

FRESHWATER REPORTER

A fresh approach to storytelling in Manistee and Mason counties...and a bit beyond.

FREE Vol V, No. 10

freshwater-reporter.com

Sept. 20 - Oct. 10, 2023 FREE

IN THE STUDIO WITH Pokey Robinson



By PAT STINSON

I spent decades daydreaming about getting a tattoo and finally got one last year – a hand poke by my friend Carolyn Greenman. Her clients call her Pokey, short for Pokey Robinson, the name of her Traverse City-based hand poke tattoo business. With her, I felt no fear. At times, her hand poking even felt like a massage. And the tunes! Pokey spins generations of eclectic music on her trusty turntable. Her vintage music and décor, and a slight whiff of incense, add to the ambiance. An occasional giggle from her can instantly put you at ease. Here's a condensed version of a conversation we had inside her laid-back Front Street studio, after she finished my second tattoo.

Tell us the story of how you began hand poking.

So, during the pandemic my friend had a birthday. She purchased a (hand poke) kit for herself then showed me what she and her fiancé had been tattooing on each other. She encouraged me to grab a kit of my own. Then I got one, and I never stopped.

But who did you think you were going to poke?

Myself. Yeah, it was just something for me to do for myself. So, I started out with these tiny little dots on my toes and then my fingers, then twin flowers on my ankles. Then I started offering to tattoo my friend Bridget, who had suggested the hand-poke stuff to me, then my former husband, and it went on from there to my mom and her friends. It's been kind of a cool connecting



Above: Pokey in her Traverse City studio. Photo courtesy of Pokey Robinson. Right: Pokey wears hand poke and machine tattoos. Photo: P. Stinson.

piece and just leaving people with, like, little memories.

When did you decide you wanted to *do* this, as in do it for pay?

I think I decided to do this more seriously when I had yet another disagreement with my boss at my former corporate job. And I felt the pull to jump into doing more tattoos and designing and drawing and tattooing people and getting to know people on that level rather than sitting in corporate meetings (or) on a Zoom call ... So, I

decided around February 2022 that I wanted to do this full time.

continued on Pages 2 & 6

AREA EVENTS
CALENDAR
ON PAGE 7

SAUCE
BOSS



Food for the spirit

Story and photos by JOSHUA ELIE

I am a big list maker. We all make lists, but I also make lists about life-altering decisions. Do you want to have kids, marry that person, buy that house, move to that location, take that job, go to that school, choose that major ... You make a list before grocery shopping, but what about listing the pros and cons of making a baby?

It is human nature to look at life from the inside out, though a list allows you to examine a decision from the outside in. You can also go back to those lists and remind yourself of the reasons for your decisions, adding and taking away from them to encourage you to stick with it or make a change. Let's face it, there are a lot of days we would rather skip the morning jog and eat that whole carton of ice cream.

I know I would never be able to stick to anything that's so easy to give up without my lists to refer to. It's easy to "stop" or "start" something. Staying "stopped" or "started" is likely



impossible if you've forgotten why it was, and still is, important to you.

Both of my parents were volunteer firefighters, but it wasn't until I was a senior in high school that I thought about becoming one myself. I was at ski-team practice, riding up the South Peak (Caberfae) chair lift, and in the chair in front of me was one of my teammates, a first-year student, I think. He was bouncing around, laughing, joking ... especially noticeable because he had on this big, bright orange stocking cap. At the top we all lined up to take turns skiing down the course. He went in front of me, and it wasn't until he

continued on Page 4



Lauri Brown and granddaughter Madalyn unload the truck at an area farmers market. Photo: N. Schneider.

Brown's Poplar Ridge Orchards opens new Bear Lake area market

Story and photos by NIKKI SCHNEIDER

In early September, we took a group of out-of-town family members to dinner. Afterward someone asked, "Do you have any pie back at home?" Like I have time to bake while preparing for a birthday party of multiple dozens!

I had my own vehicle, so I went on a secret mission.

Though a bit out of the way from where I was staying at the time and unclear if they were open — they are working on better signage — Brown's new market was my destination. I entered the building. No pie on the shelf ... Boo! But then I smelled it. The scent of warm goodness. Lauri was standing in their sparkling new kitchen holding a pie freshly pulled from the oven. She was baking for the Elberta Farmers Market the next day. I left not only with two truly fresh pies, cherry and peach, but also a quart of Cream Cup Dairy vanilla ice cream, fresh apples and dried cherries. Our city-slicker family was quite impressed.

I'm not sure if you will get as lucky as I did, but it is worth a call or even a drive if you're feeling chance smiling upon you.


Do I ever bake pie? Heck, no, cuz I know where someone does ... and does it better.

For the record, I run into Lauri Brown all summer long at the various farmers markets. She is in Elberta one day and all the way up in Interlochen another day. I call her the "energizer bunny." She pops up her canopy, sets up tables, arranges her freshly grown produce — we're talking cabbage, peaches, corn, tomatoes, peppers, zucchini,

continued on Page 4

Stapleton Realty
www.cd Stapleton.com

LONG LAKE, BENZIE CO.



RARE opportunity. All-sports waterfront lot with 134' priv. Long LK frontage & spectacular hilltop lake views, including of Sleeping Bear Dunes. Build a staircase to the water from this 1.5-acre homesite & prepare for sandy-bottom swimming + sailing, pontooning, paddling & fishing. Long LK is Benzie Co.'s hidden gem next to LK MI & Nat'l Lakeshore. Lot has quiet privacy near the end of the road & lends itself to a walkout design. Drive to Beulah-Benzonia-Frankfort. \$225,000 1915528

Christine Stapleton Owner/Broker, GRI
231-499-2698 Christine@cdstapleton.com

FRESHWATER REPORTER
FUN FACTS

- 3,000 - 4,000 copies
- 500 miles
- 150 places to find us
- 20 rotating contributors
- 4 counties
- 3 full delivery days
- 2 editors
- 1 VIP

That Very Important Person is YOU

Please donate today!

We are not a charitable organization, and there is no tax advantage to your contribution, but we appreciate your support of our FREE paper.

Please send to Freshwater Planet, LLC
PO Box 188, Manistee, MI 49660
THANK YOU!



ST. AMBROSE CELLARS
SAVE BEES. DRINK MEAD.



MEAD • BEER • WINE • FOOD
LIVE MUSIC • DISC GOLF

SCAN FOR 2023 MUSIC LINEUP & EVENTS

841 S PIONEER RD • BEULAH, MI
STAMBROSECELLARS.COM • 231.383.4262

KNOWLEDGE. SERVICE. INTEGRITY.

Family Owned for 60 Years



HERE to help YOU with your Hardware & Building Projects

www.honorbldgsupply.com
(231) 889-3456
4847 Main Street, Onekama

MEMBER FOCUSED COMMUNITY BASED
JOIN NOW!

SAVE | BORROW | INVEST | BUSINESS
FILERCUCU.COM



FILER CREDIT UNION

RECEIVE A FREE ONLINE AD when you purchase a print ad in Freshwater Reporter. All ads rotate across our web pages and appear indefinitely online in our digital issues at freshwater-reporter.com.

Pokey

continued from Page 1

What in your background gave you the confidence to make that leap? What had you done previously in any kind of artistic way?

So, hand embroidery, needlework, was something my grandmother taught me at a very young age. My comfort level handling a needle and beading ... and doing all that kind of stuff lent (itself) really well to hand poking because it's just a needle in your hand and learning how to be around a needle and not poking yourself all the time.

So, what about hand poking appeals to you?

Yeah, so it appeals to me in a couple of ways because I have narrow divergencies, and I like to focus on things and small tasks and figure out how to approach them. When you start to tattoo you look at, okay, what am I going to start with? The finer detail or the bigger detail? You complete the whole task in one sitting, and you can be hyper focused on it. And physical touch and acts of service are my love languages, so it all aligns really well because I can be careful and gentle with people ... and that act of service is giving them a tattoo.

Did making the transition from tattooing yourself to tattooing another make you nervous?

Yeah! I practiced on oranges (laughing). They tell you to practice, either with hand poke or machines, with oranges first because it's more similar to your skin than if you were to use fake skin, which is a flat sheet that doesn't really absorb the ink as much as human skin ... What it (gives) you is the puncture feeling of skin.

How do you feel when you're tattooing someone. Do you feel like you're inflicting pain?

I don't really think about it as being a super painful thing for them. It's more like tattooing is cathartic in a lot of ways. People find it to be liberating. They process a lot of things when they're getting tattoos. Pain does that for people. There are the pain-pleasure seekers that really enjoy this type of thing, but it doesn't bother me if my client is numb for a tattoo session or is not. I just know that the way I tattoo is gentle and a lot more gentle than machine tattooing, so I feel pretty good about it most times. I try to give a good heads up if it's going to be a very painful spot. I know that every poke is going to make the client feel something and what do I want them



to feel? I want them to feel good or like they're earning this by sitting through it, no matter what that experience is. They got to this point, and I want it to feel good for them, even if it is painful.

Why didn't you go on to do machine tattooing? Why did you stick with hand poking?

I did try machine tattooing. I bought a really nice machine, and it was a rotary machine, which is a quiet machine, and it just didn't feel as artistic to me. It didn't feel like an extension of my body, whereas with the needle I can control every little bit of it. The machine made me feel like I was giving pain to people to accomplish the same thing. It just wasn't as creative for me, but for other people it definitely is.

What did you know about hand poking when you began? Did you know the history of it?

I did not know hand poking was a thing that was still being done. I did know some

history, that the Egyptians had poked themselves, but I didn't know to the extent I do now. I purchased a lot of books. "Ancient Ink" is one of them over there (pointing to a shelf). "Tattoo is Liberation", I've read through that. I watched a lot of YouTube videos to learn how to do techniques, good and bad. Sanitation stuff as well. I didn't just watch one; I watched a myriad of them to try to figure out what the best options were for each of those things. There were a couple of master classes that I paid for (offered by) artists around the world ... and every country has different standards. (Pokey discussed that there are hundreds of different kinds of needles, and that poking needles do not have a cartridge to hold the ink, like machines do.)

How many times can you poke before you have to redip the needle in ink?

Typically, it is three to four times just because I want to sink in that ink and not have to go over it again. I just try to make the most bang for the buck there, and I



Photos courtesy of Pokey Robinson.

don't want to over poke people. I'd rather be depositing the most ink in one sitting.

Do you have a variety of inks or ink brands to choose from?

I try to stick with ones that are more nature based, plant based. I try to use all U.S.-based products. It's important for me to invest in our country and our people. There's a Michigan business that I support by buying their inks. There are certain colors that don't do well with hand poke, in my experience. Yellow is hard to keep in, might be better off with a machine (tattoo), and I'll tell people that whites and yellows and oranges might be more difficult. So, I'm narrowing down my color options and learning and working with my clients. I try to be super clear and (tell them) this is experimental. Just because you see an image online doesn't mean it's do-able.

Are there other tattoo artists who have inspired you?

Most of the people I've found inspiration from are Indigenous folks. There are a lot of different reasons people did tattooing ... and most of my inspiration is learning from that history. There's a difference between appreciation and appropriation, and appreciating is not going and just capitalizing off the thing, but learning from that and seeing if you can do a nice, kind nod to it.

Any contemporary hand-poke artists in particular you admire?

Yes, definitely. Ann Inspirada and her twin sister Maria from Russia who now live in Lisbon. They do hand poke and offer master classes, and I've taken their classes. With hand poke, there are a whole lot of



Salad Greens • Potatoes
Onions • Radishes

Farmstand Fall Hours
Fri., Sat., Sun., 10-3

9740 Chief Road, Bear Lake
Learn more at: zenfarmllc.com

VOTED BEST IN BENZIE CO!

- ✓ Engine Repair & Services
- ✓ Transmission Repair to Replacement
- ✓ Brakes, Steering & Suspension
- ✓ Oil Changes & Maintenance
- ✓ Tire Services
- ✓ Experienced Mechanics
- ✓ Competitive Pricing
- ✓ 12-Month Service Warranties

231.399.0500
620 Frankfort Ave., Elberta
willoughbytireandauto.com



WILLOUGHBY
TIRE AND AUTO

OPEN MONDAY-FRIDAY 8am-5:30pm

MARIE MARFIA
FINE ART



Working artist's studio and gallery featuring local landscapes, portraits and skeleton art.

Ludington, Michigan
Hours by Appointment

MarieMarfia.com • 904-566-4473

Gasoline
RESALE STORE
ReFind
BUY - SELL - TRADE



#RETROPETRO **GOOGLE IT.** #SORRYNOGAS

Open Saturdays
10am to 4pm

ERDMAN ROAD ~ BEAR LAKE
3 MI. WEST OF US31 & 1 MI. EAST OF M22
BETWEEN POTTER & 13 MILE ROADS
SHOPGASOLINEREFIND.COM
(231) 268-4970

The point of Dry Needling

Story and photos by **VALERIE CHANDLER**

Disclaimer: The following is based on personal experience only. I am not a health professional.

About six years ago, my primary care doctor referred me to a major not-for-profit healthcare organization for osteopathic manipulative treatment. I was experiencing joint displacement and pain despite chiropractic care. I had no idea what the treatment involved, and I didn't have high expectations, but I was completely amazed. I felt so incredible and without pain that I couldn't wait to tell my husband about it.

My husband Matthew is an Army combat veteran that has experienced a multitude of health-related issues due to his years of military service, including burn-pit and toxic-gas exposure during Desert Storm. The VA's answer or "help" for him was to constantly prescribe different opioids, which he did not want.

and widely liken it with dry needling and misunderstand that they have great differences.

The practice of acupuncture dates back approximately 3,000 years to ancient China. It involves the insertion of extremely thin needles into specific points of the body to stimulate energy flow and balance. Generally, the needles are left in place for 15 to 30 minutes, often to treat internal ailments such as stress, digestive issues, headaches and chronic pain.

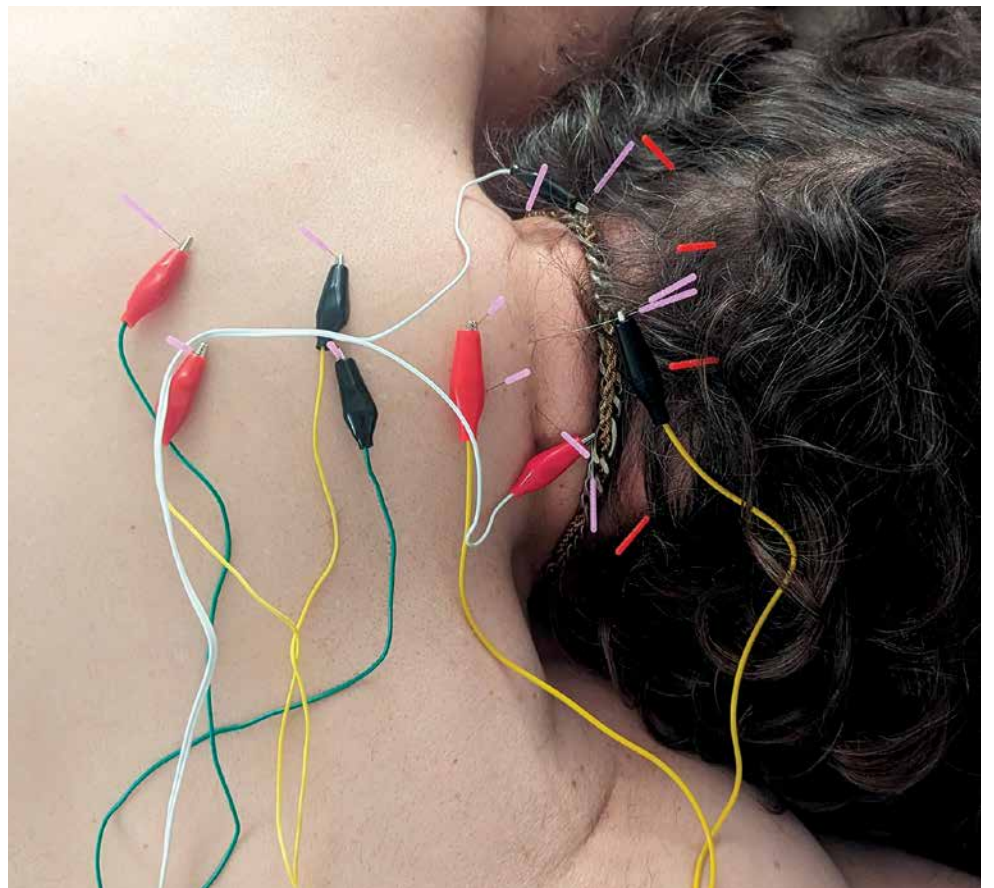
Dry needling is based on modern Western medicine and uses thicker, but still thin, needles that are inserted into trigger points within muscles to relieve tension and ease pain. When the needles are inserted into these trigger points, they stimulate a response to restore normal function or promote healing.

Dry needling is often used for cases of chronic and acute pain, without the use of medication or surgery, to treat conditions such as muscle spasms and strains, fibromyalgia, Ehlers-Danlos syndrome (weakened connective tissues, a genetic disorder), back/neck/knee/joint pain, and other muscle-related conditions.

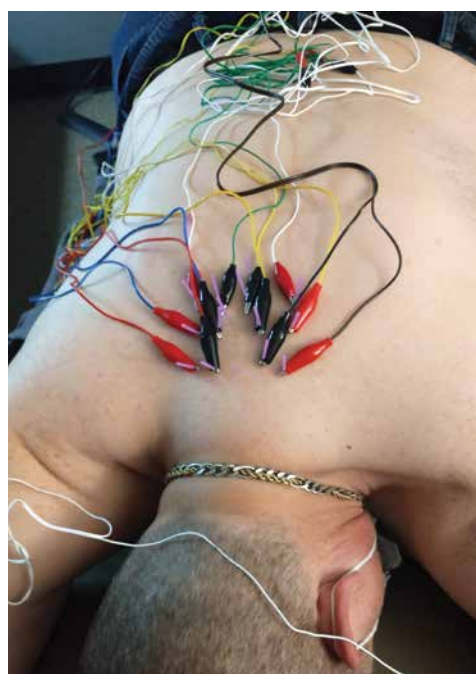
Soon after Matthew began treatments, our doctor told us he was pursuing further training to add electrical stimulation to the dry needling treatments. However, it was a hurdle to convince the hospital board that it was a safe practice offering significant benefits to patients.

The use of electrical stimulation is a newer approach to dry needling. Once the needles are inserted into the trigger points, they are connected to electrical currents for generally 10-30 minutes to stimulate the nerves and muscles of the affected area. The stimulation provides analgesic effects, reducing or numbing the pain, which are often long-term or at least more prolonged and more effective than medication alone.

Finding a physician or licensed individual with advanced training in dry needling, especially with the use of electrical stimulation, can be difficult. However, never settle for someone inexperienced or unlicensed because it could result in skin irritation and bruising or more serious complications such as infection, nerve



Dry needling with electrical simulation targeting the neck and upper spine.



Targeting the upper spine.

Matthew made an appointment with my doctor at the same healthcare organization's facility for his own osteopathic manipulation. Our doctor told us that he had actively sought training and permission to perform dry needling because the treatment would further enhance his patients' health. He suggested Matthew give it a try. My husband became one of our doctor's first patients to start receiving dry needling treatments.

Most people, including insurance companies, have heard of acupuncture

injuries, lung puncture, fainting or even death.

Referring to the practice of dry needling in its position statement, the American Academy of Medical Acupuncture (of M.D.'s and D.O.'s) asserts:

"Dry needling has traditionally been performed by physician acupuncturists and licensed acupuncturists. These practitioners have advanced training in this

Dry needling is often used for cases of chronic and acute pain, without the use of medication or surgery, to treat conditions such as muscle spasms and strains, fibromyalgia, Ehlers-Danlos syndrome, back/neck/knee/joint pain, and other muscle-related conditions.

technique and the management of potential adverse effects. In recent years some states have allowed physical therapists, occupational therapists, and athletic trainers to incorporate dry needling into their practices. It is the responsibility of the training institutions, professional organizations, certifying bodies, licensing authorities, and malpractice insurance providers to oversee these practitioners to ensure that they receive proper instruction in dry needling and perform the technique safely."

As of June 2023, according to the American Physical Therapy Association, 39 states and Washington D.C. allow dry needling by physical therapists, 4 states prohibit its use by them and 7 states,

including Michigan, are "silent" and offered no opinion on the practice by P.T.'s.

While the hospital board agreed to our doctor's dry-needling treatments using electrical stimulation, it is still a battle with the insurance companies. Through the years I have been insured by two major healthcare insurance companies serving our area, and both covered acupuncture but not dry needling.

Since Matthew and I could see the huge difference it made for him, we have paid for his treatments out of pocket, which, depending on the number of areas to treat and the length of treatment, is generally

\$100-\$200 per visit. Our doctor does appeal to insurance companies, providing education on the differences between acupuncture and dry needling, in the hope that someday the latter will be covered. If a patient is willing to pay for treatment on their own, surely it means it works for them and is worth the cost. For us, the benefit outweighs the burden of cost when it provides a better quality of life.

Valerie Chandler lives in Wellston with her husband Matthew and their border collie/Australian shepherd. She is a citizen and employee of the Little River Band of Ottawa Indians. She is also a cancer survivor, loves to spend time with her family and has many interests.

Sauce Boss

continued from Page 1

almost reached the end of the course that he fell to the ground. At first, we didn't think anything of it. Falling is often part of practice and there was no horrendous crash. He just fell. We were waiting for him to get up and finish the course, but he wasn't getting up. He wasn't moving at all. Coach and a few of us rushed down, and the rest followed. Standing there, watching his face turn colors, I had never felt so helpless in my life. I think we were all in such a daze, like it wasn't real, it just couldn't be real ... It was announced later that, due to a massive brain hemorrhage, he died instantly, before he even hit the ground. There was nothing anybody could have done.

This is when my list of things needed and my idea to become a volunteer firefighter (also a first responder on medical calls) began. Eventually, this became a priority. The schooling was tough, and it never

ends. You are always learning and re-learning more, plus you are on call 24-7. If you can go, you go. The reasons to keep doing it grew and grew, but I have to tell you, if it weren't for that list, I would not have made it through my "Fire I" class.

I haven't been active in a long time, and I am not suggesting you strap a tank on your back and run into a burning building. However, we are all capable of doing something special for somebody else. There is nothing better for your spirit than giving freely of yourself, no matter how big or small. In recognition of this, I am including my recipe for no-bake cookies. Anybody can make a small batch of these to give away.

Joshua Elie is a musician and retired building contractor. He now enjoys life as a homesteader.

Elie's No-Bake Cookies

Ingredients:

- 1 stick (8 tablespoons) salted butter
- 1/2 cup milk
- 2 cups sugar
- 1/4 cup unsweetened cocoa powder
- 1 cup smooth peanut butter
- 3 cups old-fashioned rolled oats
- Large pinch kosher salt

Bring the butter, milk, sugar, cocoa and salt to a boil in a medium pot over medium heat, stirring occasionally. Let boil for 1 minute. Turn off heat. Add the peanut butter and stir. Add oats and stir. A whisk is very helpful until you add the oats. Scoop mixture with a tablespoon (measuring), packing it flat, as hot as you can handle, then drop it flat side down on parchment paper. Dust with cinnamon sugar, powdered sugar, or anything else that sounds good to personalize them or just leave plain. Let sit at room temperature until cooled and hardened, about 30 minutes.



Brown's

continued from Page 1

organic apples, etc. — honey and maple syrup, all from their 450-acre farm. And if that isn't enough ... out comes the famous homemade pies, muffins, coffee cakes, cookies and more. I get tired just watching her unload. I can't imagine what happens before I see her. And then she puts it all away, and so it goes all season long: rain, heat, wind, sun and snow.

At the last Onekama farmers market of the season, I convinced Lauri to sit down for 10 minutes to chat.

How did you become a farmer?

In high school I worked at a bank, and then I married into the Brown family farm at age 19 and there was no turning back. (Laughs)

When was your first farmers market?

2002 was the first year for both the Manistee and Elberta Markets, and I have been doing them and adding others off and on since.

Did you grow up baking? When did you add baked goods to your market offerings?

Yes, I baked with my mom as a child and use many of her recipes still today. I added baked goods to the produce and honey in 2004 when no one else was offering those items.

Was it your always your dream to have a permanent market?

Yes! We planned for a long time and began building in 2020. It opened officially on July 29. It is still a work in progress, of course...but we offer our produce, baked



The Brown family's new market on Milarch Road west of Bear Lake offers farm-fresh seasonal produce, meat, dairy, baked goods, honey and maple syrup.

goods, meat, and dairy from Country Cup (owned by our son Ted and wife Kaylie) including their ice cream. We are the only ice cream shop in Bear Lake!

As if you don't do it all already, I heard you are planning on making fresh donuts too?!

Yes, we've had the machine for a while and now we have the space so, hopefully, this fall.

What are the store hours and how long will you keep the store open?

The plan is through Thanksgiving. Monday through Friday, 4 p.m. to 8 p.m., and Saturday and Sunday, 10 a.m. to 8 p.m. (hours subject to change).

Will you keep traveling to the various markets now that you have a permanent spot?

Yes. But it is a lot of work, and I am not getting any younger so hopefully not for too many more years. (Laughs)

Do the grandkids help?

Yes, the grandkids bake with me and help at the markets. They are getting pretty good at crimping the pie edges.

What does the future hold?

(I've) no plans to retire, but Country Cup (Dairy) is building a new facility right next door to our space, and we will merge to offer one-stop shopping in the future! And keep it all in the family.

Brown's Poplar Ridge Orchards is located at 12482 Milarch Road west of Bear Lake. Contact them at 231-889-3513 and follow them on Facebook @ BrownsPoplarRidgeOrchards.



Pumpkin-Apple Muffins purchased from Browns Poplar Ridge Orchards at the Elberta Farmers Market. Photo: P. Stinson.

On the Silence of Compliments

By Louisa Loveridge Gallas

Freshwater Reporter Poet In Residence

O, women, we learn so early on to blush with gratitude, nurture our ego upon hearing "How beautiful you are, so young-looking, slender, so sexy, so H.O.T. Compliments flew through our lives like birdsong. Then we grow old(er), then o.l.d. Attention fades as if the moon's borrowed light never emerges from dark of night. Who were we really to those who sought us so passionately? The fairy-tale ship filled with adoration has sailed! Do we become, even within ourselves, merely a frowsy apron upon the horizon? What can we do but reframe our destiny. Perhaps this invisibility is actually a new freedom? Now we know who truly loves us! We become fully transparent, essentially W.H.O.L.E. as all "oohs" and "ahhs" depart. And Yet. Is this silence refreshing? How delightful, healing even, to hear someone exclaim to us, "Why, helloooo!! You look so uniquely weathered this evening, your white hair a luminous cloud enchanted with light. Wow. So stunning. So magically vintage!" as we pass by.

Chief Day offers fall fun

By PAT STINSON

To paraphrase the Eagles, I was tryin' not to let the sound of my own wheels drive me crazy a couple of years ago while drivin' down the road because I'd gotten behind a slow-moving tractor. I decided to downshift my impatience and instead enjoy the view of the countryside between Lutz's farm fields and the cozy little community of Chief, southwest of Kaleva in Manistee County.

Soon, the tractor and I rolled up to another tractor, and both drivers waved at me to pass them. We exchanged smiles as I drove by their big rigs. Nearing Northern Natural Cider House and Winery, my delivery destination, I realized the little procession was part of an imminent lineup of tractors and maybe one or two other

entries in the Chief Day Parade.

This year, Chief Day will be celebrated on Oct. 14. The community will offer a car show (no trophies) from 10 a.m. to 2 p.m., and the parade will mosey down Chief Road at 11:45 a.m. Other festivities will take place from noon to 10 p.m. at Northern Natural, where cider and donuts will be served throughout the day, and the Pizza Wagon and Roaming Harvest will have food available for sale.

The first scheduled N.N. event is a 9 a.m. disc golf tournament (you must pre-register), followed by musical performances by Trillium Goose (12 p.m.), Thirsty Perch Blues Band (2 p.m.), Barefoot Music (5 p.m.) and Ted Bounty and the Bounty Hunters (7 p.m.). This is according to a Facebook event



page created by Northern Natural.

Recently, newer acquaintances of ours learned that we're space geeks and said we must not miss the parade. I laughed because we'd heard rumors of an otherworldly invasion. Of course we wouldn't miss it!

4850 Main Street, Onekama
Friday - Sunday, 11-3
Or by appointment 312-909-0115

Patina

Re-imagined Re-sale
& Art Gallery

f i



YELLOW DOG CAFE

*Simple, clean food
crafted with
locally sourced
ingredients.*

231 508 5008 4850 Main Street, Onekama Follow us on Facebook
Wed.-Sat., 8am-3pm Sun., 8am-2pm Closed Mon. & Tues. Closing for the season on Oct. 8. f

Does your pet need a vet?

By **RON SCHMIDT**

Disclaimer: I am not a veterinarian, but I paid attention to information and advice given to me by my dog's D.V.M. (Doctor of Veterinary Medicine) during recent visits.

I look forward to the fourth Tuesday of the month when I listen to the pet-care program on Wisconsin Public Radio. Anyone can call in to the radio show hosted by Larry Meiller to ask questions of an experienced veterinarian. I always learn something interesting and helpful.

I recently heard that more than half of dog and cat owners surveyed consider their pets as family members and deserving of the best care veterinarians can provide. Many of those surveyed even have their pets sleep in the bed with them. This is a change from the way pets were treated in the past, with little regard for good-quality food and veterinary care. The latter should always include yearly physical exams, teeth cleaning as needed and vaccinations. Preventive flea, tick and worm medicines, most applied monthly, can help protect your pet from debilitating or even deadly diseases caused by pests. We also need to remember to regularly give our pets any prescribed medications for a diagnosed illness or ailment. As pet parents, it is up to us to treat our companions with whatever is required to help them live happily and healthily.

Older pets suffer more health problems, as I discovered this year. My black Labrador, Lila, just turned 12, which is more than 80 birthdays for us. In February, I noticed her lack of excitement for our morning walks, and she began limping badly during them. A trip to the veterinarian and an X-ray showed she had developed osteoarthritis, which I learned affects more than 50% of older dogs. Hers had developed in her left

front knee and had gotten quite bad before I noticed it. Dogs want to please their owners and it's their nature not to show weakness, so they will hide their pain. Fortunately, there are good arthritis medications for dogs, just as there are for people. After trying a couple, we found one that makes her much happier during our walks and without the discomfort, as best I can tell.

During the same exam, Lila's veterinarian also found a lot of tartar on her teeth, so a teeth-cleaning was scheduled. That procedure uncovered two teeth that needed pulling. Tooth decay and gum disease can be painful and lead to infections in other parts of the body, just as they do in people. Besides annual teeth cleaning, I have begun brushing Lila's teeth twice a week with a dog toothbrush and dog toothpaste. (Human toothpaste is toxic to dogs, with ingredients such as Xylitol, fluoride and others.)

I want to keep Lila feeling as good as I can while we both try to age gracefully. This morning, she woke me with a big yawn, followed by climbing on top of me to let me know she needed to go outside. Some mornings I need a little encouragement to get me moving and am grateful for a good, healthy dog to provide it. I wish you and your dog, cat or other favorite pet, good health and good days ahead.

Ron Schmidt lives in the north woods with his Leader Dog Lila. They love listening to folk music, taking long walks to listen for songbirds and owls, and sniffing the autumn air when the leaves fall.



Photo by Stephen on Adobe.

Closing for the season on Oct. 15.

Plan Your Next Escape



- 5 miles to Lake Michigan's sandy shores
- 40 acres • Sun & shade • Swimming pool
- Pull-thru full-service sites to rustic tent sites
- Catch & release kiddie fishing pond
- Shuffleboard • Basketball courts • Pavilion
- Shower rooms • Restrooms

16632 Pleasanton Hwy. (US-31)

Bear Lake

Look for the big yellow dinosaur!

(231) 864-3757

info@kampvilla.com

Kampvilla.com

The Perennial Magic of Yellow Dog Café

By **LOUISA LOVERIDGE GALLAS**, Freshwater Reporter Poet in Residence

Folks take out their ear pods, put down their phones to chat.

Yellow Dog Café in Onekama is blooming with patrons, a charming community indoor garden. A perennial gift, nourishing, inspiring, creative, an ensemble of delights greets us: coffee to power a small freight train —or milder blends; teas, espresso and cappuccinos;

homemade raspberry crumb bar; spiced rum cake with vanilla glaze that deserve poems; peanut butter cups housed in dark chocolate. From the oven, mushroom leek frittatas upon a roasted potato base; roasted turkey sandwiches (with a signature Green Goddess dressing) on naan so soft, each bite has a special ecstasy. Soon strangers connect as the small tables nudge each other close as Brussels sprouts. We share village stories, gossip, news, sorrows and joys. One elder even shares she cut out a poem from Freshwater Reporter, to be read at her memorial. Young summer staff quickly get to know the "regulars" names, and greet any customer graciously. Displayed on the generous walls next to us is an abundance of original artworks; each artist's show lasts a month. Often while we're there, the artist appears to fill the empty space where a picture was purchased and found a new home. They

stop briefly for a coffee and a chat. Then, inspired by the Yellow Dog's opportunity

to share, back to their studio to create new work. Outside, strong elegant sunflowers lead to the side patio where colorful tables and chairs are enhanced by an uplifting wall of bright wooden community paintings and vintage garden decorations from Patina, the gallery and shop next door. In the kitchen is the goddess and chef whose hard work and brilliant mission create Yellow

Dog, Bonnie McPhedran. She rises to drive to the café, the moon and stars above at 3 a.m., to design a new culinary experience. In the few lulls between customers, you might have a quick worthy chat with Bonnie, who will hear a false beat as you read her a poem, or share a timely comment as you ponder together the world, community, or simply enjoy the comforting exchange of spontaneous conversation. As the café will soon close for the season on October 8, we cherish every time we slide into a chair, allowing ourselves a space to release all struggles, simply to be enchanted with the gracious feeling that "Life is Good!"



Pokey
Robinson

HAND POKE TATTOOS

LICENSED HAND POKE TATTOO ARTIST BASED IN DOWNTOWN TRAVERSE CITY

PORTFOLIO AND BOOKING INFO CAN BE FOUND AT
WWW.POKEYROBINSON.COM



Pokey

continued from Page 2

artists out there that don't do a bunch of intricate stuff. What's out there is usually very simple line work. Liz, out of Canada, she goes by B.B. Hurricane on Instagram, she has beautiful, beautiful hand-poke work. It's killer. It looks like it's done with a machine, but it's not and it's just stunning.

Where does your work lie on that spectrum?

(Laughter.) It's everywhere ... I can do American traditional style, I can do fine line, I can do portrait work, I can do whatever type of thing.

What was your most intricate work?

There is one tattoo that made me feel like I can do this. And it's the Plague Doctor. When I finished it and it looked better than it does (in the drawing), I went, holy shit, I think I can do this, and it gave me the confidence I needed. Everyone thinks about the rudimentary (tattoos) everybody got in high school or college or whatever. There's a spectrum on both machine and hand tattoo of skill level.

Describe the difference between hand poke and machine tattoos.

Hand poke is basic; you're not putting as much ink into the body, so it looks healed and settled quicker than a machine tattoo does. So, it doesn't fade out; it doesn't bleed out. It just looks like it's more natural to your body, personally, the way that I do it.

Why is machine tattooing harsher?

Poking is in and out (with the needle). Basically, when you start tattooing with a machine it's like dragging the needle through your skin. I have tons of machine tattoos, so I'm a fan of them, but it's definitely more invasive than a hand poke.

What do you enjoy most about hand poking people?

I think the need to know my clients. I think that through the pandemic everybody was missing people, and I kind of fell into this opportunity of meeting people one-on-one that I hadn't had for, what, two years? It felt like a deprivation of people. It's an intimate situation. I'm literally under your skin. I get to know you by your first name, and you get to know mine sometimes. I think it's just the connection with people, and knowing how much these tattoos mean to people is really a big deal to me.

What has surprised you about the act of hand poking or the business of hand poking?

One is the physical-ness of this job. It's extremely physical. Even if I'm just sitting dormant, my body is intensely poking one



"Plague Doctor". Courtesy photo.

spot, and I'm holding my body in a way that might not be great for me, and I may not be able to move afterward. So, it's an extremely intense job that way. The second (surprise) is trauma. It's something you can get from being a tattoo artist, being an empathetic or sympathetic person in certain situations. People who get tattoos will sometimes get them for healing reasons, for something that they're dealing with. I don't ever ask people why they get a tattoo because it's their own personal reason. Sometimes they might say "I drew this" or if they bring something to me or saw something they wanted, I might say then, tell me about why you're getting this tattoo. So, it's all about the wording choice. Learning about the trauma people go through and the reasons they get tattoos has been a lot. People get to the point where they trust me enough or the situation – whether it be because they genuinely feel the trust, or they nervously are explaining things to kind of take their mind off the pain that's happening — I get told a lot of things. Sometimes it's hard to leave it here (in the studio). Some people think you can literally transfer energy from others, so sometimes I feel like every poke is maybe taking a bit of negative energy from them, and then what do I do with that? It can just absorb me, you know? And learning how to deal with people in trauma and having the conversations has been a really eye-opening experience, too.

Wow, that would be tough. You're not a licensed counselor.

No, I am not, but there are tattoo therapists I'm learning from and resources that talk about how to handle trauma and grief through tattooing, and I've been to one and experienced it myself and have been reading things about how to have those

conversations appropriately ... There's a lot of physical trauma people go through, too, so even when I was getting this tattoo done by that trauma therapist she was explaining, so is this a comfortable position for you to sit in or lay in, and here are (places) where my limbs might be touching your body. Are you okay with it being on your hip or your knee or whatever. Some people can't handle that. So being more cognizant of how my body is around theirs and body language in general is also a huge part of it.

Did you have tattoos when you began hand poking?

I had one (chuckling): my grandfather's signature and my daughter's name. Jessica Harrigan, who owns her own shop, was my tattoo artist for this.

Do you want to mention the tattoo studio you were in before you opened your own?

Oh, I would not be here without Shannon Doah at Red Roots Studio. Period. ShelBee Petite is there. And Jessica Harrigan, who owns her own shop, and Allegedly Tattoo —Allison Norris. And I really, really love them and appreciate them dearly.

What styles or designs in hand poke are your favorites?

I think the ones where I get to be pretty creative with the design itself. I have a snail with a nail on its tail, and the head is a hand with a peace sign. I had a client that said, hey, I've got this really crazy concept; it's from a thing my dad used to say to me. (That) we created something that never even existed is so cool to me, and it looks amazing. Traditional American style tattooing is something that's like a benchmark of your skill level. If you can do it and do it well, that means a lot in the industry. With hand poke, being able to accomplish that, a lot of people wouldn't be interested, but I am. I love doing that because it's like, this is hand poke — it wasn't done by machine, which everybody expects it to be. I do love doing historical pieces or just out-of-the-box random things, sketches of places or photos people have given me, like (pointing to a sketch) the South Manitou lighthouse. A client, she was like, here's a photo. Can you make it into a sketch and a tattoo? And I love that.

Who are your clients in terms of demographics? It seems like in the past tattoos were only for sailors or bike gangs or countercultural folk.

It ranges (in age) from 16 to 79 at this point, and it's everybody. It's men, it's women, it's non binary, it's every color and race. I love working with clients who are in their 60s because it's something they've been thinking about for a long time, and it's something that's actually coming to fruition for them. I think that tattooing

is just a way of self-expression, just like everything else is.

How has the experience of hand poking changed you?

How hasn't it changed me? It's changed everything from my day-to-day stress level – it's been a good stress level rather than a bad one, where I hate what I'm doing every day – to I'm more present with my child when I'm happier doing what I'm doing outside of work. It's changed my perception of people. I certainly understand that nobody has a perfect life, and nobody is without hurt and pain and happiness. So, I think on a human level it's made me understand that there's a lot more going on behind the scenes than people understand and just to make a lot less assumptions.

If you could tattoo anything in hand poke, what would it be, how large would it be, etc.?

I don't really know. I'm working on a whole scalp crown project. It's going to be a crown on her head of this little forest scene and nature scene. Also, I just finished a slice of a sleeve, from the top to the bottom (of the arm). It was a really fun project, a cohesive piece that took a couple months to complete. A lot of people think hand poke is only good for small tattoos, and that's just not the case. And it isn't always slower than machines. There are slow machine artists as well.

Why do some clients prefer working with you, do you think?

I have more people than I care to admit tell me their first tattoo experience was not ideal. They walk into a place, and they're told, "Pick one from the wall," or they're told, "The line is too thin on that; it has to be bigger, it has to be thicker," and all these things they don't necessarily want, and they feel pressured and they feel intimidated and they get it done and it's not what they want. I'm perceiving that why my clients like to work with me is that I take the time to explain to them that, okay, this I can do this with this line weight, I need more space here and I know it's closer ... Taking five things that they want with their tattoo, I might be able to accomplish four. But it's a conversation and I'm never going to tell them no. So, I think (it's) just being communicative, flexible, show up, not be in a shit mood and be on time. You're investing in a piece of art on your body. You want it to be done in the right way, and you want respect from your tattoo artist. You have rights as a client.

Pokey Robinson is located in downtown Traverse City. Follow Pokey Robinson on Instagram. To learn more or to make a booking request, go to: pokeyrobinson.com.

Area Events Calendar

TELL THEM YOU SAW IT IN FRESHWATER REPORTER!

To be included in our Oct. 11 edition, submit your announcements by Sept. 30. Be sure to include the address where the event takes place. Email your events/press releases to: editor@freshwater-reporter.com. If yours isn't listed, you probably didn't send it to us. Always check with the venue before attending as some event dates may change or be canceled. Also, errors can and DO occur.

FARMERS MARKETS

Thursdays

Elberta Farmers Market

9am-12pm. Dudley Penfold Memorial Marina Park, corner of M-22 & M-168

Fridays

Ludington Artisan/Farmers Market

3-7pm thru Sep 22. Legacy Plaza Pavilion, 112 N. James St.

Saturdays

Manistee Farmers Market

9am-12pm thru Oct 7. Wagoner Community Center, 260 St. Mary S. Pkwy.

Scottville Farmers Market

9am-12pm thru October. Miller's Marketplace, 202 N. Main St. Times may vary. Check: <https://nfmf.org/mi/scottville/1011280>

Frankfort Farmers Market

9am-1pm thru Oct. Open Space Park, 832 Main St.

ONGOING EXHIBITS/EVENTS

Thru Sep 25

"Upcycling" Art Exhibition, Frankfort

Free/donations appreciated. Artworks made of recycled/repurposed objects & materials. Oliver Art Center, 132 Coast Guard Rd. Hours/info: oliverartcenterfrankfort.org

Thru Sep 30

Members Art Exhibition, Ludington

Free/donations appreciated. Ludington Area Center for the Arts, 107 S. Harrison St. Hours/info: ludingtonartscenter.org

Thru Sep 30

On Nature Art Exhibition, Manistee

Free/donations appreciated. Ramsdell Regional Center for the Arts, 101 Maple St. Hours/info: ramsdeltheatre.org

Thru Oct 20

Juried Art Exhibition, Frankfort

Free/donations appreciated. Works by Michigan artists. Award winners. Oliver Art Center, 132 Coast Guard Rd. Hours/info: oliverartcenterfrankfort.org

Sep 28, Sep 30, Oct 3, 4 & 5

Manhattan Short Film Festival, Ludington

Sep 28, 6pm. Sep 30, 12pm. Oct 3 & 5, 1pm. Oct 4, 5pm. \$10. Filmgoers will each be able to vote for their favorite film and actor. Results from showings across the country will be sent to NYC festival headquarters to determine winners. Ludington Area Center for the Arts, 107 S. Harrison St. Tickets: ludingtonartscenter.org or at LACA.

Sep 26-Oct 13

Art "ExhiBEERtion", Frankfort

Free/donations appreciated. Celebrate Frankfort Beer Week with artworks inspired by beer. Oliver Art Center, 132 Coast Guard Rd. oliverartcenterfrankfort.org

Oct 2-9

9th Annual Frankfort Beer Week.

Details: See Daily Events, Oct. 2.



DAILY EVENTS

Sep 21

Empty Bowls Hunger-fighting Fundraiser, Ludington

6:30-9pm. Food, drinks, live music hosted by Lakeshore Food Club. The Lake House 704 Maritime Dr. RSVP: www.lakeshorefoodclub.org/events

Sep 22

Michigan Works! Lake County Workshops, Baldwin

10am, Free. "Personal Branding & Interview Tips". Michigan Works! West Central, 5252 M-37. Info: 231.745.2703. To sign up, email jlundy@mwwc.org

Legacy Plaza Music Series: Road Less Traveled, Ludington

5-7pm, Free. Legacy Plaza, 112 N. James St.

Sep 22-24

Living Out Loud Crusade, Ludington

5:30-8:30pm, Free. Community block party sponsored by Living Word Church & partners. Games, food, music & giveaways. Copeyon Park, 1006 S. Washington Ave.

Sep 23

National Public Lands Day

Visit the Manistee National Forest or National Park lands on the largest park volunteer day of the year.

Betsie Valley Trail Run, Thompsonville

Half marathon, 10k, 5k, 13.1m & 1-mile fun run. All courses start/end at Webber Sports Complex (ballfield). Info/register: northmittenevents.com/events

Beach Sweep, Ludington

10am-12pm, Free. Volunteer to help AFFEW.org (A Few Friends for the Environment) clean up the beach. Stearns Park, 420 N. Lakeshore Dr.

Nordhouse Dunes Beach Clean-Up, Manistee

12pm, Free. Meet at the Trailhead at 6496 W. Nurnberg Road. Bring work gloves, water and anything you need for a day outside. Snacks will be provided. Camp trowels will be given to those who need them. Hikers will be educated on best backcountry sanitation practices when camping. Those not wishing to hike are welcome to volunteer as greeters at the trailhead. Email: friendsofnordhousedunes@gmail.com. Find the organization on Facebook and Instagram.

Cadillac Craft Beer Festival

3-9pm. \$30 ADV, \$35 at the door. 23 different brewers, live music, food, vendors, games, fun. City Park at Cadillac Commons

"Pirates of the North Coast," Ludington

6pm Reception on the red carpet for filmmakers, actors, crew and attendees with snacks & cash bar. 7 pm Movie showing. \$10 advance/\$15 at door. Premiere of the film takes place at Ludington Area Center for the Arts, 107 S. Harrison St. Filmed mainly in Ludington, this movie about a 30-something and his pirate friends trying to save a local lighthouse is described as "a love letter to Ludington and Northern Michigan" by its writer and director Franklin Sollars. Tickets available at LACA, open Tues/Thur/Fri, 11-4; Wed., 11-6, Sat., 11-2. For info, go to: ludingtonartscenter.org

Ramsdell's Folly, Manistee

6:30pm, Reception in the Hardy Hall. 7:30pm Performance by the Manistee Civic Players. Celebrate the Ramsdell Theatre's 120th birthday. Tickets at ramsdeltheatre.org.

Sep 26

Fall Walking Tour at Cartier Park, Ludington

10am-12pm, Free. Join botanist and bird expert Dave Dister for a tour of the park, featuring native plants and the work AFFEW has done to remove invasive species. Meet near the dog park at the end of Rath Ave. Cartier Park, 1254 N. Lakeshore Dr.

Weed the Park, Ludington

6pm, Free. I.D. & remove invasives. Wear closed-toe shoes, long pants, long-sleeved shirts. Bring gloves, trowel, water. Meet near Rath Ave. dog park. Cartier Park, 1254 N. Lakeshore Dr.

Sep 28

Guided Bird Walk: Fall Migration, Onekama

8:30am, Free. Join bird expert Dr. Brian Allen and tour the park. North Point Park, 8999 Greenway St. Register: OnekamaTwp.org

Sep 29

Michigan Works! Lake County Workshops, Baldwin

10am, Free. "Computer Literacy". Michigan Works! West Central, 5252 M-37. Info: 231.745.2703. To sign up, email jlundy@mwwc.org

Two Friends Return: Crispin Campbell & Paul Sullivan, Manistee

7:30pm, \$10-50. Grammy-winning pianist Sullivan & renowned local cellist Campbell play jazz standards, blues, Latin grooves, world music. Ramsdell Regional Center for the Arts, 101 Maple St.

Sep 29&30

Levon live in concert, Manistee

9pm-1am both nights. Free. Country trio from Nashville. Little River Casino Resort, 2700 Orchard Hwy.

Sep 30

Triginta Club Fall Fashion Show, Bear Lake

12pm, \$15, avail. at Maggie's or at the door. At Bear Lake United Methodist Church, 7861 Main St. Slow luncheon. Fashions from Maggie's of Bear Lake and Hull's of Frankfort. Tickets valid for 20% off at both stores in Oct.

Octoberfest, Ludington

2-6pm, Free. Family-friendly activities, games downtown. Enjoy craft beer from Bell's Brewery and Ludington Bay Brewing Company; wine and cider also available, & local food trucks. Live music from John Marek Polka Band, 1-3pm; Jimmy Dodson, 3-4pm; and Rocket Fuel Haulers, 4-6pm. Legacy Plaza, 112 N. James St.

Oct 2-9

9th Annual Frankfort Beer Week, Frankfort/Elberta

Celebrate Michigan craft brews at area eateries with beer-infused food, food & beer specials, "Great Beer State" documentary film at the Garden Theater, 301 Main St.; and beer-related artworks at Oliver Art Center, 132 Coast Guard Rd. Details at: frankfortbeerweek.com

Oct 3

Special Needs Hayride & Potluck, Free Soil

3:30pm, Free. Wheelchair accessible. Circle Rocking S Farm, 5487 N. Tuttle Rd. RSVP by Sept.30: circlerockingsfarm@att.net or 231.462.3732

Oct 5

Coffee with the Councilors, Ludington

5:30pm. Up to 3 Councilors from the City of Ludington will hold a coffee hour to allow residents to ask questions & air their concerns about city issues. Book Mark Café, 201 S. Rath Ave.

Oct 6

Michigan Works! Lake County Workshops, Baldwin

10am, Free. "Budgeting Pt. 1". Michigan Works! West Central, 5252 M-37. Info: 231.745.2703. To sign up, email jlundy@mwwc.org

Oct 7

Fall Festival, Onekama

10am-3pm, Free. Family fun. Food, games, music, craft show. Scarecrows, hay rides, pumpkin decorating & more. Onekama Village Park.

Fall Festival, Beulah

10am-5pm, Free. Pumpkin decorating, face painting, games, sidewalk chalk art, mask & trick-or-treat bag decorating, classic car & motorcycle show, horse-drawn wagon rides, soup contest. Beulah Park, 7122 Prospect Ave.

Mason County Alzheimer's Association Walk to End Alzheimer's, Ludington

9am-12pm. Raising funds & awareness for care, support & research. Waterfront Park, 391 S. William St.

Ludington Sesquicentennial Ball, Ludington

6pm, \$150 per person. Celebrate Ludington's 150th. Dinner with live music, historical plays & dancing. Dress by the Decade encouraged. Funds go toward preservation of Mason County History for future generations. Stearns Hotel, 212 E. Ludington Ave.

Oct 11-13

Manistee River Watershed Streambank Planting, Caberfae

9am each day, Free. Trout Unlimited is seeking volunteers to plant native plants along Perkins & Peterson Creeks (30 miles west of Cadillac) to stabilize soil, soak up & filter stormwater runoff, & provide quality habitat. All are welcome. Stay as long or as little as you'd like. To register/get free tickets: tu.myeventscenter.com

Oct 12

Benzonia Academy Lecture Series, Benzonia

7pm, \$5 donation. "1906: A Summer to Remember" presented by Steve Veatch & Cheri Dundon. Mills Community House, 891 Michigan Ave. Info/Zoom link: benziemuseum.org or 231.882.5539

Oct 14

Rusty Fish Bicycle Races, Manistee

8am-all day. Multiple races all start/finish at Manistee VFW Walsh Post 4499. Info/registration: rustyfish100.com

Stream Monitoring Program, Bear Lake

9am-2pm. Volunteers are invited to help collect macroinvertebrates from local rivers & streams. After a short instructional presentation, gear and locations will be handed out to teams of 4 or 5. Bring waders if you have them. They will be provided for those who do not. Manistee Conservation District, 8840 Chippewa Hwy (US-31). Registration: <https://forms.gle/AXFUXtcrR5YfgpA8> or call 231.889.9666

Bear Lake Fall Festival, Bear Lake

10am-4pm. Details unavailable at press time.

Chief Day, Chief (S.W. of Kaleva)

12-10pm. Celebrate in downtown Chief & at Northern Natural Cider House & Winery, 7220 Chief Rd. 9am disc golf tournament. 10am-2pm Car Show. 11:45am Parade. Cider & donuts. Food trucks. Live music 12pm-7pm. Details on page 4



P.O. Box 188, Manistee, MI 49660 231-835-0867 editor@freshwater-reporter.com

Contributors: Valerie Chandler, Brooke Edwards, Joshua Elie, Louisa Loveridge-Gallas, Ron Schmidt, Nikki Schneider

Freshwater Reporter is published by Freshwater Planet LLC of Manistee. We distribute free copies in Manistee, Mason, western Lake, and western Wexford counties. Advertising inquiries are welcome, as are suggestions, articles, poems and photos. ©2023, Freshwater Planet, LLC, all rights reserved. Visit our website at www.freshwater-reporter.com. Like us on Facebook. Follow us on Instagram.

Publisher/Editor: Pat Stinson

Graphic design/layout: Amy Hansen

Co-conspirator: Mark Videan

Advertising Sales: Pat Stinson

Star and Butterfly: a look into 'our' Psyche

By BROOKE EDWARDS

NASA's Jet Propulsion Laboratory (JPL) and Arizona State University are sending a spacecraft to an asteroid. This time, they are exploring a metal world – the asteroid Psyche discovered by an Italian astronomer in 1852.

The asteroid was named for the Greek goddess Psyche, which means “soul” and “butterfly,” and was originally symbolized by a butterfly wing beneath a star, according to A. Sonntag, “Elemente und Ephemeride der Psyche”, *Astronomische Nachrichten* (Astronomical Notes, 1852). A numbering system for asteroids did away with astronomers' symbols, and Psyche was given the first number, 16, enclosed in a circle, of the new asteroid identification system.

Estimated to be around 173 miles (279 kilometers) at its largest diameter, Psyche is not a small space rock. What makes this asteroid an interesting target is that it appears to be full of metal. Experts hypothesize that this asteroid may be the exposed nickel-iron core of an early planet. Scientists believe rocky terrestrial planets like Earth have metallic cores.

Direct measurement or study of Earth's core is impossible because it's located miles below the planet's rocky mantle and crust. Studying Psyche may give



The asteroid Psyche is the subject of a mission by NASA's JPL and Arizona State University. Photo by NASA/JPL-Caltech/ASU.

unique insights into the formation of planets, including Earth's, and the rest of our solar system.

Psyche lies in the asteroid belt between Mars and Jupiter — around 2.2 billion miles away. When the spacecraft arrives in 2029, it will study the asteroid in detail for 26 months or longer if conditions permit.

“What's really exciting about Psyche being a metal-rich asteroid is we haven't yet had the opportunity to explore a planetary core ... It could have been the remnant of a planetary collision billions of years ago in our solar system (and all that's left is the metal-rich remnant,” Christina Hernandez, a flight systems engineer, explained in a NASA video

about the mission.

Onboard will also be DSOC, NASA's high-bandwidth optical communications test that reaches beyond the Moon. DSOC will demonstrate laser data transmission, the future of space communications. Traditionally, radio waves were used to communicate with spacecraft. Lasers can provide stronger spacecraft communications, a necessity when sending spacecraft further into space.

The Psyche mission is scheduled to lift off from Launch Complex 39A at NASA's Kennedy Space Center in Florida at 10:38 a.m. on Thursday, Oct. 5. The boost to space will be provided by a SpaceX Falcon heavy rocket. Additional launch opportunities have been scheduled between Oct. 5 and 25 in case delays are necessary.

Follow NASA's Live Stream, website and social media for updates about the mission to Psyche.

Brooke Edwards is our area's NASA/JPL Solar System Ambassador. She has hosted star parties at Fifth Avenue Beach and Orchard Beach State Park in Manistee. Follow her on Facebook @Brooke-Edwards-Solar-System-Ambassador.

Bracelets, baby!

By PAT STINSON. Photos courtesy of Everjewl.

We're chatting with Julie Terwilliger of Everjewl. She hosts something she calls a Bracelet Bar, a pop-up held at retail shops and an idea that sounded fun and intriguing.

I've noticed on Instagram how popular your pop-up Bracelet Bar is and that you'll be in our vicinity, at Anchored Designs Boutique in Onekama, on October 7. This isn't the first time you've visited the boutique. We want to know more!

Yes, this will be my third time returning. 10 a.m. to 4 p.m. And I do recommend an appointment to guarantee a time slot. However, I can sometimes slip in walk-ins if there is a gap! <https://calendly.com/everjewl>

Your Instagram account says you are 40 years old, the youngest of three girls and you've been married for 21 years. Where do you live and what brings you to Onekama, specifically?

I am based out of Cadillac and came recommended by another boutique owner to Ashley (owner, Anchored Designs Boutique) to host a pop-up. I absolutely adore this small, connected community!

Your business is known as Everjewl and the tagline is Permanent Jewelry. Please tell us what permanent jewelry is.

Permanent jewelry isn't as scary as it sounds! It is basically a clasp-less piece of jewelry: a bracelet, anklet, or necklace

that is measured to fit perfectly and then safely welded shut with a spark from an arc welder.

Where did you learn to use an arc welder?

Coming from the fine jewelry industry, I have soldered and laser welded using our equipment here, so it was very similar to arc welding. I did get some help from my bench jeweler team at Wexford Jewelers with using argon gas with my machine.

So, you are part of the Wexford Jewelers (Cadillac) family. Please tell us how long WJ has been in business and what it's best known for.

Wexford Jewelers is 28 years old this year, the second generation of fine jewelers, and we're definitely known for our custom and handmade pieces.

Why is “permanent” jewelry so popular, do you think?

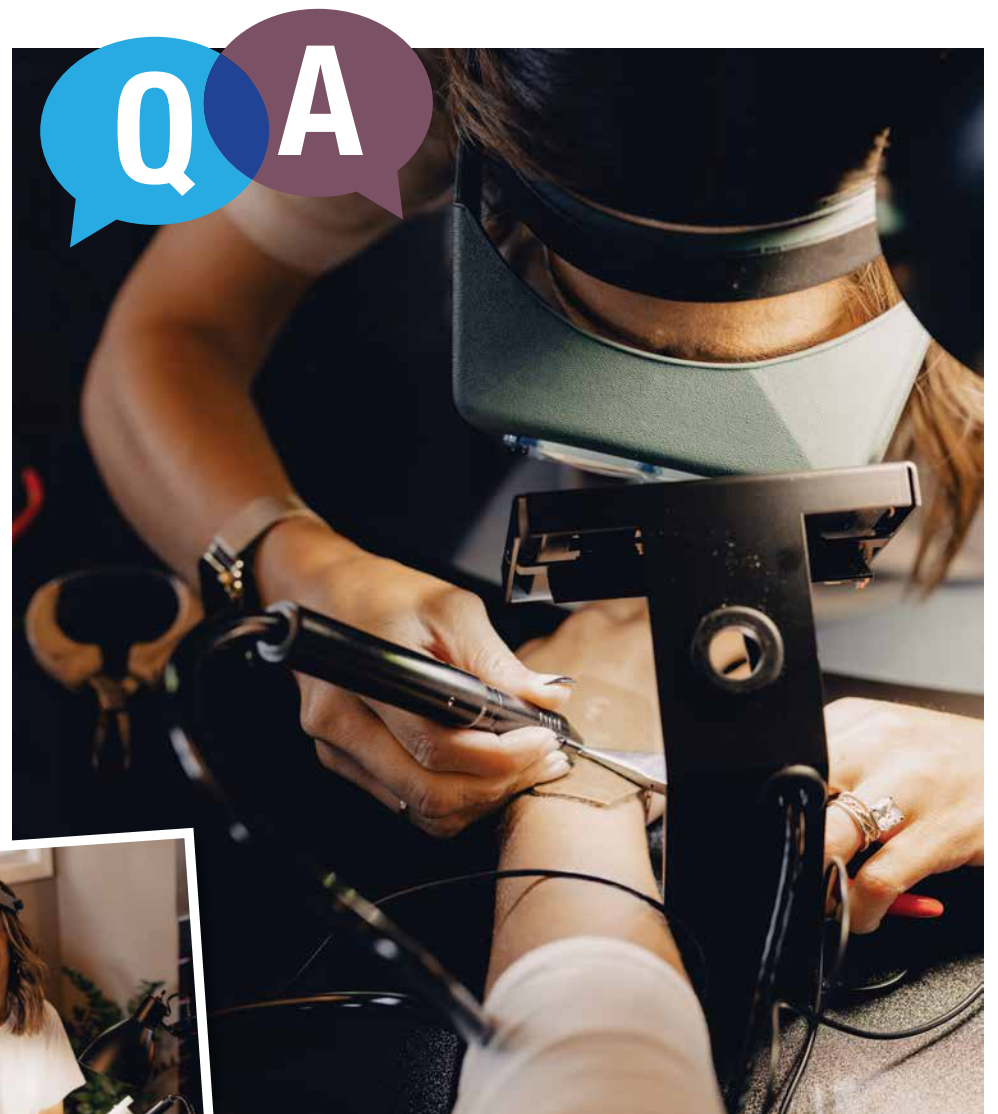
It is something fun to do with friends or family, or your significant other...it's not just a product, it's an experience!

What types of chains do you sell? Can a stone be set in them or do you sell them with gemstones already included? What about charms?

I sell sterling silver 14/20 gold filled and 14 karat fine gold chains I have well over 50 styles to choose from. And over 100 charms as well, including some exclusive hand carved micro charms created by my sister Sarah J Christenson who is a talented designer.

Have some of your customers returned for more, e.g. become addicted? Do any of them wear a jangly set of sparkling bracelets?

Oh yes! I have some wonderful repeat clients including myself!



Can permanent jewelry be worn on a finger?

Yes, although I wouldn't call it permanent on a finger unless you

have a severely enlarged knuckle to trap the ring on. Most “permanent” rings are just fitted for your finger size and welded, and you can remove them on and off since most fingers are somewhat tapered.

Let's say someone lost weight or is pregnant. Is it possible to resize a permanent wrist or ankle bracelet?

Great question I've had several clients who've had to remove a piece for a surgery or an MRI etc. and I do a free re-weld or adjustment, as well as carry clasps for a removable option if needed!

How many pop-ups do you host in a year?

I've done over 40 public events in the last 12 months in addition to several private parties, bachelorettes, weddings, corporate events, etc.

Do you envision the bracelet pop-up expanding some day to include other jewelry?

Yes, a few ready-to-wear pieces to complement the current collection are in the works!

Anchored Designs Boutique is located at 4857 Main Street in Onekama. To make an appointment for the Bracelet Bar in Onekama, go to the above-mentioned link.

