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From the Editor



I am the new editor of *Traverse Bay Family Lifestyles*. I live and work in downtown Traverse City. I have family throughout Grand Traverse and Leelanau Counties and volunteer in our communities. It's a place that my children, husband, and I love to call home. We enjoy the Northern Michigan region for all of its small town charm and natural beauty. I am also a small business owner and have a background in journalism. I hope to bring some new content that

you can refer to as a guide to our area, whether you have been here your entire life or are enjoying a short stay.

Our mission at TBFL is to provide a free and accessible guide to everyone in our five-county region. We are working to provide you with useful information on events, food, and drink, as well as a number of other articles about the Traverse Bay lifestyle. The title of the magazine refers to a family but is not limited to it in the traditional sense. No matter how you define your family, we hope you find we are inclusive of yours, whether that means your pets, friends, or neighbors. It's an exciting time to be joining the TBFL team with so many new things in the works. In this issue, TBFL is launching its first wedding section as well as a section dedicated to seniors. We also have a new addition to our food and drink guide that highlights food and drink happy hours. In addition, our website www.traversebayfamilylifestyles.com went live on April 10th. It includes current issues, past issues, and guides to our area. We have also ramped up our social media following with the introduction of our Instagram page [@traversebayfamilylifestyles](https://www.instagram.com/traversebayfamilylifestyles). We invite you to follow us on our new adventure on social media and by subscribing to our publication online. We are thrilled to be able to now have the means to better interact with you and provide great content year round.

Please feel free to email the magazine staff with any questions or comments at editor.tbfl@yahoo.com

Thank you for reading, and I hope you enjoy!

Jennifer Burns
Editor-in-Chief



Daniel M. Sarya, D.D.S., M.P.H., PC

Dr. Daniel Sarya, D.D.S., M.P.H.

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BETH BARBAGLIA

Beth is the Marketing and Communications Director at the Grand Traverse Bay YMCA, a nonprofit organization focusing on Youth Development, Healthy Living and Social Responsibility. As a personal trainer, college athlete and health coach, Beth combines her MBA in marketing with her lifelong passion for health and wellness at the YMCA.



MATT DAVIDSON

Matt is an avid outdoorsman and aspiring writer. He has 12 years of business management experience. Before moving to the area in 2008, he resided in the Saginaw and metro Detroit area. He is thrilled to have escaped the concrete jungle for the wilds of Northwest Michigan, where he can usually be found on the lake or in the woods.



JEANINE RUBERT

Jeanine Rubert is co-owner of Pine Hill Nursery and Pine Hill Village Gardens. She has been a Certified Green Industry Professional for over 25 years, and is a frequent speaker for local garden clubs and events. You can listen to Jeanine on WTCM AM 580 Friday mornings from April through October taking your questions about everything gardening.



MEAGHAN KENNY

Meaghan Kenny owns fox + fern events, a wedding planning company specializing in one-of-a-kind weddings for couples looking to celebrate their love surrounded by the beauty of Northern Michigan. When she's not planning weddings, she is likely volunteering at Old Town Playhouse or talking about how cute her dog is.



JENNIFER BURNS

Jennifer Burns is the owner of Pink Anchor, a clothing boutique in downtown Traverse City. She spent more than a decade living around the country while working as a journalist before opening her business. She is active in the community as a Rotarian, Downtown Association member, and volleyball teams. She holds a BA from Western Michigan University. Jennifer is married with two children.



MEG PAXTON

As a photographer, my job affords me the ability to create art every day. Don't be confused by the concrete mixer in the back of my 1964 pick-up, with photo gear on the bench seat, lumber on the roof, dogs hanging out the window, and me happily picking up some random piece of roadside furniture to reclaim and turn into something beautiful. This is just the beginning of a five project day; a GOOD DAY.



JESSICA EDSON

Jessica Edson is the co-owner of Edson Farms Natural Foods in Traverse City. She is a native to northern Michigan and has owned Edson Farms with her husband Chris for 11 years. Jessica is passionate about health and healthy living. She enjoys running, reading, traveling and spending time exploring northern Michigan. Chris and Jessica have an eight-year old daughter.



MISSY CARSON SMITH

Missy Smith is a mom to four lovely daughters, a lifelong resident of Michigan, and passionate about the education of young children. She was an elementary classroom teacher for over 10 years and holds degrees in education from both the University of Michigan and Michigan State University, working with children for over 30 years.



KATE WALSKI

Kate Walski is the owner and lead event designer for 307 Events and Tents. She has nearly two decades of professional experience and has a Bachelor's degree in Business Administration and Marketing from Alma College. She is involved with event professional organizations nationally and founded Northern Michigan Event Professionals. She resides in Traverse City with her husband and three daughters.



PAUL STEBLETON

Paul is a native of Battle Creek and graduate of the University of Michigan, Ann Arbor. Stebleton is the owner of Landmark Books, a rare book shop in the historic Traverse City State Hospital, and operates Squirrel Can Press, which publishes limited edition postcards and broadsides.



LISA LIRONES

Lisa is a Northern Michigan photographer who enjoys photographing nature, senior pictures, small weddings and family portraits. She has been an art teacher for 13 years, belongs to several photography clubs and continues specializing in teaching and volunteering at local libraries and schools. Facebook under Cedar Shores Photography LLC.



SCOTT MILLER

Born in Michigan, Scott R. Miller spent 22 years in Los Angeles as a freelance writer for many national magazines. During this time, he also wrote for television and worked in public relations and advertising. He returned to Michigan in 2011, relocated to Suttons Bay, and now works as an editor at Interlochen Center for the Arts. He continues to write, and is currently working on his fourth book.

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The Perfect Venue

BY KATE WALSKI, CSEP



Clistening water views, dining among the vines, charming barns nestled in the hills, warm sandy beaches, or lush tall trees could be the perfect choice for your dream wedding. The Northern Michigan region is overflowing with natural beauty, and we have an abundance of venues that embrace that. As you search for the perfect location, consider features, capacity, budget, availability, and restrictions.

You can probably imagine what your wedding will look like. Are you saying “I do” overlooking the water or in a rustic setting? Do you need a space where guests can stay overnight also? Think about what your ideal wedding vision is. Figure out what spaces best represent you and your fiancé. If you anticipate a large number of guests, you will want to make sure to find a big space to accommodate them. If you have a small guest list, you will want to find a more intimate venue. Don’t underestimate the number of guests that will want to attend. Our clients tend to be surprised at how many people love the idea of a Northern Michigan wedding. It gives them the perfect excuse to vacation up here!

After you shorten your list to locations based on size and features you desire, think realistically about what you can afford. Keep in mind that there will be many expenses that will pop up along the way. As you price out the different spaces, you will notice that different venues offer a variety of options. Some are full service and have great flexibility in rental





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time and space. Make sure you get a full breakdown of costs, including taxes and service or gratuity fees, before you make your final decision.

Make sure to inquire whether the venues have any dates open around the time you are looking. If you are short on time, keep your date options open. It may be more important to have a certain venue rather than a particular date.

Check what restrictions are in place for that venue. Some Northern Michigan venues may be forced to turn off the music at 10 pm due to noise ordinances. If it's a winery or brewery, you may only be able to use their alcohol products. Make sure you read through any contracts thoroughly before signing so you are confident of the rules regarding the property.

Choosing a venue can be a time-consuming part of the planning process. If you can start crossing off the ones that don't work immediately, you should end up with a short list. Visit the space if at all possible, or try to get a virtual tour. There are so many options out there that you will be sure to find a fabulous spot! Just don't delay as spaces do tend to book up quickly! ☐




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Trending in 2019 WEDDING SEASON



BY MEAGHAN KENNY

Northern Michigan weddings tend to have a few things in common: they embrace their surroundings and celebrate a couple's love as well as that couple's love of Northern Michigan. Weddings are about bringing people together within a beautiful area that holds a great amount of meaning to them

By design, weddings are all a little different. Some weddings are rustic, with wildflower bouquets, a bluegrass band, and a barn setting. Other weddings are set under a tent with flowing drapes within one of our gorgeous vineyards. Many couples opt for a lakeside view, choosing greenery and touches of white floral to pair with our natural settings. Through all of the differences, a few trends act as a common factor.

Floral installations are a trend, but not a brand new one. Incorporating a showstopping floral piece into your wedding design is a great way to impress your guests and ensure your design flows from the ceremony through the last dance. We recommend focusing your floral budget in the areas where you'll spend the most time with your guests. A hanging greenery halo over the dance floor or a dramatic entrance to your reception tent are great examples.

Playing with texture is another trend that is becoming more commonplace. Add a velvet or suede table linen to the mix, use some torn-edge paper for your invitations or splurge for tufted furniture. You don't need to go overboard in every aspect of your design, but a few key pieces will add some playful elements that your guests will definitely notice.

While food trucks were all the rage over the last few years, the new fad is to bring in some funky local fare to meals on the wedding day. If you are not into cake cutting, bring in Moomers ice cream for your guests instead. If you want to add some post-dinner caffeine to your day, try a pour-over out of an Airstream. The creative food options are endless, and your guests will definitely remember something out-of-the-box.

Most importantly, the biggest trend is keeping your day true to the two of you. Personal elements will always be on-trend, whether they are creating an ice cream flavor specifically for your day or naming tables after parks you've visited. Your wedding should always come back to what is most important: a celebration of your love. □

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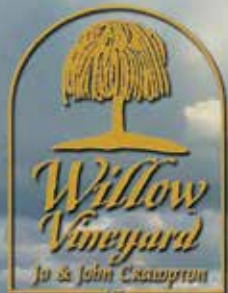
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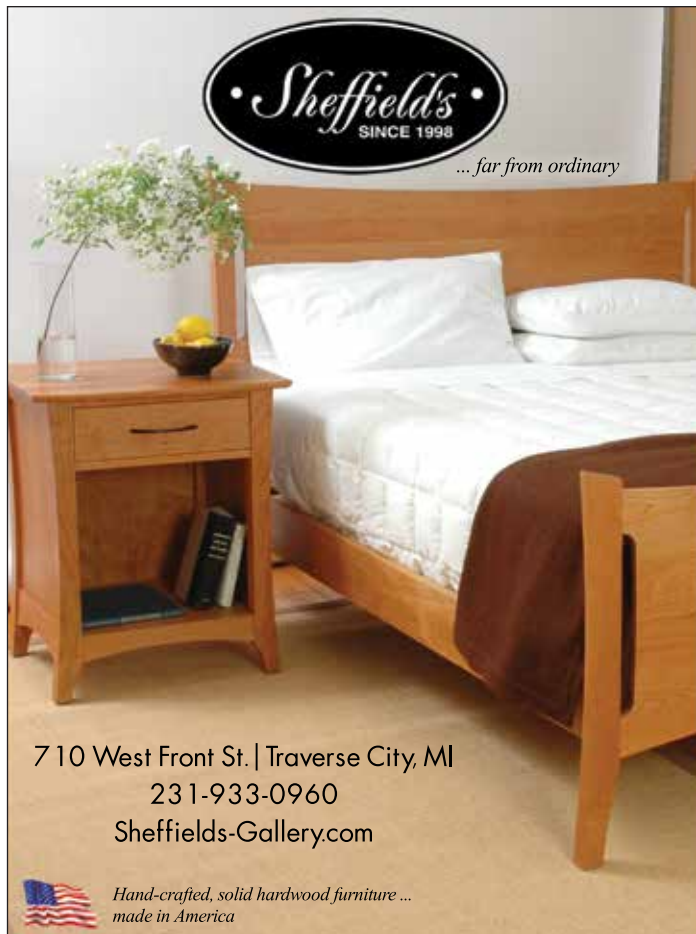
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31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

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TC Curling Tues. 8PM open league, Wed. 8PM recreational and beginner leagues. www.tccurling.org

Grass River Education Center 11AM-4PM established by the community for the community 6500 Alden Hwy, Bellaire, MI www.grassriver.org

GT Parks & Recreation
Visit www.grandtraverse.org for info about recreation in your area

March 1-2
Interlochen Art Academy Winter Dance Students perform their winter dance. Fri 7:30PM, Sat 2PM & 7:30PM. Corson Auditorium, Interlochen Center for the Arts 4000 Hwy M-137 Interlochen. Tickets \$11-\$22. www.tickets.interlochen.org

March 2
Snowshoe Hike at Grand Traverse Lighthouse 10AM-11AM at Leelanau State Park 15310 N. Lighthouse Point Rd. Northport. northportomenachamber.org/calendar/2019

13th Annual Suds & Snow Hike through the backwoods and listen to live music while drinking beer, wine, and cider. Timber Ridge Resort, 4050 Hammond Rd. E TC. 1-6PM. \$35 advance; \$45 at the door. www.sudsandsnowtc.com

Jazz Ensemble and Jazz Combo student performance. 7:30PM at Dendrin's Chapel and Recital Hall Interlochen Center for the Arts 4000 Hwy M-137, Interlochen. www.tickets.interloche.org

March 5
Cirque Mechanics 42FT: A Menagerie of Mechanical Marvels Circus acrobatics will amaze you. 7:30PM at Corson Auditorium, Interlochen Center for the Arts 4000 Hwy M-137 Interlochen \$35-\$40. www.tickets.interlochen.org

March 6
The Golden Dragon Acrobats Inspired by Chinese tradition, these acrobats are back by popular demand. Dennon Museum, 1701 E Front St. TC. 8-10PM. Tickets \$24-27 advance; \$30 at the door. www.mynorthtickets.com/events/golden-dragons

March 8
National Writer's Series: An Evening With Keith Gave Author of stories about Russian hockey players. City Opera House, 106 E Front St. Traverse City. 7PM. Tickets \$15-\$25 and \$5 for students. www.cityoperahouse.org/nws-keith-gave

Interlochen Arts Academy Orchestra: Masterworks Student performance. Interlochen Center for the Arts 4000 Hwy M-137 Interlochen. 7:30PM. Tickets \$8-11. www.tickets.interlochen.org

March 9
The Slush Cup by Bell's Brewery Attempt to ski across an icy 60-foot pond. 9AM-4PM at Shanty Creek Resort. 5780 Shanty Creek Rd. Bellaire. shantycreek.com/event/slush-cup/

Arts Academy Band with Guest Soloist Patrick Owen Student performance along with Interlochen Cello instructor. Corson Auditorium, Interlochen Center for the Arts. 7:30PM. Tickets \$8-\$11. www.tickets.interlochen.org

Bayside Travelers Contra Dance Dance to live music by The Johns. Elk Rapids Town Hall, 401 River St, Elk Rapids. 7:30-10:30PM. Tickets \$7-11; family discounts are available.

Irish Music Concert by Dervish Dennon Museum Center, 1701 E Front St. Traverse City. 8-10PM and Tickets \$24-27 advance and \$30 at the door. www.mynorthtickets.com/events/dervish-2019

RUNA Live at the City Opera House Folk music melodies from Scotland and Ireland. City Opera House, 106 E Front St. Traverse City. Tickets \$15-27.50. 8-9:30PM. www.cityoperahouse.org/run

RED Indicates that events occur more than once.

March 14 & 15

Choreographic Workshop with the Arts Academy Dance Company Watch students perform. 7:30PM. Phoenix Theatre at Interlochen Center for the Arts, 4000 Hwy M-137 Interlochen. Free. www.tickets.interlochen.org

March 15

National Public Radio's From The Top Watch and listen to the stories, talents, and character of classically trained musicians. Corson Auditorium at Interlochen Center for the Arts, 4000 Hwy M-137 Interlochen. 7:30PM. Tickets \$13-\$33. www.tickets.interlochen.org

February 2- March 23

Ranger-Led Snowshoe Hike Snowshoe through the Sleeping Bear National Lakeshore with the park rangers. Snowshoes will be provided free of charge. Reservations are required. Recurs weekly on Saturdays. Located at Philip A. Hart Visitor Center 9922 W. Front Empire. 1-3PM. National Park pass is required. www.nps.gov/slbe/index.htm

March 16

The Cardboard Classic Sled Race by Short's Brewing at Shuss Mountain in a cardboard sled. 9AM-2PM at Shanty Creek Resort. 5780 Shanty Creek Rd. Bellaire. shantycreek.com/event/cardboard-classic/

Leapin Leprechaun 5K Race through downtown Traverse City in your green Leprechaun gear and join the post-race party. Starting at 9AM. Race fees vary in price. www.runsignup.com/Race/MI/TraverseCity/LeapinLeprechaun5K

MARCH 17 ST. PATRICK'S DAY

The Traverse Symphony Orchestra with Ralph Votapek: Tchaikovsky and Prokofiev Prokofiev's Piano Concerto No. 2. Interlochen Center for the Arts starting at 3PM. Tickets are \$25.50-\$61.50. www.traversesympphony.org/concert/tchaikovsky-prokofiev/

March 19

Vienna Boys Choir City Opera House 106 E Front St, Traverse City. Occurs between 7:30-9PM, Tickets \$15-\$40. www.cityoperahouse.org/vienna-boys-choir

March 23

Retro Weekend Enjoy various fun activities with the kids. 11AM-8PM at Crystal Mountain, 12500 Crystal Mountain Dr, Thompsonville. visitbenzie.com/event-detail/retro-weekend

Albert Cummings In Concert sings the blues. Denos Museum Center, 1701 E Front St. Traverse City. 8-10PM. Tickets \$24-27 advance; \$30 at the door. www.mynorthtickets.com/events/albert-cummings

Sips, Chips & Dips Enjoy snacks with wine along the Leelanau Peninsula Wine Trail. Noon-5PM; Tickets \$10. www.lpwines.com/events/sips-chips-dips/

March 29- April 13 2019

OTP Studio Theatre Presents Marjorie Prime- about an elderly lady who brings her husband back to life with a holographic image of him. Thurs-Sat 7:30-9PM. 620 Railroad Pl. Traverse City. Tickets \$19

April						
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FARMERS MARKETS

Traverse City every Sat. 10AM-2PM Mar-Apr in The Mercato corridor, 830 Cottageview Dr, Building 50 of the TC State Hospital.

Frankfort 9AM-1PM Saturdays year-round, Main Street, Frankfort MI 49635 (231) 325-2220

Trivia and Karaoke. Every Tue 7-9PM Trivia; Karaoke 9-close. K. I. Food & Spirits, 211 E Main St, Kingsley www.kingsleybar.com

"Donate Life" month Our publisher's wife received an organ transplant almost 7 years ago, and they would both like to remind everyone to sign up to become an organ donor. Thank you. www.donatelife.net

Live Music at Robby's Mexican and Spanish Cuisine every Thursday, 6:30-8:30PM. 1796 S Garfield Ave, TC

Interlochen Center for the Arts visit interlochen.org tickets for the complete list of all of the plays, concerts and events this spring.

YMCA See our full schedule for all activities including Adult Kickball, Kids in the Kitchen, Basketball, Flag Football for adults and youth. 3700 W Silver Lk Rd, TC. 486-6357. 1213 W. Civic Center Dr. TC, 922-4814. 3000 Racket Club Dr. TC, 933-9622. www.gtbayymca.org

Grass River Education Center 11AM-4PM established by the community for the community 6500 Alden Hwy, Bellaire, MI www.grassriver.org

GT Parks & Recreation Visit www.grandtraverse.org for info about recreation in your area

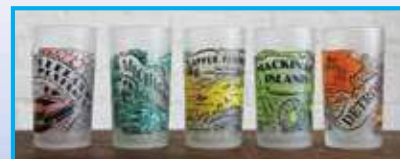
April 1
YMCA Summer Camp Registration begins. www.gtbayymca.org

April 1
Red Green: This Could Be It Comedian Red Green gives marriage advice and handyman projects. Corson Auditorium, Interlochen Center for the Arts 4000 Hwy M-137 Interlochen. 7PM; Tickets \$55-\$61. www.tickets.interlochen.org

April 5
Aguanko in Concert Musicians from Michigan led by composer Alberto Nacif. Denos Museum, 1701 E Front St, Traverse City. 8-10PM, Tickets \$24-27 advance, \$30 at the door. www.mynorthtickets.com/events/aguanko

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April 12-13

The Children's Hour Play nominated for the Pulitzer Prize by Lillian Hellman where compelling falsehoods destroy the lives of women. Phoenix Theatre, Interlochen Center for the Arts 4000 Hwy M-137 Interlochen. Fri at 7:30PM and Sat at 2PM and 7:30PM. www.tickets.interlochen.org

April 12-14

"A Family Reunion to Die For" Kalkaska High School Drama. Fri & Sat 7-9PM, Sun 2-4PM. 231-258-9167. www.kpschool.com

April 12

Interlochen Arts Academy Percussion Ensemble Hear students as they play their percussion instruments. Corson Auditorium, Interlochen Center for the Arts, 4000 Hwy M-137 Interlochen. 7:30PM. Tickets \$8-11. www.tickets.interlochen.org

April 14

Traverse Symphony Orchestra: Carmina Burana Simple harmonies are combined with new rhythms and solos. Corson Auditorium, Interlochen Center for the Arts, 4000 Hwy M-137 Interlochen. 3PM. Tickets \$25.50-\$61.50. traversesympphony.org/concert/carmina-burana/

April 18-20

The Promise, a musical of the life of Jesus including the Easter Story with a cast and crew of 200 people. All shows ASL interpreted. New Hope Community Church. Thur & Fri 7:30PM; Sat 2PM. 5100 Bethesda Ct, Williamsburg. Free. newhope.cc | Facebook.com/ThePromiseNewHope

April 19

Arts Academy Band with Guest Soloist Otis Murphy performs Saxophone Concerto. Corson Auditorium, Interlochen Center for the Arts, 4000 Hwy M-137 Interlochen. 7:30PM. Tickets \$5.50-\$8.50. tickets.interlochen.org

April 21 EASTER

April 23

In the Mood: A 1940s Musical Tribute that pays a tribute to the age of swing and the music of the 1940s. Corson Auditorium at Interlochen Center for the Arts, 4000 Hwy M-137 Interlochen. 7:30PM. Tickets \$33-\$38. tickets.interlochen.org

April 124-28

National Trout Festival located downtown Kalkaska. www.nationaltroutfestival.com

April 26-27

Traverse City Trail Running Festival at Timber Ridge includes a free kids race and 10K, 25K and 50K races for adults. Timber Ridge Resort, 4050 Hammond Rd, Traverse City. Races 5PM-7PM on Fri and 6AM-3PM on Sat. Prices are \$47-\$68. enduranceevolution.com/

May						
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FARMERS MARKET

- (Open temperatures permitting.)*
Alden 4-8PM Thur, 10480 S E Torch Lake Dr
Bellaire 8AM-12PM every Fri, located behind the senior center 102 Maple St.
Benzie 3-7PM, every Mon, 5885 Frankfort Hwy (M115)
Central Lake 8AM-Noon Sat, 2484 N Main St
Elberta 8AM-12:30PM every Thurs, Village Marina 655 Frankfort Avenue
Elk Rapids 8AM-Noon Fri, Rotary Park on US 31 N
Empire 9AM-1PM St, 10234 W Front St beg June 16
Frankfort 9AM-1PM Sat, Main Street, Open Space Park
Honor 9AM-3PM every Tue and Thurs, Maley Park 10579 Main St.
Leland 9AM-1PM every Thur, Intersection of River St. & N. 1ST St.
Interlochen 9AM every Sun, 2112 M-137
Kalkaska 2-6PM Tue, Railroad Sq
Mancelona 3-7PM Thurs, Railroad Park
Northport 9AM-1PM every Fri, 105 Bay St
Suttons Bay 9AM-1PM every Sat, 601 Front St
TC Sara Hardy 7:30 AM-Noon every Sat. and 8AM-Noon every Wed Grandview Pkwy. btw Union & Cass Streets
TC at Grand Traverse Commons Noon-4PM every Mon, on the Piazza btw Cottageview Dr and Red St.



RED Indicates that events occur more than once.

Trivia and Karaoke. Every Tue 7-9PM Trivia; Karaoke 9-close. K. I. Food & Spirits, 211 E Main St, Kingsley www.kingsleybar.com

Live Music at Robby's Mexican and Spanish Cuisine every Thursday, 6:30-8:30PM. 1796 S Garfield Ave, Traverse City.

YMCA Activities including Adult Kickball, Kids in the Kitchen, Basketball, Flag Football for adults and youth. 3700 W Silver Lk Rd. TC, 486-6357. 1213 W. Civic Center Dr. TC, 922-4814. 3000 Racket Club Dr. TC, 933-9622 gtbayymca.org

YMCA Summer Camp Registration gtbayymca.org

Grass River Education Center 11AM-4PM established by the community for the community 6500 Alden Hwy. Bellaire, MI grassriver.org

GT Parks & Recreation Visit grandtraverse.org for info about recreation in your area.

Interlochen Center for the Arts. See tickets.interlochen.org for the complete list of all of the plays, concerts, and events this spring.

May 2

Cinco de Mayo Come celebrate at Robby's Taqueria, 86991 30 E Front St, Traverse City. (231) 486-6991 robbystaqueriatc.com

Cinco de Mayo Enjoy the celebration at Robby's Mexican and Spanish Cuisine, 1796 S Garfield, Traverse City. (231)252-3700 robbystaqueriatc.com

May 2-3

Interlochen Arts Academy Comparative Arts Performance Student performances at Phoenix Theatre, Interlochen Center for the Arts, 4000 Hwy M-137 Interlochen. 7:30PM, Free. tickets. interlochen.org

May 3

Downtown Traverse City Art Walk through downtown Traverse City. View all the art exhibits. 5PM-9PM. downtowntc.com/events-attractions/event-calendar

May 4

10th Annual Mud Sweat & Beers Fat Tire Fest Bike race with post-race activities. Mt. Holiday, 3100 Holiday Rd. Traverse City. 9AM and check registration for price. mudsweatandbeers.com/

May 10-11

The Hunchback of Notre Dame Student Academy Theatre performance. Corson Auditorium, Interlochen Center for the Arts, 4000 Hwy M-137 Interlochen. Fri at 7:30PM; Sat at 2PM & 7:30PM. Tickets \$11-\$29. tickets.interlochen.org

May 12 MOTHERS DAY

May 17-18

Arts Academy Dance Company's Spring Dance Student performance. Corson Auditorium, Interlochen Center for the Arts, 4000 Hwy M-137 Interlochen. Fri at 7:30PM, Sat at 2PM & 7:30pm. Tickets \$11-\$22. tickets.interlochen.org

May 25

Bayshore Marathon Join runners from around the world and race along Old Mission Peninsula. Start at Northwestern Michigan College Cedar Parking

Lot, Traverse City, 7:15AM-1:15PM. Tickets \$100. bayshoremarathon.org/marathon

Michigan Beer and Brat Festival with live entertainment. 4PM-8PM at Crystal Mountain.

May 27 MEMORIAL DAY



Northwoods Baseball Season. Green Bay Booyah. Weurferl Park, US 31 South, Traverse City. Northwoods College league plays through August.

June						
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MAY 1
Chloe Benjamin

Interlochen Center for the Arts



APRIL 18
Lawrence Brownlee

at Interlochen Center for the Arts



TARTUFFE

APRIL 19-20

Interlochen Arts Academy Theatre Co.

FARMERS MARKET

Alden 4-8PM Thur, 10480 S E Torch Lake Dr

Bellaire 8AM-12PM every Fri, located behind the senior center 102 Maple St.

Benzie 3-7PM, every Mon, 5885 Frankfort Hwy (M115)

Central Lake 8AM-Noon Sat, 2484 N Main St

Elberta 8AM-12:30PM every Thurs, Village Marina 655 Frankfort Avenue

Elk Rapids 8AM-Noon Fri, Rotary Park on US 31 N

Empire 9AM-1PM St, 10234 W Front St beg June 16

Frankfort 9AM-1PM Sat, Main Street, Open Space Park

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Interlochen 9AM every Sun, 2112 M-137

Kalkaska 2-6PM Tue, Railroad Sq

Mancelona 3-7PM Thurs, Railroad Park

Northport 9AM-1PM every Fri, 105 Bay St

Suttons Bay 9AM-1PM every Sat, 601 Front St

TC Sara Hardy 7:30 AM-Noon every Sat. and

8AM-Noon every Wed Grandview Pkwy. btw Union & Cass Streets

TC at Grand Traverse Commons Noon-4PM every Mon, on the Piazza btw Cottageview Dr and Red St.

Trivia and Karaoke. Every Tue 7-9PM

Trivia; Karaoke 9-close. K. I. Food & Spirits, 211 E Main St, Kingsley www.kingsleybar.com

Interlochen Center for the Arts For a complete list of all of the plays, concerts, and events this spring visit tickets.interlochen.org

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Grass River Education Center 11AM-4PM Established by the community for the community. 6500 Alden Hwy, Bellaire, MI grassriver.org

GT Parks & Recreation Visit grandtraverse.org for info about recreation in your area.

June 2

Rock the Light 5K Run/Walk along the Leelanau State Park trailhead. 9AM-10AM at Leelanau State Park, 15310 North Lighthouse Point Rd, Northport. northportomenachamber.org/calendar/2019/6/2/rock-the-light-5k-runwalk

June 3, 4

Kalkaska and Rapid City Elementary Schools and Kalkaska Intermediate School Spring concert series. kpschools.com

June 3-9

Frankfort Elberta Restaurant Week Eat at participating restaurants for \$15 OR \$25 all week. See website for details. www.frankfortelbertarestaurantweek.com/

June 8

Leland Wine and Food Festival Leland Marina Park PO Box 741 Leland. Noon-6PM. Tickets \$15 in advance and \$25 at the door. lelandmi.com/events/wine-food-festival/

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Silver Muzzle Cottage Rescue and Hospice is a rescue program for homeless senior dogs that have three years or less to live (based on breed standards.) It is our goal to ensure that each dog that comes through our rescue ultimately leaves this world with a home, family, and an understanding that they have mattered and were loved. We believe that these seniors should not die in shelters. We also take in dogs who are determined to need hospice care and strive to provide them with loving care for the remainder of their life.

Silver Muzzle also gives back to the community by providing weekly visitations with our seniors to area nursing care facilities.



ROTARY CHARITIES

Rotary Charities envisions a community where people share resources and negotiate differences toward a thriving, prosperous and fair region. Since 1977 Rotary Charities has invested over \$60 million in over 1,300 grants to the five-county Grand Traverse region. Our grants fund community assets available to all, and innovations affecting the root causes of complex problems like hunger, homelessness and climate change. We offer seed grants to support the

planning, learning and collaborative processes that inform innovative projects. We cultivate thought leaders through our Changemaker Fellowship, supplying funds for cutting-edge learning opportunities that fellows share back with our community through workshops.

LEELANAU CHRISTIAN NEIGHBORS' MISSION

Leelanau Christian Neighbors' mission is to serve residents of Leelanau County by providing food to the hungry and aiding those who have inadequate resources to respond to emergencies in their lives. Located in Lake Leelanau, we serve Neighbors through our Food Pantry, Baby Pantry, NAM (financial assistance) and our Blessings in a Backpack programs. Volunteers, monetary donations, food donations, and 0-4T clothes and baby gear donations are always welcome. Please check out our website for more information and details about how you can become involved! LeelanauChristianNeighbors.org.





with
TREVOR TKACH
BY JENNIFER BURNS

Wedding season in Northern Michigan is right around the corner, which means we will have many visitors here to celebrate. We wanted to know how vacationers can make the most of their short stay and gather some ideas that local hosts can pass along. I sat down with Trevor Tkach, the president of Traverse City Tourism, who offered some great ideas to explore our beautiful area.

Q: Where is the one place you always take your own visitors?

A: Sleeping Bear Dunes! It's a national and global destination. When I promote our area, it's one key thing I always bring up.

Q: If you use Traverse City as a home base, what day trips do you recommend?

A: Mackinac Island is a pretty close attraction. You can do it easily in one day. It's a step back in time.

Q: What are the top few things visitors should put on their list that are nearby Traverse City?

A: There are a number of festivals throughout the year, so look to see if any of them are going on during your stay. One of those is Uncorked, which falls during wine month in May. Spring marks the release of new wines, key in on the wine industry. They do so many cool things. Hit the trails, going outdoors is accessible all year around. There are races all the time. Iron Man is coming to Traverse City. The Traverse City Track Club lists all of the area running events at tctrackclub.com.

Q: In my opinion, we have a fantastic food and drink scene! What makes dining so unique here?

A: Talent and agriculture. We have the second-most diverse agriculture in the United States; plus we have one of the top culinary institutes in the country. So many of our restaurants serve legitimate farm-to-table. We also have a fabulous art scene. Interlochen is a core leader in the arts and has a number of events throughout the year.

Q: What travel tips can you tell us?

A: Be thoughtful about your trip by taking advantage of time. Extend your stay by adding a Thursday or Monday. You may pay a lower price and won't be traveling with the masses. Adding a third or fourth day to a hotel stay sometimes lowers the daily rate. You can always find a hotel room; there are more than four thousand hotel rooms available for rent in Grand Traverse County. You can search lodging by price and distance on traversecity.com.

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Mapping Color Through Touch

BY MATT DAVIDSON



Michael Sincic is many things. An artist of incredible talent. An instructor who thoroughly enjoys sharing his passion for creating beautiful things. A humanitarian who selflessly brings joy to sick children. An inspiration to all who are fortunate enough to meet him.

When Michael was 13 years old, he learned that he had a growing brain tumor, a virtual death sentence. A neurosurgeon from New York was able to save his life, but, unfortunately, not his vision.

Michael struggled with adjusting, as a person of any age would, let alone a 13-year-old. With the help of his therapist and friends, Michael found a lifeline in painting with watercolors. Because of his discovered gift, the beauty of our world is all the more vibrant.

"I started doing abstract paintings. I initially had trouble visualizing what I was painting, but I enjoyed feeling the different layers and textures on paper," Michael said. "I started experimenting using pipe cleaners for outlines."

It's hard to convey the emotion that came with hearing the next thing he told me. "The next time I painted I took a pipe cleaner and twisted it into a circle with my hands, then placed it on the paper. Then I painted the inside of it red, and it was the sun."

Michael was taught a few techniques that helped further develop his inner shine and came up with many more on his own. "I choose a section to start with, like the sky or the water and paint that first and then let it dry. Once it's dry I feel the different textures of what I painted and add my next object and then let that dry, so I can feel and visualize the painting. I keep a map of the page in my mind and continue adding to it until I'm satisfied. Then I'll ask a friend how it turned out."

Michael loves painting landscapes and scenes involving lakes. He enjoys going to art camps and instructing people, kids especially, on how to paint. He also rewards them with art supplies if they correctly answer the question, "What should you do if you encounter a blind person somewhere?". The answer? "Just say hi." □

His prints are available for purchase through his website at MichaelSincic.com or by calling Michael directly at (231) 313-1591

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THE NO FUSS GARDEN

BY JEANINE RUBERT

The hardest part of making a garden is the very beginning. You know you want a garden, but you just aren't quite sure how to get started. Gardens are personal by nature, and there is no one-size-fits-all formula, but there are a few steps to follow and questions to ask yourself before you get started creating your very own piece of perennial paradise!

Before you purchase any plants or put a shovel in the ground, evaluate your site. Take some time to observe sun and shade patterns. Knowing how much sun an area receives or doesn't—will help you choose appropriate plants. You may love coneflowers, but if your site is shady you will need to find some new loves!

You also need to know what type of soil you have. Is it sandy, loamy, or clay? Many of us have less than ideal soil situations, but addressing it before you plant will save you lots of frustration later. Eighty percent of plant problems stem from poor soil. Other potential problems can be averted by the addition of organic material and proper plant selection. I like to call it learning to garden where you are!

What do you want from the garden? Do you want to create a cutting garden, a refuge for pollinators, a deer-resistant garden, or a native plant garden? Take your time to think about what you need. While perennial gardens can be low maintenance, they will still need some care. Determine how much time you have to spend doing the basic tasks of weeding, watering, fertilizing, deadheading, and dividing.

When you have answers to these basic questions, it's time to start choosing plants. Most independent garden centers are staffed with knowledgeable people who can help you make decisions. Look for plants that have more than one season and different bloom times. Have fun and enjoy the process. Gardens, like people, have their seasons of change and growth. The best way to achieve the garden of your dreams is slowly. Time is the gardener's best friend. □

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Transitioning Your Wardrobe

BY SCOTT MILLER

As anyone in Northern Michigan knows, the relationship between winter and spring can be a fickle thing. When the temperature can vary week to week, it's important to own a few key pieces that can help a cold-weather wardrobe stretch into the warmer months.

Since the arrival of spring in our area does not always coincide with the 'official' date in March, much of that fall wardrobe may function well into May," says Maurie Allen of Traverse City's popular Captain's Quarters. To help men handle the seasonal transition in style, Allen suggests a good, light-weight vest. "These are typically a nylon fabric that can be layered with various weights of shirts to provide warmth and protection from the elements."

Vests will be very popular for women this spring as well, according to Darla Stites of What to Wear women's clothing in Traverse City. "Puffer vests are perfect for our area, no matter the season," she says. "This spring, we're seeing longer lengths in vests, stretching to four or six inches above the knee. Anorak vests are popular, along with longer vests sporting zippered pockets just below the waist." She suggests pairing with a good trench coat. "They're coming back this spring and are always a good staple to have in your wardrobe."

Stites also points out that this spring will benefit from advancements in fabrics, allowing transitional wear to provide style and warmth with less padding. "You can create a combination of fashion versus a true outdoors piece."

Allen agrees. "Continuous improvements in fabrics feature stretch for added mobility, moisture resistance, breathability, and UV protection." He points out that fabric enhances the overall performance of seasonal apparel and concludes that transitional menswear this spring will highlight performance fabrics and vibrant colors, with an assortment of fits and lengths to accommodate all shapes and sizes.

"As far as color goes," says Stites, "pinks are big, but watch for black and whites with pops of neon; a bright t-shirt or capri pant matched with a black and white jacket. We'll also see lots of polka dots, believe it or not, and vintage florals come spring." Flowers in the spring in northern Michigan sounds nice. □

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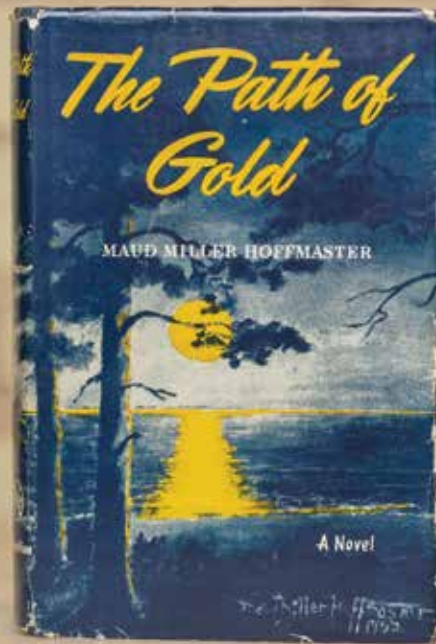
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Pioneering with a *Brush and Pen*

BY PAUL STEBLETON

Maud Miller Hoffmaster was born in Manistee but lived most of her life in Traverse City. She showed an early interest in music but found success and pleasure as a painter and illustrator. Her paintings were shown in galleries worldwide. Rumor has it she sold her first painting to the brother of Mrs. Henry Ford for one dollar. Hoffmaster was also a talented author that penned two books, the first a children's book and the second a love story set in Northern Michigan. Hoffmaster began her publishing career by illustrating the poems of Eleanor Jewett for the Chicago Tribune. These poems were later collected and published in a book titled *Make Believe*.

Her first published writing was a children's book titled *Nee-Na, The Wild Flowers Good Fairy*. It was published in 1949 by William-Frederick Press. Hoffmaster was an avid gardener and early environmentalist who presented stories meant to teach about nature and a respect for its inhabitants. The story includes her colorful and whimsical artwork that appealed to a wide audience.

The Path of Gold, her second book, was a romance featuring a young artist, Jane Hamilton, as the main character. The novel was published in 1952 by Exposition Press. The novel is about a young woman caught between family and the love of two suitors. The narrative unfolds as she struggles to do the honest and just thing while fighting the urges to do the opposite. It would be her last published work.

Following those two books, Hoffmaster turned her energies to painting. She opened a gallery and studio in Traverse City, entertaining visiting artists from around the world who had come to learn her techniques and study her paintings. Hoffmaster passed away in 1969 after battling failing health. Her inspiring life and work can be seen all over the Traverse City region. Her paintings grace the walls of many local businesses. You can occasionally find her books on the shelves of local used bookshops. They are prized by collectors and art lovers alike. □

Northern Cardinal

BY MATT DAVIDSON PHOTO | LISA LIRONES



The melodic chirrups of the Northern Cardinal echoing through the awakening forest are one of nature's timeless classics. Often heard singing their sweet songs of courtship, their grand entrance is made with a flash of bright crimson.

The Northern Cardinal is a master at surviving in varying environments, its range covering the entire Eastern United States, extending south to Central America and all the way up into Southern Canada. Their habitat is diverse, cardinals thrive in forests, swamps, and thickets. They're also likely to make your neighborhood their neighborhood and are, often found dining at a bird feeder near you.

These gorgeous birds have a diet consisting of seeds, berries, and a buffet of insects. Often found foraging on the ground or in low bushes, the Cardinal is known to eat scrumptious spiders, flies, caterpillars and the always delectable centipede. Young Cardinals diets are almost entirely made up of insects brought to them by their parents.

The male Cardinal woos his mate in Lady and the Tramp style, feeding her morsels from his beak directly to hers. He gains favor by engaging in a back-and-forth song ritual with his beloved, showing his rhythm by performing a swaying dance while shaking one wing and then the other—kind of like the Hokey Pokey but much more endearing.

Once their relationship is established, they will mate for life. They live three years on average in the wild but can live up to 15 years.

A female will lay between two and five eggs, which can be white, pale blue, or tinted green with mottled gray or brown splotches. The incubation period lasts just shy of two weeks. Young Cardinals grow quickly and are able to leave the nest 10 days after hatching, choosing to hide in dense shrubs while they mature. The male is an attentive father, feeding his offspring as his mate builds a second nest, where the process will be repeated. The mating season is completed with a third brood. Once the last hatchlings leave the nest, the mother will share feeding duties while the young mature. □

CONQUERING YOUR PET ALLERGIES

BY SCOTT MILLER

You swear you weren't allergic when you adopted that adorable little puppy six months ago, but now you're sneezing your head off? That's actually a fairly common problem. Allergies can come on at any time, according to Dr. James McClellan of Bayside Allergy in Traverse City. "They can come on in six months, or signs can begin to show two years after getting your cat or dog."

"Allergies are caused by a genetic predisposition," says McClellan. "So, if you have allergies, you can basically blame your parents." If you are fighting pet allergies, McClellan suggests the first step is knowing exactly what's causing them. Many people mistakenly assume that the culprit is animal fur. "That's just not it," he says. "Allergic reactions to our own pets can appear when we come in contact with certain animal proteins, such as saliva, [or] their skin, or dander. People often believe it's the fur, but because our pets groom themselves, their hair is just covered in saliva. It's the saliva that can be the allergen."

To help you breathe easier, McClellan suggests turning your bedroom into a "pet-free zone." It may be hard to get used to falling asleep without your pet on your pillow, but since most of us spend about eight hours a day in our bedrooms, keeping the allergens out is a good start. Using an indoor air filter in the bedroom is also a good idea, as they filter out allergens and provide fresh air while you sleep. It's also helpful to bathe your pet at least once a week or, better yet, have someone else wash them. (This can be tons of fun if you own a cat, by the way.)

If your allergies persist, McClellan suggests using an over-the-counter allergy medication or antihistamine for sneezing and watery eyes. If you develop a lung problem or a persistent cough, he suggests seeing a doctor. These tips may not be a miracle cure-all, but they can help make living with your fur baby a little more tolerable. □





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A Community for PARENTS


BY MISSY CARSON SMITH

5

5toONE is, first and foremost, a community-based network to help families living in rural northwest lower Michigan meet the persistent challenges of raising young children. Along the way, 5toONE has become a beacon for quality in early childhood and community engagement. It serves the needs of families through community partnerships at 5toONE Neighborhood Centers, where families meet for quality playgroups, parent networking, and education. Parents can also find there the resources they need to prepare their children for school and life. The 5toONE Network connects families with providers across the five-county region so that resources, good ideas, and best practices can be shared widely and easily. Partnerships with health care, educational, and philanthropic organizations; the faith community; and businesses help to expand the organization's impact.

Expertise in early childhood development, community engagement, and unflagging devotion to quality is 5toONE's mission, but "What do parents say?" remains its inspiration. 5toONE helps speak for parents when it comes to early childhood issues and is a respected source of expertise in community engagement, network-building, and system change that involves parent participation at all levels of decision-making. With its focus on action-oriented collaboration, 5toONE is a hub for tackling some of the biggest challenges our region faces, including quality child care, early literacy, and family health. And with parent voice as the guide, everything is possible.

Because play is the work of children, playgroups are a great way for parents to become involved in their communities and with 5toONE Neighborhood Centers. Every Neighborhood Center program includes free play, parent-led activities, a story, a snack, and whole-group time to share a simple song or "large-muscle" activity. Parents are encouraged to lend a hand and share their particular skills and talents.

There is no need to wait until your child goes to school to become connected to and engaged in your community; you can start by going to a 5toONE Neighborhood Center. For more information, including playgroup schedules and special events, you can find 5toONE on Facebook as "5toONE Neighborhood Network." 

FOR ALL NEIGHBORHOOD CENTERS

	Benzonia	*Buckley	Grawn	Greilickville	Interlochen	Kalkaska	*Kalkaska	Lake Ann	*Mancelona	Omena	*Rapid City	*Thompsonville
Location	Grow Benzie	Buckley Community School GSRP Bldg.	Incredible Mo's	Great Lakes Children's Museum	Interlochen Public Library	Kalkaska Public Library	Birch Street Elementary School	Lake Ann Methodist Church Community Center	Mancelona Early Childhood Program	Omena Firehall	Rapid City Elementary	Betsie Volley Elementary School
Physical Address	5885 Frankfort Hwy.	307 South 1st Street	1355 Silver Lake Crossings Blvd.	13240 SW Bay Shore Drive	9411 Tenth Street	247 S. Cedar Street	309 N. Birch Street	19900 First Street	203 Grove Street	4973 N. West Bayshore Drive	5258 River Street, First Street	17936 Cadillac Hwy.
Day/Time	1st & 3rd Thursdays 10:00-11:30	TBD	1st & 3rd Wed. s 9:00-10:30	2nd & 4th Thursdays 10:00-11:30	2nd & 4th Thursdays 10:00-11:30	1st & 3rd Friday's 10:30-12:00	2nd Wednesday 8:30-10:15	2nd & 4th Friday's 10:00-11:30	1st & 3rd Wednesday 10:00-11:30	2nd Monday 10:00-11:30	4th Wednesday 9:00-10:15	1st & 3rd Friday's 10:00-12:00

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<ul style="list-style-type: none"> • Splash this oil in your pump to you always have it on hand for your kid's outdoor activities. Apply 2-4 drops to desired area as needed. We recommend using AromaGlide roller bottles. 	<ul style="list-style-type: none"> • Add 2-4 drops to a warm evening bath. • Rub into hands and smooth over your child's pillow as part of his or her nightly routine. • Apply to children's feet as part of a bedtime nap or bedtime routine. 	<ul style="list-style-type: none"> • Use this blend to create essential oil-infused tissues. Remove tissues from their box. Pour 3-4 drops of SniffleEase onto a cotton ball, and seal the cotton ball with your tissues in an airtight container for 24 hours. Remove tissues from airtight container and replace in box. Repeat as needed to refresh scent. • Diffuse in children's bedrooms at night or during naptimes.
GeneYus™	TummyGize™	
<ul style="list-style-type: none"> • Diffuse during afterschool activities such as homework, music practice, or creative projects. 	<ul style="list-style-type: none"> • Great for use before or after mealtimes. Apply 2-4 drops topically to little tummies as needed. We recommend using AromaGlide™ roller bottles. 	

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Influence of the **GREATEST GENERATION**

BY MATT DAVIDSON

Technology can be a wonderful thing. Having the entirety of the world's information at our disposal is a convenience that our ancestors could have never imagined. It gives us the ability to learn about history and human nature. It can also lead to a great disconnect between generations. Despite their advantages, text and pictures cannot relay the experience of living through World War II as thoroughly as speaking to someone who lived through the horrors of that time. Technology also cannot teach the hard-earned lessons of sacrifice, honor, and fortitude people of that generation understand.

Due to the circumstances of life, some of us have been blessed with spending a good deal of time with seniors, be they grandparents or kindly neighbors. The life lessons given by them were formative in our development.

My Grandpa Virgil was the definition of old-school cool. A self-professed hillbilly, his life is as foreign to many today as that of someone from a different planet. He happily passed on his knowledge of harvesting wild game and maintaining a vegetable garden. He also shared the importance of fixing what was broken and sharing home-cooked meals and conversations. He taught us about the sanctity of life and the importance of a dignified death.

While my Grandpa taught us the natural order of things, my Grandma Theodora instilled the importance of loving ourselves and loving one another. No matter the time of day, her kitchen and her heart were always open to provide nourishment to either our souls or our stomachs. As she explained the intricacies of Gin Rummy, she spoke to us children as if we were the most important people in the world. To her we were, and she was just as important to us.

Whether you are a senior or of a younger generation, much can be gained by crossing the bridge of time and learning to value each other's knowledge and insights. Seniors can pass on their wisdom by reaching out to schools, church or youth groups, and organizations helping at-risk kids and adults or by striking up deeper friendships with neighbors. Younger folks can give the gift of their time and an attentive ear by visiting nursing homes or long-term care facilities, or by putting aside their phones and starting conversations with those in their golden years. Many love to share memories if given an opportunity. Enrich your lives by making a new friend today.



Newer In Town: fit 20



Owners: Jeff McDonald, Mark Mattis

Fit20 is a strength-training franchise system that originated in Europe with more than 150 studios in 9 countries. Physical therapist Roger Karsten, joined locals Mark Mattis and Jeff McDonald to open the very first US fit20 studio right here in downtown Traverse City. Mark has already traveled to the Netherlands for training, and Jeff will be next. Fit20 is headquartered in Virginia and is expanding the brand in the United States.

Fit20 is a short but intense strength training that is done in slow motion on specialized training equipment with the direct supervision of a personal trainer. The fit20 training method is based on the most current exercise science about health and fitness improvement through muscle training. Because fit20 takes only 20 minutes once per week and there is no need to change or shower, the program is ideal for people who have little time to work out. Every session is by appointment only, and training can be done alone or with a partner. This gives you more privacy and fewer distractions. Fit20 is designed for people of all ages and fitness levels. Muscle strength has been found to be one of the best indicators of longevity. More than 15,000 members visit their neighborhood fit20 studio every week to boost their health and fitness.

Fit20 offers a proven training method that really works. Why don't you give it a try and see if it is right for you! Visit us for your free introductory training. There is no obligation to join. Go to Fit20usa.com or call (231) 690-5333. We'd love to show you how our training method can help you reach your goals.



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CUT YOUR STRESS WITH A WORKOUT

BY BETH BARBAGLIA

Have you ever known someone who is especially cranky or aggressive if they don't get their workout in? There's a good reason for it! Science shows us that exercise is highly effective in regulating mental and emotional stress.

This doesn't mean you have to go through a grueling routine for it to be effective. Any activity that elevates your heart rate will allow you to reap the rewards. Modern life is hard. Modern life with a family is even harder! There's a lot to manage and there's abundant stress. It's imperative that you have a way to cope with and reduce that stress so you can live your best life.

Here are 3 reasons to regulate stress with physical activity.

1. Neurochemically speaking, it's a powerful antidote to the physical effects of stress.

This is a fancy way of saying when your body is physically active, it releases endorphins and neurotransmitters. Those little messengers in the brain then elevate your mood and kill pain. Mental stress is accompanied by very real physical symptoms. When you exercise, you combat those symptoms because your body naturally lowers the levels of stress hormones like cortisol and adrenaline while strengthening your heart.

2. Exercise is play and play is good.

You may not feel this way when you first start an exercise regimen. As you acclimate to exercise and then come to depend on it, you will feel differently. Play is simply engaging in an activity for leisure or enjoyment. Play researcher Stuart Brown, M.D. asserts that the opposite of play is not work, but rather depression. Our minds and bodies need a release to stay grounded.

3. Exercise lets your mind relax.

When you get into the rhythm of an exercise routine, your mind is able to release and relax. You begin focusing more on your movements and less on what's troubling you. This is also a great time to daydream. Our brains cannot detox through our endocrine system. The only way our brains can detox is through sleeping or daydreaming. Next time you go for a run or lift weights, let your mind wander, and you'll reap double the rewards. □

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REDUCING CONSUMER WASTE

BY JESSICA EDSON

W e all hear the terms “reduce, reuse, recycle” daily in the news, on social media, and written across recycle bins. There are small steps we can take daily to reduce the use of disposables, reuse instead of throwing away, and recycle many materials. Small decisions can have a huge impact on our environment, and we can spark real change through our preferences and buying habits.



By one estimate, 500 million plastic straws are used and thrown out every day in the United States alone. Plastic straws are considered one of the worst polluters because they are only used for a few minutes and then thrown away. As consumers, we can start today to make a change. Next time you are in a restaurant, ask your server not to bring a straw with your drink.

Another major source of single-use plastic waste is plastic water bottles. They are convenient and sometimes necessary, but generally, with a small amount of forethought, we can avoid the plastic water bottle altogether. Fill up a reusable water bottle and take it to work or the gym.

When you go to a store, ask to carry your items out instead of using a bag the store provides, or bring your own reusable bag.

Food waste accounts for 30-40% of our food supply! That is a staggering number. A large portion of that waste is at the commercial level, but, as consumers, we can work to modify some of our behaviors to at least try to waste less food. Take your leftovers home from a restaurant, or share a dish. Take a food waste challenge and get your family involved in wasting less food. It is a win-win! When each of us reduces our food waste, we are helping to save our environment for everyone to enjoy. ☐

10 WAYS TO REDUCE, REUSE, AND RECYCLE

1. Donate unwanted clothes, toys, and furniture.
2. Program your thermostat to adjust the temperature when you are not home.
3. Turn off the water while you are brushing your teeth.
4. Buy paper products made from recycled materials.
5. Use a dishcloth instead of paper towels.
6. Bring your own bags to the grocery store. Keep them handy in your car.
7. Reuse plastic bags and containers for trash cans and to-go containers.
8. Compost your food waste by enlisting in a pick-up service or start your own pile for a garden.
9. Leave grass clippings on the ground when you mow your lawn. It's a natural fertilizer
10. Choose to receive bank and credit statements by email to reduce paper.



SPRING Soups

Spicy Vegetable Soup

From Johnna's Kitchen

INGREDIENTS:

- 1 T Olive Oil
- 2 Carrots, *chopped*
- 2 Celery Stalks, *chopped*
- 1 Onion, *chopped*
- 1 Garlic Clove, *minced*
- 1 Tsp Cumin
- 2 Tsp Chili Powder
- 3 C vegetable stock
- 1 Can Corn
- 1 Can Diced Tomatoes
- 1 Can Beans, *drained*
- Black Pepper
- Pink Himalayan Salt

DIRECTIONS:

Sauté fresh veggies till tender, add spices and cook 1 minute. Add stock and the canned veggies. Heat to boil, simmer 10 minutes. Salt and Pepper to taste. For variety, try different spice blends, veggies, and add pasta or rice.

Like us on Facebook.

Olivia's Cabbage & Carrot Soup

From Stacey's Kitchen

INGREDIENTS:

- 1 Cup Cabbage, *thinly sliced*
- 3-4 Carrots, *chopped*
- 1-2 Stalks Celery, *chopped*
- 1 Medium Onion, *diced*
- 1 Cup Chopped Kale
- 32 Oz. Vegetable Stock
- 2 28-Oz. Cans Tomatoes
- 2-4 Cups Water
- 1 Garlic Clove, *minced*
- 1 Lemon, *halved*

DIRECTIONS:

Put everything in a large pot or crock pot, squeezing each lemon half and tossing both in the pot, too. Simmer till everything is tender. Serve in bread bowl, or add rice, quinoa, or any protein you like to the soup.

BayBreadCo.com

Lemongrass Leek Soup

From Annie's Kitchen

INGREDIENTS:

- 1 T Olive Oil
- 1 Medium Onion
- 3 Leeks, *trimmed and chopped*
- 2 Medium Potatoes, *diced small*
- A Handful of Frozen Peas
- 1 Pint Vegetable Stock
- 150 ML Coconut Milk
- 3 Drops Young Living Lemongrass essential oil
- Salt and pepper to taste

DIRECTIONS:

Saute onion and leeks, add next 3 ingredients and bring to boil, simmer 20 minutes. Add milk and simmer 5 minutes. Add remaining ingredients and serve.

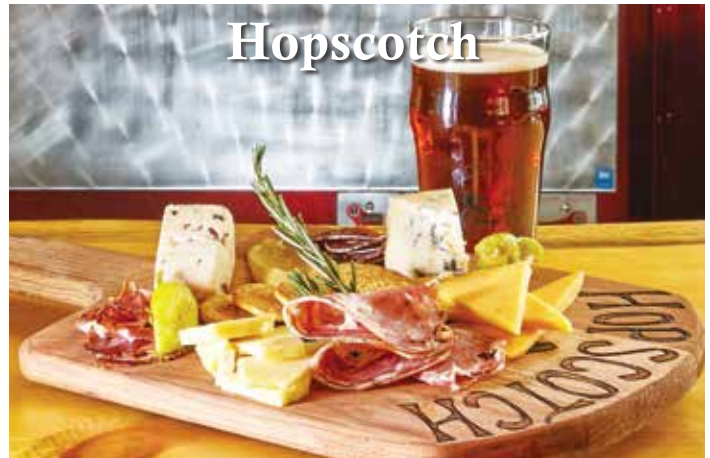
Food & Beverage Guide

Grand Traverse County

Acme, Traverse City, (except S-SW) Williamsburg



Boone's Long Lake Inn



Hopscotch

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851 S Garfield, TC | 231-929-4408
3480 S Airport Rd W, Ste E, TC
231-642-5151

\$\$\$ Amical
229 E Front St., TC | 231-941-8888

\$\$\$ Apache Trout Grill
on West Bay - Dock
13671 S West Bayshore Dr. TC
231-947-7079

\$ B C Pizza
3186 Lafranier Rd., TC | 231-995-9900

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\$ Big Boy Restaurant
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\$ Breakaway Café
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\$ Brew
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231-932-1310

\$ Flap Jack Shack
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231-941-1890

\$\$\$ Franklin, The
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263 West Grandview Parkway, TC
231-932-0500
Open-air rooftop bar overlooking Grand Traverse Bay: the ideal summer scene to relax, sip, savor and be social. Open daily, weather permitting; full bar and fresh food. Atop the Hotel Indigo. www.ihg.com

\$ Ham-Bonz
1108 E Eighth St., TC
231-929-9288

\$ Happy Hog Café
810 E Front St., TC
231-947-4644

\$\$ Harrington's By The Bay
13890 S W Bayshore Dr., TC
231-421-9393

\$ Harvest
136 E Front St, TC
231-486-6036

\$ Hayloft Inn
5096 E Traverse Hwy., TC
231-941-0832

\$\$ HOPSCOTCH BRICK OVEN & TAPROOM

2032 US 31 N, TC
231-252-4718
Artisan brick oven pizzas, craft beer taproom, wine and whiskey. Gather with friends around the gas fire pits in our outdoor beer garden. Located across from East Bay and next to the TART. Traverse area recreation trails. www.hopscotchbrickovenmi.com

HAPPY HOUR SPECIALS:

Mon-Fri. 3:00 - 6:00 p.m.

\$ House of Dogs
3200 S Airport Rd. W. TC

\$\$ Hunan
1425 S Airport Rd., TC
231-947-1388

\$ Hungry Howie's Pizza & Subs
510 W 14th St., TC
231-929-7976

SOME ESTABLISHMENTS MAY BE SEASONAL, OR NOT OPEN EVERY DAY.

\$ 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 Pumpkin

13512 Peninsula Dr., TC
231-223-4333

\$\$ Jonathon B Pub

3200 S Airport Rd W., TC
231-935-4441

\$ J & S Hamburg

302 W Front St., TC
231-947-5500

1083 W 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

\$\$ LaSenorita

1245 S Garfield Ave., TC
231-947-8820

\$\$ Little Bohemia

540 W Front St., TC
231-946-6925

\$ Little Fleet

448 E Front St., TC | 231-943-1116

\$\$ Lobdell's - Teaching Restaurant

715 E Front St., TC
231-995-3120

\$\$ Mahoney's Spirits & 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
231-941-500

110 Munson, TC | 231-929-4415

\$\$ Mackinaw Brewing Co.

161 E Front St., TC | 231-933-1100

\$\$ McGee's 72 Irish Restaurant & Pub

4341 M72 East, Acme | 231-421-8800

\$ Midland Burger Co

329 E State St, TC

\$\$\$ MINERVA'S RESTAURANT & BAR

300 E State St., TC | 231-946-5093

Located in the lobby of Park Place Hotel, this casual upscale restaurant and neighborhood style bar serves all-American fare. Open 7 days a week for Breakfast, Lunch & Dinner.

www.minerva's.net

HAPPY HOUR SPECIALS:

Mon-Thur 4-6PM and 9-10PM. Sat 4-6PM and 9-11PM, Sun 2-9PM

\$ 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

\$ Morsels

321 E Front St., TC | 231-421-1353

\$ MR C'S PUB & GRILL

9009 M-72, Williamsburg
231-267-3300

\$\$ Mulligan's Pub & Grill

2430 W Crown Dr., TC | 231-932-2166

\$\$ North Peak Brewing Co.

400 W Front St., TC | 231-941-PEAK

\$\$ 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

\$\$ OPA! GRILL & TAPROOM

2658 Crossing Cir, TC 231-947-6721

\$\$\$ ORYANA COMMUNITY CO-OP & CAFÉ

260 E Tenth St, TC | 231-947-0191

Serving some GF, VEG, WF, L (Local Ingredients) and organic with a Hot Bar, and counter order with sandwiches, salads, hand-made smoothies and lots more. Musicians are a frequent bonus. Open Mon-Sat 7:30AM-9PM.

www.oryana.net

\$ Osorio Tacos y Salsas

6037 US 31 N., TC | 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

\$\$ ParkShore Lounge

1401 US 31 N, TC | 231-947-3800

\$\$ Patisserie Amie & Chez Peres

231 Lake St, Ste 200, TC
231-922-9645

\$ Peegeo's

525 High Lake Rd., TC | 231-735-8611

\$\$ PENINSULA GRILL

14091 Center Rd., TC | 231-223-7200

\$\$ Pepe Nero

800 Cottage View Dr., TC
231-929-1960

\$\$\$ POPPYCOCKS

128 E Front St, TC | 231-941-7632

Located in beautiful downtown Traverse City, we have been a local favorite since 1989. Our desire is to culture a unique dining experience emphasized by fresh fun flavors, local ingredients and a creative craft cocktails. Poppycockswrb@gmail.com

HAPPY HOUR SPECIALS:

5-6PM 7 days a week all year. \$4 wine; \$3 drafts; \$3 well.

\$ Raduno

545 E Eighth St, TC | 231-421-1218

\$ RAMS

127 S Union, TC
Rustic American Meals and Spirits.

\$ 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

\$\$ Reflect Bistro

255 Munson Ave, TC | 231-778-9000



Robby's Mexican & Spanish Cuisine



Riverwalk

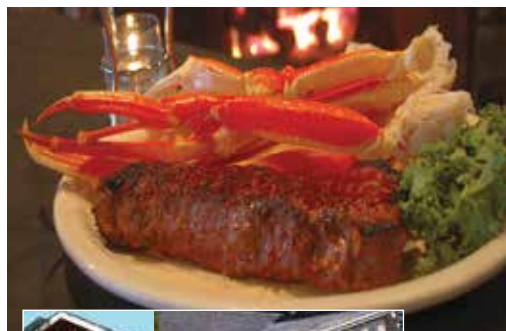
STEAKS • SEAFOOD • PRIME RIB



Award winning steaks and prime rib, great seafood, cocktails, childrens menu. Seasonal nightly entertainment on the BIG DECK.


Open evenings at 4pm • Sunday noon to 10pm

*Reservations only necessary for parties of 15 or more



LEGENDARY



7208 Secor Road, Traverse City 
(231) 946-3991 booneslli.com



\$\$ ROBBY'S MEXICAN AND SPANISH CUISINE

1796 S. Garfield Avenue, TC

231-252-3700

Robby's Mexican & Spanish cuisine is the next step for Robby Montes, the owner of Robby's Taqueria TC Mexicana at 830 East Front Street in Traverse City. The menu includes Robby's Favorites from our Front Street location, Mexican Seafood recipes from the Rivera Maya, and Spanish Cuisine including Paella.

HAPPY HOUR SPECIALS:

2-5PM Mon-Fri. Half off Draft Beer and Red & White House Wines.

\$\$ ROBBY'S TAQUERIA

830 East Front St., TC

231-486-6991

Authentic Traditional Mexican, and Spanish infused cuisine with a full bar. Taste the Flavors of many regions of Mexico all made from scratch. Extensive menu featuring Mole to Taco's, Guacamole and more! Open for breakfast, lunch and dinner. 7 days. Robbystaqueriatc.com

HAPPY HOUR SPECIALS:

3-6PM Mon-Fri. Half off Draft Beer and Red & White House Wines.

\$ Rolling Farms Café

4000 Eastern Skyway Dr., TC | 231-941-4124

\$ 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

ONLY THE FRESHEST! Scalawags serves the freshest fish available. Our Whitefish comes from a third generation fishery in Charlevoix. All the fish we serve is skinned, cleaned and filleted in our kitchen. On average, Scalawags serves 20,000 pounds of whitefish per year. Also serving walleye and perch.

ScalawagsTC.com

\$\$ 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 and Cleaver Barbecue Co.

329 E State, St. TC

\$\$\$ Smoke & Porter

1752 US -31 TC | 231-409-1587

\$ SPANGLISH

1333 Yellow Dr., TC | 231-943-1453

Cozy colorful restaurant with counter service offering tacos, tamales and many other Mexican eats. Food sourced locally whenever possible. Open for lunch & dinner till 6PM.

www.spanglishtc.com

Georgina's

Fusion Cuisine
Authentic Asian & Latin Taquería

Georgina's
fusion cuisine
authentic asian & latin taqueria

236 E Front St, Traverse City (231) 943-1555 • Across from the State Theater
GeorginasTaqueria.com | Like us on FaceBook

SOME ESTABLISHMENTS MAY BE SEASONAL, OR NOT OPEN EVERY DAY.

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

\$ SPARKY'S DINER

1462 W. South Airport Rd. TC
231-933-8005

A locals favorite for over 10 years. Sparky's offers fast friendly service with that down home diner charm. Breakfast and lunch daily 7am-3pm. SparkysDinerTC.com

\$\$\$ Sorellina
250 E Front St, TC | 231-947-8899

\$ State Street Grille
221 E State St., TC | 231-947-4263

\$ Sue's J & S Hamburg
1083 S Airport Rd., TC | 231-947-9424

\$ Swiches Deli
415 Cass St., TC | 231-947-0672

\$\$ TAPROOT CIDER HOUSE

300 E Front St, TC | 231-943-2500

Rooted in community, they support local farmers, distilleries, wineries and craft breweries. Local musicians take the stage and local patrons know staff by their first names. Experience Northern Michigan's freshness and culture no matter where you are from. Downtown TC. www.taproottc.com

\$\$-\$\$ T-Bar Restaurant & Lounge
Mt. Holiday, 3100 Holiday Rd, TC
231-938-2500

\$ Taqueria TC Latino
2749 Silver Lake Rd, TC | 231-421-8388

\$ 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
110 Munson Ave. TC | 231-944-1667

\$ The Dish Café
108 S Union St., TC | 231-276-7760

\$\$ The Good Bowl
328 E Front St, TC | 231-252-2662

\$\$\$ The Parlor Cocktail Lounge
205 Lake Ave, TC | 248-821-6926
\$ The Soup Cup a Microsuperie
718 Munson Ave, TC | 231-932-7687

\$\$ Towne Plaza
203 Cass St, TC | 231-929-0900

\$\$\$ Trattoria Stella
1200 W 11th St., TC | 231-941-8844

\$ TROPICAL SMOOTHIE CAFÉ

718 Munson Ave, TC | 231-938-6050
Casual, health conscious café featuring custom smoothies, sandwiches and wraps in a great atmosphere. Catering. Dine-in or Carry-out. Order online Tropicalsmoothiecafe.com and follow us on social media. www.tropicalsmoothiecafe.com

\$\$ Turtle Creek Casino
7741 M 72 E, Williamsburg
231-922-7795

\$\$ Tuscan Bistro
12930 S W Bayshore Dr, TC
231-946-8932

\$ U & I Lounge
214 E Front St., TC | 231-941-5038

\$ Uptown Dogs
405 S Union St, TC | 231-943-1242

WAREHOUSE KITCHEN + CORK

263 W Grandview Parkway, TC
231-932-0500 | www.ihg.com

\$\$ West End Tavern
12719 S W Bayshore Dr, TC
231-943-2922

\$ Willie's Rear
1315 W S Airport Rd., TC
231-929-9474

\$ Wren the Butcher
329 E State St, TC | 231-252-800

BAKERIES, DESSERTS & SWEETS

Auntie Anne's
3200 W South Airport Rd 134

Bake Shoppe
839 S Garfield Ave, TC

Bardon's Wonder Freeze
1000 E Front St, TC

BAY BREAD
601 Randolph St, TC | 231-922-8022

43 Varieties of Artisan Breads baked daily. Breakfast & Lunch sandwiches, soups and salads and many more baked specialties. Near West End Beach with a beautiful view of the Bay. Relax in the Roost. www.baybreadco.com

Big Dipper Dough Co.
1610 Barlow St #10, TC

Cherry Republic
154 E Front St, TC

\$ Common Good Bakery
537 W Fourteenth St, TC
231-933-8002

Dairy Lodge
405 N Division St, TC

D.O.G. Bakery for Dogs
1117 W South Airport Rd Ste D, TC

Doug Murdick's Fudge
116 E Front St, TC
4500 US 31, Acme

Harvey's Donut & Deli
1779 S Garfield Ave, TC

Kilwin's Chocolates
129 E Front St, TC

Milk & Honey
240 E Front St, TC | 231-944-1036

Moomers
7263 N Long Lake Rd, TC

Mrs. Fields
3200 W South Airport Rd 242,

Old Mission Multigrain Bakery
813 Garfield, TC

Peace Love and Little Donuts
414 E Front St #1, TC
231-421-5255

Petoskey Pretzel Co.
102 S Union St, TC

Pleasanton Brick Oven Bakery
811 Cottage View Dr, TC

Potter's Bakery
908 E Eighth St, TC

Sugar Kissed
127 E Front St, TC

The Stone Oven
6551 1st St, Lake Ann

Sweet Tartlette
445 E Front St, TC | 231-642-5333

Third Coast Bakery
523 Munson Ave, TC | 231-421-8696

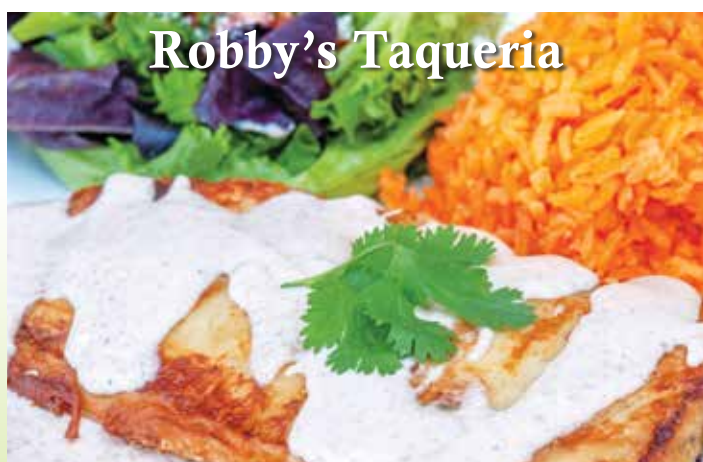
Underground Cheesecake Co.
800 Cottage View Dr #10, TC

Wares Brothers Ice Cream Shop
1409 W S Airport Rd, TC
13000 S W Bay Shore Dr, TC

SPECIALTY DELIS, COUNTERS AND MARKETS



Sparky's Diner



Robby's Taqueria

\$ BaySide Market
1532 US 31 N., TC | 231-938-2530

\$ CREPES AND CO

329 E State St, TC
Great for breakfast, lunch or brunch, or even a snack. Watch your crepe being made and enjoy it with Higher Grounds coffee. Try their signature Croque Monsieur sandwich. Many gluten free options. In the State Street Marketplace. Crepesandcote.com

\$\$ EDSON FARMS NATURAL FOODS

835 S. Garfield Ave. TC | 231-941-5221
Specializing in local, organic, gluten free and vegan options. Orange juice bar with wheatgrass. Ready to go meals and an exclusive rotating selection available in our grab and go. Offering classic favorites. Also meets any dietary needs.

\$ Folgarelli's
24 W Front St, TC | 231-941-7651

\$ Francisco's Market Deli
2770 Silver Lake Rd., TC | 231-932-7102

Lucky's Market
3587 Marketplace Circle, TC

\$ MILLIE & PEPPER CREPERIE

20 S Union Street., TC
"Millie and Pepper a Modern General Store and Creperie. World class crepes and a curated selection of clothes and merchandise.

\$ NADA'S GOURMET DELI AND MEDITERRANEAN CUISINE

542 W Front St, TC | 231-947-6779
Nada's Gourmet Deli combines middle eastern and Mediterranean traditions to serve you fresh healthy food. Everything is made from scratch using the highest quality hand picked local ingredients. Sandwiches, salads, appetizers and deserts. www.nadagourmetdeli.com

The Cheese Lady
600 W Front St, TC | 231-421-9600

FARM MARKETS

ALTONEN'S FARM MARKET

11595 US 31 S, Williamsburg
Fresh fruits and vegetables in season. Pies and preserves too.
www.michiganfruit.com

Buchan's Blueberry Hill
1472 Nelson Rd, TC | 231-223-4846

Cherry Bend Farm
9606 E Cherry Bend Rd, TC
231-932-7571

Farmer White's
11373 US 31, Williamsburg
231-632-1500

Gallagher's Centennial Farm
5904 N Long Lake Rd, TC
231-421-5199

Gallagher's Farm Market and Bakery
7237 E Traverse Hwy, TC
231-947-1689

Guntzviller's Berry & Vegetable Farm
11122 US Highway 31 S, Williamsburg

\$ GROLEAU'S FARM MARKET
2100 Hammond Rd E, TC
top in for homemade soup with fresh baked breads, rolls, donuts, bread, jams and canned produce. Meat and dairy too. Open year round.

Hall Farms
8118 N Long Lake Rd., TC

Harbor View Farm and Nursery
17770 Center Rd., Old Mission
231-223-4330

Hooper's Farm Gardens
2399 Kroupa Rd, TC | 231-649-2826

Hoxie's Farm Market
6578 M-72 East, Williamsburg
231-267-9087

Jacob's Corn Maze
7100 E Traverse Hwy (M-72 W), TC
231-632-6293

BREWERIES

Brewery Terra Firma
2951 Hartman Rd., TC

Crafthouse TC
511 S Union, TC

Earthen Ales
1371 Gray Dr, Ste 200, TC GT

Filling Station
642 Railroad Place, TC

Jolly Pumpkin Brewery
13512 Peninsula Dr., TC

Kilkenny's Irish Pub House
400 W Front St., TC

Mackinaw Brewing Co.
161 E Front St., TC

Mission Table
13512 Peninsula Dr., Old Mission

North Peak Brewing Co.
400 W Front St., TC

Monkey Fist Brewing Co.
329 E State St, TC
231-943-2739

Rare Bird Brewery & Taproom
229 Lake Ave., TC

Right Brain Brewery
225 E 16th St., TC

Silver Spruce Brewing Co.
439 E Eight St., TC

Workshop Brewing Co.
221 Garland St., TC

CIDERIES

\$\$ LEFT FOOT CHARLEY

806 Red Dr, TC | 231-995-0500
In lieu of the single estate model, Left Foot Charley is a collection of grape and apple growers found throughout northern Michigan and dedicated to growing fruit for our wine and cider. Located in an urban setting at The Village at Grand Traverse Commons. Open 7 days a week. www.leftfootcharley.com

SOUL SQUEEZE CELLARS

Look for Soul Squeeze Cider to take home from your Grocery Store. Bip Juniper Dry Hard Cider, Boo Cherry Hard Cider, Bot Hop Dry Hard Cider, and Summertime Hottie Dry Riesling. www.soulsqueezecellars.com

TapRoot Cider House
300 E Front St., TC

TOWNLINE CIDERWORKS

11595 US 31 S., Williamsburg
Inviting tasting room on the edge of a working apple orchard. Hand-crafted from start to finish on site. Cider & wine in flights & by the glass. Nonalcoholic & Soda too. Follow us on FB.

DISTILLERIES

Grand Traverse Distillery
781 Industrial Circle 5, TC
215 E Front St., TC

Jolly Pumpkin
13512 Peninsula Dr., TC

Mammoth Distillery
221 Garland St D, TC | 231-943-1073

TC Whiskey Co.
Corner of Cass & 14th St., TC

JUICE BAR

Press On Juice
1125 E Eighth St., TC | 231-409-9325



SUNDAY BRUNCH 10AM-2PM



All of the best Mexican Seafood, Riviera Maya and favorites like Tapas from Spain.

Designer Cocktail Mixologist

Serving Lunch and Dinner
Live Music every Thurs.
6:30-8:30



1796 S Garfield Ave.
Traverse City
231-252-3700

Robby's Mexican & Spanish Cuisine



Traditional Family Cooking

NEW MENU!

DOWNTOWN TRAVERSE CITY

830 East Front Street, Traverse City
Open 7 Days a Week • Including Take Out
231-486-6991

Robby's Taqueria TC Mexicana



A locally loved diner, satisfying guests for 12 years. Outstanding food and fantastic service you can't find anywhere else!!!



Sparky's Diner

*Great Food, Great Place, Great People
Your favorite local spot for Breakfast, and Lunch.*

231-933-8005

7 days a week! Monday-Sunday

7:00am-3:00pm

1462 W South Airport Rd, Traverse City,
MI 49686

*A favorite local spot for
Breakfast and Lunch
And soon to be Dinner!*

MEADERY

Acoustic Tap Room
119 N Maple St., TC

TEA & COFFEE

Aroma's Coffee & Tea
10850 E Traverse Hwy, TC

BAM
2612 Crossing Circle, TC

Bistro @ West Bay Beach Holiday Inn
615 E Front St, TC

BLK MRKT Coffee
107 Hall St., Ste 100, TC

Breakaway Café & Coffee Bar
1900 US 31 N, Suite F, TC

Brew 108 E Front St., TC

Cuppa Joe
1200 W. 11th St. 101, TC

Day of Light Organics Tea
3502 E Traverse Hwy, TC

Espresso Bay
202 E Front St., TC

Good Harbor Coffee & Bakery
111 W Front St., TC

Higher Grounds Trading Co.
806 Red Dr. #150, TC

Horizon Books Shine Cafe
243 E Front St., TC

Mundos Roasting & Co.
708 Boon St., TC

TABLE 12 COFFEE HOUSE & CHRISTIAN BOOKSTORE
3211 N Garfield Rd, TC | 231-421-9192
Proudly serving Espresso Bay brand coffee, Third Coast baked goods, bagels, muffins, tea. Meeting room. Mon-Fri 7-7, Sat 8-4, Sun 9-4. Table12CoffeeHouse.com

Traverse Bay Café
810 E Front St., Traverse City

WINERIES

2 Lads Winery
16985 Smokey Hollow Rd., TC

Black Star Farms
360 McKinley Rd. E., TC
Bonobo Winery

Bowers Harbor Vineyards
2896 Bowers Harbor Rd., TC

Brengman Brothers
9720 S Center Hwy., TC

Brys Estate Vineyard & Winery
3309 Blue Water Rd., TC

Chateau Chantel
15900 Rue de Vin, TC

Chateau Grand Traverse
12239 Center Rd., TC

Hawthorne Vineyards
1000 Camino Maria Dr., TC

\$\$ LEFT FOOT CHARLEY
806 Red Dr, TC | 231-995-0500
In lieu of the single estate model, Left Foot Charley is a collection of grape and apple growers found throughout northern Michigan and dedicated to growing fruit for our wine and cider. Located in an urban setting at The Village at Grand Traverse Commons. Open 7 days a week. www.leftfootcharley.com

SOUL SQUEEZE CELLARS
Look for Soul Squeeze Cider to take home from your Grocery Store. Bip Juniper Dry Hard Cider, Boo Cherry Hard Cider, Bot Hop Dry Hard Cider, and Summertime Hottie Dry Riesling. www.soulsqueezecellars.com

Mari Vineyard
8175 Center Rd., TC

Mission Table Tasting Room
13512 Peninsula Dr., TC

Peninsula Cellars
11480 Center Rd., TC

Rove Estate Vineyard & Winery
7007 E Traverse Hwy, TC

SOUL SQUEEZE
Look for their wine in your local Grocery market.

*"You don't need a silver fork to eat good food."
-Paul Prudhomme*

New In Town: K.I. Food and Spirits



General Manager: Julie Zywicki

K.I. Food and Spirits' team began its journey two years ago, with a vision of revitalizing Kingsley. They felt a restaurant would be the central meeting place for the community. Kingsley has given them a very warm welcome. The K.I. is a casual restaurant and bar for friends and families to gather around hometown comfort foods with a twist. This summer the deck will be open for dining and cocktails. K.I. offers a wide variety of food and drink choices. Aside from great steaks and specialty burgers, it offers signature fries. Chronic Fries are a sweet-savory flavor, and the 113 Dirty Fries are a spicy-savory flavor. The food is always fresh, and the menu is unique. Almost all of the dishes incorporate house-candied bacon. Locals say it's wonderful and addictive! K.I. features a wide variety of craft beers, local wines, and specialty cocktails. If you're looking for a good time, great drinks, and amazing food with your favorite people, K.I. is the right place. There's fun for all, games, trivia, karaoke, televised games, Keno, and much more. Fridays are all-you-can-eat fish fry, which has become a town favorite. Saturdays are quickly becoming the most popular night, with thyme, rosemary, and crusted prime rib dinner. A Sunday breakfast buffet was also recently added. ☐



PHOTOS (INTERIOR) BY MEG PAXTON

SW-S Grand Traverse County

Kingsley, Grawn, Interlochen, Lake Ann

DINING

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

\$ Bones BBQ
6950 Jackson Pine Dr, Kingsley

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

\$ BUD'S

3061 M137, Interlochen
231-276-9090
Healthy options, comfort food, quick bite. Counter service features homemade menu items, espresso, cafe fare, ice cream and donuts in a woodsy chic setting. Drive-thru, eat in, or patio. Open for breakfast, lunch, dinner -7 days.
www.budsisback.com

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

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

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

\$\$ K. I. FOOD & SPIRITS

211 E Main St, Kingsley
231-680-4468
Casual restaurant and bar for friends and families to gather. Hometown comfort food with a wide variety of menu options. Sunday Brunch 9AM-2PM. Open 11AM-Midnight, Fri & Sat till 2AM. (serving food till 11PM - Sun till 10PM).
www.kingsleybar.com

HAPPY HOUR SPECIALS:
3-6PM 50¢ off alcoholic drinks.
Wed pint night.

\$ Kingsley Cafe
203 W. Main St., Kingsley

\$ Maddy's Tavern
9205 US 31 S., Interlochen
231-276-6244

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

\$\$ McGee's 72
Irish Restaurant & Pub
4341 M72 East, Acme
231-421-8800
\$\$ Mistwood Golf Course
7568 Ole White Dr., Lake Ann
231-275-5500

\$ Papa J's Pizzeria
18557 Maple St., Lake Ann
231-275-7008

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

\$ Punzel Scandinavian
8720 County Rd 633, Buckley

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

\$ The Red Door
19631 Maple St, Lake Ann
231-640-0005

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

\$ The Stone Oven
6551 First St, Lake Ann
231-275-8520
\$ Village Ice Cream Shop
413 Main St., Kingsley
231-263-2121

BAKERIES, DESSERTS & SWEETS

Cory's Cones
First St, Lake Ann

\$ Village Ice Cream Shop
413 Main St., Kingsley
231-263-2121

Blue Moon Ice Cream Shop
9032 Kasson St, Cedar

Dairy Land Ice Cream
385 W Wexford Ave, TC

Dairy Bar
211 E State St, Fife Lake

Daniela's Delectables
5818 US 31 S, Grawn

Little Reds
5862 US 31, TC

BREWERIES

Lake Ann Brewing Co.
6535 First St, Lake Ann

TEA & COFFEE

Red Door Coffee House
19631 Maple St., Lake Ann

East Leelanau Peninsula

Suttons Bay, Omena, Northport, Lake Leelanau

DINING

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

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

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

\$\$ Premonitions
100 S Cedar St., Suttons Bay
231-271-6445

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

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

\$ Hang-On Express
316 N St. Joseph, Suttons Bay
231-271-0202

\$ Hearth & Vine Café
10844 E Revold Rd., Suttons Bay
231-944-1297



Georgina's



Calypso

BUFFET • DINING



TO GO • BAR



\$\$ Knot Just A Bar
5019 N W Bayshore Dr., Northport
231-386-7393

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

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

\$ LYLAHS
112 E Philip St. (M204)
Lake Leelanau

\$ Roman Wheel Pizza & Subs
116 St. Joseph, Suttons Bay
231-271-4176

\$ Stoney Point Pub
111 St Joseph, Suttons Bay
231-271-1007

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

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

\$\$\$ Tuckers of Northport
116 Waukazoo, Northport
231-386-1061

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

\$\$\$ VI Grille
201 N St. Joseph St., Suttons Bay
231-271-6200

Wren the Butcher
303 N St. Joseph, Suttons Bay

BAKERIES, DESSERTS & SWEETS

45th Parallel's Candy World
104 W Broadway, Suttons Bay

Barb's Bakery
112 N Mill St, Northport

Chimoski Bakery
Broadway, Suttons Bay

Little Bee's Italian Ice
309 N St Joseph St, Suttons Bay

Tribune Ice Cream
110 E Nagonaba St. Suttons Bay

SPECIALTY DELIS, COUNTERS AND MARKETS

Manny's Cheese Bar
5040 S. West Bay Shore Dr.
Suttons Bay | 231-929-2809

FARM MARKETS

9 Bean Rows Bakery and
Farm Market 8996 E Duck Lake Rd,
Lake Leelanau

BREWERIES

Hop Lot Brewing Co.
658 S W Bayshore Dr., Suttons Bay
The Mitten Brewing Company
112 Nagonaba St, Northport

CIDERIES

Suttons Bay Cider
10530 E Hilltop Rd, Suttons Bay

Tandem Ciders
2055 N Setterbo Rd., Suttons Bay

DISTILLERIES

Northport Rum Co.
9825 E Engles Rd, Northport
317-508-4709

NORTHERN LATITUDES DISTILLERY

112 E Phillip St., Lake Leelanau
Distilled right in their tasting room from the heart of Leelanau County. Small batch artisan spirits come from Michigan's diverse agricultural products. Enjoy this distillery located by the Narrows Bridge between North and South Lake Leelanau! • FREE tastings • Unique cocktails • Spirits sold by the bottle • Bar tools & gifts
www.northernlatitudesdistillery.com

TEA & COFFEE

Bayside Coffee & Tea
310 St Joseph Ave, Suttons Bay

Kamp Grounds Coffee & Creamery
201 N Mille St., Northport

Pedaling Beans Coffee House
116 E Phillip St., Lake Leelanau

WINERIES

Aurora Cellars
7788 E Horn Rd., Lake Leelanau

Black Star Farms
10844 E Revold Rd., Suttons

BayBlustone Vineyards
780 N Sylt Rd., Lake Leelanau

Boskydel Vineyard
7501 E Otto Rd., Lake Leelanau

Chateau de Leelanau
Vineyard & Winery
5048 SW Bayshore Dr., Suttons Bay

Ciccione Vineyard & Winery
10343 E Hilltop Rd., SB

45 North Vineyard & Winery
8580 E Horn Rd., Lake Leelanau

French Valley Vineyards
117 N St. Joseph St., SB

Gill's Pier Vineyard & Winery
5620 N Manitou Trail, Northport

Green Bird Organic Cellars
9825 Engles Rd., Northport

L Mawby
4519 S Elm Valley Rd., Suttons Bay

Leelanau Cellars
5019 NW Bay Shore Dr, M22, Omena

Raftshol Vineyards
1865 NW Bayshore Dr.,
Suttons Bay

Shady Lane Cellars
9580 Shady Lane, Suttons Bay

Silverleaf Vineyard & Winery
10187 E Silverleaf Farm Rd, Suttons Bay

Skipping Stone Cellars
5046 SW Bayshore Dr., Suttons Bay

Three Fires Wine
5046 SW Bayshore Dr., Suttons Bay

Willow Vineyard
10702 Hilltop Rd., Suttons Bay

West Leelanau County

Leland, Lake Leelanau, Glen Lake, Empire, Maple City, Cedar

DINING

\$\$ Art's Tavern
6487 Western Ave., Glen Arbor
231-334-3754

\$ B&B Express
203 Cedar St, Kalkaska
231-258-9778

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

\$\$\$ Bella Fortuna North
104 Main St., Lake Leelanau
231-994-2400

\$ Blue Moon Ice Cream Shop
9032 S Kasson St., Cedar
231-228-6350

\$\$\$ BLUE BIRD RESTAURANT & TAVERN

102 River St., Leland | 231-256-9081
A gathering place for residents and visitors for over 80 yrs. Lake Michigan fish choices, Beef Brisket, Pulled Pork and house made buns...everything is made with love. Open 11:30 Tues-Sun
www.bluebirdleland.com

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

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

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

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

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

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

\$ Early Bird Restaurant
101 N Main St., Leland
231-256-9656

\$ Fig's Lake Leelanau
202 W Main St, Lake Leelanau
231-256-2222

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

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

\$ Johnny Salamas Pizza
6281 W River Rd., Glen Arbor
231-334-3876

\$ Kerby's Grill
172 W Burdickville Rd, Maple City
231-228-8869

\$\$ Labecasse
9001 S Dunn's Farm Rd., Maple City
231-334-3944

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

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

\$LYLAHS
112 E Philip St. (M204)
Lake Leelanau

\$ Riverfront Pizza
State Hwy, M22, Glen Arbor
231-334-3876

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

\$ Sisson's Main Street Specialties
203 Main St., Leland
231-256-9201

\$\$ THE MANOR ON GLEN LAKE
7345 W Glenmere/M22, Empire
231-334-0150
This 100-year-old renovated summer hotel is a fine dining establishment with wonderful views of Glen Lake and the big "Dune Climb Hill" of Sleeping Bear Dunes. Full menu. Open 7 days. Closed Jan and Feb.

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

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

\$\$ Western Avenue Grill
6410 Western Ave., Glen Arbor
231-334-3362

BAKERIES, DESSERTS & SWEETS

Cherry Republic
6026 Lake St, Glen Arbor

Harbor House Trading Co.
101 N Main, Leland

Leelanau Pie & Pastry
41 N Eagle Hwy, Lake Leelanau

River & Main Candy Store
102 N Main St, Leland

BREWERIES
Big Cat Brewing Co
8699 S Good Harbor Trl, Cedar
231-228-2282

DISTILLERIES

Grand Traverse Distillery
110 Lake St, Leland

TEA & COFFEE

Blue Boat Coffee
106 Main St., Leland

Leelanau Roasting Co.
6443 W Western Ave., Glen Arbor

Sissons Main Street Specs
203 N Main St., Leland

WINERIES

Bel Lago Vineyards/Winery
6530 S Lake Shore Dr., Cedar

Blustone Vineyards
780 N Sylt Rd, Lake Leelanau

Boathouse Vineyards
115 N St Mary's St., Lake Leelanau

Boskydel Vineyard
7501 E Otto Rd., Lake Leelanau

Chateau Fontaine
2290 S French Rd., Lake Leelanau

Cherry Republic Winery
6026 S Lake St., Glen Arbor

Good Harbor Vineyards
34 S Manitou Trail, M-22 LL

Laurentide Winery
56 S French Rd., Lake Leelanau

Longview Vineyards
8697 Good Harbor Trail, Cedar

Verterra Winery
103 E River St., Leland

Benzie County

Honor, Beulah, Benzonia, Frankfort, Elberta, Thompsonville

DINING

\$ A. Papano's Pizza
334 Main St., Frankfort | 231-352-6700

13033 Cadillac Hwy.,
Thompsonville | 378-4300

7803 Crystal Dr & US 31,
Beulah | 231-882-2300

\$\$ Bayview Grille
727 Main St., Frankfort | 231-352-8050

\$ Beppi's Pizzeria
1 Woodridge Rd., Glen Arbor
231-334-5215

\$\$-\$\$\$ BIRCH AND MAPLE
727 Main St, Frankfort | 231-399-0399
Fresh fare with friendly folks! Scratch kitchen and craft cocktails overlooking beautiful Betsie Bay in downtown Frankfort. Serving breakfast, lunch and dinner.
BirchAndMapleFrankfort.com

\$ Cabbage Shed & Pub
198 Frankfort Ave., Elberta
231-352-9843

\$ Cherry Hut, The
246 Michigan Ave., Beulah
231-882-4431

\$\$ Coho Café
320 Main St., Frankfort
231-352-6053

\$\$ Cold Creek Inn Dining & Lodging
S Benzie Blvd, Beulah
231-882-5531

\$ Conundrum Café
603 Frankfort Hwy, Elberta
231-352-4611

\$ Crescent Bakery & Cafe
404 Main St., Frankfort | 231-352-4611

\$ Dingy's Restaurant & Bar
415 Main St., Frankfort | 352-4702

\$ Franz
325 Main St, Frankfort | 231-399-0162

\$\$ Fusion Restaurant
300 Main St., Frankfort | 231-352-4114

\$ Genos Sports Bar & Grill
14848 Thompson Ave,
Thompsonville | 231-378-2554

\$ Hungry Tummy
226 S Benzie Blvd., Beulah
231-882-5103

\$\$ Jim's Joint BBQ
10914 US-31, Honor | 231-227-1227

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

\$ L'Chayim Delicatessen
318 Main St, Frankfort | 231-882-5221

\$ L'Chayim Delicatessen
274 S Benzie Blvd, Beulah
231-882-5221

\$ Laughing Horse Saloon
15888 Lindy Rd., Thompsonville
231-378-4876

\$ Lighthouse Café
735 Frankfort Ave., Elberta
231-352-5273

\$ Lumberjacks Bar & Grill
10919 Main St, Honor
231-325-2262

\$ Market Basket
187 N Michigan Ave, Beulah
231-882-5041

\$\$ Manitou, The
M-22, 4348 S Scenic Hwy,
Frankfort , 231-882-4761

\$ Mayfair Tavern
515 Frankfort Ave., Elberta
231-352-9136

\$ Papa J's Pizzeria
10583 Main St., Honor | 231-325-7070

\$ Port City Smokehouse
1000 Main St., Frankfort | 231-352-9192

\$ Roadhouse Mexican Bar/Grill
1058 Benzie Hwy., Benzonia
231-882-9631

\$\$ The Hotel Frankfort
231 Main St, Frankfort | 231-352-8090

\$\$-\$\$\$ Thistle Pub & Grille
33914 Crystal Mountain Blvd
888-968-7686 ext. 6040

\$ Trick Dog Gallery & Café
1121 Furnace St., Elberta
231-352-TDOG

\$ Ursa Major Bistro
245 S Benzie Blvd, Beulah
231-383-4250

\$ Villa Marine Bar
228 Main St., Frankfort | 231-352-5450

BAKERIES, DESSERTS & SWEETS

Crescent Bakery
404 Main St, Benzonia

Hill Top Soda Shoppe
7117 South St, Benzonia

FARM MARKETS

Market Basket
187 N Michigan Ave, Beulah
231-882-4444

BREWERIES

Stormcloud Brewing Co.
Downtown Frankfort

DISTILLERIES

Iron Fish Distillery
14234 Dzuibanek Rd,
Thompsonville

TEA & COFFEE

Kentucky Coffeetree Cafe
235 W Broadway St., Frankfort

Perks of Frankfort
429 Main St., Frankfort

WINERIES

St Ambrose Cellars
971 S Pioneer Rd., Beulah

West Antrim County

Atwood, Elk Rapids, Kewadin, East Port

DINING

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

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

\$ Chef Charles
147 River St., Elk Rapids
231-264-8901

\$ Elk Harbor Restaurant
714 US 31, Elk Rapids
231-264-9201

\$ FRISKE FARM MARKET
10743 US 31 N., Atwood
231-599-2604
For the tourist and native alike, Friske's Farm Market is a must-stop Northern Michigan destination. Breakfast & lunch, pizza, handmade pies, donuts and pastries, fresh fruit and splendid shopping of all kinds! Follow us on Facebook and Instagram for current happenings, hours and info! www.friske.com

\$ Harbor Café
129 River St., Elk Rapids
231-264-8700

\$\$ Hacienda Vasquez'
11324 US 31, Elk Rapids
231-264-5892

\$ Java Jones
131 River St., Elk Rapids
231-261-1111

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

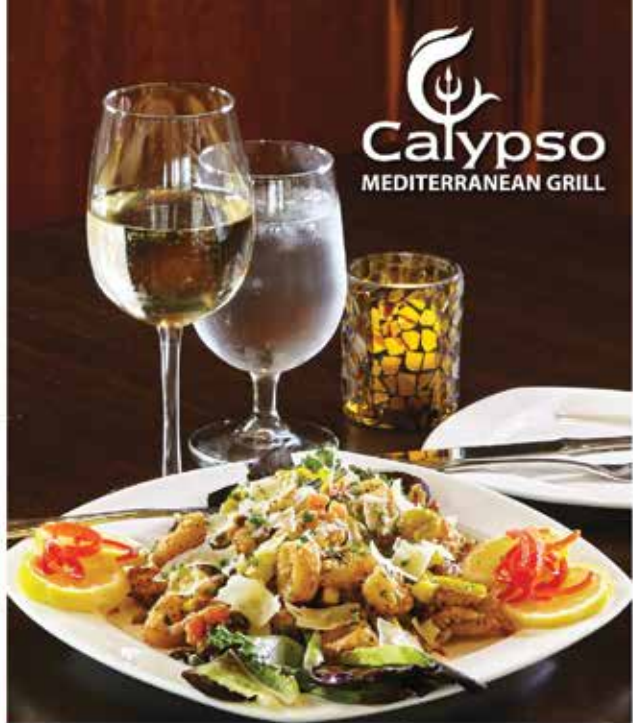
\$ Local, The
145 Ames St, Elk Rapids
231-498-2190

\$ 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
617 Ames St., Elk Rapids
231-264-0530

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



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Friday – Saturday 11:30 am - 3:00 pm, 4:00 pm - 10:00 pm
Closed on Sundays

Guests at Calypso Mediterranean Grill will be impressed with the welcoming hospitality of the knowledgeable team and the lively array of healthy & fresh foods prepared by our culinary team.
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(231) 943-2740 | 1500 US 31 North Traverse City, MI 49686 | CalypsoGrillTC.com

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- ❖ *Wine*
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- Outdoor Seating

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\$\$ RIVERWALK GRILL AND TAPROOM

106 Ames St, Elk Rapids
 231-264-0377
Located on beautiful Elk River-boat parking and outdoor seating on the deck and tiki bar, live music multiple nights a week, extensive selection of Michigan Craft Beers and wines from around the world. They feature a variety of locally caught fish, steaks, flatbreads and more.
www.rwgrillandtap.com

\$\$\$ SIREN HALL

151 River St, Elk Rapids
 231-264-6062
Refined American eatery and bar featuring upscale seafood dishes served in an elegant, industrial-chic setting. Lunch Tue-Sat 11AM-2:30PM, Dinner 5-9PM. Private Dining room for events.
SirenHall.com

\$ TJ Charlie's
 135 River St., Elk Rapids
 231-264-8819

\$\$ Torch Lake Café
 4900 US 31 North, Eastport

\$\$ Torch Riviera
 12899 Cherry Ave., Rapid City
 231-322-4100

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

BREWERIES

Short's Brewery
 211 Industrial Park, Elk Rapids

BAKERIES, DESSERTS & SWEETS

The Flour Pot
 108 River St, Elk Rapids

Ice Cream Peddlers
 141 River St, Elk Rapids

Flour Pot, The
 108 River St, Elk Rapids

SPECIALTY DELIS, COUNTERS & MARKETS

\$\$ Cellar 152
 152 River St, Elk Rapids
 231-264-9000

FARM MARKETS

ALTONEN'S FARM MARKET
 11595 US 31 S, Williamsburg
Fresh fruits and vegetables in season. Pies and preserves too.

Bargy's Beef & Fruit Market
 2946 US 31 N, Kewadin
 231-342-8321

FRISKE ORCHARDS
 10743 US 31 N, Atwood
Fresh fruit and vegetables, bakery, home jarred fruits and fillings too. Open year round.

King Orchards
 986 US 31, Kewadin | 231-264-0715

ROYAL FARM MARKET

10445 N US 31, Ellsworth,
 231-599-3222
Royal Farms opens for the season May 1st, when flowers will be brimming in their greenhouse. They also feature 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.

East Antrim County
 Bellaire, Central Lake, Alden, Rapid City

DINING

\$ 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

\$Bone Shack BBQ
 3407 Shady Nook Rd, Central Lake
 231-312-753-8056

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

\$ 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

\$ Mama's Kitchen
 730 Cayuga, Bellaire | 231-533-5555

SOME ESTABLISHMENTS MAY BE SEASONAL, OR NOT OPEN EVERY DAY.

\$\$ Pelican's Nest
2535 N Main St, Central Lake
231-533-9000

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

\$ Blue Water Bistro & Pizzeria
11921 SE Torch Lake Dr., Alden
231-331-6262

\$\$ River Bistro
2400 Troon Dr. S, Bellaire

\$ 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

\$\$ The Farm Pub and Grill
3388 W Eddy School Rd, Bellaire |
231-533-6886

\$\$ The Blue Pelican Inn
2535 N Main St., Central Lake
231-544-2583

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

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

\$ Wild Onion Restaurant
5069 Helena Rd., Alden | 231-331-6777

**BAKERIES,
DESSERTS &
SWEETS**

Bojack's Bake Shop & Café
102 W State St, Mancelona

Cone Corral
8145 Rapid City Rd NW

Fudgees
2420 Main St, Bellaire

Ruthann's Gourmet Bakery
7539 Meadow Lane, Bellaire

FARM MARKETS

King Orchards
4620 M-88, Central Lake | 231-544-6479

Providence Organic Farm & CSA
5691 N Michigan 88, Central Lake
231-350-6420

Raven's Roost Farm
2377 Vandermark Rd, Bellaire |
231-350-6448

Royal Farms, Inc.
10445 N US 31, Ellsworth (Atwood)
231-599-3222

BREWERIES

Shorts Brewing Company
121 N Bridge St., Bellaire

DISTILLERIES

Mammoth Distilling
2407 Main St, Central Lake

MEADERY

Bell Well Meadery
3533 S Derenzy Rd, Bellaire

TEA & COFFEE

MOKA
102 N Bridge St., Bellaire

WINERIES

Torch Lake Cellars
5245 Clam Lake Dr, Bellaire
231-377-9109

Vista Ridge Vineyards, Alden

Kalkaska County
Kalkaska, Fife Lake

DINING

\$ B C Pizza
604 N Cedar, Kalkaska

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

\$ Breakfast & Burger Express
230 S Cedar St., Kalkaska
231-258-9778

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

\$ Gordy's Place
108 E State St., Fife Lake
231-879-4423

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

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

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

\$\$ Manistee Lake Inn
6707 CR 612 NE, Kalkaska
231-258-3465

\$ Nico's Pizza & Grinders
606 N Cedar St., Kalkaska

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

\$ Roadhouse
7983 US 131 NE, Kalkaska
231-258-4673

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

\$ Trout Town County Café
406 Elm St, Kalkaska
231-258-2701

\$\$ Twin Birch Golf Club
1030 C R 612 NE, Kalkaska
231-258-5363

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

FARM MARKETS

Cherry Street Market
201 W Mile Rd (M-72E), Kalkaska
231-258-4946

Strawberry Fields Farm Market
1047 County Rd 571 NE, Kalkaska
231-392-5393

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