

FRESHWATER REPORTER

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

FREE Vol VI, No. 2

freshwater-reporter.com

Mar. 20 - May 14, 2024 FREE

Freckles the Therapy Dog

By JOSHUA ELIE

To meet Freckles today, you would never guess how her life began. If you have seen any of those horrifying TV commercials (that I personally think should be banned) of malnourished and crated dogs freezing in the winter cold, then you get the idea. If you haven't seen those commercials, count yourself blessed.

Freckles began her life in a barn in the Clare area, the lone survivor of a litter of unknown pups. A well-intentioned 14-year-old girl rescued her, and that got Freckles moved from a barn to a crate, in the same kind of conditions. Her owners just didn't have the money to take care of Freckles properly.

It was December, snowing, and about 20 degrees outside when Rob McMurray, a Manistee Intermediate School District paraprofessional, happened to be passing by. He saw the crate and asked the girl's mother about the dog in it. The mother basically said, "You want it, you take it." McMurray picked up the dog, put her in his warm car and rushed her to the vet. He was still mourning the loss of his previous pooch, Jess, and wondering what he had just gotten himself into. The "what" was performing a miracle by saving that dog, and what he got was a new best friend, one filled with an abundance of unconditional love. Freckles gained not only a wonderful "forever" home but now has a job bringing "smiles and joy" across northwest Michigan as a member of the Alliance of Therapy Dogs.

The ATD is a nonprofit organization with chapters across the U.S. The alliance sends these wonderful animals to visit places like retirement/assisted living centers, schools, homeschool meetups, airports and even private homes. They offer this service for free, to bring comfort and smiles to people in all stages of their lives. It's well known that dogs like these are great for anxiety, depression, high blood pressure and overall well-being. If you're not convinced, read



Do you need a friend? Photo: Rob McMurray.

"Dogs Supporting Human Health and Well-Being: A Biopsychosocial Approach" by Gee, Rodriguez, Fine and Trammell (Frontiers in Veterinary Medicine, March 2021).

Freckles, despite having such a rough start in life, is not a victim. She is a victor. This 6-year-old happy and healthy beagle/spaniel mix is calm and comfortable with everyone. McMurray said people are surprised to learn her age because her coat is so soft, like that of a puppy. When she isn't working, she loves canoeing, fishing and even camping.

McMurray, though recently retired as field camp administrator and vice president for Spirit of the Woods Conservation Club,

NORTHWOODS SAUCE BOSS



AREA EVENTS CALENDAR ON PG. 2

Planet vs. Plastics: Which will win?

By VALERIE CHANDLER

Every April 22, the world comes together in pursuit of a greener planet with a more sustainable future. The 2024 theme for Earth Day is "Planet vs. Plastics" and marks the 54th anniversary of the global movement. The theme serves as an opportunity for continued dedication to and action for a healthier, plastic-free world.

This year Earth Day falls on a Monday. Two area organizations will host Earth Day activities during the prior weekend.



Photo by Mikhail Nilov, Pexels.

In Ludington, A Few Friends for the Environment of the World (AFFEW) will hold its 34th annual Earth Day event on Saturday, April 20, 10 a.m. to 4:30 p.m., at the United Methodist Church, 5810 E. Bryant St. Free workshops, presentations and exhibits are designed to educate and inspire attendees. Find out more at <https://affew.org>.

In Manistee, the 3rd annual Great Lakes Environmental Festival will kick off three days of activities on Friday, April 19, with a 6 p.m. awards dinner at Blue Fish Kitchen + Bar, 312 River St. Tickets are \$40. On Saturday, April 20, the Manistee High School, at 525 12th St., will be the site of free speaker presentations and an "expo" of businesses and organizations. A children's film will be shown at 10 a.m. at the Vogue Theatre, 383 River St. Admission is 25 cents. An environmental worship service will be held 10 a.m., Sunday, April 21, at the First Congregational UCC Church, 412 Fourth St. For festival details, go to glef.us.

Handy but harmful

Plastic is everywhere. If yours is a typical household, the kitchen probably harbors the most plastic in your home — but look around any room. From TV remote controls to potted plant containers. Picture frames to pens. Light switches to carpets. (Carpet materials such as olefin and nylon are types of plastics.) Toothpaste,

continued on Page 4

Two Slices of heaven

By KEVIN HOWELL

Slapping slices of meat and cheese between two slabs of bread may make a sandwich, but it doesn't make a sandwich like you'll find at this little shop in Manistee.

Two Slices, next to the Painted Lady Saloon in the city's Maxwelltown neighborhood, offers artisan fare on house-made bread. Think sandwiches filled with inspired ingredients and flavors.

Cecelia Van Alstine founded the not-quite-deli, not-quite-bakery shop in 2017.

"I've worked in food service and wanted to go further than just being a line cook or working for someone else," Van Alstine explained.

She said she waited for properties to become available. When the building they're in now came on the market, she said, "Let's try it out."

Van Alstine said she always had an interest in baking. That's where the not-quite deli, not-quite bakery comes into play.

"Usually, I just say we're a sandwich shop, but we make our own bread. I guess that's why we say artisan sandwiches instead of just sandwiches. It's putting in a little more thought into our ingredients.

"So, I don't know if I would say we're a bakery ... because when you say bakery, I think people have an expectation of a lot of (baked goods). So, it's hard to live up to that. Our sandwiches are definitely the main big thing."

And they are, with sandwiches like Ham Jamwich with deli ham,

continued on Page 4



Top: Owner Cecelia Van Alstine beside specialty gift items for sale at Two Slices, an artisan sandwich shop in Manistee. Right: Sriracha Slider. Photos by Kevin Howell.



Area Events Calendar

TELL THEM YOU SAW IT IN FRESHWATER REPORTER!

To be included in our May 15 print edition, submit your announcements by May 6. Email your events/releases to: editor@freshwater-reporter.com. Email any time for our online calendar. Always check with the venue before attending as some event dates may change or be canceled due to weather, scheduling or other. Despite our best efforts, errors may occur.

ONGOING EVENTS

Thru March 28

Manistee Conservation District Seedling Sale, Manistee

Order native plants online at: manisteecd2.org. Pick up from 9am-2pm at Urka Farms, 16919 Pole Rd., Brethren.

Thru March 29

Hot Topics Art Exhibition, Ludington

Free. Juried international show of art dealing with contemporary issues of importance. Ludington Area Center for the Arts, 107 S. Harrison St.

Thru April 5

Journey through Abstraction Art Exhibition, Frankfort

Tues-Sat. 10am-4pm, Sun 12-4pm. Free. Featuring artworks by Kenneth Anbender, Marat Paransky & Nancy Clouse. Oliver Art Center, 132 Coast Guard Rd.

Printmaking Invitational Art Exhibition, Frankfort

Tues-Sat. 10am-4pm, Sun 12-4pm. Free. Oliver Art Center, 132 Coast Guard Rd.

Thru April 6

Aesthetic Elements: Woven Together in Fabric and Paint, Manistee

12-3pm, Wed-Sun. Free. Featured artists are Charles Larue, Carol Marshall, Julie Westmaas. Ramsdell Regional Center for the Arts, 101 S. Washington.

April 5-27

Modes of Abstraction Art Exhibition, Ludington

Annual abstract art show. Ludington Area Center for the Arts, 107 S. Harrison St.

April 12-May 10

OAC Student Art Show, Frankfort

Tues-Sat. 10am-4pm, Sun 12-4pm. Free. Artwork by local students, elementary thru high school, in all media. Oliver Art Center, 132 Coast Guard Rd.

May 3-31

Pop Art Exhibition, Ludington

Ludington Area Center for the Arts, 107 S. Harrison St.

DAILY EVENTS

March 21

"Kiss the Ground" film, Ludington

6:30pm. Free. Woody Harrelson narrates. Exploring the benefits of regenerative agriculture. Panelists include reps from GT Conservation District, Cadillac Area Land Conservancy & Great Lakes Stream Restoration. At Mason County District Library, 217 E. Ludington Ave.

March 22

Kit Holmes in Concert, Manistee

6pm. \$25. Local singer/songwriter and storyteller will elevate & celebrate National Women's Month. Ramsdell Regional Center for the Arts, 101 S. Washington. Tickets: ramsdeltheatre.org

March 23

Let's Make Discory Disc Golf Tournament, Scottville

10am. \$120/team. Grip 'n Rip Disc Golf hosts this fundraiser for the Lakeshore Food Club Childhood Cancer Campaign, Homeward Bound Animal Shelter, and Manistee & Ludington Animal Control at the West Shore Community College Disc Golf Course, 3000 N. Stiles Rd. Register: discgolfscore.com.

March 23

Metropolitan Opera Live/Encore in HD presents Romeo et Juliette (Gounod), Manistee

1pm. \$15-\$25. Ramsdell Regional Center for the Arts, 101 S. Washington. Tickets only available at the Box Office prior to and on the day of the show.

March 26

Easter Egg Hunt, Bonnet Contest & Egg Crafts, Free Soil

1pm. Free to all special needs folks of all ages. Held in the barn, rain, shine or snow. Over 2000 eggs to find. Sections of the barn for blind, wheelchairs, walkers, & others. Bring 2 hard-boiled eggs for the craft project. Circle Rocking S Children's Farm, 5487 Tuttle Rd. Must RSVP by March 23: 231.462.3732 or circlerockingsfarm@att.net

March 27

Mobile Food Truck, Manistee

11am. Feeding America Mobile Food Truck. No proof of income needed. May pick up as a proxy for another. First Baptist Church, 1201 Lakeshore Dr. Questions, call Cassandra, Manistee Friendship Society, 231.398.0434.

"Come Walk In My Boots", Baldwin

6pm. \$28. Dinner theater at 876 Restaurant, 876 Michigan Ave to benefit Lake County Historical Society. Bruce Micinski portrays Andy Horujko, a former Idlewild resident who walked from Anchorage, AK to Tierra del Fuego in S. America to protest vehicle emission pollution. For the menu, see Neighborhood News, page 6. By reservation only: (231) 791-5876.

March 30

Easter Egg Hunt, Frankfort

10am. Free. Mineral Springs Park, Main St. More than 3,000 hidden eggs. Sponsored by Graceland Fruit, The Maples, Curtis Insurance Agency, Auto Owners Insurance, Dinghy's, State Savings Bank and Traverse City Tourism.

St. John Easter Egg Scavenger Hunt, Ludington

10:30am-noon. Free. 209 N Rowe St. Rowe St. will be closed between Pere Marquette and Court for this event.

March 31

Ecstatic Dance, Benzonia

10am-Noon. Free. Donations appreciated. Dance with Jesse. Mills Community House (Upper Level), 891 Michigan Ave.

April 4

WSCC Jazz Ensemble I & II in concert, Scottville

7:30pm. Free. Center Stage Theater at West Shore Community College, 3000 N. Stiles Rd.

April 5

Reservations/payment & Entrée Choices due for GLEF Dinner, Manistee

See April 19, 20, 21 below. Contact: glef.us/environmental-dinner.html

April 11

Diapers & Donuts, Ludington

3:30-5:30pm. Drive through event where families with kids ages 3 and under are invited to receive diapers for the child(ren). Diapers sizes newborn to size 6 available. Car seat safety checks offered on site. West Shore Family Support, 603 E. Tinkham Ave.

April 13

Beading Class, Kaleva

12-4pm. Charge per item and all materials supplied. Kaleva Art Gallery, 14449 Wuoski Ave.

The Kenny Rogers Band presents Through the Years, Scottville

2pm & 7:30pm. \$30-35. Featuring Don Gatlin & Edgar Struble. Center Stage Theater at West Shore Community College, 3000 N. Stiles Rd. Tickets: www.westshore.edu/performing-arts/

April 13

Claudia Schmidt in Concert, Manistee

7pm. \$20. Hosted by Spirit of the Woods Music Association. Brown Township Hall, 8233 Coates Hwy.

April 14

Soup Luncheon Benefit, Kaleva

11-1:00. Soup sampling by donation and a Bake Sale. To benefit Kaleva Heritage Days. Maple Grove Township Community Center, 9208 Kauko St. Follow Kaleva Heritage Days on Facebook.

April 15

WSCC Wind Symphony & Drumline in concert, Scottville

7:30pm. Free. Manistee High School auditorium, 525 12th St.

April 18

Near & Farr Friends, Onekama

2:30pm. Free. Topic will be aging in place and available services. Onekama Township Hall, 5435 Main St.

Special documentary screening of "Marqueetown", Frankfort

7pm. \$10 adults, \$8 kids. "No one fights to preserve a multiplex, but some people will risk everything to save a marquee." Through booms and busts, Delft Theatres Inc. - and its innovative gem, The Nordic - endured in Marquette, Michigan for almost 100 years, even as the world changed endlessly around them. Produced by Oscar winner Kathleen Glynn & Diana Millock. Garden Theater, 301 Main St. Tickets: gardentheater.org

April 22

Serita's Black Rose Duo in concert, Manistee

7:30pm. \$25. Ramsdell Regional Center for the Arts, 101 S. Washington. Tickets: ramsdeltheatre.org

April 19, 20, 21

Great Lakes Environmental Festival, Manistee

Friday, 5pm Happy Hour Meet & Greet, 6pm Dinner. \$40/person, \$75/couple. Kick-off dinner for the festival held at Blue Fish Kitchen + Bar, 312 River St. Reservations/payment and entrée choices due by April 5 at: glef.us/environmental-dinner.html. Saturday, 10am-6pm. Free. Events for Earth Day include speakers, an "expo" of businesses and organizations, vendors, demos, electric car display, expert presenters, info, student posters & films, forums & more. Manistee High School, 525 12th St. Children's film, 10am, Vogue Theatre, 383 River St. Info: glef.us. Sunday, 10am. Free. Environmental worship service at First Congregational UCC Church, 412 Fourth St.

April 20

AFFEW's 34th Annual Earth Day Event, Ludington

10am-4:30pm. Free. Workshops, presentations, and exhibits designed to educate and inspire attendees at United Methodist Church, 5810 E. Bryant Rd. Info: affew.org

Metropolitan Opera Live/Encore in HD presents La Rondine (Puccini), Manistee

1pm. \$15-\$25. Ramsdell Regional Center for the Arts, 101 S. Washington. Tickets: ramsdeltheatre.org

Love Out Loud Community Block Party, Ludington

4-6pm. Free activities, giveaways, hot dogs & tacos. Sponsored by Living Word Church. Rotary Park, 500 W. Ludington Ave.

Lorrie Morgan with Jamie O'Neal in concert, Manistee

8-10:30pm, \$40-55. Little River Casino Resort, 2700 Orchard Hwy. Tickets: lrcr.com

April 23

WSCC Concert Choir Performance, Scottville

7:30. Free. Center Stage Theater at West Shore Community College, 3000 N. Stiles Rd.

April 24

The Masked (Local) Singer Fundraiser, Ludington

6-10pm. \$60 ADV, \$75 Door, \$100 VIP. Fundraiser for Sandcastles Children's Museum will include local "celebrities" singing while in costume and judges guessing who they are. Attendees will also vote for their favorite contestant. All tickets include dinner, 1 drink, and a special treat. Cash bar and complimentary non-alcoholic drink choices available. Sandcastles Children's Museum, 129 E. Ludington Ave. Tickets: sandcastleschildrensmuseum.com or at the museum.

April 26-28

Manistee Civic Players present the musical "Don't Hug Me", Manistee

Fri & Sat 7:30pm. Sun 2pm. Cost TBD. Ramsdell Regional Center for the Arts, 101 Maple St. Tickets: ramsdeltheatre.org

April 27

Mom 2 Mom Sale, Ludington

8am-12pm. \$2 entry fee (under age 12 free). Sale of gently used baby/kids' items, spring & summer clothing, toys, books, & more. Cornerstone Baptist Church, 121 Nelson Rd.

Lake Jump, Ludington

Registration 10:30am, jump at 11am. Participants raise money for a new organization each year and jump into the frigid waters of Lake Michigan. Stearns Park, 950 W. Ludington Ave.

The Special Consensus in concert, Ludington

Doors 6pm, concert 7pm. \$25 ADV, \$30 Door. Grammy nominated bluegrass band. Ludington Area Center for the Arts, 107 S. Harrison St.

May 2

Near & Farr Friends, Onekama

2:30pm. Free. Discussion of the 2022 Newberry award-winning book "Free Water" by Amina Luqman-Dawson, as part of Onekama Reads. Onekama Township Hall, 5435 Main St.

May 3-5

Manistee Civic Players present the musical "Don't Hug Me", Manistee

Fri & Sat 7:30pm. Sun 2pm. Cost TBD. Ramsdell Regional Center for the Arts, 101 Maple St. Tickets: ramsdeltheatre.org

May 6-12

Frankfort-Elberta Restaurant Week
Info: frankfortelbertarestaurantweek.com.

May 9

"Climate Sisu" film, Ludington

7-8:30 p.m. Mason County District Library, 217 E. Ludington Ave. Short presentation by Elena Lioubimtseva, movie, Q&A. Sponsors: AFFEW, Mason County District Library, GVSU. affew.org

May 11

Rats 'n Rods Car Show, Manistee

8:30am-3pm. Manistee Senior Center, 260 St. Mary Pkwy. Info: 231.723.9696.

Metropolitan Opera Live/Encore in HD presents Madama Butterfly (Puccini), Manistee

1pm. \$15-\$25. Ramsdell Regional Center for the Arts, 101 S. Washington. Tickets: ramsdeltheatre.org

Celebrating Meat Loaf with The Neverland Express & Caleb Johnson, Manistee

8-10:30pm, \$20-50. Little River Casino Resort, 2700 Orchard Hwy. Tickets: lrcr.com

DONATE
NOW!



Handmade by local craftspeople



BRING THIS AD FOR **10% OFF** ANY ITEM WITH A CODE OF GGB

14449 Wuoksi Ave • Kaleva

Open Friday, Saturday, Sunday and other times if you catch us here!

OPEN SATURDAYS
10 am - 4 pm
(+ FRIDAYS Memorial - Labor Day 12:30 - 6:00 pm)

Vintage Shopping.

Shop In Store or Shop Online
www.gasolinerefind.com
231-268-4970
GOOGLE IT.

ERDMAN RD. BEAR LAKE Between Potter & 13 Mile Rds.





KNOWLEDGE. SERVICE. INTEGRITY.

Family Owned



HERE to help YOU with your Hardware & Building Projects

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

Human spaceflight to skyrocket in 2024

By **BROOKE EDWARDS**, NASA/JPL Solar System Ambassador

Editor's note: Brooke Edwards recently moved from Manistee to Florida's Space Coast to begin reporting on space launches and space-related news for Florida Today, a Gannett newspaper in the USA Today network. (Read online: "Freshwater Reporter columnist lands her dream job", Freshwater Reporter, Feb. 23.) We wish her many exciting moments at Kennedy Space Center and look forward to sharing more of her stories as a NASA Ambassador.

The year got off to an eventful start on board the International Space Station.

Axiom-3 (AX-3) lifted off on January 18 from Kennedy Space Center on a SpaceX Dragon capsule. The crew spent more than two weeks aboard the orbiting NASA laboratory.

Axiom-3 is the third crewed mission from Axiom Space, an up-and-coming private space company organizing human missions. Axiom crew members are not NASA astronauts; they are private astronauts flying to space to conduct experiments.

Commanded by Michael López-Alegría, a retired NASA astronaut and Spanish/American citizen, Axiom-3 marked the first time a fully international crew flew to the ISS. The four-member crew consisted of government-sponsored astronauts sent to conduct experiments studying human medicine and performance in space. Some of the experiments included space motion sickness, space radiation effects on DNA and even the development of treatments for some cancers and neurological disorders.

While private flights will open access to space research to a more diverse group of scientists, NASA will continue sending its astronauts into space. The space agency's mission is to learn what it will take to get humanity back on the Moon and beyond.

Currently, NASA is flying its ISS crews via contracted transportation from SpaceX, the only company currently capable of crewed orbital flights.

On March 3, NASA Crew-8 launched to the ISS aboard a SpaceX Dragon capsule atop a new SpaceX Falcon 9 rocket. After



NASA's Crew-8 was set to arrive at the International Space Station (ISS) on March 5. 2024 promises to be an exceptionally busy one in the business of human spaceflight. NASA photo.

docking to the ISS, Crew-8 joined the already present Crew-7 and cosmonauts. Crew-8 includes Pilot Michael Barratt, Commander and active-duty U.S. Navy astronaut Matthew Dominick, Mission Specialist Jeanette Epps, and Roscosmos cosmonaut Alexander Grebenkin.

NASA Crew-7 splashed down in late February after spending close to six months on the ISS. Along with their three cosmonaut coworkers, they conducted studies that looked at space manufacturing and human health, the latter focusing on certain cancers and cardiac health.

If all goes as planned, Crew-8 will have an interesting stay on the ISS. They will conduct

more than 200 experiments addressing human health and the effects of spaceflight on plants at the cellular level. During their mission, NASA's Boeing Starliner test crew is set to arrive. Also possible is a visit from Sierra Space's Dream Chaser, an uncrewed cargo shuttle long in development. The crew will also see Roscosmos Soyuz coming and going. After a Soyuz crewed flight arrives with NASA astronaut Tracy Dyson and two cosmonauts, NASA astronaut Loral O'Hara will ride home with two cosmonauts on an outgoing Soyuz.

Later in 2024, a SpaceX Dragon will carry NASA Crew-9 to relieve Crew-8.

With the possible addition of the Axiom

MEMBER FOCUSED COMMUNITY BASED JOIN NOW!

SAVE | BORROW | INVEST | BUSINESS

FILERCU.COM



FILER CREDIT UNION



Your donations and our new advertising partners have paid for **THREE MORE ISSUES**. We have SIX more to publish in 2024. **THANK YOU** to our readers who have contributed! **If you are reading this and haven't donated, you can easily help us reach our goal!** Scan here →



Or mail a check to:
Freshwater Planet, PO Box 188
Manistee, MI 49660

THANK YOU from all of us at Freshwater Reporter!

4 mission later in the year, the private orbital Polaris Dawn SpaceX mission, plus the many sub-orbital space tourism flights that will take place from Virgin Galactic and Blue Origin, this could be the year we see the most people venture beyond Earth.

It is only a matter of time before almost everyone knows someone who has flown in space.

More Folks Behind Freshwater Reporter



LOIS BEARDSLEE, WRITER

I am an Anishinaabe author, poet and artist and have won awards as an illustrator and author of both fiction and nonfiction. Most recently, I earned Michigan Notable and Midwest Book awards in 2021. My forthcoming book,

"We Live Here: Poems for an Ojibwe Calendar Year" (fall 2024), is directed toward students in middle grades and young adults but will appeal to adult readers as well.



RAMONA DEGEORGIO- VENEGAS, WRITER

I moved to Manistee with my family in 1991 for a position with the USDA Forest Service. When I retired, I was an outdoor recreation planner. I love to travel and was an environmental

education specialist in three countries with the Peace Corps: Chile, Peru and Guyana. I was also a VIP, volunteer in the parks, with the National Park Service in Maine and Montana. I like sharing adventures and a cup of coffee with friends. Locally I'm a member of three of the four unique Spirit of the Woods organizations. I enjoy writing and have self-published two novels so far. I also dabble in clay, photography and poetry.



GRACE GROGAN, WRITER

Born and raised in Michigan, I live and travel full-time in an RV. When Pat contacted me about using a photograph for an article in the Freshwater Reporter, I hadn't heard about the paper. With 20 years of experience as a

freelance photographer and writer, I approached Pat about writing for the paper. My first article appeared in the July 2022 edition, and I have become a regular contributor. My preferred genres are memoirs, travel, and history.

International Dark Sky Week April 8-15 idsw.darksky.org
National Park Week April 20-28 nps.gov

ARBOR DAY April 19 arborday.org
Read our Arbor Day origin story: freshwater-reporter.com/arbordays-manistee-connection

YOU'RE INVITED TO A FREE SCREENING OF:

KISS THE GROUND

THE SOLUTION IS RIGHT UNDER YOUR FEET

THURSDAY, MARCH 21 6:30 PM
MASON COUNTY DISTRICT LIBRARY
LUDINGTON, MI

Presented by Citizens Climate Lobby and featuring presentations by Grand Traverse Conservation District, Cadillac Area Land Conservancy, and Trout Unlimited

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

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

Historic Downtown Thompsonville

231-378-2554
 14848 Thompson Ave.
 genosportsbar.com

Best BBQ Ribs In The NORTH!
 Every Thursday 5:30 - 9 pm

FISH FRY Friday
 Cod · Perch · Bluegill · Walleye

Award-Winning BURGERS
 So many yummy options!

DAILY SPECIALS
 Tacos · Burritos · Pizza · Coneys
 Steaks · Broasted Chicken Dinner

Planet

continued from Page 1

cosmetics and clothing. It seems plastic is a household mainstay.

Plastic can also be dangerous to the health of every creature on the planet.

According to the U.N. Environment Programme (unep.org), one million plastic bottles are purchased every minute worldwide, and up to five trillion plastic bags are used every year. Plastic was first introduced in the 1950s. Since then, 9.1 billion tons have been produced. Science.org reports that, sadly, 79% of that plastic (still!) sits in landfills or is found in the environment. Americans buy commercially bottled water at an estimated rate of 50 billion bottles per year, reports Earthday.org. That equates to every U.S. citizen purchasing, on average, 13 bottles per month. If each of us purchased and faithfully used a reusable water bottle, we could save an average of 156 plastic water bottles per person, per year.

Microplastics, macro effects

Plastics are not harmless. They break down into tiny particles 5 millimeters and smaller, called microplastics, that contaminate the soil and water and enter the food chain when birds, animals, insects and fish unknowingly ingest them. (There are even smaller particles called nanoplastics, formed when microplastics break down.) The United Nations News has reported there are more microplastics in the ocean than there are stars in the Milky Way. By 2050, there will be more plastic (by weight) in the oceans than there are fish.



Photo by Brian Yurasits, Unsplash.

An estimated 75-199 million tons of plastic are currently floating in the oceans, (unep.org). Preventing plastic pollution is difficult for many countries which lack the infrastructure — such as sanitary landfills, recycling capacity and proper management and disposal systems — to halt it.

Have you heard of the Great Pacific



Earth Day. Photo courtesy of Nohat

Garbage Patch? While you may imagine a floating island of trash, it is actually an area of microplastics so concentrated it makes the water look cloudy. These particles can be the result of larger plastics degrading over time and are intermixed with debris such as fishing gear, shoes, toys and other items lost at sea. There are more patches in the oceans without names, but this one was named because it is the largest. These patches are created by swirling currents in the ocean, like a vortex of trash.

Microplastics become entangled with coral reefs, physically damaging them. More than 7,000 species of fish, plants, invertebrates, turtles and marine mammals found in the coral reef ecosystem are at risk from physical and toxic chemical damage.

Many of the toxins found in microplastics, as well as other pesticides and chemicals in trash, threaten and diminish animal and insect populations worldwide. The negative impact on insects alone can be detrimental to the entire planet because insects pollinate plants, and many of these plants are what humans and other animals depend on for food. Without the pollination or the pollinator insects, that part of the food chain disappears.

We've yet to discover what effect the microplastics found lodged in our lungs, circulating in our bloodstreams, deposited in placentas and contaminating breast milk, have on our health. The tiny particles are both inhaled and ingested. (Read "Microplastics are in our bodies. Here's why we don't know the health risks", Anne Pinto Rodrigues, Science News, March 24, 2023.)

Recycling and reusing are responsible practices that everyone can implement at home and at work. Learn your local recycling center's rules, especially regarding plastics. Do everything you can, whether making little changes or adopting a different lifestyle, to help protect what we have and save the Earth's air, water and soil for future generations.

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

Slices

continued from Page 1

habanero bacon jam, crumbled goat cheese and fresh arugula on a toasted french roll, the Pastrami Melt on muffuletta bread, and the Beef Boy with roasted-in-house sliced beef, sautéed peppers and onions, garlic aioli and provolone on a french roll. Yum!

"For me, when I think of artisan, I think of there being more of a process, more research behind what we're doing, so I read a lot about cooking and watch YouTube videos.

"I'm always finding inspiration from other things, and we experiment a lot. Like if we ever have down time, we're always trying new things."

Another example is her Hammy Sammy, a sandwich with deli ham, cheddar cheese, mayo and a balsamic reduction on country white sesame bread. For those of us a little cooking impaired, I asked her to explain a "reduction."

"A reduction is the balsamic vinegar that's cooked down, and when it cooks down it's kind of sweet and syrupy, so that sandwich is kind of a salty and sweet combination."

The small shop is usually busy; its few tables and window seats fill quickly, and a take-out counter sees steady foot traffic.

"Right before (the pandemic), we had closed for a couple months to do some projects in here. Then a week after we reopened, we were told we had to shut down, so we took that time to do more projects for a little bit," Van Alstine said.

"It was very difficult because we had already taken time off for projects where we weren't getting any income, so we were excited to get back to it."

In the interim they made do making deliveries and offering catering for weddings, for example.

Post pandemic, Two Slices still makes sandwich and salad trays, but the catering has been put aside as their regular customer base has grown.

"Yeah, a lot of people find something they like and keep getting it," she said. "The Beef Boy is the most popular sandwich by far. And as far as baked goods, chocolate chip cookies are most popular, and peanut butter cookies."

Good, basic comfort foods, Van Alstine said, are also favorites and include the creamy tomato soup that's a regular menu item.

Always looking for innovation, Two Slices began making breakfast sandwiches and other grab-and-go foods last summer for the morning crowd. On hiatus for winter, the morning items will be back on the menu next summer.

Along with delicious artisan sandwiches, salads and specialty drinks are regular menu items, with occasional inspired items making their way to the chalk board by the register. When I arrived at the shop, a Pomegranate Feta Salad special was listed on the board.



Bakery case of sweets. Photo: Pat Stinson

There's also a Cherry Goat Salad on the menu: spring mix with dried cherries, goat cheese, green onions and sunflower seed with raspberry vinaigrette on the side. It went well with the Turkey with Garlic Aioli sandwich I tried on an earlier visit.

Salads on the menu include Caesar Salad, Greek Salad and regular Garden Salad. Drinks are as inspired as the sandwiches: Chai Latte, Italian Soda, Faerie Tea Latte, Lavender Honey Blue Matcha and Tiger Chai. I haven't tried those yet, but there's still time.

Though the shop is on the small side, Van Alstine has made room for specialty gift items and foods. And of course, there's the bakery cases with cookies, croissants, mini-cakes and breads, depending on the chef's inspiration for that day.

My editor shared that one of her friends is a sugar cookie monster. When her friend was given a Two Slices iced sugar cookie, with raspberry-flavored sugar sprinkles, she said, "That is not only my favorite sugar cookie, but my favorite cookie!"

Though it's off the beaten path in Manistee, Two Slices is well worth the side trip. Maybe you'll see me there, chomping away. I haven't made up my mind yet which one is my favorite, but it's a close call between the Beef Boy, Turkey with Garlic Aioli, Pastrami Melt ... Well, I guess they're all my favorites!

Two Slices is located at 719 Kosciusko St. The shop is currently open Wednesday through Saturday, 10:30 a.m. to 3:30 p.m. For information, call 231-887-4577. Order online at <https://www.eattwoslices.com>. Follow them on Facebook @TwoSlices and on Instagram @eattwoslices.

Kevin Howell is a freelance writer in Mason County. He loves the Michigan woods, lakes and especially Michigan craft beers—not necessarily in that order!

Stapleton Realty

BIG PLATTE LAKE



SLEEPING BEAR DUNES NAT'L LAKESHORE is a Platte River paddle away. Spacious 4 BR, 3.5 BA home features a stone mason's artistry and offers 10 feet private all-sports lake access on the sandy west end. Swim, kayak, moor your boat offshore. Dreamy sunsets. Benzie Co. \$689,900 1918879

Christine Stapleton
CALL/TEXT 231.499.2698
cdstapleton.com



PROTECTED LAND MEANS ACCESS TO HEALTHY FOOD

GRAND TRAVERSE REGIONAL **LAND CONSERVANCY**

GTRLC.ORG

NORTH CHANNEL BREWING



@northchannelbrewing | CRAFT BEERS WITH STORIES TO TELL

86 Washington St
Manistee MI 49668 | QUALITY FOOD

northchannelbrewing.com | DOWNTOWN MANISTEE

Seven wanders of Manistee County

By **RAMONA DEGEORGIO-VENEGAS**

These are places I've enjoyed that may be hiked in only a few hours. Places on my list begin south of Manistee and end east of town in a clockwise manner. Dogs are allowed on leashes, except on sections of the River Walk and at Lake Bluff Farms on the Lake Michigan side, including the grounds of the historic home and former pool house.

1 Magoon Creek. A Filer Township day-use park, Magoon's access is gated and unplowed in the winter, but parking before the gate may be available. Find about 1.5 miles of trails for hiking. Located south of Manistee, west of Maple Road, off Red Apple Road. Enjoy beach access, restrooms and picnic facilities during the summer.



The Origins Trail along Manistee's Riverwalk. Photo: Pat Stinson

2 Manistee River Walk. Reach this city resource from several locations off River Street, on the south side of the Manistee River. It's about a mile from the U.S. Highway 31 bridge to the boat launch, in one direction. Benches, floral gardens, interpretive signs and art are along the route. It's fun to watch the freighter and boat traffic on the river. Check where dogs are allowed.

3 Lake Bluff Farms and Michigan Audubon Bird Sanctuary. This area is located north of Manistee off Lakeshore Road and is north of Orchard Beach State Park. The area around the home has an extensive arboretum with sequoia, dawn redwood, ginkgo and other tree species. Find a list at the former pool house south of the home. Those with leashed dogs may use the Audubon trail loops across Lakeshore Road. The trailhead is behind the barn structure. Donations are welcomed. Lovely beach views, but staircase access was damaged by erosion.



Accessible trailhead at Spirit of the Woods Conservation Club. Courtesy photo.

4 Spirit of the Woods Conservation Club. Find the club northeast of Manistee, off Coates Highway at Bear Creek, and west of Brethren. Open to the public, this 43-acre site has the first accessible trail in Manistee County. It is a paved, quarter-mile route along Bear Creek. The club has other rustic trails, fishing platforms, signage, a foot bridge over the creek, a sensory station near the old weir, benches, a bulletin board, picnic table, fire ring and horseshoe pits. Donations are appreciated and memberships are available. Activities, meetings at the clubhouse, and day-use summer camps are ongoing. See the club's Facebook page or website for details. The clubhouse used to be a mess hall at Camp Stronach-Civilian Conservation Corps in the late 1930s. It was relocated to its current site almost 75 years ago.



Interpretive signage can be found along the trails. Photo: Ramona DeGeorgio-Venegas.

5 North Country National Scenic Trail (NCT), Blacksmith Bayou to High Bridge River Access. On the Manistee River. South of Brethren, north of M-55. Access Blacksmith Bayou from

Chicago Avenue, west of High Bridge Road. Both Blacksmith Bayou and the High Bridge River Access are Forest Service fee areas for parking. The trail is a 1-mile section in one direction and traverses several ecosystems: the bayou, a red pine plantation and a riverine grassy area. A one-way hike takes about an hour.

6 Udell Rollways Disc Golf Course and river access. This day-use site above the Manistee River is located at the north end of Horseshoe Bend Road, north off M-55. The course offers 18 tournament-style holes and a practice basket. Interpretive signage shares information about the Manistee River watershed and area history, as well as maps and the par for each hole. Cement pads begin each fairway. There is a front and a back nine. The challenge is to maneuver between trees. Walkers who don't play disc golf can also enjoy the 2-mile route. A long stairway provides fishing access to the Manistee River. A historic Civilian Conservation Corps picnic pavilion offers tables and grills for picnicking.



Udell Fire Tower. A trail loop behind the tower connects to the Big M trails. Photo: Ramona DeGeorgio-Venegas.

7 Udell Fire Tower and Loop along three Big M trails. Head south of Highway M-55 on Fire Tower Road and travel past the Udell Trailhead of the North Country Trail. Keep left at the first junction and stay right at the rest. The historic fire tower is at the highest point of the Udell Hills. Interpretive signs are available next to the parking area. There is no access up the tower. From behind the tower (south), down a steep grade, hikers may connect to a loop, part of the Big M trail system. Go down the hill then clockwise (left) onto the Firetower Trail. Go right at Cheatstick Trail junction then right again at Sky Pilot Trail junction and right again back onto the Fire Tower. It's an approximately 1-mile loop. Happy hiking!

Aroused By Light

By **Louisa Loveridge Gallas**
Freshwater Reporter Poet in Residence

Barren beneath the soil
grass is aroused by light
igniting its seed to break forth
fearless and innocent
to green the world,
our spirits leap as if in
Wordsworth's refrains
of immortality,
trailing clouds of glory,
all winter's sleep forgotten.
Angry hearts yield
to generosity,
kindly souls become
overwhelmed with hope.
O, how Spring eases
episodes of gloom,
strips off
the cloak of cynicism
we come naked
renewed, witness
daffodils and tulips
as a divine body
or even part of our own.
When we wake and rise,
we put on their petals
our stamens and pistils
quiver as we walk out
into the dew
among the gently
budding trees,
the new and fragile grass
right into Spring's
fresh embrace.

OLIVER ART CENTER

SUMMER ART CAMP!
KIDS AGE 7 TO 12
WEEKLY JUNE - AUGUST
10:30 am to Noon
MONDAYS - FRIDAYS

WEEKLY KIDS' SUMMER ART CAMP REGISTERING NOW!



LEARN MORE AT OLIVERART.ORG

132 Coast Guard Rd Frankfort
231-352-4151



Scan me

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.

Opening May 1. Please check us out at kampvilla.com for our spring discounts.

Plan Your Next Escape



RV Park & Campground

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

MI BACKYARD

Navigating nature's pharmacy

Editor's note: The following book review was written to observe National Reading Month in March and World Book Day, April 23.

By **JENNIFER DEVINE**

Sam Coffman's "Herbal Medic" (Storey Publishing, LLC, 2021) is a comprehensive and insightful guide that seamlessly blends Coffman's combat-tested skills and life-or-death emergency medical scenarios with traditional herbal wisdom and modern practicality. The guide provides his readers with a valuable resource for understanding and utilizing the power of medicinal plants and being prepared. Coffman has extensive knowledge and a passion for natural first-aid, making this book a must-have for beginners and seasoned herbalists alike.

The strength of "Herbal Medic" lies in its accessibility. Coffman skillfully breaks down complex concepts into digestible information, making the world of herbal medicine approachable for everyone. This book is an excellent introduction, covering the basics of first-aid herbalism, plant identification and ethical foraging. A few of its many chapter topics include: "Nutrition to assist bone healing", "Herbs for treating colds and flus", "Hypothermia and cold injuries" and "Materia Medica for childbirth". The engaging writing style encourages readers to explore the natural world around them and develop a deeper connection with plants.

One of the standout features of this book is its practical application. Coffman not only educates readers on the properties of various herbs but also provides detailed instructions on how to prepare and use them effectively. From creating tinctures and teas to understanding dosage and safety

considerations, "Herbal Medic" serves as a hands-on guide that empowers individuals to take control and not be afraid of natural remedies.

Coffman encourages readers to develop a respectful relationship with nature, highlighting the importance of conservation and responsible foraging. This ecological perspective adds depth to the book, aligning herbal medicine with a holistic approach to health and well-being.

The inclusion of his own real-life examples further enhances the book's practicality. By sharing personal experiences and success stories, Coffman demonstrates the effectiveness of herbal remedies in addressing a variety of health concerns. This not only instills confidence in readers but also inspires them to explore the potential of herbal medicine in their own lives.

"Herbal Medic" is a valuable resource that some readers may find overwhelming. However, the well-organized structure and clear explanations make it easy for readers to navigate and find relevant information based on their individual needs and interests.

In conclusion, Sam Coffman's "Herbal Medic" is a standout guide that bridges the gap between traditional herbalism and modern-day health practices. Its accessibility, practical approach and emphasis on ethical considerations make it an indispensable resource for anyone seeking to incorporate herbal remedies into

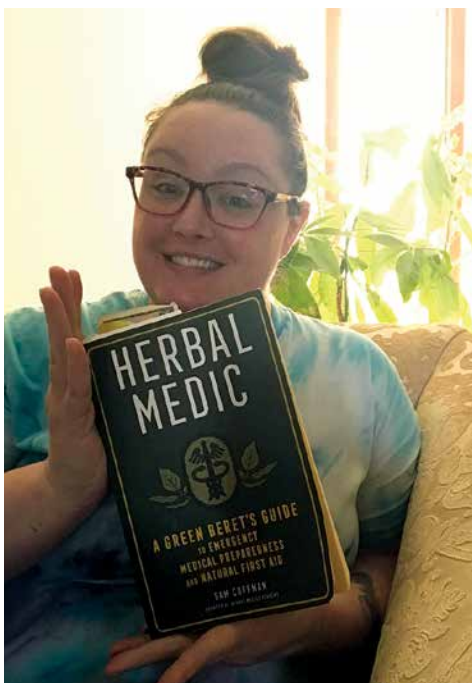


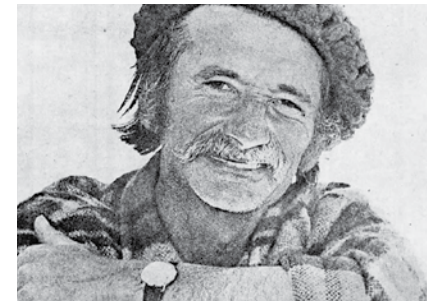
Photo of MI Backyard writer Jennifer Devine by daughter Priscilla, 9.

their journey. This book is a compelling invitation to explore the vast and healing world of medicinal plants.

"Herbal Medic" is my notes-in-the-margin, dog-eared-pages "go-to" and the first book I reference. My copy currently has a packet of tomato seeds from last year, a band aid and a dollar bill as bookmarks, plus one actual bookmark. It's a book I've been wanting to share, and do, with others.

Jennifer Devine has a passion for writing and plants. With a myriad of experiences, memories and adventures in off-grid or city living, she and her family continue to utilize the bountiful resources Michigan has to offer.

NEIGHBORHOOD NEWS



Andy Horujko. Photo courtesy of Lake County Historical Museum.

By **JILL ENGELMAN**

BALDWIN - The tales of Andy Horujko—a brilliant student who attended Baldwin schools, worked with Orville Wright, and walked from Anchorage, Alaska, to Tierra del Fuego at the tip of South America—will be brought to life through a first-person portrayal by Lake County Historical Society president Bruce Micinski. The event will take place at 6 p.m. on March 27 at 876 Restaurant, located at 876 Michigan Ave.

Micinski will present a dinner theater production of "Come Walk in My Boots" as a fundraiser to help furnish the new research library being built this summer for the county's historical museum. The restaurant will donate \$5 from each confirmed reservation.

The dinner menu will include a Baldwin burger or chicken parmigiana sandwich with fries plus a beer or non-alcoholic beverage. Admission to the event is \$28 and does not include a tip. Reservations are required and can be made by calling the restaurant at: 231-791-5876.

Classes with Mark Videan.



RELIEF PRINTING 4/6 • 11-3 • Ramsdell Regional Arts Center, Manistee
BASKETRY ESSENTIALS 4/26 • 10-3 • Crooked Tree Arts Center, T.C.
BASKETRY ESSENTIALS 4/27 • 10-3 • Oliver Art Center, Frankfort
SQUASH SOUP/BEER BREAD 4/28 • 12-3 • Oliver Art Ctr., Frankfort
YOUTH MOTHER'S DAY CARDS 5/4 • 12-2 • Ramsdell, Manistee
BASKETS, DRIFTWOOD HANDLES 5/10 • 10-3 • Crooked Tree, T.C.
YOUTH MOTHER'S DAY CARDS 5/11 • 12-2 • Oliver Art Ctr., Frankfort

Register for classes:
 Oliver Art Center: oliverart.org or call 231-352-4151.
 Ramsdell: ramsdelltheatre.org or call 231-398-9770.
 Crooked Tree Arts: crookedtreetree.org or call 231-941-9488

ST. AMBROSE CELLARS
 SAVE BEES. DRINK MEAD.

**MEAD • BEER • WINE • FOOD
 LIVE MUSIC • FAMILY FUN
 INDOOR DINING • DISC GOLF
 OPEN 7 DAYS A WEEK**

SCAN ME

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

NEIGHBORHOOD NEWS

What's hoppin' in Kaleva?

By **CYNTHIA ASIALA**



Giant grasshopper, Centennial Walkway. File photo.

The mild winter has been enjoyed by some in the Kaleva area, and many have missed snowmobiling and other winter activities. However, blue skies and sunshine are always welcome in the long months of winter.

The Kaleva Art Gallery is planning some events in the coming weeks.

On March 16 the gallery celebrated St. Urho's Day with the annual Bake Sale. For those who don't know about the legend of St. Urho, he is the hero that drove the grasshoppers out of Finland and saved the grape crop. Obviously, this is a tongue-in-cheek tale which was meant to upstage St. Patrick's Day. The legend came from Minnesota, and many folks of Finnish descent celebrate the holiday by dressing up in green and purple, drinking green beer and eating something purple! Kaleva's unique take on St. Urho's Day is the 18-foot-long, 500-pound grasshopper crafted from reclaimed metal parts that is located on the Centennial Walkway. Students of the Brethren High School Service Learning Class gathered the parts and put the grasshopper together under the direction of welder Andy Priest. Named the "Farmers' Nightmare", the signage indicates that this one got away but will never harm crops because it is anchored in place along Walta St. Since this article will be read after St. Urho's Day, keep this event in mind for next year. The Bake Sale is always the Saturday closest to March 16; the hours are 10 a.m. to 4 p.m. and there is always plenty of Finnish bread, called nissua, and purple and green cookies and baked goods. Find the recipe for "grasshopper" cookies online at <https://freshwater-reporter.com/st-urhos-day-fundraiser>.

Upcoming activities. A beading class will be held 12-4 p.m., April 13, at Kaleva Art Gallery. There is a charge per item, and all materials are provided. The gallery is open Friday and Sunday, 12-4 p.m., and 10 a.m. to 4 p.m. on Saturday. Many classes and events are held at the Maple Grove Township Community Center: senior meals on Thursdays, pickleball on Tuesdays and Thursdays, and ukulele lessons and Feldenkais exercise on Wednesday mornings. The community center is located at 9208 Kauko St.

News. The arts and crafts fair held during Kaleva Heritage Days will move from the street to the shade of the park, next to the other activities, on July 20-21 this year. Vendor applications are available in the gallery at 14449 Wuoski Ave.

Visit these Kaleva Facebook pages for more details and events: Maple Grove Township Community Center, Kaleva Art Gallery and Kaleva Kaleidoscope.

Serial killer survivor to speak during Sexual Assault Awareness Month

By **GRACE GROGAN**



Courtesy photo of Holly K. Dunn by epics.

REGION — During Sexual Assault Awareness Month, COVE (Communities Overcoming Violent Encounters) will host speaker Holly Dunn, the sole survivor of the Railroad Serial Killer.

Dunn will present at 6 p.m., Friday, April 19, at the Vogue Theatre, 383 River St., Manistee, and again at noon on Saturday, April 20, at Ludington Area Center for the Arts, 101 S. Harrison St., Ludington.

In 1997, Dunn and her boyfriend were viciously attacked. Her boyfriend was beaten to death; Dunn was raped, stabbed and left for dead. As a survivor, she brings advocacy, awareness and hope to people trying to reclaim their lives after experiencing domestic or sexual violence.

Her free presentations are sponsored by COVE, Mason County Community Foundation, the Vogue Theatre and LACA. Advance reservations are recommended by visiting: <http://tinyurl.com/nm9hkyf8>.

Those interested in learning more about Dunn's story and advocacy efforts can find information online at: <http://www.hollykdunn.com>.

COVE, Communities Overcoming Violent Encounters

COVE is a non-profit organization with 45 years of experience helping sexual assault victims in Mason, Lake, Oceana and Manistee Counties. Its mission is two-fold: to provide services to survivors of domestic violence and sexual assault and to educate communities about the root cause of violence.

Working directly with survivors, COVE

provides crisis response, emotional support, safety planning, support groups, a crisis line and legal advocacy. The organization offers Emergency Sexual Assault Nursing Exams (SANE) for females 12 and older sexually assaulted within the past 120 hours. Last year, COVE provided services to almost 400 survivors of domestic and sexual violence and performed 21 SANE exams.

Karalee Bradshaw, executive director of COVE, wants survivors to know that nonjudgmental help and resources are available by calling the crisis line 365 days a week, 24 hours a day. (See sidebar.) Sexual assault does not discriminate based on race, gender, age or social status. It crosses all walks of life and has a lifetime effect on survivors. Anyone experiencing sexual assault at any time in their lives, including adult survivors of child molestation, can receive support at COVE.

Sobering statistics

Michigan ranks 4th highest in the country for sexual assault; for every 100,000 residents, there are 72.4 rapes, (World Population Review, Rape Statistics by State, 2024). Nationwide, there is a sexual assault every 68 seconds, (Rape, Abuse & Incest National Network, Scope of the Problem: Statistics).

According to the Rape, Abuse & Incest National Network (RAINN), Child Protective Services (CPS) substantiates or finds evidence for a claim of child sexual

abuse every nine minutes. An average of 433,648 victims over age 12 are raped or sexually assaulted each year. About one in five women and one in sixteen male college students are targets of sexual assault.

Dangerous myths

The 2019 Michigan Sexual Violence Prevention Survey Report reveals that about 25% of Michigan residents don't think consent is necessary when touching a longtime partner or spouse. Almost half of the survey respondents believe women enjoy teasing men sexually before rejecting them. Assaultants use coercion techniques to wear down their intended victims' resistance to sex with repeated attempts, body contact, showing porn or removing their clothes. Teens are especially vulnerable to:

- Guilt tripping: "If you loved me, you would," "Why not? Do you think I'm ugly?"
- Obligation phrases: "As my girlfriend, you're supposed to have sex with me," "Don't I mean anything to you?" or "Couples have sex when they've been together as long as us."
- Threats: "If you don't, I'll find someone that will."

Stand your ground against these manipulative techniques. No means NO! (Read "Is This OK? Consent: No Means

continued on Page 8



Survivor speaks

continued from Page 7

No", <https://tinyurl.com/5n8fwpba>.) Survivors are not at fault for being sexually assaulted due to their clothing choice, alcohol consumption, walking alone, changing their minds about sex or any other reason.

Reducing risks

According to the National Institute of Justice, about 85 to 90% of sexual assault victims know their attacker, (National Institute of Justice, Most Victims Know Their Attacker, September 30, 2008). Stay safe with the following safety tips from the University of North Carolina Police & Public Safety Division of Business Affairs, ("Reduce the Risk of Becoming a Sexual Assault Victim"):

- Travel with a companion and stay fully alert by limiting your intake of drugs and alcohol.
- Avoid walking alone at night, and always be aware of your surroundings.
- Stay in well-lit areas and avoid doorways, alleys, or anywhere an attacker might hide.
- If you suspect someone is following you, enter a store or knock on the door of a well-lit home.
- Keep your gas tank at least half full to prevent stopping in unsavory areas or at night.
- Park in well-lit areas and always lock your doors.
- Have your keys in your hand when you exit the building.
- Scan the area below and around your vehicle as you approach, glancing at the rear seats and floor, then lock your doors immediately after entry.
- If you believe you are being followed, never go home. Drive to the nearest police department, open gas station or party store and honk your horn repeatedly.
- If someone offends or crosses your limit line, let them know immediately.
- Trust your instincts; immediately leave any situation that feels threatening.

Michigan Law

Michigan defines sexual assault as one person pressuring or forcing another into unwanted sexual contact. This includes everything from touching private body parts to penetration and includes performing sex in front of children, explicit videotaping without consent or distributing explicit photographs.

Children are usually victims of someone they know. It may be a family member, teacher, neighbor, clergy or other trusted adult. Child assault includes touching, penetration, taking graphic photos or other sexual acts.

There are four levels of criminal sexual conduct (CSC). There is no statute of limitations for first-degree CSC, such as the rape of a child. The law requires filing most abuse charges within ten years of the assault or by a child victim's 21st birthday, whichever is later.

New Law

It has been six years since Larry Nassar's conviction on seven counts of felony criminal sexual conduct first degree. There are more than 156 survivors of this serial child molester, (Michigan Department of Attorney General, "Judge Sentences Larry Nassar to 40 to 175 Years in Prison for Sexual Assault", Jan. 24, 2018). On Nov. 6, 2023, Governor Whitmer signed four bills into law supporting survivors:

- HB 4420—Allows prosecutors and police officers to share victim contact information with providers of victim support services.
- HB 4421—Ensures blurring of a crime victim's image in photos, videos and court sketches streaming onto the internet.
- HB 4422—Expands the Crime Victim's Rights Act of serious misdemeanor definition to include threatening a state health official with physical harm, embezzlement from a vulnerable adult and causing serious injury or death while driving.
- HB 4423—Allows a victim to provide an oral impact statement virtually for disposition or sentencing.

Call for Help

Compiled by GRACE GROGAN

- C.O.V.E. of Ludington: 231-843-2541. Open 24/7 with shelter, protection, advocacy and Sexual Assault Nurse Examiners.
- MSU 24/7 Sexual Assault Crisis Hotline: 517-372-6666
- National Sexual Assault Hotline: 800-656-4673. A partnership of more than 1,000 local sexual assault service providers nationwide.
- National Teen Dating Abuse Helpline: 866-331-9474
- Sexual Assault Prevention and Awareness Center (SAPAC) 24/7 crisis hotline: 734-936-3333
- State of Michigan Sexual Assault Hotline: 866-864-2338
- Campus Sexual Assault Book available for free from Michigan.gov
- Campus Sexual Assault Webpage: <https://www.michigan.gov/campussexualassault>

The legislation improves coordination between law enforcement and organizations assisting survivors while prioritizing privacy.

To find out more about sexual assault violence in the U.S., visit the website of the National Sexual Violence Research Center at <https://nsvrc.org>.

Grace Grogan is a freelance writer and photographer. She and her partner, Paul, live and travel North America full-time in their 35-foot motorhome.

NEIGHBORHOOD NEWS

Park to get new stage

By NIKKI SCHNEIDER

ONEKAMA — The Portage Lake Association is especially excited about this summer. Thanks to OCR (Onekama Collaborative Recovery) for leading the effort to install a new event stage in the Onekama Village Park. This project would not have been possible without the support and input of the Onekama Village Council and assistance from the Manistee County Community Foundation (MCCF), as well as area businesses, organizations and individuals.

The stage will be in place just in time for the PLA's popular Monday Night Concerts in the Park, which begin July 1. A ribbon cutting and afternoon of music will be held on Sunday, June 23, to kick off the season and celebrate the new addition to the park.

After a year of planning, the new stage will be a beautifully designed, permanent, covered structure in the park's northeast corner. The new location will allow the beautiful sunsets to occur behind the audience instead of in their eyes.

In a September 2023 press release, OCR shared its plans for Onekama Village Park improvements. The release stated that Phase I would include the construction and installation of the stage. The plan for Phase II would involve completely rebuilding the existing pavilion and renovating the electrical system.

"In May (2023), the Onekama Village Council approved a plan for OCR to take the lead on Phase I of a multi-phased improvement plan for Onekama Village Park without impacting Village resident taxes," the release stated. "Funding is to come primarily from grants and private donations."

Donations, made by check or online, are held in an Onekama Village Improvement Fund administered by MCFF, a charitable organization. Those wishing to donate are asked to reference Onekama's improvement fund and mail their check to Manistee County Community Foundation, 400 River St., Suite 420, Manistee, MI, 49660, or donate online at: <https://manisteecommunityfoundation.org>.

OCR is a cooperative group of area-wide citizens, residents, businesses and organizations collaborating to revitalize Onekama Village and Onekama Township. Its mission is to seek improvement through coordinated activities, projects and programs. For more information, contact Joe Suchocki via email at jseagle@mac.com.

The Portage Lake Association is a group of volunteers dedicated to making the Portage Lake area a great place to live, play, and stay. In addition to Monday Night Concerts in summer, the PLA is also responsible for the Petunia Parade along Main Street, Onekama Days, Fall Festival, Christmas in Onekama, and various community projects. For more information, go to <http://www.onekama.info> and follow the group on Facebook and Instagram for the latest event news.



Sauce Boss

continued from Page 1

can apply to become a handler. Even junior handlers are welcome when a family member accompanies them on visits. There is no special training, though an ATD member will first observe your dog to see how it reacts to other people and animals, and in a variety of places like senior centers, hospital environments, public parks and stores. When selected, your dog will be eligible to receive pet insurance through the ATD. If you are a dog owner, you know how expensive those trips to the vet can be.

Anyone interested in becoming involved or arranging a visit is encouraged to call the ATD at 307-432-0272 or 877-843-7364 or visit their website at therapydogs.com.

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

Something that "Freckled" bundle of love and I have in common: We both love squirrels.

Roast Birdseed Bandit (squirrel)

- 3 whole squirrels (dressed)
- 3 Tbs lemon juice
- 3 Tbs corn oil
- 2 cups of your preferred stove-top stuffing mix
- 1 cup boiling water
- 4-oz can sliced mushrooms
- 3 strips bacon
- Paprika

Wash and dry the squirrels. Rub body cavities with lemon and oil, about one tablespoon each. In a bowl, combine stuffing, boiling water and mushrooms. Stir until water is absorbed. Stuff the little rodents and skewer shut. Place in a shallow pan, and put one strip of bacon on each. Sprinkle with paprika. Cover with foil and roast at 350 degrees for about an hour, basting occasionally. Remove foil, baste and continue to roast until tender (15-30 minutes).

Need an Electrician?

Call A.C. Electric

231-832-8971

Serving Lake County & surrounding areas

FRESHWATER REPORTER

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

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

Publisher/Editor: Pat Stinson Co-conspirator: Mark Videan Proofreader: Sue Koehn
Graphic design/layout: Amy Hansen Advertising Sales: Pat Stinson

Contributors: Cynthia Asiala, Lois Beardslee, Valerie Chandler, Ramona DeGeorgio-Venegas, Jennifer Devine, Brooke Edwards, Joshua Elie, Jill Engelman, Louisa Loveridge Gallas, Grace Grogan, Kevin Howell, 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. ©2024, Freshwater Planet, LLC, all rights reserved. Visit our website at www.freshwater-reporter.com. Like us on Facebook. Follow us on Instagram.