

FRESHWATER REPORTER

Fresh community stories from Manistee, Mason, southern Benzie, western Lake and Wexford. Online at: freshwater-reporter.com.

Vol VIII, No. 5

freshwater-reporter.com

MAY 2026

AREA CALENDAR OF EVENTS INSIDE

Why did the turtle cross the road?

By LARA TREEMORE-SPEARS

Spring in Michigan brings people close to nature. Of course, human beings are part of the natural world, too. For turtles, this can be problematic. You may see them most often on our roads ... in harm's way. Why are there so many turtles on the roads? The abundance of wetlands, rivers and streams in Michigan isn't the only answer.

One reason is the roads themselves. Poorly designed and maintained drainage pipes under roads prevent turtles from using these waterways for safe passage. Roads also disconnect habitat from turtle nesting grounds — the sunny, bare ground needed by females to lay their eggs. Former nesting grounds are taken over by invasive plants. The resulting habitat loss requires females to cross more roads to nest. Road design may also have a negative impact. Vertical curbs trap turtles on the road. Roads that run parallel to streams and wetlands increase exposure to these risks.

Impacts on turtles have increased to unsustainable levels due to these and other challenges. The good news is that civil engineers, landscape designers, scientists and others are working to protect turtles by using a variety of strategies.

Road crossings and adult turtle survival

First, the sustainability of turtle populations requires that adults survive in the wild. The death or removal of only a few breeding females can cause a population to crash. This may happen through road mortality, winter pond dredging when turtles are hibernating, the practice of keeping wild turtles as pets (which is illegal), and other natural and human-caused catastrophes. Some scientists estimate extinction within 150 years for rare Michigan species like the spotted turtle if current impacts continue.



Above: Mature snapping turtle crosses a driveway. Photo: Susan Hintz. Right: Juvenile wood turtle. Photo: Lara Treemore Spears.

Turtles are slow to mature and their eggs and young are especially vulnerable because there is no parental care. It, therefore, may take a turtle its entire lifespan of 60-plus years to have one of their hatchlings survive to adulthood. This is why losing adults before they successfully reproduce is so damaging for turtle populations. Adult survival is the goal of recent efforts to help turtles cross roads safely — when it is safe for us to do so, by picking them up gently and heading them in the same direction they are traveling. Equally important: advocating for better road design, habitat preservation and management.

You can improve turtle nest survival

Second, the survival of turtle eggs and hatchlings is essential. Nearly everyone



can help improve nest survival by keeping raccoons, opossums and skunks out of their garbage, birdseed, fish entrails and other food sources. Human food is a “subsidy” that results in the overpopulation of these “meso-” predators. To make things worse, our region lacks higher-level predators like cougars and wolves that normally keep meso-predators at natural levels. Turtle nests are then excessively destroyed by these predators every year in late May and early June when natural food sources are scarce. A variety of nest protection strategies are improving egg survival and hatchling emergence in our area.

continued on Page 6



Turtle-crossing signs made at previous Elberta Turtlefests. Photo: Emily Votruba.

Fun for everyone at Elberta Turtlefest 3

From staff reports

ELBERTA – “Slow Ride” is the theme of this year’s Elberta Turtlefest, to be held from 10 a.m. to 4 p.m., Saturday, May 23, at 654 Frankfort Ave. (M-22) and the Elberta Labor Heritage Center (ELHC), 704 Frankfort Ave.

Now in its third year, the Elberta Turtlefest will take place on World Turtle Day. The American Tortoise Rescue set aside May 23 to recognize the turtle’s 220 million years on the planet and to ensure this reptile survives for many more.

The Elberta Turtlefest was founded to bring awareness to the spring turtle-nesting season, when mamas sometimes must cross roadways to find the best sites to lay their eggs.



Turtle at Arcadia Marsh Nature Preserve in April. Photo: Mark Videan.

An important part of the festival is a sign-making activity. Festivalgoers create turtle-crossing signs to alert drivers to brake for turtles and their helpers on the road. All are welcome to paint bright messages on donated lawn signs throughout the day.

The festivities begin at 10 a.m. with an opening ceremony at the MDOT turtle-

continued on Page 6

Small community, big hearts at Idlewild’s senior center

By KEVIN HOWELL



Above Left: Henrietta Summers Director William Diggs (left) with helpers, working on the center’s garden beds. Above Right: A book-signing event at Henrietta Summers Senior Center. Photos courtesy of William Diggs.



A kaleidoscope of cooking classes, free lunches, Black History Month events, pool tournaments, fresh garden produce, Christmas programs and art classes are among the many activities taking place at Henrietta Summers Senior Center in Idlewild. All are encouraged, enlarged or instigated by its director, William Diggs.

A book and puzzle fundraiser was held at

the center in mid-March, an event intended to bring seniors together with community members.

On a Wednesday in late winter, about a half hour before one of the thrice-weekly lunches, folks are gearing up for the meal.

Diggs takes a break for an interview while keeping one eye out for food delivery from St. Ann Catholic Church in Baldwin. The

church is a member of Feeding America’s network of nonprofit food banks.

“I’ve been here (as director) going on two years, since ‘Miss Betty’ Foote left,” Diggs tells me. “I volunteered for four years before that and I trained under her.”

(Miss Betty, aka Ms. Betty Foote, is so famous around Idlewild for her community spirit and volunteerism, there’s a coffee shop preserve named in her honor: Apple Butter Betty.)

Originally from the Detroit area, Diggs’ past employment was working in adult foster care (AFC) homes in Southfield. He refers to the patrons of the center in Idlewild as “his seniors” and greets everyone who comes in with a smile and hearty hello.

Ann Walters, one of Diggs’ seniors, comes in for the camaraderie and good cheer of Diggs.

“He’s such a bubbly, happy personality,” Walters said. “He’s very protective of us.”

For the food program he coordinates, seniors fill out an application, then sign up for each meal. (Approximately 30 seniors participate.) The count for the week — meals are served Tuesday, Wednesday and

continued on Page 4

WHAT’S INSIDE

Area Events Calendar	2,6
In This Issue	3
What is Mental Health, Anyway?	3
Northwoods Sauce Boss	3
North Shore Dispatch	3
“The Embrace: A Fine Madness”	
Poem	4
The History of Foster Care	5
MI Turtle Facts	6
Onkama News	7
Baldwin News	8

Area Events Calendar

TELL THEM YOU SAW IT IN THE FRESHWATER REPORTER!

To be included in our June print edition, submit your announcements by May 14. Be sure to include the address where the event takes place, for visiting readers. Email your events/press 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. Despite our best efforts, errors may occur.

FARMERS MARKETS

Mondays

Scottville Farmers Market

10am-3pm. May 10 – mid-September. Every other Monday in West Shore Bank parking lot, 107 W. State St. & along Main Street.

Thursdays

Elberta Farmers Market

8am-12pm. May 21 – October 1. Penfold Park, 1098 Lakeside Blvd.

Fridays

Ludington Artisan/Farmers Market

2-7pm. May 22 - September 18. Legacy Plaza Pavilion, 112 N James St.

Saturdays

Frankfort Farmers Market

9am-1pm. May 2 – October 17. Open Space Park, 800 Main St.

Manistee Farmers Market

9am-12pm. May 24 – October 4. Wagoner Community Center, 260 Saint Mary's Pkwy.

MUSIC SERIES

Fridays

Live in the Plaza Music Series, Ludington

6-8pm, Free. May 22 – September 18. Legacy Plaza, 112 N James St. Bring lawn chair.

May 22 Mike Lenich

May 29 Joe Irelan

ONGOING EVENTS

May 4, 11, 18, 25

Sip 'n Stitch Mondays, Onekama

9-11am. Free. All welcome. Bring a craft to work on: knitting, crocheting, embroidery, etc. Back table at Lake & Latte, 4850 Main St.

Thru May 8

Bloom: A Celebration of Spring Art Exhibition, Frankfort

Free. Oliver Art Center, 132 Coast Guard Rd.

Thru May 13

Local Art Exhibition, Onekama

Free. Artworks by Louisa Loveridge Gallas & Joseph Stanley. Lake and Latte, 4850 Main St.

Thru May 29

Waterborne: Great Lakes Past and Present as Seen Through the Artist's Eye, Elberta

Free. Maritime history and culture of the Great Lakes through the works of regional artists. Historical & contemporary photos, paintings, sculpture, crafts & artifacts. Bridges the worlds of art galleries & historical museums. Elberta Labor Heritage Center, 704 Frankfort Ave./M-22.

Thru May 30

A World of Birds in Mason County, Ludington

Free. Solo art exhibition by local naturalist/author David Dister. Ludington Area Center for the Arts, 107 S Harrison St. Opening reception May 1, 6-7pm.

Local Color A to Z Art Exhibition, Frankfort

Free. Group show of works by the Lakeshore Artist Alliance in oil, acrylic, watercolor & mixed media. Oliver Art Center, 132 Coast Guard Rd.

Thru June 12

Spring Art Show, Arcadia

Free. Arcadia Community Center, 3586 Glovers Lake Rd.

May 1-30

Going Steady: Connections Art Exhibition, Ludington

Free. Artworks by Linda Sandow & Paul Tower. Ludington Area Center for the Arts, 107 S Harrison St. Opening reception May 1, 6-7pm.

May 8-June 5

The Art of Tattoos, Manistee

Free. Ramsdell Regional Center for the Arts, 101 Maple St. Opening reception May 8, 5-7pm.

May 16-June 19

Beyond the Print Art Exhibition, Frankfort

Free. Original works by regional artists who push the boundaries of printmaking featuring John Hubbard, Jim Shrier, and Jennifer Kritcher. Oliver Art Center, 132 Coast Guard Rd. Opening reception May 16, 4pm.

SAVE THE DATE

Future events listed here require registration in MAY.

June 20, 21

Gus Macker 3-on-3 Charity Basketball Tournament, Ludington

8am-6pm. \$200/team. Stearns Park Beach, 421 Lakeshore Dr. Must register by June 1. Register your team: macker.com

DAILY EVENTS

May 1

Near & Farr Friends, Onekama

11am. Author John Wemlinger discusses his new novel about sexual harassment/abuse in today's military. Onekama Township Hall, 5435 Main St.

Exhibit opening: A World of Birds in Mason County, Ludington

6-7pm. Public reception. Photos by local naturalist/author David Dister. Ludington Area Center for the Arts, 107 S. Harrison St.

May 1, 2

Benzie Conservation District Native Seedling Sale Pick Up, Beulah

9am-4pm, Fri.; 9am-12pm, Sat. Beulah Village Park Pavilion, 7122 Prospect Ave.

May 1-3

Manistee Civic Players present "Four Old Broads," Manistee

7:30pm, Fri. & Sat.; 2pm, Sun. \$21.80/person, \$16.55/seniors. Wagoner Community Center, 260 St. Mary S. Pkwy. Tickets: www.manisteecivicplayers.org

May 2

Mom 2 Mom Sale, Ludington

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

Spring Craft Fair, Wellston

9am-3pm. Wellston Community Center, 1273 S Seaman Rd. Wellston Boosters Association.

Met Opera Live/Encore in HD, Manistee

1pm. \$15-25. Presenting Eugene Onegin (Tchaikovsky). Ramsdell Regional Center for the Arts, 101 Maple St. Tickets: ramsdelltheatre.org

Brian Oberlin Album Release Party, Ludington

7pm. \$15 ADV, \$20 DOOR. Solo mandolin. Special guests Sallie Bacon & Dee Sutton. Ludington Area Center for the Arts, 107 S Harrison St. Tickets: www.ludingtonartscenter.org

May 6

GTRLC Spring Wildflower Hike, Arcadia Dunes

10am-12pm. Free. 1.5-mile hike on Pete's Woods loop trail with Paula Dreeszen. Wear hiking shoes, bring water & snack. Sunscreen, bug spray & camera/binocs suggested. Registration required: gtrlc.org

Food Show, Manistee

1pm. Free. Audience-interactive food show presented by Laura Kurella, award-winning cook, food columnist & author. Prizes, samples, chances to cook onstage. Wagoner Community Center, 260 St. Mary S Pkwy.

May 7

Blood Drive, Manistee

12pm. Manistee Hospital, 1465 E Parkdale Ave.

Hot Hormones & Cool Conversations, Manistee

5-7:30pm. Free. Five healthcare specialists discuss women's menopause, pelvic & abdominal rehabilitation and overall women's wellness with panel, presentations and a movie, "The M Factor: Shredding the Silence of Menopause." Fancy drinks & hors d'oeuvres. Vogue Theatre, 383 River St. RSVP at munsonhealthcare.org/hotandcool

May 8

Near & Farr Friends, Onekama

11am. Tracy Barrilleaux will discuss end-of-life work with a death doula and hospice care. Onekama Township Hall, 5435 Main St.

Mother Daughter Banquet, Fountain

5:30pm Doors; 6:00pm Meal. Bring a dish to pass. Sherman Township Hall, 3854 E Main St. Info: 231.462.3533

May 9

Riverton Fire Department Pancake Breakfast, Scottville

7am-12pm. \$12, ages 13 & up; \$8, ages 7-12; \$6, ages 3-6. Under 3 eat free. Bake sale, silent auction, 50/50 drawings. Proceeds benefit the fire dept. Riverton Township Hall, 2104 W Hawley Rd.



CLASSES, EVENTS & EXHIBITS @ OLIVER ART CENTER:

"LOCAL COLOR" EXHIBITION

LAKESHORE ARTIST ALLIANCE GROUP SHOW
APRIL 25 - MAY 30

CERAMICS CLASSES & OPEN STUDIO

NEW CLASSES YEAR-ROUND

YOUTH ART CAMPS REGISTERING NOW!

ART, CERAMICS, PRINTMAKING & COMICS

NEW CLASSES AT OAC

GLASS, PAINTING, BATIK, PRINTMAKING, JEWELRY & MORE

BEYOND THE PRINT EXHIBITION

ORIGINAL PRINTS FROM REGIONAL ARTISTS
ON DISPLAY MAY 16 - JUNE 19

MUSIC, ART, AND FUN ON THE SHORES OF BETSIE BAY
132 COAST GUARD RD, FRANKFORT - OLIVERART.ORG

May 9

Crystal Rush Mountain Bike Race, Thompsonville

Various start times depending on race category. Crystal Mountain Resort, 12500 Crystal Mountain Dr. Info/register: runsignup.com

Rats 'n Rods Car Show, Manistee

9am-3pm. Manistee VFW Post, 1211 28th St.

Guided Nature & Birdwatching Hike, Thompsonville

10-11:30am. Free with Art Park admission (\$10 adults, \$5 kids over 5 or \$20 families) Led by Angie Quinn. Meet at Mich. Legacy Art Park Trailhead, ¼ mile from parking area, rain or shine. Bring binocs if avail. Check Facebook 1 hour prior for severe weather cancellation. Crystal Mountain Resort, 12500 Crystal Mountain Dr.

Antique Tractor Pulling, Scottville

10am-2pm. Free for spectators. Western Michigan Old Engine Club sanctions dead weight tractor pulling for antique farm stock tractors. All tractors must have been built prior to 1956. Riverside Park, 700 S. Scottville Rd.

In concert: Vance Gilbert, Cadillac

7-9pm. \$14.38-28.29. Gopherwood House Concert, 4320 E 46 Rd. Info/tickets: gopherwoodconcerts.org

In concert: MJ Live (Michael Jackson tribute), Manistee

9-10:30pm. \$20 DOOR. Little River Casino Resort, 2700 Orchard Hwy.

May 10

Ludington Auto Club Cars & Coffee Car Meet, Ludington

10am-1pm. Free, open to public. Coffee for purchase at Meraki Coffee Truck. The 10 Spot, 5750 US-10.

In concert: Chris Skellenger & Friends (Bill Staines tribute), Benzon

4-6pm. Free. Donations encouraged. To benefit the Benzie Area Community Emergency Fund & the Mills Community House, 891 Michigan Ave.

May 12

Weed the Park, Ludington

10am-12pm. Free. Volunteer to remove invasive plants. Wear closed-toe shoes, long pants and long-sleeved shirts. Bring garden gloves, water. Meet at the gazebo at the end of Rath Ave. by Lincoln Lake. Cartier Park, 1254 N. Lakeshore Dr. affew.org

Bees Knees Book Club, Beulah

5-7pm. Laid-back gathering of book lovers. No assigned books/schedules. Good company & lively conversation about whatever you are reading or want to recommend. St. Ambrose Cellars, 841 S Pioneer Rd.

May 13

Guided Bird Walk, Onekama

8am. Free. Learn about spring migration, bird identification & local habitats with Dr. Brian Allen. North Point Park, 8999 Greenway St. Registration required: <https://tinyurl.com/2dze7utp>

Sheep Shearing Demonstration, Free Soil

4pm. Free for special needs folks & seniors. Free will donation requested for general public. In the wheelchair accessible barn at Circle Rocking S Children's Farm, 5487 Tuttle Rd. RSVP at 231.462.3732 (no texts).

May 14

In concert: Dixon's Violin, Ludington

7pm. \$25 ADV, \$30 Door. Ludington Area Center for the Arts, 107 S Harrison St. Tickets: www.ludingtonartscenter.org

May 14

In concert: Scottville Clown Band, Baldwin

7pm. Baldwin AmVets Blessing, 1959 W. 24th St.

"Life on the Car Ferries," Benzon

7pm. \$5 donation suggested. Tim Foster presents what it was like for those living & working on the car ferries. Benzon Academy Lecture Series. Mills Community House, 891 Michigan Ave.

May 14-17

54th Annual Blessing of the Bikes Festival, Baldwin

Gates open 9am. Blessing at 1pm. Free. Enjoy the 5000-10000 motorcycles, vendors, live bands & food. Baldwin Municipal Airport, 7668 S M-37.

May 15

Misty Acres Hike & Old-Growth Forest Network Induction, Benzon

10am. Free. Guided 1/2-mile spring celebratory hike to induct Misty Acres: The Borwell Preserve into the national Old-Growth Forest Network (OGFN). Wear hiking shoes; bring water/snack. Sunscreen, bug spray & camera/binocs suggested. Registration required: gtrlc.org

May 15, 16

Tight Lines for Troops, Manistee

Free charity fishing event for veterans. Info: tightlinesfortroops.com

Vendor/Craft Show & Flea Market, Scottville

10am-2pm Friday, 9am-3pm Saturday. First Methodist Church of Scottville, 114 W State St.

May 16

Ludington Petunia Parade, Ludington

6am-12pm. Volunteer to plant petunias along Ludington Ave. & around Ludington Municipal Marina. Pick up petunias at Rotary Park (City Park), 500 W. Ludington Ave.

Infinite Mystery Challenge Disc Golf Tournament, Ludington

8am. \$45. Singles tournament with 2 rounds. Leviathan Course, 517 N Jebavy Dr. Info/register: discgolfscore.com

Film premiere: "Railroad on Water: The Legend of the SS Badger," Ludington

10am & 4pm. Chronicles the history & legacy of the last U.S.-operated coal-fired steamship. Explores the rise & fall of Great Lakes' railroad car ferry service. Ludington Area Center for the Arts, 107 S Harrison St. Morning attendees are invited to a live panel discussion at 1:30pm (doors open 1pm) exploring the making of the film, the historical research & the vessel's ongoing legacy, with a Q&A session at the Maritime Museum, 217 S Lakeshore Dr.

Blast Into Summer Party, Ludington

Annual benefit for the Alzheimer's Association presented by the Lakeshore Pyrate Heads. Check their Facebook page for details. 50/50 raffle, live auction, live music. Sportsmans/The Mitten Bar, 109 W. Ludington Ave.

Open Boat Night on the S.S. Badger, Ludington

8:30-11:30pm. \$10. Guests may come aboard the docked car ferry to explore the passenger areas & outer decks & enjoy Joe Stickney live in the Cabana Room. Gift shop, concessions & full-service bars. 701 Maritime Dr.

May 17

Pere Marquette XC 5k, Ludington

9am. \$20 students, \$30 adults. 100 Ludington Ave. Info/registration: <https://runludington.com>

2026 Stories That Heal Community Concert, Frankfort

7pm. The Garden Theater, 301 Main St.

In This Issue

We asked our contributors to submit essays for our May edition in recognition of **Mental Health Awareness Month**. They begin here and continue on the following pages.

May is also **National Foster Care Month**. Contributing writer Grace Grogan delved into the history behind placing neglected or orphaned children in homes and institutions which were not of the caregiving kind.

World Turtle Day is May 23, and the village of Elberta is gearing up for its 3rd annual Turtlefest. Find out more on page one.

Lake County Beat Reporter Kevin Howell followed up on a request from a reader to cover the news from the **Henrietta Summers Senior Center in Idlewild**, and Jill Engelman of the **Lake County Historical Society** checks in this month with museum news.

Michelle Ervin, of the Onekama Parks and Recreation Department, updates us about a new **Community Activities Fair** and the **Kids Adventure Quest**, a self-guided, interactive outdoor program.

We were approached last month to run an ad for a Michigan political candidate. After some debate, we agreed for the time being to continue to make these pages free of political advertising. Consider us your election escape.

— Pat Stinson, co-editor

NORTHWOODS SAUCE BOSS



I wanna be sedated

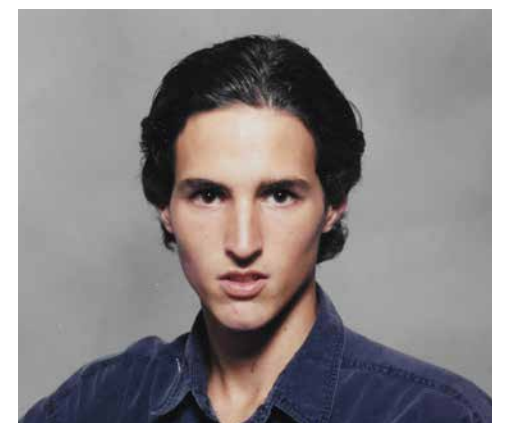
Editor's note: There is no single recipe for better mental health. The ingredients are different for everyone. Our writer shares what worked for him.

By **JOSHUA ELIE**.

Photos courtesy of the writer.

“Bah, bah, ba-bah, ba-bah, bah, ba-bah, I wanna be sedated” by the Ramones comes to mind when I think about Mental Health Month. What is it about pursuing better mental health that everyone finds so unnerving? People have no problem talking about their physical or spiritual health, often ad nauseam. We talk about running, biking, hiking, going to the gym and dieting. The firming up and weight loss we achieve are often bragged about — or the opposite. There are people who seem to have nothing to talk about, except their physical aches, pains and illnesses.

Maybe not as openly with strangers, though often within our own religious (or non-religious) circles, we talk about the pastor/priest's message, finding a “new” scripture, or something else leading us to a spiritual epiphany. There are many conversations disapproving of religious beliefs and practices, but just the same it is dialogue. The number of “spiritual” belief systems has become so vast they cannot be counted, as new ones are “discovered” every day.



School picture.

We do sometimes question the mental health of others or talk about keeping our own minds “sharp” by playing games like Sudoku or reading challenging nonfiction books.

What about learning how to deal with all of life's stresses and anxieties in healthy, positive ways? Personal mental health topics might come up on a rare occasion and only with the closest of confidants, if at all. We are so quick to blame our negative actions or even self-destructive behaviors on anything other than the way we mentally process (or not process) the things that impact our lives. Are you short-tempered because you haven't had your coffee yet, are hungry or have had a long day? Do you eat or drink too much because your life is just so unfair?

My first day of school was the beginning of my mental health downfall. So many rules. Not just school rules but social rules as well. How to talk, walk, dress, act ... As a young child, I was learning to say things like, “I'm not saying I have, I'm not saying I haven't, but I kill a snitch,” and “I ain't 'fraid go back pen-tentiary.”

No matter how hard I tried, I couldn't keep up with all of it. I thought there was

continued on Page 7

What is mental health anyway?

By **LOUISA LOVERIDGE GALLAS**

How do we know if we're mentally healthy? What is the lack of mental health? When we feel lost? Distressed? When we suffer? Times we feel unlovable? Or feel no love for others, just miserable and alone? When life surges out of control, we can no longer surf the turbulent waves.

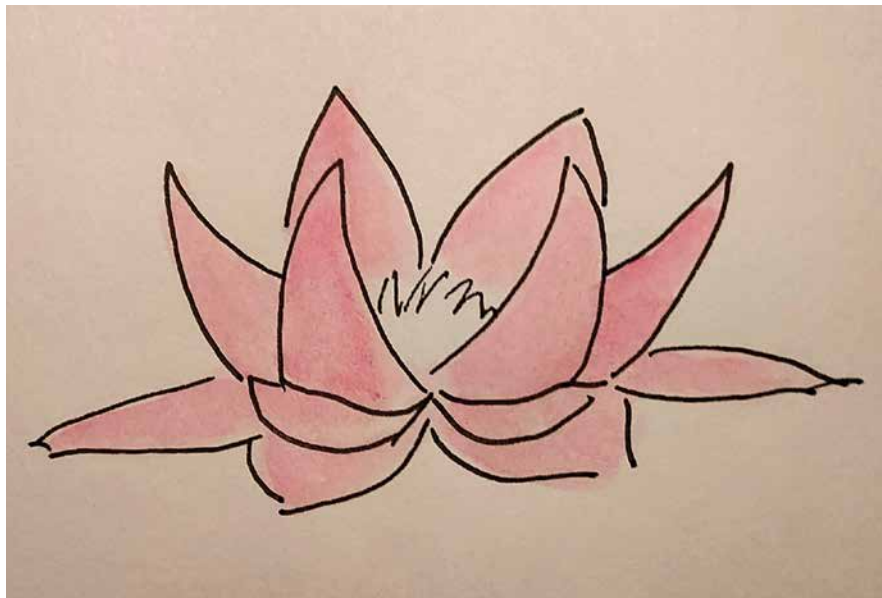
Perhaps mental health comes and goes, alternates between the lost and found. Sometimes we're “fine,” other times not so much. Or far worse.

Might it be healthy occasionally to lose our way, to break our ordinary days with the unexpected, even severe, downturn? As Nietzsche said, “What does not kill me makes me stronger.”

There's singer/songwriter Claudia Schmidt's hilarious refrain, “Whatever doesn't kill you makes you wish that you were dead. Hey!” in her tune, “A Strong Woman Has a Bad Day Polka.” Try singing this in a polka rhythm!

Or, how about a really provocative idea? Here's a quote by Chögyam Trungpa, (Tibetan Buddhist abbot and Shambala International founder), imparting some of his wild wisdom: “The bad news is you're falling through the air, nothing to hang on to, no parachute. The good news is there's no ground.”

But I'd like to seek some sort of template for basic mental health. I love the lotus flower as a symbol of balance for our lives. We move through its abundant circle of flexible petals; each petal mirrors one of our various moods/emotions: sorrows,



Lotus flower, watercolor and ink by Iris Replogle.

shame, ecstasies, betrayal, renewal, catastrophes, healing. Each petal has wisdom and “lessons” for us. And try not to get stuck on one emotional state, one petal, too long. *Keep moving.*

Those lotus petals hold fast to a center that grows from roots deep in mud below the surface to support a delicate bright flower above dark water. The lotus lives in communities and cannot exist alone. Their roots not only intertwine but also form dense, interconnected mats in the mud at the bottom of ponds and river, their anchor, their home base.

If we were dealt a harsh deck of cards from the get-go, a genetic anomaly or an early trauma, any of these could prevent us from even growing a stable center. Our roots remain stuck in the mud, prohibiting growth. Too much breakage can so damage our life that no center could hold, however developed and strong.

Reflecting further, consider Buddha. Legend suggests he left behind family and community, desperate to seek immortality,

eternal peace, to avoid life's suffering. He finds no solace, despite his wealth, with family and ordinary life. After years of ascetic living, unable to find any resolutions, Buddha sinks to the earth beneath the Bodhi Tree, exhausted, emaciated, shattered by his failure. A woman passes by, sees his wretchedness and offers him a drink of milk. After years of disciplined deprivation, Buddha does not refuse but accepts the nourishment, her life-saving generosity.

In a revelation, he realizes that to be fully balanced within himself, he needs to accept help from others to heal. Such blessed moments must be cherished in the midst of life's suffering. So, he leaves behind his severe, solitary, barren search and returns to live among us and share his Enlightenment.

Let's say we have core mental health when we rise to carry on, despite the blows that bring us to our knees. But when we are unable to rise, we will grasp the generous gesture from another that renews us. We rely on our steady center and our flexibility to change. Like the lotus, we need to anchor our common roots together to grow, flower, flourish and endure. Beyond our solitary struggle, we live the resilience of Buddha, to accept that sip of milk. We can't “go it alone.”

I'd love to hear your thoughts. Let's discuss! Email me: riverlakelou@gmail.com.

Louisa Loveridge Gallas is an author, a poet and a retired therapist.

NORTH SHORE DISPATCH

Gardening and well-being

Story and photo by **MARK BANASZAK**

The ground is almost ready, and so are you. Time to get outside and start working on your garden.

People here don't need a scientific study to confirm what farmers and gardeners have known for generations — there is something about working outside and growing things that is good for you, body and mind. Still, it is worth knowing that a growing body of research backs what experience teaches. Gardening and time spent in nature improve both physical and mental well-being in valuable ways.

The benefits start with children. Large public health studies show a clear relationship between time spent outdoors and lower rates of nearsightedness. The more time children between the ages of four and fourteen spend outside, the less likely they are to develop it. Time in the garden

also builds what people call executive functioning — planning, persistence, and the satisfaction of seeing a task through from start to finish.

Gardening is also good for the worry and gloom that have become so common today. After a long winter and a cold, wet spring, with the news and social media demanding our attention, anxiety and low mood can result. Research shows that even a couple of hours a week of digging or pulling weeds measurably reduces the stress hormones associated with anxiety and depression, while encouraging the ones that support steadier emotions. All without a prescription.



Brown now, but not for long.

Medical research and modern pharmaceuticals have brought real benefits to our lives, but health professionals are increasingly honest about their limits — the costs, the side effects, the things they simply cannot fix. Gardening and time

continued on Page 8

RON BROWN & SONS

ASPHALT PAVING

P.O. Box 254
 17443 Pleasanton Hwy.
 Bear Lake, MI 49614
 www.ronbrownandsons.com
 Phone: 231-864-2275
 1-800-968-2275
 Fax: 231-864-3695
 ronbrownandsons@gmail.com

FREE ESTIMATES

Stapleton Realty
Still Time to Prep for Summer




Between the Platte Lakes • Cottage Country

1,800 Sq. Ft. Building on a Half Acre, Benzie Co. For Sale or Lease! W. of Honor. Was deli/pizza convenience store. Or try a coffee shop, gallery, gifts, e-bike rentals. Some kitchen equip. Take-out liquor license avail. to buy. Near Nat'l Lake-shore & M-22. Room to expand the septic if you choose to live & work here. \$349,900



Christine Stapleton
 CALL/TEXT 231.499.2698
 cdstapleton.com

MARIE MARFIA FINE ART



Working artist's studio and gallery.
 Schedule of classes at mariemarfia.com

Ludington, Michigan
 Hours by Appointment

MarieMarfia.com • 904-566-4473

JOIN TODAY!

**MEMBER FOCUSED
 COMMUNITY BASED
 FINANCIAL WELLNESS**
 SAVE | BORROW | BUSINESS
 FILERCU.COM

FILER CREDIT UNION

**LISTEN TO A
 LIVE REGAP**
 of Freshwater Reporter
 stories. Join the discussion on

**WNMC
 90.7 FM**

with Station Manager Eric Hines
 & Stewart McFerran,
 F.R. contributing writer.

Watch our

 for dates/times.
 Livestream on
WNMC.ORG
 Click on the
 spinning disc.

The Embrace: A Fine Madness

By Louisa Loveridge Gallas

Have you ever sailed
 in a fragile
 boat of melancholy
 or struggled with the anchor
 of depression, despair,
 pulling you under?

I have.

So, you might say I'm a voyeur
 of breakdowns,
 and the journey that drives us there.

Consider the morose philosopher,
 Nietzsche.

After a progressive series of breakdowns,
 finally out of control,
 mad with sorrow
 and pain
 he runs into the street
 to throw his arms around a horse's neck
 as it is being beaten without mercy,
 falling beneath the reins slashing like whips.

The police are summoned who drag
 the 'insane' Nietzsche off to an asylum,
 as he sinks to his knees, weeping.

What a fine way to crack up!

Lose your mind so fully
 you run to embrace another
 in their suffering
 at the hands of a brute
 even as the blows fall.



Primipil / AdobeStock.com

Idlewild

continued from Page 1

Thursday — goes to St. Ann, then the meals are delivered and served to the senior center.

That's just one of the programs, though, because Diggs' main focus is on keeping his seniors happy, healthy and moving as much as possible.

Complementing the meals is fresh, seasonal produce from the center's garden.

"Got a beautiful garden in back that we just started last year with the help of Michigan State (University) Extension," Diggs said. "We're going to get it started, soon as this weather breaks."

He said they also give "a lot" of the produce to the seniors.

"We don't have fruit out there yet, but we're going to work on that," he added.

Diggs said MSU students came to the center to help get the garden going, but their help ended when funding for the program was dropped. The seniors still help maintain the garden.

A bonus is offered to some of the lunch regulars.

"We have a program on top of the lunch program where if (they're) coming here over 19 days a month, we get them a pantry box and give them extra food," Diggs explained. "People that come all the time, they're the ones that keep this place open, so (we) give them something extra for that."

At Henrietta Summers, new programs seem to pop up regularly, like the Idlewild About Art project.

"I think the person leading it is Nicolena Stubbs, and she is great," Diggs said. "She has other artists that are putting their art up on the wall at Henrietta Center."

Last summer, Diggs took note that Idlewild About Art had a display of artwork in front of the old Flamingo Club



Director Diggs with senior helper/lunch attendee Martha Howard in the kitchen at the center. Photo: Kevin Howell

on Idlewild Lake.

"I actually went to them and said, 'You have all that art out at the beach, but most of my seniors never go to the beach, so they can never see it. So, can we have some art here at the senior center so they can enjoy it?' and it happened."

Now, several artists work with seniors on projects as well as display their own works on the walls of the center. An art auction is also being planned at the center sometime this spring or summer.

New things just keep popping up. An exercise room will be receiving new equipment to keep his seniors moving and healthy.

"We're supposed to be getting a new treadmill and a new (stationary) bike, he said, "and I'm going to get a workout bench with weights in there."

Diggs, who is 46, plans to teach interested seniors how to use the equipment and will offer an exercise program a couple days a week.

"I'll just show and tell them how to use it and what exercises they should be doing. You don't want to strain them too much," Diggs said, with a laugh.

Other programs and activities, either



The Tree of Knowledge, part of the Idlewild About Art project, graces the foyer at Henrietta Summers Senior Center. Photo by Kevin Howell

ongoing or planned, include trips to Manistee's Little River Casino Resort via bus in conjunction with St. Ann, which has regular bus trips already.

A pool tournament was begun last year, and Diggs said he hopes to grow that event in 2026.

The center's Christmas program is popular. Last December one of the art-ists, Demien Deyonte (<https://sites.google.com/view/demiendeyonte/artwork>), led seniors in making Christmas ornaments and he brought a karaoke machine and conducted sing-alongs.

A once-a-week technology class is popular, not just for seniors but for people who don't know how to use their tablets, computers, laptops or smartphones.

And on and on.

"We've got to teach our kids that our seniors are our flowers," Diggs said. "They've been here, they got here first, they try to teach us what they know."

By now, lunch is being set, and Diggs is in the kitchen with last-minute prep work. Some of his seniors step in to chat.

Martha Howard catches me taking her picture as she banters with Diggs.

"You took my picture? Let me see; I have to let them see the beauty," she jokes.

I ask her what her favorite thing is about the center.

"Coming in here and talking to Will," she replied. "He has a good sense of humor. He's always friendly. I love that; I love seeing a cheerful person."

Diggs' seniors just keep coming, stopping, chatting, helping out and sharing laughs and jabs.

And then it's time to eat.

Henrietta Summers Senior Center is located at 723 Lansing, Idlewild. For information, call: (231) 745-8041, or email Director William Diggs at: mrwdiggs2024@gmail.com.

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




**MEAD • BEER • WINE
FOOD • LIVE MUSIC
DISC GOLF
OPEN 7 DAYS A WEEK**

**CHECK OUT
OUR EVENT
& MUSICIAN
LINEUP**



SCAN ME

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



Food, Friends, Family

3489 Lake Street
Arcadia, MI 49613

Convenient corner location
in the heart of recreation—
close to Arcadia Overlook,
Lake Michigan beach access
and Arcadia Marsh Preserve.

(231) 889-7063

MTplatediner.com



THE SHARING SHACK ALWAYS OPEN

OPEN THU - FRI - SAT * 10 AM - 5 PM * MAY THRU THANKSGIVING WEEKEND

WWW.GASOLINEREFIND.COM **POTTER/ERDMAN RD - BEAR LAKE** **TEXT (231) 383-0876**



Love the land. *Pass it on.*



GTRLC.ORG

Please support our Advertisers
who, with our Donors and Subscribers,
make these pages possible. Thank you!

The History of Foster Care By GRACE GROGAN

“Raise hopes and foster dreams.” That’s the motto of Michigan’s foster care program, and it is a far cry from the type of care given to vulnerable children in centuries past.

Today, over 365,000 children and youth are living in foster care throughout the United States, (<https://www.nals.org/blogpost/1359892/290477/Foster-Care-A-History>). Michigan has about 9,600 children in foster care, with 3,718 in licensed foster homes and 3,399 in non-licensed foster homes. Non-licensed placement is usually the result of kinship care and formal licensing bottlenecks. These numbers do not include foster youth living with relatives who are not their parents (4,542), nor those living in group homes or institutions (697), (<https://fostercarecapacity.com/states/michigan#>).

May is National Foster Care Month. Why was the foster care system established? How has it changed? Let’s look at the history of this important system.

The early system of child placement

The Old Testament and the Torah document the care of children. The bible includes protection of orphans and vulnerable children (Exodus 22:21, Isaiah 1:17). The Torah says to “uphold the rights of the vulnerable child” (Isaiah 1:17) and “you shall not ill-treat any widow or vulnerable child (Exodus 22:21).

Early Christian churches collected funds from the congregation to support “worthy widows” boarding orphans. The English Poor Laws of England and Wales permitted placing poor children into homes as indentured servants until they reached adulthood. This was an improvement over placing them into almshouses, which were unsanitary and often had abusive caretakers, (<https://www.nals.org/blogpost/1359892/290477/Foster-Care-A-History>).

Placing children into servitude was introduced to the U.S. by the English in the early 17th century. Thirty years after the Jamestown Colony was founded, Benjamin Eaton became the first foster child of this nation. There are no details regarding why 7-year-old Benjamin became a foster servant, (<https://adoption.org/foster-care-start>). Foster-servitude remained an acceptable practice until 1853.



It was then that Charles Loring Brace, a minister and director of the New York Children’s Aid Society, started the free foster home movement. He developed a plan for housing immigrant children living and sleeping on New York City streets. This led to sectarian social agencies and government agencies assisting with placements. Massachusetts began paying board to families who took in children too young for indentureship. Pennsylvania passed the first licensing law in 1885. South Dakota provided subsidies to the Children’s Home Society after its organization in 1893. (<https://nfpaonline.org/foster-care/history-of-foster-care/>).

Brace was also responsible for developing the Orphan Trains. Between 1853 and 1929 over 120,000 homeless children were moved from the streets of New York City to the Midwest. Placing children with new families across the country did not always yield positive results. Families receiving children were not screened; no follow-up was conducted on placements. The result was many children being abused and treated like servants. (<https://adoption.org/foster-care-start>).

The Orphan Train also saved lives. The state of New York prosecuted children seven and older as adults. Homeless children sleeping in the streets and stealing food from garbage cans or grocery carts were publicly hanged for their crimes, (<https://abuseandneglectdefense.com/history-foster-care-michigan-u-s-part-1>).

Evolution to a system that cares

The Child and Family Services of Michigan was established in 1891 by a group that believed homeless and neglected children needed care. The first child was a little girl described as “ragged, filthy, and infested with vermin.” Placed with a family, she was raised to become a well-educated, self-supporting young woman. Three years later, in 1894, a “Receiving Home” for children was built in St. Joseph, Berrien County. (<https://abuseandneglectdefense.com/history-foster-care-michigan-u-s-part-2>).

In 1906, Child and Family Services believed institutional care negatively impacted children and that children should remain with their parents whenever possible. That viewpoint conflicts with the current practice of Child Protective Services

(CPS) and other organizations that are less inclined to keep families intact.

In the early 1900s, social agencies began supervising foster parents, keeping records, and considering the needs of children when placing them into foster homes. The Federal government began conducting state inspections of foster homes and providing services to help children return to their birth parents. By 1950, more children were in foster homes than in institutions. By the late 1970s, over 500,000 children were in foster homes throughout the U.S., (<https://www.nals.org/blogpost/1359892/290477/Foster-Care-A-History>).

The Adoption Assistance and Child Welfare Act of 1980 provided federal procedural guidelines for children entering the foster care system. The law required courts to regularly review child welfare cases, (<https://www.congress.gov/bill/96th-congress/house-bill/3434>). The Adoption and Safe Families Act (ASFA) of 1997 created the first legislation related to permanency for children in foster care. The act required child protective agencies to conduct timely assessments and intervention services, and to make reasonable efforts to find permanent families for children if reunification with their birth families failed, (<https://www.nals.org/blogpost/1359892/290477/Foster-Care-A-History>).

On May 10, 1988, President Ronald Reagan signed Proclamation 5820 (<https://www.presidency.ucsb.edu/documents/proclamation-5820-national-foster-care-month-1988>) honoring foster parents, recognizing the needs of children in foster care, and encouraging community support. That proclamation declared May as National Foster Care Month. It was followed by a joint resolution that passed the Senate and House as Public Law 100-314. Since that time, every U.S. President has issued an annual proclamation continuing this recognition.

Establishing a childcare network in Michigan

Today, the foster care system is handled through the complex coordination of various organizations and services, including local and state child welfare

Turtlefest

continued from Page 1

crossing sign on M-22, across the highway from Penfold Park. Attendees will then proceed to 654 Frankfort Hwy. to paint signs.

From 1 p.m. to 3 p.m. festivalgoers may visit with Milberta, the red-footed tortoise, and check out an interactive exhibit of live turtles from Nature Discovery at ELHC. Sleeping Bear Wildlife Fund and educator Jane Haga will give presentations, and the Mayfair Burger Bar will participate again by providing a special turtle-themed menu item.

Donations will be accepted for supplies needed for next year's Turtlefest as well as the Sleeping Bear Wildlife Fund, offering wildlife education, rehabilitation and habitat restoration.

"Come ready to paint signs, learn about turtles, and imagine a world where we can all share the road," said Emily Votruba, Elberta resident and Turtlefest organizer.

MI Turtle Facts

(Thanks to the Michigan DNR.)

- Michigan is home to 10 species of turtles.
- Three of the 10 are threatened and one is of "special concern."
- Our state's turtles inhabit wetlands, grasslands, forests, lakes, rivers and cities.
- Most turtles move across dry land intentionally. Please do not relocate them to water.
- Sunlight warms cold-blooded turtles and acts as a parasite repellent.
- Turtles are harmless to humans but will protect themselves by biting, though they do not have teeth.
- Co-editor Mark once had a pair of pet turtles named "Sam" and "Ella."

Turtles

continued from Page 1

You may be able to protect turtle nests if you own property where turtles dig holes to lay their eggs. Signs of turtle nesting include bowl-shaped loose dirt or papery white flakes one inch in size — residual eggshells — on gravel driveways and lawns. A concentrated pile of eggshells usually indicates eggs were dug up and eaten. Fortunately, more than one turtle often lays eggs together, increasing the likelihood that at least some eggs survive. Turtles also return to lay eggs in the same area year after year, so you can look for these signs again in mid-May to mid-June. Prevent foot and vehicle traffic in areas where turtles dig. This can help any eggs in the nesting area to survive. Incubation in our area usually occurs from the end of May through mid-October, depending on species.

If you do see fresh signs of activity, it is likely that raccoons will follow the scent to dig up and eat the eggs once they are laid. For this reason, if you are willing to become more of a "nest monitor" than a casual supporter, you are likely to have greater success at nest protection. For me, this has led to requesting a permit from the State of Michigan Department of Natural Resources (DNR) Fisheries Division for a "Cultural or Scientific Collector's Permit" to place wire cages around turtle eggs. I'm not "collecting" anything, but I need a permit to protect the eggs from being eaten so that the state can provide input on the methods I plan to use.

To explain the details, turtles dig many holes to check soil temperature and moisture (with their feet) to select exactly their preferred egg-laying conditions. I can't cage every place they dig because the cage would be in the way of actual egg-laying when it's the right time. So, I'm often up until 2 a.m., sitting quietly, watching activity at



Predators uncovered this nest and left some intact eggs. Photo: Lara Treemore-Spears.

the nest site, eerily listening to the raccoons circling (and chittering, maybe about how they plan to get the eggs from under my watchful eyes). When a turtle is laying eggs rather than testing the soil, her level of exertion is obvious. I take care not to disturb her but also note exactly where the eggs are. After she covers her eggs with dirt and departs, I install a cage made of 1-inch by 2-inch wire mesh, using instructions provided by the Wisconsin DNR (<https://dnr.wisconsin.gov/topic/Wildlifehabitat/TurtleConservation>). The openings are horizontal so the hatchlings — which are less than 2 inches in diameter — can crawl out on their own. When they do emerge, they leave behind only a hole in the ground, and the eggshells remain underground. It is not advised to dig up and move turtle eggs because of the likelihood of damage, the destruction of nesting cavities that are often used year after year, and the potential for transport of pathogens and genetic contaminants. I do also have a permit to salvage eggs from road-killed females and incubate them for release to the same

waterbody where they originated, but I don't often salvage viable eggs.

Initiatives to support, increase turtle populations

As for other efforts in our region and in Michigan, local non-governmental organizations like Conservation Resource Alliance and Grand Traverse Regional Land Conservancy work on and fundraise for habitat restoration projects that are helping support turtle populations. Additional ideas for property owners and public agencies can be found on Amphibian and Reptile Best Management Practices for Michigan (<https://www.herprman.com/amphibian-reptile-management-practices-michigan/>).

Zoos and other organizations are leading efforts to "headstart" turtles from the vulnerable egg-to-one-year age, to help the young evade predators when released to the wild and increase survival to adulthood. Headstarting must be done under carefully controlled conditions to prevent zoological diseases from spreading to the wild.

Importance of safeguarding turtle locations

Herpetological organizations advocate for the removal of location data from photos and articles about turtles in online media, to reduce the likelihood that poachers will use that information to decimate wild populations for the pet trade. Please post photos responsibly.

Lara Treemore-Spears has a Master's degree from the University of Michigan in Resource Ecology and Management and works as a research project manager in the Department of Civil and Environmental Engineering at Wayne State University and as a consultant for Great Lakes Conservation Advisors, an LLC she started with her husband Doug Barry.

Area Events Calendar

continued from Page 2

May 19
Bee Roll Movie Club, Beulah
5:30-7pm. Laid-back gathering of movie lovers. No assigned films/schedules. Good company & lively conversation about what you've seen lately or classics you want to discuss. St. Ambrose Cellars, 841 S Pioneer Rd.

May 20
GTRLC Spring Birding Hike, Arcadia
8:30-9:30am. Free. Join birding expert Dr. Brian Allen of Manistee Audubon for a walk along the universally accessible boardwalk at Arcadia Marsh Nature Preserve. Bring water, sunscreen, bug spray & camera/binocs. No dogs. Meet at the parking lot along M-22. Registration required: gtrlc.org

Debut of New Museum Exhibits, Baldwin
6pm. Free. Special museum tour. Lake County Historical Museum, 915 N Michigan Ave.

May 21
Songwriters in the Round, Frankfort
7:30pm. \$25. An intimate live music experience where songwriters perform & share the stories behind their songs featuring Andrew Dost, Joan Shelley, Tim Jones, & Courtney Kaiser-Sandler. The Garden Theater, 301 Main St.

May 22
Near & Farr Friends, Onekama
11am. Lunch & Aging Well Forum. Jackie Reamer will discuss banking issues for seniors & safekeeping from fraud/scams. First Congregational Church, 4920 Spring St.

May 23
AJ Open Disc Golf Tournament, Ludington
Mason County Park, 5906 W Chauvez Rd. Info/register: discgolfscene.com

Turtlefest 2026, Elberta
10am-4pm. Free. See story beginning on page one.

Garden Tractor Pulling, Scottville
11am-3pm. Free for spectators. Western Michigan Old Engine Club sanctions garden tractor pulling for both dead weight sled & transfer sled. Riverside Park, 700 S Scottville Rd.

May 23
Beach Cleanup, Free Soil
12-3pm. Free. Join the Friends of Nordhouse Dunes to help clean the beach. Supplies & snacks provided. Nordhouse Dunes Wilderness Area beach (at the western end of Trails End Rd.)

Hollypalooza, Lake City
12pm-12am. Donate what you wish. A celebration of the life of Holly T. Bird. All proceeds benefit her children. Performers: Aaron Otto, Amber Hasan, Hannah Laine, Joe Reilly, Jordan Hamilton, Molly, Samantha Cooper, Seth Bernard, Somebody's Sister & the Good Fellas. Earthwork Farm, 4399 N 7 Mile Rd. Tickets: <https://tinyurl.com/4k4p3e86>

19th Annual Beer & Brat Festival, Thompsonville
4-8pm. Advance general admission tickets - Thru May 22: \$40; May 23 (Day-Of): \$55. VIP tickets avail. Live entertainment. Samples of Michigan's finest beers, meads, hard ciders, wine, liquor & gourmet brats. Crystal Mountain Resort, 12500 Crystal Mountain Dr. Tickets: <https://tinyurl.com/2dv2npcm> or call 866.585.7029.

May 23, 24
West Shore Family Support Craft Fair, Ludington
10am-4pm. A variety of talented crafters, artists & food trucks. Rotary Park (City Park), 500 W Ludington Ave.

May 24
Blessing of the ORVs, Irons
Park opens 10am. Blessing: 12pm. Food available: 10am-1pm. \$5/vehicle (cash only). Law enforcement workshop, blessing of the ORVs at 12pm, vendors, food & Manistee Forest ORV merch. Skinner Park, 5074 W 10 1/2 Mile Rd.

Ludington Auto Club Cars & Coffee Car Meet, Ludington
10am-1pm. Free, open to public. Coffee for purchase at the Meraki Coffee Truck. Northwood Signs/Speedy Car Wash/Dune Side Auto Glass, 4935 US-10.

64th Annual Fountain Horse Pull & Activities, Fountain
1pm. Bake sale, food, craft sales, cornhole tournament, bounce house for kids. On Main St. Updated event schedule: facebook.com/fountainforever

May 24, 31
Idlewild Float the Lake Sundays, Idlewild
1pm. Free. Join the local community to float the lake in canoes, kayaks, row boats weather permitting. Idlewild Lake.

May 25
MEMORIAL DAY
Sorry, but info. about area Memorial Day services & events was unavailable at press time. Contact your city or village managers & local veterans' outposts, or check city/village/veterans' social media for event details.

28th Annual Stride for S.T.R.I.V.E. 5k run, Cadillac
8:30-10:30am. \$25. Hosted by Rotary Club of Cadillac to benefit high school mentoring program. 601 Chestnut St. Info/registration: runsignup.com/Race/MI/Cadillac/ROTARYSTRIDEFORSTRIVE5K

May 26
Weed the Park, Ludington
6-8pm. Free. Volunteer to remove invasive plants. Wear closed-toe shoes, long pants and long-sleeved shirts. Bring garden gloves, water. Meet at the gazebo at the end of Rath Ave. by Lincoln Lake. Cartier Park, 1254 N. Lakeshore Dr. affew.org

May 27
"And Still Rise" film, Frankfort
7pm. Free. Documentary about Maya Angelou, an American writer, poet, and civil rights activist. The Garden Theater, 301 Main St.

May 28
Coffee with the Councilors, Ludington
5:30pm. Free. Learn about city updates, share ideas & connect with city council members. Book Mark, 201 S Rath Ave.

May 29
Blood Drive at Paul Oliver Memorial Hospital, Frankfort
11am-3:30pm. Walk-ins welcome, appointments preferred. Paul Oliver Memorial Hospital, 224 Park Ave. Schedule at: <https://tinyurl.com/59rs8u9r>

In concert: The Mad Angler Trio, Manistee
6-8pm. \$10-35. Featuring Crispin Campbell-Cello, Joe Wilson-Dobro & Steve Stargardt-Piano. Ramsdell Regional Center for the Arts, 101 Maple St. Tickets: ramsdelltheatre.org

May 30
Onekama Community Activities Fair, Onekama
See schedule, page 7.

Bike Benzie Tour, Thompsonville
7am-1pm. \$75-\$90 includes boxed lunch. 19th annual charity ride benefits area youth. 30-, 40- & 62-mile courses start & end at Crystal Mountain Resort, 12500 Crystal Mountain Dr. Info/registration: www.bikebenzie.org

Waves & Wheels Safety Day, Ludington
11am-2pm. Bike & water safety with the Ludington Police Department. Loomis St. Boat Launch, 905 W Loomis St.

Spring Fever Fashion Show and Tea, Frankfort
12-2pm. \$35. Local boutiques unveil their hottest trends. Michigan artisans showcase handcrafted wearables, handmade jewelry & accessories. Luncheon, door prizes & refreshments. Oliver Art Center, 132 Coast Guard Rd. Tickets: oliverart.org

Met Opera Live/Encore in HD, Manistee
1pm, \$15-25. Featuring El Último Sueño De Frida y Diego (Gabriela Lena Frank - Libretto by Nilo Cruz). Ramsdell Regional Center for the Arts, 101 Maple St. Tickets: ramsdelltheatre.org

Touring the Mason & Oceana Railroad, Ludington
4-9pm. \$75/person. Includes tour, dinner & admission to Historic White Pine Village, 1687 S Lakeshore Dr., where tour begins. Presentation by Mason Co. Historical Society President James Jensen. Travel by bus along the former railroad route & stop at locations where costumed interpreters portray historical figures & narrators tell the story of the railroad. Program focuses on the railroad's role in the economic development of Mason/Oceana counties. Fundraiser for Mason County Historical Society. Tickets: <https://tinyurl.com/28w86rv5>

In concert: The Adam Joynt Band, Cadillac
8pm. Coyote Crossing Resort, 8593 S 13 Rd. Info/tickets: coyotecrossingresort.com



MAY IN ONEKAMA

Women's boutique clothing, gifts & children's section

Anchored Designs Boutique

Works from local artists and Michigan-made products

4857 Main Street, Onekama

Follow us on Facebook and Instagram

(231) 889-7103 • Shop online at: anchoreddesignsboutique.com

KNOWLEDGE. SERVICE. INTEGRITY.

HONOR & ONEKAMA BUILDING SUPPLY, INC.
 Est. 1963
 FAMILY OWNED

www.honorbidgsupply.com

Hardware - Lumber - Paint
 Tools - Kitchen & Bath
 Pole Barns - Decking/Railing
 Andersen Windows

(231) 889-3456
 4847 Main Street, Onekama

WORKING TOGETHER TO GET THE JOB DONE

Onekama Guild Thrift Shop

Opening May 21
 Quality second-hand items at low, low prices!

4830 Main Street Onekama

Open Thurs & Fri 10-4 & Sat 10-1

We are a non-profit that proudly awarded over \$10K to Manistee charities last year. Help us increase that this year!

COFFEE DRINKS

LAKE & LATTE
 ONEKAMA, MICHIGAN

4850 Main St. (M-22)

MON-SAT 7-2PM SUNDAY 8-2PM

SANDWICHES • ART BAKERY GOODIES

ONEKAMA NEWS

Onekama COMMUNITY ACTIVITIES FAIR

Come Join the Fun!
 • Free & Open to the Public •

Event Details

- Date: May 30
- Time: 2:30 - 4:30 PM
- Location: Onekama School Cafeteria
 5016 Main St., Onekama, MI 49675

What to Expect

- Interactive Booths
- Historical Games
- Arts & Crafts
- Nature & Gardening
- Sports & Fitness
- Snacks & Friendly Faces!

For Everyone!

- Kids, Teens, Adults & Seniors
- Families & Individuals
- New Residents & Longtime Locals

Why Come?

- Discover New Activities
- Meet Local Groups
- Sign Up for Programs
- Enjoy a Fun Atmosphere

Meet Local Organizations & Clubs!

Manistee County Planning Department	Onekama History Association	Manistee Recreation Association	Friends of SMARTrails
Onekama Township Parks and Recreation	Onekama Township Parks and Recreation	Onekama Athletic Boosters	Dirtbirds
1st Congregational UCC of Onekama	Portage Lake Garden Club	Onekama School Football	Snowbirds
Lakeside Pickleball	Portage Lake Watershed Forever	Onekama Varsity Football	Shoreline Cycling Club
Manistee County Recreation Commission	Simply Fit	Portage Lake Association	West Shore Beekeepers Association
Onekama Lions Club	Dance Fitness	Portage Lake Garden Club	
Onekama Church of the Brethren	Jr. Clio Club		
Onekama Guild Thrift Shop			

Connect. Explore. Get involved.

231-443-9101 | Parks@OnekamaTwp.org | [Onekama Township Parks & Recreation](https://www.facebook.com/OnekamaTownshipParksRecreation)

Sauce Boss

continued from Page 3

something wrong with me or that I was just too stupid, and this led to negative self-talk and emotions, which I quickly learned to bury. Later, starting out in a new school (7th grade), I decided to take what I learned and put it into practice because I wasn't going to be anyone's "punk" this time. I planned to find the biggest kid in my class and hit him as hard as I could. It just so happened that the biggest kid in my class snitched on me the first day. I was thinking, two birds, one stone, but this didn't play out too well in "religious" school.

Eventually, I became apathetic and simply gave up. I apologized when I didn't even know what I did "wrong," then I would apologize for not knowing what it was that I did do wrong. I was at the point that I didn't care if what I did was wrong or not. This is how prepared I was for the real world, with real laws. I found out very quickly that police read signs of apathy and guilt for a living and are remarkably good at it. These signs emanated from me, "pouring like an avalanche, comin'down the mountain."



Rebel without a clue.

I was in my late 20s and nearly fell on the floor with nervous laughter when I saw Robert DeNiro crying over a Folgers coffee commercial, (analyze THIS), because that is where I was in my life. I knew my problem was mental, but I didn't want some "shrink" digging into my personal life or an emotional support group holding my hand, and I had already tried too many mind-altering drugs. Professional counseling, group support and prescribed medication to help you as you work on big issues are all great options, but I was nowhere near ready



The writer today.

to open up to anybody about anything. Now, I never watch infomercials, but one day at 4 a.m. people appeared on my TV screen saying they had the same symptoms as I, advertising a stress/anxiety program. I have no faith in infomercials, but this time I decided it was worth the \$500 gamble because I felt totally out of options. It not only saved my life but "gave me a life worth loving." Yeah, I know, cheesy slogan, but it is true. The (Lucinda Bassett) Midwest Center Attacking Anxiety and Depression program (the full program because some try to just sell bits and pieces) really worked for me, though it's just one of many "self-help" options that are out there. Today the program cost is about one-quarter of what I paid 20 years ago and probably more popular now. I know many people who started their kids on that program so they could learn healthy ways to process stress before it could turn into a major issue later in life.

The thing is, you don't have to be morbidly obese to realize you could feel better if you lost a couple of pounds; nobody is going to think you are weak if you decide to hang at the gym to build a little more muscle. If you're not happy with life, it's probably not caused by your circumstance. You know there are people filled with happiness who are a lot worse off than you are, and if reading this makes you feel like arguing, maybe take a breath and ask yourself why.

Every day really can be the best day ever, even when it is not. This is not out of touch with reality; it is all about how you choose to view it.

Joshua Elie is the Irons area handyman, a homesteader and a musician. He just passed the state exam for his second builder's license.

Kids Adventure Quest offers outdoor activities

By MICHELLE ERVIN, Onekama Twp. Parks and Recreation

Beginning May 22, families may explore the new Kids Adventure Quest — a free, self-guided series of outdoor activities offered through June 1 at North Point Park, 8999 Greenway, at the end of Seymour Street.

The self-paced program is designed for children in pre-kindergarten through second grade, with challenges for older kids. The goal is to encourage exploration, creativity and outdoor play in a welcoming natural setting.

Activities include a Book Walk,

featuring "The Busy Tree" by Jennifer Ward; a writing exercise called "Tree Love Letter"; a learning experience about tree cookies (not the edible kind); and suggestions for making a clay ornament or sidewalk chalk art.

"Kids Adventure Quest is designed to be fun, accessible and something families can enjoy together," said Jean Capper, Onekama Township Parks manager.

For more information about the outdoor program for kids, call (231) 443-9101 or email Parks@OnekamaTwp.org.

Spring FASHION SHOW and TEA

Sat., May 30, Noon-2pm, Oliver Art Center, 132 Coast Guard Road, Frankfort. Clothing from local boutiques and artisans. \$35 includes luncheon, door prizes and refreshments. Tickets: oliverart.org

BALDWIN NEWS



Signing for Freedom exhibit. Photo courtesy of Lake County Historical Society.

Museum reopens with new exhibits

By JILL ENGELMAN

The Lake County Historical Society is pleased to announce that the historical museum will debut several new exhibits when it reopens for the season on May 20. The museum is located at 915 N. Michigan Ave. in Baldwin. Regular hours are noon-4 p.m., Wednesday through Sunday.

Special museum tours of the new exhibits will take place beginning at 6 p.m. on opening day. Exhibits include "Signing for Freedom," commemorating the 250th anniversary of our nation; "Bathing Beauties, 1900-1990"; and "1912 One-Room Schoolhouse."

There will be a special sneak peek of the "Grand 250th Community Quilt Project" and interactive exhibits for children and adults.

Donations are appreciated. Memberships are available. For more information, call (231) 898-6500.

Well-being

continued from Page 3

in nature are showing up more often in healthcare and education as a result, not as a replacement for medicine but as something with its own genuine power.

Even time outside without a shovel does something. Nature offers a mental reset after stress, interrupting the negative thought loops that are so hard to break indoors. It produces something close to awe, a sense of connection to something larger than our own concerns. Focused physical work, tending to something alive and dependent on your attention pulls the mind into the present in a way that screens don't. The practical demands of a garden — what needs water, what needs thinning, what is ready to pick — give the mind useful work, and useful work crowds out the problems we cannot solve.

But there is one benefit that people here probably notice most. Gardening, unless you are a hermit, provides social connection. Even if we work alone in the garden, we end up talking with others about it.

The gardener that most people here in Arcadia acknowledge is the best, when asked how he got started, described moving his plot several times, expanding it, experimenting with different crops — and then stopped short, revising his answer. It was a neighbor who got him into it. One person. And when asked what he gets from gardening beyond fresh food, his answer was even shorter: His satisfaction comes from sharing what he grows with the people around him.

That, too, is something no study needed to prove.

Mark Banaszak has spent more than 30 years as a public school educator, urban community gardener and outdoor enthusiast. He has transplanted his city life to rural Manistee County.

FRIDAY
JUNE 26
7:30 P.M.
TICKETS: \$25-\$50

GLENN MILLER ORCHESTRA

SPONSOR MILLER AMISH COUNTRY POULTRY

SPONSOR FILER CREDIT UNION

THURSDAY
JULY 2
7:30 P.M.
TICKETS: \$20-\$40

KANIN WREN'S
TAYLOR SWIFT
EXPERIENCE

SPONSOR MACBETH & CO.

FRIDAY
AUG 14
7:30 P.M.
TICKETS: \$25-\$50

BACK BY POPULAR DEMAND!

Gregg and The Jets
ELTON JOHN TRIBUTE

RAMSDELLTHEATRE.ORG

101 MAPLE ST. | MANISTEE, MI 49660 | PREMIER SPONSOR WEST SHORE BANK

Foster Care

continued from Page 5

agencies, courts, public agencies, private organizations, a lawyer Guardian Ad Litem, Foster Care Review Board, and possibly the Michigan Adoption Resource Exchange and Fostering Forward Michigan, (<https://www.nals.org/blogpost/1359892/290477/> Foster-Care-A-History).

In 2023, Michigan had 190,775 children living in families being investigated for alleged neglect or child abuse; only 24,000 were confirmed. One problem with Michigan's child welfare system is mistaking poverty for neglect. Eighty-five percent of the families investigated by CPS have an income below 200% of the federal poverty line, (<https://mlpp.org/deep-dive-child-welfare/>). Only 42% of children in Michigan's foster care system are returned to their families.

Michigan's child welfare system is historically under-resourced. In 2006, a federal class-action lawsuit charged Michigan with violating the constitutional rights of thousands of children in custody. The outcome saw Michigan's system placed under federal oversight. That oversight remains effective in 2026, (<https://mlpp.org/deep-dive-child-welfare/>).

The Michigan Governor's 2026 Proposed Budget includes funds to help improve the handling of children receiving services both inside their homes and in foster care.

Effects on children in the system

Children in foster care can spend extended periods "in residential or shelter placements"

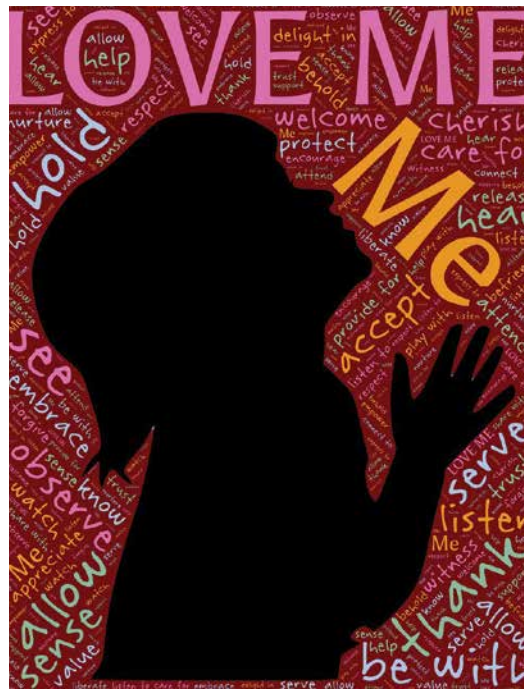


Image by John Hain, Pixabay.

due to a lack of available foster homes, according to Wellspring Lutheran Services. The children undergo several placements and are frequently separated from siblings because few homes can accommodate multiple children. The children experience "increased trauma, greater uncertainty, and poorer outcomes due to multiple placement moves," (<https://wellspringfostercare.com/needs-in-michigan/#>).

What happens when a foster care child turns 18? In 2021, 77% (about 18,500 youth) aged out of foster care without receiving federally funded services necessary to prepare for independent living, (<https://www.childwelfare.gov/fostercaremonth/>).

Michigan's proposed 2026 Governor's Budget includes funds to allow youth exiting foster care to receive assistance with housing, education, transportation, food and healthcare, (<https://mlpp.org/deep-dive-child-welfare/>).

A study of 23 individuals, all aged 24, was conducted. Each had entered foster care at age 13 or so and had aged out of the system. These young adults spent their teen years living with instability: a high number of placements (2-3 per year) took place, and 32.3% had run away from their foster homes at least once, (https://www.casey.org/media/StateFosterCare_MI_es.pdf).

Foster care parents make a difference

National Foster Care Month was established to celebrate a system created to help children living in wretched situations. The intent is good, but the system is not perfect. There are beneficial results as well as undesirable outcomes. To learn about some people who have made a positive difference in the lives of Michigan children by serving as foster parents, read Faces of Foster Care, (<https://www.michigan.gov/mdhhs/adult-child-serv/hopeforahome/faces-of-foster-care>).

For information about becoming a foster parent, call 1-855-MICHKIDS or visit <https://www.michigan.gov/HopeForAHome>.

Grace Grogan was born and raised in Michigan. In 2019, she began living and traveling full-time in an RV with her partner, Paul Cannon. In 2025, she settled in Arizona, returning to the beautiful Great Lakes State every summer.

Like Our Paper?
Do you enjoy our stories?
Sign up for email notifications and/or 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
Please sign up at editor@freshwater-reporter.com
THANK YOU!

FRESHWATER REPORTER

Fresh community stories from Manistee, Mason, southern Benzie, western Lake and Wexford.

P.O. Box 188, Manistee, MI 49660 231-835-0867 editor@freshwater-reporter.com
Publisher/Editor: Pat Stinson Co-conspirator: Mark Videan Deliveries: The Silver Fox
Graphic design/layout: Amy Hansen Ad Sales: Pat Stinson Proofreader: S. Koehn
Contributors: Mark Banaszak, Joshua Elie, Jill Engelman, Michelle Ervin, Louisa Loveridge Gallas, Grace Grogan, Susan Hintz, Kevin Howell, Lara Treemore-Spears, Emily Votruba
Freshwater Reporter is published by Freshwater Planet LLC of Manistee. Find free copies in Manistee, Mason, southern Benzie, western Lake and western Wexford counties. Advertising inquiries are welcome, as are suggestions, articles, poems and photos. ©2026, Freshwater Planet, LLC, all rights reserved. Visit our website at freshwater-reporter.com. Like us on Facebook. Follow us on Instagram. Sign up for bonus news. Email editor@freshwater-reporter.com and write BONUS NEWS in the subject line.