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Wednesday, April 8, 2009

# Dressed for success

Boyne Area & East Jordan

### East Jordan's EJ Shoppe turns 50

#### **Steve Zucker** 439-9346 -szucker@petoskeynews.com

EAST JORDAN—Over the past 50 years the EJ Shoppe has helped keep East Jordanarea residents looking good. And that has the business's current owner wearing a big smile.

"This isn't just a milestone for me to celebrate, it's really the whole town," Mary Faculak, who has owned the well-known downtown clothing store for the last two of its five decades in business, said

Faculak said the store's long-running success is a testament of all the good things that come with operating a small business in a small town

She said the EJ Shoppe was founded at its current location at 122 Main St. in 1959 by Dorothy Gibbard who operated it until her daughter, Carol Mead took over years later. Faculak said when she bought the business 20 years ago she felt a little pressure to make a success of it. Indeed, not only was she taking over a well-respected fixture of the downtown business community, but she was doing it as a first-time business owner

At 29, Faculak had a degree in public administration, had worked for the Charlevoix area newspaper and on her parents' farm, but her only experience in retail was working at Ben Franklin in lar workers; and a special Charlevoix for a few summers

Chamber of Commerce, an ing spectrum. She was a top portunities for her. seller of Levi's "hard denim" products for men, outfitting anything else that could have many of the area's blue colclothing store for ladies car- that for anything," she said.

over to look at the shop after sportswear. When Mead took her entrepreneurial skills, means coming up with in-reading that it was for sale in over she switched to Wool-Faculak opened two simi- novative ways to reach her heimer (R-Belliare) and State wanted to be a part of the rich clothing for men and women and since Faculak has had the business, she's eliminated the men's line and now is the top seller in the state for "Tribal" brand

'There's no textbook or given me what that experience did. I wouldn't trade

the store's 50th year of providing clothing to residents in the area.

balancebetween maintaining such as fashion shows, "girls history, it is clear that the its long-standing reputation nights out" events and pri- (owners) have set a course while constantly working to vate in-store shopping par- with a continuing look to the keep up with the times. And "keeping up" doesn't of online sales.

Mary Faculak, owner of the E.J. Shoppe in East Jordan, stands among some of her store's merchandise as a large "50" hangs in the window to celebrate

just mean keeping a constant

The EJ Shoppe recently rehers. rying Catalina swimsuits After gaining some expe-supply of the latest fashions ceived a special tribute from and very blessed and very Faculak said she came and White Stag and Jantzen rience and confidence in on hand, Faculak said. It also the State of Michigan signed fortunate," Faculak said of

ties; and does a fair amount future," the tribute reads inpart.

No. 2

"I feel very humbled by it

len bort STEVE ZUCKER/NEWS-REVIEW

a newspaper ad. She walked in to overhear Mary Jason speaking with Mead — over the same counter that is still in the store today — about how important they felt it was for the city for someone to come in and take over the business.

"I really didn't know anyone in East Jordan at the time," Faculak said.

It didn't take long for that to change.

Shortly after buying the EJ Shoppe, Faculak became a member of the East Jordan Area Chamber of Commerce's board and soon after became the chamber's president, a position she still holds.

Faculak said when Gibbard owned the business she served both ends of the cloth-

Shoppe continues to be sucsportswear. "Each owner has had her cessful in a small town such own mix of products," Facuas East Jordan — especially lak said. "But the focus onin recent years as online quality and customer service shopping has grown in popuhas always been the same. larity. My hat is off to Dorothy for ping experience that the the vision she had when she shop provides," she said. "We

started the business.' She said shortly after buymake memories for people." ing the shop, she considered changing, but was strongly several occasions where she advised against it by members of the community.

It seems she was wise to follow their advice.

Faculak said her early at the EJ Shoppe. years running her business provided many learning op-

lar stores in Boyne City and Charlevoix, 10 and six years ago respectively.

"A big part of it is the shop-

Faculak said that point has been driven home to her on

has attended a funeral and

heard stories shared of mem-

ories people had of shopping

She said the secret of the

store's success is striking a

Faculak said often people from outside of the area are surprised to hear that the EJ

customers. Faculak said she uses e-mail lists to send out City). notices of new merchandise

**Sindergarten** <u>Regist</u>

and sales; hosts special events years of the EJ Shoppe's

"In looking back over 50

Sen. Jason Allen (R-Traverse community and we want this celebration to be a celebration for the entire community.



## We believe in high-quality education.

At Boyne City Elementary, our emphasis is on high academic standards. Our commitment to success reflects our mission that all children will achieve their maximum potential.

- Teachers who provide a warm and caring atmosphere.
- Emphasis on literacy and reading skills.
- Activities to reach your total child including art, music, and movement through physical education.
- Computer access for every student.
- An on-site day care for school age children.
- Instruction targeted to meet your child's needs.

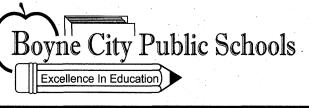
#### If your child turns 5 on or before December 1, 2009, please register to attend one of our sessions:

Wednesday, April 22 Thursday, April 23 9 - 11 a.m. 9 - 11 a.m. 1 - 3 p.m. 1-3 p.m.

Friday, April 24 9 - 11 a.m.

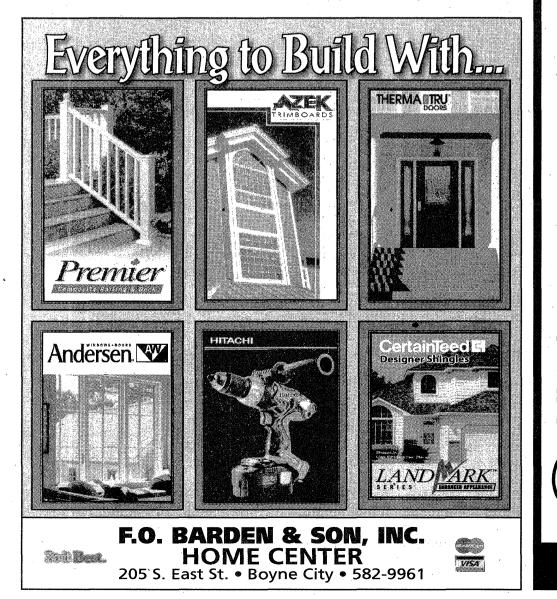
To register

Hearing and Vision screening available at sessions in cooperation with Northwest Michigan Community Health Agency.



for a session call **Boyne City Elementary School** 231.439.8300

Building BRIGHT futures



#### Wednesday, April 8, 2009 · News-Review: 101 VI. 1 100

## **Spelling bee supports North Central students in East Jordan**

Jordan Society of Arts and Letters" won a spelling bee by Chip Hansen, superintenconducted by North Central dent of East Jordan Public Michigan College at East Schools. National Honor So-Jordan High School recently.

2

The team was one of five that competed in North Cen- ry Cole, quiz bowl coordinatral's "Spelling Bee-nefit" to raise money for scholarships for East Jordan students taking North Central classes served as timer. Judging the at the Lake Street Center in East Jordan.

The winning team correctly spelled "irascibility" followed by "pamphleteer" to take first place. Team members were Howard Ellis, Nancy Carey, Norma Pet-rie and Taylor Rinkle, all of East Jordan. Also participating were two groups of East Jordan high school students, a team of high school teachers and the members of one proximately \$500 for schol-

A group called "The East East Jordan family. The event was moderated the East Jordan Lake Street ciety members from the high school served as ushers. Bartor for the Char-Em Intermediate School District, created the rules for the event and competition was Susan Cannon, North Central's East Jordan program assistant. Jennifer Richardson, East Jordan High School teacher, recruited teams and coordinated activities with the school district. Words used in the competition were selected from the Scripps Na-

> arv The "bee-nefit" raised ap-

tional Spelling Bee diction-

arships that can be used at Center. The center, opened in 2005, offers a variety of college classes for area students.

North Central Michigan College is an open-door community college based in Petoskey. Through its University Center partnerships, students can take courses leading to certificates, bachelor's and master's degrees from participating universities. North Central's Institute for Business & Industry Training offers non-credit job skills training tailored to meet individual needs. In addition to its main campus in Petoskey, North Central offers classes, academic advising, testing and other services in Cheboygan, Gaylord and East Jordan.



Boyne City Elementary School third-grade teacher Brad Klooster (left) gets some help with his newfound blonde locks from third-grade students Katie Hoth (center) and Anna Harmeling. Klooster wore the wig and grass skirt for the final day of school before spring break after his class lost a reading challenge with Roger Coats' fourth-grade class.



(Left to right) Spelling bee winners Howard Ellis, Norma Petrie, Nancy Carey and Taylor Rinkle, all of East Jordan.



## **East Jordan High School National** Honor Society Grows, and Works!

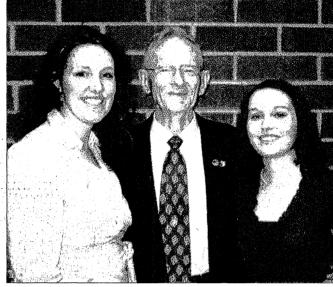
In a formal, candlelight ceremony on Feb. 19, the East Jordan High School Chapter of the National Honor Society inducted 20 new members into the organization. bringing the total number of members to 60.

To qualify for membership in the NHS, students must show evidence of performance in the society's four ideals — leadership, scholarship, character and service - and must also carry a GPA of 3.15 or higher. In addition, each student must write an essay that summarizes their performance and accomplishments in each of the areas, and must also include a letter of recommendation from an

outside source. "The kids not only have to meet the criteria," said principal Tammy Jackson, "they also have to be organized and on time.'

In addition to inducting new student members, the chapter inducted John Smith of East Jordan as an honorary member

'Mr. Smith has lived his life in such a way that he is a model of the ideals of the Gloria Barnum, the NHS



Gloria Barnum (left) and Abbie Hawley (right) flank John Smith, who was recently inducted as an honorary member of the East Jordan High School Chapter of the National Honor Society.

ize the importance of com- make a difference." munity and part of their re-sponsibility is giving back," said faculty sponsor Kathleen Stangis. National Honor Society," said stand that one person can groups."

Chapter president Abbie Hawley agreed, saying, "The students in our group work hard and are always trying She added, "They under- to exceed the efforts of past

COURTESY PHOTO

STEVE ZUCKER/NEWS-REVIEV

Boyne City Elementary School counselor Sue Hoffman (upper left) plays cards with fourth-grade students (clockwise) Bobbisue Reinhardt, Kaylee Turnbull, Brooklynn Hill, Jenna Lillie, Olivia Vargo, and Alison Alger during the school's beach day lunch on the day before spring break began.

## Write a letter to the Editor at petoskeynews.com

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vice-president. Smith, a retired school

superintendent, is an active member of the East Jordan Rotary Club and the benefactor of the Rotary Opportunity Scholarship Fund, which is through the Charlevoix County Community Foundation.

The East Jordan High School Chapter of the National Honor Society is involved in many projects during the course of the year.

Students from the chapter volunteer to clean-up M-32 near the airport, collect gifts for the "Toys for Tots" program, collect food for the "Care and Share Food Pantry," participate in an annual "Jordan River Clean-Up" serve as ambassadors at school events and functions and much more.

"Our students do such an outstanding job ... they real-



The doctors are in. (evenings and saturdays too!) Mon-Thurs 8:30am to 7pm Friday 8:30am to 5pm Saturday 9am to Noon Michael J. Harmeling, MD Andrea L. Wendling, MD Pamela R. Knysz, MD > • • • • • • Catherine A. wonski, MD ne Area 50V Amy L. Mitchell, MD **Medical Center** 

#### Wednesday, April 8, 2009 • News-Review

## **Boyne City Middle School Science Fair**

Bovne City Middle School Hoth students had the opportunity to think like scientists recently.

Students in grades fiveeight participated in the Boyne City Middle School Science Fair, which took place on March 12. Working individually or in pairs, students researched a testable question, developed an hypothesis, and then designed a procedure to test their questions. Each experiment was repeated three times; the results were then averaged and analyzed. Students then presented their data in table and graph form on colorful display boards.

The following students were awarded certificates for outstanding work:

Fifth Grade (Greta Brock): Most Challenging Project: Cody Crain

Most Practical: Emma Shumaker

Most Creative: Sarah Belcher

Best Display: Kahlil Bennett

Fifth Grade (Debbie Bacon):

Most Creative: Sydney

Fisher

Most Challenging: Carter Wilmont Best Display: Cody Moore

#### Sixth Grade:

Most Creative: Christian Kniat and R.J. Yardley Most Practical: Alyssa Won-

ski and Allie Wandrie Most Challenging: Katelyn

Skornia and Ali Johnson Best Display: Garrett Fogo and Ben Halstead

#### Seventh Grade:

Most challenging: A tie between Chris Moore and the partnership of Carl Rasch and Preston Hughey

Most Creative: Logan Orban and Zach Wandrie Best Presentation: Ben

Lamb and Lucas Patrick Most Practical: Elizabeth O'Donnell

#### Eighth Grade

Most Challenging Project: Mary Myers and Jerrica Jackman

Most Practical: Cody Cupp, Alan Manross, Trevor Lorton and Michael Girard

Most Creative: Aleena Kline and Lateisha Bell

Best Display: Margaret Most Practical: Hannah Durbin and Meredith Hague



Boyne City Middle School students look over projects entered in the science fair.

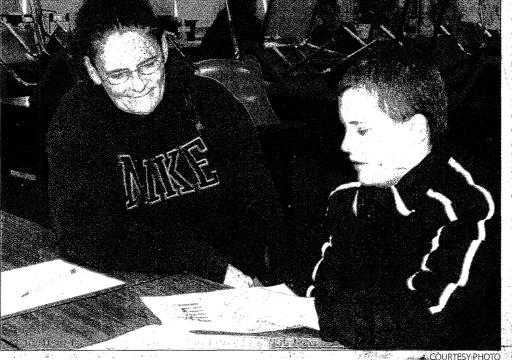
Students in the lead

"What did you do at school today?" What parents haven't asked their child this question only to hear their child grumble, "Nothing."

To remedy this lack of communication, Boyne City Middle School had student-led conferences on March 12 and 19. In these 25 minute conferences, students shared pieces of work from math, language arts, science, and social studies with their parents.

They were also able to go to their enrichment classes to show some of that work if they wished. In combination with the conferences, science fair projects were also displayed.

Weeks before their conferences, students spent time gathering assignments for portfolios and practicing what they wished to say. They also reflected on concepts and ideas learned in core subjects. Some of the student assignments included



This Boyne City Middle School student shares pieces of his work during student-led conferences on March 12 and 19.

Many parents enjoyed could actually see their that their student showed

## Boyne City leaf pickup scheduled

BOYNE CITY — Crews picked up for an extended pewith the city of Boyne City riod of time, notify city hall will pick up bagged leaves placed curbside by city residents from April 13 through May 15.

City officials said leaves must be placed in paper biodegradable bags near the curb for pickup by city crews as time permits during the pickup period. Bags are available at city hall and Glen's Market for \$2.70 for a package Robinson Street. of five

If your leaves have been leaves or brush from being placed curbside and are not placed in the street.

## Downtown parking meeting set for review

Boyne City will have a sues include parking space meeting to discuss parking widths and angles, handiin downtown Boyne City at cap parking space locations, 5:30 p.m. on Thursday, April 16, at the Boyne District Li-

brary community room. All members of the community are invited and en- tion survey that was concouraged to attend.

by calling 582-6597. Leaves will be picked up only during the month-long

COURTESY PHOTC

pick-up period. After that time it will be the property owner's responsibility. Brush will not be picked up during the leaf pickup. Residents my bring brush and leaves (bagged or unbagged) to the North Boyne compost site on

City ordinance prohibits

parking time limits and enforcement.

There will also be an update on the parking utilizaducted last summer for the

their best work, a piece the chance to sit down child's work because they responsibility for their

that needed improvement, with their students. They often don't see it at home. assignments and showed and a favorite assignment. liked the fact that they In addition, they liked pride in their work.

7 p.m. Monday, May 18

Natural Foods Market; and

find what you need to shop

and live in an environmen-

tally responsible manner.

#### The purpose of the meeting is to review parking changes made last year, receive input on how well

second year in a row. For more information about the meeting contact Hugh Conklin, Boyne City they worked, and discuss Main Street director, at 582whether additional changes 9009 or e-mail mainstreet@



Think Green this spring at your library

Boyne District Library is to take advantage of Boyne from Meeker's slideshow of friendly cleaning products. hosting a series of programs in its community room on Monday evenings beginning April 6 to encourage brary's displays on gardening residents to "Think Green This Spring at Your Library." From growing trees, vegetables and flowers, to recycling and lifestyle changes, knowledgeable community mem- tips. bers will inform and inspire. The series will wrap up with a plant exchange on Saturday, May 23.

7 p.m. Monday, April 6 – Organic Gardening: Alana Haley, Pine Hill Nursery. Growing your own food organically is easy, good for you and good for the planet. Whether you have a lot of space or just a you select the proper trees for little, you can grow fresh, healthy food for your table.

7 p.m. Monday, April 13-Recycling in Charlevoix County: Michelle Hewitt, Charlevoix County Recycling Committee. What can and can't be recycled, how and where to recycle, what to do about roundings. Learn cost-saving the plastic pots from your measures such as propagagardening projects and how

City's composting efforts. her own creations. All day Wednesday, April 22 – Earth Day! Visit the li-

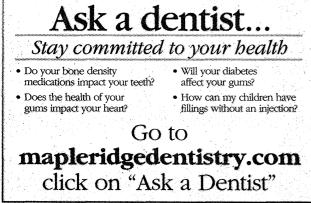
Jankowski, The Grain Train and environmental issues. Take home a reusable book Jen Lewis, Boyne City farmbag made from 100 percent ers market. Whether it's enrecycled materials, and pick couragement and support, up some eco-friendly living or new ideas and techniques,

7 p.m. Monday, April 27 – Flower Gardening: Nancy Wright and Carol Ross, master gardeners. Cleaning up and preparing your flower beds, and how to attract hummingbirds to your garden.

7 p.m. Monday, May 4 - All About Trees: Mark Contrucci, Mark C's Trees. How do your site? When is the best time to prune?

7 p.m. Monday, May 11 -Rustic Gardening: Valerie Meeker, Boyne Valley Garden Club. Cut down on expenses while at the same time adding beauty to your yard and surtion methods, and get ideas





Easter Egg Hunt: 12 pm, Mountain Grand Lodge and Spa Lawn Famous Easter Brunch at Stein Eriksen's, 11:30 am - 3:00 pm Made to order Omelets, Carved Honey Maple Glazed Ham and Slow Roasted Turkey Assorted Homemade Danish, Muffins and Sweet Breads Sausage Gravy and Biscuits, Sausage and Bacon Hot Waffles Station with Berry Compote and Whipped Cream, Seasonal Fruit Display Fresh Cut Baby Greens with assorted Dressings and Condiments Tomato-Basil Couscous Salad, Wild Basmati-Pecan Salad, Trotolle Pasta Salad Seven Grain Rio Salad, Seasonal Vegetables and Dip

Juggling by Tommy Tropic: 9:00 - 11:30 am

Mountain Grand Lodge and Spa Lobby

Parsley Creamed Potatoes, Fresh Green Beans and Roasted Bell Pepper Almondine Sundried Tomato Bruschetta Farfalle Raspberry-Boursin Breast of Chicken, Baked Cod Nicoise Fresh Baked Dinner Rolls

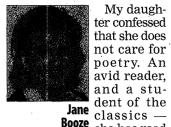
Chef's selection of Petit Fors, assorted Pies and Cakes \$18.95 adults | \$9.50 children 8-12 \$4.95 children 4-7 | 3 and under free Reservations for this special event are suggested. Gratuity and tax not included. Stein Eriksen's is a smoke free resta Skiing/Riding:

9:00 am - 4:30 pm Avalanche Bay Indoor Waterpark & Arcade: 9:00 am - 10:00 pm OR RESERVATIONS

PLEASE CALL 231.549.6054

#### Wednesday, April 8, 2009 • News-Review

## **Poetry is a story form** worth enjoying



she has read – it seems

appropriate and necessary that she

like poetry. And yet, she

does not.

ing of a tree laden with peaches, and I was stirred by some childhood memory, and I loved the painting, and said SO.

My companion ran his expert and critical eye over it for a moment and said. "It doesn't work." Emphasis mine.

Goodness, how could it not work when I just said I loved it?

I went to the Louvre a couple of years ago, and I am telling you, there was plenty of paint splashed around that didn't work for me, but somebody thought it worked and was the work of masters. So I accept that those paintings work for some. And I also accept that there are those whose artistic understanding far exceeds mine.

All I know is when it hits the solar plexus, when it makes you feel something, or takes you somewhere outside the moment, it's working. I have a print of a house in a fall orchard. It is a white farm- the mind into reading the po-house, nothing fancy, and the em "poetry-style" — it should that pair of playful squirrels.

My daugh- fall sky filters just a little wa- still be read just like the first ter confessed tery light through the barren part. that she does rows of fruit trees flanking not care for the house. That painting is a own knee. We had an album poetry. An time machine. I can smell the of Robert Frost poems read crisp air, and it smells a little by the author in his deep and like snow. I love that painting grandfatherly voice. That dent of the that reaches out and touches me with my own childhood.

I love Norman Rockwell, much more and all the expressive hu- them out of. His voice was Of Lions than I have man faces and attitudes he resonant with the experience Robert Frost.

doesn't read it well. I had human response. an English teacher in high I remember seeing a paint- read poetry like prose. Too other painters besides Nora kind of singsong — a melodramatic and maudlin rap.

> My English teacher, I am convinced, was right. Try these lines.

tiptoe down the darkened doorway with the news and put him on his guard. 'Silas is back.' She pushed him out- you don't like poetry, you ward with her through the door...

And now, how it is actually written, the next few lines from Robert Frost's "The Death of the Hired Man": "And shut it after her. 'Be

kind,' she said. She took the market things

from Warren's arms And set them on the porch,

then drew him down To sit beside her on the

wooden steps.' The stanza shouldn't fool

I learned to love Frost at his voice imbued each character with a depth as solid as the New England earth he carved captured. And I love the poet of this kind of death. He was so gentle with Mary; so for-Katie says she doesn't like giving of the dying Silas; so poetry partly because she sympathetic with Warren's

I don't know. There are othschool who said you must er poets besides Frost, and often we try to read poetry in mal Rockwell, and I claim no expertise in either field. Frost helped me to love other poetry, and Rockwell helped me to ignore the snobbery that says Picasso is his superior. He 'Mary sat musing in the may well be, but how would lamp flame at the table, wait- one know it? My eyes and ing for Warren. When she heart tell me that Rockwell heard his step, she ran on tells truths about life that I appreciate and that give me passage to meet him in the hope. I think that means it's 'working.'

I believe that if you think probably haven't found the poetry you do like yet, that's all.

Some things are best said poetically, my mother said. My sister, as a child, described the tracks of a pair of squirrels: "They look like they're playing tag." She could have said, simply, that there were squirrel tracks in the snow. The introduction of play, a game, a run and chase and tumble through the snow, made her observation poetic. And so we still remember



East Jordan Elementary School students celebrate reaching their Reading Month goal.

### **East Jordan Elementary School Students Celebrate Reading Month Success**

Reading Month" celebra- ny" highlighted the month. tion at East Jordan Elemen- The company's staff worked tary School was filled with with all third- and fourthevents and activities for students and families.

produce skits, which were In a building decorated performed during a schoolfrom top to bottom with wide assembly. On the last day of school the month's "Rainforest" before spring break, elementheme, the youngsters enjoyed visits from visiting tary school teachers and authors, an "Animals of staff members performed the Rainforest" presentatheir annual Reading tion and "Literacy Night," Month skit, which featured which attracted hundreds a great plot about valuable of students and parents for a variety of reading-related in the jungle. At the end of

activities A special visit from the ementary school principal, a champion."

The annual "March is "Acting Up Theater Compa- announced that the students had read 25,002 books during the month.

After the announcement, grade students to write and Prins paid off his bet with the students by dressing up as a monkey.

> "I'm really proud of our kids," Prins said. "They do a great job every day, and our staff does too!"

Prins credited third-grade teacher Donna Bennett for all of her efforts too.

"Ms. Bennett does an inbooks that had been hidden credible job organizing all of the events during Readthe skit, Cal Prins, the el- ing Month," he said. "She's

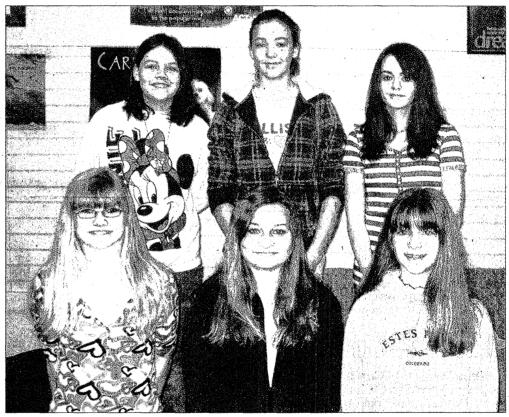
## **Cryan' Shames Band** member rocks the house

Jeff Rutter of the Crv- dents loved seeing their an' Shames rocked the teachers dance. Boyne City Middle School gym with his Rock 'n' Roll into Reading assembly on March 4.

ter knows how to involve rity and envision success efforts in school," said

kick-off event to the goal now is to reward the Boyné City Middle School vast majority of our stu-PRIDE campaign in which dents who come to school Students danced and students earn prizes for and do what they are supsang along with rock stan- following rules and acting posed to do every day. The dards, while Rutter worked with PRIDE. PRIDE stands assembly was a fun way to music appreciation vo- for practice safety, respect show students how much cabulary and library pro- others, increase responsi- we appreciate them as inmos into the show. Rut- bility, demonstrate integ- dividuals as well as their

"Often we do a good job of monitoring or checking The assembly was the negative behaviors, our



students and adults alike — all behaviors BCMS en-student success advisor in his performances. Stu- courages in its students. Jamie Baumann.



Boyne City Middle School students danced and sang along, while Jeff Rutter worked music appreciation vocabulary and library promos into the show during a recent assembly. The event was the kick-off of the Boyne City Middle School Pride campaign.



We would like to Thank You! **Customer Appreciation Day** Saturday • April 11th • 9 am - 4 pm Come enjoy refréshments, discounts & prizes whether you have or haven't experienced Main Street Hair Cottage!



Photo left to right: Nichole Imel - Stylist, Debbie Bennett - Owner/Stylist, Christy Skrocki - Stylist, Melissa DeHaan - Stylist, Julie Lafferty - Stylist



Boyne City Middle School seventh-grade students were nominated to become peer mediators. These students are learning types of conflicts, listening skills, communication styles, how to remain non-judgmental, and how to offer solutions. Peer mediators will serve all students by helping them to learn leadership skills, problem-solving skills, communication, and how to handle situations in a positive way. They are Tabby Harbaum, Kylie Hicks, Cassidy Moody, Jill Solomon, Chantel Talboys and Courtney Weldon. They are now undergoing training so that next year they will be equipped to handle peer mediations.









Building BRIGHT futures

BOYNECITY PUBLIC SCHOOLS

## Early Learners Program

Summer and Fall registration now being accepted for this nurturing, outstanding, quality year round program for 3 - 5 year olds.

#### Program Highlights

•Flexible - pick your own hours and days •Fully Licensed by the State of Michigan Separate classroom for 3 and 4 year olds Use of full size gymnasium

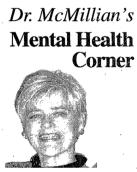
•Educational focus .Weekly visits to Boyne District Library

 Fieldtrips •Computer in each classroom

•Outdoor Playground •FIA accepted

Learn more at our Registration Night 7 p.m. - Thursday, April 16

Boyne City Early Childhood Building 321 S. Park • 231.439.8178 STEVE ZUCKER/NEWS-REVIEW



Thank you Kathy

Mindfulness is nothing new but an ancient equivalent for "thinking about" unsettling mental emotional-somatic states. Advances in science and technology, positron emissions tomography (PET), the integration of neuroscience and psychology have powered the connection between various mental events and the activity of discrete brain structures as healing. The bookstore was just good healing! Many know the local bookstore has closed. There was an open house to honor Kathy and her social commitment to her community. The sum of mindfulness was evident at this goodbye. Mind-fulness accepts that human beings are social beings deriving their strength and health from positive inter-actions with their social peers. In the role of helper, I believe that the brain is adaptable and that lived experiences create lasting change in brain structure and interpersonal functioning. I used Kathy's bookstore as part of treatment planning for many years. The anxious could run quiet experiments learning to join, belong and heal at the book-store. The sad and lonely could pull up for a cup of java with a well-worn book touched by others and sooth the soul. I will deeply miss her but her thumbprint remains on lives and pages turned. Thank You Kathy.

NEXT TIME: Brain Lock and OCD the 4R's Tammy McMillian, Ph.D. 582.0553