

CHARLEVOIX COUNTY PRESS

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25 Cents

Bridge to cross lake

Plans were revealed today that would allow a bridge to be built across Lake Charlevoix between Whiting's Park and the east end of the Young State Park.

The bridge, according to those who have supported the building of a bridge across the lake, would allow cars going from Advance to Petoskey to save about ten minutes of drive time.

The bridge would also have several uses, supporters say.

One of the uses they suggest would be that instead of the students of the Boyne City Swim School having to swim the mile or so across the lake, they could then walk across the bridge.

"Of course we will have to shut down one lane, just like they do for the Mackinac Bridge Walk, held every Labor Day," one supporter said.

Other uses would

be for fishing. Some of the best fishing at the east end of the lake would be covered by those wanting to fish the deep holes towards the middle of the lake. Supporters did day, however, they haven't worked out the details for those who may want to do a slow walking troll off the sides of the bridge as they cross.

"Besides a traffic problem caused by fishermen trolling out of their cars, we may have to increase the size of the proposed two lane bridge to include sidewalks on both sides," another said.

The reason given for putting a sidewalk on both sides of the bridge was that they didn't want to see the hassle of those fishing and trolling getting their lines tangled.

"If we make each side of the bridge one-way, then those problems won't occur," someone said.

The group proposing this bridge figure that if the state can "put out millions" for the Zilwaukee Bridge, they can also do the same for this bridge.

Cost figures were not available as the idea is only a proposal at this time according to the coffee table talk promoting the idea.

"Whatever the cost," said one, "we feel we should get some money back from the state and the federal government for all those taxes we are paying into the system."

The group supporting the idea of a bridge said they also looked at other sites in the area.

The first idea was to bridge the narrows between Ironton and Hemingway Point, but that was rejected as the county already has a way to cross that part of the county.

"We thought about it, but we decided that to put a bridge across at the Ironton Ferry would mean the elimination of one of the top tourist attractions we have in the area."

The ferry, which

has been written up in Ripley's Believe It Or Not, has a lot of tourist traffic each summer it is in operation as the tourists want to take a boat ride to see where the road goes.

Supporters said that the ferry operation makes too much money from the tourists wanting to get to the other side that they didn't want to take those funds away from the County Road Commission.

"What would they use for money to fill up the potholes?" one supporter asked.

Another suggestion for a bridge was to build one across the Boyne River somewhere near the Boyne City Airport. But that idea was rejected by the group as being too realistic.

"Someday, I suppose, we will have to support a bond issue that would allow a bridge to be constructed in that area," another supporter said.

That was questioned by several others as they asked if the city was prepared to build the bridge high enough so that

those crossing it would not have to smell the odors emanating from the city's sewage settling ponds.

The settling ponds are in the same area as the rejected bridge idea, if it were to be constructed.

Another suggested that air traffic from the airport would have to be diverted every time a car crosses because he figures the roadway would have to cross the airstrip.

"Another thing," someone else

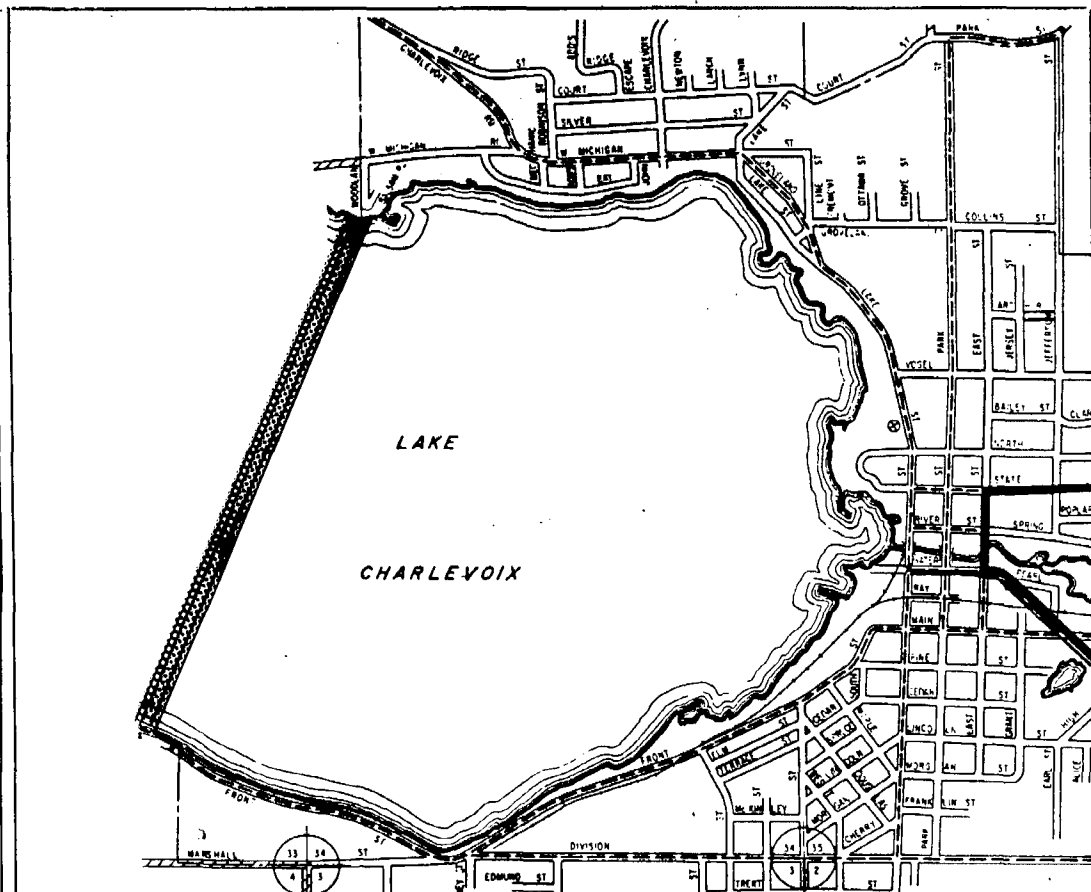
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Brevity

Being brief for this special issue of the County Press, we want to make certain everybody knows that this issue is a special April Fools' Spoof.

Our lead story is totally untrue.

The editor and publisher has always wanted to do an issue of this type as many other newspapers throughout the nation have done. Some have gotten themselves in a lot of hot water as the people reading them have taken them as serious, real, stories. We want to assure you that is not the case with some of this week's special edition. We hope you will enjoy some of the articles we have been waiting for many years to do...it's all in fun, and hope you take it that way.



Projecting where the proposed bridge crossing Lake Charlevoix may go is a little hard when you can't see the value of the project anyway. This map shows what might be the thoughts of some of the supporters as they wanted the bridge to be located within the city limits.

DNR angling packet ready for free fish weekend

A free angling packet is available to groups planning fishing clinics, tournaments, seminars, derbies and other fishing events prior to or during Michigan's free fishing weekend (no fishing license required) scheduled June 6-7, 1987.

"The packets are chocked full of select fishing information and brochures," commented John Scott, Department of Natural Resources

(DNR) Fisheries Chief, whose Division, in conjunction with Michigan United Conservation Clubs (MUCC), prepared the packets. "We've already had more than 200 requests for them, and expect even more requests to come through as the date nears."

Items included in the packet are a step-by-step guide to setting up a fishing clinic/tournament, fishing booklets for kids,

fish preparation and cooking sheets, guides to select fishing waters throughout Michigan, and many other fishing related materials, added Scott.

"The intent of Michigan's free fishing weekend is to provide new anglers of all ages opportunities to experience fishing 'hands-on'," said Scott. "We've had terrific feedback from groups

who organized events last year and again plan an event this year. We hope that enthusiasm continues as other groups become involved."

"We had a fantastic community turnout that day, not just by more than 80 kids, but by parents too," remarked one Dundee Lions Club member, whose group helped organize a fishing clinic along the River Raisin during last year's free fishing

days. "The kids brought their own or borrowed equipment, and we helped them fish, awarded prizes and provided refreshments. It was a great day!"

Another 1986 free fish day participant, Ray Groop of the Wilderness Sportsmen's Club in Iron County, responded: "Over 60 people of all ages came to our free fish day tournament on the Paint River last year, including

residents from Indiana and Illinois! Everyone fished, picnicked and many took home some fine fishing or camping prizes we offered. It was so successful, we plan on holding another fishing tournament and our club picnic on free fishing days next (1987) year."

Angling packets may be obtained from the DNR's Fisheries Division, PO Box 30028, Lansing, MI

48909, or call 517-373-1280.

For further information on free fishing days, contact DNR's Public Affairs Offices

at 517-373-1214 or MUCC at 517-371-1041. A list of scheduled events planned by groups

during the free fishing weekend will be publicized by the Department as the weekend nears.

No fooling, new mosquito abroad in this land

EAST LANSING, Mich.—A new and potentially dangerous, disease-carrying mosquito may be moving into Michigan this year.

The mosquito, the Asian tiger, was discovered in the United States in the Houston area in August 1985. Entomologists believe the mosquito traveled to the United States from Japan in a ship-

ment of scrap tires. Since its arrival, the mosquito has quickly spread to other southern states.

"Whether it will travel this far north is not yet known," says Don Newson, a Michigan State University Cooperative Extension Service entomology specialist. "In Asia, about the farthest north the tiger mosquito goes is the 40th parallel—about

the same latitude as Columbus, Ohio."

Last summer the tiger mosquito was reported in western Ohio, due west of Columbus.

One of the major concerns about the new mosquito's coming to the United States is its ability to transmit diseases, Newson says. In Asia, the tiger mosquito is a very efficient carrier of dengue fever, a disease that is not normally fatal, though some severe strains can cause death.

Newson says the disease used to be found only in Asia and the South Pacific islands, but recently dengue fever has been reported in the Caribbean, South America and Mexico. The arrival of the Tiger mosquito in this southern area is expected to increase the spread of the disease because of the insect's

ability to transmit it.

"Probably dengue will not be a major disease in the United States, except for the southern part of the country, the Caribbean and other adjacent areas," Newson says.

"Whether dengue can extend this far north is not known," Newson adds.

Michigan's climate may be too cold for the virus to survive. But if the tiger mosquito does find Michigan's cooler climate acceptable, it will be able to spread viruses already found in the north central region faster than our common mosquitoes.

Newson explains that one of our common mosquitoes, the *Aedes triseriatus*, tends to lay its eggs in woodland environments, tree rot holes and discarded containers. The tiger mosquito, the *Aedes albopictus*, has a much broader choice of breeding locations. It will lay eggs in wooded and urban areas. The tiger mosquito will also lay eggs, a few at a

time, in several locations instead of all in one place. This increases the potential for survival and the spread of the species, and the potential for spreading diseases associated with the mosquito, faster.

One disease that entomologists are concerned that the tiger mosquito may spread is La Crosse encephalitis, a virus found primarily in wooded areas of the north central region.

According to Newson, La Crosse encephalitis is carried primarily by *Aedes triseriatus*, which live in thickly wooded areas. The virus is seldom transmitted to humans because these mosquitoes stay in or near these wooded areas. The virus can be passed from one generation of mosquitoes to the next through the eggs.

DARKROOM TECHNICIAN

Position available for person with black and white darkroom printing experience, knowledge of PMT process helpful. Part-time, start immediately. Hourly wage based on experience and ability. Apply at Charlevoix County Press, 108 Groveland, Boyne City, Mich.

WANTED SPORTS WRITER

Preferably a sophomore or junior high school student, to cover Boyne City sports activities.

Contact editor, Charlevoix County Press
108 Groveland
Boyne City
582-6761

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suggested, "we don't want any airplane to get confused and think that the bridge would be a new runway. I could just see a 747 trying to land on that bridge." April Fool!

If the tiger mosquito gets infected with the La Crosse virus, potential for the disease to be spread to people will increase, Newson says.

Whether the tiger mosquito will adapt to the state remains to be seen. In any case, Michigan residents will still have their share of common mosquitoes to contend with this year.

Newson explains that Michigan's mosquito population is dependent on heavy

rainfalls during the warm months.

"If you get frequent heavy rains that cause local flooding, the eggs on the soil surface hatch," he says. "If we get two or three heavy rains in a month, you can count on two or three batches of mosquitoes."

"After a heavy summer rain, you can almost mark on a calendar that two weeks later you will have a mosquito problem," he adds.

Jottings

Continued from Page 3

hobby worth doing would be eating only at fine restaurants,

providing I could get someone else to pay the tab.

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Ward 1 - Wednesday, April 1, 1987
Ward 2 - Thursday, April 2, 1987
Ward 3 - Friday, April 3, 1987
Ward 3 - Friday, April 3, 1987

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Superintendent of Public Works
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Medicine conscious of sleep disorder seriousness

Sleep is as fundamental to human life as anything we do. Such being estimated, for instance, that between 30 and 50 million Americans are probably experiencing sleepiness or other symptoms during their daytime hours because of lack of sufficient sleep at night.

Although we spend about one-third of our lives sleeping (or wishing we were), medicine has only recently begun to explore sleep disorders in depth: what they are, what causes them and what can be done to prevent them.

A survey of more than 1,100 residents of a Florida county found that between one-third and one-half of them complained of sleep problems.

It's understandable. The average human sleep time begins at about 16 to 17 hours a day for a newborn and decreases gradually to 7 to 8 hours for adults under the age of 60. And then it gets worse. People over 60 average only about 5 to 6 hours of sleep a night. This is not a decreased need to sleep. Rather, it is a usually decreased ability. With advancing age, people tend to awaken more during the night and have more difficulty getting back to sleep.

Although sleep disorders can range from the troublesome to the catastrophic, most of the 350 or so facilities in the United States offering expertise in the field have been doing so only in the last five or six years.

Their major concerns today are: a) Chronic daytime sleepiness, which may at any age indicate a sleep disorder. b) Biological clocks, the circadian (daily) rhythms that are supposed to keep our body function on a 24-hour-a-day schedule.

However, they too often develop problems which must be diagnosed and treated. c) Sleep apnea syndrome, multiple failures to breathe during sleep that is the leading cause of daytime sleepiness seen in sleep disorders centers. d) Narcolepsy, a disorder that commonly has its onset in adolescence, which is characterized by repeated bouts of irresistible sleep. e) Chronic insomnia, which is generally held to affect about 15 to 20 percent of American adults.

There is an almost linear relationship between daytime sleepiness and the amount of sleep one gets at night. Most adults, in fact, don't get enough sleep, and hence have a heightened tendency to fall asleep during the day.

Barely a decade ago, 80 percent of the people in the U.S. who complained to their doctors of being impaired with daytime sleepiness were told that it was not a problem. Sleep disorders were not widely recognized at the time. Today many physicians are aware that excessive daytime sleepiness can be a very real problem, particularly since it so frequently manifests itself as fatigue, depression, interpersonal relationship problems and a lowered self-esteem.

One answer to daytime sleepiness, of course, is simplistic: Get more sleep at night. But for people suffering from sleep disorders, this is often impossible unless they get the proper medical help.

And the answer is not easy when dealing with circadian rhythms. The body's internal biological clock usually times sleep to occur at night, allows us to awake refreshed in the mor-

ning, produces low body temperatures before dawn and higher ones in the afternoon. Experimental disturbances in circadian rhythms, however, have been shown to adversely affect emotional well-being, mental acuity, longevity, reproductive function, body temperatures and the restorative value of sleep.

Changes in circadian rhythms with aging can be a factor. The early-to-bed, early-to-rise tendencies of the elderly can bring about what is called **advanced sleep phase insomnia**. Victims of this condition may awaken in the wee hours of the morning and are overwhelmed by sleepiness as evening begins. Conversely, **delayed sleep phase insomnia**, an inability to fall asleep at the desired time, is more common in young adults.

If the situation is temporary, as in jet lag, the answer is that adjustment to the new schedule can take a few days or even a week. If the situation is an ongoing one, however, some specialists suggest resetting the internal clock. In the case of delayed sleep phase insomnia, this means going to sleep progressively later each night (that is, midnight instead of 10 p.m. one night, 2 a.m. instead of midnight the next, and so forth) until the desired bedtime is reached.

Sleep apnea is more serious and can in some cases lead to death. Characterized usually by heavy snoring or gasping for breath during sleep, it causes repeated halts in breathing for up to two minutes, sometimes more than 500 times a night. It is most common in men who are over 40 and overweight, and the symptoms tend to be more severe when

they sleep on their backs.

Since the problem is generally a physical obstruction of the upper respiratory tract, a surgical procedure to remove excess tissue from the upper airways is often used. A more recent alternative, a mask that delivers a continuous supply of air to the nostrils under gentle pressure and holds the airway open during sleep, is very effective and is coming into wide use. In rare instances tracheostomy—insertion of a tube into a surgically made hole at the base of the throat—is used.

A person with narcolepsy is always sleepy, and, as a consequence, often experiences sleep attacks, even when engaged in busy activity. Another component of narcolepsy that is always present is called **cataplexy**. This is an abrupt flaccid paralysis of the muscles—they suddenly go limp. It is the identical paralysis that occurs every night in REM sleep (a phase of sleep characterized by rapid eye movement and vivid dreams). These attacks are triggered by emotion.

Narcolepsy can also result in **sleep paralysis**, an inability to move for seconds or even minutes just at the onset of sleep at night or after awakening. Another aspect of narcolepsy is the onset of hallucinations, with patients occasionally experiencing vivid dreams while still conscious.

Treatment consists of medications to relieve the symptoms. Stimulants are used to ward off sleepiness and sleep attacks, and tricyclic antidepressants are used to treat cataplexy. One specific action of the tricyclic antidepressants is to

suppress the abnormal REM sleep process.

A recent national survey found that one-third of the population suffers from some degree of insomnia and that half that group considers it serious, leading to high levels of distress.

Actually, there are three types of insomnia.

Transient insomnia is defined as lasting several days at most—the kind all of us suffer at one time or another. Because its duration is brief, some sleep experts believe that it need not be treated while others recommend use of a short-acting sleep medication to prevent impaired functioning

during the day.

Short-term insomnia can last up to three weeks and may recur. Here again low doses of a hypnotic agent may be used intermittently. Both transient and short-term insomnia are generally caused by emotional upsets, health problems or other temporary disturbances.

Long-term insomnia is more serious and calls for a complete diagnostic workup in a sleep disorders center. A number of specific sleep disorders such as periodic leg movement and sleep apnea may lie behind the chronic disturbance of sleep. Certain types of insomnia

may respond to a combination of behavioral therapy and judicious use of sleep-promoting medications.

That sleep disorders constitute a major disruptive factor in our lives is unquestionable. Just what causes some of those sleep disorders, however, is still open to question—probably a combination of genetic, psychological and physical elements. In any case, treatment must be individualized. After all, Albert Einstein slept almost 12 hours a night, Thomas Edison only four—and they both lived long, productive lives.

Writers of North gets grant

Writers of the North has been awarded \$1,469.00 mini-grant from Michigan Council for the Humanities. The money will be used to preserve and enhance a multimedia program created by the group. The program, "Images and Language: A Poetic Vision of our Lives" started as a slide presentation with recorded poetry and music. It was first

presented to an audience at the Upper Great Lakes Writers Conference in October, an airing that brought requests for repeated presentations. In its present form, this would be difficult.

With the MCH assistance, the program will be transferred to video tape, a medium much more accessible to interested viewers. The

video will be accompanied by a pamphlet of the same poetry and photography.

The grant award is part of Michigan Council for the Humanities "Making of Michigan" program. Of 25 applicants for funding through the council, only 11 received funding, and only Writers of the North was funded 100 percent.

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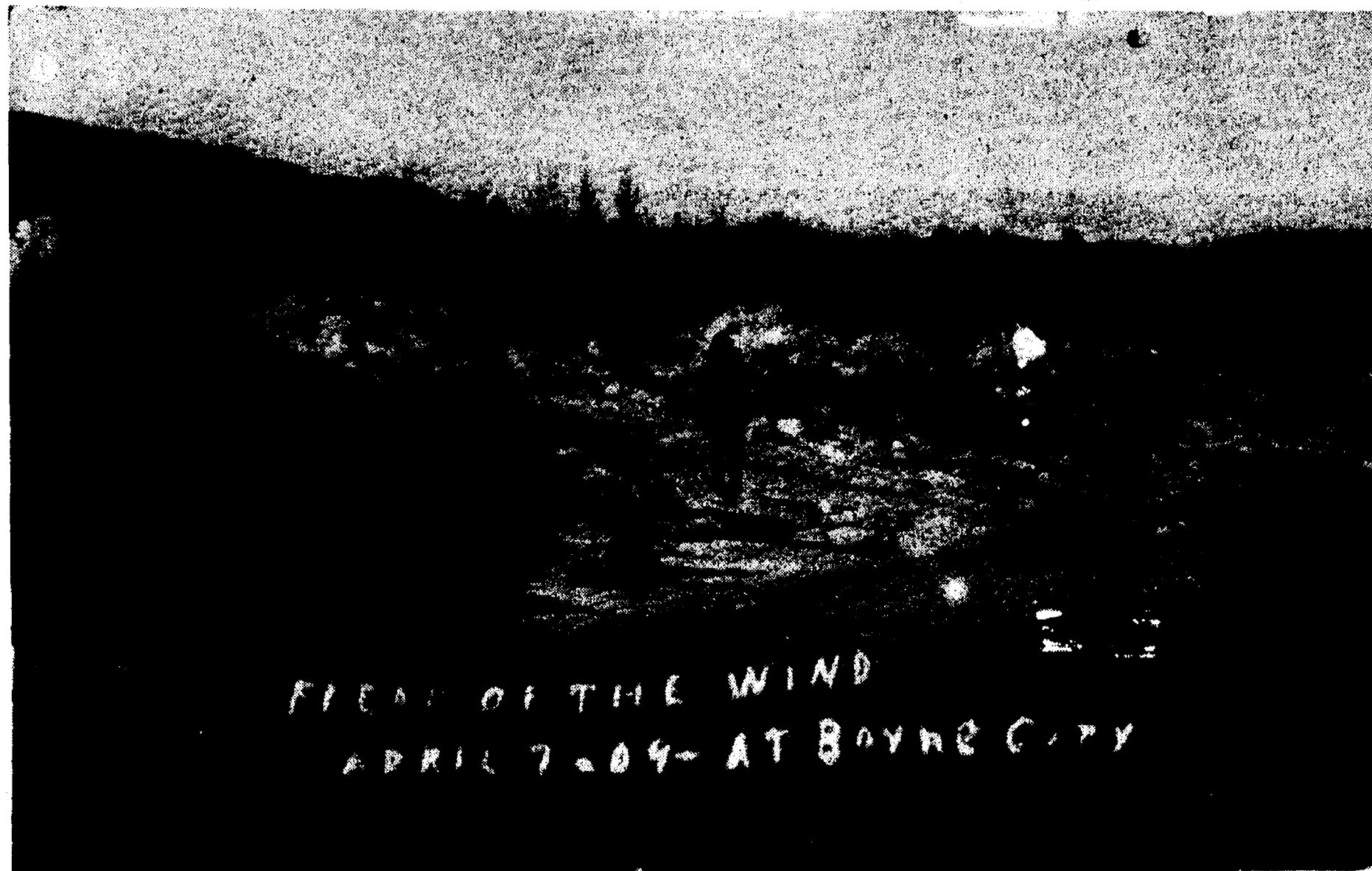
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Remembrances



Seeing how the ice is building up along the shoreline within the city, we dug this old picture out to show that ice moving up on shore is something the community has had to deal with for many years every spring. This picture from 1909 showed what the ice did back then when many of the industries located on the edge of the lake had to take the brunt of the moving sheet of ice. You kind

of have to wonder if the current DNR people would condone all those barrels being along the shoreline today. We also wonder who had to pick them all up, the men shown in the picture? If you have any old pictures you would like to share with our readers, bring them to our office and we'll make a copy for this feature that many folks around the area say they appreciate.

Date Error

Jottings

BY JIMSILBAR can be fun. Especially does sometimes. Doing an April if you can let your It's almost like Fools' issue like this mind run like mine having coffee with

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Silbar
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George Wuerth and some of the other people around town.

But, I hope you enjoy this abbreviated issue of the County Press, as you will have to wait another seven or so years before we can do another. You see, that is because someone said that every seven years the same date comes up on this calendar. I think that may be for those who deal in trivia knowledge, though, as it may be that every seven years you can celebrate a birthday on the same day you were born.

I have several in my family who use that as an excuse to take years off their lives. After all, figuring that way, I would only be in grade school.

Those people who happen to be born on February 29th can use the same excuse.

Although when you

are young, you want to add years to your age. Like a youngster saying he or she is seven and a half years old. Teens may want so they can do some of the adult things in life. Except get into the movies as an adult payer.

When we get older, we keep saying things like "I wish I could be age so and so again". The reasons are many, from seeing some youth having a great time on a beach, to being able to do all those things you used to do when you were younger, like cutting wood all day long and being able to get up the next day.

All those things you used to be able to do when you were young, and you can't do because of maturity, can cause a lot of stress if you let it get to you.

Like staying up late

at night so you can celebrate the New Year. I know a lot of folks, myself included, who end up going to bed early that night because they can't take it like when they were in their younger years.

Other folks around town have developed the habit of going to bed early and getting up early. When they get older, they seem to get up even earlier. I can't figure out what to do when I wake up early, whether to go to the bathroom or just roll over until the alarm clock rings.

For someone who wakes up as bright as day when it's still dark, I find I can go back to sleep real fast and wonder where the time went as I just went back to sleep when the alarm sounds.

Then I wake up tired, and could use a

couple more hours of sleep.

But that clock on the nightstand won't allow me, as the rest of the world wants to get started doing its job and I have to go along with it to do mine.

If I ever get to be king, I am going to decree that when I want to sleep, everybody has to sleep. Make the day start at a decent hour.

And then we will follow the direction of those in Mexico and take a couple hours of siesta in the afternoon.

Of course we will also have to quit work at five or six, so we can then do all the other things around the house we are faced with every spring. Or we will want to do that sport we get involved with, or hobby.

I happen to be one of those who thinks a

Continued on Page 2