

Hundreds helped by Community Christmas

Members of the Community Christmas Program took a moment during the filling of 270 family food baskets, picking out 419 children and teen toys, and preparing 130 fruit baskets to pose for this picture last Friday. While this committee does most of the preparation for the project, about 50 people from the community volunteer their labor filling the baskets with items purchased and donated through the year for the people and families that may not be able to afford Christmas dinner this year. Members of the committee include, Ardith Hawley, Thelma Behling, Andy Andrick, Rev. "Buzz" Walls, Pat Greene, Jerry Williams, Jewel Bryan, Ruth Witenki and Kathy Stahl.

*Snowscope, a guide to winter,
included in this issue*



Charlevoix County Press

Volume 111, Number 43

December 26, 1990

35 Cents

Area hospitals join to build 60-bed nursing home

Northern Michigan Hospitals in Petoskey and Charlevoix Area Hospital have teamed up to build a new, 60-bed nursing home in Charlevoix.

The Michigan Department of Public Health granted extensions to the Certificate of Need to allow the two hospitals to work out a corporate transfer with Liberatore Health Care Inc., which was originally granted approval to build more than a year ago.

The state also allowed the hospitals to extend their construction start past the deadline in order to submit revised cost estimates. Revisions to the original plans were made in order to accommodate certain health department regulations and to make the building more aesthetically pleasing for both patients and the neighborhood.

The nursing home will be located off Upright Street and behind the physician's office buildings near Charlevoix Area Hospital.

Present construction plans call for 49 skilled care beds and 11 Home for the Aged beds for those who do not require constant care. Goodin and Bigelow Construction of Traverse City has been awarded the contract to build the \$2.4 million building.

"The building has been designed to enhance the Charlevoix and Boulder Park neighborhood," said Richard Krueger, Charlevoix Area Hospital Administrator. "We did not want an institutional look to the building. We wanted to present a feeling of comfort and ensure that it fit into the natural setting of the area."

Although some site clearing has begun, the major part of the construction won't begin until early spring 1991. An official groundbreaking ceremony will be held at that time. An expected completion date has not been set.

The one-story building will have semi-private and private rooms, with an attractive dining area and day rooms featuring cathedral ceilings with skylights. The day rooms will open onto a landscaped courtyard. Separate dining facilities for private family dining will be available. Activity rooms, physical therapy facilities, in-house laundry and kitchens are also included. Child day care facilities for employees are being considered.

Deborah Saur, planning consultant for the project, noted, "This facility will fill a definite need for continuity of care for patients from this northern region. In the past, area patients discharged from the acute care hospital often had to be

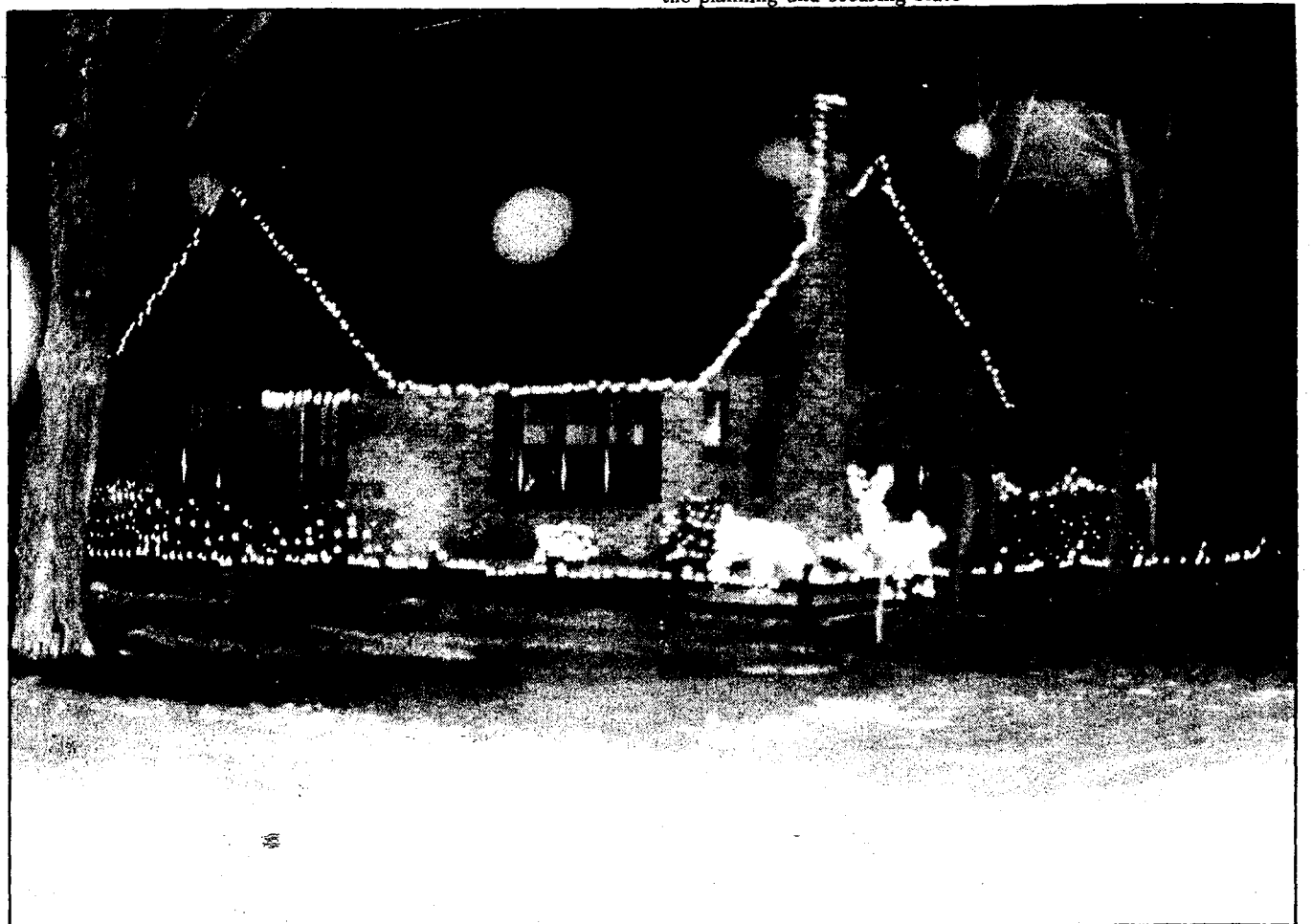
transferred to distant nursing homes for their care. Now they will be able to be closer to home and near their families."

Northern Michigan Hospitals in Petoskey strongly supported the need for another nursing home in the area, said NMH President Jeffrey T. Wendling.

"With the changes we've seen in the health care system over the years, we have recognized there's a need for additional nursing home beds in our service area. The nursing home in Charlevoix will help accommodate that demand," Wendling said.

Wendling and Krueger joined in expressing appreciation to Ralph McRae of Charlevoix, who saw the need for a nursing home and was instrumental in seeing it come to realization. They also thanked Saur for her work in heading-up the planning and securing state

approval for the building. The nursing home in Charlevoix is not the first project the two hospitals have cooperated on. They both own share in Health-Wares, Inc., a durable medical equipment and home nursing care company.



Winning this year's contest for the best decorated residence in Boyne City was the Doug Anthony household located at 521 South Park Street. The display included lighted reindeer and according to judges was the most original and had a tremendous overall impact. Second place went

to the Ron West house located at 718 Boyne Avenue, while third was presented to the Buck and Nancy Beebe household at 1106 Pleasant Avenue. Many homes were decorated this year, the second year of the citywide contest.

County upping budget 3.7 percent

Charlevoix County will be upping the budget costs of running the government by 3.7 percent, according to budget figures presented to the public by the County Board recently. The budget is ex-

pected to be adopted at the December board meeting December 27th.

The county intends to spend \$4,402,753 this coming year to fund county operations with the largest increases coming from the judicial division, followed by the public safety division, capital outlay, human services general government and commission.

Decreases in departmental budgets included Youth Activities, which was funded last year at \$36,369 and was eliminated in this coming year's budget. Other decreases came from the "other" category, down almost \$80,000. That category includes insurance and bonds, retirement, social security, contingency, county fair, and Community Growth Alliance. Operating Transfers accounted for another decrease.

Paying for the county operations will be property and

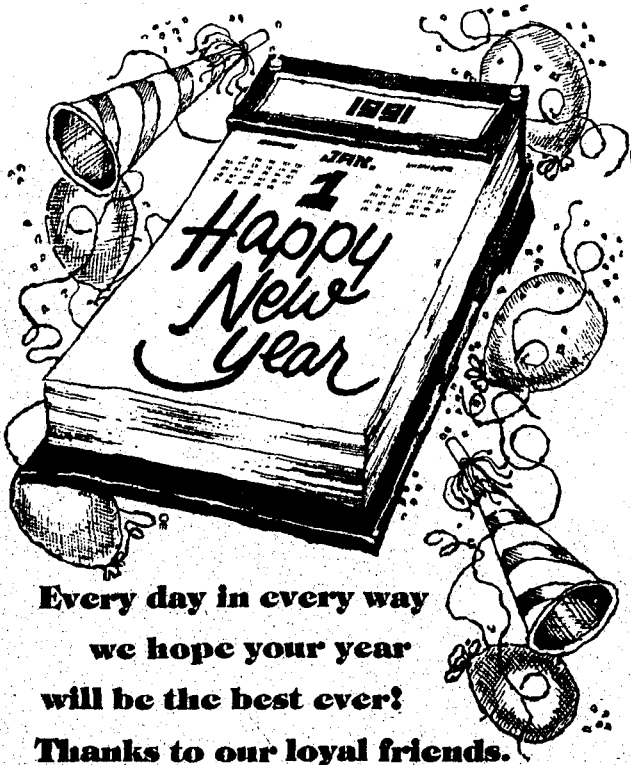
other taxes which will provide slightly more than half of the money coming into the county. State grants, licenses, permits interest and rentals will bring in the rest of the money.

The county budget has grown over the past ten years, from \$2,510,426 in 1982, to the \$4,402,753 that is proposed.

Early deadlines for next week

Because of the New Year's Holiday, the deadline for advertising and copy will be this Friday, December 28th. Thank you for your help through the year.

News Briefs



Every day in every way
we hope your year
will be the best ever!
Thanks to our loyal friends.

Magician to perform at area schools

East Jordan and Boyne City will be among the schools to enjoy a magic show as part of the activities during the Northwest Lower Snowmobile Rally Week, Jan. 26, 1991. P.J. Weber, master magician, has performed before royalty and presidents. He especially enjoys doing his fetes of illusion for school children, and looks forward to entertaining in these northern Michigan communities. His appearance is arranged by Northwest Lower Promotions and funded by Rally program advertisers from the respective communities. The public is invited to various

Rally activities, including P.J.'s spectacular chamber of swords magic show and dance at the Ramada Inn in Mackinaw City on Friday, Jan. 4; and the Ride-In Ball at the K of C Hall in Boyne City, featuring All-You-Can-Eat Hobo Stew, music, and drawings for the Rally Run 200 cancer fundraiser participants. A grand prize of a new, Arctic Cat snowmobile will go to some lucky rider who raised money to fight cancer and completed his tour of the area.

Information is available from Joe Breidenstein, Rally Coordinator, by calling 616-535-2227.



Students from the East Jordan Schools presented a special holiday program at the annual Christmas Party for the residents at the Grandvue Medical Care Facility. The party was sponsored by the Grandvue Auxiliary and was well appreciated by the residents of the center.

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Obituaries

ROGER STUTZMAN

Roger A. Stutzman, 49, of Tampa, Fla., died Dec. 19, 1990, at his home.

Mr. Stutzman was born Dec. 17, 1941, in Boyne City, the son of Charles and Bertha (Cook) Stutzman.

He was employed by Delta Airlines in Tampa, Fla., for 27 years.

He is survived by two sons, Scott of Zephyrhills, Fla., and Jeff of Caro; his parents, Mr. and Mrs. Charles Stutzman of Boyne City; three brothers, Charles Jr. and Robert, both of Boyne City and Joseph of Waterford.

There will be no visitation or services.

MARGARET G. HARMON

Margaret G. Harmon, 76, of Mount Pleasant died Dec. 9, 1990, at the Mid-Michigan Hospital Medical Center in Clare.

A memorial mass was held on Dec. 15, at St. Dominic's Catholic Church in Metz.

Mrs. Harmon was born Nov. 21, 1914, in Gilchrist, Mich., the daughter of Milborne and Charlotte (Fertia) Provost. On June 11, 1955 she married Raymond Harmon in Alpena. He preceded her in death on Jan. 17, 1971.

Mrs. Harmon is survived by two daughters, Mrs. Ann (Perry) Danielski of Mount Pleasant and Mrs. Carol (Thomas) Meads of Boyne City; eight grandchildren, Jeffrey Meads of North Carolina, Kim Feil of Boyne City, Kelly Puroll of Boyne City, Monica Meads of Boyne City, Christopher Meads of Boyne City, and Michael Danielski, all of Mount Pleasant; seven great-grandchildren; two step-great-grandchildren; two sisters, Hilda Phillips of Florida and Irene Garrett of Texas. In addition to her husband, she was preceded in death by two sisters and one brother.

Arrangements were handled by the Lux Funeral Home, 503 E. Broadway, Mount Pleasant, Mich.

GEORGE DOWNING

George E. Downing, 42, of Boyne City, died Dec. 21, 1990 as the result of an automobile accident.

Funeral for Mr. Downing will be held at 2 p.m. Wednesday, Dec. 26, at the Stackus Funeral Home in Boyne City. The Rev. Milton Walls will officiate and burial will be in Oak Hill Cemetery, Battle Creek.

Mr. Downing was born June 11, 1948, in Battle Creek, the son of Harold and Gennie (Arbick) Downing.

He was a veteran of the Vietnam War, serving in the U.S. Navy. Mr. Downing moved to East Jordan in 1962 and after serving in Vietnam resided in Boyne City.

Mr. Downing was an avid hunter, fisherman and skier. He had umpired and coached Boyne City Little League. He had worked for Ryan Engineering in Pellston for the past two years.

Mr. Downing is survived by one son, Christopher Downing, who is stationed at Camp Pendleton, Calif. with the U.S. Marines; his parents, Mr. and Mrs. Harold Downing of East Jordan; one sister, Elizabeth Downing of East Jordan; two brothers, Dennis Downing of Ludington; his grandmother, Anna C. Downing; one uncle, Lisle Downing of Battle Creek; one aunt, Zella Downing of Battle Creek; and several nieces and nephews.

The family suggests memorial contributions be made to the Boyne City Little League. Envelopes for memorial contributions are available at the Stackus Funeral Home in Boyne City where friends may call from 10 a.m. until the time of service on Wednesday, Dec. 26.

IRS says social security numbers important

"This year, for the first time, taxpayers who do not provide a social security number on the federal income tax return for dependents age 2 and over, may have the exemption automatically disallowed," said IRS District Director John Hummel. "They may also be fined \$50 for each number not shown on the return."

The 1986 tax reform act required social security numbers for dependents age 5 and over. In 1989, the requirement changed to age 2 and over, Hummel said "I would encourage taxpayers to apply for a number for all their dependents," he said, noting that for next year, the requirements will apply to all dependents age one and over.

To be issued a social security number, a person must have proof of the following items: age, U.S. citizenship or legal alien status, and identity.

"A birth record from a public authority, hospital, or religious organization is generally sufficient for the first two items," Hummel said. "A school record or certain other documents can be used for proof of identity."

For more information, taxpayers should contact the Social Security Administration toll free on 1-800-234-5772, or visit any Social Security office for Form SS-5, Application for a Social Security Number Card, and for the free leaflet, "Applying for a Social Security Number."

Miss Northern Michigan applications ready

Applications are being accepted for the 14th Annual Miss Northern Michigan Scholarship Pageant (formerly known as the Miss Grand Traverse Area) which is to be held in May of 1991 at Traverse City Sr. High School Auditorium.

The local pageant is part of the Miss Northern Michigan Scholarship Program. The local winner goes on to the Miss Michigan in Muskegon, and the state winner then competes in the Miss America Pageant.

The Miss America program gives out more than five million dollars annually to young women who participate in the scholarship program through Miss America preliminaries nationwide.

The reigning Miss Northern Michigan is Sandra Kay Metiva. Miss Metiva is a 24 year old Music teacher in the Traverse City Elementary Schools. She plans to return to receive her masters degree in music education. She will compete for the title of Miss Michigan in June of 91.

Young women between the ages of 17-25 who are United States Citizens, single and never

been married, and attend college or live in the Grand Traverse, Benzie, Leelanau, Antrim, Charlevoix, Cheboygan and Emmet Counties, are eligible to compete in this Miss America preliminary.

Contestants are judged in four categories, private interview, swimsuit, evening gown and talent. For more information and applications call 943-8662.

Applications are also being taken for the Miss Northern Michigan Teen and Pre-Teen pageants which will be held March 18, 1991 in Traverse City at Lars Hockstad Auditorium. This is for young girls between the ages of 8-12 and 13-16. This is the annual fundraiser for the Miss Northern Michigan Scholarship Pageant (formerly Miss Grand Traverse Area) a Miss America preliminary. These contestants will be judged in four areas; talent, interview, modeling on stage personality, and evening gown. For additional information and applications call 943-8662.

The reigning Miss Grand Traverse Teen is Suzann Hains.

Neighbors

WITH NANCY NORTHUP

Rocky and Mary Rickard entertained Pros and Janet Blanckaert for their December 20th, 63rd wedding anniversary his parents, Chick and Irene Rickard, for their 63rd Christmas together, and another guest, Bernice Smith, with dinner at the Station House. Chick and Irene, Pros and Janet, and Bernice all attended Sunday School together, over 60 years ago, in Flint!

Bill Redmer hosted an employee Christmas Dinner party at the Wolverine-Dilworth Inn on Friday night and a good time was had by all!

The Bergmann Center's annual Christmas party and potluck dinner was held on Wednesday. Making this year's Christmas program extra special was the wonderful presentation of "We Love Christmas," 1990 Musical Revue, directed by Marlynn Hughes.

The students of her high school and basic education classes did a fantastic job in singing the many favorite songs of the season, in a cappella. The students, dressed for the 50s, complete with poodle skirts and rolled up jeans, with the glittering stars of Christmas and an audience of over 100, were not the least bit stage shy and really got into it with their performance of "Jingle Bell Rock" Marlynn Hughes was presented with a beautiful bouquet of flowers from Ken Brill, the Center's Director, for her efforts of presenting a great musical program, and a round of applause was given for all who helped out. All enjoyed a gift exchange, with the client workers receiving an added bonus.

The TOPS (Take Off Pounds Sensibly) Club held their annual Christmas party on Monday with a "Diet Dishes" potluck and revealing of secret pals and gift exchange.

The Christmas spirit has been abundant at Litzenger place again this year as the scout troop have been caroling, the high school classes delivered "cookie houses" and delicious Barbershopper's en-

tertainment, the beautiful accordion music and singing of Midge Daniels, the picture poster and Christmas cards of Mr. Hoover's class... and many, many other holiday kindnesses that make the season so special. Some of the ladies of Litz sent lots of cookies to Mr. Hoover's school party and the Busy Bee Sewing group made lap robes and quilts for the less fortunate of our area... isn't it great that the spirit of giving and sharing and caring keeps going from here to there!

The Knights of Columbus (K of C) hosted their annual Christmas dinner party on Thursday for the clients of the area workshops of the adult mentally impaired, which included the Bergmann Center of Charlevoix, and those of WDW (Walloon Lake Developmental Workshop). Dinner was prepared by Ed Matelski Jr. and gifts and Santa were there for the day. There was lots of singing, with guitar accompaniment and lots of holiday fun was enjoyed by all.

Scores of this week's senior bowler were: Cleo Davis 450, Ardyth Dorgan 429, Jan Krussell 426, Pros Blanckaert 421, Jack Krussell 408, Norman Ramsdale 405, Nyle Gould 386, Jean Marcham 370, Bob Rumpfelt.

Thursday's winners of the bingo games at the mealsite were: 1st regular - Lena Kerr, 2nd - Leona Griffen, and 3rd - none. The specials went to 1st - split between Rose Reinhardt and Jennie Jodway and the 2nd was a split between Barbara Ross and Bernice Suchara. The cover all went to Jennie Jodway. All games were called by "The high and mighty Father Christmas" Lyle Ross.

Wayne and Julie Nadon and daughters of Oak Run, California arrived on Thursday to spend the holidays with her mother, Anne Jenkins, and family. The Nadon family spent Friday night and Saturday visiting her sister, June Morey, husband Jim and family in Traverse City. Anne's son Gary Wade Jenkins is also here from Sacramento for the holidays.

See Neighbors/Page 6

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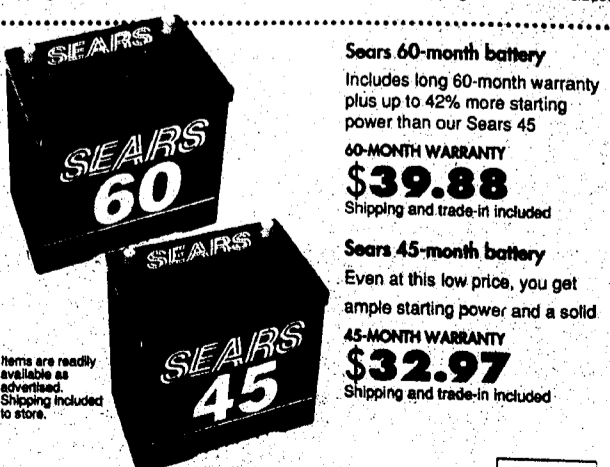
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Opinions

Lots to consider, for future starting next year

As we close out the old year and get ready for the new year, we are constantly reminded of the progress that has been or will be made by the local governments as they continue to try to serve the residents of the cities, villages and townships where we live.

Sure, sometimes elected officials may seem like they are barking up the wrong tree, no pun intended for Bay Township, or trying to direct the flow uphill, like Boyne City, or just letting it settle over in East Jordan.

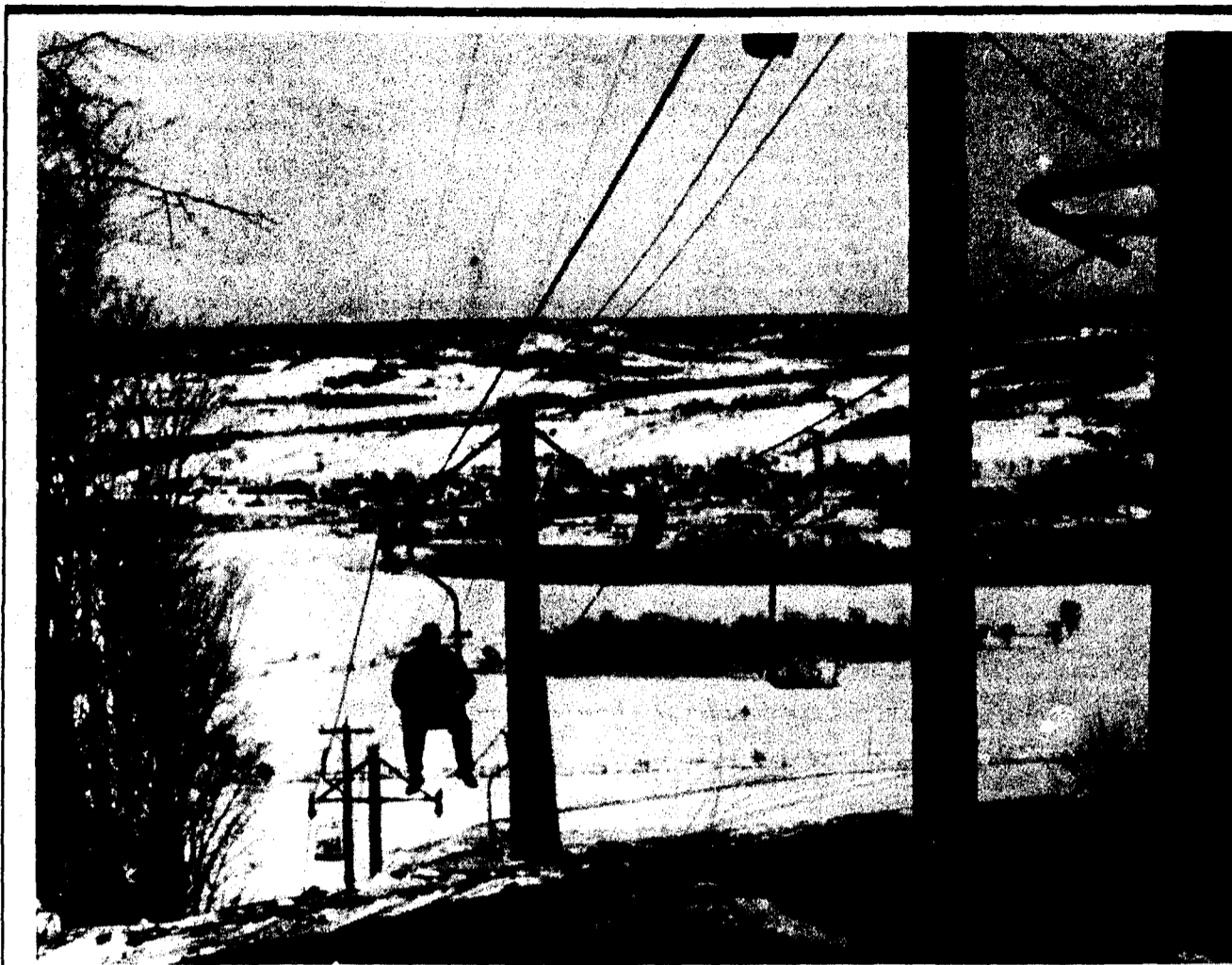
All in all, our elected officials and the professionals who serve them are trying to continue to contain the growth of the area, controlling it so that the rest of us will not get too excited over some project that has been proposed.

As we enter into the second year of the nineties, we will be looking forward to additional street work, sewer work, additional educational facilities and many other projects that are presently in the back of the minds of people wishing to come and live in our area.

While Boyne City is planning on helping the growth of the community, they should also reflect on the needs of the people presently living within the community. City officials should be looking at paving roads, adding water and sewer lines to areas where presently there are none.

If growth is coming, our community should be aware of all the things that are going to be required, to fill the needs of the newcomers as well as those who have lived around the community for many years.

Remembrances



Back in the early days of skiing, Everett Kircher purchased this old chair lift from Sun Valley and installed it at Boyne Mountain. The single place chairlift was an innovation for Midwestern skiing back then and the company is still providing innovations for skiers

in the Midwest with a new high-speed detachable quad chairlift this season at their sister resort, Boyne Highlands, in Harbor Springs.

Jottings

WITH JIM SILBAR

BY JIM SILBAR

This is the time of the year for New Year's resolutions, and, although I can think of many that I should be considering for the year, I am not going to tell anyone any of the resolutions.

I am doing so because I know I will never reach those lofty goals, will lie, cheat and steal in breaking all of the promises I made to myself back at the first of the year.

To those who can make promises to themselves, I wish them luck. To those who can keep the goals and make them during the year I only have one little question... How did they do it?

But onto other real and important stuff.

As this is being written before Christmas, I want to tell people that I am beginning to enjoy Christmas shopping.

I am enjoying it because this year is the year of the consumer.

The stores are crying for shoppers to come in and buy almost anything. I am saying that without too much research as I am seeing all of the ads on television, on radio and in newspapers from across the lands giving tremendous discounts to those who may want to purchase some item.

Just today, I heard of a major men's store offering something like a 35 percent discount to those wanting to buy winter sweaters. Or anything on the shelves of the store.

Myself, I am finding out Christmas shopping is fun.

I am trying to see how much of a discount I can get on Christmas items.

Like I finally bought a tree. I will have to say I was surprised to find out that the tree was one-half off. And it wasn't one of those scraggly trees that will have half the needles off by the time I get it home.

The only problem I had with it was that the trunk was too big for my tree stand.

But that wasn't much of a problem as I purchased one that fit the tree just right and was also half off.

I figure if I can hold out to the day after Christmas to do my Christmas shopping, I will be able to not have the VISA or MasterCard charge cards say no more credit when something I wanted was rung up at the cashier's desk.

I figure that if the stores are offering 25 to 30 percent off before Christmas, then after Christmas they will be offering about 50 to 70

percent off.

That is when I will be doing my shopping.

Of course I may be limited to

stores that have less of a selection.

I may not be able to find that certain shirt in fushia and mauve in the proper size, but I think I have

that figured out also.

I will purposely buy the wrong size.

See Jottings/Page 5

Letters

The Charlevoix County Press welcomes letters to the editor on subjects of interest to our readers. Short letters are most likely to be chosen for publication, but the use of any material is at the discretion of the editor. The editor reserves the right to edit letters to meet space requirements, clarity or to avoid obscenity, libel or invasion of privacy.

Upon request, editors will use initials only, but only rarely and for compelling reasons. Letters published do not necessarily reflect the editorial policies or beliefs of this newspaper. All letters must bear the handwritten signature of the writer and include the address and telephone number(s) for verification purposes.

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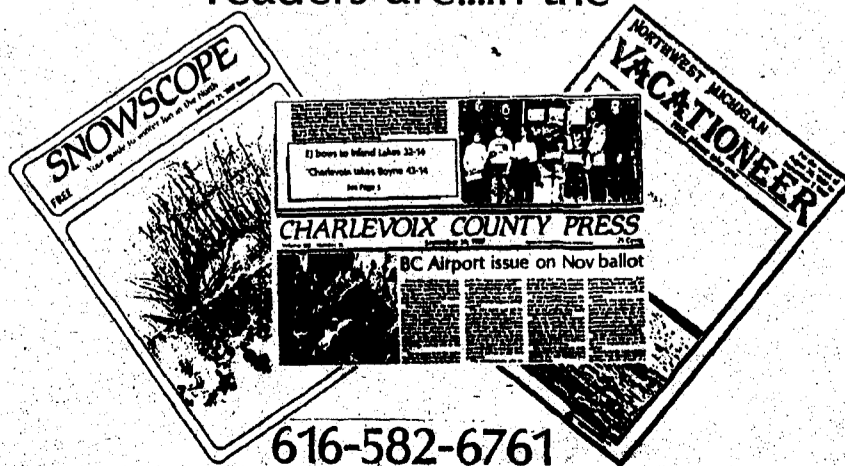
DEADLINES for general news, notices, display advertising, photographs and classified advertising is 5:00 p.m. Monday.

SEND ADDRESS CHANGES to The Charlevoix County Press, P.O. Box A, 108 Groveland St., Boyne City, Michigan 49712. Phone 616-582-6761.



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Ware-withal With the courts

WITH GAIL WARE

The day after Christmas, the day the weeks-long greeting in its hood disappears, and a good thing it does, too. Even the "merry" in it needs putting aside for a time so as not to recall all the folly done in the name of having a "Merry Christmas."

If it's gone as most Christmases do, ours and likely yours too, it came off partly as planned, partly not, like other big events, or ordinary days for that matter. For the majority of us, no disasters occurred. But after all the preparation, it seems it should have been glitch-free. Experience teaches us, however, that such it never can be.

Take toilet paper. Early in the day, we wished we could have, we would have, gladly, had we not run out.

The number of nose blowing tissues, even with the stock of paper napkins added, which can do in a pinch, looked too lean to cover six people's needs. Cheap paper towels, the roll of which was judged big enough to still hold a bunch, was ruled not a comforting presence, even as a back-up.

So the cause of the shameful shortage, the household supply clerk, contacted another down the road who hadn't let Christmas interfere with her role of keeping track of the basics. And soon a spare roll was procured from her house.

This day after, what's been annoying me follows: while everyone knew that the supply clerk goofed on the TP, I never got to show that I did remember to buy eggs, which I and my cholesterol-watching mate don't eat anymore. The pumpkin pies, which I planned I'd trot them out for, we'd use them for, came into the house already baked by some of the Christmas participants. Another missed opportunity: the group ate no breakfasts at our house; that is, except for Christmas morning when we all downed pumpkin pie.

It must be said that chance snuck us by a potentially more problematic area, though - food. A

niece, who flew in from Washington for a Christmas visit but stayed in DeWitt with my daughter until Christmas Eve, had to catch a flight back Christmas noon. (This was not the flight she arranged for, but the original, later one was cancelled in late November; and this was the only one she could take that would get her home in good time for work the next day.)

While this news upset my niece, Beth, and the brief time we had with her here didn't please us either, it saved us a food fight, a Christmas dinner crisis in the making.

It involves Emily, who has become an ardent vegetarian, her roommate, Sully, the same, and spending Christmas with us also, and Emily's father, Bob, who thinks vegetarians are nuts (no pun intended). Emily proposed that she and her roommate cook Christmas dinner. The idea sounded all right to me and son, Mark, but definitely not to Bob.

Since Beth had to leave mid-morning to get to the airport in time to catch her flight, and Emily and Sully took her there, they decided to go on home to DeWitt instead of coming back here for dinner. So we dined on turkey.

Perhaps if we learned to relax, take it as it comes on Christmas, we'd have a better time at it. Certainly there's precedence for that approach, and it's worked well.

The birth of the baby 2,000 years ago, whose birthday we're supposedly celebrating, occurred when the timing was wrong for decent accommodations for very pregnant Mary and Joseph. She her baby in a barn, did fine, baby too, the story goes. The rude housing didn't stop people from rejoicing and welcoming Him. Millions world-wide still do.

Never mind my fuss about the toilet paper caper, worry about menu misery. We had a lovely Christmas, more mellow than merry. Whatever yours was, I hope it went well too.

Judge Harvey C. Varnum recently heard the following cases in Charlevoix District Court:

Timothy M. Hawley, 25, Ellsworth, driving while license is suspended or revoked and operating motor vehicle while under the influence of alcohol. \$735 fine and costs and 45 days in county jail with credit for one day served.

Valerie A. Cotton, 22, Boyne Falls, being a disorderly person. \$105 fine and costs.

James L. Kajabetend, 36, Charlevoix, driving while license is suspended or revoked. \$105 fine and costs, suspended, and five days in county jail.

Debra L. Ennis, 30, Mancelona, two counts of non-sufficient funds checks under \$50. \$85 fine and costs and \$16.08 restitution to injured party.

James D. Ehrcke, 28, Charlevoix, operating motor vehicle while under the influence of alcohol. Ninety days in county jail with credit for 81 days served.

Sandra F. Edison, 22, Boyne City, disorderly conduct. \$40 fine and costs.

Joseph B. Ehrcke, 17, Charlevoix, operating motor vehicle under the influence of alcohol. Ninety days in county jail with credit for 64 days served.

Stephen D. Young, 25, Charlevoix, being a disorderly person. \$105 fine and costs.

Jesse J. King, 34, East Jordan, disturbing the peace. \$205 fine and costs or eight days on county work program.

MAGISTRATE

The following cases were recently handled in the offices of the Charlevoix County Magistrate:

Patrick Paul West, 21, Boyne Falls, illegally killing deer. \$1,000 fine and costs.

Mark Richard Roberts, 42, Traverse City, improper use of registration and defective headlights. \$155 fine and costs.

David Lee Hunger, 17, Charlevoix, no driver's license in possession. \$65 fine and costs.

James Joseph Crinnion, 26, Southfield, speeding. \$60 fine and costs.

Michael Charles Kovalski, 47, Saginaw, no driver's license in possession. \$60 fine and costs.

Douglas Hunt Horner, 29, Petoskey, speeding. \$70 fine and costs.

Clifford Wilson Leazier, 25, Elmira, no driver's license in possession. \$60 fine and costs.

Wendy Belle Tamlyn, 19, Traverse City, speeding. \$75 fine and costs.

Underwood part of 1500 graduation class at EMU

Eastern Michigan University conferred degrees upon approximately 1,500 students Dec. 16 at its 1990 winter commencement ceremonies in Bowen Field House in the EMU campus.

Matthew S. Underwood was among approximately 1,100 undergraduates who were candidates for bachelor's degrees and 400 graduate students who were eligible to receive advanced degrees.

The ^humble farmer

WITH ROBERT SKOGLUND

It's easy to tell when young people are in love. To see them you'd think they'd just backed a car over their old pet dog. The disease is not as common in older people - unless they're already married - and then it can be detected by unusual activities. Take, for example, the wife and mother who suddenly became a health nut and started bicycling daily on a certain lonely back road. Robert Faustini, who saw the healthy, radiant glow on her face as she pumped by each day, said it was too bad that more housewives didn't work out in similar programs.

And then there are people like columnist Shorty Shrift who not only tell their friends that they are getting married, but also run on about it in the space allotted them in the newspaper.

If there is anything more tacky than name-dropping, it is writing about yourself in the newspaper. When I mentioned it to Shorty last week, he looked up from his word processor and said, "That's what John Gould told me, in so many words, and no one in Maine can touch him when it comes to writing a humorous story. On the other hand, right here on my computer is this quote from E.B. White."

I read, "He makes no apologies for the subject of his columns being himself, 'Self is the most interesting thing in the world,' and he discovered that 'the world would pay a man for setting down a simple, legible account of his own misfortunes.'"

"Then you can write about your upcoming marriage," I exclaimed.

"I admit that it's not in the best taste to write about yourself, but it is human nature for readers to be interested in it when you do - gives them the feeling that they're hiding down behind your couch."

"I never thought that you'd get married. Your wife ran off - what was it - 19-20 years ago? And I've seen quite an assortment of very attractive women pass through here since then. Whatever broke you down?"

Shorty looked over his shoulder. Then he whispered, "She's perfect, outside of those red, chapped hands from constant yardwork and housecleaning, but I can live with that."

"I know men who've been married to five different wonderful women. When all was said and done even they had to admit that they couldn't tell wonderful number two from wonderful number four. So what makes this one different?"

"Have you ever met a woman who was always happy and contented - always smiling with a pleasant word for everyone?" he asked wistfully.

"Only every woman I know," I replied. "I've never met one yet who was unhappy about anything. I've never seen one put her hands on her hips and look exasperated. I've never seen one sulk, cry or slam the door and stamp off when she couldn't get her own way. I've never heard a woman whine and

nag and belittle her husband until he tip-toed like a man navigating on eggshells. I've never seen a woman marry a man and then carry off most of what he had. For years whenever men told me that their wives acted like that, I've suspected they made it up just to keep the wolves at bay."

"Believe whatever you want, but for the first time in my life I've met a cheerful, contented woman under 75 years of age and I've asked her to marry me."

"So I read in the papers," I said dryly.

"You know, I've got the wedding ceremony all planned out in my mind."

"Young prospective brides always dream of the perfect wedding."

Shorty nodded eagerly. "See that thing over there with the wide red ribbon around it - looks like a big concrete bowl? My pigs ate out of it for years."

"You're going to pledge your trough," I exclaimed.

"My wedding is going to be an old fashioned one, like former mayor Richard Warner's, where the bride promises to 'love, cherish and obey.' And then when they ask if anyone knows a reason the wedding should not take place, one of my friends is going to stand and say, 'Yes.' Whereupon, the bride's father is going to shout, 'Sit down and shut up. At her age she's not likely to get another chance.'"

Cooking

WITH BEA SMITH

STIR FRY

Stir cooking is not new, though it has a new name. Stir fry cookery, no doubt, goes back to the time when a cave man or woman mixed some meat and vegetable on some hot stones. By the time that iron pots and skillets, or spiders, as they were called, were invented, almost everything was fried. Grandma's "warmed-up" potatoes mixed with onions and or any other vegetables she had left-over was stir-fried for supper. Flannel hash made with left-over cubed corn beef, onions, chopped potatoes and cooked beets was a popular dish in colonial times; it is still a good classic recipe.

The way that we stir-fry is new, however; we do not over-cook our veggies like grandmother did and we use a variety of non-cholesterol oils to fry the colorful vegetables and fruits, our meat, and we even add some cheese the last few minutes for a complete meal; so nourishing - so tasty and beautiful to behold. This next recipe is typically not a stir fry, yet it makes a delicious breakfast, lunch, or supper in a skillet. It has that down-home, old time flavor which we long for occasionally.

COUNTRY SAUSAGE AND FRIED APPLE RINGS

Core unpeeled apples (choose any tart variety). Slice into 1/2 inch

rings. Shape sausages into patties, fry in heavy skillet until well done but not crisp. Transfer to a heated platter and keep warm. Leave sausage fat in skillet and add as many apple rings as will fit in it comfortably. Sprinkle with brown sugar and cinnamon and cook, turning frequently. Cover pan for a few minutes to soften the apples then remove cover and cook a little longer until they have a rich glaze. Place on platter with the sausages. Serve hot with toast, muffins, pancakes or waffles, making as many as needed.

This next old time recipe is a real stir-fry, but was not called as such.

KENTUCKY SCRAMBLE

One cup whole kernel corn (fresh, canned or frozen)
3 Tbsp. butter or bacon drippings
1 Tbsp. chopped pimento
1 Med. green pepper, chopped
Few sprigs of parsley, chopped
6 eggs
1 tsp. salt
1/4 tsp. pepper

Drain corn and saute in butter or bacon drippings several minutes. Stir in green pepper, pimento, and parsley. Cook about 5

minutes more. Just before serving beat the eggs, salt and pepper, and scramble with the corn mixture until set but still moist. Serves four hungry people.

Asparagus lovers like myself, relish it anytime of the year, though I seem to have a special longing for the fresh home grown asparagus available in our gardens and markets. Here is a tasty way to prepare it.

STIR-FRIED ASPARAGUS

To serve six you will need:
1 1/2 lbs. asparagus
1/2 cup chicken stock
1 tsp. salt
2 Tbsp. soy sauce
1 tsp. sugar
1 Tbsp. peanut oil
1 Tbsp. cornstarch (optional)

Trim the asparagus of tough ends and cut in diagonal sections about 1 inch in length. Cook in boiling water 2 to 4 minutes. Cool by running cold water over it and drain well.

In a skillet or wok, combine stock, salt, soy sauce, sugar and peanut oil. Stir-fry the asparagus in this mixture for one minute adding cornstarch for thickening if you wish. To do this, I would add about two Tbsp. of water to the cornstarch and mix well before adding it to the stir-fry.

PUBLIC NOTICE BOYNE CITY COMMISSION WEEKLY MEETING January 8, 1991 PRESENTATION BY THE MICHIGAN DEPARTMENT OF TRANSPORTATION

OF THE HIGHWAY M-75 IMPROVEMENT PROJECT

The public is invited to attend a Public Meeting regarding the Highway M-75 Improvement Project.

Representatives of the Michigan Department of Transportation will be at the 12:00 Noon Weekly City Commission Meeting on Tuesday, 8 January 1991, to present the plans, maps, and time schedules. The public is invited for their input and questions on the forthcoming Highway M-75 Improvement Project, scheduled for spring/summer 1991.

This meeting will be held in the Commission Chambers of City Hall, instead of in the City Manager's Office.

Thomas Garlock
City Clerk

dec 12, jan 2

Boyne City Commission Minutes

WEEKLY MEETING, DECEMBER 4, 1990 - 12 NOON: All Commissioners were present and there were 20 people present.

It was announced that Randy Howard will be appointed Chief of Police when present Chief of Police Talboys retires January 31, 1991. Police Chief designee Howard thanked everyone for their support and is looking forward to the challenge ahead.

The City Commission again approved an agreement with the school to collect one-half of the school's taxes in the summer.

There will be a public hearing in the Commission Chambers at 12 Noon on January 8, 1991, conducted by MDOT to receive citizen input on the M-75 project which is to begin in the spring. All citizens are invited to attend.

Meeting adjourned at 12:25 p.m.

WEEKLY MEETING, DECEMBER 11, 1990 - 12 NOON: All Commissioners were present and there were 12 people present. Because of the holiday season, there will be no Tuesday meeting on Tuesday, December 25, 1990 and Tuesday, New Year's Day, January 1, 1991.

A Resolution was sent to the Liquor Control Commission recommending that Glen's Market not be given a SDD license. Meeting adjourned at 12:10 p.m.

MONTHLY MEETING, DECEMBER 11, 1990 - 7 P.M.: All Commissioners were present except Ruggles and Fitzpatrick. There was one person present.

The First Reading of Amendment 38-90 to the Zoning Ordinance to rezone the Airport property from Planned Industrial Development (PID) to Public Land (PL) was read. The Second Reading will be held on January 8, 1991 at 7 p.m. Meeting adjourned at 7:10 p.m.

WEEKLY MEETING, DECEMBER 18, 1990 - 12 NOON: Commissioners present were Grimm, Stanley and Behling. Absent: Mayor Fitzpatrick and Commissioner Ruggles. There were 10 people in attendance.

A lot split was allowed for Douglas Zahn for lots at the corner of Hull Street and Division Street. The split made four lots into three larger lots.

A notice of intent to issue an obligation, as required by the State, to purchase a backhoe was approved. Meeting was adjourned at 12:15 p.m.

A full text of all the minutes for the month of December is available for review at City Hall during regular business hours.

Tom Garlock
City Clerk

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PUBLIC NOTICE
BOYNE CITY COMMISSION
WEEKLY MEETING
January 8, 1991
PRESENTATION BY
THE MICHIGAN DEPARTMENT
OF TRANSPORTATION

OF THE HIGHWAY M-75 IMPROVEMENT PROJECT

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Thomas Garlock
City Clerk

dec 12, jan 2

Reg Sharkey's Northern Journal Oops, I missed Christmas

Well, by golly, I missed out on wishing my readers a happy Yuletide.

Seems the older one gets the faster time goes by, and, let's face it, forgetfulness is also part of the package.

Now you say, "How can anyone forget Christmas with all that commercial ballyhooing going on reminding one that it's only so many days before Christmas; that you'd better get with it before everything someone doesn't need or want, is gone?"

And you hear Frosty The Snowman and Jingle Bells blasting out from every conceivable contrivance until you feel that it's part of a brain washing scheme concocted by some demonic power to drive you over the edge.

Sure I believe in Christmas; the kind I enjoyed as a youngster, simple and serene. There was a swamp cut balsam tree trimmed with homemade ornaments like strung popcorn, hanging apples, cookies, and the likes. And under the tree a few presents, that were purchased with hard-earned money, mostly in the form of clothing, and, possibly a tin monkey that would climb up a string when you pulled on one end.

So much for the past Christmases. I hope you had a good one.

But now we are closing in on another New Year, and, before I forget, I hope it will be one that is good to you.

Of course New Year's Day has no religious meaning. So why do we celebrate New Years? About the only thing I can think of it's an exercise of futility, wiping the old slate clean and promising oneself that one won't make the same mistakes that haunted one during the past year; that one will straighten up and fly right. Bah, humbug!

Course some people go out and hang one on trying to forget how rotten they were during the previous year, and some of those won't have to worry about living up to any New Year resolutions 'cause they'll be in one of the two other worlds.

As I write my column I wonder about the wild creatures whose lives are ruled by natural forces;

Jottings

Continued from Page 3

Then the recipient of the gift will have to take it back to the store and exchange it for something that fits. It may have to be some other color, but that's alright, it was the idea of a gift more than the gift itself.

And I will still have some available credit or cash with which to purchase something for me that I have always wanted. Like a Ferrari or a 120 foot yacht or a new computer system, or some other adult type of toy that I could use in my work or play.

Actually, I am getting tired of having to purchase things for kids. They are at the age where all they want is money, and this, I don't have that in good supply... Like most others who live and play in the northland.

who aren't aware of the significance of any particular day; who only respond to the basics of survival - a full belly, a den, nest, or place of refuge.

Perhaps we all would be better off in the coming year if we went back to a simpler less hectic way of life.

Well, anyhow, have a nice New Year's day, and take it easy the rest of the year so you can continue to read my journalistic efforts, providing you like them.

And like my German granny would say: "Prosit Neujahr!"

Ramblers get back on winning track

Boyer City has pulled themselves up and into the winning columns after action last week when the team took wins over Onaway on Tuesday night and Traverse City St. Francis Friday.

The game against Onaway showed what the Ramblers can do when they put their new offense to work, dominating the game throughout rolling to an 84-48 victory.

Eric Smith finished with 29 points along with Joe Jankowski adding 19 and Gunther Fineout hitting 12.

Nature from your backdoor Missing animals, no just away for winter

BY GLEN R. DUDDERAR

In the past month, I've received calls from bird feeding enthusiasts who told me that their yellow finches were all gone, exasperated homeowners who wanted to know when the moles would be hibernating, and folks who wanted to know how to safely remove the large, gray, football-sized hornets' nests that had hung under the eaves all summer.

These questions reveal that a lot of people are still confused about what animals do over the winter.

We have made some progress in the past 300 years - no one believes anymore that swallows burrow done in the mud to pass the winter. But because of the variety of overwintering strategies used by animals in Michigan, it can be difficult to keep them all straight, especially in the face of casual observation that leads to logical but incorrect conclusions.

Take the matter of the missing goldfinches, for example. The aren't missing at all - the males have merely molted their bright yellow and black feathers and replaced them with muted gray-green plumage. Like many other seed-eating birds, goldfinches stay with us all winter. But if you're looking for swarms of canary-yellow finches at the feeder, you might think they've gone away.

Homeowners looking for relief from moles due to hibernation are in for a disappointment. Like most other mammals, moles don't hibernate - they continue to tunnel through the soil all winter. If the soil remains unfrozen under an in-

BY JENNIFER BURR

East Jordan hosted Bellaire Tuesday night for an exciting game, yet a heartbreaker. The Devils absorbed the defeat, 75-71, making their overall record 2-2.

East Jordan began the game a little weak only managing to make 15 points the first quarter while giving up 27. They had to play catch up in the second quarter and did, taking the lead by one point, 41-40 by the halftime break.

The Devils played a great third quarter outscoring the Eagles by thirteen, making a score of 57-44.

The Eagles then took control in the fourth quarter and spelled

doom for the Devils outscoring them 31-14, making the final score 75-71.

Defensively for East Jordan, Pete Inman led the rebounding with 10, Ross Miller seven, Scott Beal also seven and Dave Patton with six steals.

Offensively Miller scored 15, Chris Cizewski 15, Inman 14 with five assists, and leading assists was Patton with seven.

For the night, East Jordan was 13 for 31, made 26 shots and two three-pointers, and committed 19 fouls. While Bellaire connected on 22 for 28 from the line, hit 22 shots and three three-pointers, and

committed 20 fouls.

In J.V. action, East Jordan was victorious with a score of 58-51. Gale Ramsey led the scoring with 14 and Jim Lord with 10.

On Friday night the Devils traveled to Elk Rapids and were defeated 77-65.

East Jordan trailed throughout the game, but put up a good fight. Their efforts in the first and second quarter showed it, while only behind 25-17 and 41-32.

Coming out of the lockerroom after the half, the Devils didn't give up much and managed to stay close for a score of 58-49.

They couldn't pass the Elks

defensive effort in the fourth quarter and took their third defeat.

Offensively for E.J., Ross Miller led with 22 points, followed by Scott Beal 17 and five assists, and Dave Patton led with six assists.

From the boards, Miller nine, and Chris Cizewski eight.

The Devils were 11 for 20 from the free stripe, made 26 shots including two three-pointers, and committed 20 fouls.

Elk Rapids was 18 for 28 from the free stripe, hit 27 shots including five three-pointers, and made 14 fouls.

In J.V. action, East Jordan was also defeated 69-54 with Gale Ramsey 14 points.

Ramblers moved ahead for good with scores by Smith as the game was winding down.

Boyer City finished with 31 baskets, one a three-pointer, hit 12 of 17 at the foul line and only committed 14 fouls for the game.

Eric Smith was again the top

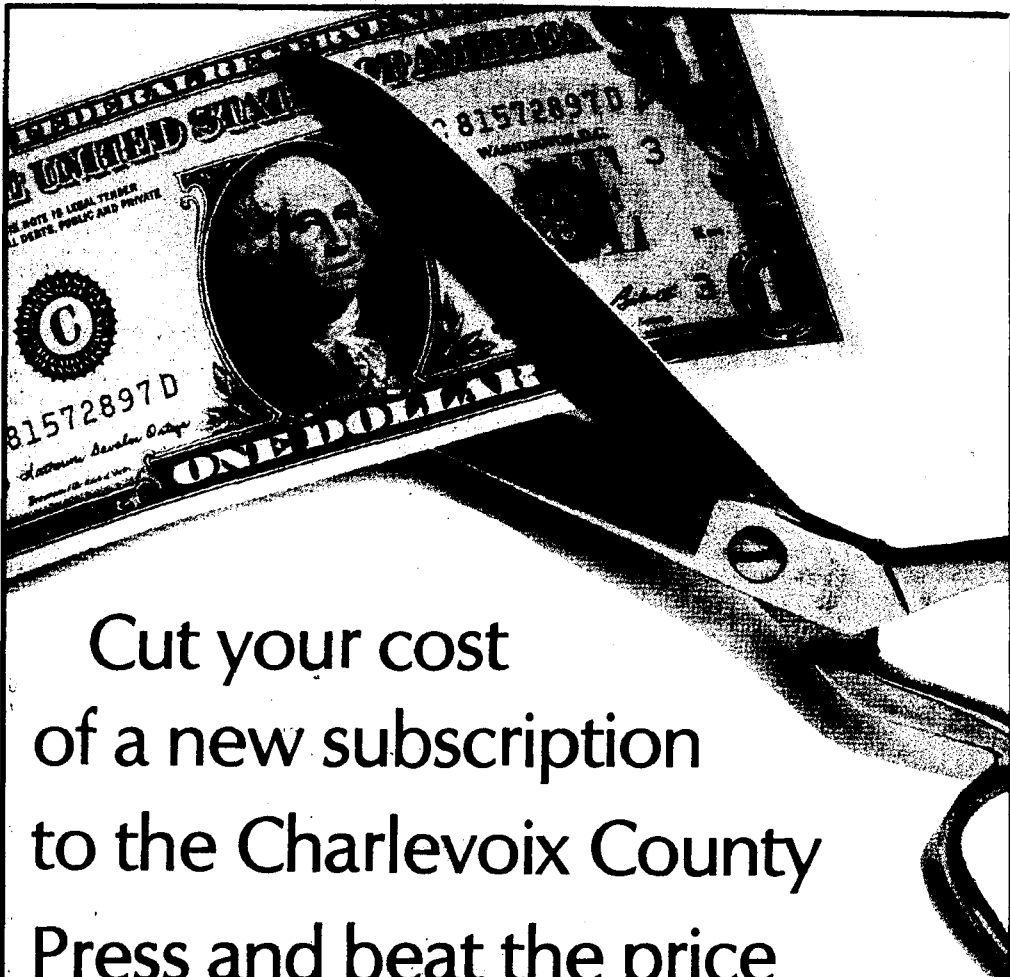
producer of points hitting 37 for the night, with 29 coming in the second half. Jankowski added another 19.

The win puts the Ramblers on a roll as they went into the Christmas break. According to Rob Neu, the coach of the Rambler team, he

said they needed the break to help cure some of the injuries on the team over the first part of the season.

The Jayvee team lost for the first time of the season against the Glads 69 to 73.

The varsity is now 2-3 overall.



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EAST JORDAN
ATHLETE OF THE WEEK

Ross Miller was named Athlete of the Week in East Jordan, after scoring 15 points in Tuesday's game, 22 points Friday, and pulling down seven rebounds Tuesday and nine rebounds Friday, to help his team.

sponsored this week by

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AND USED CARS
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See Nature/Page 6

VINCENT'S YAMAHA
Jack Vincent 536-7462
215 Main St. East Jordan



Andy Andrick checks one of the many food baskets that went out last Friday, to make sure it held enough goodies. Community Christmas provided 270 food baskets to area families.

Potato yields highest since '84

Michigan's fall potato production was estimated at 9.2 million hundredweight (cwt.), an increase of nearly 26 percent from a year ago. Conditions throughout the season provided favorable growing and harvest conditions, according to the Federal/State Michigan Agricultural Statistics Service. As a result, fall potato yields averaged 280 cwt. per acre, up 85 cwt. from a year ago and the highest yield per acre since 1984. Planted acreage increased by 1,000 acres from a year ago and has been set at 34,000 acres. This year's crop was harvested from 33,000 acres, up 3,000 acres from last year.

Fall potato stocks on December 1 were placed at 5 million cwt., 25 percent above last year's stocks on hand. Roughly 63 percent of the total stocks were whites, 34 percent russets and 3 percent reds.

New film featuring northern Michigan music

A brand new film on some of the oldest blending of musical cultures in North America will soon be premiering in the United States and Canada.

"Medicine Fiddle," a feature-length documentary, portrays the blended musical traditions resulting when the French voyageurs of the 1800s and later Irish and Scottish trappers and lumberjacks introduced the fiddle and step dancing to Native peoples of the upper Great Lakes region and northern Great Plains.

Four years in the making, the \$200,000 color documentary was produced and directed by Michael Loukinen, a Northern Michigan University sociologist. He filmed Mixed-Blood (Metis) fiddlers and dancers from Ontario and Upper Michigan, to Wisconsin, North Dakota and Manitoba.

The world premiere will be in Sault Ste. Marie, Ontario on January 19, followed by other premiere showings at the University of Wisconsin in Milwaukee on Jan. 23 and in Madison Jan. 24, and a date is being set for the Menominee Indian Reservation, Keshena, Wis. A series of showings are being scheduled in North Dakota in late January and February. The Northern Michigan University premiere will be Feb. 10.

"The Sault Ste. Marie border area between the United States and Canada was a historic fur trade rendezvous," Loukinen said. "Here European and Native cultures came into contact and early blending took place."

For more than three centuries their music has been played in areas of isolated Native and Mixed-Blood settlement in both countries, and sounds of the fur trade and lumberjack eras still linger in the music of Native families representing a wide variety of tribes, he noted.

According to Anne Lederman of Toronto, a leading ethnomusicologist and consultant for the film, "The fiddle tradition is the earliest and perhaps the strongest example of a blending of Native and European musics in the New World."

The ancient music and rhythms of the Ojibwa, Ottawa, Menominee and Crees are found mixed with the lively reels (quadrilles), jigs, hornpipes and later square dances of European origin. The fiddle music is often accompanied by step dancing and "clogging."

Many of the younger generations are forgetting their

unique musical heritage, Loukinen says, and a main purpose of the film has been "to document and preserve these vanishing musical traditions."

He noted that the tunes often reflect cultural, environmental and occupational influences. Their titles are colorful - ranging from the popular "Red River Jig," of North Dakota-Minnesota-Manitoba, derived from "La grande gigue simple" introduced by the voyageurs, to "Whitefish on the Rapids," an old-time tune of the Sault Ste. Marie area, and the "Manitoulin Waltz" of the northern Lake Huron country. The Lac Court Oreilles region of northern Wisconsin has its "Coudray Reel," and French-Ojibwa woodworkers play such tunes as the "Swamper's Revenge on the Windfall" and "The Canadian Lumberjack."

Major funding for the film has come from the National Endowment for the Arts, the North Dakota Humanities Council, the Michigan Council for the Arts and Northern Michigan University. Other support has been provided by the Wisconsin Arts Board, the Detroit Institute for the Arts, and the Peter White Fund and the Development Fund at NMU.

James Leary, music folklorist at the University of Wisconsin, Madison, and Nicholas Vrooman, formerly of Bismarck, N.D., now living in Helena, Mont., have also served as consultants, and Tom Eron, an Ojibwa from Sault Ste. Marie, Ontario, has been a community liaison. Historian is Rob Labby of Marquette. Miroslav Janek of New York City is the cinematographer, and sound recordings were made by Matt Quast of Minneapolis, both well known in their fields.

Loukinen has produced two documentaries on Finnish-American culture in the Michigan's Upper Peninsula and northern Minnesota. His third and most recent film, "Good Man in the Woods" (1987), depicts life of the woodworker, trapper and commercial fisherman in the Upper Peninsula. His films have won a number of national and regional awards.

with
Nancy Northup
582-9174
Continued from Page 2

Neighbors

Weekend guests of Anne's were her grandson, Lance Lewis and friend of Clarkston.

Peggy and Keith McGeorge and children Collins and Kasha of Westerville, Ohio are here for the holidays visiting her parents, Judge and Mrs. Harvey Varnum and family and other relatives.

U.S. Navy 3rd Class Petty Officer, a sonar technician, Curt Holley is home for the holidays from San Diego, CA visiting his parents, Stu and Kay, and family. Curt will be returning to San Diego after the holidays.

Duane McGeorge of Marquette is here for the holidays visiting his parents, Ken and Beverly McGeorge, and family and the Keith McGeorges who are here from Ohio.

Merla Vought spent Christmas with Bill and Lynda Christensen and family.

Tony and Sue Stempke and children Joey and Laura of Cinn., Ohio and Barbara and John Snyder and daughters, Mary and Katy, of Saginaw, are here for the

holidays with their dad, Roy, and Joyce Johnson.

Volunteers of the Challenge Mt. Resale Store gathered at the home of MaryLou Stuart on Saturday for a Christmas party potluck and gift exchange.

Pat and Regis McCord and children Cameron and Molly of Williamsburg spent a long Christmas weekend here with her mother, Fran Bray. They also visited Paul and Mary Bray in Alpena.

Henry Schrupp of Grand Rapids is here for the holidays visiting his daughter Von Seamon and family. On Christmas, Von's daughter, Becky, and Steve Lake and daughter Ashley, joined them and also there were Bill and Allison Pearce and children, Mindy, Christopher, and Alicia.

The Hardy family had a Hardy party as 33 adults and children gathered at the home of Woody and Penny on Sunday afternoon for a Christmastime potluck and gift exchange of three festive pinatas!

Developmental screening clinic set for future kindergarteners

There will be a three year old Developmental Screening Clinic for all children who will be entering kindergarten in the fall of 1992. This clinic is sponsored by the Charlevoix-Emmet Intermediate School District. The purpose of this clinic is to provide parents information regarding normal child development, an opportunity to interact with parents of other three year old children, and to have your child informally screened to identify any potential learning difficulties which may arise during the school years. This is a free service with appointments made on a first come, first served basis.

The clinics are scheduled as follows:

Charlevoix, January 9, 1991 and May 8, 1991, Community Reformed Church corner of U.S. 31 and Meech St., Charlevoix.

Harbor Springs/Cross Village, February 18, 1991, United Methodist Church, 343 E. Main Street, Harbor Springs.

If you are interested in attending the above clinic, or reside in a district other than the one listed above, please contact Pat Gauthier, 547-9947, at the Charlevoix-Emmet Intermediate School District for an appointment or for further information.

This clinic is free of charge.

SPORTS REPORTERS WANTED

Applications are now being accepted at the Charlevoix County Press for Sports Reporting positions opening this fall for schools in Boyne City

Prefer high school students in 10th or 11 grades. Will train. Position offers compensation.

Send applications to:
Charlevoix County Press
P.O. Box A
Boyne City, MI 49712
582-6761

NOTICE

City Offices will be closed all day Monday, December 31, 1990 and Tuesday, January 1, 1991. Regular business hours will resume on Wednesday, January 2, 1991.

The next Regular Weekly City Commission Meeting will be held January 8, 1991 in the Office of the City Manager.

A Happy New Year To All.

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Animals

Continued from Page 5

new colonies and new nests in other locations next spring.

Other members of the bee and wasp families have other overwintering strategies. As anyone who has ever tried to raid a hive in winter can attest, honeybees maintain their colony all winter, feeding on stored honey and heating the hive with their bodies. They don't fly out of the hive until the outdoor temperature gets into the 50s, but they do remain active, though slow moving.

The brown wasps that make the umbrella-shaped nests under a building's eaves survive the winter by vacating the nest in favor of a protected spot in the attic or inside the walls of the house.

One species of butterfly - the monarch - migrates, but most other moths and butterflies spend the winter in the egg or pupa stage.

Frogs and turtles burrow down into the mud and hibernate, while snakes hibernate in underground cavities. These are sometimes located next to the foundations of houses and other buildings.

Given the variety of strategies that animals use to survive a Michigan winter, it's understandable that not seeing a bright yellow and black goldfinch during the January warm spell but finding a bat in the bedroom and a snake in the basement or a wasp in the kitchen could certainly lead to some inaccurate conclusions about what animals do in the winter. Knowing where animals should be is no guarantee against surprises. The variability of winter weather has created exceptions to this column more than once and surely will again. But that's all part of writing about nature from your backyard.

When falling snowflakes cover the ground and slopes, the second tourist season will be bringing skiers and snowmobilers to this area

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FOR SALE
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MORTGAGE SALE - Default has been made in the terms and conditions of a certain mortgage made by THOMAS C. MILLER AND DENISE M. MILLER, Husband and Wife to REPUBLIC BANK NORTH, a Michigan Corporation Mortgagee, dated November 10, 1989, and recorded on November 15, 1989 in Liber 218, on page 294, Charlevoix County Records, Michigan, and on which there is claimed to be due at the date hereof the sum of ONE HUNDRED SIXTY TWO THOUSAND TWO HUNDRED FORTY EIGHT AND 51/100 Dollars (\$162,248.51), including interest at 11% per annum. Adjustable Rate Mortgage; interest rate may change 12:1 of each year.

Under the power of sale contained in said mortgage and the statute in such case made and provided, notice is hereby given that said mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public venue, at the Main Lobby of the Charlevoix County Courthouse, Charlevoix, Michigan, at 11:00 o'clock a.m. on January 11, 1991.

Said premises are situated in the Township of Hayes, Charlevoix County, Michigan, and are described as:

Unit No. 13, OYSTER POINTE CONDOMINIUM, according to the Master Deed as recorded in Liber 316, Pages 714 thru 813, Charlevoix County Records, and First Amendment to Master Deed recorded in Liber 316, Page 814, Charlevoix County Records, and designated as Charlevoix County Subdivision Plan No. 49. Together with rights in general common elements and limited common elements as set forth in the above Master Deed, and as described in Act 59 of the Public Acts of 1978 as amended.

The redemption period shall be 6 months from the date of such sale, unless determined abandoned in accordance with 1948CL 600.3241A, in which case the redemption period shall be 30 days from the date of such sale.

Dated November 26, 1990
TROTTS AND TROTTS
A Professional Corporation
Attorneys for Mortgagee
31000 Telegraph Rd., Suite 170
Birmingham, MI 48010-3411

REPUBLIC BANK NORTH Mortgagee

nov 26
dec. 5, 12, 19, 26

Call 582-6761 to place your classified ad

MORTGAGE SALE-Default having been made in the terms and conditions of a certain mortgage made by JAMES A. KITSON and DONNA JUNE KITSON, his wife, of the City of Boyne City, Charlevoix County, Michigan, Mortgagees, to U.S. Mutual Mortgage Corporation, a Michigan Corporation, Mortgagee dated the 14th day of February, A.D. 1985, and recorded in the office of the Register of Deeds, for the County of Charlevoix and State of Michigan, on Liber 177 of Charlevoix County Records, on page 404, which said mortgage was thereafter assigned to Associates National Mortgage Corporation by various means assignments, the final assignment dated March 16, 1986, and recorded on April 16, 1986, in the office of Register of Deeds in Liber 178 for said County of Charlevoix County Records, on page 177, on which mortgage there is claimed to be due, at the date of this notice, for principal and interest, the sum of Twenty-One Thousand Five Hundred Ten and 14/100 Dollars (\$21,510.14).

And no suit or proceedings at law or in equity having been instituted to recover the debt secured by said mortgage or any part thereof. Now, therefore, by virtue of the power of sale contained in said mortgage, and pursuant to the statute of the State of Michigan in such case made and provided, notice is hereby given that on the 31st day of January, 1991, at 10:00 o'clock a.m., Local Time, said mortgage will be foreclosed by a sale at public auction, to the highest bidder, at the main lobby entrance to the County Building in Charlevoix, Michigan (that being the building where the Circuit Court for the County of Charlevoix is held), of the premises described in said mortgage, or so much thereof as may be necessary to pay the amount due, as aforesaid, on said mortgage, with the interest thereon at six and five eighths percent (6-5/8%) per annum and all legal costs, charges and expenses, including the attorney fees allowed by law, and also any sum or sums which may be paid by the undersigned, necessary to protect its interest in the premises. Which said premises are described as follows: All that certain piece or parcel of land situated in the City of Boyne City in the County of Charlevoix and State of Michigan and described as follows, to-wit: Lot 45 of WILLIAM H. WHITE AND CO.'s addition to the Village of Boyne, now City of Boyne, according to the recorded plat thereof. Tax Item 1951-260-045-00

The redemption period shall be six months from the date of such sale, unless determined abandoned in accordance with 1948 CL 600.3241A, in which case the redemption period shall be 30 days from the date of such sale.

Dated: December 19, 1990
ASSOCIATES NATIONAL MORTGAGE CORPORATION
JACK F. GARDNER
Attorney for Assignee of Mortgagee
Suite 205-2400 Northwestern Hwy.
Southfield, MI 48075
313 362-7020

dec 19, 26 jan 2, 9

MORTGAGE SALE-Default having been made in the terms and conditions of a certain mortgage made by Vernon J. Stark and Dolores J. Stark, his wife, of 112 South Maple Street, East Jordan, Michigan, Mortgagees, to the Small Business Administration, An Agency of the United States Government, 515 McNamara Building, 477 Michigan Avenue, Detroit, Michigan 48226, Mortgagee, dated the 7th day of June, 1976, and recorded in the office of the Register of Deeds, for the County of Charlevoix and State of Michigan, on the 9th day of June, 1976, in Liber 145 of Charlevoix County Records, on page 951-954, on which mortgage there is claimed to be due, at the date of this notice, for principal and interest, the sum of One Hundred Nineteen Thousand Five Hundred Sixty Nine and 69/100 Dollars (\$119,569.69).

And no suit or proceedings at law or in equity having been instituted to recover the debt secured by said mortgage or any part thereof. Now, therefore, by virtue of the power of sale contained in said mortgage, and pursuant to the statute of the State of Michigan in such case made and provided, notice is hereby given that on the 31st day of January, 1991, at 10:00 o'clock a.m., Local Time, said mortgage will be foreclosed by a sale at public auction, to the highest bidder, at the main lobby entrance to the County Building in Charlevoix, Michigan (that being the building where the Circuit Court for the County of Charlevoix is held), of the premises described in said mortgage, or so much thereof as may be necessary to pay the amount due, as aforesaid, on said mortgage, with the interest thereon at six and five eighths percent (6-5/8%) per annum and all legal costs, charges and expenses, including the attorney fees allowed by law, and also any sum or sums which may be paid by the undersigned, necessary to protect its interest in the premises. Which said premises are described as follows: All that certain piece or parcel of land situated in the City of East Jordan in the County of Charlevoix, and State of Michigan, and described as follows, to-wit:

Commencing at the Westernmost corner of Lot 7 of Block B of the Plat of the Village of South Arm (now incorporated in City of East Jordan) according to the Plat thereof as recorded in the office of the Register of Deeds for Charlevoix County, Michigan; thence Southeasterly along the South-westerly line of said Lot 7 a distance of 150 feet to the Westernmost corner of Lot 4 of said Block B, being the Point of Beginning of this description; thence North 34 degrees 15' East 195.45 feet, more or less, to the shore of Lake Charlevoix; thence Southeasterly along said shore to the Southeasterly line of Lot 3 of said Block B, if extended; thence South 34 degrees 15' West along the Southeasterly line of said lot, 195.45 feet, more or less, to the Southernmost corner of said Lot 3; thence Northwesterly along the Southwesterly line of said Block to the Point of Beginning; and being Lots 3 and 4 of Block B of the said Plat of the Village of South Arm (now City of East Jordan). (15-063-626-002-00)

ALSO Lot 2 of Block B of the Village of South Arm (now City of East Jordan). (15-063-626-003-00)

During the six months immediately following the sale, the property may be redeemed.

Dated: December 11, 1990
Small Business Administration,
An Agency of the United States Government

Mark T. Sophia
Attorney for Mortgagee
515 McNamara Building
477 Michigan Avenue
Detroit, Michigan 48226
Tel. 313-226-6075

dec. 19, 26 jan. 2, 9, 16

MORTGAGE SALE - Default has been made in the conditions of a mortgage made by Thomas P. Fiel and Susan A. Fiel, his wife, to NBD Bank, N.A. (f/k/a First National Bank and Trust Company, Petoskey, Michigan), Mortgagee, dated October 12, 1984 and recorded on October 19, 1984, in Liber 175, on page 797, Charlevoix County Records, Michigan, on which mortgage there is claimed to be due at the date hereof the sum of TEN THOUSAND SIX HUNDRED THIRTY DOLLARS AND 30 CENTS (\$10,630.30), including interest at 13.00% per annum.

Under the power of sale contained in said mortgage and the statute in such case made and provided, notice is hereby given that said mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public venue, at the Main Lobby of the Charlevoix County Courthouse, Charlevoix, Michigan, at 11:00 a.m. o'clock, on February 8, 1991.

Said premises are situated in City of Boyne City, Charlevoix County, Michigan, and are described as:

Lot 1 of CALBERT'S ADDITION to the Village of South Boyne, according to the recorded plat thereof, EXCEPT the South 54 feet thereof, also described as: the North 78 feet of Lot 1 of Calbert's Addition to South Boyne (now City of Boyne City) according to the recorded plat thereof. Also, the North 78 feet of Lot 2, Calbert's Addition to South Boyne (now City of Boyne City).

The redemption period shall be 6 months from the date of such sale, unless determined abandoned in accordance with 1948CL 600.3241a, in which case the redemption period shall be 30 days from the date of such sale.

Dated: December 26, 1990
NBD Bank, N.A., Mortgagee
Trotts and Trotts
Attorneys for Mortgagee
31000 Telegraph Road, Suite 170
Birmingham, Michigan 48010-3411
File 90112522

dec 26, jan 2, 9, 16, 23

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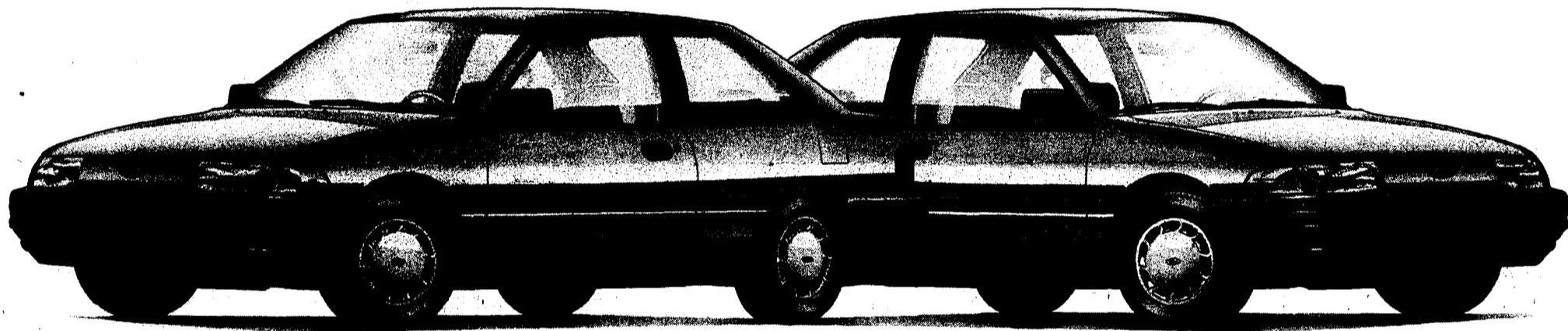
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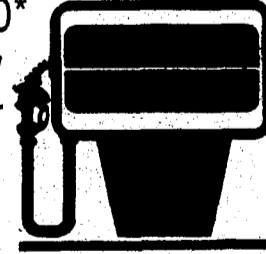
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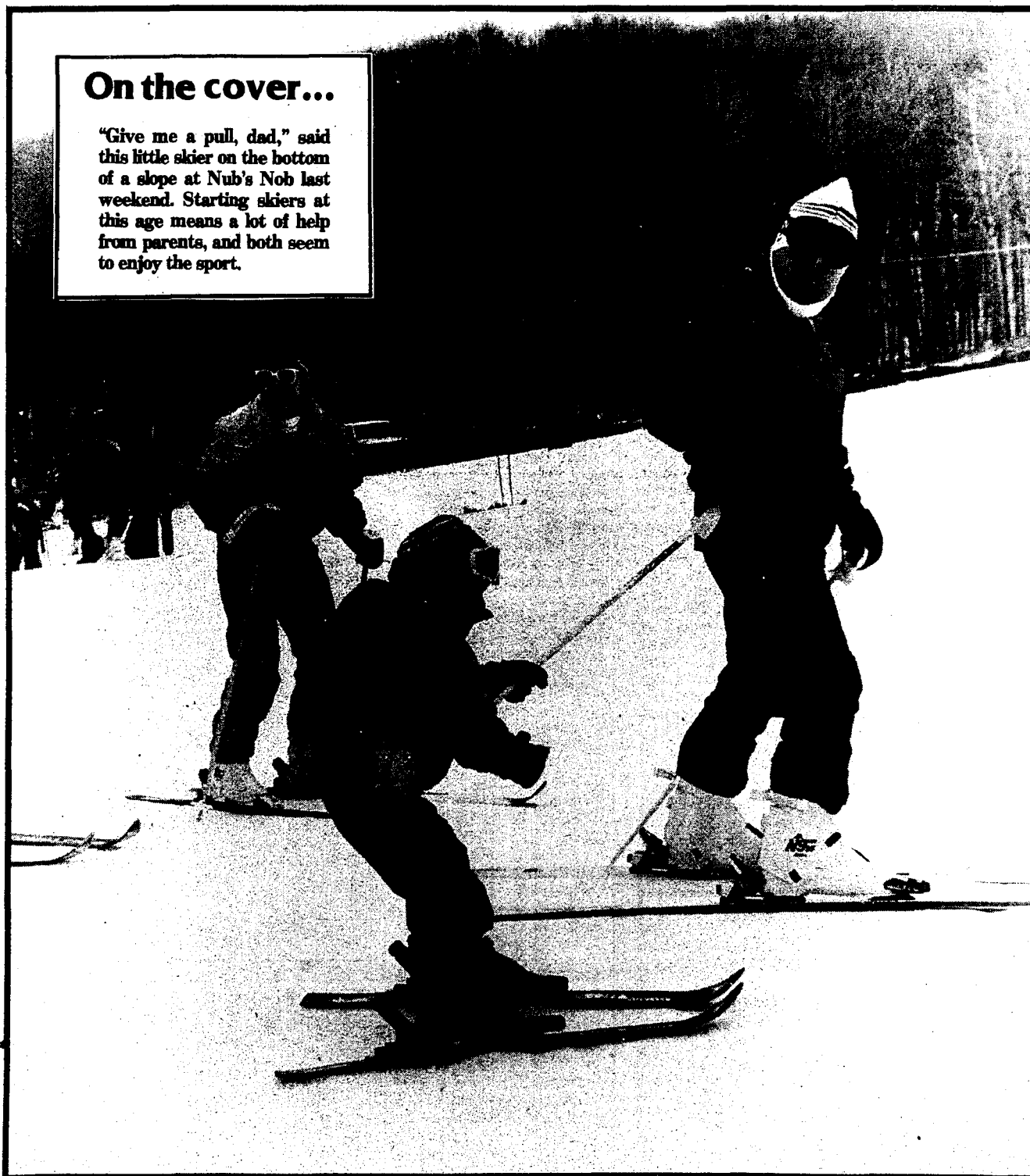
Snowscope

A guide to winter fun in the north

New Year's Issue

On the cover...

"Give me a pull, dad," said this little skier on the bottom of a slope at Nub's Nob last weekend. Starting skiers at this age means a lot of help from parents, and both seem to enjoy the sport.



Free - Please take one

Area maps inside

Korea offers an exotic get-away for skiers

Okay, you say you are getting bored with skiing around the mid-west. You are telling everybody the vertical drops are getting to be like bumps on a lawn.

And you are not very interested in going out west this year to ski, because you have been to all of the "great" resorts and are ready for something different.

Or, since your command of French or German is a little rusty, then you may be interested in something totally different for skiing some year.

Most skiers are looking to escape to exotic places to ski, if not in reality, in their minds. To a lot of skiers, a trip out west has become commonplace, a trip to Europe may be out of the realm of cost, and it's usually some place where a lot of people trek so even a trip to Europe is becoming commonplace.

There are places in the world where even Warren Miller has not taken pictures of skiing.

One of them is Korea.

Korea?

When most people think of Korea, they think of the war that was fought over the land back in the early fifties. Their knowledge of Korea comes from reruns of the television comedy MASH.

But Korea is growing as a ski resort center.

According to the Korea Travel News, an ever increasing number of foreign tourists are coming to Korea each winter to enjoy a spot of skiing, in the mountainous topography and the cold continental winters.

The season is the same as here in the U.S. Usually from December to March.

Tourists wishing to ski have a choice of seven or eight resorts and trips can be available as easily as calling a travel agent.

Alps Resort, situated in the Kang-won-do Province, 123 miles away from Seoul, has the longest season because it is the northernmost ski area in the country. Its proximity to Mt. Soraskan and the

east coast helps make it a year around resort with eight slopes, seven lifts, and night skiing.

Bears Town Resort is located about 19 miles northeast of Seoul and includes two F.I.S. homologated slopes as well as six other slopes and seven lifts.

Ch'onmasan Resort is close by and is about the same size as mid-western ski areas. One feature of the area is two artificial slopes of 700 and 1300 meters in length to go with six other slopes and eight lifts.

The newest resort is called Muju Resort which just opened this December. With 15 slopes and eight lifts presently, the resort will be adding more each season until it has 38 slopes, some cross country trails, and five ski jumps. The area is trying to become a host of the Olympics sometime after the turn of the century and has already received favorable reviews from ski racing officialdom. The resort hopes to be completed in 1993 and is about 156 miles south of Seoul.

Located about 85 miles southeast of Seoul is the Suanbo Aurora Valley resort where you can spend the day skiing and the evening relaxing in a hot spring. It has seven slopes with six lifts.

There are more resorts, most with about eight to ten slopes and lifts for skiers from here to try if they want something different.

Almost all of the resorts have night skiing, amenities outside of ski activities and all are looking for skiers from the U.S.

The best way to get to the ski areas is to take a plane to Seoul and then a bus to the resorts you may want to try.

But, for those of us who are not into trying to find the most exotic skiing, the midwestern ski areas of the United States have all that many want to try.

If you want more information, call a travel agent. You will be skiing where most Americans would not even think of going.

Strength now viewed as vital part of overall fitness

Strength Training Makes You Muscle Bound

In the past, it was said that strength training would make you "muscle-bound," says Stephen Jacoby, M.A., M.S., industrial fitness consultant. Most people who become muscle-bound have trained improperly by developing certain muscle groups while neglecting others. Jeff Zwiefel, M.S., exercise physiologist for The National Exercise For Life Institute explains, "you can avoid becoming muscle-bound by working all major muscle groups, performing exercises through a full range of motion and including flexibility exercises with your aerobic and strength training program to achieve balanced fitness."

Muscle Turns To Fat When You Discontinue Training

You don't have to worry about muscle turning to fat, reports

Ellington Darden, Ph.D. Muscle and fat are two completely different tissues, and one cannot become the other. If you are not strength training or discontinue training, your muscles will only atrophy, or decrease in strength and size. You can preserve your strength and lean body mass with a regular strength training program, but without exercise, your strength will deteriorate at a predictable rate.

Women Develop Masculine Features When They Strength Train

Although women can become very strong through training, they won't normally develop the bulging muscles that some men do. This is partly because they have less testosterone, the male hormone, in their bodies. According to *The Strength Connection, How to Build Strength and Improve the*

Quality of Your Life by the Institute for Aerobics Research, women produce testosterone at a rate of one-tenth to one-twentieth of men. Combined with heavy lifting, genetics, and several other factors, testosterone helps make men's muscles big. Strength is proportionate to lean body mass, regardless of sex.

Strength Training is a Man's Sport

Both men and women need and can enjoy the benefits of strength training. The body, male or female, adapts to the stress of strength training with both quantitative and qualitative increases in strength. According to Dr. David Lamb, Ph.D., an exercise physiologist at Ohio State University, "women show the same percentage increase in strength as men, even though the muscle hypertrophy (growth) is less. Women can cer-

According to the National Exercise For Life Institute, old myths about strength training have now been dispelled by research, and there's a new awareness of the many physical and mental benefits of strength training. Strength is now viewed as a vital part of an overall fitness program, and the American College of Sports Medicine has elaborated its position on recommendations for the quantity and quality of training to add muscular fitness to their guidelines. As people recognize the importance of strength training, some of the old myths are crumbling:

No Pain, No Gain.

"You don't have to hurt to get the benefits of exercise. The basis of increasing any parameter of fitness (strength, size, endurance, etc.) is making your muscles work harder than they are accustomed to. But take it easy, and build up slowly," advises the Institute for Aerobics Research. "Many people make the mistake of starting a resistance training program at too high of an intensity or volume. That causes soreness and fatigue," says Diane DeMarco, executive director of The National Exercise For Life Institute.

Snowscope

Your guide to winter fun in the North

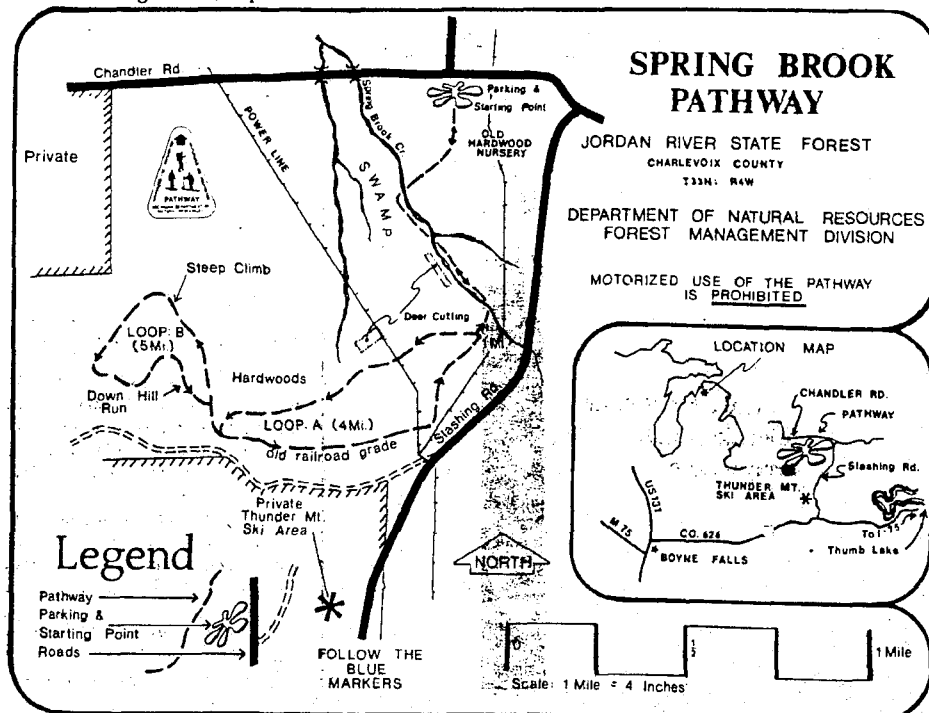
Editor-Publisher
Office Manager
Production Manager

James F. Silbar
Patricia E. Silbar
Kathleen VanDyke

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DEADLINES for general news, notices, display advertising, photographs and classified advertising is 5:00 p.m. Monday.



MSU forester seeks support to enhance the white cedar

The northern white cedar is one of the most useful trees grown in Michigan and a resource that needs to be expanded to meet demand by people and wildlife.

The question is how.

Doug Lantagne, Extension forestry specialist at Michigan State University, says that the white cedar does not readily reproduce itself - regenerate - and that landowners need to be aware of this.

"Our concern is that private landowners may decide to harvest their white cedar and inadvertently lose the resource," Lantagne says. "We simply want the private landowner to be aware of that possibility and, if they are going to harvest, consult with a private forester or contact their county Extension office before they start cutting."

The white cedar currently occupies about 1.2 million acres of Michigan's woodlands and constitutes about 7 percent of the commercial forest.

The tree's commercial value - roughly \$6.5 million annually - stems from its use in the manufacture of fence posts, wood shingles and log homes.

White cedar is also excellent winter cover for white-tailed deer, bear, bobcat and about 100 other kinds of wildlife, Lantagne says.

The white cedar is coming under pressure from commercial interests and, to some extent, the white-tailed deer, which likes to browse white cedar seedlings. Browsing limits and sometimes prevents white cedar regrowth, especially where the deer population is high.

Lantagne points out that a cut-back on harvesting on public lands to preserve willie habitat has increased the commercial demand for white cedar grown on private lands. Demand has significantly increased the market value of the tree, and in some areas, Lantagne says, that has resulted in harvest that outstrips tree growth. If the regrowth of the white cedar is not accelerated, there could be a shortage of wood products, a loss of jobs and a loss of cover for wildlife.

Lantagne says that most people who have a keen interest in Michigan's forests know the problem well and a representative group hopes to reverse the decline of the resource.

The group includes representatives from MSU Extension, the U.S. Forest Service, the Michigan Department of Natural Resources, the wood products industry, tourism and recreation businesses, and environmental organizations.

Among their goals are increased forest management research and increased cooperation among

regulatory agencies to expedite the rate of white cedar regeneration. Another goal is development of a plan to grow white cedar by size or class according to market demand in various areas of the state and, during times of high deer numbers in areas where white cedar is being regenerated, to control the herd to prevent seedling damage.

Lantagne encourages private landowners to become part of the effort to maintain and increase the white cedar resource.

"The white cedar is as much a renewable resource as any other agricultural crop, and it can be managed equally for wildlife habitat and commercial purposes," Lantagne says. "There is little reason why the white cedar shouldn't be an economic, recreational and wildlife resource for the landowner."

Until research develops an expeditious way to regenerate stands of white cedar, private landowners should manage the resource carefully.

He says that his department and county Cooperative Extension Service offices can provide forest management information to private landowners who are interested in maintaining white cedar growth on their property.

Lantagne's address is 126 Natural Resources Building, Department of Forestry, MSU, East Lansing, MI 48824-1222.

KHQ holds Cardboard Classic at Sugar Loaf Resort

Create a sled out of cardboard, any type of tape and glue and you can race in the KHQ Cardboard Classic.

Sugar Loaf Resort will host the fourth annual KHQ Cardboard Classic this year scheduled for March 2. WKHQ, a contemporary hit AM/FM radio station out of Charlevoix, puts on this zany, fun-filled event. Vernors sponsors the classic by supplying all the prizes and give-a-ways.

Sleds can be one-person or for groups up to six people. Sugar Loaf Resort's ski instructors prepare the race-track down the Nastar slope for sleds designed in all shapes and sizes.

"This event has grown into an exciting competition in which more and more entrants as well as spectators have become involved," says Mike Grosvenor, director of skiing at Sugar Loaf Resort. "I have seen sleds designed as horses, race cars, rockets and other unique snow vehicles. Some racers themselves dress according to the themes of their sled!"

There are different classes in which the sleds are judged. The "junior single" includes those who are 14 and under with a single person sled; "junior multi" is for the 14 and under set with up to six people; "adult single" and "adult multi" are categories for anyone 15 or older.

Those interested in entering the Cardboard Classic should contact Michelle Jarvis at Sugar Loaf Resort.

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SELF SERVICE

NO ALCOHOL ADDED

1990-91 Winter Calendar of Events

December 21-January 1, 1991, Christmas Week, Schuss Mt.
December 31, 1990, New Year's Eve Party, Schuss Mt.

December 14-January 10, Sugar Coated Celebrations, Sugar Loaf Resort

December 22-26, Santa's Vacation Package, Sugar Loaf Resort

December 26-28, Holiday Getaway, Sugar Loaf Resort

December 28-30, Holiday Getaway, Sugar Loaf Mt.

December 30-January 1, New Year's Gala Package, Sugar Loaf Resort

December 14-16, Bloodworth Clinic Weekend, Boyne Mountain

December 29-March, Marquette Mt., Marquette, NASTAR, 906-225-1155. (Begins Sat. the 29th and continues each Sat. and Sunday through the season).

December 29, Mt. Holiday, Traverse City, Snowboard Competition, 616-938-2500.

December 29-Jan. 5, Blackjack, Bessemer, Berghoff College Week Celebration, 800-848-1125

December 31, Alpine Valley, Milford, New Year's Eve Fireworks and Party, 313-887-4183

December 31, Nub's Nob, Harbor Springs, New Year's Eve Torchlight Parade, 616-526-2131

December 31, Swiss Valley, Jones, New Year's Eve Party, 616-244-5635

December 31, Timber Ridge, Gobles, New Year's Eve Ski Party, 800-253-2928

December 18-23, 1990, Ted Lockwood Race Academy, Boyne Mountain.

December 28, 1990, Winter Concert Series, Boyne Mountain

Holiday Packages from December 22-January 6, Boyne Mountain

December 21, 22, 23, 1990, Bahnhof Sport Race Academy Ski Camp with three days of intensive race training for children and adults. Call the Bahnhof Ski Shop at Nubs Nob for reservations and more information at 526-6588

December 31, 1990, New Year's Eve Torchlight Parade at 6 p.m., Nubs Nob

December 22-23, Recreational Race Camp, Indianhead Mt./Bear Creek Ski Resort, Wakefield, NASTAR, (906) 229-5181

December 14-16, Big Powderhorn, Bessemer, Warm-Up Weekend, (906) 932-4838

December 14-16, 1990, Boyne Mt., Boyne Falls, Racing Clinic Weekend, 800-GO-BOYNE

December 15, 1990, Mt. Brighton, Brighton, Snowboard Demo Days, (313) 229-9581

December 15-16, Blackjack, Bessemer, Adult Race Kamp, 800-848-1125

December 15-16, Mt. Brighton, Brighton, Snowboard Challenge-U.S. Amateur Snowboard Midwest Conference, (313) 229-9581

December 18-23, Boyne Mt., Boyne Falls, Race Academy, 800-GO-BOYNE

December 21-23, Caberfae Ski Resort, Cadillac, Caberfae Junior Race Camp, 800-678-2931

December 21-23, Nub's Nob, Harbor Springs, Race Academy Ski Camp, (616) 526-6588

December 22, Mt. Holiday, Traverse City, Holiday Party, (616) 938-2500

December 26-28, Snowsnake, Harrison, Christmas Race Day Camp, (517) 539-6583

January 4-6, 1991, "Learn to Ski/Race Clinics", Schuss Mt.

January 6, 1991, Cross-Country Free Trail Ski Day, Schuss Mt.

January 18, 1991, Michigan Learn to Ski Free Day, Schuss Mt.

January 18-21, Martin Luther King Weekend, Schuss Mt.

January 18-20, ISC Race Series, Schuss Mt.

January 19, Ski Demo Day at Schuss Mountain

January 25-27, MDSC Winter Carnival - Shanty Creek

January 26, Jr. White Pine Stampede, Schuss Mt.

January 26, Molson Ski Challenge, Schuss Mt.

January 28-Feb. 1, Silver Streak Week, Schuss Mt.

January 7, Night Skiing begins, and runs every Monday, Wednesday, Friday and Saturday until March 13th from 6 to 10 p.m., Nubs Nob

January 18, National Learn to Ski Free Day. First time skiers can take advantage of our free equipment, lesson and beginner lift ticket package by calling the Bahnhof Ski Shop at our SNOWLINE phone number, Nubs Nob.

January 6, Learn to Cross Country Ski-Free, Boyne Mt. and Highlands

January 12, Winter Concert Series, Boyne Mt.

January 12-13, M.D.S.C. Qualifying Weekend, Boyne Mt.

January 11-13, Ohio Valley Ski Conference Weekend, Boyne Mt.

January 14, Jimmie Hueva Mazda Ski Express, Boyne Mt.

January 18, Learn to Downhill Ski-Free, Boyne Mt. and Highlands

January 19, Winter Concert Series, Boyne Mt.

January 19-20, C.U.S.S.A. Racing, Boyne Mt.

January 25-27, Hawaiian Tropic Weekend, Boyne Mt.

January 26-27, C.U.S.S.A. Racing, Boyne Mt.

January 28-Feb. 1, Silver Streak Week, 50% Off Lift and Lodging, Boyne Mt. and Highlands

January 4-6, "Just Kidding Weekend", Sugar Loaf

January 6-10, Happy Birthday Sugar Loaf Resort!

January 11-13, Martin Luther King Ski Lebration, Sugar Loaf

January 13, Traverse Bay Biathlon, Sugar Loaf

January 18, Michigan Travel Bureau's Let's Go Skiing MI, Ski Free Day, Sugar Loaf

January 28-Feb. 1, Michigan Travel Bureau's Silver Streak Week, Sugar Loaf

December 29-Jan. 5, Blackjack, Bessemer, Berghoff College Week Celebration, 800-848-1125

January 31, Alpine Valley, Milford, New Year's Eve Fireworks and Party, (313) 887-4183

January 31, Nub's Nob, Harbor Springs, New Year's Eve Torchlight Parade, (616) 526-2131

January 31, Swiss Valley, Jones, New Year's Eve Party, (616) 244-5635

Jan. 2-13, Indianhead Mt./Bear Creek Ski Resort, Wakefield, Annual Singles Weekend/College Week, (906) 229-5181

Jan. 4, Marquette Mt., Marquette, "Top Gun" High School Invitational, (906) 225-1155

Jan. 5, Caberfae Ski Resort, Cadillac, Kids Race, 800-678-2931

Jan. 5, Mt. Brighton, Brighton, All American Race, (313) 229-9581

Jan. 5, Mt. Holiday, Traverse City, Ski Race, (616) 938-2500

Jan. 5-6, Crystal Mt., Thompsonville, Snowboard Races, (616) 378-2911

Jan. 6, Caberfae Ski Resort, Cadillac, National Collegiate Ski Association Race, 800-678-2931

Jan. 6, Crystal Mt., Thompsonville, Michigan Cup X-C Relay Race, (616) 378-2911

Friday, January 18, 1991, Learn To Downhill Ski Free Day. Listing of participating ski facilities are as follows:

Big Powderhorn Mountain, Bessemer, 906-932-4838

Bintz Apple Mt., Freeland, 517-781-0170

Bittersweet Ski Area, Otsego, 616-694-2820

Blackjack Ski Resort, Bessemer, 906-229-5115

Boyne Highlands, Harbor Springs, 616-549-2441 and 800-GO-BOYNE

Boyne Mountain, Boyne Falls, 616-549-2441 and 800-GO-BOYNE

Caberfae Ski Resort, Cadillac, 616-862-3301

Cannonsburg Ski Area, Cannonsburg, 616-874-6711

Crystal Mountain Resort, Thompsonville, 616-378-2911

Hanson Hills, Grayling, 517-348-9266

The Homestead, Glen Arbor, 616-334-5000

Indianhead Mountain/Bear Creek Ski Resort, Wakefield, 906-229-5181

Michaywe Au Sable Lodge, Gaylord, 517-939-8719

Mont Ripley, Houghton, 906-487-2940

Mott Mountain Ski Area, Farwell, 517-588-2945

Mount Brighton Ski Area, Brighton, 313-229-9581

Mount Holiday Ski Area, Traverse City, 616-938-2500

Mount McSauba Ski Hill, Charlevoix, 616-547-3267

Mount Zion, Ironwood, 906-932-3718

Nubs Nob Ski Area, Harbor Springs, 800-878-NUBS

Petoskey Winter Sports Park, Petoskey, 616-947-2500

Pine Mountain, Iron Mountain, 906-774-2747

Riverview Highlands Ski Area, Riverview, 313-479-2266

Shanty Creek-Schuss Mountain, Bellaire, 800-748-0249

Ski Brule, Iron River, 800-338-7174

Skyline Ski Area, Grayling, 517-275-5445

Snow Snake Mountain, Harrison, 517-539-6583

Sugar Loaf Resort, Cedar, 800-748-0117

Timber Ridge Ski Area, Gobles, 616-694-9449 or 800-253-2928

Treetops/Sylvan Resort, Gaylord, 517-732-6711

Monday, January 28, through Friday, February 1, 1991, Silver Streak Week. Participating ski facilities are listed as follows:

Algonquin Cross-Country Ski Trails, Sault Ste. Marie, 906-632-3301

Amon Orchards, Traverse City, 616-938-9160

Bay Valley Hotel & Resort, Bay City, 517-684-0501, 800-292-5028 Ext. 104

Beechwoods Recreation Center, Southfield, 313-354-4786

Bintz Apple Mountain, Freeland, 517-781-2550

Bittersweet Ski Area, Otsego, 616-694-2820

Blackjack Ski Resort, Bessemer, 906-229-5115

Caberfae Ski Resort, Cadillac, 616-862-3301

Cannonsburg Ski Area, Cannonsburg, 616-874-6711

Chalet Cross Country, Clare, 517-386-9697

Corsair Ski Trails, Tawas City, 800-55-TAWAS

Cross-Country Ski Headquarters, Roscommon, 517-821-6661

Crystal Mountain Resort, Thompsonville, 616-378-2911

Fitzgerald Park, Grand Ledge, 517-627-7351

Garland Resort, Lewiston, 517-786-2211

Grand River Park, Mason, 517-676-6109

Grand Traverse Resort, Acme, 800-748-0803

Hanson Hills Recreation Area, Grayling, 517-348-9266

Hinchman Acres Cross-Country Ski Center, Mio, 517-826-3267

The Homestead, Glen Arbor, 616-334-5000

Jellystone Park, Traverse City, 616-947-2770

Marquette Mountain, Marquette, 906-225-1155

Michaywe Au Sable Lodge, Gaylord, 517-939-8719

Mont Ripley, Houghton, 906-487-2340

Mott Mountain Ski Area, Farwell, 517-588-2945

Mount Brighton Ski Area, Brighton, 313-229-9581

Mount Holiday Ski Area, Traverse City, 616-938-2500

Mount McSauba Ski Hill, Charlevoix, 616-547-3267

Mount Zion, Ironwood, 906-932-3718

Ogemaw Hills Pathways, West Branch, 517-345-2621

Pando Ski Center, Rockford, 616-874-8343

Petoskey Winter Sports Park, Petoskey, 616-347-2500

Pine Mountain, Iron Mountain, 906-774-2747

Ranch Rudolf, Traverse City, 616-947-9529

Riverview Highlands Ski Area, Riverview, 313-479-2266

Saginaw County Parks, Price Nature Center, Saginaw, 517-790-5281

Shanty Creek-Schuss Mountain, Bellaire, 800-748-0249

Skyline Ski Area, Grayling, 517-275-5445

Snow Snake Mountain, Harrison, 517-539-6583

Stony Creek Metropark, Washington, 313-781-4242 or 800-47-PARKS

Sugar Loaf Resort, Cedar, 800-748-0117

Swiss Valley Ski Area, Jones, 616-244-5635

Timber Ridge Ski Area, Gobles, 616-694-9449 or 800-253-2928

Timberlane Resort and Nordic Ski Center, Irons, 616-266-5780

Treetops/Sylvan Resort, Gaylord, 517-732-6711

Wilderness Valley Cross-Country Ski Center, Gaylord, 616-585-7141

February 1-3, 1991, "Learn to Ski/Race Clinics", Schuss Mt.

February 2, 1991, White Pine Stampede, Schuss Mt.

February 6-8, 1991, Special Olympic Winter Games, Sugar Loaf Resort

February 10, 1991, Great Lakes Biathlon Classic, Sugar Loaf.

February 16, 1991, U.S. Recreational Skiers Assoc. Plymouth Series Race, Schuss Mt.

February 17, 1991, Jack Frost/Jack Daniels Ski Race - Schuss Mountain.

February 15-18, 1991, President's Day Weekend, Schuss Mt.

February 23, 1991, Easter Seal 10 km Race - Shanty Creek, Shanty Creek.

February 2-3, Jeep Ski Club Challenge, Boyne Mountain

February 23, American Airlines X-C Race, Boyne Mountain

February 9-10, James Snowboard Exhibition, Boyne Highlands

February 9-10, M.D.S.C. Race Weekend, Boyne Mountain

February 9, Jose Cuervo Games of Winter '91, Boyne Mountain

For fun on the ice, observe safety rules this winter

Observe safety rules for fun on ice

Ice fishing, skating, ice boating and sledding continue to be some of Michigan's most popular winter recreational activities, and can be safe forms of winter fun as long as some important safety practices are observed.

• Don't venture onto any ice-covered bodies of water until you test the thickness and quality of the ice with a spud or needle bar.

- Stay off soft or discolored ice.
- Avoid structures, docks or pilings in the ice.
- If you plan to use a specific area for ice skating, check its perimeters often.
- Have rescue gear available - lines, ladder, a broken tree limb or spare tire could be used to extend your reach to someone who has fallen through the ice.
- Wearing a personal flotation device while on the ice could save your life.
- Be especially cautious early and late in the winter season when ice thickness is unpredictable due to temperature fluctuations.

Your most important ice safety tool is the spud or needle bar - a metal pipe with a chisel or point welded to the end. Just striking the ice with this tool will immediately alert you if the ice is soft or thin.

If the worst happens, and you take a dip, you must act quickly to get out of the cold water. Your problem will be compounded if you're alone. While your clothing will provide some flotation, you must work fast before the effects of the icy water cloud your reasoning. If you're in topnotch physical condition, you might be able to place your gloved hands on the ice and pull yourself out. Another method is to turn on your back and kick your feet and squirm out backwards. Remember that where you came in the ice supported you and is still the direction to move. Roll away from the hole until you feel the ice is safe, then stand and get to a warm place right away. If that place is your car and your car keys are in a pocket, grab for them immediately before your clothing freezes solid.

Don't put yourself in jeopardy if you are trying to save someone else who has fallen through the ice. Use any of the available equipment mentioned above to pull them out. If you must go onto the ice, crawl and spread your weight as much as possible. If you pass the victim a line, try to get that person to tie the line around his/her waist.

Remember that a person pulled out of icy water may appear to be beyond help, but may still be saved by using cold water drowning revival procedures. Begin cardiopulmonary resuscitation and transport the victim to a hospital as soon as possible.

Four to five people die as the result of falling through the ice in Michigan every winter. In most cases, respecting ice-covered waters and taking these simple safety precautions would prevent these tragedies.

For more information, call Eric Olsen, Department of Natural Resources marine safety specialist at 517-395-3414.

Have a safe, fun-filled winter!

Boyne Country hosts fundraiser for American Cancer Society

Snowmobilers are invited to ride the trails of northwest lower Michigan and raise money for the American Cancer Society during Rally Run 200, Jan. 2-6.

Rally participants are encouraged to sign up sponsors before they travel to northwest Michigan, where they can ride through 13 communities, including Petoskey, Boyne Falls, Indian River, Walloon Lake, Harbor Springs, Charlevoix, Alba, East

Jordan, Pellston and Mackinaw City.

Snowmobilers who pass check points in each of the participating communities during the five day rally and raise \$50 for the American Cancer Society will have the chance to win one of several prizes, including vacations, complimentary lodging and a new Arctic Cat snowmobile.

Chances to win prizes in the drawing will be added with each

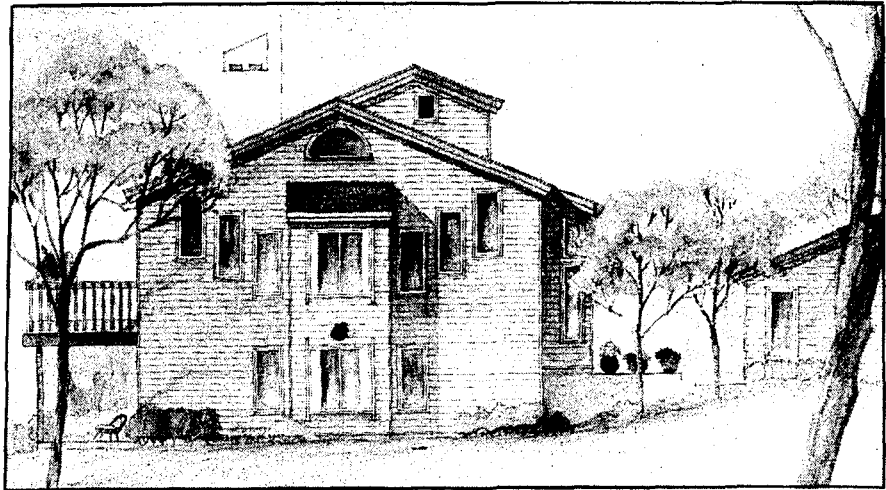
additional \$50 raised for the cancer society by riders who pass check points in all 13 communities.

There is an entry fee of \$5 per rider.

Interested snowmobilers can get entry forms and other information about the rally by writing to Rally Race 200, The American Cancer Society, 401 W. Front St., Traverse City, Mich. 49684. Or call 1-800-748-0370, toll-free or 616-582-6963.



HAWKRIDGE VILLAGE OPEN HOUSE



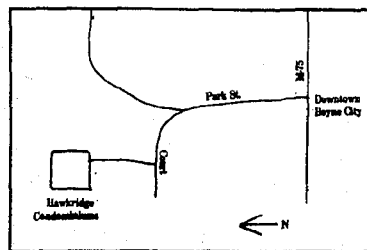
DAILY 10 - 5 P.M.
THROUGH THE HOLIDAYS

DEC. 22 - JAN. 8

AMENITIES:

- Cathedral ceilings
- Woodburning fireplaces
- Oak railings and trims
- Solid core oak doors with Schlage hardware
- Exterior decks on all units
- Electric radiant heat ceilings
- Main floor laundries
- Merillat Homestead oak cabinets with laminate counter tops in kitchen and baths
- Whirlpool appliances
- Moen fixtures, Warm Rain tubs in baths
- Brick paved walk ways
- Energy-efficient 2x6 exterior walls with 6" fiberglass insulation, R-50 plus ceiling values
- Insulated windows and sliding glass doors
- One car garage drywalled and painted, garage door opener

PRICED FROM \$85,000 TO \$158,000



SALES BY
HAWKINS DEVELOPMENT & REAL ESTATE SERVICE
582-3433 OR 582-3430

This side of the mountain is all yours. Because the LTP from K2 is designed specifically for female recreational skiers. It's a very smooth, flexible ski that is softer in flex and torsion. And, thanks to Kevlar fibers, it's lighter in weight than normal sport skis. This makes

Welcome To No Man's Land.

the LTP easy to turn, yet very lively and responsive in performance. So you can ski where no man has gone before.



Available at your finer ski shops everywhere.

Michigan History Bureau publishes landmark book

A glimpse of what lies at the bottom of the Great Lakes was revealed today in Lansing, when Secretary of State Richard H. Austin officially introduced *Beneath the Inland Seas: Michigan's Underwater Archaeological Heritage*. The newest publication from the state Bureau of History will be an important reference on Great Lakes underwater history, according to Secretary Austin.

"The publication of this book, which coincides with the Michigan Historical Museum's current temporary exhibit 'Beneath the Inland Seas,' represents a commitment by the state of Michigan to study the artifacts of our past that lie beneath the Great Lakes," Secretary Austin said. "Not only is the book interesting to read, but it shows how sport divers and others who wish to help preserve our maritime history have made Michigan the leader in this region."

Beneath the Inland Seas helps us appreciate the "time capsules" resting on the bottoms of Michigan freshwater lakes," commented author Dr. John Halsey, State Archaeologist of Michigan.

The beautifully illustrated, full-color book provides a chronology of the life of the Great Lakes. It begins with the prehistoric period when lakes were formed by glaciers, and discusses the untapped archaeological potential of

prehistoric underwater areas which were once shoreline Indian settlements.

Halsey offers an overview of Great Lakes travel, beginning with bateaux and early sailing vessels which were replaced by a wide variety of steam-powered sidewheeled vessels, large-excursion and passenger vessels, and screw-propeller freighters, as Great Lakes commerce increased.

"After the middle of the nineteenth century, the explosive growth in the types of vessels, in all states of repair, led to greatly increased numbers of sinkings," Halsey noted.

Yet little physical evidence of the early shipping era remains, Halsey wrote. Eighteenth and early nineteenth century ships were cut up and retrofitted, scrapped for valuable materials, abandoned and even burned as an event for the public to watch.

In many cases, only ships accidentally sunk in the cold freshwater of the Great Lakes provide clues about original construction and renovations, the type of cargo carried and where it was stowed, and the personal effects of passengers and crew.

Beneath the Inland Seas likens the study of sunken ships to finding a time capsule from another era. "Everything on board - crew and passengers, their possessions and equipment, the cargo on the

ship itself - went to the bottom at the same time. This circumstance rarely happens on land sites," reads a passage from one of the book's nine chapters.

Having portrayed the variety of and significance of underwater sites, Halsey describes the history of underwater archaeology in this region, including the legislative establishment of underwater preserves.

The 8½-by-11-inch paperback is 64 pages long, and contains more than 50 illustrations, including modern and archival photographs, paintings and charts.

Beneath the Inland Seas costs \$6.95 postpaid, and is available from the Bureau of History, 717 W. Allegan St., Michigan Department of State, Lansing, MI 48918. Checks should be payable to the State of Michigan. VISA or MasterCard holders may order copies of the book and other bureau publications by calling toll-free: 1-800-366-3703.

Visitors to the Michigan Historical Museum, 717 W. Allegan St., in downtown Lansing will find the new book in the Museum Store beside other wares which relate to Museum exhibits. The Museum and Store will be open from 1 to 5 p.m. the day after Thanksgiving, Friday, November 23.

NASTAR pacesetters determine this year's base handicap

A few weeks ago, Treetops Sylvan Resort was host to one of the more important races of the winter when nearly 50 NASTAR pacesetters came to the resort to determine this year's base handicaps they will use when they hold their NASTAR races at the resorts where they are the pacesetter.

The racers had to compete against the national pacesetter, Mike Brown, who set his score by racing against members of the U.S. Ski team in trials held earlier this fall at Beaver Creek.

Brown is the Lite NASTAR traveling pacesetter, the man who wears number one bib, and who travels around the country to set standards which area pacesetters will use when they figure out the levels of achievement for the people who enter NASTAR races.

Brown was a member of the U.S. Ski Team from 1981 to 1989 before retiring last spring.

In setting his handicap, he had to make six runs down the World Championship 39 second 580 foot vertical slalom run. Four of the best were then averaged to determine his handicap.

Brown finished about 1.5 seconds off the average time of the top finisher on the Ski Team, Nate Bryan, and was given a rating of seven (handicap).

Brown says he learned to ski at age two by sliding around on wooden skis in the parking lots of ski resorts as his parents took turns taking runs down the hill.

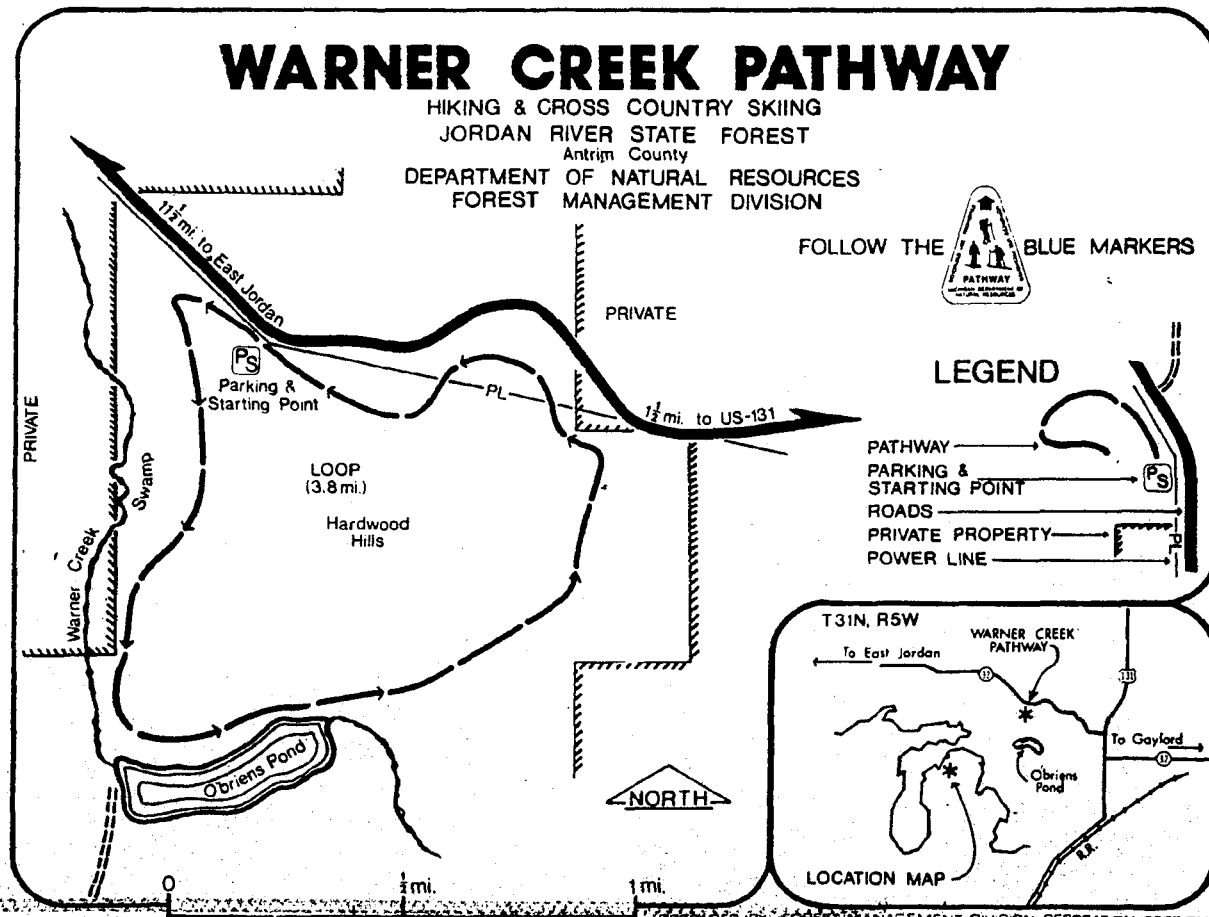
With his handicap of seven, Brown started a 20 day trek around the country to set the handicaps of others.

At Sylvan, skiers from Michigan, Wisconsin, Ohio, Indiana, and northern Ontario came to test their skills against Brown.

There, the racers each had six runs themselves to determine their own handicap.

So, if you want to see how you stand with some of the better ski racers of the world, sign up for a NASTAR race at your ski area. You may win a gold medal to show the world your abilities.

It's simple. The best way down the mountain is the most direct. Because the K2 5500 is the ultimate "go anywhere" ski. It's as comfortable on moguls and packed slopes as it is on bullet-proof ice or floating through powder. Triaxial Braiding and carbon fibers make this ski very quick, responsive and light in weight. And it has the Universal 7.8 side-cut for versatility, and



Simply The Best Way To Get Down The Mountain.

cracked steel edges for great edge hold and control. The 5500. So you can go simply anywhere.



Available at your finer ski shops everywhere.

K2 SKI

Boyne USA to debut new beer

Boyne has contracted with Michigan's Frankenmuth Brewery to produce a full-bodied pilsner beer brewed with a hearty old world taste.

With the popularity of Vail Ale, Breckenridge Stout and over two dozen other beers currently being brewed in ski towns, Steve Kircher, Boyne Resort's Special Projects Administrator, felt it was time northern Michigan had a draft of its own.

The Foamy Frankenmuth Brewery creation is available on tap at all Boyne restaurants and lounges and will be introduced in bottle form in January pending state approval.

The beer is brewed in accordance with Reinheitsgebot, the German purity law of 1516, under the guidance of a Frankenmuth brewmaster. It will be distributed by Bayside Beverage and current marketing efforts include posters, taps, t-shirts and various lounge

promotions. The Boyne Beer label was designed in Chicago and its centerpiece is a 1950s photo sporting two of Boyne Mountain's nostalgic skiers. "A taste of Tradition" will be the beer's slogan during the launch.

Boyne plans to apply for a take-out license from the state to allow over-the-counter sales to all customers and will be sold through area party stores after the beverage takes hold at the resorts.

Steve Kircher reports, "... as a product of Michigan's only award-winning brewery, Boyne Beer will be shipped straight from Frankenmuth, which will preserve the taste and freshness of the brew."

As the son of Boyne USA founder, Everett Kircher, he anticipates Boyne Beer will become a big seller from Traverse City to Mackinaw, and emphasized, "... it's a northern Michigan beer; it's not just a Boyne USA Beer."

Locations named for Rally Run 200 registrations

For snowmobilers that did not have a chance to pre-register for the Rally Run 200 fundraiser for the American Cancer Society, three convenient locations have been named to handle registrations and give information on the Rally Run. Galmore's Ski-Doo sales at 105 2nd St. in East Jordan, the Burt Lake Marina on S. Straits Hwy., Indian River, and Downings Downtown Motor Inn,

202 Central, Mackinaw City have Rally tally sheets and other details for those wishing to join the fun for a good cause, plus have the opportunity to win prizes at the Saturday night drawing. The grand prize is a 1991 Arctic Cat Jag AFS, so there is ample incentive to raise funds for the fight against cancer.

The Run 200 is part of the annual Northwest Lower Snowmobile Rally held Jan. 2-6,

1991. This is the first year the tour of the area to raise money for cancer has been added, and snowmobilers of all ages are invited to participate. For each \$50 raised, the participant's name goes in to the drawing once. The Run 200 is not a race or endurance test. It's a tour of the area at your own pace, getting a verification from a participating business in each community to qualify for all prizes.

The Third Annual "New Year's Eve Sno-Ball"

at the Boyne Mountain Civic Center

Join
Master of Ceremonies
Jon Hartwell of Horton Bay for the
Biggest New Year's Eve Party in The North!

NON-STOP ENTERTAINMENT
WITH TWO BANDS:
Mighty Ivan and The Groove Junkies
featuring the best in R&B and
LVB
featuring the best of the 60s & 70s dancable

NIGHT INCLUDES

- Torchlight Parade •
- Fireworks •
- Champagne at Midnight •
- Hors d'oeuvres •
- Party Favors •
- A Few Festive Surprises •

TICKETS

\$15 Individual

\$25 Couple

JACKET REQUIRED

21 YEARS AND OVER ONLY!

Doors open at 9:00 p.m.
Torchlight Parade begins at 10:00 p.m.

1991 WOMEN'S SKI SEMINAR



CABERFAE SKI RESORT
CADILLAC, MICHIGAN

616-862-3301

in cooperation with
CENTER FOR
HUMAN PERFORMANCE

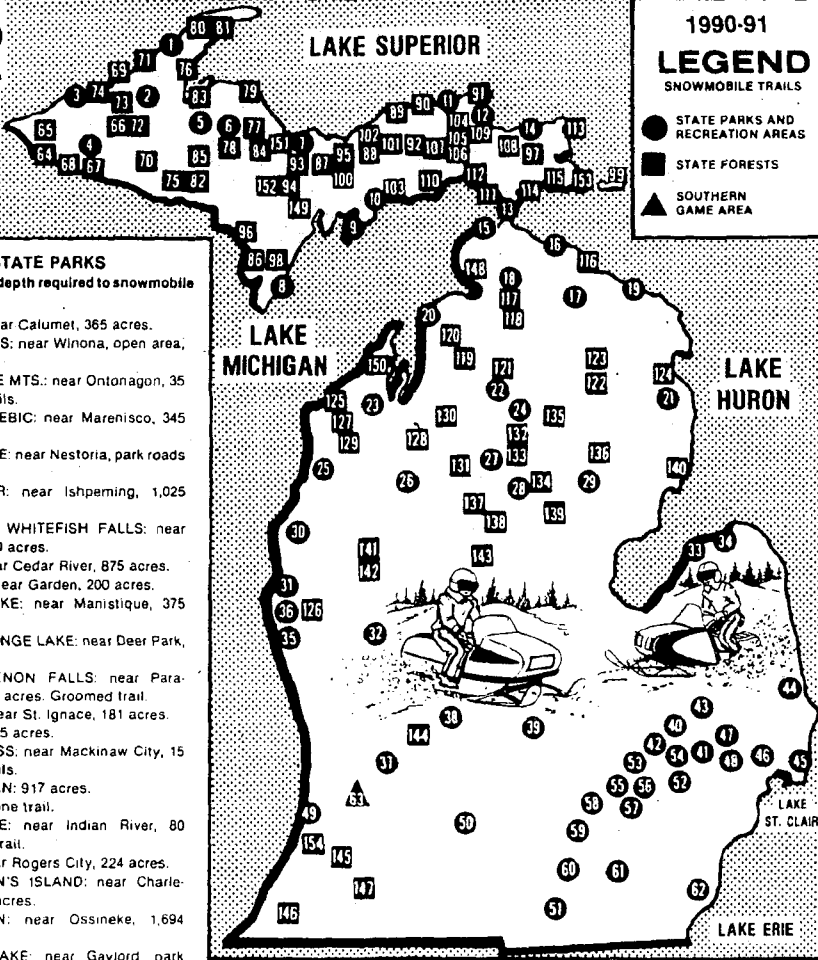


Central Michigan Community Hospital

ALPINE & NORDIC SKI CLINICS
For Women - By Women

January 24 & 25
February 4, 5 & 21, 22

TREK TO THE TRAILS



1990-91
LEGEND
SNOWMOBILE TRAILS

- STATE PARKS AND RECREATION AREAS
- STATE FORESTS
- ▲ SOUTHERN GAME AREA

STATE PARKS

• 4 inch snow depth required to snowmobile in State Parks.

- 1 McLAIN: near Calumet, 365 acres.
- 2 TWIN LAKES: near Winona, open area, 165 acres.
- 3 PORCUPINE MTS.: near Ontonagon, 35 miles of trails.
- 4 LAKE GOGEBIC: near Marenisco, 345 acres.
- 5 CRAIG LAKE: near Nestoria, park roads only.
- 6 VAN RIPER: near Ishpeming, 1,025 acres.
- 7 LAUGHING WHITEFISH FALLS: near Sundell, 600 acres.
- 8 WELLS: near Cedar River, 875 acres.
- 9 FAYETTE: near Garden, 200 acres.
- 10 INDIAN LAKE: near Manistique, 375 acres.
- 11 MUSKALLONGE LAKE: near Deer Park, 125 acres.
- 12 TAHQUAMENON FALLS: near Paradise, 14,300 acres. Groomed trail.
- 13 STRAITS: near St. Ignace, 181 acres.
- 14 BRIMLEY: 45 acres.
- 15 WILDERNESS: near Mackinaw City, 15 miles of trails.
- 16 CHEBOYGAN: 917 acres.
- 17 ONAWAY: one trail.
- 18 BURT LAKE: near Indian River, 80 acres, one trail.
- 19 HOEFT: near Rogers City, 224 acres.
- 20 FISHERMAN'S ISLAND: near Charlevoix, 2,278 acres.
- 21 NEGWEGON: near Ossineke, 1,694 acres.
- 22 OTSEGO LAKE: near Gaylord, park roads only.
- 23 INTERLOCHEN: near Traverse City, trail corridor.
- 24 HARTWICK PINES: near Grayling, 4,018 acres.
- 25 ORCHARD BEACH: near Manistee, 140 acres.
- 26 MITCHELL: near Cadillac, trail corridor.
- 27 NORTH HIGGINS LAKE: near Roscommon, 368 acres.
- 28 SOUTH HIGGINS LAKE: near Roscommon, trail corridor.
- 29 RIFLE RIVER: near Rose City, 4,318 acres.
- 30 LUDINGTON: 7 miles of trails.
- 31 SILVER LAKE: near Hart, 700 acres.
- 32 NEWAYGO: 237 acres.
- 33 SLEEPER: near Caseville, 850 acres.
- 34 PORT CRESCENT: near Port Austin, 546 acres.
- 35 MUSKOGON: 400 acres.
- 36 DUCK LAKE: near Muskegon, 561 acres.
- 37 YANKEE SPRINGS: near Middleville, 3,204 acres.
- 38 IONIA: 2,700 acres.
- 39 SLEEPY HOLLOW: near Lansing, 2,600 acres.
- 40 ORTONVILLE: 3,886 acres.
- 41 HOLLY: near Pontiac, 1,870 acres.
- 42 SEVEN LAKES: near Holly, 1,375 acres.
- 43 METAMORA HADLEY: near Metamora, 630 acres.
- 44 LAKEPORT: near Port Huron, 200 acres.
- 45 ALGONAC: 750 acres.
- 46 WETZEL: near New Haven, 849 acres.
- 47 BALD MOUNTAIN: near Pontiac, 2,800 acres.
- 48 ROCHESTER-UTICA: near Utica, 400 acres.
- 49 VAN BUREN: near South Haven, 250 acres.
- 50 FORT CUSTER: near Battle Creek, 1,337 acres.
- 51 LAKE HUDSON: near Hudson, 2,650 acres.
- 52 PONTIAC LAKE: near Pontiac, 3,500 acres.
- 53 HIGHLAND: near New Hudson, 3,600 acres.
- 54 DODGE PARK NO. 4: near Pontiac, 130 acres.

- 55 BRIGHTON: 3,620 acres.
- 56 PROUD LAKE: near Milford, 2,200 acres.
- 57 ISLAND LAKE: near Brighton, 3,100 acres.
- 58 PINCKNEY: near Gregory, 5,500 acres.
- 59 WATERLOO: 11,000 acres.
- 60 CAMBRIDGE: near Cambridge Junction, 120 acres.
- 61 HAYES: near Clinton, 400 acres.
- 62 STERLING: near Monroe, 525 acres.

SOUTHERN GAME AREA

- 63 ALLEGAN GAME AREA: 20 mi. trail.

STATE FORESTS

- 64 IRONWOOD TRAIL, at Ironwood, 42 mi.
- 65 BESSEMER TRAIL, at Bessemer, 53 mi.
- 66 BERGLAND-BRUCE CROSSING, at Bergland or Bruce Crossing. Trail: 65 mi.
- 67 MARENISCO-PRESQUE ISLE, WI, at Marenisco. Trail: 12 mi.
- 68 RAMSAY-MARENISCO, at Marenisco, Wakefield or Ramsay. Trail: 33 mi.
- 69 ONTONAGON-MASS, at Ontonagon or Mass. Trail: 35 mi.
- 70 MARENISCO-BERGLAND, at Marenisco or Bergland. Trail: 24 mi.
- 71 FRED A TRAIL, at Atlantic or Beacon Hill. Trail: 22 mi.
- 72 BERGLAND-PORCUPINE MT., 1 mi. N. of Bergland. Trail: 18 mi.
- 73 BILL NICHOLS TRAIL, AT Mass or Painesdale. Trail: 40 mi.
- 74 PORCUPINE MT., Porcupine Mt. St. Park. Trail: 29 mi.
- 75 STATE LINE-BRUCE CROSSING, at Bruce Crossing. Trail: 60 mi.
- 76 ALSTON-WINONA, at Alston or Winona. Trail: 18 mi.
- 77 NEGAUNEE-MARQUETTE, at Negaunee or 2 mi. S. of Marquette on M-28. Trail: 40 mi.
- 78 NEGAUNEE-MICHIGAMME-REPUBLIC, at Negaunee, Michigamme or Republic. Trail: 46 mi.
- 79 MARQUETTE-BIG BAY, at Big Bay or 4 mi. NW. of Marquette at Forestville. Trail: 37 mi.
- 80 KEWEENAW TRAIL, at Copper Harbor or Houghton-Hancock Bridge. Trail: 70 mi.
- 81 LARIUM-LAKE LINDEN-HANCOCK, at Larium or Houghton-Hancock Bridge. Trail: 17 mi.
- 82 CRYSTAL FALLS-IRONWOOD, at Ironwood, Crystal Falls, or Iton River. Trail: 110 mi.
- 83 L'ANSE-ALSTON-SIDNEY, at L'Anse, Alston or Sidnaw. Trail: 51 mi.
- 84 CLOVERY-MARQUETTE TRAIL, at Clowery, Ishpeming or Marquette. Trail: 30 mi.
- 85 KELSO-CRYSTAL FALLS, at Kelso Junction. Trail: 7 mi.
- 86 LORETTO-FELCH, at Loretto or Foster City. Trail: 25 mi.
- 87 ONOTA-CHATHAM, 2 mi. E. of Chatham off M-94. Trail: 10 mi.
- 88 CHATHAM-SHINGLETON, at Shingleton or 3 mi. N. of Chatham. Trail: 26 mi.
- 89 SHINGLETON-GRAND MARAIS, at Shingleton or Grand Marais. Trail: 34 mi.
- 90 GRAND MARAIS-PINE STUMP JCT., at Grand Marais or Pine Stump Jct. Trail: 25 mi.
- 91 PARADISE-PINE STUMP JCT., at Paradise or Pine Stump Jct. Trail: 36 mi.
- 92 SENEY-GRAND MARAIS, at Seney or Grand Marais. Trail: 48 mi.
- 93 LITTLE LAKE, in Gwinn or Little Lake. Trail: 40 mi.
- 94 SAND PLAINS, off M-35 at New Swanzy. Trail: 21 mi.
- 95 CHATHAM BRANCH, 2 mi. E. of Chatham off of M-94. Trail: 6 mi.
- 96 FELCH GRADE TRAIL, at Felch or Escanaba. Trail: 58 mi.
- 97 KINROSS-PICKFORD, at Kinross or Pickford. Trail: 13 mi.
- 98 LAKE ANTOINE, 2 mi. E. of Waucedah at Beaver Potes. Trail: 10 mi.
- 99 DRUMMOND ISLAND TRAILS, on Drummond Island. Trails: 67 mi.
- 100 BIG SPRINGS TRAIL, 15 mi. S. of Munsing off Hwy. 13. Trail: 20 mi.
- 101 N. HIAWATHA, at Shingleton. Trail: 48 mi.
- 102 SUNRISE TRAIL, 1 mi. N. of Shingleton

- on Co. Rd. H15. Trail: 40 mi.
- 103 HAYWIRE TRAIL, 5 mi. N. of Manistique or M-94 or Shingleton. Trail: 25 mi.
- 104 PINE STUMP-TAHQUAMENON FALLS, 20 mi. N. of Newberry, on Co. Rd. 407. Trail: 32 mi.
- 105 THREE MILE TRAIL, 1 mi. N. of Newberry, on M-123. Trail: 15 mi.
- 106 NEWBERRY FALLS TRAIL, 1 mi. N. of Newberry, on M-123. Trail: 30 mi.
- 107 McMILLAN TRAIL, at McMillan, 13 mi.
- 108 PARADISE-RACO, at Paradise or Raco. Trail: 35 mi.
- 109 PARADISE FALLS TRAIL, 1 mi. W. of Paradise on M-123. Trail: 19 mi.
- 110 PULLUP LAKE Trail, at Nelson Lake or Naubinway Trail: 12 mi.
- 111 CARP RIVER TRAIL, E. of Trout Lake at Jct. of M-123 and Co. Rd. H40, 15 mi.
- 112 REXTON TRAIL, 11 mi. N. of Naubinway off of Pullup Lake. Trail: 24 mi.
- 113 SOOHULBERT, at Sherman Park. Trail: 46 mi.
- 114 CASTLE ROCK TRAIL, 4 mi. N. St. Ignace off I-75. Trail: 18 mi.
- 115 CEDARVILLE TRAIL, 1.5 mi. N. of Cedarville on M-129. Trail: 26 mi.
- 116 CHEBOYGAN-BLACK MOUNTAIN, at Cheboygan. Trail: 45 mi.
- 117 INDIAN RIVER TRAIL, at Indian River. Trail: 21 mi.
- 118 WOLVERINE TRAIL, 7 mi. W. of Wolverine on Wolverine Rd. Trail: 17 mi.
- 119 JORDAN VALLEY TRAIL, 8 mi. S. of Boyne Falls on US-131. Trail: 13 mi.
- 120 CHANDLER HILLS TRAIL, at Boyne Falls. Trail: 34 mi.
- 121 NORTH BRANCH TRAIL, 3 mi. S. of Gaylord at McCoy Rd. Trail: 23 mi.
- 122 AVERY HILLS TRAIL, 6 mi. W. of Avery. Trail: 14 mi.
- 123 BRUSH CREEK TRAIL, 2 mi. N. of Atlanta off M-33. Trail: 30 mi.
- 124 DEVIL'S LAKE TRAIL, 4 mi. S. of Alpena on Piper Rd. Trail: 38 mi.
- 125 PLATTE RIVER TRAIL, at Honor, 39 mi.
- 126 MUSKOGON COUNTY TRAILS, at Wastewater Treatment plant. Trail: 122 mi.
- 127 BETSIE RIVER TRAIL, at Beulah, Honor, Thompsonville, Turtle Lake. Trail: 38 mi.
- 128 BOARDMAN VALLEY TRAILS, E. of Traverse City on 4 mi. Rd. or Mayfield. Trail: 81 mi.
- 129 BEAR LAKE SPUR, at Thompsonville. Trail: 16 mi.
- 130 BLUE BEAR TRAIL, 11 mi. E. of Kalkaska on M-72. Trail: 45 mi.
- 131 MISS-KAL LINE TRAIL, at Moorestown. Trail: 26 mi.
- 132 GRAYLING-LOVELLS, 3 mi. N. of Grayling off M-83 or Lovells. Trail: 63 mi.
- 133 SKYLINE TRAIL, at Grayling, 25 mi.
- 134 ROSCOMMON-ST. HELEN, at Roscommon or St. Helen. Trail: 25 mi.
- 135 ROLL TRAIL, 75 mi. E. of Lovells on Lovells Rd. Trail: 40 mi.
- 136 MUSKRAT LAKE TRAIL, 8.5 mi. E. of Fairview on Heimer Lake Rd. Trail: 25 mi.
- 137 GRAYLING - WEST HIGGINS - STRATFORD, at Grayling. Trail: 32 mi.
- 138 PRUDENVILLE TRAIL, 1 mi. SW. of Prudenville. Trail: 25 mi.
- 139 OGEWAW HILLS TRAILS, at South Branch, 75 mi.
- 140 IOSCO COUNTY TRAILS, at Oscoda, 50 mi.
- 141 LINCOLN HILLS TRAIL, Manistee National Forest. Trail: 24 mi.
- 142 LITTLE MANISTEE TRAIL, 45 mi.
- 143 FUR FARM TRAIL, 1 mi. E. of Leota, Trail: 36 mi.
- 144 WEST MICHIGAN TRAIL, on Wabasis Ave. SW. of Wabasis Lake, Yankee Springs Recreational Area, Allegan or Gobles. Trail: 195 mi.
- 145 SISTER LAKES TRAIL, at Keeler, Sister Lakes or M-62 at Indian Lake, 30 mi.
- 146 BERRIEN COUNTY TRAIL, at Three Oaks or Baroda. Trail: 45 mi.
- 147 NILES TRAIL, 3.5 mi. E. of Niles on Yankee St. Trail: 27 mi.
- 148 ALANSON-MACKINAW CITY, at Alanson or Mackinaw City. Trail: 24 mi.
- 149 LA BRANCHE-ARNOLD, at La Branche or Arnold. Trail: 15 mi.
- 150 EMPIRE-WELLSTON, at Jct. of Co. Rd. 669 and Manistee River. Trail: 40 mi.
- 151 HARVEY-SAND RIVER, at Harvey. Trail: 15 mi.
- 152 GWINN-SILVER LAKE, 7 mi. S. of Gwinn. Trail: 35 mi.
- 153 SAND RIDGE TRAIL, at Pickford or Detour. Trail: 22 mi.
- 154 COLOMA AREA TRAILS, at Coloma Rd. and I-196, Watervliet or Millburg. Trail: 23 mi.

Snowmobiling facts and participants profile

- * There are more than 10 million snowmobilers in the U.S. and Canada.
- * Surveys show that more than 80 percent of snowmobilers consider it a family sport. The majority of snowmobile owners are married and have children.
- * A recent survey by Snowmobile Magazine, found the average age of snowmobilers to be 38.8. A 1987 I.S.I.A. survey showed that nine percent of snowmobilers were over age 60 and 11 percent under 25.
- * A 1988 survey by Snowmobile Magazine showed the average household income of snowmobilers was \$56,000.
- Snowmobiling Activity**
- * Although primarily a recreational activity, snowmobiling also provides many other useful functions. In remote portions of Canada and the U.S., snowmobiles are some citizens primary source of transportation.
- * Michigan takes top honors for registered snowmobilers with nearly 290,000. Minnesota and Wisconsin have 198,000 and 145,000, respectively.
- * Wisconsin boasts more than 18,000 miles of groomed and marked snowmobile trails. Minnesota and Quebec have 11,000; Michigan has 6,500. Maine and New York report 9,000 and 6,000 respectively.
- * There are more than 100,000 miles of groomed and signed snowmobile trails in North America. This is twice as many as the entire U.S. interstate highway system.
- * The Eagle River World's Snowmobile Championship, the biggest event on the snowmobiling calendar, attracts nearly 30,000 people to this small Wisconsin Northwoods community of 2,000.
- * Snowmobilers are among the most organized of any recreational sport enthusiasts. There are approximately 3,000 snowmobile clubs in North America. Nearly 40 state, provincial, regional and national and international snowmobile associations belong to International Snowmobile Council.
- * A comprehensive snowmobile machine safety standards program is sponsored by the Snowmobile Safety and Certification Committee (SSCC), a non-profit organization dedicated to promoting safe snowmobiling.
- * The National Snowmobile Foundation (NSF), formed in 1988, is organized to increase public understanding of and appreciation for snowmobiling. To reach this objective, the NSF will educate nonsnowmobilers and

Ski all day for only \$10

Ski the "T's for \$10." The T's are Tuesdays and Thursdays and lift tickets are \$10 with a coupon.

Sugar Loaf Resort will expand last year's "\$10 Tuesdays" to include "\$10 Thursdays" as well. With a coupon from the local newspapers, Leelanau and Traverse City, a skier can receive up to four all-day lift tickets for only \$10 each.

Weather permitting, skiing the "T's for \$10" will begin in December and continue through the 1990-91 ski season.

Avoid "can't start" problems with your car this winter

"Can't start" calls can ruin your whole day, particularly when you are running late for work or the long-awaited baby chooses a blustery winter day to make its debut.

But many of those infuriating "can't start" problems are preventable. Last year, for instance, of the 900,000 emergency road service calls received by AAA Michigan, nearly half were "can't start" pleas for help.

To ward off this nightmare, the first thing to do is make sure the battery is okay. Remember, at zero degrees your battery has 35 percent less starting power than it does during the summer.

First, check the battery's fluid level and fill it to the indicated level with distilled or clean tap water if it's low.

Next, loose battery cables should be tightened, frayed ones replaced. Battery cables and posts covered with corrosion should be cleaned with a baking soda/water mixture.

Nippy temperatures also call for different steps when starting your

vehicle. Things like don't pump the gas pedal in fuel-injected vehicles.

Simply turn the key and release when the engine starts. Do not grind the starter for more than 15 seconds. If the engine fails to start or keep running, consult your vehicle owner's manual for procedures recommended by the manufacturer.

To start carbureted engines, the general practice is to press the gas pedal to the floor, release it and turn the ignition key to the "on" position. Do not grind the starter for more than 15 seconds. If the first attempt fails, release the key, wait 30 seconds between tries.

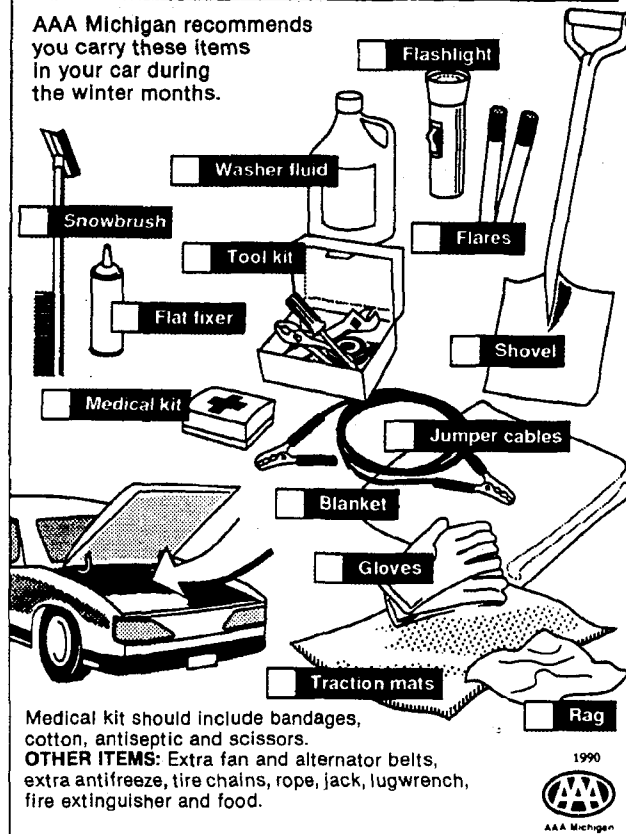
If you smell gas, the engine is probably flooded. Turn off the ignition, wait one minute, depress the gas pedal to the floor for one minute. Keep the pedal depressed when you try the key again.

Once you've gotten the engine going, warm it up by driving slowly for the first few minutes. Idling an engine to warm it up wastes gas and actually slows down the warming process.

Never warm the vehicle in a closed garage, as carbon monoxide fumes contained in the exhaust could be fatal.

Winter Driving Readiness Kit

AAA Michigan recommends you carry these items in your car during the winter months.



Medical kit should include bandages, cotton, antiseptic and scissors.

OTHER ITEMS: Extra fan and alternator belts, extra antifreeze, tire chains, rope, jack, lugwrench, fire extinguisher and food.



Snowmobiling facts

Continued from Page 8

snowmobilers about the social and economic benefits of the sport of snowmobiling through a variety of informational, philanthropic and research programs.

* Snowmobile clubs and associations contribute millions of dollars annually to charitable organizations in the U.S. and Canada.

Economic Impact

* Snowmobilers spend more than \$3.2 billion each year on their machines, clothing, accessories and vacations.

* There were 127,000 snowmobiles sold in North America during the 1988-89 season as of March 31, 1989, according to the International Snowmobile Industry Association.

* Snowmobiling is a major source of revenue for states and provinces. Wisconsin proudly claims snowmobiling as the state's single largest source of tourist dollars, approximately \$40 million annually. Wyoming, for example, reports the economic impact of snowmobiling is more than \$25 million annually. In Minnesota, snowmobilers spent in 1985-86 about \$21 million during trips on designated state snowmobile trails during the 1985-86 season. A study in Alberta showed that households owning one or more snowmobiles spent more than \$18.3 million on equipment and operation in the 1983-84 season. In Quebec, where Ski-Doo snowmobiles is headquartered, snowmobiling is responsible for \$220 million in annual economic impact.

It's a fast ride, but nobody says it can't be fun. K2's TRC is a quick, responsive competition ski designed for advanced skiers who want the precision of a slalom race ski softened for forgiveness and versatility. This ski is

It's A Nice Ride While It Lasts.

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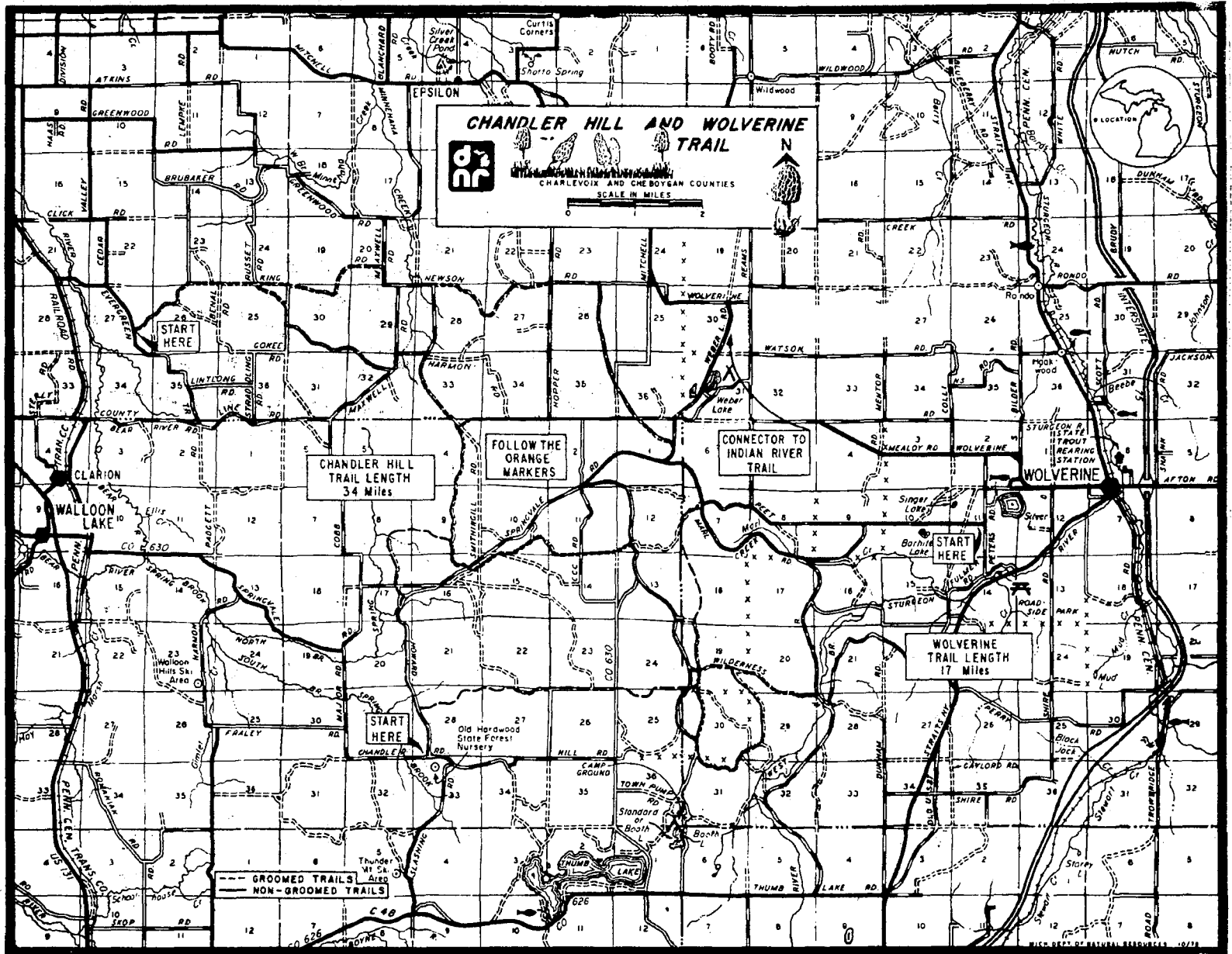
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Michigan offers 48,000 miles of groomed snowmobile trails this winter

Snowmobilers can look forward to touring across nearly 4,800 miles of groomed snowmobile trails throughout Michigan this winter.

The Department of Natural Resources (DNR) Forest Management Division administers the trail program and handles part of the grooming activities. Most of the trails, however - some 3,606 miles of them - are groomed by local units of government, snowmobile clubs and councils, and chambers of commerce that are reimbursed by the state under the Grant Sponsor Program. It takes 96 grooming tractors to keep the trails open and smooth for snowmobilers across the state.

Some 2,323 miles of groomed snowmobile trails are located in the DNR's Region I, the Upper Peninsula; 1,892 miles of trail are in Region II, the northern Lower

Peninsula; and 561 groomed trails will be available to snowmobilers in Region III, the southern part of the Lower Peninsula.

In addition, two new trails are expected to be ready for the new winter season. They will tie

together the trails around Grayling to the Kalkaska and Traverse City trails to the west. These connector trails should prove to be big attractions to those snowmobilers on the eastern side of the state who want to ride all

the way to Traverse City or Kalkaska and points west.

According to an August 1990 Department of State report, there were 207,408 snowmobiles registered in Michigan. The Michigan snowmobile law requires

that all snowmobiles used on public trails be registered. Some 70 percent of the \$15 three-year registration fee is returned to the user through grooming and other trail maintenance.

Is it a trophy buck? Free analysis available

Only a few hundred lucky Michigan deer hunters took large antlered bucks during the recently completed Michigan firearm deer season. They will never forget taking this deer, since for most it is a once in a lifetime deer hunting experience. To learn if their bucks are true trophy bucks, they should have them measured at no charge by an official measurer of Commemorative Bucks of Michigan,

Inc. and entered into their 1990 Michigan Big Game Awards Program. This awards program each year recognizes and awards those hunters who took in the various Michigan deer seasons the largest Michigan buck deer in 32 different classifications so there are plenty of opportunities to win. All hunters who took bucks that attain the minimum scores required for ranking will receive a

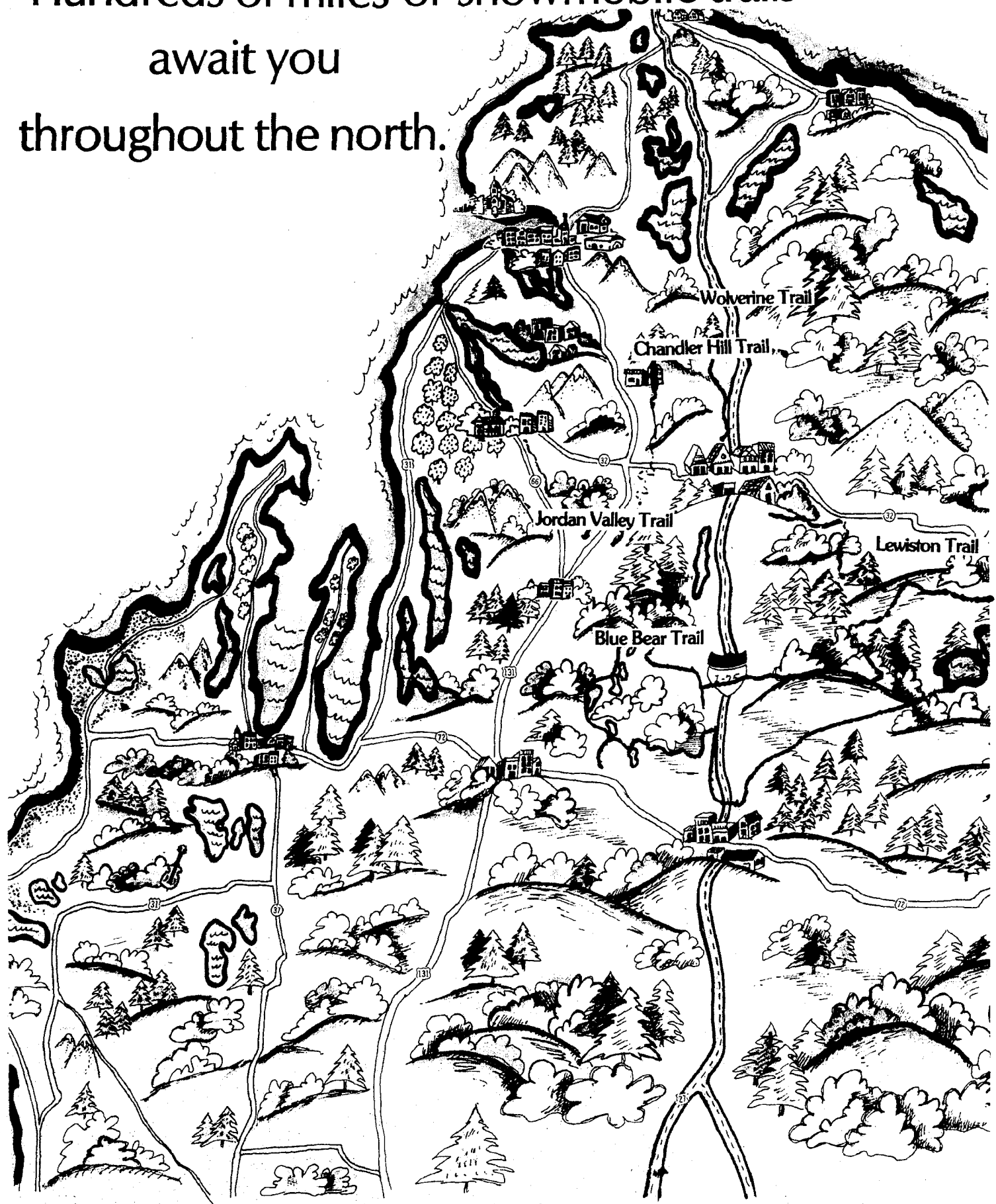
commemorative certificate recognizing this accomplishment.

Commemorative Bucks of Michigan has over 100 official measurers throughout the state. To have a deer, bear, elk or turkey measured call the nearest measurer for an appointment. The listing for official measuring stations in your area is available by writing to: Commemorative Bucks of Michigan, Inc., 3215 Old

Farm Lane, Walled Lake, MI 48390. Phone 313-669-4750.

Commemorative Bucks of Michigan is a non-profit Michigan corporation founded in 1981. Its purpose is to maintain the records of Michigan's whitetail deer, black bear and elk which it has compiled. Recently, it added Michigan turkey to its records program and is now in the process of compiling this data.

Hundreds of miles of snowmobile trails
await you
throughout the north.



Winter driving tips and car care hints from AAA

Okay, you've enjoyed the sand 'n surf as you cruised Michigan's sun-baked highways and byways this summer from Luna Pier on Lake Erie to Copper Harbor on Lake Superior.

You've wolfed down more Mackinac Island fudge than you care to admit, and filled up on Traverse City cherries.

But summer is a memory. Slippery, snow-clogged streets and highways are, or soon will be, the order of the day.

That's where AAA Michigan comes in with winter driving tips and car care hints to help you safely enjoy Michigan's Winter Wonderland.

The leading cause of traffic accidents in Michigan last year — more than a third of the 417,252 accidents reported — was the driver who followed too closely behind the motorist in front. In short, tailgating. The driver couldn't stop in time.

To avoid this, AAA Michigan recommends a minimum 6-second gap on slippery roads — double the margin of safety needed on dry roads.

A good way to figure out the safety margin is to pick out a distinct road marking or sign, and then begin counting when the car

ahead of you passes that spot. You know, "one-thousand-one, one-thousand-two..."

If you reach the spot before counting to six, you're following too closely. Better back off.

Braking technique is important to slow down and avoid those spine-tingling seconds when you start skidding. Apply the brakes firmly to a point just short of wheel lockup.

If the brakes do grab, ease off on the pedal slightly and then press it again to a point just short of brake lockup and hold. Steady pressure is the key to "squeeze" braking.

If you follow your instincts and slam on the brakes you'll lock up the wheels and lose all steering control.

Remember, too, to keep your windshield washer reservoir filled and slow down to gauge stop lights. Also, clean the snow and ice off the entire car including headlights, not just the windows, to make it easier for the other driver to see you.

Of course, all these things become moot points if you're stuck in snow and can't get going.

Try clearing a path several feet in front of the wheels by driving forward and backward. If you're

really mired, use a shovel to clear a path.

Then, with the wheels pointed straight, shift into gear and gently press the accelerator. Still stuck? More traction is needed. Carpet

strips or cat litter — anything a little abrasive — placed in front and behind the drive wheels should do the trick. But don't let anyone stand in front or behind the car.

If it's still no-go, after rocking the car, emergency road service might be the ticket.

But then, you know Michigan weather, it'll change in five minutes anyway.

America's Olympic hopefuls to benefit from Visa promotional program

Visa, the official card and travelers cheque of the U.S. Ski team and the 1992 Olympic Games, announced it will raise funds for the U.S. Ski Team through special promotions at five Michigan ski resorts during the 1990-1991 ski season.

Visa will make a donation to the Team for every lift ticket purchased with a Visa card at: Alpine Valley, Boyne Highlands, Boyne Mountain, Indian Head and Sugarloaf ski resorts. Visa will also conduct card usage/donation programs at more than 60 other ski resorts across the country.

Visa's card usage program encourages the public to get actively involved in helping support America's Olympic hopefuls and is a major component in Visa's worldwide goal to raise \$3 million for various national Olympic committees and amateur athletics.

"Visa's card usage promotions at the nation's top ski resorts provide people with the opportunity to really pull for the team and help our athletes in training to go for the gold," said Jan Soderstrom, vice president of Visa U.S.A.


A sponsor of the U.S. Ski Team since 1986, Visa also provides ad-

ditional support through ski event sponsorships. Visa is a sponsor of the Subaru U.S. Alpine National Championships at Crested Butte, CO, February 10-17, 1991; and the American Ski Classic at Vail, CO, March 10-17, 1991.


Visa has also created a unique training program — the Visa Gold Medal Athlete program — which provides America's Olympic hopefuls with state-of-the-art sports science technology and instruction, personalized coaching and motivational support from gold medalists.

Recently held at Vail/Beaver Creek, CO, the Gold Medal Athlete program exposed 45 U.S. skiers to the most sophisticated training procedures and facilities, providing them with a competitive edge they need during the 1991-91 season leading up to the 1991 Winter Olympic Games in Albertville, France.

Support of the U.S. Ski Team is an extension of Visa's worldwide sponsorship of the 1992 Olympic Games. Visa is the world's largest consumer payments program with more than 240 million cards worldwide, including over 130 million in the U.S.




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Strength training facts and falacies

tainly also enjoy the many benefits of resistance training including improved body composition, increased resting metabolism through the addition of muscle, improved self concept, prevention of low back problems and joint injury, stronger bones and perhaps a delay of osteoporosis."

Strength Training Leads to High Blood Pressure

"In the past, people with high blood pressure have been discouraged from performing any form of strength training because

of the perceived risk of heart attack or stroke," says the Institute for Aerobics Research. Long term effects of strength training on blood pressure have failed to show any negative effects and some have demonstrated that strength training can reduce resting blood pressure. The *Physician and Sports Medicine* magazine has also reported an additional reduced risk of cardiovascular disease reflected by a lowered overall cholesterol (and an increased level of HDL-C, which is the good cholesterol), plus lower blood pressure readings, as a result of resistance training.

There is now increasing evidence that strength training has both physical and mental benefits. Professors Rebecca Brown and Joyce Harrison at Keene State College and Brigham Young University have discovered that most women had major changes in attitude when they did resistance training. "The better they looked, the better they felt - and the more motivation they had to continue to shape up," says Brown. Strength training has a psychological rather than physical effect on mood. Subjects reported that their posture improved, their strength increased and their self-confidence grew. According to the study strength training was "empowering."

What About Muscle Fiber?

If you're in an exercise program that only includes aerobic activities, you're missing out on an important aspect of conditioning. Because you're only exercising half of your muscle fibers. Here's why: Human muscle fibers fall into two types, fast twitch (FT) and slow twitch (ST). The FT fibers are very explosive, can produce a great deal of force in a short time, but are easily fatigued. The ST fibers have a greater capacity for endurance or aerobic work, but are not very powerful.

In general, low-intensity aerobic activities will use the ST fibers, and high intensity activities use the FT fibers. That's because ST fibers have more aerobic capability and will be used in those situations. As the intensity increases, the Ft fibers are called into action. Ft fibers are used for short duration, high intensity work, such as lifting a heavy object or swinging a golf club. Conditioning these fibers with strength training helps ensure that they'll be strong enough to carry out the task. As we age, our

FT, or explosive, muscle fibers atrophy or decline at a faster rate than our ST, or endurance, fibers. Strength training can help retain the explosive capacity of the FT fibers.

Balanced Fitness at Home

Even though people are aware that they need a balanced fitness program that includes strength training plus aerobic exercise, they may have trouble fitting both types of exercise into their busy schedules.

The exercises take just 10 to 20 minutes, and should be done three times per week. Additional exercises can help people build strength that will improve their sports or recreational performance, or help them lead more active lives, says The National Exercise For Life Institute.

The National Exercise For Life Institute advises that you consult with proper medical professionals knowledgeable about your condition before starting any exercise program.

The purpose of The National Exercise For Life Institute is to

collect and disseminate information on the benefits of regular exercise, in order to convince more Americans to start and maintain a personal exercise program.

For more information on the

benefits of regular exercise, or for more information on ordering *The Strength Connection* call The National Exercise For Life Institute, 612-448-3094, or write Box 2000, Excelsior, MN 55331-9967.

Sugar Loaf Resort to offer

"Super Sundays" fun

Super Sundays mean discounted lift tickets and free barbecues at Sugar Loaf Resort.

Every Sunday at Sugar Loaf skiers can ski from 12 noon until closing, 9 p.m., for only \$15. If hunger strikes while the skier is just about to head down "Awful, Awful" or "Sugar & Spice," then they can stop into the warming hut, at the top of the mountain, for a free barbecue, between 3-4 p.m.

There will also be additional promotions and give-aways every Sunday afternoon, which will vary from week to week.

"Sunday afternoons at Sugar Loaf Resort serve as the perfect time to get the entire family out on the slopes," says Deb Cox, hotel manager at Sugar Loaf Resort. "Several of the weekend guests head back downstate Sunday morning and leave the slopes open for local skiers," adds Cox.

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Bozette Falls, Michigan 49713

New high-speed superchair leads 1990 improvements at Boyne USA

Michigan's first high-speed superchair at Boyne Highlands, Harbor Springs, MI, leads the list of 1990 ski season improvements at Boyne USA Resorts.

The new four-place superchair will cut the lift ride to the top of the slopes from eight minutes to about three minutes. Skiers will be

able to use the high-speed lift to access the Olympic, K-2, Challenger and other runs at the Highlands.

The 2,940-foot long lift, manufactured in Austria by Doppelmayr, has a vertical rise of 520 feet and will accommodate 3,000 skiers per hour.

Ten new runs have also been added at the Highlands, designed especially for beginning and intermediate skiers. A three-place chair lift has been installed to service the new slopes.

The resort's uphill hourly lift capacity has been increased by 20 percent, and, according to Boyne

USA managing director Art Tebo, the Highlands will be able to provide more convenience and ease of movement than ever before.

Night skiing has been added at Boyne Highlands this year for the first time. Tuesday and Friday nights in January and February, skiers can use the new high-speed superchair to access the K-2, Heather and Olympic runs.

Midweek skiers at Boyne Mountain will be offered special lift and lodging packages. For \$55, per person double occupancy, skiers

can stay at Boyne Mountain on Sunday through Thursday nights and ski the next day. The midweek rate at Boyne Highlands is \$75. These rates do not apply during the holiday period, Dec. 22-Jan. 6.

Parents of young children and tots can take advantage of a new daycare service located near Boyne Highlands new tailgate room. Called Animal Crackers at Boyne, the center provides a creative play environment where youngsters can paint, draw, play or listen to music in supervised one-half or full day sessions.

Snowboarders will find a 400-foot half-pipe run at Boyne Highlands near the Camelot lift. All ski runs at both resorts are open to snowboarders, who can rent equipment and sign up for lessons at the Boyne Country Sports Shop.

Those who end their day on the slopes with sore muscles can get a massage from a certified masseuse at A Touch for Health, located in the main lodge at Boyne Mountain. One-hour full body massages cost \$235 and help relieve cramping and encourage muscle relaxation.

In another development, the Heather Highlands Inn conference center has opened at Boyne Highlands. The 8,000 square-foot facility offers upscale meeting

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Prizes in the drawing include the following:

K-2 Extreme skis and poles with Nordica boots and Marker bindings

Olin Vortex skis, Salomon boots and bindings and poles

Rosignol 4S skis, poles, with Marker bindings

Kastle skis and Dynafit boots, Salomon bindings and poles

Hart Equipe SRX skis and pole

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\$300.00 gift certificate for Lena's Wine Cellar Restaurant

Two Detroit Pistons home game tickets with parking (choice of game)

Two round trip gift certificates from American Airlines to anywhere in the Continental United States

Two round trip gift certificates from Passageways Travel/Carlson Network to anywhere in the Continental United States

Other prizes to be added as received

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Continued on Page 15

Michigan offers variety of fishing opportunities for winter anglers

Michigan serves a varied and exciting menu of fishing opportunities for winter anglers. Perch and walleye stand out as two of the most popular fish sought by anglers during cold weather months. The bays of the Great Lakes provide great fishing opportunities for these species.

Perch action on Lake St. Clair and Lake Erie in the winter is generally excellent. Perch migrate slowly around the lakes in large schools, with the current "hot spot" subject to change. Among popular Lake St. Clair perch fishing sites are: Fairhaven, Anchor Bay, and Sulfridge. Lake Erie perch often concentrate at Bolles Harbor and Erest Bay. Good perch baits include small minnows, tiny weighted jigs and Russian spoons or hooks, baited with minnows.

Along with checking for the current best fishing sites, anglers should constantly seek updates on current ice conditions to assure a safe outing. Any ice, particularly on the bays and inlets of the Great Lakes, can be unpredictable.

The Saginaw Bay region is one of Michigan's premier winter fishing areas. A 1984 creel census conducted by Department of Natural Resources (DNR) fisheries research biologist James Ryckman, on the Saginaw Bay waters of Arenac, Bay, Huron and Tuscola Counties, revealed that from January through May, an estimated 1 million anglers hours were expended fishing on Saginaw Bay. The estimate of total fish caught was 2.3 million, of which 97 percent was yellow perch. The highest monthly fishing effort, and total catch, occurred during January 1984, with an estimated 371,500 angler hours expended and 802,250 fish caught. Of these, 785,750 were yellow perch.

Terrific perch action takes off quickly with the onset of "first ice" on Saginaw Bay. As the ice thickens, anglers move out from shore from sites such as Bay Port, Quanicassee, Fish Point, Sebewaing, Linwood, Standish, Pinconning and Au Gres and fish farther out on the bay. Through the winter, the perch usually range from 8 to 10 inches - good frying pan size!

Caution is the bay angler's best friend, as Saginaw Bay ice quality can change quickly. Each year, usually in late winter, a handful of anglers who are more eager than cautious find themselves set afloat on large floes of ice which break off along pressure cracks and drift out into the bay. But a cautious, sensible approach will afford many happy hours of fishing on the Bay.

The Saginaw and Tittabawassee

The Saginaw and Tittabawassee Rivers of the Saginaw Bay region are prime winter walleye choices. The best walleye action here tends to develop some time after "first ice." A 1988 DNR

survey by fisheries research biologists Gerald Rakoczy and Richard Rogers, which measured sportfishing catch and effort on the Tittabawassee and Saginaw Rivers, indicates February as the most productive month for walleye anglers, with catch estimates for the winter fishery at: 1,200 walleye in January, 4,500 in February; and 2,500 in March.

While the Saginaw River will usually freeze over with a hard winter, the Tittabawassee often does not. A few boat anglers fish the Tittabawassee River for walleye when open water is present, using jigs and Rapalas tipped with a minnow. When the walleye start biting on the frozen rivers, angling pressure increases. Ice fishing on rivers requires particular caution because of the

current underlying the ice. Some popular Saginaw River bait presentations for ice fishing include jigging with a Swedish Pimple with a stinger hook, and minnow; or two-inch Rapala and minnow.

The Upper Peninsula Munuscong Bay, Chippewa County, provides anglers with some choice winter walleye and perch action in the bay, with an survey estimated that anglers took 670 walleye from the bay in January, 2,800 in February and 1,900 in March. A total of 340 perch were taken from the bay's waters in January, 1,500 in February, and 590 in March.

No longer one of the Upper Peninsula's best-kept secrets is the very productive walleye fishery on Little Bay de Noc. Catch estimates

in 1988 reveal that an estimated 470 walleye were caught through the ice in January, 3,600 in February, and 7,800 in March.

A community of ice shanties dot the landscape in winter months on the bay, where 10-15 years ago, activity was minimal. In 1990, 525,000 walleye fingerlings were planted in Little Bay de Noc, helping to assure continued future success of the fishery. Yellow perch complement the winter walleye fishery in the bay with an estimated 65,290 fish taken in the winter of 1988.

These fisheries are merely a "slice of the action" for winter walleye and perch. Rich opportunities available statewide on inland lakes have not been detailed here, not to mention other popular winter fishing choices such as

bluegill, panfish, northern pike, brown trout and steelhead.

For more information on Michigan winter fishing, write to: Department of Natural Resources, Fisheries Division, P.O. Box 30028, Lansing 48909, and ask for "Select Winter Fishing Waters."

Super-chair

Continued from Page 14

facilities and seating for groups of up to 400 people.

The self-contained center has a kitchen and food service unit, as well as state-of-the-art audio visual equipment and a variety of potential room arrangements.

For more information about Boyne Mountain or Boyne Highlands, contact Boyne USA Resorts, Boyne Falls, MI 49713. Or call toll-free 1-800-GO-BOYNE.

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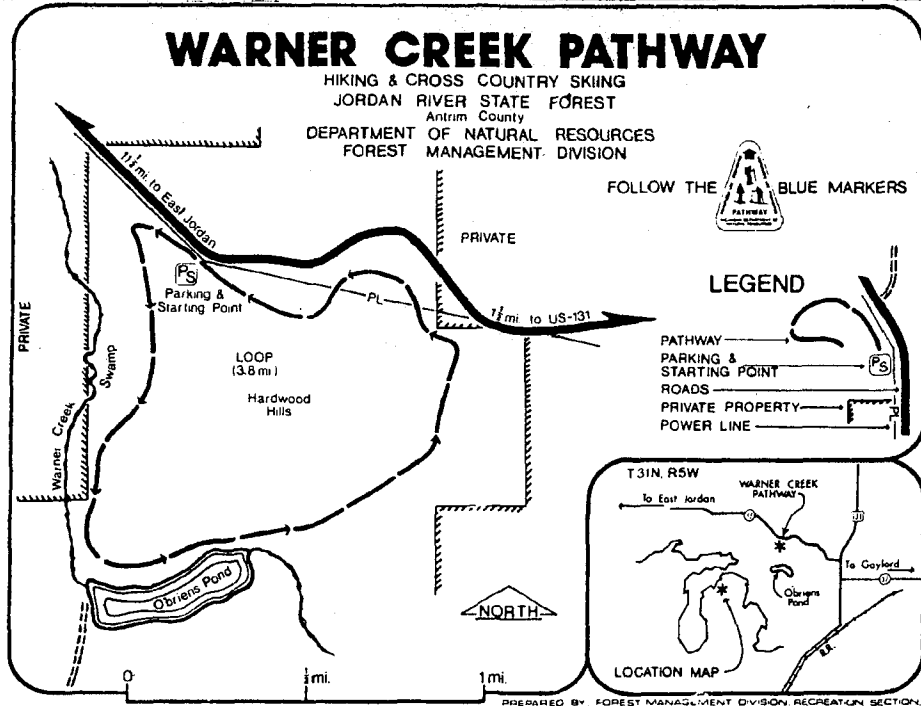
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Sugar Loaf Resort offers adult learn to ski program

For a series of six Sundays in December and January, Sugar Loaf Resort and Bavarian Village will hold a learn to ski program.

The program will advance a beginning skier from level one on the first Sunday they participate, to level two on the second Sunday they participate, and finally to level three on the last Sunday they participate. The program is designed for anyone in the area, over 18, who is interested in learning how to ski, at a reasonable rate.

All of the lessons will begin at 1:30 p.m. Participants must be at the rental/lift ticket area at 1:00 sharp.

Lesson days are Jan. 6, 13, 20 and 27. A skier can come out the

three Sundays of their choice and receive whatever level lesson they are on; level one, two or three. All skiers must be beginners and start on lesson level one their first Sunday on the slopes.

Every time a skier comes out for a lesson the cost is \$10. This includes: rental equipment, the lesson, a lift ticket, good on the J-bar slope area. After the lesson, skiers can upgrade to an all-area lift ticket by paying an additional \$5.

You must be over 18 years of age to participate. You must pre-register by calling Sugar Loaf Resort or stopping into Bavarian Village at Sugar Loaf or downtown Traverse City.

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