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From the Editor



I recently played a word association game with some high school students and asked them to share the first idea that came to mind when I said "Summer". The responses were as unique as the voices stating them, but there were a few key words that seemed to capture the essence of the summer season in Northern Michigan. The most common responses

were bonfires, beaches, long days and rest, and that is a pretty accurate summary.

With daylight extending well past the dinner hour, the opportunities to wander outdoors and enjoy the abundance of warm evenings and freshwater beaches entices many of us to the shore. We purchased inflatable paddle boards a few years back and I look forward to those late afternoon paddles when the sun is fading on the western horizon and the day is drawing to a close. Even our dog, who isn't much of a swimmer, enjoys lying on the front of my board as I paddle her around the lake.

Finding a quiet place to unwind is appreciated as the hustle and bustle of the summer season is in full swing. Though it may take you a few more minutes to get around town, the energy of a Northern Michigan summer is palpable, and you can't help but be drawn to the many farmers markets, festivals, hiking trails, outdoor dining venues and, of course, the water!

In this issue, we introduce you to a new outdoor activity that utilizes some of the forgotten railways in Grand Traverse County. We are also turning our focus on the village of Elk Rapids, its history, and why its downtown and waterfront are a perfect summer destination. Our updated food and beverage guide is another helpful tool if you're looking to try a new restaurant or take a day trip to a neighboring town.

Whatever your summer plans, enjoy the longer days and cricket nights!

Happy Summer – and happy reading!

Lori Wille
Editor-in-Chief

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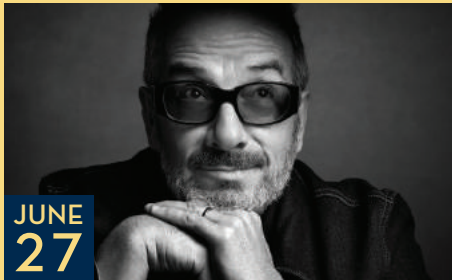
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JUNE 27



JULY 24



AUG. 11



SEPT. 1

- JUNE 22 **Big & Rich**
- JUNE 26 **Greensky Bluegrass**
- JUNE 27 **Elvis Costello & The Imposters**
- JUNE 30 **Mat Kearney**
- JUNE 30 & JULY 1, 7 & 8 **Julius Caesar** - Interlochen Shakespeare Festival
- JULY 2, 9, 16, 23, 30, & AUG. 6 **World Youth Symphony Orchestra**
- JULY 11 **“Collage”** - A Multidisciplinary Showcase
- JULY 12 **Styx**
- JULY 20 **Frankie Valli & The Four Seasons**
- JULY 21 **Ricky Skaggs & Kentucky Thunder**
- JULY 22 **Detroit Symphony Orchestra**
- JULY 23 **Five for Fighting**
- JULY 24 **Donny Osmond**
- JULY 27 **The Temptations & The Four Tops**
- AUG. 9 **Dark Star Orchestra**
- AUG. 3-6 **Ragtime** - High School Musical Production
- AUG. 9 **Dark Star Orchestra**
- AUG. 10 **Train**
- AUG. 11 **Lindsey Stirling**
- AUG. 17 **The Lone Bellow Trio**
- AUG. 18 **The Concert: A Tribute to ABBA**
- AUG. 19 **The Beach Boys**
- SEPT. 1 **Brandi Carlile**

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Owner of Write Now Editing, Karin Beery helps authors turn good manuscripts into great books. When she's not editing or teaching, she writes hopeful fiction with a healthy dose of romance. She lives in Elk Rapids with her husband and pets. They drink too much (decaf) coffee, put up their Christmas tree the first weekend in November, and kayak whenever they can.



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Karin Chrostek is a single mom of three who enjoys writing and teaching preschool at TCAPS. Her car is filled with baseball bags and beach towels. As a resident of Leelanau County, she has become accustomed to traveling for sports and day-tripping. Her athletic background serves her well for hiking, running, water skiing and her lifestyle.



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Mark, a veteran who grew up in Northern Michigan, is passionate about being a good steward of the environment. His interests include tiny homes, upcycling construction materials into affordable housing options for veterans, and rescuing abused and neglected animals.



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Molly Korroch is a writer and editor based between Suttons Bay, MI and Boston, MA.



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As a photographer, Meg's job allows her to create every day. A concrete mixer, photo gear, lumber, dogs, and random roadside furniture to reclaim in her pick-up is what a usual five-project day looks like.



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Amanda Pearson is a graduate of Eastern Michigan University and transplant to Northern Michigan from mid-Michigan. Amanda currently resides in Lake City with her husband Will, two sons, and their black lab, Bo.



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After 30 years in corporate communications for BNSF Railway, Kristen recently retired and moved from Fort Worth to Traverse City. With an M.A. in English from UVA, she enjoys writing and exploring the beauty of Michigan with her husband and golden retriever.



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Brooks is the former editor of Traverse Bay Lifestyles, a long-time journalist and storyteller, author, and marketer extraordinaire. He lives in Miami Beach with his beautiful wife; his children, Wesley and Archer; and his incredibly dumb – but loyal! – giant fur-covered mongrel.



RACHEL WHITE

Rachel White is a mom, writer and adventurer living in Traverse City with her husband, four kids, dog and cat. Rachel loves volleyball on the beach and writes for Fodor's Travel Guidebooks in addition to magazines and online. She is currently working on picture books based on her travels in the rainforests of Costa Rica.



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ANNIVERSARIES 101:

A Gift-Giving Guide

BY ANNIE STADEL

A married couple's wedding anniversary is truly something to be celebrated. It is a joyful acknowledgment of their union in years and it is often celebrated with gift giving. Wedding anniversary gift giving dates back to medieval times. In Central Europe, husbands crowned their wives with a wreath of silver for their 25th anniversary and gold for their 50th. It wasn't until the Victorian era that traditional gifts for each year of marriage became customary.

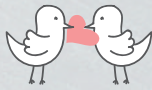
For example, the fifth anniversary is often celebrated with the gift of wood, and that dates back to 1875. The 75th anniversary gift was the diamond until 1897, which was when Queen Victoria celebrated her 60th year reign with the Diamond Jubilee and the tradition changed. It is not known how all of the other anniversary gifts were chosen, except that they became popular by the 20th century.

Emily Post published a list of traditional wedding gifts in 1922 in her *Blue Book of Social Usage* for the 1st, 5th, 10th, 15th, 20th, 25th, 50th and 75th anniversaries. She also shared symbolic gifts for the first 15 years of marriage and for every five years thereafter. The gifts typically increase in value to correspond with the number of years of marital bliss.

The American National Retail Jewelers Association created a more modern list of symbolic gifts in 1937, with suggestions for each of the first twenty years and every five years after that. This list includes more practical items, such as silverware and clocks.

Today, the traditional and modern lists are still used. Plus, society expanded the type of lists to include colors, flowers, and gemstones to expand the gift-giving choices. Unless it is a milestone anniversary, it is often only the couple who follow the traditional or modern gift-giving themes for each other. Even so, family and friends may find these lists helpful, especially if tradition is enjoyed. □



**YEARS OF MARRIAGE****TRADITIONAL****MODERN****GEMSTONE****FLOWER**

1	Paper	Clocks	Gold Stone	Carnation
2	Cotton	China	Garnet	Cosmos
3	Leather	Crystal/Glass	Pearl	Sunflower
4	Fruit or Flowers	Appliances	Blue Topaz	Geranium
5	Wood	Silverware	Sapphire	Daisy
6	Iron/Candy	Wood	Amethyst	Calla Lily
7	Copper/Wool	Desk Sets	Onyx	Freesia
8	Bronze/ Pottery	Linen/Lace	Tourmaline	Clematis
9	Willow/Pottery	Leather	Lapis Lazuli	Poppy
10	Aluminum/Tin	Diamond Jewelry	Diamond	Daffodil
11	Steel	Fashion Jewelry	Turquoise	Morning Glory
12	Silk/Linen	Pearls	Jade	Peony
13	Lace	Textiles	Citrine	Chrysanthemum
14	Ivory (not real ivory)	Gold Jewelry	Opal	Dahlia
15	Crystal	Watches	Ruby	Rose
16	Wax	Silver Holloware	Peridot	Statice
17	Furniture	Furniture	Carnelian	Red Carnation
18	Porcelain	Porcelain	Cat's Eye	Violet
19	Bronze	Bronze	Aquamarine	Chrysanthemum
20	China	Platinum	Emerald	Aster
25	Silver	Silver	None	Iris
30	Pearl	Diamond	Pearl	Lily
35	Coral	Jade	Emerald	Coral Rose
40	Ruby	Ruby	Ruby	Gladioli
45	Sapphire	Sapphire	Sapphire	Blue Iris
50	Gold	Gold	Gold	Yellow Rose
55	Emerald	Emerald	Alexandrite	Calla Lily
60	Diamond	Diamond	Diamond	Orchid

THREE WEDDING DETAILS THAT CAN *Make or Break* YOUR SPECIAL DAY

BY MOLLY KORROCH

Whether it's a bash for 200 guests or a clandestine elopement for two, weddings should be a joyous celebration! While most details are fully considered, there are a few things that often get overlooked. Here are three sometimes-forgotten day-of details that can make a huge difference in both wedding planning and the event itself.

You may have a rain plan, but do you have a heat plan?

While Northern Michigan summers are temperate, there is sometimes an intense heat wave. From the hard-won experience of planners and venue owners, here are some ways to take care of your guests:

- Supply paper parasols – these can be found in many colors and can even be personalized.
- Shift the ceremony site to a shadier spot, if possible.
- Be on time! Don't make guests wait in the hot sun.
- Provide a clearly marked hydration station and sunscreen in restrooms.

Appoint someone to lead the itinerary.


Don't assume everyone will read and remember the timeline printed on the invitation. Instead, here's what to do:

- Create a day-of timeline that includes wedding party contact information and vendor arrival times. Make sure everyone knows exactly what they're responsible for.
- Appoint a designated person who will make sure everyone sticks to the plan. It's an exciting day full of joyful distractions. Having someone who can help everyone focus is key!

Make it easy to clean up!

No one wants to be responsible for littering in our beautiful area. Make it easy for guests – and the venue staff – to clean up and recycle.

- Check out the Traverse Bay Area Recycling for Charities (BARC).
- Make sure that guests and staff have clearly marked separate disposal options.
- Discuss all plans and collaborate with the venue; they may already have processes in place.

Consider all sorts of tips and tricks – including these three – to make sure your day is a wonderful celebration. That said, what's most important is that the day brings together the people who matter most to you. Best of luck with your plans for a beautiful Northern Michigan wedding! 

Credit: Alena & Andrew Bowman, Cherry Basket Farms





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WHO PAYS FOR WHAT?

BY RACHEL WHITE

Planning a wedding is supposed to be joyful and exciting, but when the inevitable topic of money comes up, it can be stressful. According to TheKnot.com, the average cost of a wedding in Michigan in 2022 was around \$27,000, but that can obviously swing wildly in either direction. Travel, hotel, and other expenses pushed the average cost of a destination wedding closer to \$35,600 last year. Most couples must stick to a budget, but who pays for what? Is it time to throw traditions out the window and build your own path?

Wedding planner Chandra Wheeler of Orchestrated Grace Weddings and Events says that, nowadays, anything goes. Traditionally, the cost of the wedding and reception has been paid for by the bride's family – a relic of dowries, which haven't been seen much in the US since the mid-18th century. The groom's family, in the past, was responsible for the rehearsal dinner, honeymoon, and alcohol at the reception. These traditions are changing, however, as the average age of marriage increases and professional couples are paying for more of their expenses.

The secret to successful planning and budgeting is essentially the same as the secret to a successful marriage: communication.

Decide on your budget. You need to know exactly how much you'll need before you can divvy up costs. Budget according to what's important to you.

Do you love an amazing party? If so, prioritize the band and venue and spend less on the dress.

Are the aesthetics more important to you? If yes, think about devoting a larger amount for invitations and flowers.

A good rule of thumb is to budget for a wedding that you and your spouse can afford by yourselves, then talk to your parents to see if and what they can contribute. Keep in mind, no expectations make this conversation much easier.

According to a 2021 survey by Weddingwire, parents in recent years are paying an average of 51% of weddings costs while the couple pays the other 49%. This survey also states that roughly one-third of couples are paying for the entire cost of their wedding.

Remember, there's no "right" way to divide the expenses in a wedding; it's just what makes sense for you and your spouse. Always keep in mind that the day is about the two of you and the reason you're getting married: the love you have for each other!

I think a lot of people get so obsessed with the wedding and the expense of the wedding that they miss out on what the real purpose is. It's about a meaningful moment between two people that's witnessed by people that they actually really know and care about.

– Jane Seymour

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WHEELS ON RAILS

BY COOPER SIGOURNEY

Last summer, Macie Hefron had a decision to make, and there she was, staring at her LSAT exam prep book in her Lansing-area apartment, weighing pros and cons. Should she press on to become a lawyer or put her everything behind a business idea she'd held for three years. A business, no less, that had never been started in the state of Michigan.

"I slammed the book shut," Macie recalled during an interview with TBL, "then I quit my job and went straight to the Senator's office." She went to the Senator's office to explain that MDOT was taking too long to get back to her on utilizing out-of-service rail lines for Michigan's first rail biking tourist attraction.

Yes, rail biking! Biking on a railroad.

Hefron's decision opened the floodgates. After putting her full weight behind her business plan, it took only about a month to finally receive State approval to utilize the rail system she needed to get her business rolling. The rail system she received approval for? That can be found just south of Traverse City.

The move to open a new rail biking business is unique, yet it follows a growth trend in Northern Michigan. Just as Traverse City passed a population threshold to become a Metropolitan Planning Organization, the influx of new business and tourism has continued to surpass that of years past. Hefron's new venture, aptly named "Wheels on Rails," will tack on to the trend.

Wheels on Rails only started taking reservations in November 2022. At the time of writing, bookings are already 80% full for the entire summer. To recap, in the span of about eight months, Hefron went from studying law to organizing a new business in a new community – a business that is booked nearly to capacity before a single customer is served!

The manifestation of all her efforts will kick off on Thursday, May 25th, and run through Sunday, September 10th. Those interested in learning more about rail biking with Wheels on Rails should visit their website, wheelsonrailsmi.com.



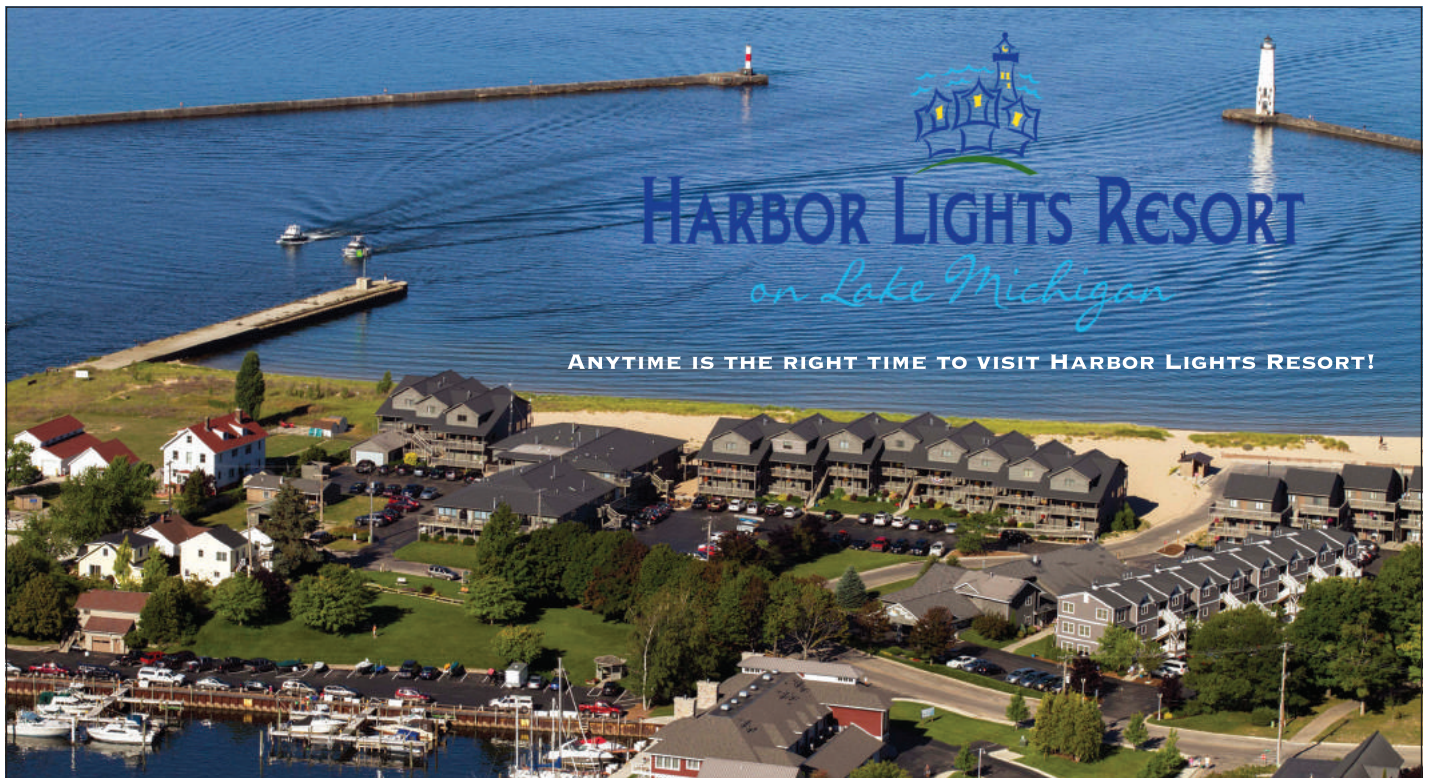
Photo Credit: Wheels On Rails


Here's what you need to know:

- The "bikes" are fixed-position pedaled carts that will tour a beautiful forest-lined railway starting from the corner of southwest Silver Lake Rd. and US-31 to where the railroad crosses Beitner Road.
- It is a three-mile down-and-back trip, so six miles in total, taking about one hour to complete.
- You can book a 2-seat (\$89) or a 4-seat (\$159) cart during one of four specific tour windows. The windows are Thursday-Monday from 9am-10am, 11am-12pm, 1pm-2pm, and 3pm-4pm.
- Booking is done online through their website. Group options are available, where multiple carts are linked together to build a "bike train."
- You and your companions will be the only riders in the cart you reserve, but there will be other carts active during the same time slot.
- It is "highly recommended" that you book in advance, given the specific time frames that the carts operate.
- No pets.
- Babies can be carried in chest-side baby carriers while you ride, and there are harnesses available to help secure toddlers and younger children to the seat. No lap riding.
- Each seat has a 300-pound weight limit.
- The parking lot is across the street from Rico's Cafe and Pizzeria in Grawn.




If you're looking for a new way to enjoy the Northern Michigan summer, look no further. Enjoy the rails! 




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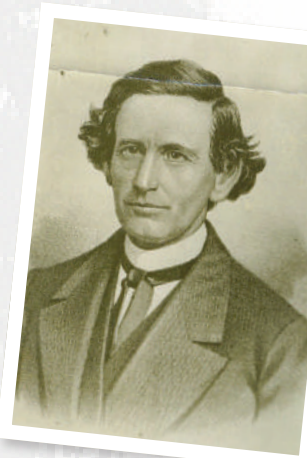


WATER: *The Heart* OF ELK RAPIDS' *History*

BY KARIN BEERY

From a missionary outpost to an industrial port, Elk Rapids' rich history laid the foundation for the tourist destination it would become. The water around the village that was once the lifeblood of industry evolved into the vacation dream spot of summertime visitors.

Those early days on East Grand Traverse Bay created a community determined to survive. In 1839, the Presbyterian church in Mackinaw wanted to expand their mission field, so they sent Rev. Peter Dougherty to an uninhabited area in western Michigan where the rivers and lakes meet at Grand Traverse Bay. Though Dougherty moved across the bay to Old Mission, he helped draw attention to the area, which attracted Elk Rapids' first permanent settlers, Abram Wadsworth and his wife Martha.



Wadsworth not only built a home in Elk Rapids in 1848, he ushered in the industrial age when he built the first sawmill and introduced lumbering to the area. By 1852, Wirt Dexter recognized the industrial potential in Elk Rapids. Together with Henry Noble, he bought the sawmill. They increased lumbering, and when the Elk Rapids Iron Company opened in 1873, Elk Rapids established itself as an industrial community, a reputation they embraced and encouraged until World War 1.

When the first World War ended, Elk Rapids had depleted its forests. A powerplant replaced the sawmill. Iron production stopped. The residents of Elk Rapids had a choice to make: let their community die with the industries that had always defined them, or embrace something new.

Establish a new reputation. Change course. They needed only to look out through the Iron Company's windows to find their new course.

VETERANS MEMORIAL PARK

Photos of the sawmill, Abram Wadsworth, Elk Rapids Iron Company, the powerplant, Elk Rapids Golf Club, and the boat regatta courtesy of the Elk Rapids Area Historical Society.

Tourism.

Regardless of whether Elk Rapids produced iron or shipped lumber, one thing never changed: the beauty of the bay and the many rivers and small lakes in and around the village. To capitalize on the miles of shoreline, residents formed the Elk Rapids Resort and Industrial Association.

In 1922, the association decided to build a golf course on the shore of Elk Lake. With golf's increasing popularity, it was the perfect time to invite people north to try a new favorite pastime. They hired renowned designer Donald Ross to design and build the 9-hole course that opened in 1924.

But this wasn't the only change. New businesses opened in town. The village started hosting an annual boat regatta, showcasing the fun and accessibility of the water. Not only was the bay a beautiful place to relax, it became a mecca for new and experienced anglers. A Pere Marquette Railroad brochure said of Elk Rapids, "This is the fishing country par excellence."

Despite the challenges of the Great Depression and World War II, the residents of Elk Rapids and the Resort and Industrial Association clung to their new identity. When soldiers returned home and the economy recovered, Elk Rapids was waiting, and they were ready to showcase everything wonderful about the area.

The Elk Rapids Chamber of Commerce opened in 1955 to provide information and events to visitors and residents alike and promote economic development for local businesses. Harbor Days hosted its first annual festival to raise money for a new harbor, and the Edward C. Grace Memorial Harbor opened in the 1970s to welcome boaters from across the Great Lakes.

Whether carrying logs from the sawmill or welcoming swimmers at Veterans Memorial Park, the water in and around Elk Rapids continues to be part of the village's vibrant history. □



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A Water Wonderland

BY KARIN BEERY

With Grand Traverse Bay to the west and Elk Lake in the heart of the village, it's hard to travel far in Elk Rapids without experiencing the beauty and pleasure of life on the water. Whether you prefer a leisurely paddle down the river, a day on the beach, or harnessing the wind with your sails, there's something for every water lover in Elk Rapids.

If you dream of long days on the beach with your toes in the sand, look no further than Veteran's Memorial Park. Soak up some sun while enjoying a view of East Grand Traverse Bay – and it's a quick walk to food and shops in downtown Elk Rapids.

If you prefer to be on the water, you have many options. Set your own pace on a stand-up paddleboard or kayak, or cruise out to open water from the harbor or marina. Bring your own boat and dock for the day or rent your equipment in

town. However you cruise, there's a place for you in and around Elk Rapids.

If you're an adventure seeker, you're in luck! Learn how to harness the wind with some of the country's most experienced kiteboarding experts, or speed across the water on a jet ski.

Whether you prefer the sea or shore, a leisurely cruise or a race around the lake, Elk Rapids is the perfect place to enjoy the water. □

OUT & ABOUT



Jennifer Martin

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MORE THAN MARINAS


BY KARIN BEERY

Nestled between Elk Rapids' pristine beaches sits the Edward C. Grace Memorial Harbor, a popular spot for Great Lakes enthusiasts. Since the 1970s, the harbor has been a hub for adventure and leisure in Northern Michigan.

Boaters choose Grace Memorial Harbor because Elk Rapids provides an escape from their everyday lives. With seasonal and transient slips available, the harbor is a sought-after spot for boaters. The top-notch facilities and well-trained staff greet visitors when they arrive, and easy access to the village lets them get out and explore. From Grace Memorial Harbor, everything in Elk Rapids is within walking distance – great beaches, athletic courts, friendly shops, and fantastic food.

If you don't have a boat yet and would like to rent or shop for one, the Elk Lake Marina lets you do both. Their friendly staff can set you up with a boat for the day, or let their experts help you research your options to find the perfect boat for you and your family.

The Marina is more than boats, though. Located next to The Dam Shop, it's a one-stop shop for boaters on the go or those looking for a place to unwind. Grab an extra life jacket, snacks, and sunscreen from the shop before heading onto the water, or relax on the patio with fresh-made meals from the kitchen and an adult beverage from the bar.

Whether you're visiting for the weekend or looking for a home for your boat, the Edward C. Grace Memorial Harbor and Elk Lake Marina provide two beautiful options in Northern Michigan. 



Photos courtesy of the Elk Rapids Chamber of Commerce

OUT & ABOUT



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JASON MERCHANT
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HARBOR DAYS

BY KARIN BEERY

Ever dreamed of experiencing a made-for-TV smalltown fair? If so, Elk Rapids has the event for you! Staffed by volunteers supportive of local organizations and full of activities for all ages, Harbor Days is the quintessential smalltown festival.

Since the 1950s, Harbor Days has entertained Elk Rapids residents and visitors with amusements and games. What started as a one-day event to raise money for the harbor has evolved into four days of activities supported by and featuring local businesses and organizations.

As many as 10,000 people visit Elk Rapids each August for the annual festival that kicks off on Wednesday night at Evening on River Street, Elk Rapids' weekly street fair. The rest of the weekend includes something for everyone, like Arnold's Amusements carnival rides and food, the Harbor Run 5K, Kid's Day, live music, the Grande Parade, and Saturday night fireworks.

Unlike other summer events with high-level, heavy-duty marketing and highly produced programs, Elk Rapids' Harbor Days is all the fun of a major festival surrounded by the beauty of Northern Michigan. Whether it's a day spent at the carnival or just an afternoon to enjoy the beach and local amenities, there's something for everyone at Harbor Days. ☐

& OTHER ELK RAPIDS EVENTS

- **Art Beat! at Elk Rapids Art Galleries**, June 3 and October 6, 10 am - 4 pm
- **Harbor Days Festival**, August 2-5, 2023
- **Evenings on River Street**, Wednesdays, June 28 to August 9 6 - 9 pm
- **Arts & Crafts Shows**, May 27, July 15, August 4, and September 2 10 am - 4 pm
- **Farmers Market**, Friday mornings from 8 to noon, June 9 to October 6,
- **Paddle Antrim Festival**, September 12-14
- **Elk Rapids Fall Festival**, September 30
- **Green ER Kid's Nature Fest**, October 12

For an updated list of events, visit <https://business.elkrapidschamber.org/events/calendar>

Photos courtesy of the Elk Rapids Chamber of Commerce



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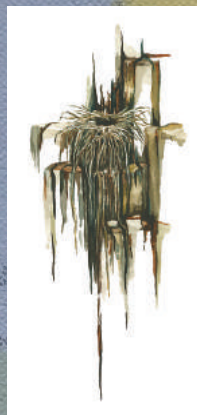


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Twisted Fish Gallery

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A FEW ELK RAPIDS BUSINESSES

365 Outdoor Inc

365 Outdoor Inc. is a family-oriented business that started in 2012 and continues to service Elk Rapids and the surrounding areas. Specializing in hardscaping, shoreline restoration, excavation and all landscaping needs, call them today to schedule a free consultation. *See ad on page 16.*

Altonen's Orchards / Townline Ciderworks

The Altonen family has owned and operated Altonen Orchards for almost 70 years. Their farm-fresh fruits and vegetables are sold at their popular roadside stand. Altonen's fresh-from-the-family-tree hard ciders and estate wines can be enjoyed at their tasting room, Townline Ciderworks, that's just up the farm drive. Be sure to find both on Facebook and Instagram for more information. *See ad on this page.*

Amy Kate Designs and Golden Hill Farms

Golden Hill Farms is a lifestyle shop full of beauty for everyday life. Stop in to find a well curated assortment of home décor, apothecary, baby and youth items, cards, candles, and everyday faux botanical. We also carry fresh flowers year around from Amy Kate Designs! *See ad on page 18.*

Art & Connection

To provide a place where people can gather and connect through free arts and educational programs, Sheri Reid Grant opened Art & Connection in 2022. This arts and cultural community center offers free art classes, a gathering space for nonprofits and clubs, local art for sale, a family-friendly crafts station, open studio hours, outreach programs, and more. *See ad on page 19.*

Bayfront Beach and Bikes

Located in the heart of downtown, Bayfront Beach and Bike provides new E-Bikes, kayaks, paddleboards and beach supplies to Elk Rapids and surrounding areas. They also rent bikes, kayaks and paddleboards daily, weekly or monthly throughout the summer. They are here to ensure that your visit to Elk Rapids feels like a "Lifestyle of Fun!" *See ad on page 25.*

Blue Heron Gallery

In business since 2001, Blue Heron offers fine artwork by over 100 Michigan artists. The large gallery space features paintings, pottery, glasswork, wood turnings, etchings, photography and sculpture. Located only a 1/4 mile east of the light in Elk Rapids on Ames Street, they are owned by Pat Curran and studio artist Dan Reszka. Open year-round. *See ad on page 21.*

Blue Owl Antiques

Blue Owl Antiques is not your grandma's antique store. Well, some of it came from grandma's house, but only the cool stuff! With a focus on fun and funky stuff from the '30s to the '70s, from art deco and mid-century modern furniture, lamps, and decor to kitschy art and toys – there is something for everyone. Step into the past and browse their vintage treasures.

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Cherry Capital Connection (CCC)

A customer-focused, community-driven, family-owned local telephone company that continues to serve Elk Rapids. With a mission to provide the best possible internet and telephone service at the best possible price, their state-of-the-art fiber infrastructure reliably delivers. See ad on page 21.

Coldwell Banker Schmidt Realtors

The real estate associates at Coldwell Banker Schmidt Family of companies know that principles established by its founder almost a century ago are still the best way – the only way – to maintain the role as the trusted real estate company in the markets they serve. They provide exceptional services and value to all clients they have the privilege to serve. See ad on page 21.

Elk Rapids Animal Hospital

Elk Rapids Animal Hospital is proud to serve and be a part of the Elk Rapids community and is conveniently located right on US 31 South. With a team of compassionate animal lovers, they can relate to their clients on many levels. That's why when any pet enters the hospital – it becomes family.

ER Rentals & Landscape Supply

A hometown equipment rentals company that also offers a wide variety of landscaping supplies such as mulch, sand, and stone. Located just three miles south of downtown Elk Rapids, right on US Highway 31, they offer pick up and delivery for all products. See ad on page 16.

Foundry Craft Grillery

Located in downtown Elk Rapids, Foundry is the destination for exceptional food, handcrafted cocktails, and an unforgettable DAMMM GOOD EXPERIENCE. Discover their culinary creations made with passion and precision, paired with expertly crafted libations that will ignite the senses. Prepare to be immersed in their vibrant ambiance and indulge in a dining adventure. Foundry: Where downtown meets Craft! See ad on page 77.

Great Lakes Sotheby's International Realty

Great Lakes Sotheby's International Realty is a locally-owned and operated real estate company providing a full range of services to buyers and sellers throughout Northern Michigan. With some of the industry's most highly-skilled real estate brokers and sales associates, their marketing platform is the most sophisticated and far-reaching in the world via SIR's global network. See ad on pages 22-23.

Jennifer Martin, Lakeside Properties Real Estate

Jennifer is an Associate Broker and has held her Michigan Builders License since 1996. Focusing on the client's buying and selling process, her builder background also gives her that step up. Jenn's goal is to "make every client feel as if they are her ONLY client"...and have some fun in the process. See ad on page 17.

Elk Rapids business profiles continued on next page.

RIVER ST MARKET
— bottle and basket —

127

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A FEW MORE ELK RAPIDS BUSINESSES

continued from previous page

Ken's Body Shop

Since 1978, Ken's Body Shop has been serving Elk Rapids and the surrounding communities with their auto body repairs, towing service, as well as frame and alignment service. They look forward to serving any vehicle repair needs. *See ad on this page.*

Mary Free Bed at Munson Healthcare

Feeling aches, pains and strains? The Mary Free Bed at Munson Healthcare physical therapy team specializes in helping people of all ages lead active, pain-free lifestyles. Conveniently located in Elk Rapids, expert therapists provide customized therapy and compassionate care. Consult with a physician for a referral to receive advanced treatment for sports injuries, balance and fall prevention, post-orthopedic surgery and more. *See ad on page 24.*

Mullaly's 128 Gallery

Over 30 years of artistic diversity with original fine art/fine crafts can be conveniently found in downtown Elk Rapids. It is one reason why so many make Mullaly's 128 their first stop for affordable, unique gifts and stunning additions to their personal collections. Check out their selection of jewelry, art glass, paintings, pottery, and much, much more. Open year round. *See ad on page 21.*

My Michigan Roots

Tim Barry, a native to Elk Rapids, created My Michigan Roots because of his love for Michigan and the outdoors. Screen printing apparel for the whole family is where it started and now the shop boasts Sanuk shoes, Peppers Eyewear, Onewheels, Lift Efoil boards and more. Stop in to rent, demo and buy some fun!

River Street Market

Conveniently located in downtown Elk Rapids is River Street Market, now under new ownership. Open year round for sandwiches served on homemade bread, delicious pizzas, salads and a variety of hot soups. Stop in to shop for all your summer must-haves, including a wide variety of spirits, domestic and local wines & beer, popular snacks and beverages. *See ad on page 25.*

Riverwalk Grill

Now under new ownership, a waterfront restaurant on the shores of Elk Lake specializing in fresh seafood – including raw bar. Offering an extensive wine list and craft cocktails, be sure to visit this treasure located between Traverse City and Charlevoix. Arrive via boat, car, or foot! *See ad on page 16.*

Short's Brewing

Head to Bellaire to check out the mothership and brand-new-beer garden, or bring a camp chair and party at the Pull Barn in Elk Rapids. Both locations are open seven days a week with draft and packaged products available, including NA products, cider and canned wine. Life is Short's, drink it while you're here.

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Stoney Cabin Toys

This 1935 small space has been a toy store for nearly 30 years. The specialty market is their style, with emphasis on imaginary play, creative arts, eco-friendly products, games, books, and so much more! Encouraging play for a life time, infants to 99 years is their motto. Wheelchair accessible. See ad on page 17.

Swim To You Boutique And Resortwear

Swim To You, located in downtown Elk Rapids, has unique picks for any occasion under the sun. Shop local and experience exquisite customer service and sizes to fit anyone. They showcase clothing for golfing, fishing, diving, and swimming for the entire family! Enjoy shopping sun protection, accessories, and shoes to fit any style. Private parties are also welcome by request. See ad on page 16.

The Flour Pot

The Flour Pot Bakery and Coffee Shop provides a delicious taste of "up-north" tradition with scratch-made sweets and treats in downtown Elk Rapids. Donuts, danishes, cookies, and more are made fresh daily and pair perfectly with the delicious coffee and espresso drink options. Pre-orders welcome!

Toni Morrison, Real Estate One

With 20 years of experience in the real estate industry, Toni Morrison is an authority in her field. As a trusted REALTOR® at Real Estate One, Toni has a thorough understanding of the local market and is dedicated to providing her clients with the highest level of service. Toni is the expert for any homebuyer, seasoned investor or seller looking for a specialist. See ad on this page.

Twisted Fish Gallery

With twenty years' experience, Twisted Fish Gallery & Sculpture Garden offers their guests an expansive collection of fine art to explore. From large-scale canvases for home or office, to life-size sculpture for gardens, along with handcrafted woodworks, ceramics and jewelry, a visit to Twisted Fish is a "must see" when in Elk Rapids. See ad on page 21.

Village Market

The Village Market is the local grocery store and gas station serving the community for 49 years. Their employees are eager to give the best customer service, and they have a full variety of items from fresh meat and produce to specialty foods, a full-service deli, wine, beer and liquor. A community cash program is also offered that helps over 40 nonprofits.

Wanigan Corporation

A locally family-owned business since 1957, they are committed to serving their customers with integrity and provide quality homes that display excellence in craftsmanship and design. Their goal is to be recognized as "the builder who cares and exhibits attention to detail" in Northern Michigan with hopes that their clients become friends. See ad on this page.

White Birch Lodge

Nestled on the pristine shores of clear-blue Elk Lake for over 65 years, White Birch Lodge is a picturesque resort that is the perfect setting for a one-of-a-kind private wedding celebration. Breathtaking views and a unique atmosphere with onsite accommodations create an experience that will leave guests reminiscing for years to come! See ad on page 9.



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Summer Fashion



PHOTO BY MEG PAXTON, PAXTON PHOTOGRAPHY

TRENDZ APPAREL

Andrea's wearing Habitat's cute sleeveless top under a lavender linen top with fun buttons and a pleat in the back. Her Robell floral pants have four-way stretch. The woven hat is by Lucca and her Avanti gold sandals with the stretch top are perfect. Jewelry and sunglasses accessorize her summer look. *See ad on page 37.*

UNIQUELY NORTH

Nothing says summer like a bold and colorful tropical print; Kristie's long dress is from Tribal. Flip flops are Havaianas and the fringed tote bag and sunhat are from Hadley Wren. Finishing her look, she has bright brass earrings and colorful stacked bracelets from Bop. *See ad on page 31.*

HULL'S OF FRANKFORT

Robin is wearing the FDJ Boat Neck Drop Shoulder Top with a unique, colorful floral print paired with the PBJ Blues classic denim knit in Hot Pink and the perfect accent necklace from Good Morning USA. On bottom, she is rocking the FDJ Olivia Pencil Crop Jeans with retro inspired floral embroidery. *See ad on page 31.*

Women's Fashion

Women's fashion in our region mixes up vibrance and soothing soft hues, glamour and comfortable practicality, and it's all beautiful. Rachel Peplinski, owner of Lima Bean in Suttons Bay, summarizes it thus: "Fashion does for the body what cosmetics do for the face."

This summer, floral prints, bright colors, and even pastels – especially lavender – are all popular. Dresses in all lengths are in style, even maxis. Wide-leg cropped pants and wide-leg cropped flares are very cute. Although the skinny pants trend is fading, women who look great in them will continue to wear them. Denim is always in – especially beautifully embroidered denim.

So, dress in what makes you feel confident and beautiful, but "Be sure to wear jewelry, fun shoes, and lipstick! If you have pieces you love from past years, reinvent them by adding a new spin with accessories – big earrings in rattan or wicker or a new handbag," suggests Annie Hill, owner of Cherry Hill Boutique in Traverse City. Hill agrees that bright colors – this year's coral, pink, and yellow – are fun. Florals, polka dots, and leopard are continuing trends.

"Colorful sneakers or fun details like glitz and metal studs on platform sneakers can be worn dressing up or dressing down," says Darla Stites, owner of What to Wear in Traverse City. Mules (closed-toe slides) are popular, and so are platform trends on sandals. Puffy uppers on sandals are lovely, too.

"Matchie-matchie is a no-no this summer," Stites warns. "Go ahead and carry a colorful handbag that doesn't match anything you are wearing when you head out to that reunion or concert," suggests Hill. Peplinski agrees but says to be sure to "choose a style or design that you love and something that makes you feel comfortable and confident this summer." □



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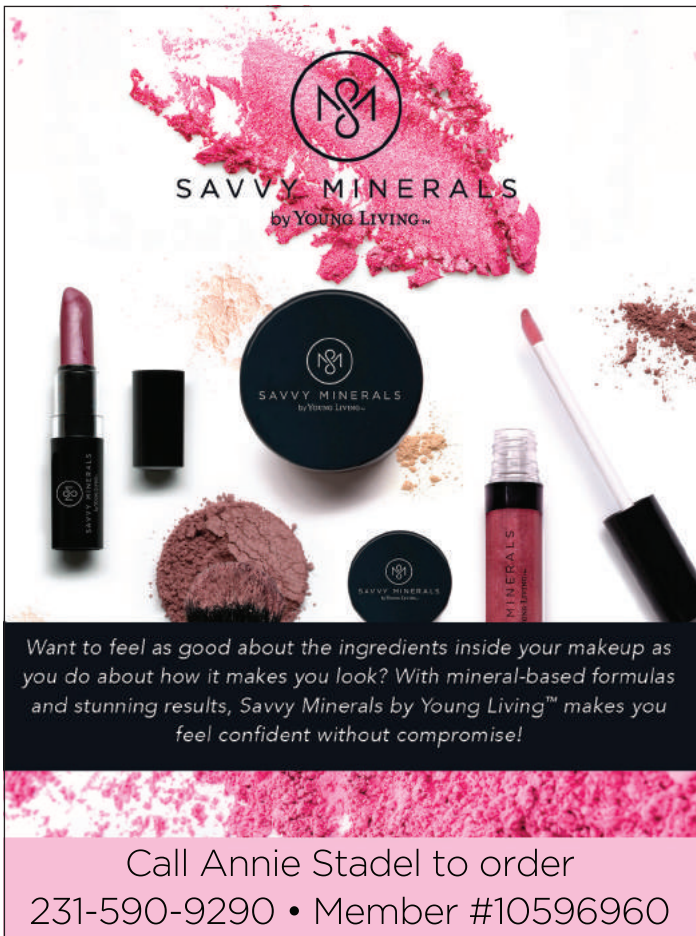
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Men's Fashion – Summer Outlook

Throughout our warm weather months, men's fashions will include "bright colors, and lots of them, in every category of sportswear, whether it be woven sport shirts, knitted polos, or t-shirts and in a wide variety of patterns and solids," according to Maurie Allen, owner of Captain's Quarters in Traverse City.

Allen continued, "As summer activities escalate, the active participants will be seeing performance fabrics dominate. These lightweight fabrics will be available in shorts, swimsuits, casual and dress trousers, golf shirts, and sport-jackets. In addition to being lightweight, performance fabrics have the additional advantages of moisture-wicking, enhanced stretch comfort, and easy care."

Joe Frost, owner of Robert Frost Quality in Traverse City, agrees. "Athleisure is firmly entrenched in men's fashion, and there seems to be no change in sight. Men can now wear a nice pair of performance chino pants with a patterned button-down shirt and a pair of athleisure (sneaker) style shoes from the boardroom to the bar. Comfort is key. As far as color, gone are the days when cordovan and black drove footwear sales. The new colorway for men's footwear is tan (or British tan). It is the new 'every color' to wear with khaki, gray, and especially navy." Frost summarized, "Men will want to streamline their wardrobe to adopt the athleisure trend with lightweight/technical fabrics in both clothing and footwear choices." □



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More Summer Fashions



MEG PAXTON PHOTOGRAPHER AT BREEZE HILL GREENHOUSE

FASHION

ONCE UPON A CHILD

Young Sohayla is all smiles while wearing a super soft sleeveless dress by Pippa & Julie. Her faded jean jacket with white overlaid embroidery is by First Impressions for cooler summer mornings and evenings. Just try to keep up with her while she is wearing her Cat & Jack sandals. See ad on page 35.

GOODWILL NORTHERN MICHIGAN

Naomi is wearing a pink jumpsuit by Universal Thread. Her lightweight cropped denim jacket by TGLA is nice for cooler mornings and evenings. She has high top, Nike Air Jordan sneakers, and her accessories include a plastic bauble ring circa 1994, a delicate gold "N" emblem necklace and Tory Burch mini backpack. See ad on page 35.

Sports Fashion



MEG PAXTON PHOTOGRAPHY AT BAY MEADOWS FAMILY GOLF COURSE

SWIM TO YOU BOUTIQUE AND RESORT WEAR

Missy's ready to golf in her IBKUL breathable golf dress with UPF50 sun protection, hidden pockets, and flattering godet hemline. The cute splatter pattern on her dress looks great with her colorful, comfy Lulu B linen jacket with the frayed edge detail. Her soft-side wine cooler is by Lilly Pulitzer. See ad on page 16.

Babies, Children and 'Tweens

Parent and grandparents can sigh with relief knowing that fashions for younger children do not change very quickly – and babies' fashions change even less. This is especially helpful if you have more than one child. After all, hand-me-downs are a huge cost saver, and many outfits are too cute to not enjoy more than three months.

For the summer season, we are seeing more and more soft bamboo fabrics in children's and babies' clothes; most are neutral in tone. The muted shades of bamboo fabric are a nice option because of the texture. Similarly, tulle, soft muslin, and cotton are common fabrics for little ones. Sweet little patterns are cute for babies, so you cannot go wrong with farm animals or soft prints like butterflies. Pink is, of course, popular for girls and blue for boys, but muted earth tones are a popular and fun change this summer – moreso than last. As you head outside, don't forget to put a hat on your baby, too. When planning a day at the beach, swimsuits, rash guards, and long-sleeve swim shirts are popular. In fact, it is a good reminder to have long-sleeve swim shirts for kids of all ages.

In contrast to the muted palette for babies, bright colors are all the rage for kids and 'tweens. Popular girls' fashions will include smiley faces, butterflies, flowers, glitz, sparkle, and sunshine. Sneakers and sandals on their feet will bring great joy if they have smiley faces, bling, and rhinestones. Remember, girls like to accessorize, too; a fun purse or beach bag or earrings and necklaces, if they wear jewelry, are wonderfully adorable. 'Tween fashions are similar, just less child-like.

Little boys love fun prints as well – trucks, dinosaurs, farm animals, and dogs are common. For older boys, sporty styles and comfortable leisure trends with nature prints are popular. Colors will be both muted shades from nature and bright teals and yellows. Athletic wear, sandals, and sneakers remain wardrobe staples. Remember that boys also like summer backpacks and small duffels to keep their treasures in.

Regardless of age, fashion often reflects personality, and there are a lot of choices to help your kids express who they are this summer. □



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Beauty, Accessories, and More

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L SAILE DESIGNER JEWELRY

Andrea's wearing an original design by Liz Saile. The "Wave" necklace is set with a Leland Blue and Blue Lace Agate pendant with Blue Lace Agate and Iolite beads. The total length is 18 inches with sterling silver clasp and earrings. She is reminded of this beautiful area every time she wears this lovely set. See ad on page 32.



LIMA BEAN

Missy is wearing the Moonwalk, made by Springstep. These flexible leather sneakers boast fun circle cutouts in the boldest red while offering the cushiest insole (\$88). The floral pair in her hand are made by L'Artiste. These French-inspired wedges are hand painted and have an adjustable strap for comfort (\$88). Next to her are the Cyprian, a sporty sandal made by Miz Mooz in the richest shade of ochre leather. They have the slightest wedge and an inside zip for convenience (\$178). See ad on page 32.

PHOTO BY MEG PAXTON, PAXTON PHOTOGRAPHY

Beach hair – don't care (but we really do!)

Warm winds and water are welcome this time of year, but they do take a toll on your skin and hair. Here are some simple tricks to protect your locks from drying out from the sun's rays and repeated dips in the lake.

- Wear a hat! Whether it's floppy and made of straw or your favorite ball cap, wearing a hat can protect your hair and scalp from drying out. Scarves work well, too.
- Use a leave-in conditioner. There are many products on the market that, when applied to dry or damp hair, will offer a layer of protection from harmful rays.
- Put your hair up. If your hair is longer and can be worn in a bun or ponytail, tying up your locks can help protect both your scalp and those dry ends from exposure to the elements.
- Stay hydrated. The body needs a lot of water every day, but even more when it's warm. Drinking lots of water will replenish all your cells.
- Modify your hair-washing routine. Washing hair every day can strip the scalp of its natural oils. If you can get by, try washing your hair every two or three days instead. □

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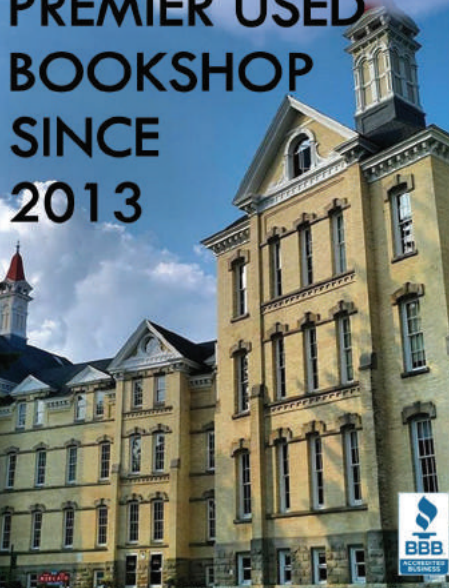
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WAITING FOR HOLLYWOOD TO MAKE A GREAT MOVIE

BY PAUL STEBLETON

Northern Michigan has had an up-and-down relationship with Hollywood. Though its authors have crafted many amazing stories, few have been adapted for the screen, and those that have, well, have mostly failed to gain either critical acclaim or financial riches. Let's look at the most well known.

First, the adaptation of Jim Harrison's most successful book, a three-novella collection entitled *Legends of the Fall*. It is a Western set in Montana that follows the lives of three brothers and their father spanning almost a century and led to work as a screenwriter on the film adaptation. The movie debuted as number one at the box office in January 1995. It was deemed a financial success and led to more screenwriting work for Harrison.

His next job was on "Wolf." The film starred Jack Nicholson and Michelle Pfeiffer and had a \$70 million-dollar budget, but Harrison left the production after artistic differences with director, Mike Nichols. Upon his departure, Harrison was quoted as saying, "He took my wolf and made it into a chihuahua." Shortly after that, he left Hollywood for good.

More recently, film mogul Jerry Bruckheimer signed on to produce a film based on *Horse Soldiers*, written by New York Times bestselling author Doug Stanton. This true story follows a group of Army special forces sent to Afghanistan after the attacks on 9/11. The cast included heavyweight Chris Hemsworth, who would go on to Marvel fame. With a budget of \$35 million, this should have been a slam dunk, but, sadly, Stanton was not involved in its transition from page to screen. Based on test audience feedback, the film was renamed "Twelve Strong" and received mixed reviews when it arrived in theaters in 2018. It grossed only \$70 million and quietly left theaters.

While we wait for Hollywood's next foray into Northern Michigan stories, it is my hope that moviemakers will listen to the voices telling those stories. An understanding and appreciation of their authenticity and passion for storytelling might then achieve the results they deserve. □

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BY JULIE FORD

PHOTOS BY JAMES YOCHUM PHOTOGRAPHY

Ryan McCoon, President

Endura Performance Homes

Ryan McCoon is president of Endura Performance Homes, a residential new home construction company founded on the belief that a home should reduce its impact on the environment through reduced energy consumption, sustainable and durable products in its construction, and exceptional indoor air quality for the occupants it serves.

As a former board member of the Habitat for Humanity – Grand Traverse Region, Ryan was involved as the project manager assisting Habitat in transitioning their construction program to a sustainable energy model for the families they serve. During his tenure, he helped to create the first affordable Net Zero energy neighborhood development in Michigan at the Depot Neighborhood in Traverse City.

Ryan and his wife Marci have three children, Tylor, Brayden and Emily. The family is involved in their children's sports and outdoor activities, including football, basketball, baseball, volleyball, golf and track.

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Water skiing, fishing, boating, swimming – the lake fun is endless for this family that revels in Michigan summers on Elk Lake in Elk Rapids. What was once lakefront property with two older cabins now boasts a sprawling, energy-efficient Contemporary home by Endura Performance Homes.

The nearly 4,000-square-foot year-round home with four bedrooms, four baths and two half-baths was specifically built for entertaining family and friends at the lake.

“When you walk in, you can see all the way through the house,” the homeowners say. “We kept the design simple so the outside and inside are blended together with lots of windows to the lake. Even if you are an inside person, you can sit in the kitchen and living room and enjoy the view.”



The exterior includes dry stack (no mortar) cut stone veneer, cement board, and natural cedar siding. Porch flooring is exposed aggregate, and the deck floor is made of a Brazilian hardwood called Ipe, an extremely dense premium hardwood. All railings are custom made and powder coated, and clear cedar was used in porch ceilings and soffits.

There's a roll-up door for easy access to beach toys opposite the chrome outdoor shower – a beach home must-have to reduce tracking in sand. The main floor is finished-in-place solid white oak, and the open floor plan includes a large kitchen with quartz countertops, two dishwashers, and Wolf and Sub-Zero appliances. There are two main-floor laundry areas, including a stackable in the master walk-in closet.

The Element4 direct-vent gas fireplace from the Netherlands is a striking showpiece between the great room and kitchen. With four flame burners plus a burner below, there are four settings for temperature control.





Another wonderful feature for the three-season porch is the Eze-Breeze vertical four-track window system. The windows are 10-mil thick vinyl on a track system – they simply pull up or down and stack, allowing for 75% airflow through each large screen. “I’ve used it in only two or three homes,” Ryan McCoon, owner of Endura Performance Homes explained. “It’s a really neat system.”

McCoon says the home feels like it should be on the water with its contemporary traditional design in earthy tones. “You just feel good when you are there.” □

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CONGRATULATIONS TO OUR CLIENT, Endura Performance Homes on their stunning project featured in this issue.

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CAN YOU RECYCLE A *House?*


BY MARK DRAGOVCH AND ANDREW GALE

Throughout Northern Michigan, vacationers are discovering what makes this area such a great place to live. The lakes, rivers, wineries, boutique shops, good schools, fresh local food – for all these reasons and more, people are relocating to Northern Michigan. With that relocation often comes the need to improve or replace existing housing stock. Quaint cottages that have dotted lakeshores, overlooked orchards, and rested along the banks of streams are being demolished to make way for more permanent residences. The area is growing – and so is the amount of construction debris.

As these vacation getaways are transformed into newer dwellings, what happens to the materials once so carefully constructed into homes? For the most part, they are simply crushed and hauled away to local landfills, where construction debris accounts for 40% of the total waste volume. Over the past two years, however, Bay Area Recycling for Communities (BARC), a nonprofit based in Traverse City and Kaleva, has been working to make a dent in that waste stream. Part of what makes Northern Michigan stand out from other parts of the country is how problems are solved by its stakeholders. Coming up with unique solutions to complex problems is what led BARC to initiate their Deconstruction/Reconstruction (DE/RE) program.

By deconstructing houses instead of demolishing them, BARC can repurpose many of the components back into affordable housing in the area. Other components are sold in their Kaleva resale store for home improvement or remodeling projects. The ideal deconstruction

allows for **large sections of roofs, walls, and floors to be saved and reassembled into new building projects**, but BARC recycles anything that is in good, usable condition such as **doors, windows, cabinets, countertops or electrical fixtures**. Many materials that are salvaged are historic or aged pieces that can add instant character to a project. Other materials like **lumber and doors** are just as functional today as they were when they were installed. By using people instead of machines to deconstruct with care, BARC also creates local jobs in rural areas.

The quick and easy way to prepare for a new build is demolition; the responsible way is deconstruction. The mission at BARC is to inspire an environmentally conscious culture in Northern Michigan and make recycling and green choices more available to the community. So, if you can recycle bottles and cans, why not a whole house? Interested in learning more? Contact BARC: mybarc.org/de-re-construction 



Family and friendships are two of the greatest facilitators of happiness.

– John C. Maxwell

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REJUVENATING THE FAMILY REUNION

BY AMANDA PEARSON

Everyone has memories of family reunions – generally a barbeque at a local park or a relative’s backyard. There may have been a giant potluck that, of course, featured your auntie’s signature pasta salad while your uncles were grilling hot dogs, brats, and burgers. Most likely, you and your cousins were engaged in an epic water balloon fight or some other family tradition. These memories are seared into our minds since the family reunion was a fixture in our lives.

In recent years, society and culture have fed us the notion that busy is best, and life became too hectic for that yearly reunion. With so much on the agenda, it became easy to shrug off the family gathering and throw out the invitation without even an RSVP to your sweet aunt. So here’s the question: how do we make family reunions relevant and engaging for every generation?

Family reunions are competing with social media and the addiction of constant connection. To make the reunion relevant and enticing, it’s time to change it up.

Why not make your reunion a destination?

If you weren’t aware, the Traverse Bay region is one of the best destinations in the state and in the country. The younger generations probably don’t want a family reunion that feels like a job interview on replay with distant relatives in the same park every year. They want an experience, and they want to make memories to share on social media. The challenge is to design a reunion that is more interesting than what may be happening on their phones.

Climbing a giant sand dune with cousins, hunting for a Petoskey stone with aunts and uncles, or sharing a meal with a view that is Instagram-worthy is what could be missing from family reunions. By taking advantage of the destination, the opportunity to create memories, share memories of reunions past, and allow relationships to form or strengthen adds a new element to the day. To rejuvenate the reunion, why not try changing what they look like and where they happen? Who knows, a new tradition might be in the making...

PETS | NATURE | FAMILY



LEARNING TO LOVE THE TERRIBLE THREES

BY AMANDA PEARSON

There are seasons of parenthood. Some seasons are expected; others, not so much. Parents expect the sleep-deprived early years and are forewarned of the tumultuous teens and the “terrible twos.” But no one warns parents that the “terrible twos” are simply a warm-up for the “terrible threes.” Three-year-olds have found their words, are learning to use a potty (sometimes not well!) and are attempting to assert their independence. Their moods are not for the weak – but they are also capable of melting your heart in the next moment. Three-year-olds are like Sour Patch Kids!

Understanding what makes your three-year-old sweet is the key to navigating this stage of life. Yes, they are fickle, and what they like today will not be the case tomorrow, but embracing their personality quirks is what makes parenting them so much fun. Structuring your day to reflect their needs so they have time to flourish is key to surviving the trying toddler years. Whether it's going for bike rides, taking a hike, creating elaborate worlds with train tracks, story time at the local library, or perhaps an art gallery in the playroom, creating a time and space to encourage each child's curiosity and interests allows for their energy to be used in a way they choose. Embracing what makes each kiddo unique will benefit every household.

Even if you support a child's unique wiring and personality, they may still end up being sour, so it's important to remember they are only three and still trying to figure out this big

world. Even parents have bad days despite our best efforts. Try to give everyone going through these phases some grace; sometimes you just have to roll with the punches – literally. Change up the scenery to change up attitudes (yours and theirs), whether that means a walk, a visit to the park, a trip to the coffee shop, or simply getting in the car for a ride. Allowing everyone to take a breath and reset is teaching better coping skills for the unavoidable hard days.

Recognizing that your little one is becoming a big kid and hasn't yet learned what to do with all these big feelings is a major change for everyone. They are looking for someone to help them make sense of the world, and starting each day from a place of grace is a wonderful way to start the next adventure with your three-year-old. □



HIGH SCHOOL SENIORS WILL ALWAYS REMEMBER

We asked local seniors what quote has inspired them or what lesson a parent or grandparent or other mentor taught them that they will remember throughout their lives. We are honored to share a few of them.

Chari, Kalkaska County

"Remember that an entire forest fire can begin with one spark. The tongue is a small part of the body; be mindful of what you say."

~ her Nana

MacKenzie, Antrim County

"History is important. Always be willing to learn from it."

~ her Father

Justin, Grand Traverse County

"People do not decide their futures, they decide their habits and habits decide their future."

~ Frederick M. Alexander, Australian Actor

Cam, Leelanau County

"Successful people have libraries. The rest have big screen TVs and video games."

~ Jim Roth, Motivational Speaker

Nick, Grand Traverse County

"Don't believe everything you hear or read. Do your own research from multiple sources, then use your common sense to decipher the truth. Always make up your own mind what you think and believe."

~ his Dad

Grace, Grand Traverse County

"Be the best version of myself by always telling the truth, working hard, taking care of myself through good nutrition and physical activity, and spending time with Jesus. Read the bible and pray every day."

~ her Parents

Erin, Benzie County

"Success is simple: do what's right, the right way, at the right time." And "It doesn't take great men to do great things, but it is doing great things that makes great men."

~ Arnold Glasow, American Author

Kari, Leelanau County

"We cannot solve problems by using the same kind of thinking we used when we created them."

~ Albert Einstein, German-born Physicist

McKayla, Antrim County

"Forgive others, not because they deserve forgiveness, but because you deserve peace."

~ her Grandma

(who was taught this from someone else)

Westin, Benzie County

"You have not lived today until you have done something for someone else who can never repay you."

~ from his Mom who loved the quote from John Bunyan, English Christian Writer from the 17th Century

Anissa, Leelanau County

"Why worry? If you've done the very best you can, worrying won't make it any better."

~ Walt Disney

CHOOSING THE BEST VETERINARIAN

BY KRISTEN RABE

Choosing a veterinarian is one of the most important decisions a pet owner can make. With nearly fifty animal clinics in the Traverse Bay area, there are many excellent options to consider. So how does one make the best choice?

Do your research

Start by asking other pet owners, including neighbors and coworkers, about their experiences with local veterinarians. Check the vets' websites, which will feature pictures and details about the staff, services, hours of operation, and philosophy of care.

Assess your needs

Animal clinics vary in size and services offered. A small practice may focus on personalized service, while larger facilities may offer innovative technologies and flexible scheduling, including weekend hours. Some emphasize specialties such as behavioral therapy, acupuncture, boarding, advanced dental care, cancer treatments, cutting-edge diagnostics, or expertise in exotic animals like parrots or reptiles. A few offer financing plans or annual service packages.

Plan a tour

Most clinics allow new customers to schedule a visit. This is the chance to meet the staff, assess the facilities, discuss fees, and get a feel for the veterinarian's style.

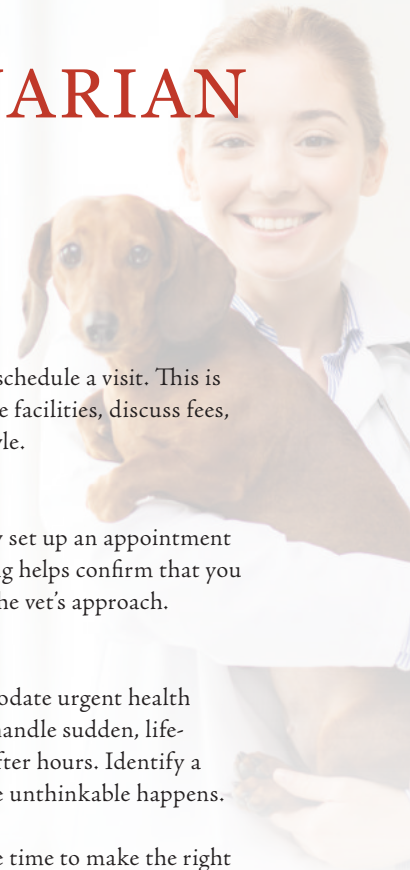
Schedule a wellness exam

Once a vet has been chosen, promptly set up an appointment while your pet is healthy. This meeting helps confirm that you (and your pet) are comfortable with the vet's approach.

Create an emergency plan

Although most offices try to accommodate urgent health issues, very few vets are equipped to handle sudden, life-threatening emergencies, especially after hours. Identify a 24-hour emergency clinic to use if the unthinkable happens.

Doing your homework and taking the time to make the right choice can help ensure a healthy (and happy) life for your furry, feathered, or finned companion. □



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BATS: MOSQUITO-EATING MACHINES?

BY BROOKS VANDERBUSH

Mosquitoes. The very worst part of spring and summer! Nothing can ruin a campfire, a hike, a day at the beach, or a relaxing afternoon on the porch like mosquitoes can. So it makes perfect sense that mosquito control is such a massive industry.

There is no shortage of chemical options that claim to control mosquitoes, and there are just as many natural options. Some work very well; some do not work at all. This fact has caused many people to seek out other options to address the mosquito issue. Bats, it has been said, are the perfect solution.

Many bat species are voracious predators of nighttime insects. Any insect moving at night is fair game. Some argue that bats have a very limited effect on mosquito populations and point to studies that show that mosquitoes do not seem to be a major part of a bat's diet. However, some of those studies were flawed, in that they were conducted during times when mosquitoes were sparse or, in some cases, not present at all.

What is without doubt is that when mosquito populations have exploded – the exact time that we humans are frantically seeking control options – all bats, even bats not usually known to eat insects, are gorging on mosquitos. A very common bat found in Northern Michigan is the little brown bat (aka Brown Myotis), which can consume up to 1,000 mosquitoes per hour. The potential for mosquito control with bats is pretty staggering!

Whether or not bats hone in on mosquitoes specifically makes no difference during the times we want mosquito control the most. What's important is that bats will feed voraciously on an insect whose numbers and swarms are massive. Helping to ensure that bats have a friendly nook or cranny around your yard in which to rest will mean that you have nightly help in your fight against mosquitoes.

Bats are a great supplement to your mosquito-control efforts, but don't rely on them to do it all. Pouring off any standing water around your property is a very effective form of mosquito control since this is where they lay their eggs by the hundreds and thousands. And yes, both natural and safe chemical measures are available as well, both as repellants and population control.

Do your research, find what you are most comfortable with, and combine all of your efforts to help to ensure a much less buggy backyard and beyond. □

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FUNCTIONAL MEDICINE

BY RACHEL WHITE

Functional medicine. An interesting concept that uses a lot of common sense. The Institute for Functional Medicine defines it as “a systems biology-based approach that focuses on identifying and addressing the root cause of disease.” Local functional medical doctor Andrea Stoecker agrees. “The most important piece is the understanding of the whole person,” she says. “We try to understand the root cause and see what’s happening at a deeper level.”

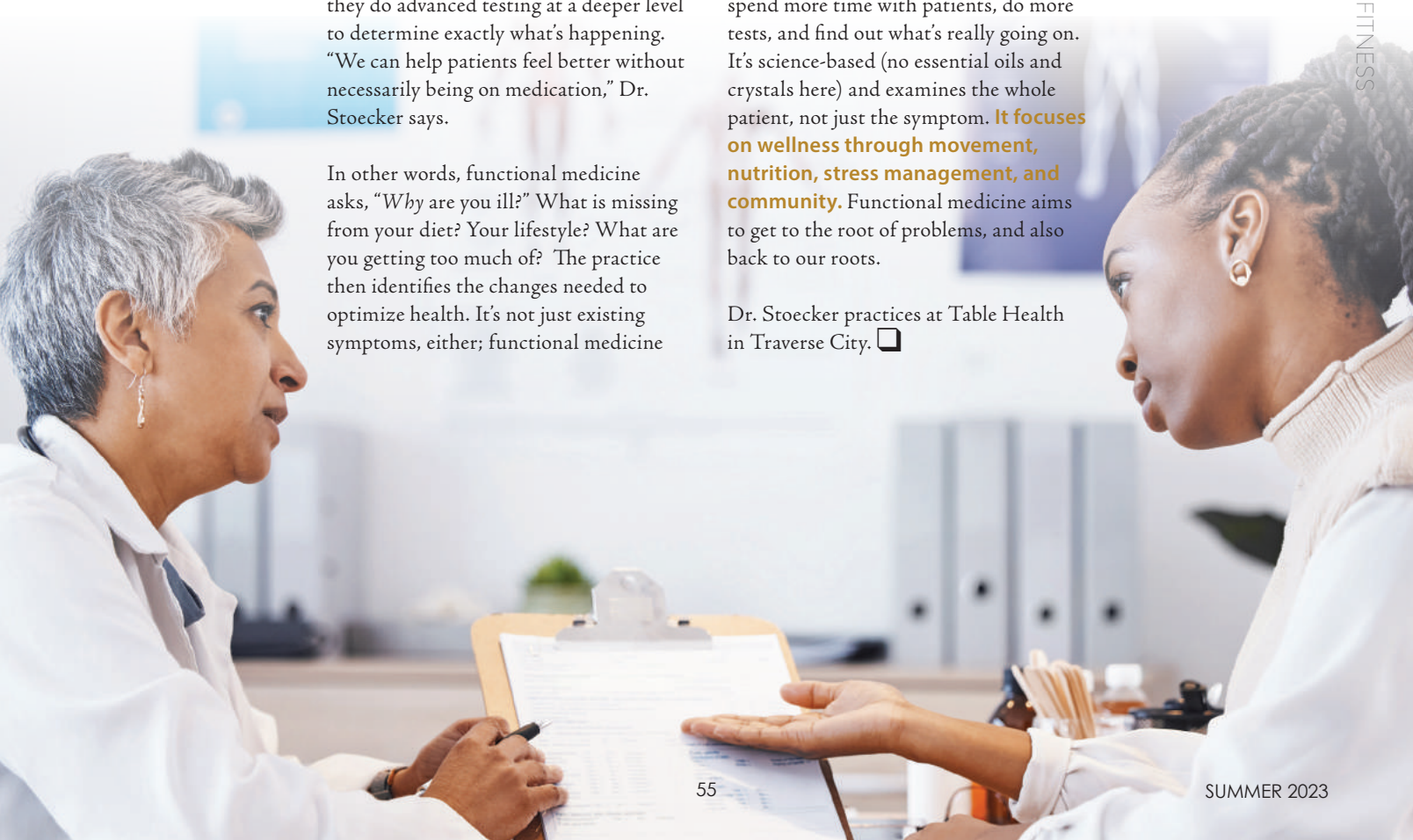
As a profession, functional medicine is fairly young. Started in 1990 by Dr. Jeffrey Bland as a way to address the growing problem of chronic disease, functional medical doctors complete regular medical school then pursue additional schooling to get certified in functional medicine. The biggest difference Dr. Stoecker sees between a “regular” doctor and a functional medicine doctor is that functional medicine doctors ask a lot more questions to obtain more information from patients. With this information, they do advanced testing at a deeper level to determine exactly what’s happening. “We can help patients feel better without necessarily being on medication,” Dr. Stoecker says.

In other words, functional medicine asks, “Why are you ill?” What is missing from your diet? Your lifestyle? What are you getting too much of? The practice then identifies the changes needed to optimize health. It’s not just existing symptoms, either; functional medicine

aims to prevent diseases and stop them before people get ill. Dr. Stoecker says her biggest success stories have been with intestinal issues. “So many people are diagnosed with Irritable Bowel Syndrome or fatigue. I can help them resolve their gut symptoms and help them heal so they don’t need to be on medicine for the rest of their lives.”

For some, functional medicine may be just what is needed to feel better. In general, it’s a more personalized approach: functional medical doctors spend more time with patients, do more tests, and find out what’s really going on. It’s science-based (no essential oils and crystals here) and examines the whole patient, not just the symptom. **It focuses on wellness through movement, nutrition, stress management, and community.** Functional medicine aims to get to the root of problems, and also back to our roots.

Dr. Stoecker practices at Table Health in Traverse City. □



IT'S TIME TO GET GOING

BY KARIN CHROSTEK

In the words of Tom Petty, “It’s time to move on, it’s time to get going, what lies ahead I have no way of knowing. But under my feet, baby, the grass is growing, it’s time to move on, it’s time to get going”.

While his song suggests movement, it doesn’t do so with intensity. Tom doesn’t shout, there isn’t a cadence or countdown, no equipment or resistance is required; it’s not a work-out, simply encouragement to be active.

Inspired? Let’s go for a walk!

You don’t need fancy equipment or a gym membership to feel the benefits of simply walking. When you do, walking will reward you with...

- **Increased muscle and joint function.** As a low-impact activity, walking engages large muscle groups without damage to your joints, which allows for prolonged periods of activity.
- **Improved heart health.** Walking gently raises both your heart and respiratory rates, improving your cardiovascular function and thereby reducing the risk of heart disease.
- **Weight loss.** Participating in aerobic exercise boosts your metabolism, stamina, and strength, leading to increased muscle tone and diminished fatty tissue.
- **Stress reduction.** The gentle nature of walking is a happy distraction from the anxiety that plagues most decision making and information processing.
- **Ecotherapy.** Exposure to the outdoors provides fresh air, new sights and sounds, and an appreciation for nature, which often yields a positive mind-body connection.
- **A daily routine.** Dedicated time to an enjoyable activity is something to look forward to in contrast to other mundane tasks. Build it in, be consistent, and enjoy it.
- **A lifetime of health and happiness.** Walking is not specific to an age group or ability level; it is an activity for any age in any location. Having been documented as improving one’s general well-being and quality of life, walking is worth the physical effort and dedicated time.

Each step will reaffirm your choice to be active and will benefit you beyond the finish line of your chosen destination. So, lace up your shoes... “It’s time to get going.” □





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Play Ball!

BY KARIN CHROSTEK

For players of all ages, the green grass in the outfield contrasted with fresh chalk lining the infield was a glorious sight this spring. After being shuttered during the cold months into garages, high school gymnasiums, and indoor training facilities, anxious players emerged excited to demonstrate the skills they've been perfecting in the off season. No matter the age or ability level, there's something for everyone.

Rookies

TAGS (Traverse Area Girls Softball) are local Little League and American Legion programs that function as a recreational introduction to the sport of baseball and softball. These are safe leagues that will allow athletes from grade school to high school an opportunity to learn the game and develop fundamental skills.

For Love of the Game

Travel teams are for select athletes who enjoy the sport enough to commit extra time, energy, and funds in pursuit of greater skill development and a higher level of competition. The summer schedule can be grueling, the days can be long and hot, but the opportunities for learning, progression, and advanced play will be rewarding. In our area, the Kalkaska Blazers, Chain O'Lakes Fanatics, Gaylord Blue Devils, Petoskey Blaze, TC Thunder, 231 Fusion, TC Waves, and others all have competitive softball programs. The "Boys of Summer" can be found playing ball for the Traverse City Blue

Stars, Northern Michigan Dogmen, Patriots, Cyclones, and the West Michigan Riptide and Royals clubs – to name a few.

Bleacher Creatures

Parents, friends, and fans can attend tournaments played throughout the summer to showcase the area's athletes. Of note is the "Summer Softball Series," which hosts five consecutive softball tournaments each weekend from June 3rd - July 9th. Petoskey hosts a Summer Softball invitational in August and a series of baseball weekends as part of its Sunset Showdown tournament. These events provide athletes with a litmus test through competition against state-wide teams. Bring your blanket, cushion, or lawn chair and root, root, root for the home team!

The Next Level

In recent years, our region has produced elite ball players capable of contributing to collegiate programs. Baseballers continue to play at the University of Louisville, Cornerstone, Wingate, Aquinas, and



Grand Rapids Community College. Softballers have been selected to represent Northwoods, Ferris State, Spring Arbor, Calvin, and Hope – proving it’s possible to play on a “Field of Dreams” with hard work and dedication.

Past Your Prime

For those chasing the glory days into adulthood, there are opportunities to keep swinging for the fences. There are senior leagues for those who are 55+, competitive means programs, and social co-ed leagues for anyone over 18. It’s never too late to experience the thrill of a base hit or the satisfaction of throwing a strike. Put me in, coach, I’m ready to play!

Fun for all

The Traverse City Pit Spitters are a dominant team in the Northwoods League. This collegiate, summer, wooden-bat baseball league assists in the development of players in pursuit of a professional career. Once a stepping stone for former Detroit Tigers Max Scherzer and Curtis Granderson, these young men are full of talent and great potential. You’ll be awed by the level of play and entertained by the staff at Turtle Creek Stadium in Traverse City. There are theme nights, beverage promotions, Moomers ice cream, in-game entertainment, spectacular sunsets, and roaring crowds; take me out to the ballgame!

Whether at a community field or a travel tournament for athletes young or old, new to the game or seasoned veterans, pull up a chair or buy a ticket. The talent in Northern Michigan is ready and waiting for the umpire’s call... Play Ball!



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COGNITION IN BEULAH

What started as a mother-daughter duo in 2017 has quickly grown into a flourishing nonprofit experience in Beulah that serves the community year-round. COGNiTION, with its focus on STEM (science, technology, engineering, math), art, and options to promote life-long learning, has become an integral member of the Benzie County community.

COGNiTION's newly renovated space was gifted in 2019, and countless hours of community support have brought the center to life. Programming options range from private parties, camps, a drop-in program for upper-elementary students, and even an inflatable planetarium to explore the night sky. Daily admission, membership fees, a small gift shop, and the generous support of the community have allowed COGNiTION to remain affordable for families. To learn more about all they have to offer, visit discovercognition.org.

FOCUS ON THE WATERSHED CENTER OF GRAND TRAVERSE BAY

Did you know that the Grand Traverse Bay watershed encompasses more than 950 square miles of land and water across Northern Michigan? This covers major portions of Antrim, Grand Traverse, Kalkaska, and Leelanau Counties. The Watershed Center of Grand Traverse Bay has one goal: to protect the waters that we know and love.

In addition to protecting the watershed, the center also works to restore and repair the many waterways that lead to Grand Traverse Bay. Most recently, it was an integral part of installing green infrastructure in Meijer's parking lot to reduce stormwater runoff entering Kids Creek.

With so much precious water to protect, the Watershed Center is never short of projects, and is continuously looking for ways to connect with the people of the region and promote water awareness. You can check out a list of past and current projects at the center's website: grbay.org





Building Game Changers

We are **Building Game Changers** at the First Tee of Northern Michigan by impacting the lives of young people in northern Michigan by providing learning facilities and educational programs that promote character development and life-enhancing values through the game of golf.

Our programs are open to ages 17 and under and conducive to all skill levels. Thanks to our generous donors and supporters, our program fees are kept extremely low and scholarships are available. At First Tee, your child will not only learn the game of golf from experts but also valuable life and social skills as well. Sign up now for one of our many programs in northern Michigan.



Congratulations to one of our Game Changers, **Olin Alonzi** who was recently awarded the prestigious Evans Scholarship and will attend Michigan State University this fall with all expenses paid. Olin's experience with First Tee was certainly a catalyst to this tremendous honor. We couldn't be more proud of this Game Changer



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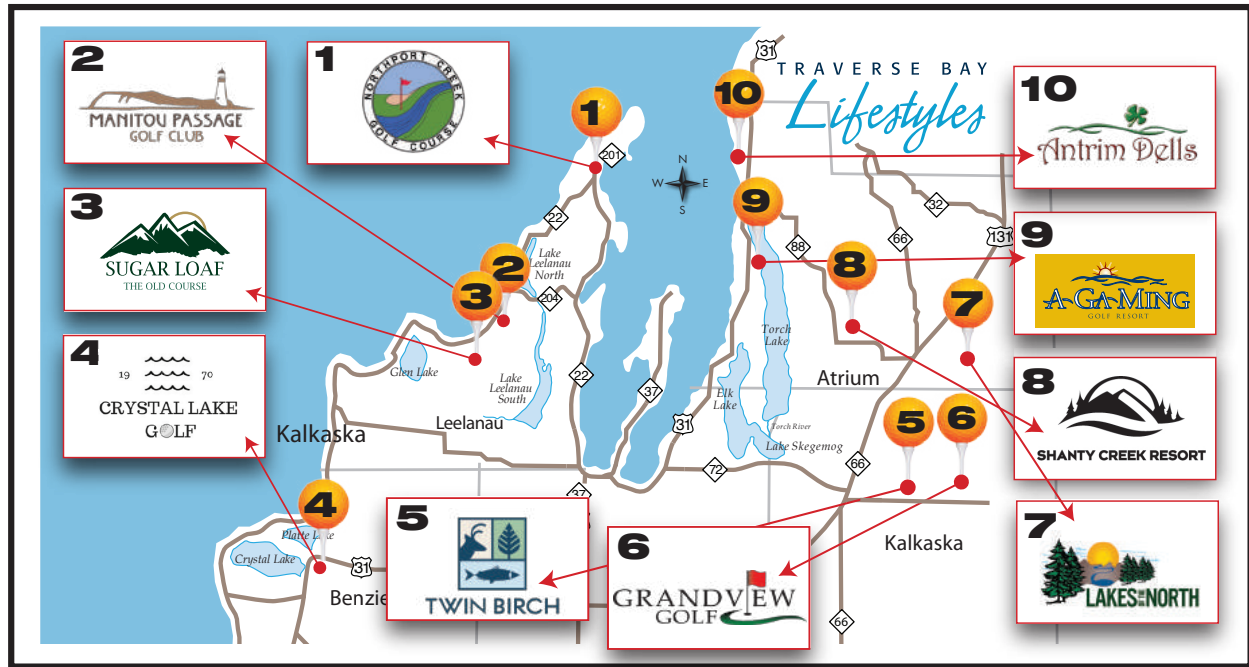
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First Tee would like to thank these wonderful northern Michigan golf facilities who go out of their way to support our programs. We highly encourage you to visit them all this year.

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| Boyne Mountain | Hawk's Eye Golf Club | The Loon |
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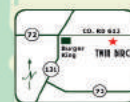
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Tequila Sunrise

Fallen Timbers

INGREDIENTS:

202 Lunasol Blanco
Grenadine
Pineapple juice
O.J.
Splash cranberry juice

DIRECTIONS:

Garnish with fruit.



Purple "Rain"

Hopscotch Brick Oven Tap Room

INGREDIENTS:

1.5 oz Butterfly pea flower tea
infused gin
¾ oz watermelon simple syrup
½ oz Cointreau
1/2 oz lemon juice

DIRECTIONS:

In a Collins glass, add pea flower tea, watermelon simple syrup and Cointreau. Fill the glass with crushed ice. Float lemon juice on the top. Garnish with edible flowers and a dehydrated lime wheel.

*This drink is unique. The pea flower tea is PH sensitive and contact with a squeeze of lemon juice at the top promotes a cascade of pink into purple! Enjoy!

TRAVERSE BAY

Lifestyles

Blueberry Smoothie

Annie Stadel, co-publisher

INGREDIENTS:

1 cup frozen blueberries
1/4 cup fresh spinach
1 medium banana
1 cup cold water

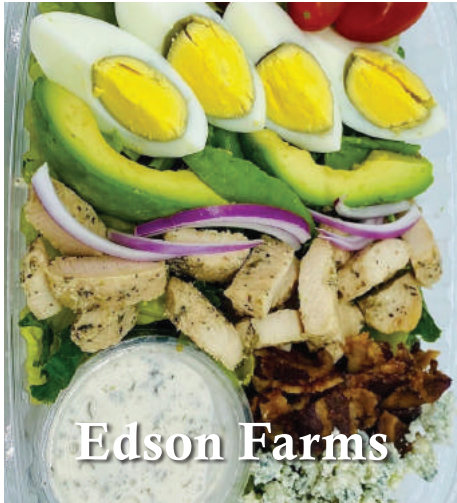
DIRECTIONS:

Add all ingredients to your blender and blend.

Dining Guide

NW, North & East Grand Traverse County

Acme, Traverse City, Williamsburg



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Hopscotch



Folgarelli's
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DINING

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\$\$\$ Aerie Restaurant & Lounge
100 GT Village Blvd, Acme
231-534-6800

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231-941-8888

\$\$\$ Apache Trout Grill on West Bay - Dock
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231-947-7079

\$\$ Archie's Social House
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231-421-1900

\$\$\$-\$\$\$\$ Artisan
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231-947-3700

\$ B C Pizza
3186 Laframier Rd, TC
231-995-9900

\$ Bad Dog Deli
14091 Center Rd, TC
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Bahia
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231-929-9866

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3828 N US Hwy 31 S, TC
231-941-7430

\$\$ Blue Tractor Cook Shop
423 S Union St, TC
231-922-9515

\$\$\$ Boathouse on West Bay
14039 Peninsula Dr, TC
231-223-4030

\$ Bob Evans
1964 N US Hwy 31 N, TC
231-938-1005

\$ Bookbroker & Kramer's Café
3200 S Airport Rd, TC
231-943-1707

\$\$\$ Boone's Long Lake Inn
7208 Secor Rd, TC
231-946-3991

\$\$\$ Bourbons' 72
7741- M-72 E, Williamsburg
800-922-2946

\$ Brady's Bar
401 S Union St, TC
231-946-8153

Brooklyn's Pepperoni Rolls
2036 South Airport Rd W, TC
231-642-5001

\$ Bubba's
428 E Front St, TC
231-995-0570

\$ Bubbie's Bagels
1215 E Front St, TC
231-252-3587

\$\$ Buffalo Wild Wings
3480 S Airport Rd W, TC
231-421-2417

Bull & Bear Kitchen
439 E Eighth St, TC

\$\$\$ The Burrow
12930 S West Bay Shore Dr, TC
231-943-1048

Some establishments may be seasonal or have limited hours. Please call ahead.

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231-252-3079

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231-256-2222

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231-642-8337

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231-933-3972

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BY ANNIE STADEL

Did you know that Michigan blueberry growers produce over 100 million pounds of blueberries each year and there are 21,000 acres of blueberries on about 600 farms in the Great Lakes state? Although Maine produces 99% of all wild blueberries in the country, ten other states – Michigan, Minnesota, Washington, Oregon, California, Texas, Georgia, Florida, North Carolina, New Jersey – produce 98% of our cultivated berries.

Finding blueberries at farmer's markets and in stores is certainly convenient, but picking your own is even better. Finding a field and spending the afternoon picking is truly fun for all ages; even younger children can participate by picking from lower branches and filling their little plastic buckets! This July through September, wherever you happen to be in Michigan, the website: michiganfarmfun.com/findyourfun.asp can direct you to U-pick locations.

There are a lot of benefits packed into these little berries. Did you know that blueberries:

- Are a great source of antioxidants, fiber, phytochemicals, Vitamin C and Vitamin K
- Are rich in manganese and potassium to help support the immune system
- Support heart health, skin health, bone strength, blood pressure, diabetes management, cancer prevention, eye health and mental health
- Can alleviate gastrointestinal issues and UTIs.
- Are rich in anthocyanins that reduce inflammation and protect the liver
- Help with magnesium absorption and melatonin regulation to help with sleep
- Are low in sodium and fat – only 80 calories per one cup serving

The health benefits extend even to our canine friends. Depending on the size of your dog, you may offer 6-10 blueberries as a healthy treat for your pooch and they, too, can reap the nutritional benefits from this sweet fruit. But be careful – giving your dog too many may cause diarrhea!

There is no downside to eating blueberries every day. Try them in smoothies, salads, yogurt, and a bowl of cereal or oatmeal. Make them into ice cream or freeze them into ice cubes and toss them in your favorite beverage, or simply spoon them from a bowl, with or without cream/milk. You get the most benefit from uncooked organic blueberries, but blueberry pancakes, pies, and muffins are delicious if you are looking for some variety. However, please note that because antioxidants can be harmed by heat, baking causes them to lose some of their nutritional value.

We have all heard that an apple a day keeps the doctor away, but eating a cup of blueberries a day, every day, is even better. Grab a bucket, find a field, enjoy the fresh air and fill up on this amazing superfood!

\$ JIMMY JOHN'S

1217 E Front St, TC
231-929-2999

1294 W South Airport, TC
231-935-9355

All natural. The way it should be.
www.jimmyjohns.com

\$\$ Jolly Pumkin
13512 Peninsula Dr, TC
231-223-4333

\$ J & S Hamburg
302 W Front St, TC
231-947-5500

1083 S Airport Rd, TC
231-941-8844

\$ Kilkenny's Irish Pub
400 W Front St, TC
231-932-9888

\$\$ The Kitchen
1249 Woodmere Ave, TC
231-947-8646

\$\$ LaSenorita
2455 N US 31, TC
231-946-4545

\$ Lil Bo
540 W Front St, TC
231-421-3100

\$ Little Fleet
448 E Front St, TC
231-943-1116

\$\$ Lobdell's - Teaching Restaurant
715 E Front St, TC
231-995-3120

Loco Boys Brewing Company
901 W Front St, TC
231-252-2378

\$\$ Mahoney's Spirts & Edibles
542 W Front St, TC
231-947-6779

\$ Mama Lu's
149 E Front St, TC
231-943-2793

\$ Mana Café
800 Cottage View Dr, TC
231-941-6648

\$ Mancino's Pizza & Grinders
13160 S W Bayshore Dr, TC
231-941-5001

110 Munson, TC
231-929-4415

\$\$ Mackinaw Brewing Co.
161 E Front St, TC
231-933-1100

Marco's Pizza
916 US-31, TC
231-600-7800

\$\$ McGee's 72 Irish Restaurant
& Pub
4341 M72 East, Acme
231-421-8800

Merlyn's Patisserie
1610 Barlow St, TC

\$\$\$ Minerva's Restaurant & Bar
300 E State St, TC
231-946-5093

\$ Ming's Garden
531 W 14th St, TC
231-932-0488

\$\$ Mission Table
13512 Peninsula Dr, TC
231-223-4222

\$\$ Mode's Bum Steer
125 E State St, TC
231-947-9832

\$\$\$ Modern Bird
541 W Front St, TC
231-421-5046

\$ Morsels
321 E Front St, TC
231-421-1353

\$\$ Mulligan's Pub & Grill
2430 W Crown Dr, TC
231-932-2166

\$\$ North Bar
160 E Front St, TC
231-421-1016

\$\$ North Peak Brewing Co.
400 W Front St, TC
231-941-PEAK

Oakwood Proper Burgers
1108 E Eighth St, TC
231-253-1513

\$\$ Old Mission Tavern
17015 Center Rd, TC
231-223-7280

\$\$ Olive Garden
2800 N US 31 S, TC
231-941-1859

\$ Omelette Shoppe & Bakery
124 S Cass St, TC
231-946-0932
216 Munson Ave, TC
231-946-6493

\$\$-\$\$\$ Oryana Community Co-op & Café
260 E Tenth St, TC
231-947-0191

\$ Osorio Tacos & Salsas
6037 US 31 N, Williamsburg
231-938-9144

\$\$ Outback Steakhouse
3501 Market Place Circle, TC
231-935-4329

\$ Paesano's Pizza
447 E Front St, TC
231-941-5740

\$\$ Panda North
2038 S Airport Rd W, TC
231-929-9722

\$ Pangea's Pizza Pub
135 E Front St, TC
231-946-9800

\$ Park Street Café
113 N Park St, TC
231-421-1747

\$\$ ParkShore Lounge
1401 US 31 N, TC
231-947-3800

\$ Peegeo's
525 High Lake Rd, TC
231-735-8611

\$\$ Peninsula Grill
14091 Center Rd, TC
231-223-7200

\$\$ PepeNero
800 Cottage View Dr, TC
231-929-1960

\$\$-\$\$\$ Playa Bowls
222 E State St, Traverse City
231-642-5014

\$\$\$ Poppycocks
128 E Front St, TC
231-941-7632

\$ Raduno
545 E Eighth St, TC
231-421-1218

\$ Randy's Diner
1120 Carver St, TC
231-946-0789

\$\$ Rare Bird Brewery & Taproom
229 Lake Ave, TC
231-944-1733

\$\$\$ Red Ginger
237 E Front St, TC
231-933-8741

\$\$ Red Mesa Grill
1544 N US 31 N, TC
231-421-5711

\$\$ RED SPIRE BRUNCH HOUSE
800 Cottage View Drive, TC
231-252-4648

Red Spire Brunch House offers classic food prepared with elegant simplicity. Choose from classic egg dishes, unique and traditional Benedicts, fresh salads, baked goods, and delicious sandwiches. If you are looking for breakfast, lunch, or brunch, we have you covered all day! redspirebrunchhouse.com

\$\$ Reflect Bistro
255 Munson Ave, TC
231-778-9000

\$ Rolling Farms Café
4000 Eastern Skyway Dr, TC
231-941-4124

Rough Pony
144 Hall St, TC

\$ Round's Restaurant
1033 E Eighth St, TC
231-941-4124

\$\$ S 2 S Sugar 2 Salt
1371 Gray Dr, TC
231-492-4616

\$ Sassy Sandwich
400 Eastern Skyway Dr, TC
231-929-1971

\$\$-\$\$ Scalawags Whitefish & Chips
303 E State St, TC
231-933-8700

\$\$ Seasons Buffet - Turtle Creek
7741 M-72 E, Williamsburg (Acme)
800-922-2946

\$\$ Silver Swan
13692 S W Bay Shore Dr, TC
231-932-0203

\$\$ Slabtown Burger
826 W Front St, TC
231-947-9213

\$\$ Sleder's Tavern
717 Randolph St, TC
231-922-5935

\$\$-\$\$\$ Smoke & Porter
1752 US -31, TC
231-409-1587

\$ Spanglish
1333 Yellow Dr, TC
231-943-1453

\$\$ Sparks BBQ
201 E Front St, TC
231-633-7800

FOLGARELLI'S

Edible Works of Art

424 W. Front St. Traverse City MI
 Phone: (231) 941-7651 @folgarellis

- \$ Sparky's Diner & Taqueria TC Latino
1462 W South Airport Rd, TC
231-933-8005
- \$\$\$ Sorellina
250 E Front St, TC
231-947-8899
- \$\$-\$\$ T-Bar Restaurant & Lounge
Mt. Holiday, 3100 Holiday Rd, TC
231-938-2500
- \$\$ TapRoot Cider House
300 E Front St, TC
231-943-2500
- \$\$-\$\$ Taste of India
3200 W South Airport Rd, TC
929-346-2200
- Tasting Room, The
155 Garland St, TC
231-555-0525
- \$\$-\$\$ TC BBQ Warehouse
Kitchen + Cork
263 Grandview Pkwy, TC
- \$\$ TC BBQ
329 E State St, TC
231-943-1606
- \$ TC Mexican & TC Italian
1752 S Garfield, TC
231-631-8189
- TC Vietnamese Pho-Boba
718 Munson Ave, TC
- \$ Thai Café
Campus Plaza, TC
231-938-2983
- \$ Thai Kitchens
1133 S Airport, TC
231-642-5404
- \$ That'sa Pizza
5430 US 31 N, Acme
231-922-8550
- 1110 E Hammond Rd, TC
231-947-1888
- 3860 N Long Lake Rd, TC
231-932-2233
- \$\$ The Good Bowl
328 E Front St, TC
231-252-2662
- \$\$ The Parlor Cocktail Lounge
205 Lake Ave, TC
248-821-6926
- \$\$ Thirsty Fish Sports Grille
221 E State St, TC
231-421-1165
- \$ Tiki Pineapple
1218 S Garfield Ave, TC
231-421-3868
- 5750 US 31 N, Acme
- \$\$ Towne Plaza
203 Cass St, TC
231-929-0900
- \$\$\$ Trattoria Stella
1200 W 11th St, TC
231-929-8989
- \$\$ Tropical Smoothie Café
718 Munson Ave, TC
231-938-6050
- 3664 N US 31 S, TC
231-352-0335
- \$\$ Turtle Creek Casino
7741 M 72 E, Williamsburg
231-922-7795
- Two Sons Pizza
346 E Front S, TC
- \$ U & I Lounge
214 E Front St, TC
231-941-5038
- \$\$-\$\$\$ West End Tavern
12719 SW Bay Shore Dr, TC
231-943-2922
- \$ West Side Beverage
912 W Front St, TC
231-947-9312
- \$ Willie's Rear
1315 S Airport Rd W, TC
231-929-9474
- Yihi Japan
3200 W South Airport Rd, TC
- \$ Zest Plant-Based Kitchen
439 E Front St, TC
231-421-3141

BAKERIES, DESSERTS & SWEETS

\$ MILK AND HONEY CAFÉ AND ICE CREAMERY
 240 E Front St, TC
 231-944-1036
Enjoy local, natural, organic and GMO free ingredients. They love to make really good quality delicious food by hand. All of their ice cream is made in-house with no corn syrup. Open 11AM-9PM Mon – Sat. milkandhoneytc.com

The whole family can go blueberry picking this mid-July to mid-August!
 Picking is also a great date day activity, too!

OLD MISSION PENINSULA
 Buchan's Blueberry Hill
 1472 Nelson, Traverse City
 231-223-4846

LEELANAU COUNTY
 Skeba Farms
 7330 S Lakeshore Dr, Cedar
 231-645-6657

BENZIE COUNTY
 Baatz Blueberry Farm
 3900 Blueberry Lane, Honor
 231-325-3046

Gray's Fruit Farm
 4319 Rice Rd, Benzonía
 231-882-9825

ANTRIM COUNTY
 Farmer Whites
 11373 US Hwy 31 South, Williamsburg
 231-632-1500

BLUEBERRY FOREST FARM
 3436 Tobia Rd, Elmira
 231-584-3443

SPECIALTY MARKETS, COUNTERS & DELIS

FOLGARELLI'S MARKET & WINE SHOP

24 W Front St, TC
231-941-7651

Deli and Specialty Market offering meats and chosen cheeses from around the world. Plus, sandwiches and hand-picked wines. M-F 9:30AM-6:30PM; Sat 9:30AM-5:30PM. folgarellis.net

CIDERIES

LEFT FOOT CHARLEY

806 Red Dr, TC
231-995-0500

In lieu of the single estate model, LFC uses a collection of grape and apple growers found throughout Northern Michigan and dedicated to growing fruit for their wine and cider. Located in an urban setting at The Village of GT Commons. www.leftfootcharley.com

TEA & COFFEE

CUPPA JOE DRIVE THRU

1060 E Front St, TC
231-947-4590

On the corner of Front and Garfield. They feature a full coffee bar, loose leaf tea, smoothies, scones & other baked goods.

CUPPA JOE WESTSIDE

1200 W Eleventh St, TC
231-947-7730

Located in historic Building 50. They feature a full coffee bar, breakfast, lunch, loose leaf tea, smoothies, scones and other baked goods.

CUPPA JOE EASTSIDE

1990 US 31, Ste F, TC
231-252-3247

Corner of US 31 and Four Mile Rd – They feature a full coffee bar, loose leaf tea, scones & other baked goods.

WINERIES

LEFT FOOT CHARLEY BARREL ROOM

1400 Yellow Dr, TC
231-995-0500

In addition to their tasting room, the Barrel Room offers one-of-a-kind enhanced wine tasting experiences and they are available for special events. Let their passionate, knowledgeable staff help you unwind among barrels in this historic TC State Hospital root cellar. www.leftfootcharley.com

SPECIALTY-WELLNESS

EDSON FARMS NATURAL FOODS

835 S Garfield Ave, TC
231-941-5221

Specializing in wellness and meeting your dietary needs. You'll find healthy supplements, collagen, CBD, essential oils, elderberry syrup, bone broth and skin products, too. Full market; lunch and smoothie counter. Grab and go, or indoor and outdoor seating. edsonfarms.com



Summer FARMERS MARKETS

JUNE-JULY-AUGUST-SEPTEMBER

Alden. 9015 Helena Rd. Sat. 8:30AM-1PM

Bellaire. 102 Maple Street. Fri. 8AM-12PM

Central Lake. Downtown Pavilion. Tues. 5-8PM

Elberta. Centre Street. Thurs. 8AM-12PM

Elk Rapids. 305 US-31. Fri. 8AM-12PM

Ellsworth. Across from High School on C48 and Main St.
9:30AM-12:30PM

Empire. 10234 Front St. Sat. 9AM-1PM

Fife Lake. 105 E. State St. Sun. 9AM-1PM

Frankfort. Open Space Park 832 Main St. Sat. 9AM-1PM

Glen Arbor. 6394 Western Ave. Tues. 9AM-1PM

Honor. 10579 Main St. Tues. & Thurs. 9AM-3:30PM

Interlochen. 2112 M-137. Sun. 9AM-2PM

Kalkaska. Railroad Square 353 S. Cedar St. Tues. 2PM-6PM

Kingsley. Brownson Memorial Park. Wed. 2PM-7PM

Lake Leelanau. 112 W. Philip St. Sun. 9AM-1PM

Leland. Intersection of River St. & N. 1st St. Thur. 9AM-1PM

Mancelona. Railroad Park Community Pavilion.
Thur. 2PM-6PM

Northport. 105 S. Bay St. Fri. 9AM-1PM

Suttons Bay. Intersection of M-204 & M-22 (between
Concord St. and Race St.) Sat. 9AM-1PM

Sara Hardy Downtown Traverse City. US-31 & Cass St.
Wed. 8AM-12PM & Sat. 7:30AM-12PM

The Village at Grand Traverse Commons.
830 Cottageview Dr. Traverse City. Sat. 10AM-2PM

SW-S Grand Traverse County

Buckley, Fife Lake, Grawn, Interlochen, Kingsley, Mayfield

DINING

\$ A. Papano's Pizza
9672 US Hwy 31, Interlochen
231-275-9300

Bergstrom's Burgers
905 US-31, Chum's Corner
231-252-4048

\$ Bones BBQ
6950 Jackson Pine Dr, Kingsley
231-218-9364

\$\$ Bradley's Pub and Grille
10586 US 31, Interlochen
231-275-7311

\$ BUD'S

3061 M137, Interlochen
231-276-9090

Enjoy our cozy atmosphere and fireplace. We offer breakfast and lunch foods, gifts, organic coffee, espresso, tea, ice cream, homemade baked goods, donuts made daily, and more. Open every day. Hours vary.

\$\$ Cast Iron Kitchen
273 US 31 S, TC (Chum's Corner)
231-642-7776

413 Main St, Kingsley
231-824-4244

\$ Crusted Creations
4025 Chums Village Dr, TC
231-943-3113

\$ Dilbert's
11303 US Hwy 31, Interlochen
231-275-3005

\$\$ Fife Lake Inn
203 E State St, Fife Lake
231-879-4441

\$\$ Hofbrau Bar & Grill
2784 M 37, Interlochen
231-276-6979

\$\$ Hofbrau
211 E Main St, Kingsley
231-263-8120

\$ Karlin Inn
7484 Karlin Rd, Interlochen
231-263-7995

Kingsley Local Brewing Co.
121 S Brownson St, Kingsley

\$ Loon's Nest, The
115 E State St, Fife Lake

\$ Mancino's Pizza & Grinders
841 US 31 S, TC
231-943-4844

\$ Mayfield Country Store
4044 S Garfield Rd, Mayfield
231-263-1000

\$ Oaky's Tavern & Restaurant
9205 US 31, Grawn
231-276-6244

\$ A. Papano's Pizza
120 S Brownson Ave, Kingsley
231-633-1400

\$ Papa John's Pizza
2377 M-113, Kingsley
231-421-7222

\$ Rico's Café & Pizzeria
5790 US 31 S, Grawn
231-276-2233

\$\$ Samsara
4025 Chums Village Dr, Ste D, TC
231-486-6155

\$ Upper Bar & Grill
108 E State St, Fife Lake
231-879-4423

Kalkaska County

Kalkaska, South Boardman

DINING

\$ B C Pizza
604 N Cedar, Kalkaska

\$ Big Boy Restaurant
660 S Cedar St, Kalkaska
231-258-8651

\$ G's Pizzeria & Deli
502 N Cedar St, Kalkaska
231-258-5556

\$ Indo-China Garden
537 S Cedar, Kalkaska
231-258-6000

\$\$ Moose & Stella's Cafe
203 S Cedar St, Kalkaska
231-258-9778

\$ Nico's Pizza & Grinders
606 N Cedar St, Kalkaska
231-258-4045

\$ Ole Soul Bar and Grill
4556 County Rd 571 NE, Kalkaska
231-384-6334

\$ Shirley's In the Woods
10945 M 72 SE, Kalkaska

\$\$ Trout Town Tavern & Eatery
306 Elm St, Kalkaska
231-258-2701

Twin Birch Clubhouse Restaurant
1030 County Rd 612, Kalkaska
231-258-9691

\$ Up North Eatery
US 131, Kalkaska
231-258-2074

Yankee Boy
5026 US 131, South Boardman
231-369-2821



West Antrim County

Atwood, Eastport, Elk Rapids, Ellsworth (West of US 31), Kewadin, Rapid City (West of the Torch River Bridge)

DINING

\$ A-Ga-Ming Golf Resort
627 A-Ga-Ming Dr, Elk Rapids
877-492-3260

Ames Street Café
145 Ames St, Elk Rapids
231-498-2190

\$ Chang Express
114 River St, Elk Rapids
231-264-9140

\$ Chef Chuck's
147 River St, Elk Rapids
231-264-8901

Dam Shop, The
118 Bridge St, Elk Rapids
231-498-5855

\$\$ FOUNDRY CRAFT GRILLERY

151 River St, Elk Rapids
231-352-3601
A rebellious hideout dishing out DAMMM GOOD handcrafted eats and daring cocktails, fueling the fire with locally sourced ingredients for a fiercely unforgettable dining experience.

Johnny's Torch Riviera
12590 SW Torch Lake Dr
Rapid City
231-322-4100

\$ Kolu's \$5 Meal Deal
133 Ames St, Elk Rapids
231-313-9094

Myrtle & Maude's
10937 Elk Lake Rd, Elk Rapids
231-313-1051

\$ Oasis Red Bull Tavern
7204 Carin Hwy, Kewadin
231-264-5821

\$ Pine Hill Garden Café
886 US 31 N, Kewadin
231-599-2824

\$\$ Pearl's New Orleans Kitchen 6
17 Ames St, Elk Rapids
231-264-0530

\$\$ RIVERWALK GRILL AND TAPROOM

106 Ames St, Elk Rapids
231-264-0377
Now under new ownership! Waterfront restaurant on the shores of Elk Lake specializing in fresh seafood including raw bar. Extensive wine list, draft beer selection, and craft cocktails. Open 7 days. www.riverwalkelkrapids.com

\$\$ Torch Lake Café
4900 US 31 North, Eastport
231-599-1111

\$ Town Club
133 River St, Elk Rapids
231-264-9913

FARM MARKETS

FRISKE FARM MARKET
10743 US 31 N, Atwood
231-599-2604

Friske Farm Market is where family traditions are made! New for 2023, you'll find a brand new market featuring a fruit stand, cafe, from-scratch bakery, indoor/outdoor playgrounds, and shopping- all with easy access parking! Open Mon-Sat. www.friske.com

ROYAL FARM MARKET

10445 N US 31, Ellsworth
231-599-3222

Opening for the season May 1 when flowers are brimming in their greenhouse, Royal Farms features a wine and hard cider tasting room, homemade bakery with pies, pastries, and traditional and unique pasties. Shipping for their cherry products and pies is available year round!

RoyalFarmsInc.com. Find us on Facebook and Instagram at Royal Farms, Inc.

CIDERIES

TOWNLINER CIDERWORKS

11595 US 31 S, Williamsburg
231-883-5330

Fresh from the family tree: Cider and Wine! Indoor seating, Cidergarden, outdoor open air seating. 9 varieties on tap and 12 varieties in cans. Some flavors are seasonal. Stop in and see them; they're cider people! townlineciderworks.com

SPECIALTY MARKETS, COUNTERS & DELIS

\$ RIVER STREET MARKET

127 River St, Elk Rapids
231-264-9266

Sandwiches crafted on house made bread baked daily, pizza, soups and salad. Wide variety of spirits, domestic & local wines and beer, beverages and snacks.



Foundry Craft Grillery



East Antrim County

Alden, Bellaire, Central Lake, Ellsworth (East of US 31), Rapid City (East of the Torch River Bridge)

DINING

\$-\$\$ Antrim Dells and Sunset Bar & Grill
12352 Antrim Dr, Ellsworth
231-599-2679

\$ B & J Spirits & Deli
7957 W Old State Rd, Central Lake
231-544-9860

\$ Bellaire Bar & Restaurant
217 N Bridge St, Bellaire
231-533-6536

\$ Bellaire Lanes and Games
4800 S M88 Hwy, Bellaire
231-350-7373

\$\$ Centennial Golf Club
3388 W Eddy School Rd, Bellaire
231-533-6886

Corner Bistro
102 N Bridge St, Bellaire
231-409-7088

\$ Dockside Torch Lake
6340 Old Torch Lake Dr, Bellaire
231-377-7777

FRONT PORCH MINISTRIES

9235 Main St, Ellsworth
231-588-2000
This "pay as you can" restaurant is a non-profit 501(c)(3). "Nourishing Community" has been their commitment since their doors opened in 2008. They are grateful for the generosity of those who enter their doors, their staff and volunteers.

*Open for breakfast and lunch T-F 7AM-2PM,
Sat 7AM-Noon.*

\$ Iron Skillet
524 S Williams St, Mancelona
231-587-9778

\$\$ Ivan's
Ski only Mountainside Rd
1826 Schuss Mtn Lane, Bellaire

\$\$\$ Lakeview
5780 Shanty Creek Rd, Bellaire
855-901-0002

\$ Lunch Box
106 E Cayuga, Bellaire
231-533-6678

\$\$ Pelican's Inn
2535 N Main St, Central Lake
231-544-2583

\$ Pelican's Nest at The Chief Golf Course
5085 Shanty Creek Rd, Bellaire
231-533-9000

\$\$ River Bistro
2400 Troon Dr S, Bellaire
231-533-3000

\$\$\$ Rowe Inn
6303 E Jordan Rd, Ellsworth
231-588-7351

\$ Ruthie's Chicken & Dairy Twist
201 N Bridge St, Bellaire
231-533-8538

\$\$ Sarducci's Creekside Italian
5820 Shanty Creek Rd, Bellaire
231-533-7080

\$\$ Shanty Bar & Grille
5820 Shanty Creek Rd, Bellaire
231-533-7080

\$ Shirley's Café
528 S Williams St, Mancelona
231-587-1210

\$ Shorts Brewing Company
121 N Bridge St, Bellaire
231-498-2300

\$\$-\$\$\$\$ Terrain Restaurant
213 N Bridge St, Bellaire
231-350-7301

\$\$ Toonies Fish & Steakhouse
216 N Bridge St, Bellaire
231-533-8513

\$\$-\$\$ Torch Lake Pizza
11921 SE Torch Lake Dr, Alden
231-331-6262

\$ Touch of Class
2379 S Main St, Central Lake
231-544-2400

SPECIALTY MARKETS, COUNTERS & DELIS

ALDEN'S MILL HOUSE

10489 S East Torch Lake Dr, Alden
231-331-4711

Home of Chef Geno's all-purpose seasoning Miracle Blend and many famous custom blended seasonings and a wide variety of top quality spices. Huge variety of kitchen gadgets, too.

TEA & COFFEE

M88 MORNING GRIND

614 E Cayuga St, Bellaire
231-350-7011

Coffee shop and cafe with a friendly and comfortable atmosphere. Offering specialty coffee drinks, breakfast, pastries, and more. Eat in or grab and go.

SPECIALTY COCKTAILS

FIRESIDE LOUNGE

122 N Bridge St, Bellaire
231-350-7138

Wine and Cocktails Lounge with over 100 wines from around the world; local favorites and craft cocktails, too. We'll be moving soon; look for us on Facebook.

HAPPY HOUR: Mon-Fri 4-6PM includes menu for Wine, Cocktails, Appetizers.

*If you have a kitchen,
get in here!*
Alden's Mill House
The Home of Pepper Mill Spices



Kitchen & Pantry Accessories
Decor, Gifts & Gift Baskets
Famous custom blended seasonings of the highest quality pepper and spices.



The House of Good Taste!

Downtown Alden • Open 7 days, 10am-5pm May thru Dec
(231) 331-4711 • (800) 226-5481
Visit us all year long at www.aldenmillhouse.com



East Leelanau Peninsula

Lake Leelanau, Northport, Omena, Suttons Bay

DINING

\$\$ Around The Corner Food & Fun
115 Waukazoo St, Northport
231-386-1013

\$ 45th Parallel Café
102 S Broadway, Suttons Bay
231-271-2233

9 Beans Rows
9000 E Duck Lake Rd, Suttons Bay
231-271-6658

Bistro Polaris
10844 Revold Rd, Suttons Bay
231-944-1297

\$\$ Boone's Prime Time Pub
102 N St Joseph St, Suttons Bay
231-271-6688

\$ Capital Dog
106 St Mary's St, Lake Leelanau
231-994-2290

\$\$ Corky's Beach Bistro
1338 N Pebble Beach, Suttons Bay
231-271-2675

\$ Dick's Pour House
103 W Phillip St, Lake Leelanau
231-256-9912

\$\$ Double Eagle Restaurant
2511 N W Bayshore Dr
Suttons Bay
231-271-7066

\$ Drive Thru Barbeque
108 Waukazoo, Northport
231-386-5511

Fiddleheads
202 W Main, Lake Leelanau
231-994-2121

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\$ Hang-On Express
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231-271-0202

\$ Hearth & Vine Café
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231-944-1297

\$\$ Knot Just A Bar
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231-386-7393

\$ Lylah's
99 4th St, Ste B, Suttons Bay
231-866 4081

\$\$\$ Martha's Leelanau Table
413 N St Joseph St, Suttons Bay
231-271-2344

Mundo's Eat House
206 N St Joseph St, Suttons Bay
231-590-1781

New Bohemian Café
110 Waukazoo St, Northport
231-386-1034

Nittolo's Pizza
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231-994-2400

Nittolo's Seafood and Social
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231-994-2400

\$\$ North Country Grill & Pub
420 N St Joseph St, Suttons Bay
231-271-5000

\$\$ North End Pizzeria
112 W Nagonaba St, Northport
231-386-7536

-\$\$\$ Northport Pub & Grille
116 S Waukazoo St, Northport
231-386-1601

FROM SUTTONS BAY TRADING COMPANY

Barbecue Rib Recipe

1. Use one of our most popular rubs on both sides of the ribs (**Grandpa's BBQ Rub** or **Daddy Done Good**). Cover and refrigerate overnight.
2. Preheat oven to 250 degrees. Put one cup chicken broth and 2 Tablespoons apple cider vinegar in a roasting pan and add the ribs. Cover with foil and bake for 2 hours.
3. Remove the ribs and place them on a platter. Pour the liquid into a saucepan and bring it to a boil. Lower the heat to simmer and cook until it is reduced by half, then add 1 cup of our **Chicago Sweet BBQ sauce**.
4. Preheat the outdoor grill to medium heat. Put the ribs on the grill and cook about 5 minutes on each side until browned and slightly charred.
5. Cut the ribs between the bones and toss them in a large bowl with the sauce. Serve hot and enjoy!



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231-271-4176

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231-271-1007

Streetside Grille
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231-386-5511

\$ The Tribune Ice Cream & Eatery
110 E Nagonaba, Northport
231-386-1055

\$ Thunderbird Café
112 E Phillip St, Lake Leelanau
231-994-2032

\$ Vines & Wines Café
5046 S West Bayshore Dr
Suttons Bay
231-271-2221

\$\$ VI Grille
201 N St Joseph St, Suttons Bay
231-271-3300

\$\$\$ Wren
303 N St Joseph St, Suttons Bay
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Cedar, Empire, Glen Arbor, Glen Lake, Leland, Maple City

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\$\$\$ Blu
5705 S Lake St, Glen Arbor
231-334-2530

\$\$ Blue Bird Restaurant & Tavern
102 River St, Leland
231-256-9081

\$\$ Bogey's 19th Hole
565 E Pearl St, Leland
231-256-7504

\$\$ Boone Docks
5858 Manitou View, Glen Arbor
231-334-6444

\$\$-\$\$\$ Broomstack Kitchen & Taphouse
172 W Burdickville Rd, Maple City
231-228-8869

\$\$-\$\$ Café Manitou
1 Woodridge Rd, Glen Arbor
231-334-5216

Capital Dog
106 St. Mary's St, Lake Leelanau

\$ Cavanaugh's Grocerant
Homestead Resort
1 Wood Ridge Rd, Glen Arbor

\$\$ Cedar Rustic Inn
8699 S Good Harbor Trail, Cedar
231-228-2282

\$\$ Cherry Public House
6026 S Lake St, Glen Arbor
231-226-3033

\$\$ Cove, The
1113 River St, Leland
231-256-9834

\$\$ Empire Village Inn
11601 S Lacore Rd (M22), Empire
231-326-5101

\$ Foothills Café
7097 S. Dunns Farm Rd
Maple City
231-334-3495

\$\$\$ Funistrada
4566 W MacFarlane Rd
Maple City
231334-3555

\$ Gemma's Corner
11601 S Lacore Rd (M22), Empire

\$\$ Good Harbor Grill
6584 Western Ave, Glen Arbor
231-334-3555

\$ Inn & Trail Gourmet
6453 Western Ave, Glen Arbor
231-835-2535

\$\$-\$\$ Joe's Friendly Tavern
11015 W Front St, Empire
231-326-5506

\$ L'Chayim Delicatessen
6404 Western Ave, Glen Arbor
231-835-2727

\$\$\$ La Becasse
9001 S Dunn's Farm Rd
Maple City
231-334-3944

Little Traverse Inn Gastro Pub
149 E Harbor Hwy, Maple City
231-228-2560

\$ M22 Market & Deli
497 E Harbor Hwy, Maple City
231-228-6422

\$\$\$ Nonna's Italian Ristorante
The Homestead Resort, Glen Arbor
231-334-5222

\$ Peg Town Station
8654 S Maple City Rd, Maple City
231-228-6692

\$\$-\$\$ Riverfront Pizza & Deli
6281 River Rd, Glen Arbor
231-334-3876

\$\$\$ Riverside Inn
302 River St, Leland
231-256-9971

\$ Tiffany's Café
10213 W Front St, Empire
231-835-2168

\$\$\$ Trattoria Funistrada
4566 W McFarlane Rd, Glen Arbor
231-334-3900

\$ Trish's Dishes
49653 Phillips, Leland
231-994-2288

\$\$ Western Avenue Grill
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231-334-3362

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Tuna Poke Bowl

Recipe provided by Old Town Grill & Tap

Ingredients

3 oz sticky rice

3 oz fresh avocado

3 oz housemade mango salsa

4 oz Yellowfin sushi-grade tuna

Directions

Add all ingredients to a bowl and top with lightly seasoned fried wonton strips. Add Tamari soy sauce, housemade Ponzu sauce, or fresh-squeezed citrus drizzle with housemade Bang Bang sauce.

Garnish with sesame seeds, green onions and micro greens.



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231-352-4611

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231-383-4499

\$\$\$ Crystal Mountain Resort
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231-325-2262

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415 Main St, Frankfort
231-352-4702

\$ Market Basket
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Some establishments may be seasonal or have limited hours. Please call ahead.



FROM ANNIE STADEL,
CO-PUBLISHER

Fresh Fruit Salad with Honey Lemon Drizzle

INGREDIENTS:

- 1 cup blueberries
- 1 ½ cup strawberries, cut up
- 1 cup pineapple, cubed
- 2 kiwis, sliced and quartered
- 1 cup grapes, sliced
- 1 Tbsp honey (may add more to taste)
- 1 Tbsp lemon juice, freshly squeezed

DIRECTIONS:

Arrange all fruit in a serving bowl. In a small mixing bowl, add honey and lemon juice and stir. Pour dressing over mixture and toss to lightly coat fruit.

You'll find this a refreshing treat for breakfast, lunch, or a healthy snack any time of day all summer long.

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