2B



East Jordan State of the Community Luncheon

By Tina Sundeilus EAST JORDAN— East Jordan is heading in the right direction and is future is bright was the message members of the community walked away with after hearing four key-away with after hearing four key-back of the community states 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 lis-tened intently to Mayor Russell Peck whose speech focused on the challenges and infrastructure im-

SPORTS

BOYNE CITY 47 NEGAUNEE O

provements that still lie ahead for the city. "All in all things are look-ing 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 con-cluded.

cluded. Peck not only talked about all that the city has accomplished but emphasized the infrastructure im-provements needed to accommo-date new growth. "We are very optimistic about the future of our comes from the exciting new direc-tion we have been heading." he said. He cited the city's sewer sys-said. He cited the city's sewer sys-tem 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 in-tended to stop silt from filling the harbor (construction to begin in December) as projects that will fur-ther enable the city to grow. He mentioned the new well house (al-mentioned the new well house (al-new envisioned for future genera-tions. There is a positive up beat en-ergy," he said.

See State of the Community–11A



DDA ChairmanTom Teske, Entrepreneur Director with the Northern Lake conomic Alliance Tom Erhart, Chamber of Commerce Director Mary Fac-lak, East Jordan Mayor Russell Peck and EJ schools Superintendent Matt tevenson addressed an audience of community leaders at the third annual tate of the Community Advances State of the Co ture is bright." **District Champs!**

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 Christmas' merrier Christmas. With the holiday seas books. If you would like to donate monetarily, please make checks payable to Boyne Area Community Christmas and send them Cro Eleanor West, Treas-urer at 915 Robinson Street #15, Boyne City, MI 49712. All donations can be dropped off at the Boyne dropped off at the Boyne trance. We will be accepting donations from November 19 until December 19, 9am to 4pm. to 4pm. If you need any addi-tional information, please contact Ruth Witenski 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.

approaching we, the volun-teers of Boyne Area Com-munity Christmas, are asking for your support. All of your donations are greatly appreciated and can be in the form of non-per-ishable food items, new un-wrapped toys, games or books. If you would like to books. If you would like to donate monetarily, please

PUBLISHED WEEKLY ON THURSDAY

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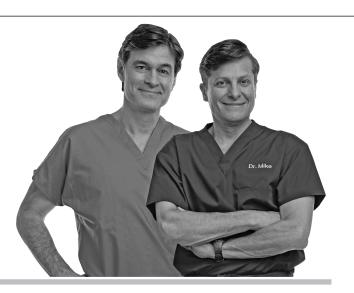
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CLASSIFIEDS AS LOW AS \$2.00

News Drs. Oz and Roizen

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



Are you thumbing your nose at thumb arthritis?

Thumbs are an essential part of your hands and our language. On the positive side, a "green thumb" is a good thing. And "opposable thumbs" — well, they're what differentiates you from other animals that cannot grasp or manipulate objects well. Just try writing your name, tying your shoelaces or hitching a ride without using your very agile thumb! But "sticking out like a sore thumb"? You don't want that.

Unfortunately, for many women (10 to 20 times as many as men) age 40 and older, thumb arthritis makes the basal joint at the bottom of the thumb swell and hurt, sometime severely. This form of osteoarthritis can happen because of overuse and stress from hobbies or a job; diseases that affect cartilage, such as rheumatoid arthritis; and obesity, which triggers inflammatory reactions that can damage tissue and bone.

If you've got sore thumbs (they usually come in pairs), you don't want to twiddle them!

— You can opt for wearing a brace, using heat and ice packs, oral medications or corticosteroid injections, or get off-label hyaluronic acid injections. (Although approved for arthritic knees, the Food and Drug Administration hasn't given the thumbs-up for thumbs.)

— ASU (avocado/soybean unsaponifiable) supplements sometimes work. approaches ease constant pain and may make you able to hitchhike again!

Physical activity linked to healthy metabolic profiles in kids

As a high-school junior, Baker Mayfield was the starting quarterback for the Lake Travis Cavaliers football team in Austin, Texas. He led those Cavs to a 25-2 record in two seasons and won the 2011 4A State Championship. His teen commitment to sports propelled him to a Heisman Trophy after playing for the University of Oklahoma, later becoming the No. 1 NFL draft pick, chosen by the Cleveland Browns.

That makes sense to researchers from the U.K. who recently published a study in PLOS Medicine. The researchers compared over 200 metabolic traits for 1,826 girls and boys at ages 12, 14 and 15 whose mothers signed them up for the study at birth. They looked at such metabolic markers as blood pressure, good HDL and lousy LDL cholesterol, insulin and blood sugar levels, and inflammatory markers like C-reactive protein. The researchers also measured activity levels from 2003-2005, 2005-2006 and 2006-2008. The results reveal that the more active adolescents have healthier metabolic profiles. which helps assure them of a healthier life as adults. We're guessing Baker Mayfield's metabolic profile fits that playbook pretty well.

But to retain those youthful benefits, like Mayfield, you have to stay active. Lead researcher Joshua Bell says: "Keeping it up is key. This includes making weight loss via diet a priority, since higher weight is itself a barrier to moving." He also adds that it's never too late for anyone to benefit from physical activity. We agree, and that's why we say (and do) 10,000 steps daily!

Not enough sleep may be because of stress

The Jeep Grand Cherokee Trackhawk looks just like an ordinary Jeep Grand Cherokee, but it has a 707-horsepower supercharged V8 that can go from 0 to 60 mph in 3.5 seconds. It's in a class of car Road and Track Magazine calls "sleeper cars." Well, if you want to be high performance, you should aim to be a super sleeper.

But is this you? You head for bed at a good hour, so you should be able to get seven to eight hours of sleep. But can't doze off. Well, there's a good chance you're bringing daytime stresses into bed: You worry about that task at work you didn't finish; you panic over an unpaid bill.

You're in luck. There are proven ways to deal with your disruptive stress response and cruise off into dreamland.

— Eat a light, healthy dinner, three to four hours before turning in. Stay clear of fatty animal proteins and inflammatory processed foods that amp up your stress response.

— Get at least 30 to 60 minutes of exercise daily (but not right before bedtime). Combine aerobics and strength training to dispel stress and ease depression.

— Skip that nightcap. Your body needs a few hours to process alcohol before you snooze, otherwise it may wake you later when it clears your system.

You exercised, ate healthfully, skipped that drink.

called healthy foods

Robe Lowe's remake of the "The Bad Seed" fills you with horror as you (and he) realize his sweet daughter Emma (Mckenna Grace) actually is the personification of evil. Kinda like what U.K. researchers found when they looked into 900 supposedly nice and healthy yogurt products and found that their sweetness is amped up with more added sugar than you ever suspected — that's pure evil, too!

The study in BMJ Open looked at drinks, desserts, children's yogurts, dairy alternatives and yogurts designated as natural/Greek or organic. Only the natural/Greek yogurts had healthy, low levels of sugar!

A low-sugar food in the U.K. is considered to have 5 grams total sugars or less in 3 ounces (100 grams) of a product or food.

That made us want to check other so-called health foods to see what sugar evils they're hiding inside! We looked at the nutrition label on a sprouted wheat pumpkin berry bread and found that it has 4 grams of added sugars in a 1-ounce (32 grams) slice — almost three times the sugar that should be in a healthy food. Then there's the popular chocolate chip sports bar that packs 21 grams of sugar (much of it from brown rice syrup) into its 2-ounce (68 grams) package! And how about "original" almond milk? It's got 7 grams of cane sugar in every serving.

Added sugars may cause biochemical changes that increase your risk for weight gain, diabetes, heart woes, wrinkles and dementia; can encourage most cancers to grow; and produce an older RealAge. So, check. That evil sugar call ... could be ... coming from inside your house!

ONLINE AT WWW.CHARLEVOIXCOUNTYNEWS.COM

DAVE Says

(Pay it off!)

Dear Dave, I can't decide what to do about my car. I owe \$8,000 on it, and I have the cash to pay it off with plenty left over. One of my co-workers said I shouldn't pay it off, because I have a very low interest rate on the loan. What do you think? Derricka

Dear Derricka,

What do I think? I think your co-worker is broke. Taking financial advice from broke people is like taking dieting advice from fat people. In other words, it's dumb.

Pay off your car, and never borrow money to buy a car again for the rest of your life. If you want to win with money, you have to get out of the land of car payments. The idea that you're stuck with car payments — that you're always going to have one is the mantra of those who've given up hope. You are in charge of your life. You are in charge of your financial situation. Don't be like all those folks out there who whine about stuff like stagnant wages and are unwilling to get up off their stagnant butts to make their lives better.

Derricka, pay off your car today. And please, don't take any more financial advice from broke people! —Dave

(Emergency fund in cash?)

Dear Dave, My wife and I are completely debt-free. We would Dave Ramsey like to have part of our emergency fund in cash inside a heavy duty safe at home. How should we document this cash in the event of fire or theft? Also, would our homeowners in-

would our homeowners insurance policy cover cash? Will

Dear Will,

Typically, homeowners insurance policies have a limit as to how much cash they will cover. I'd advise re-reading your policy, and double checking with your insurance agent just to be sure. When it comes to documenting valuables, I'd suggest making a video or taking photographs. Just to be extra cautious, you could store these in a safe deposit box at your local credit union or bank.

Having some cash on hand is never a bad thing. When it comes to the portion of your emergency fund you keep at home, I'd recommend just being reasonable. If you've got \$10,000 set aside for emergencies, I'm okay with you keeping \$5,000 at home in a quality safe. I wouldn't put all, or even most of it, in a safe, though.

Again, just make sure your homeowners policy covers anything you might put in there. A strong, fireproof safe is a must! —Dave

* Dave Ramsey is CEO of Ramsey Solutions. He has authored seven bestselling 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.



— There are two surgeries: One fuses the joint, easing pain but limiting mobility. Another removes a bone from the base of the joint and reroutes a tendon to provide a cushion and stability.

Nothing guarantees you'll regain full mobility, and physical/occupational therapy is essential, but all three Now slide between the sheets. It's time to try five minutes of mindful meditation (instructions at www.sharecare.com). You'll learn to be in the moment, and in the next moment, you'll be asleep.

Beware hidden sugars in so-

* * *

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LETTERS TO THE EDITOR

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

VOTING AS MANDATE

To the Editor,

This is a right not exercised for several reasons, most of which are designed to assure power handoff where desired. We don't formally think of voting as such an integral aspect of Democracy, Freedom, Equality and such, but in such times as these the crux of the matter has come to that. The rights of the First Amendment remain burnished into the consciousness of America, voting right implied, but are superseded in subversive ways through courts, cops, unscrupulous politicians, even some press outlets. It's clear what is happening and has happened in Georgia, outrageous but a continuum by none other than the Secretary of State now campaigning for Governor, if that don't beat all.

Americans don't like being told what to do. Some things are taken for granted anyway, hammered in by elementary school indoctrination. We were taught to pick sides. The obvious side were the winners. That there were some gaps in the logic didn't reach the teacher's podium due to cultural uniformitarianism, that is, white supremacy. So we went to college or work finding that racial disparities were already ingrained in US culture but that integration was happening anyway like it or not. Then Came the

Great Awakening which was factually a furtherance of the Civil War, namely the Civil Rights Movement mostly ratified by Lyndon Johnson, school integration then extending throughout bastions of former segregation until now when any essence of bigotry is detected in an instant and when publicized is condemned. Voting rights however are left ambiguous. This is not a privilege, it is a hard-fought right via Constitutional Amendments

Originally, voting throughout the States was restricted to white male property owners, agriculturalists and businessmen mostly but landed gentry being the expectation since that was the ruling class in the country's Capitol, status protected by the Constitution itself. Therein lurked the tangible flaw, the hamartia, the fatal metastasis. That, not at all an oversight, was slowly cast into the dustbin of sovereignty's sweepings – or so we thought. Not so as it turned out. This susceptibility remains palpable spotlighting parasitic virulence seeking victims. If citizens fail to vote, a consortium of devious, treacherous schemers seek election to further contaminate the equality factors that governance can institute and prolong. This is most obvious in the bigoted elimination of ballots from people of color, namely Blacks and Hispanics. Through various

Amendments and Acts all have gained the right to vote but some are not accorded equal ability to fulfill this right. There is where the crux of the matter lies. If all are legally able to vote, yet some are prohibited by illegal means, often unchallenged, the full right is shortfall of the potential. Therefore, mandated voting is the only cure for this otherwise embattled right.

Since auto insurance is required in most states, a voting initiative is the next step. Health insurance is a floppy concept since everyone needs it but many can't afford it. We don't have to drive but we might get sick. Universal health care is then the only alternative which naturally leads to a socialized medicine status such as Canada and much of the European Union and elsewhere. It is arguably enough the humanitarian way of civilized peoples.

Likewise a voting mandate. At birth or near after we are issued a number denoting our place in the greater society, along with many other numbers for this and that monitored right and privilege. Thus a voting designation in childhood is necessary to instill full participation in the country's leadership allocation, the **Representative Democracy** so stipulated by Constitution. This is not that hard. As we now know, electronic voting is hazardous whereas paper ballots are traceable and

storable, electronic backup well and good if dependable, that remaining to be substantiated. Absentee voting is gaining in ascendance as is extended access to the count. Shenanigans like college addresses and military maneuvers are not difficult to rectify because they're very obviously infiltrated by opportunistic political factions. This requires some integrity of office. Yes, this is missing at present due to political skullduggery. To reiterate, it's not that hard. It's only made to seem hard because of those who want to minimize the voting right for some thereby magnifying it for others. Universal voting mandate will resolve that when instituted legislatively and monitored by locales to ensure continuance unadulterated.

Talk of a Voting Day nationwide, full Absentee Ballot, Weekend specification and so on is negotiable. Foremost, a mandate that all shall vote is needed. Just like a Social Security Number and a Driver's License, Marriage License etc., it's part of citizenship. It's beyond a Big Brother semantic; it's a Right to date un-accessed. All we are doing is formalizing this, making a mandate, socializing, universalizing what already exists unfulfilled.

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Pianist Elliot Wuu to perform at the Great Lakes Center for the Arts

Eighteen-year-old pianist, Elliot Wuu, is bringing his remarkable talent that has delighted audiences world-wide to the Center's stage on Sunday, October 21at 4pm.

A rising star, Elliot Wuu has captured audiences with colorful tones, sensitive musicality and emotional depth in his music from an early age. He was recently named a 2018 Gilmore Young Artist, one of the most prestigious awards bestowed every two years to two young pianists up to 22 years old. He was the First Prize winner in the 2015 Hilton Head International Piano Competition for Young Artists as well as a Young Scholar of the Lang Lang International Music Foundation.

"Wuu is an unbelievable talent who will undoubtedly stun audiences all over the world with his powerful musical gifts." -The Republic

Currently, Wuu is studying piano performance under the tutelage of Robert McDonald at the Juilliard School. However, his piano studies began at age six. While attending Valley Christian High School, Elliot was a music student of its Conservatory of the Arts program. He was a San Francisco Conservatory of Music precollege scholarship student, studying piano with Yoshikazu Nagai. He also studies with Jed Galant and Rose Chen.

"The remarkable young pianist commands a keyboard with the power, speed, and finesse of artists twice his age." -Tribune Star

Having played at venues across the U.S., Europe, and Asia, Wuu has performed at the United Nations Headquarters in the presence of Secretary-General Ban Ki-moon and at the WQXR Greene Space. Other notable performances and venues include Merkin Concert Hall, Holywell Music Room where Haydn performed, the Ravinia Festival, the Chicago Millennium Park and, Foundation Louis Vuitton in Paris. He was featured in NPR's From the Top program broadcasted nation-wide and he also performed in the Steinway Society Young Artist Concert, Pacific Musical Society Centennial Gala, Peninsula Symphony Family Concert, and Junior Bach Festival.

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