

# New Disc Golf Course Installed in Lake Ann

Good sign for Benzie players, looking for more local courses

By Matt Nahsen  
Current Contributor

The game of golf dates back to the Middle Ages in Scotland, though it did not find international popularity until the late 19th century, when it spread to the rest of the United Kingdom, the British Empire, and the United States. Nowadays, there are more than 34,000 golf courses worldwide, including around 15,000 in the United States; 5,000 in Asia, 2,000 of which are in Japan; 3,100 in the United Kingdom; and 1,500 in Australia.

In general, the rules of golf consist of: hit the 1.68-inch-diameter ball with a club toward the hole, and count the number of times that it takes for you to hit the ball into the hole—the lower the number of hits, the bet-

ter your score. There are typically 18 holes; the “front nine” and the “back nine.”

Generally, golf is considered an activity of the well-to-do, as golf is the most expensive sport, according to most online media sources, with the average golfer paying more than \$200



Alex Beardslee is the first to use this brand new disc golf hole, one of nine at the new disc golf course at Almira Township Park. Photo by Christina Steele.

per month for clothing, club memberships, equipment, travel, and competition fees.

Meanwhile, a “frisbee”—also called a “flying disc” or simply a “disc”—is generally made of rubberized plastic and is about eight to 10 inches in diameter with a pronounced lip at the edges. Though it is unknown when humans began tossing disc-shaped objects, such as seashells or round stones, the throwing of a “discus” was an event in the original Olympic Games of Ancient Greece, and the sport was resurrected for modern track and field games in the late 19th century.

Modern discs were made of weighted wood that was surrounded by a protective metal band, according to Wikipedia, but the more lightweight “Frisbee” did not come into

Please see Disc Golf on page 11

# The Infinite Wisdom of Yoga

Exploring yoga in Benzie

By Jenn Ryan  
Current Contributor

Thousands of years old, yoga is a spiritual and ascetic discipline which includes breath control, simple meditation, and body postures. Although having originated in ancient India, yoga is now widely practiced for health and relaxation throughout the world. Yoga in Indian traditions is more than just physical exercise; it has a meditative and spiritual core.

There is a broad variety of yoga schools, practices, and goals attributed mostly to Hinduism, but which are also practiced in Buddhism and Jainism; among the best-known types of yoga are Hatha yoga and Rāja yoga, according to Wikipedia.

Hatha yoga, also called “hatha vidyā,” is a kind of yoga that focuses on physical and mental strength-building exercises and

postures that are described primarily in three texts of Hinduism: *Hatha Yoga Pradipika*, by Svātmārāma (15th century); *Shiva Samhita*, author unknown (16 or late 17th century); and *Gheranda Samhita*, by Gheranda (late 17th century).

My background of study is within the lineage of Hatha yoga. I have been practicing yoga since 2011, so, in terms of expertise, I am merely a fledgling student within the many philosophical, anatomical, and spiritual teachings there are to learn from—I believe one could study facets of yoga for a lifetime and still not come to a full and total understanding of all that there is to know.

Rather, this article is meant to provide a very basic overview of yoga and its origins, as well as to share opportunities for yoga in Benzie County. If yoga



Discover YOU Yoga & Fitness is just one of many venues in Benzie County where anyone, regardless of skill level, can take yoga classes. Image courtesy of DiscoverYogaMI.com.

is of interest to you, I encourage you to delve further into its rich, diverse, and complex history.

**Yogic History**

The origins of yoga are a bit murky, but it most likely developed around the sixth and fifth centuries BCE in ancient India. The earliest texts describing yoga practices date from the first half of the first millennium CE, and Hatha yoga texts emerged around the 11th century.

Yoga gurus from India later brought yoga to the Western world, following the success of Swami Vivekananda, an Indian Hindu monk who was a key figure in the introduction of Indian philosophies to the West during the late 19th century.

Please see Yoga on page 12

# Cinderella’s Pumpkin Coach

Benzie Bus offering Nite Owl rides on Saturday, October 27th

By Aubrey Ann Parker  
Current Editor

Do you know any young people who are in a hurry to grow up? If so, warn them—adult life does not have nearly enough costume parties.

Children get to dress up for Halloween, for school plays, even for an afternoon “tea party” when their friends are over. This begins to peter out some during the teenage years, though there are still plenty of football games and the occasional toga party to attend during college.

But somewhere along the line, theme parties begin to dwindle, and pretty much all that us grown-ups are left with is one night of the year to show off all of our

creative prowess and costume genius. Therefore, it is no wonder that Halloween weekend—Saturday, October 27, this year—always ranks as one of the largest party nights of the year for adults in our community.

For 2018, *The Betsie Current* is aware of nine Benzie County establishments that will be throwing parties on the Saturday before Halloween: east-side destinations include Crystal Mountain Resort, Geno’s Sports Bar, the Laughing Horse Saloon, and the Roadhouse; all three of Beulah’s bars are participating—Cold Creek Inn, Corner Pub, and Lucky Dog Bar & Grille; and, of course, there is Stormcloud Brewing Company in Frankfort and The Cabbage Shed in Elberta.

So what is a Cinderella to do when she



This little Cinderella thinks that adult life does not have nearly enough costume parties. Photo courtesy of the Parker family archives.

wants to visit multiple locations to show off her bouffant hair-do and beautiful gown? What if she could travel from town to town safely and comfortably—as in, not in an over-sized pumpkin, because we all know how unsafe that sounds!

Fortunately for Cinderella and her pals, Benzie Bus is once again offering free “Nite Owl” rides to and from the aforementioned nine establishments throughout the night, from 5 p.m. to midnight. This year, however, they are adding to the service—in addition to driving you from bar to bar, the bus will even pick you up from your home and take you back to your home afterward, so that your evil step-mother and those pesky step-

Please see Pumpkin on page 13





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# Dr. Katie Krezoski-Evans and Dr. Cyrus Ghaemi

## Questions & Answers with community faces

For just over a year now, 32-year-old Dr. Kathryn “Katie” Krezoski-Evans and 31-year-old Dr. Cyrus Ghaemi have been treating everyone from newborns to centenarians, everything from snotty noses to heart conditions, at Munson Healthcare’s Empire Family Clinic. In September 2017, the pair joined Dr. Nicole Fliss, who started at the Empire office in December 2013; she was handling a patient load of more than 1,000 prior to the arrival of the two new doctors and was unable to take new patients.

Having three doctors has allowed the clinic to begin accepting new patients again and to expand its hours to 8 a.m. to 5 p.m. on most weekdays, until 7 p.m. on Wednesdays, and from 8 a.m. to noon on Saturdays. For the first year or so, Krezoski-Evans and Ghaemi each worked three days a week in the Empire clinic, on alternating schedules, and they spent the remainder of the week at the Urgent Care in Traverse City. But now, they have both transitioned over to Empire full-time.

Krezoski-Evans (known to her patients as “Dr. K”) was born and raised in Milwaukee, Wisconsin, and was educated at Kalamazoo College for undergrad (a Bachelor of Arts degree in Health Sciences with a minor in French in 2008) and Michigan State University’s College of Osteopathic Medicine; she completed her third and fourth years of medical school at Munson Medical Center in Traverse City and graduated in 2017 from their three-year Family Medicine Residency program.

Meanwhile, Dr. Ghaemi is from southeast Michigan originally and was educated at the University of Michigan for undergrad (bio-psychology and environmental studies in 2009) and MSU’s College of Osteopathic Medicine; he did rotations at the St. John Hospital system in southeast Michigan, as well as the Family Medicine Residency through Munson, also graduating in 2017, alongside Krezoski-Evans.

Continuing with our interview series on impactful local characters, *The Betsie Current* caught up with both doctors as they were between patients.

**THE BETSIE CURRENT:** Can you tell us a bit about yourself, your background, and how you landed in Northern Michigan? What drew you to this area?

**DR. KATIE KREZOSKI-EVANS:** I am originally from Milwaukee. My parents were actually Michiganders from the Kalamazoo area. I moved to Michigan when I attended Kalamazoo College from 2004 to 2008—both of my parents had attended Kalama-

zoo before me, and it was actually the only place that I applied for undergrad, because I knew that I wanted to go there. It was my then-boyfriend/now-husband Luke Evans [originally of Honor] who ultimately drew me to Northern Michigan. We had met in Kalamazoo; a mutual friend had introduced us, and we lived in Kalamazoo from 2008 to 2010 while Luke was finishing his degree at Western [Michigan University]. When I got into medical school, I moved to East Lansing, but he had gotten a full-time job in Petoskey, so we were commuting to be together on the weekends for four years—two of those were me in East Lansing and two were me in Traverse City. Traverse City was the clos-

being connected to the community that I live in. Empire is a great community that has a long history. On top of that, it is a beautiful place to live and be. When Luke and I decided where we wanted to put down roots, it was really a no-brainer to stay in this area. From the Great Lakes, to the outdoors, from the friends of Luke’s childhood and to those we have made over the past six years while I have been training with Munson—this is home.

**CURRENT:** About how many patients do you see per week? What are you treating? Are you taking new patients?

**KREZOSKI-EVANS:** We are currently accepting new patients. As a family physician, I see



Dr. Katie Krezoski-Evans and Dr. Cyrus Ghaemi have been practicing medicine in Empire for just over a year now. Images courtesy of Munson Medical Center.

est location [to Luke, in Petoskey] where I could complete my medical school rotations and, later, residency. That said, we chose to remain in the area after I fell in love with the beauty of the region and this community. For my third and fourth years at medical school, I competed to come to Traverse City to work at Munson for my base hospital; Munson has a very strong Family Medicine residency, so I remained in Traverse City for the three-year program. Luke and I got married in 2015, during my residency, and we bought a house together in Traverse City. He works for the Great Lakes Commons, a nonprofit group whose mission is to care for the health of the Great Lakes. Luke’s family still lives in the area; his mom grew up in Empire, and his dad grew up in Benzie County. They are both small-business owners: Monica has an in-home daycare, and Chad is a residential builder. Luke and I have a dream to get some land in southern Leelanau or northern Benzie and create a subsistence-type farm.

**DR. CYRUS GHAEMI:** I moved to Northern Michigan for residency in 2014. It’s a place that I’ve always wanted to live since growing up downstate, and I was always drawn to this area for the nature and water. When I was a child, my parents would bring us up here regularly, and I knew I wanted to be somewhere like this when I was able to decide where I lived. After doing my Family Medicine residency up here in Traverse City, I was fortunate enough to be able to connect with the right people to help create this job position [at Empire Family Clinic] that keeps me here, which I am really excited about. My wife, Christina Barkel, works in agriculture and small farms, and this was an area where she really wanted to be, as well. The sense of community is strong here, and that was appealing, too.

**CURRENT:** What has you most excited about your medical practice in Empire?

**KREZOSKI-EVANS:** I have always been interested in being the “small town doc” and

all ages, including newborns and patients with complex, chronic medical problems. I perform osteopathic manipulative medicine routinely in the office. We also do some medical procedures, including skin lesion removals, cryotherapy, and gynecological care—PAP smears, IUD placements and management, endometrial biopsies, etc. We are hoping to expand our practice to include prenatal care up to the late second trimester, so as to offer Leelanau and Benzie residents care that is closer to home; we would work in conjunction with Munson Family Practice and the two OB/GYN groups in Traverse City for coordination of care and deliveries. We currently see approximately 30 to 50 patients per week, but this will be increasing as our practice grows, and we both move to a full-time position in Empire.

**GHAEMI:** It varies somewhat, but I have been ranging from 12 to 18 patients a day, on average, sometimes more. We are accepting new patients currently. We do preventative care and well visits for all ages, including newborns and young children, women’s health, travel health consults, asthma, chronic lung disease, and chronic disease management, like diabetes, high blood pressure, and heart disease. We also do minor surgery, like skin biopsies and removal of suspicious moles and lesions. We hope to provide prenatal care in the near future, as well.

**CURRENT:** How have you seen your work grow and change since you started at the Empire Family Clinic? And how do you hope it will continue to grow and change?

**GHAEMI:** We have definitely gotten busier and have been seeing more people from out of town, returning from college, and kids on summer vacation, which has been exciting. We’ve also been identifying services that would be helpful for our patients to have access to, and we’ve been working to get those up and running in our clinic. We hope to continue to identify the needs of our patients, both as individuals and in the community

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at large, so that we can work to help meet those needs as best as we can. We'd like to do more in the way of community outreach and integration, too, which will come more as we continue to settle in.

**CURRENT:** With the busy life of a doctor, what other things are you involved with/able to squeeze in?

**KREZOSKI-EVANS:** I like to go to local music performances. I used to be involved in choir and play the piano and the viola, but school took priority for so many years that, currently, I prefer to live vicariously through other talented local musicians! But I am in the process of getting a piano, and I plan to have my viola dusted off and serviced in the near future, so don't worry on my behalf. I also enjoy hiking, camping, and getting out in to nature—hence why I am excited to be able to work in Empire. Luke and I took several backpacking trips this past summer. I also participate in a local book club, and Luke and I both love to cook, and I have a special interest in baking. My favorite thing to do, however, is gathering with friends. Several weeknights are usually devoted to sharing dinner with various friends, and I am known to spend a lot of my free time planning parties and get-togethers. We could live anywhere, but what keeps me happy and keeps me here is the awesome sense of community that we have here.

**GHAEMI:** I really like to work in the garden. I also enjoy hiking, biking, cooking, and homebrewing, as well as checking out live music in the area—there are lots of small venues that create an intimate feel, which is perfect for checking out a new band or revisiting an old favorite.

**CURRENT:** What are some ways that you and your business give back to the community?

**KREZOSKI-EVANS:** Our clinic is one of very few located in Leelanau County, which is convenient for the community, because we provide a local option for a primary care provider. Munson also opened up a pharmacy, [blood] lab draw location, and physical therapy office next door, so patients don't need to travel as far to have access to much-needed services. We are hoping to participate in local schools, in providing age-appropriate public service information regarding skin cancer, in managing anxiety and depression, healthy eating tips, and other topics that may be useful. We are also meeting with local providers of much-needed social services to help coordinate referrals and offer resources to patients.

**GHAEMI:** Our clinic, as well as Paul Oliver Memorial Hospital, are always looking for ways to give back to the community, whether it's providing additional resources at the hospital or doing more outreach personally, as the physicians at the Empire Family Clinic. We've met with a women's club in the community to talk about topics that they were interested in, and we've been reaching out to local schools to see if we can work together to improve student health. We're still new here, though, and are always looking for more ways to give back to the community over time!

**CURRENT:** Anything in particular that you would like to share about your medical practice or philosophy?

**KREZOSKI-EVANS:** I went into osteopathic medicine because I believe there is more to healing than medication. I enjoy doing osteopathic manipulation and spending time with my patients, despite the pressure that we have from the societal powers to make our appointments shorter and click more computer buttons. I am also interested in integrative medicine, however, I admit this is an area that is not well-covered in mainstream medicine, so I plan to take more classes in this area as I progress through the practice of medicine. I am very interested in seeing all ages of patients—from newborns to their grandparents, and I have a special interest in women's health.

**GHAEMI:** I try to be pretty holistic in my approach; I want to try to figure out the root of what's going wrong. Sometimes that means taking more time and having a few more

visits to see how things are changing over time. I want to help people to feel motivated to make their own positive changes in their lives, but sometimes conventional interventions are necessary, and I want to be honest with people about that. I want to have long-lasting relationships with my patients, so they are comfortable opening up to me and letting me help along their journeys. Our clinic is really excited to be able to help with medical care for infants, children, and teenagers, too. We try to keep it fun there, so that it's not intimidating, and it's so critical to get kids and young adults motivated to be proactive in their health. I've also always been motivated by the influence of diet and lifestyle on health and well-being—that's my mom's influence. I've developed a love for food and cooking over the years, and I've seen how much food insecurity, an overabundance of unhealthy-but-cheap food options, and an intimidation of food and cooking has contributed heavily to chronic diseases and a loss of health. My wife, Christina, has been farming in Leelanau County for the past four years and has done a lot of education and outreach regarding local farming and youth education about food and cooking, and we've always talked about tying our skills together in some way. Last year, I took part in the Culinary Medicine Conference that was held by Munson and the Groundwork Center for Resilient Communities, and it was a great opportunity for me to talk with health professionals in our community about the state of food access and food insecurity in our region and for all of us to explore the intersections of that with health and illness. It also emphasized the importance of practical cooking skills in creating confidence in people to take control over their lives, so that they can eat better and enjoy it, instead of feeling limited in their choices.

**CURRENT:** What could Northern Michigan do to attract more talented young people to this area?

**KREZOSKI-EVANS:** The average young professional is looking for a balance of work and home life. I think businesses that would like to hire young professionals should be aware that employment is changing; developing more work-from-home options or ways to increase efficiency while at work can be more attractive to new hires. Similarly, local rental options and childcare are expensive; the average income does not provide enough to support a new family. Offering childcare benefits or increasing the hourly wage is a way to attract and keep great employees. There is also a push toward environmental stewardship and community-building. Having a reliable and efficient public transit option for Northern Michigan would allow more commuting and reduce the burden of traffic and environmental impact.

**GHAEMI:** Lots of things. Many young people are burdened with student-loan debt, which is significant. Supporting the development of well-paying jobs in a diversity of fields would be extremely helpful, or developing programs to help pay back or forgive student debt. The concept of accepting lower pay to live in a beautiful area doesn't work anymore ["view of the bay, half the pay"]; the costs are real, people still have to cover their basic needs, and with limited options for well-paying work, talented young folks who otherwise could return here and add value to our communities will have to look elsewhere. There are also significant infrastructure gaps; many people could work from home, provided that they have access to reliable high-speed internet, which is lacking in many areas. Focusing on investing in our communities—not just to keep them the way they have been, but to meet the real needs of young people in the future—will help to draw those people back to help re-invest in our local communities.

**CURRENT:** What else does Northern Michigan need? What are your hopes for this area for the future?

**KREZOSKI-EVANS:** More robust and reliable public transportation and increased number of locals who are committing to take public transportation. Without the funding, it is

hard for public transportation to build the infrastructure, and I realized it is impossible to take public transit if it is unreliable and untimely. We could also use more local psychiatrists and psychologists; mental health is a big problem everywhere, but our region is particularly under-served.

**GHAEMI:** In general: better infrastructure to meet the needs of a young, developing workforce and an increased diversity of job opportunities to support the lives of those who want to be a part of our communities. Healthcare-wise: This is universal, but better access to affordable healthcare options that provide real benefits to our patients. I hope we, as a community, decide to genuinely invest in our potential as communities and to leverage the resources that we have to develop a strong infrastructure to meet the needs of young people in the future, to support those who want to come back and contribute to our area.

**CURRENT:** What are the biggest challenges and rewards of working and living in Northern Michigan? What is the best or most rewarding part of your job?

**GHAEMI:** It has been really nice getting to know my community; there are so many personal connections and stories, the sense of community identity is strong and, in many ways, that is refreshing. People really care about their community and each other and want to do things to keep them strong. There are some real challenges though, which often relate to resource accessibility and infrastructure needs, which may be harder to access in rural, less densely populated areas. However, some challenges are universal to this area and other parts of the state and country, such as financial tightness and lack of affordable health care. The best part of my job, though, is working together with my patients, my colleagues, and with partners in the community to find solutions for people and seeing them turn their lives around and being happier and healthier, meeting their goals for themselves, and being able to look me in the eye and say, "I feel great."

**CURRENT:** What are your favorite local events and activities? Any favorite dining, recreation, hiking spots? What's your ideal autumn day look like? How would you spend it?

**KREZOSKI-EVANS:** Sitting outside with a blanket in my lap and something warm in my coffee mug, while the sunlight filters through the trees and the wind blows the scent of dried leaves my way! Then, I would put on some flannel and head to the local orchard to pick some apples and drink some cider. Perhaps Luke and Cyrus would get some hard cider cooking, while I make an apple pie for dessert, while Cyrus's wife, Christina, brings home some vegetables from Birch Point Farm for dinner.

**GHAEMI:** Any combination of the following—sleeping in, watching the sunrise, taking a hike in the woods with Christina and our dog, Otto, or biking along our trails, standing by the water or jumping in, if it's still warm enough. Also making food with friends and hanging around the bonfire. If a friend has fired up the sauna, that's a perfect finale! I love hiking whatever trails I can find when the time allows, and swimming in the big lake or exploring the rivers, though I don't have a kayak yet. I love foraging for wild edible foods, but I'm not that great at it, yet. Stormcloud [Brewing Company in Frankfort] is a favorite spot, and some dark chocolate from Grocer's Daughter [in Empire] is always a treat.

*Want to schedule an appointment with Dr. Katie Krezoski-Evans or Dr. Cyrus Ghaemi at the Empire Family Clinic, located at 997 W. Ottawa Avenue in Empire? Call 231-835-2088.*

*A portion of this article came from a previously published article in the **Glen Arbor Sun**, a semi-sister publication to **The Betsie Current**.*



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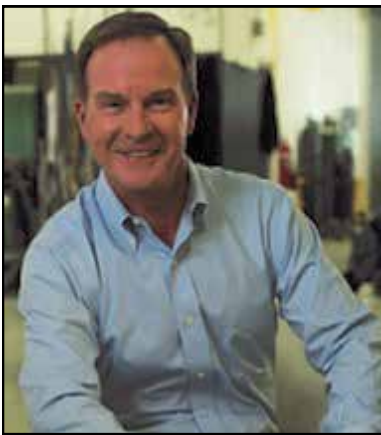
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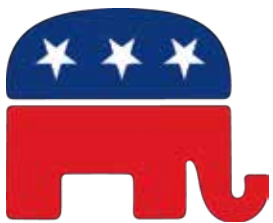
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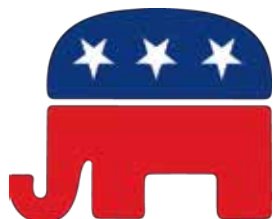
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# ‘Beer It Forward’

## 5th Annual Frankfort Beer Week

By Staff Reports

Celebrating its fifth year, the annual Frankfort Beer Week starts pouring on Monday, October 8, and concludes Saturday, October 13, in the Lake Michigan coastal city of Frankfort and neighboring village of Elberta.

This year, the week-long beer- and food-themed event invites attendees to “Beer It Forward,” with a charity fundraiser in partnership with the Grand Traverse Regional Community Foundation. Money raised during the “Beer It Forward” promotions will be donated to endowments at the Grand Traverse Regional Community Foundation that are designated to benefit Benzie County non-profit organizations. In addition, the GTRCF has agreed to match Frankfort Beer Week’s fundraising total, up to a maximum of \$2,500.

“This year, there was a collective effort to get more businesses involved with our Beer Week fundraising efforts,” says Stormcloud co-owner Rick Schmitt. “And that effort led to a partnership with The Grand Traverse Regional Community Foundation, which has generously offered to match the funds we raise. Ultimately, we’re thrilled to have the opportunity to ‘Beer It Forward’ to Benzie-based non-profit organizations this Frankfort Beer Week.”

Stormcloud will offer a daily “Beer It Forward” tap in the microbrewery’s downtown Frankfort pub. One dollar from every “Beer It Forward” draft sold will benefit the GTRCF Beacon Endowment for Point Betsie Lighthouse. The endowment provides funding for the restoration and preservation of Benzie County’s Point Betsie Light Station, located at the southern entrance to the Manitou Passage. Additional “Beer It Forward” promotions will be posted on the Frankfort Beer Week website.

Frankfort Beer Week welcomes Lake Ann Brewing Company and Ludington Bay Brewing to downtown Frankfort. Benzie County’s Lake Ann Brewing Company will be pouring two of its brews all week at Dinghy’s Restaurant in downtown Frankfort. A little over a block down Main Street, The Hotel Frankfort will host six brews sourced from Ludington Bay Brewing.

Also new this year, Frankfort’s Oliver Art Center is calling upon local artists to contribute to a Frankfort Beer Week ExhibEERTion. The beer-themed, pop-up art exhibition—featuring beer-inspired art—will be on display at the art center. And The Garden Theater will show the documentary film *Brewmaster*, which screened at this summer’s Traverse City Film Festival.

Returning for a third year is Stormcloud’s “Chefvitational” Beer Dinner, featuring prominent Northern Michigan chefs. Each chef is invited to pick one beer, handcrafted by Frankfort’s Stormcloud Brewing Company, and create one course to pair with their chosen beer. This year’s dinner takes place on Monday, October 8, at Rocks Landing on the shores of Crystal Lake.

Chefs attending this year are Logan Call of Planted Cuisine (Traverse City), Aaron Hagen of Bridge Street Tap Room (Charlevoix), Chris Hoffman of The Towne Plaza (Traverse City), Kristin Kiteley of Stormcloud Brewing Company (Frankfort), Adam McMarlin of Wren (Suttons Bay), Joe Meyers of Rocks Landing (Frankfort), and Becca Snook of Alliance (Traverse City).

Additional Frankfort Beer Week events include:

- **Brews & Brushes with Artful Creations:** Create a beer-themed piece of art! Join Artful Creations at the Stormcloud Tasting Room

at the Brewery to create a canvas painting. No experience necessary. Brews & Brushes is scheduled for Thursday, October 11, at 6:30 p.m.

- **Kids Open-Mic Night and Pumpkin Carving:** The Cabbage Shed will host its very first Kids Open-Mic Night on Friday, October 12, at 5:30 p.m. Free pumpkins will be available for carving during the event, and adults can get into the fall fun with a free pumpkin with a beer purchase.

- **Beer & Cheese Pairing Workshop:** Stormcloud’s prized workshop returns, with a guest appearance from The Cheese Lady of Traverse City, who will pair her fine cheese with Stormcloud’s handcrafted beer on Friday, October 12, at 7 p.m.

Other Frankfort Beer Week events include a beer tent at Frankfort’s annual Fall Festival on Betsie Bay, a homebrewers’s competition, an Oktoberfest celebration, and beer-infused food creations at many Frankfort and Elberta area restaurants. Reservations are required for some events happening this year. Find Beer Week specials at more than 20 area businesses this year.



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# CALENDAR OF EVENTS

## CONSTANTLY FLOWING

**Everyday\***  
Ranger-led twilight talks every day, all summer long. Topics may vary. Meet at the DH Day Campground amphitheater and Platte River Campground amphitheater. 8-9pm.

**Mondays**  
Circle Time for infants and toddlers at the Benzie Shores District Library at 630 Main Street in Frankfort. Infants and toddlers (+ their parents/ caregivers) will have fun rhyming and moving with Miss Char, as well as a focus on repetition. Each week, children build their repertoire of rhymes, both old and new. There is an informal playgroup following Circle Time. 10-11am.

Pilates with Anna at the Oliver Art Center in downtown Frankfort. annamallien@gmail.com 10-11am.

Free yoga class for seniors with Michelle Leines at The Gathering Place Senior Center. 10579 Main Street in the Honor Plaza. 231-525-0600. 10-11am.

Mending Time: a volunteer will be at the Benzie Shores District Library to repair clothing while you wait. If you have a tear in your shirt, your child has a rip in her jeans, or the hem has unraveled from your tablecloth, bring your items to the library during “Mending Time.” No formal wear or upholstery. No drop-offs. 10:30am-12pm.

Cards at The Gathering Place. We have a dedicated group of card sharks who play Pinochle weekly during lunch, but we aren't limited to Pinochle: grab your friends and join us for euchre, cribbage, and rummy, too! 12-1pm.

MIFiberShed at Grow Benzie is a place for fabric, fiber craft, and clothing to be recycled, remade, or exchanged. Clear out your closet or sewing/craft room and get inspired to make new stuff. We give fiber nine lives before the landfill. Come use a sewing machine, help to sort donations, and acquire clothing for \$1 per pound! Donations give you fibercredit to use in the shop. Workshops on the 2nd Monday of the month. MIFiberShed is open every Monday 12-7pm. Call/text Emily Votruba at 231-399-0098 or email emilyvotruba@yahoo.com to join the email list.

Zumba with Suzanne at The Gathering Place. All welcome. \$3 per class. 2:30pm.

Secret of the Stones: Beautiful beach rocks abound on the sandy shores of Sleeping Bear Dunes. Use your keen observation skills to uncover the tales that these stones hold. Cannery beach in Glen Haven. 4pm.

**Tuesdays**  
Sunrise Rotary Club's weekly meetings are over breakfast at the Cold Creek Inn of Beulah. Come join us! 7:30-9am.

Gentle yoga for women in the barn at the First Congregational Church of Benzonia. All levels welcome. 10am.

Music by the Melody Makers at The Gathering Place. 10:30am-1:30pm.

Help a ranger collect data for ongoing research about the health of Lake Michigan's ecosystems. Meet at the Maritime Museum beach to walk about one mile in about one hour. 11am.

Knitting Group at Benzonia Public Library. A “knit-along” project for those who want to work on the same project, or bring your own project if you prefer; we'd love your company! Need help? If you are having troubles with a current project, bring it along and we'll help you get it straightened out. Call Michele at 231-383-5716 with any questions. 1-3pm.

The Legend of Sleeping Bear Dunes: Hear the legend of how this national park's iconic features were named and discover more about the local people who call this place home. 3pm.

Chair Yoga for \$5 at The Gathering Place. 3:30-4:30pm.

Zumba for \$3 at The Gathering Place. 5:15pm.

Yoga with Kari at Pleasant Valley Community Center of Arcadia. Open to all levels; \$13 per session. 231-383-1883. 5:30-7pm.

Yard Yoga with Jenn Ryan. \$10 per class, with some mats available, if you do not have one. St. Ambrose Cellars at 841 S. Pioneer Road just outside Beulah/Honor. Text 231-218-0655 to register. 6-8pm.

**Wednesdays**  
Zumba for \$3 at The Gathering Place. All welcome. \$3 per class. 8:30am.

Stay Fit with Doris at The Gathering Place. 10-11am.

Open studio at the Oliver Art Center. Participants are strongly encouraged to become members and to contribute a donation of \$2 per visit. 10am-4pm.

Bingo at The Gathering Place. Cost is \$1 per card or bring a prize. 12:30-1:30pm.

PLARN at The Gathering Place. Crochet plastic mats to donate for the homeless. For more info, call Dawn at 231-525-0601. 1:15pm.

Computers with Carol at the Darcy Library at 7238 Commercial Street in Beulah. Ask computer-related questions. Read to dogs Chaz and Denny! 1-5pm.

Tracking 101: Learn the basics of tracking to discover animals from different “walks” of life. A 45-minute walk that begins at Glen Haven Beach. 2pm.

Apples of our Ancestors: Take a bite out of the rich agricultural history of Port Oneida, as we explore the Kelderhouse apple orchard and farm on Port Oneida Road, just four miles north of Glen Arbor. 3pm.

Storm Riders Cycling Club: join the rides every Wednesday, or just those that you can make! Explore rotating sections around Frankfort and Elberta. Rides will begin and end at Stormcloud Brewing Company, and riders get a discount on their first beer after the ride. No registration; just show up! 6:30pm.

**Thursdays**  
Arcadia Brach Library hosts sewing school basics at the Pleasant Valley Community Center. 231-889-4230.

Ranger-led beach walks in the Sleeping Bear Park at the Maritime Museum beach; help collect data for research on this 1-mile hike. 11-12pm.

Elberta Farmers' Market at the Elberta Pavilion Park. 8am-12:30pm.

Bible Study at The Gathering Place. 10-11am.

Bunco at The Gathering Place. 1-2pm.

Ranger-led stroll through Glen Haven: who lived in this village? 2pm.

Everyone is welcome to attend Open Clay Studio at the Oliver Art Center, including families! Per 4-visit block (12 hours total, used how you like), \$60 fees cover one adult or one adult/child pair. It can be as fun/focused as you prefer, and all skill levels should consider taking part. Children must be accompanied by an adult at all times in the studio. Price includes: 25 pounds of clay, glaze, and firings. 3:30-6:30pm.

Yoga with Kari at the Ware Farm. Open to all levels; \$13 per session. 231-383-1883. 4-5:30pm.

Mending Time: a volunteer will be at the Benzie Shores District Library to repair clothing while you wait. 5:30-6:30pm.

Knitting for NICUs: Ashley Taillard leads a knitting guild, which is fulfilling the clothing needs of the neonatal intensive care units (NICUs) of Northern Michigan hospitals. Children's activities are available during this time, so that parents do not need to find childcare. Bring your own knitting supplies or purchase a starter kit on site. Free lessons will be offered for those who do not know how to knit. The guild meets at the Crystal Cafe at 1681 Benzie Highway/US-31, in the Shop'n'Save plaza. 5:30pm.

Doc Probes performs at Cold Creek Inn in Beulah. Doc spans a wide range of musical genres, including folk, traditional, gospel, old-time, Irish and Celtic, blues, mellow rock, easy listening, jazz standards, country, and latin music. 6-9pm.

Open Mic Night at St. Ambrose Cellars. 6-9pm.

Open Mic at The Cabbage Shed in Elberta. 8pm.



**Fridays**  
Bunco at The Gathering Place. 9:30-10:30am.

Tech Support to help you navigate the tech world. Please call in advance to schedule your appointment with Robert. The Gathering Place. 1-2pm.

Wii Bowling at The Gathering Place. 1-2pm.

Magical History Tour: A collaboration between the Benzie Area Historical Society and Benzie Bus, the Betsie Bay Tour departs from the Benzie Area Historical Museum in Benzonia at 2pm. \$15. Call 231-882-5539 to reserve your spot in history!

**Saturdays**  
Frankfort Farmers’ Market at Open Space Park on Main Street, between 7th & 9th streets, along the beautiful waterfront. 9am-1pm.

MI FiberShed at Grow Benzie is open 9am-4pm.

Apples of our Ancestors on Port Oneida Road. 11am.

The Legend of Sleeping Bear Dunes. 3pm.

Secret of the Stones: Beautiful beach rocks abound on the sandy shores of Sleeping Bear Dunes. Use your keen observation skills to uncover the tales that these stones hold. Cannery beach in Glen Haven. 4pm.

Tours of Stormcloud’s production brewery and tasting room, complete with an overview of the brewing process and guided tastings. All participants will take home a Stormcloud logo tasting glass or sticker. \$10 per adult or teen (ages 12-20), children under age 12 are free. Reservations required: stormcloudbrewing.com/brewery-tours/ Tours are each about 45 minutes long, and tours begin at 3pm, 4pm, 5pm, and 6pm.

**Sundays**  
Farmers’ Market and Flea Market at the Interlochen Eagles #3503 at 20724 Honor Highway/US-131, three miles west of Interlochen. Consisting of Michigan-grown fruits and veggies, flea marketers, cottage food vendors, artisans, arts & craft vendors, and independent reps. 12-4pm.

Ranger-led stroll through Glen Haven: who lived in this village? 2pm.

Fall Chairlift Rides: Watch Benzie County transform into a kaleidoscope of color, and enjoy panoramic views of three counties and top-of-the-mountain attractions, such as live music and a cash bar. \$7 per person, but ages 8 and younger ride free with a paying adult; all house guests ride free. Crystal Mountain Resort in Thompsonville. 4pm.

\*Yoga classes at Discover YOU Yoga and Fitness in Frankfort every day of the week, except Saturday. For a complete schedule and more information on classes and rates, visit discoveryyogami.com.

ON DECK

**Friday, October 5**  
World Teacher’s Day.

**Friday, October 5**  
Chris Michels performs at St. Ambrose. 6-9pm.

**Friday, October 5**  
The third annual Plaidurday Party will feature delicious drinks, genuine U.P. pasties, and live music from Jack Pine. Iron Fish Distillery. 6-10pm.

**Friday, October 5**  
Shawn Butzin at Stormcloud. 8-10pm.

**Friday-Saturday, October 5-6**  
Empire Hops & Harvest Festival in downtown Empire on Front Street. On Friday evening, a fish fry will be hosted by Art’s Tavern and the music is the Broom Closet Boys; both events run from 6-10pm. On Saturday, enjoy live music, food, and beer all day from 12-10pm. Andre Villoch takes the stage at 12pm; Jack Pine at 2:30pm; 5th Gear Band at 5pm; and K. Jones and the Benzie Playboys at 8pm.

**Saturday, October 6**  
Sleeping Bear Marathon, Half Marathon, and 5K run.

**Saturday, October 6**  
Beulah’s Fall Festival will feature a fall soup contest, cookie bake sale, sidewalk art contest, face-painting, classic vehicle/motorcycle/vintage travel trailer show, horse-drawn wagon rides, mini-Magical History Tour, pony rides, a petting zoo with more than 25 animals, a climbing wall, a bounce house, pumpkin-decorating, and children’s activities. 10am-3pm.

**Saturday, October 6**  
Jen Sygit performs at St. Ambrose. 6-9pm.

**Sunday, October 7**  
The Benzie Area Symphony Orchestra will be joined by vocalists from throughout the region for a special performance in the Benzie Central High School auditorium. The event will also honor Zachariah Blough, a BCHS student and aspiring saxophonist, recipient of the \$500 scholarship to attend the Blue Lake Fine Arts Camp during the summer of 2018. 4pm.

**Monday-Saturday, October 8-13**  
The fifth Frankfort Beer Week in Frankfort and Elberta. See pages 5 for a press release with a detailed schedule of all events!

**Tuesday, October 9**  
Featuring Leelanau County’s Jonah Powell on fiddle and guitar and Joe Wilson on dobro and guitar, The Hot Biscuits deliver some of the finest rockabilly and Western swing around. Lake Ann Brewing Company. 6:30-9:30pm.

**Friday, October 12**  
First annual Kids Open Mic Night at The Cabbage Shed: there will be a pumpkin-carving station, free s’mores out back, and musical performances by the littlest among us! Email beth@cabbageshed.com, because slots are limited. We can’t want to sing, dance, and celebrate fall! 5:30-8pm.

**Friday, October 12**  
Lena Wilson performs at St. Ambrose Cellars. 6-9pm.

**Saturday, October 13**  
All-you-can eat pancake breakfast at The Hotel Frankfort to support the Frankfort Fire Department. 7-11am.

**Saturday, October 13**  
The Benzie Conservation District is seeking volunteers to collect aquatic bugs for monitoring our beautiful Benzie rivers. Supplies, waders, and lunch will be provided. Please contact John Ransom at john@benziecd.org or 231-882-4391 to register. 9am-12pm.

**Saturday, October 13**  
Maggie McCabe performs at St. Ambrose. 6-9pm.

**Thursday-Sunday, October 18-21**  
The 10th annual Frankfort Film Festival. (See pages 14 and 15 for a detailed schedule of all movies and parties!)

**Friday-Sunday, October 19-21**  
Peaktoberfest at Crystal Mountain will feature first-class mountain bike racing, live music, family fun, great German food, and award-winning brews, surrounded by the autumn colors of Northern Michigan.

**Friday, October 19**  
Troy Graham performs at St. Ambrose. 6-9pm.

**Friday, October 19**  
Frank Youngman, Shari Kane, and Dave Steele at Iron Fish Distillery. 6:30-9:30pm.

**Saturday, October 20**  
A haunting evening of music with Saldaje at St. Ambrose. 6-9pm.

**Thursday, October 25**  
“Bending the Arc” is a film that will be shown at The Garden Theater in Frankfort. \$10 suggested donation, with proceeds to benefit Benzie Days For Girls and Return2Haiti. 7pm.

**Friday, October 26**  
The Real Ingredients at St. Ambrose. 6-9pm.

**Sunday, October 28**  
“Saving Snow” is a 53-minute documentary about the economic impact of more unpredictable, warming winters. Find out how winter sports industries are adapting and what you can do to help tackle climate change. Hosted by the Citizens Climate Lobby and the Benzie Conservation District; sponsored by Stormcloud. The film will be shown at The Garden Theater. 2-3:30pm.

**Wednesday, October 31**  
H-a-double-l-o-double-u-double-e-n: spells HALLOWEEN!

*\*Grammatically, it should be “Every Day”. However, the editor thinks it is funny to misspell it so that it “matches” the other “days.” (e.g. Everyday, Monday, Tuesday...) The design editor wanted to fix it. Clearly, you can see who won that argument.*

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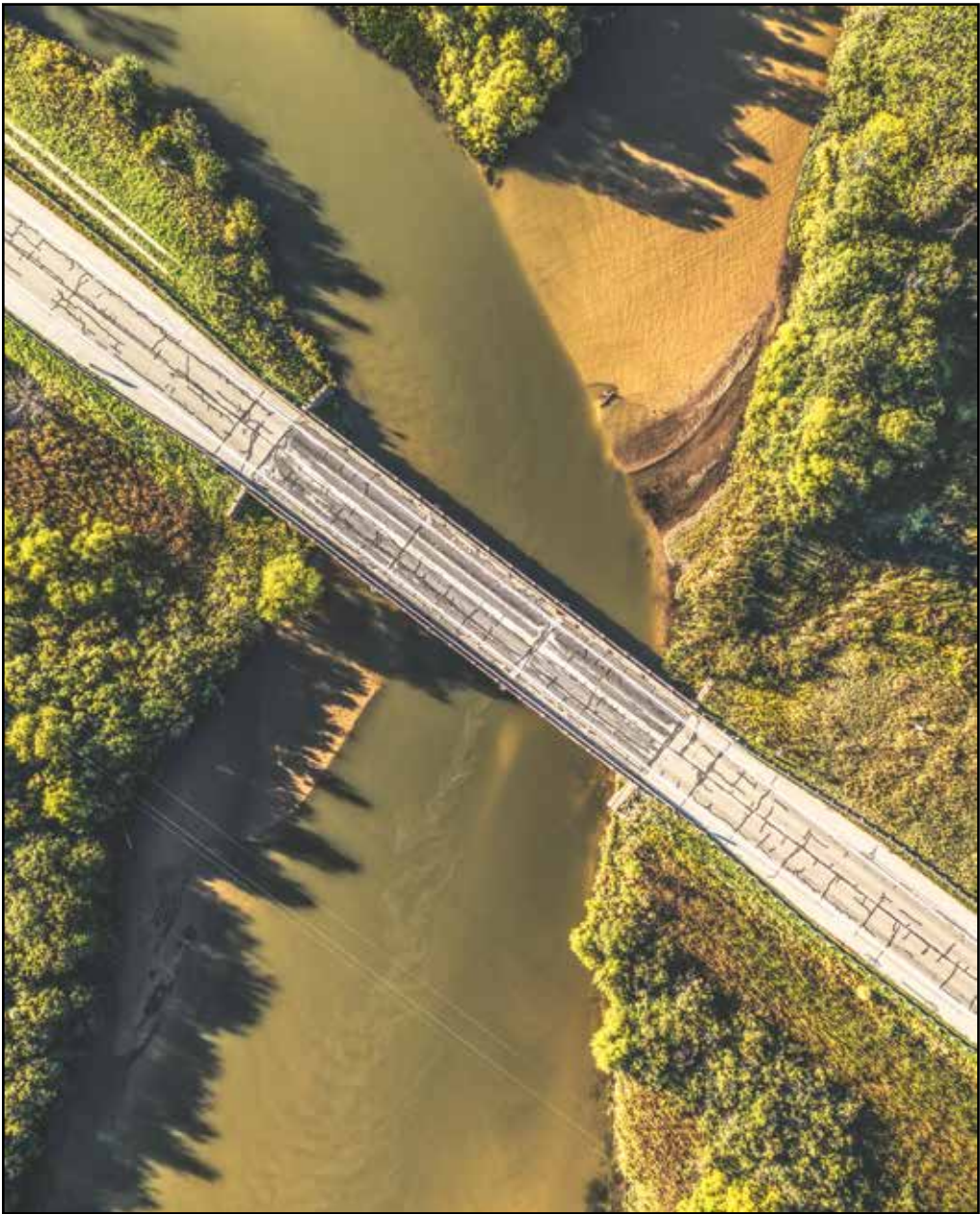
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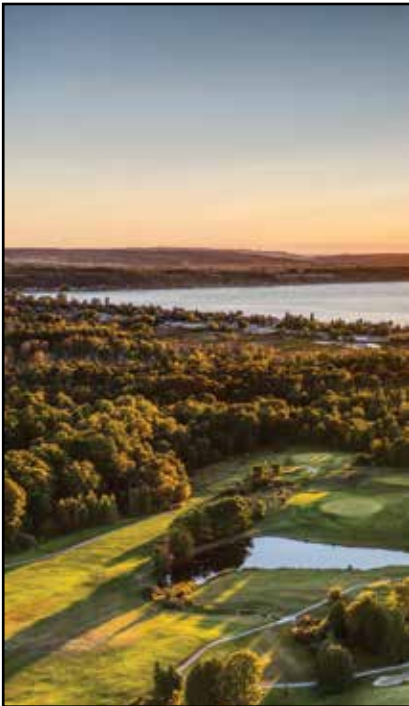




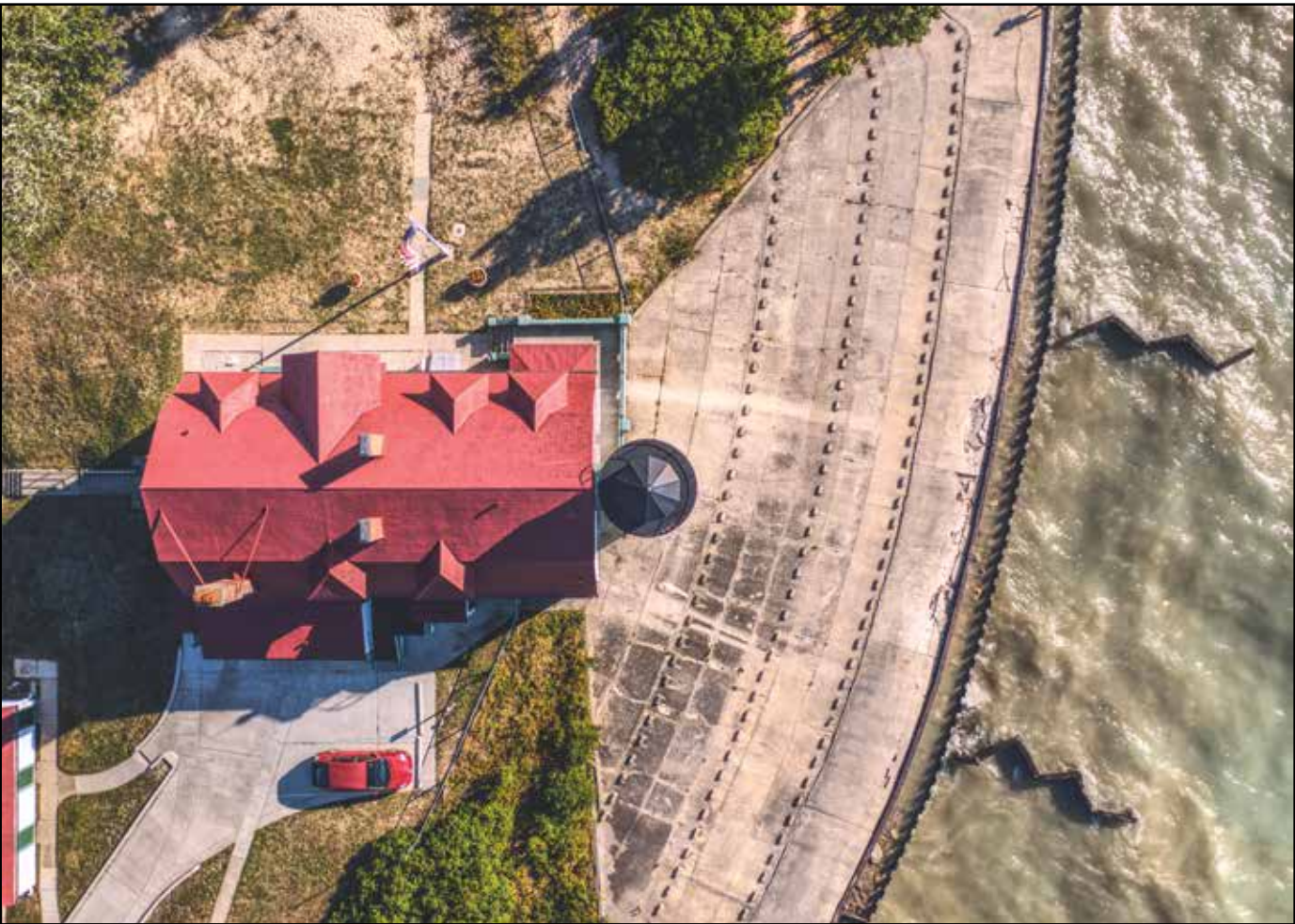
Elijah Browning: At Warp Speed

Elijah Browning is a licensed drone pilot who was born and raised in Northern Michigan. Ever since he was little, he has wanted to fly like Superman and see our amazing world from the sky. Combined with a lifelong fascination with modern technology, Browning’s dreams have come true with the invention of camera drones. When he is not flying or glued to a computer screen developing original photos and videos, Browning enjoys live music, movies, and traveling. He is currently planning photography trips to Nevada, Phoenix, and Hawaii. You can reach him at Warp Drive Photography on Facebook and Instagram or [warpdrivephotography@gmail.com](mailto:warpdrivephotography@gmail.com).

You can find some of Browning’s work currently on display at L’Chayim in Beulah.











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# Upcoming Concert #1

BASO at Benzie Central on Sunday, October 7

By Staff Reports

The Benzie Area Symphony Orchestra will be joined by vocalists from throughout the region for a special performance on October 7, at 4 p.m. in the Benzie Central High School Auditorium. The event will also honor the musical dedication of a current Benzie Central High School student.

Michael Beery and the Symphony Chorus will join the Benzie Area Symphony Orchestra for several pieces including “Hymn to the Fallen” and “Dry Your Tears, Afrika,” a piece from the soundtrack of the film “Amistad.” The singers will also perform Vivaldi’s most famous choral work, “Gloria in D Major.” The orchestra, under the direction of Tom Riccobono, will also perform a wide range of music including: two lively “Slavonic Dances” by Antonin Dvorak; “Hungarian Dance No.5” by Johannes Brahms; the mesmerizing “Nimrod” by Edward Elgar; the “Meistersinger Overture” by Richard Wagner; and music from “Phantom of the Opera.”

“The concert will be an eclectic mix of old and new,” says Tom Riccobono. “Joining the vocalists on stage also gives us a chance

to explore new repertoire and challenge the lyrical side of our performance. It will also range from contemplative and beautiful to driving and energetic. I can’t wait to share this performance with our community.”

The event will also honor Benzie Central High School student, Zachariah Blough.

The aspiring saxophonist is the recipient of a \$500 scholarship from the Benzie Area Symphony Orchestra, which he used to attend the Blue Lake Fine Arts Camp in the summer of 2018.

“Our orchestra is full of people who understand how much happiness and fulfillment you can get from performing music with others,” Riccobono says. “So we’re thrilled to play a part in helping a young musician pursue his own musical path.”

There is a suggested donation of \$15 for adults and \$10 for seniors to attend the concert. Children under 12 are free.

*The Benzie Area Symphony Orchestra is a non-profit, volunteer orchestra that serves Benzie County and Northwest Michigan, and promotes a lifelong love of music-making and musical performance. For more information on performances or how to join the Benzie Area Symphony Orchestra, visit [benziesymphony.com](http://benziesymphony.com) or call 231-889-7182.*

# Upcoming Concert #2

Grow Benzie gets the Blues on Tuesday October 23

By Staff Reports

Connemara Concerts is delighted to bring a concert to the Grow Benzie event center on Tuesday, October 23, at 7 p.m. Dave Ancari is a Scottish blues guitarist and songwriter whose sound owes as much to trash country, punk, and rockabilly as to pre-war Delta blues.

A former debt collector, Arcari cut his musical teeth busking on the streets of Glasgow before forming his first band, Summerfield Blues, which won the Alexis Korner Memorial Trophy and accolade of “Scottish Blues Band of the Year” at Edinburgh International Blues Festival in 1993.

He went on to form Radiotones, the pioneering alternative blues trio, which release three studio albums between 1998 and 2003 before Ancari embarked on a solo career.

In between times, Arcari also played guitar with Union Avenue, an oddball collective playing least-expected covers (think The Clash, Pink Floyd, Undertones, Bob Marley) in a late ‘50s/Sun Records-era Cash style. The band landed record of the week on Mark Radcliffe’s Radio 1 show with their version of Motorhead’s Ace of Spades.

Ancari’s work has been showcased via nine internationally acclaimed solo album releases.

Ancari’s trademark is national steel guitars, ut he also performs on the banjo, regular guitar, and and cigar box, all of which help to capture the full breadth of Arcari’s song-writing and performance.

Arcari has toured throughout the United Kingdom, continental Europe, and Scandinavia, as well as building a profile in the United States. Arcari’s festival appearances include Glastonbury (UK), Red Rooster (UK), Blue-sAlive (Czech Republic & Poland shows), Moulin Blues (Netherlands), The Great British R&B Festival and Peer Festival (Belgium). He has also played industry showcases at the North by North East (NxNE) music festival in Toronto, Canada and he was a finalist the UK Indy Music Awards reaching the top four in his category (best male solo artist).

Free free to come early to the Grow Benzie event, and make it a ‘blue(s) picnic’ with your friends under the late October skies.

*Tickets are \$20 in advance and \$25 at the door. Tickets are available at the East Shore Market in Beulah and The Bookstore or Corner Drug in Frankfort. For tickets or more information, call Grow Benzie at 231-882-9510.*



Disc Golf

Continued from page 1

play until 1937, when Fred and Lucille Morrison discovered a market for a lighter flying disc that could be tossed recreationally—a passerby paid them \$0.25 for a cake pan that they were throwing back and forth on a Los Angeles beach.

“That got the wheels turning, because you could buy a cake pan for five cents, and if people on the beach were willing to pay a quarter for it, well—there was a business,” Fred Morrison told *The Virginian-Pilot* newspaper in 2007. So the Morrisons did this



Almira Township Park’s new disc golf course was installed by a team of volunteers at the end of August; here, a volunteer sets the “hole” footings in concrete. Photo by Christina Steele.

until World War II, when Fred served in the Army Air Force and was a prisoner of war. After his release, he sketched a design for an aerodynamically improved flying disc that he called the “Whirl-Way,” made of plastic, which was followed by the “Flynn-Saucer,” the “Flyin Saucer,” and the “Pluto Platter,” which was (finally) renamed “Frisbee” in 1957. (In a true Greek rhetorical circle, the new name was based on the Frisbie Pie Company, a Connecticut-based pie manufacturer that supplied pies to Yale University, where students in the late 1950s had independently started a campus craze of tossing empty pie tins, stamped with the company’s logo, the same way that Fred and Lucille Morrison had done in 1937 on the Californian beach.)

The Frisbee was redesigned slightly in 1964 to increase the rim thickness and mass, which created a more controllable disc that could be thrown more accurately. In 1967, enthusiasts founded the International Frisbee Association, and the first “Frisbee Golf Tournament” began the next year in Kalamazoo, Michigan. (Of note: Like disc golf, Ultimate Frisbee was also invented in 1967, by teenagers in New Jersey.)

In disc golf, the rules are generally like those of ball golf: throw a flying disc at a target pole with an elevated metal basket, called the “hole,” and count the number of times that it takes for you to throw the disc before you hit the hole.

In many ways, disc golf is like ball golf: the rules are similar; both require precision and accuracy; both are very old games that were resurrected in the late 19th century.

But there are key differences, as well. Ball golf can be difficult to learn to do well, disc golf is easier. Ball golf is pricey, disc golf is usually free—once you have bought a disc. Ball golf can be stressful, with people trying to keep you playing quickly, not to mention the dress codes on the course, whereas, in disc golf, well, you can wear whatever the heck you want.

Currently there are only two other disc courses in Benzie County—Osprey International Disc Golf Course at Benzonia Memorial Township Park, built in 2009, and the St. Ambrose Cellars Disc Golf Course, which is new to the scene. (Editor’s Note: In Volume VII Issue 4 earlier this year, we published an article about the history of Benzie Soccer

Camp, originally named “Soaring Osprey Soccer Camp” after the pair of ospreys that had built nests in the tall stadium lights above the fields at the same location from the 1990s through the early 2000s—that breeding pair is no longer around, but the name lives on.)

Both of these courses are fun and are especially great practice for beginners, however, they are both on flat pieces of land and there are only nine holes—more seasoned disc golfers are not going to travel to play these types of courses, and tournaments are rarely held at nine-hole courses. Benzie County is home to a lot of disc golf players, unfortunately, many leave the county to do so.

“I usually drive beyond our local Benzie courses to play,” says Ken Marble of Frankfort. “We frequently drive to amazing courses in Kingsley, Traverse City, Maple City, and even Ludington.”

When asked what makes these courses “amazing” Ken says: “It’s all about hole variation and defined fairways—and pretty scenery never hurts, either.”

Interestingly, one of the best public disc courses

around is located at the Lake Ann Camp (formerly known as the “Lake Ann Baptist Camp”), with 18 varied, beautiful holes and just the right amount of elevation change. Unfortunately, it was closed to the public about four years ago.

However, things are starting to look up for local disc-heads—a new course is being spearheaded by Jerry Morse and the Almira Township Parks and Recreation Board.

“Disc golf is fun for all ages and types of people, and it is good exercise; plus, it will increase usage of the park,” says Morse, who joined the Parks and Rec board in July.

The new course was installed by a team of volunteers at the Almira Township Park at the end of August and is now playable. It is currently a nine-hole course, with the first hole near the recycling bins at the south end of the park. The course is relatively flat, with a mix of open-field holes and holes in the surrounding forested areas.

Greg Argyle, with the North Woods Disc Chuckers, a disc golf club since 1996, was contacted to help make the course “good for beginners and safe to play.” Argyle said that there is a small chance for expansion into the woods for nine additional holes in the future. This would increase the likelihood of tournaments being held at the Almira course, since 18-hole tend to courses attract more players.

The Disc Chuckers are currently working to add 18 more holes to the already-brilliant Kingsley course; they also are revising the 24-hole Hickory Hills course in Traverse City into two separate world-class 18-hole courses.

*Original funding for the Almira course came from the Parks and Rec board, however, Morse says that all nine holes will eventually be sponsored, with hopes to fully recoup all expenses. If you are an individual or business that would like to sponsor a hole, contact Jerry Morse at the Almira Township Parks and Recreation board. To play the new course, visit Almira Township Park at 7276 Ole White Drive in Lake Ann.*

*Matt Nahnsen, among other things, is a disc-golf enthusiast; he designed and helped to install the Osprey International Disc Golf Course about nine years ago.*

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# Yoga

Continued from page 1

In the 1980s, yoga became popular as a system of physical exercise across the Western world.

## Yoga Terms

Yoga postures, or "asanas," are probably the most prevalent portion of yoga that is practiced in the United States. However, in Hatha yoga, we learn that Patanjali developed a system referred to as "Ashtanga Yoga," or "eight-limbed yoga," a concept that is derived from the 29th Sutra of the Book 2 of Yoga Sutras. The eight limbs of yoga include:

1. Yama, the five "abstentions": Ahimsa (non-violence, non-harming other living beings); Satya (truthfulness, non-falsehood); Asteya (non-stealing); Brahmacharya (celibacy, fidelity to one's partner); and Aparigraha (non-avarice, non-possessiveness).
2. Niyama, the five "observances": Śauca (purity, clearness of mind, speech, and body); Santosha (contentment, acceptance of others and of one's circumstances); Tapas (persistent meditation, perseverance, austerity); Svādhyāya (study of self, self-reflection, study of Vedas); and Ishvara-Pranidhana (contemplation of God/Supreme Being/True Self).
3. Asana, literally meaning "seat," in Patanjali's Sutras, it refers to the seated position that is used for meditation.
4. Pranayama, "breath exercises": Prāna means breath, while "āyāma" means to "stretch, extend, restrain, stop."
5. Pratyahara, "abstraction": Withdrawal of the sense organs from external objects.
6. Dharana, "concentration": Fixing the attention on a single object.
7. Dhyana, "meditation": Intense contemplation of the nature of the object of meditation.
8. Samadhi, "liberation": merging consciousness with the object of meditation.

People who practice yoga are called "yogis." Yoga offers much to the willing student. Whether you are interested in finding a spiritual practice, a disciplined approach to your breath, a fitness routine, or a philosophy for navigating your own life path, you may find it within yoga's many teachings.

When I began taking yoga classes, it was for physical fitness. I was looking to take my workouts from running and cardiovascular-driven team sports to a more personal, technical, and less 'bruising' realm—what I found through showing up on my mat, week after week, was much more than fitness.

First, it was one of the more intense workouts that I had ever enjoyed. I also learned how weak my body was. Yoga postures, called "asanas," are available to anyone who is willing to give them a try. Understanding quickly that the option to modify—in other words, not do the position perfectly—was possible allowed me the freedom to explore the postures within my own physical limitations, both from the standpoint of strength and flexibility. I have been working to strengthen my core ever since.

For years prior to going to yoga classes regularly, I was intimidated by what I believed was the "body type" of a yogi. What I found from repeated practice was that yoga is for "every body."

Second, I learned how to breathe,

something that I thought I had been doing for 37 years. Yoga taught me how to find my breath, manage my breath, and utilize my breath as a tool to settle my nervous system and to quiet my mind.

Third, it brought meditation into my quite-often anxiety-ridden state of mind. A combination of finding my breath and learning how to get my mind out of the way provided a kind of peace and calm that I had never really experienced in a disciplined way.

Instead of waiting to "get out of" a bad mood or for anxiety to "pass," I learned the invaluable coping skill of settling myself through a combination of breath, stillness, and repetitive mental practice—inhaling and letting go. The gift of "pranayama" (breath exercises) will forever be the most important piece of what yoga has brought to my life. (Prāṇāyāma is a Sanskrit word that translates as "extension of the prāṇa" or life force, noted particularly as the breath, and either ayama, which is to restrain or control the prana, implying a set of breathing techniques where the breath is intentionally altered to produce specific results, or the negative form, ayāma, meaning to extend or draw out, as in extension of the life force.)

## Yoga in Benzie County

Locally, we are fortunate to have a diverse number of yoga teachers who offer individual/private and group classes. The number of teachers grows seasonally in the summer, but you can find experienced and new teachers providing heartfelt yoga classes, workshops, and discussions for our community all year long.

- Betsie Hosick Health & Fitness Center: A long-time Frankfort fixture that offers traditional fitness opportunities, including yoga. Call 231-352-9661 or email bhhfc@mhc.net for a list of current classes. 102 Airport Road, Frankfort.
- Yoga at Ladaka: Along Grace Road, just outside Elberta, there is a round-roofed space on an old horse farm that is owned and operated by Marti Jeffs. Yoga at Ladaka offers yoga, meditation, song, dance, Ayurvedic teachings, and more.

"Yoga and Ayurveda have taught me how to keep my body strong and healthy," Jeffs says. "Yoga teaches us to listen to the body and watch for subtle sensations that indicate that something is out of balance. With awareness, Ayurveda gives practical daily routines—like choosing a different type of activity or changing our eating habits—to shift an imbalance back to radiant health. There is always something we can do to improve our health and well-being."

Jeffs offers Kripalu and Yin Yoga, as well as Ayurvedic consultations and Ayurvedic massage. As an Ayurvedic Health Practitioner and experienced massage therapist, Jeffs has a unique talent for encouraging students to explore many possibilities for greater wellness and joy. Introduction to Ayurveda, yoga retreats, nutrition classes, prevention and meditation workshops are available at Yoga at Ladaka, a beautiful, tranquil country setting that promotes a sense of relaxation, stillness and gratitude. Call 231-383-5171 or email Marti@YogaAtLadaka.com or visit YogaAtLadaka.com for a current list of classes. 1564 Grace Road, Frankfort.

- Wellness Arts (formerly known as "Studio On Main"): Owned and operated by Anna Mallien, Wellness Arts opportunities are provided at the Elizabeth Lane Center for the Arts (Oliver Art Center, or OAC) in downtown Frankfort and various other locations throughout our county. In addition to classroom settings, Mallien



offers stand-up paddleboard (SUP) core fusion and SUP yoga classes seasonally. A variety of other wellness arts classes are sponsored by the Oliver Art Center; these are scheduled seasonally and include: callanetics with Jean 231-882-7925; yoga with Kari 231-383-1883; pilates, pilates sculpt, body sculpting on the ball with Anna 231-383-1885; crazy-fit interval training and butts & gutts with Donna 248-404-8032; tai chi & arthritis exercise program with Jackie 616- 566-7307; NIA & zumba with Stephanie 989-631-2444; yoga with Bruce 847-220-8316; zumba with Laura 231-399-0199; and gentle flowYoga with Naomi via tcnome@gmail.com. Call 231-383-1885 or e-mail Anna@StudioOnMain.biz Or visit Anna-Mallien.com for a list of current classes.

• Discover YOU Yoga & Fitness (DYYF): At the top of the hill on Elm Road, as you are heading out of Frankfort, Jessica Ryan built a private yoga studio at her home two years ago, after spending years teaching mostly at the OAC in Frankfort, at Water-vale in Arcadia, and at Chimney Corners on the north shore of Crystal Lake. This boutique studio space offers a variety of teachers and styles of yoga, meditation, and more. Local teachers offering classes and assorted workshops throughout the year include: Beth Seiloff, Rod Robert-son, Jessica Ryan, Kari Tomashik, Lau-ren McLain, Jenn Ryan, and seasonally Beth Tarkington, Jenn Swetland, Rodasi Campbell, Anna Walker, and other guest teachers.

Ryan admits that the reason she built her tranquil, private studio space is that “everyone needs yoga.”

“Yoga, for me, isn’t an activity, it’s the way I live my life,” she says. “It’s a daily practice of being the best version of myself that I can be—and I hope that is reflected in my teaching. The asana [postures] element of yoga is only a small portion of the ancient practice, and some yogis rarely, if ever, set foot on a yoga mat. My personal asana practice waxes and wanes with the phases of my life, but the daily practice of speaking and acting with compassion and from a place of gratitude, both to myself and others, is ongoing. I am never not practicing yoga.”

Call 231-620-3529 or email jessayogi-ni@gmail.com or visit DiscoverYogaMI.com for a current list of classes. 1554 Elm Road, Frankfort.

- Other Yoga & Movement Guides in Benzie County
- Jessica Noe – Qigong: noejessica@hotmail.com
- Kari Tomashik – Yoga: karitoma-shik5@gmail.com
- Karen Storms Rohm – Yoga for Wom-en: karenstormsrohm@gmail.com
- Rod Robertson – Yoga and Meditation: rod2robertson@gmail.com
- Rodasi Campbell – Yoga and Medita-tion: rodasisheaven@gmail.com
- Lauren McLain – Yoga: laurenmcclain@hotmail.com
- Beth Sieloff – Hot Yoga: SieloffBI@hotmail.com

Jenn Ryan is the eldest of three locally grown sisters and has built her life around self-care practice. A team member at a local law and advocacy center, she also teaches yoga—most often at her sister Jess’s private home studio, Discover YOU Yoga & Fitness in Frankfort—books music for St. Ambrose Cellars, writes, and facilitates art-making in one-on-one or group set-tings. Want to contact her about a yoga or art class or anything else? Send an email to justadreamerjenn@gmail.com or call 231-218-0655.

# Pumpkin

Continued from page 1

sisters will never suspect you of leaving your chores unattended.

There are great things to do along the route, like the “morgue-a-ritas” being served at the Roadhouse; the Haunted Trail at Crystal Mountain from 7:30-9:30 p.m.; the Wild West costume and mus-

## The Scariest Part of Halloween

Fatal crashes involving a drunk driver are three times more likely to occur on Halloween than on New Year’s Eve, according to the National Highway Traffic Safety Administration.

Moreover, males between the ages of 21-34 made up almost half of all drunk drivers who were killed nationwide during the 2011 Hal-loween period.

Before the Halloween festivities begin this year, make sure to plan a way to safely get around—and to get home afterward. Call Benzie Bus at 231-325-300 extension 1 to schedule your rides for Saturday, October 27, 2018.

tache contests at The Cabbage Shed, with K. Jones and the Benzie Playboys taking the stage at 9 p.m.; Laughing Horse Saloon is awarding a \$150 costume prize at 11:30 p.m., and all three downtown Beulah pubs will be decorated and offering fun activities. In addition, the Benzie Bus will have a free “haunted bus” featuring an insane asylum theme from 8-10 p.m. in downtown Beulah.

“Offering safe and free rides just makes sense,” says Bill Kennis, executive director of Benzie Bus. “It’s certainly safer to have a professional driver taking costume-wearing patrons around town, and it’s more fun, too, traveling as a group.”

Benzie Bus is asking that riders phone ahead by noon on Saturday, October 27, so that they can plan ahead and confirm bus capacity. However, dispatchers will assist riders throughout the night at any locations on first-come, first-serve basis.

“Benzie Bus is able to offer programs like this, because the business community pays for all of the advertising and market-ing costs,” Kennis says. “Beyond Nite Owl, other services are available because Chad Hollenbeck, our operations manager, has worked hard to ensure that our supply meets demand, and therefore saves thou-sands of hours annually. For instance, the 4th of July parking shuttles in Elberta served 527 riders this year. Operating efficiently means that saved hours can be used for the [Cherry Capitol] Airport service, festival parking shuttles, and Nite Owl for Hallow-een and New Year’s Eve.”

Benzie Bus recently boasted a record-setting year—more than 95,000 rides in 2017, which eclipsed the previous mark of 89,932 in 2013. This is the 12th year of operations for Benzie Bus, which hopes to have its one-millionth passenger in 2019. Trick-or-Treaters in Beulah will get to enjoy the Haunted Bus featuring the Insane Asylum theme on Halloween, in addition to the hours on Saturday, October 27. Book rides by emailing Dispatch@BenzieBus.com or call 231-325-3000, extension 1.



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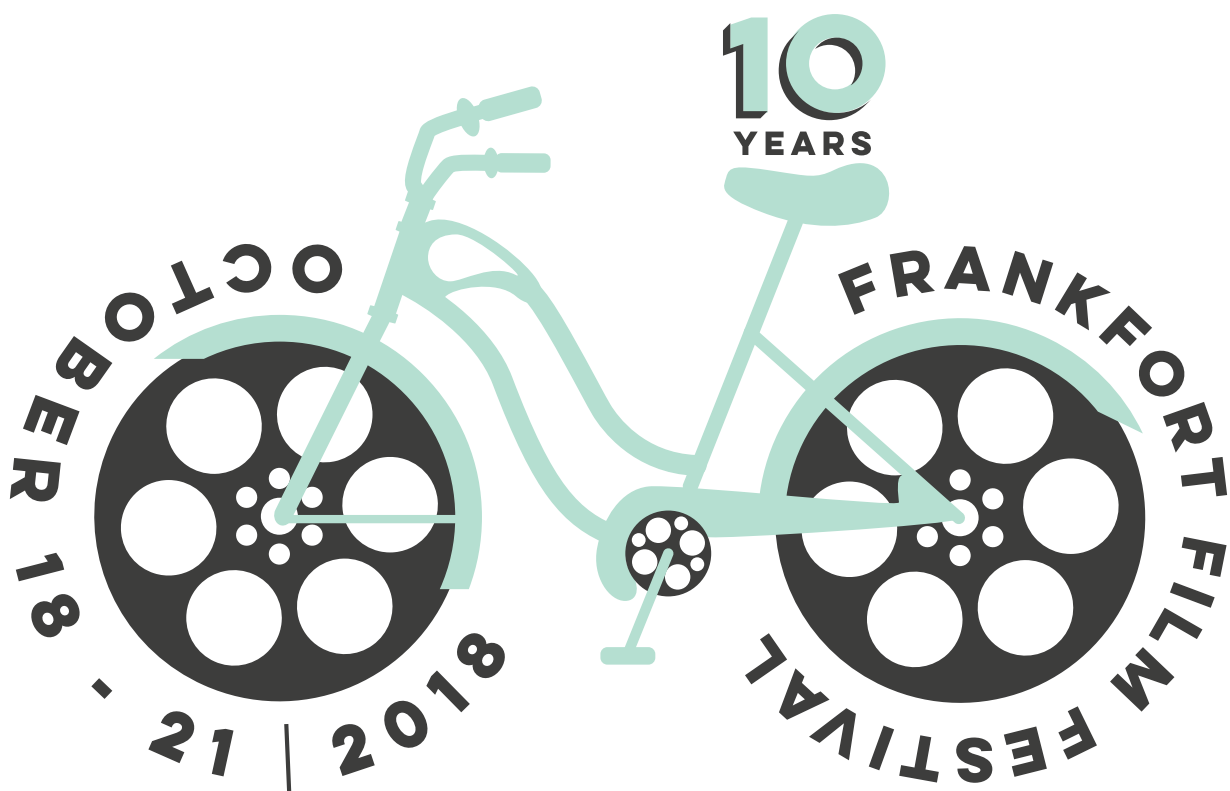


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- 12:30P **WON'T YOU BE MY NEIGHBOR** PG13 | 94m | Documentary/Biography
- 2:30P **IN THE FADE** R | 106m | Crime/Thriller | English Subs
- 4:30P **THREE IDENTICAL STRANGERS** PG13 | 96m | Documentary
- 7:45P **THE PARTY** R | 71m | Comedy/Drama  
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FRIDAY, OCTOBER 19

- 12:30P **THE FENCER** NR | 99m | Bio/Comedy/Drama | English Subs
- 2:30P **THE MIDWIFE** NR | 117m | Comedy/Drama | English Subs
- 4:45P **THE SENTENCE** NR | 85m | Doc/Crime 
- 7:45P **THE DEATH OF STALIN** R | 107m | Com/Drama/Hist  
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- 11:00A **ZOO** PG | 97m | Family/History/War
- 12:45P **INVENTING TOMORROW** PG | 105m | Documentary
- 2:30P **FOXTROT** R | 113m | Drama | English Subs
- 4:30P **ALL SAINTS** PG | 108m | Drama 
- 8:00P **EIGHTH GRADE** R | 93m | Comedy/Drama  
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SUNDAY, OCTOBER 21

- NOON **THE GUILTY** NR | 87m | Crime/Drama/Thriller | English Subs
- 1:45P **STREAKER** NR | 98m | Comedy/Sport | English Subs
- 3:45P **CLARK PARK** NR | 34m | Documentary Short 
- 4:30P **DIVINE ORDER** NR | 96m | Comedy/Drama | English Subs

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**PG13 | 94m | Documentary/Biography**

Best known today as a soft-spoken, cardigan-wearing children's television host, in reality, Fred Rogers' career represents a sustained attempt to present a coherent, beneficent view about how we should best speak to children about important matters and how television could be used as a positive force in our society. While the nation changed around him, Fred Rogers stood firm in his beliefs about the importance of protecting childhood. **DIRECTOR | MORGAN NEVILLE.**

★BOULDER INTERNATIONAL FILM FESTIVAL 2018  
Winner - Peoples Choice Award, Feature Length Film

★SEATTLE INTERNATIONAL FILM FESTIVAL 2018  
Winner - Golden Space Needle Award, Best Documentary




### IN THE FADE [AUS DEM NICHTS]

**THURSDAY | OCT 18 | 2:30P**  
**R | 106m | Crime/Drama/Thriller**  
German w/ English Subs

After the death of her family in a terrorist attack, Katja's life falls apart. But the mind-numbing search for the perpetrators and reasons behind the senseless killing complicate Katja's painful mourning, opening wounds and doubts. Katja struggles as she endures the trial against the two suspects: a young couple from the neo-Nazi scene. The trial pushes Katja to the edge, and there's simply no alternative for her: she wants justice. **DIRECTOR | FATIH AKIN.**

★GOLDEN GLOBES 2018  
Winner - Best Motion Picture

★CANNES FILM FESTIVAL 2017  
Winner - Best Actress, Diane Kruger




### THREE IDENTICAL STRANGERS

**THURSDAY | OCT 18 | 4:30P**  
**PG13 | 96m | Documentary**

Three Identical Strangers tells the astonishing true story of three men who make the chance discovery, at the age of 19, that they are identical triplets, separated at birth and adopted to different parents. The trio's joyous reunion in 1980 catapults them to fame but it also sets in motion a chain of events that unearths an extraordinary and disturbing secret that goes far beyond their own lives – a secret that goes to the very heart of all human behavior. **DIRECTOR | TIM WARDLE.**

★SUNDANCE FILM FESTIVAL 2018  
Winner - Special Jury Prize, Documentary

★BERKSHIRE INTERNATIONAL FILM FESTIVAL 2018  
Winner - Audience Award, Documentary Feature



### THE PARTY

★INTERLOCHEN SHORT  
PRIOR TO FILM

**THURSDAY | OCT 18 | 7:45P**  
**R | 71m | Comedy/Drama**

Janet hosts an intimate gathering of friends in her London home to celebrate her political ascension. After her acerbic best friend and others arrive, some with dramatic news to share, an announcement by Janet's husband provokes a series of revelations. As the sophisticated soirée starts to unravel, a night that began with champagne soon ends up with arguments, shouting and a pointed gun. **DIRECTOR | SALLY POTTER.**

★BERLIN INTERNATIONAL FILM FESTIVAL 2017  
Winner - Guild Film Prize, Sally Potter

Nominee - Golden Berlin Bear, Best Film



### THE FENCER [MIEKKAILIJA]

**FRIDAY | OCT 19 | 12:30P**  
**NR | 99m | Biography/Drama/History**  
Estonian w/ English Subs

Fleeing from the Russian secret police, a young Estonian fencer is forced to return to his homeland, where he becomes a physical education teacher at a local school. The past, however, catches up and puts him in front of a difficult choice. **DIRECTOR | KLAUS HÄRÖ.**

★GOLDEN GLOBES 2016  
Nominee - Best Motion Picture, Foreign Language

★PALM SPRINGS INTERNATIONAL FILM FESTIVAL 2016  
Nominee - Audience Award, Best Narrative Feature



### THE MIDWIFE [SAGE FEMME]

**FRIDAY | OCT 19 | 2:30P**  
**NR | 117m | Drama**  
French w/ English Subs

A bittersweet drama about the unlikely friendship that develops between Claire, a talented but tightly wound midwife, and Béatrice, the estranged, free-spirited mistress of Claire's late father. Though polar opposites in almost every way, the two come to rely on each other as they cope with the unusual circumstance that brought them together in this sharp character study. **DIRECTOR | MARTIN PROVOST.**

★GLOBES DE CRISTAL AWARDS, FRANCE 2018  
Nominee - Best Actress, Catherine Deneuve

★MONTE-CARLO COMEDY FILM FESTIVAL 2017  
Winner - Jury Prize, Best Actress, Catherine Deneuve



### THE SENTENCE

**FRIDAY | OCT 19 | 4:45P**  
**NR | 85m | Documentary/Crime**

Cindy Shank, mother of three, is serving a 15-year sentence in federal prison for her tangential involvement with a Michigan drug ring years earlier. This intimate portrait of mandatory minimum drug sentencing's devastating consequences, captured by Cindy's brother, follows her and her family over the course of ten years. **DIRECTOR | RUDY VALDEZ.**

★SUNDANCE FILM FESTIVAL 2018  
Winner - Audience Award, Documentary

★TRAVERSE CITY FILM FESTIVAL 2018  
Winner - Roger Ebert Prize, Documentary

 **FILMMAKER Q&A**



### THE DEATH OF STALIN

★FRANKFORT48  
2ND & 3RD PLACE  
PRIOR TO FILM

**FRIDAY | OCT 19 | 7:45P**  
**R | 107m | Comedy/Drama/History**

Moscow, 1953: when tyrannical dictator Joseph Stalin drops dead, his parasitic cronies square off in a frantic power struggle to be the next Soviet leader. But as they bumble, brawl, and backstab their way to the top, just who is running the government? Combining palace intrigue with rapid-fire farce, this audacious comedy is a bitingly funny takedown of bureaucratic dysfunction performed to the hilt by a sparkling ensemble cast. **DIRECTOR | ARMANDO IANNUCCI.**

★BAFTA AWARDS 2018  
Nominated - Outstanding British Film of the Year

★TORONTO INTERNATIONAL FILM FESTIVAL 2017  
Nominated - Platform Prize, Armando Iannucci



### ZOO

**SATURDAY | OCT 20 | 11:00A**  
**PG | 97m | Family/History/War**

In 1941, marksmen from the Royal Ulster Constabulary, following a Directive from The Ministry of Public Security, shot dead 23 animals at Belfast Zoo. During these turbulent times, a woman secretly walked a young elephant from the zoo each evening to the backyard of her terraced home. Based on a true story, 12-year-old Tom and his misfit friends fight to save Buster the baby elephant during the air raids on Belfast in 1941. **DIRECTOR | COLIN MCIVOR.**

★GIFFONI FILM FESTIVAL 2018  
Winner - Gryphon Award, Best Film Elements + 10 Section

★SEATTLE INTERNATIONAL FILM FESTIVAL 2018  
Winner - Films4Families Youth Jury Award, Best Film



### INVENTING TOMORROW

**SATURDAY | OCT 20 | 12:45P**  
**PG | 105m | Documentary**

Meet passionate teenage innovators from around the globe who are creating cutting-edge solutions to confront the world's environmental threats - found right in their own backyards - while navigating the doubts and insecurities that mark adolescence. Take a journey with these inspiring teens as they prepare their projects for the Intel International Science and Engineering Fair (ISEF), a program of the Society for Science and the Public. **DIRECTOR | LAURA NIX.**

★SEATTLE INTERNATIONAL FILM FESTIVAL 2018  
Winner - Documentary Competition Award, Laura Nix

★SUNDANCE FILM FESTIVAL 2018  
Nominee - Grand Jury Prize, Documentary




### FOXTROT [FOKSTROT]

**SATURDAY | OCT 20 | 2:30P**  
**R | 113m | Drama**  
Hebrew w/ English Subs

Michael and Dafna are devastated when army officials show up at their home to announce the death of their son Jonathan. While his sedated wife rests, Michael spirals into a whirlwind of anger only to experience one of life's unfathomable twists, which rival the surreal military experiences of his son. **DIRECTOR | SAMUEL MAOZ.**

★PALM SPRINGS INTERNATIONAL FILM FESTIVAL 2018  
Winner - Directors to Watch, Samuel Maoz

★MUNICH FILM FESTIVAL 2018  
Nominee - ARRI/OSRAM Award, Best International Film




### ALL SAINTS


**SATURDAY | OCT 20 | 4:30P**  
**PG | 108m | Drama**

Michael Spurlock decides to trade in his corporate sales career to become a pastor. His first assignment is to close a country church and sell the prime piece of land. He soon has a change of heart when the church starts to welcome Burmese refugees. Spurlock now finds himself working with the refugees to turn the land into a working farm to pay the church's bills. **DIRECTOR | STEVE GOMER.**

★MOVIEGUIDE AWARDS 2018  
Winner - Grace Award

Nominated - Best Film

 **FILMMAKER Q&A**

 **WRITER ONSITE  
STEVE ARMOUR**



### EIGHTH GRADE


★FRANKFORT48  
1ST PLACE PRIOR TO FILM

**SATURDAY | OCT 20 | 8:00P**  
**R | 93m | Comedy/Drama**

Thirteen-year-old Kayla Day is in her final week of middle school. She posts motivational videos on YouTube about confidence and self-image that get almost no views, while struggling at school to make friends, and winning the "Most Quiet" award from her classmates. Kayla endures the tidal wave of contemporary suburban adolescence as she makes her way through the last week of her thus far disastrous eighth grade year. **DIRECTOR | BO BURNHAM.**

★SUNDANCE FILM FESTIVAL 2018  
Nominee - Grand Jury Prize, Dramatic

★SEATTLE INTERNATIONAL FILM FESTIVAL 2018  
Winner - Golden Space Needle Award, Best Film



### THE GUILTY [DEN SKYLDIGE]

**SUNDAY | OCT 21 | NOON**  
**NR | 87m | Crime/Drama/Thriller**  
Danish w/ Eng. Subs

Alarm dispatcher and former police officer Asger Holm answers an emergency call from a kidnapped woman, when the call is suddenly disconnected. Confined to the police station, Asger is forced to use others as his eyes and ears as the severity of the crime slowly becomes more clear. The search to find the missing woman will take every bit of his intuition and skill, as a ticking clock and his own personal demons conspire against him. **DIRECTOR | GUSTAV MÖLLER.**

★SUNDANCE FILM FESTIVAL 2018  
Winner - Audience Award, World Cinema - Dramatic

★SEATTLE INTERNATIONAL FILM FESTIVAL 2018  
Winner - Golden Space Needle Award, Best Director



### STREAKER [FLITZER]

**SUNDAY | OCT 21 | 1:45P**  
**NR | 98m | Comedy/Sport**  
Swiss/German w/ Eng. Subs

German teacher and single father Balz Näf lives with his daughter Elisa in Baden. After gambling away the money for a new school sports field, he plummets into financial disarray. Together with his hairdresser, Balz crafts a plan to quickly regenerate the funds. Balz and Kustrim create a team of professional racers, infiltrating various sporting events and rigging bets by foretelling the indubitable presence of streakers. **DIRECTOR | PETER LUISI.**

★TRAVERSE CITY FILM FESTIVAL 2018  
Nominated - Outstanding British Film of the Year

★PHOENIX FILM FESTIVAL  
Winner - Copper Wing Award, Best Picture



### CLARK PARK

**SUNDAY | OCT 21 | 3:45P**  
**NR | 34m | Documentary Short**


Detroit is known as Hockeytown. When the city had to close many of its recreation centers in the early 1990's, the once abundant outdoor ice rinks disappeared with them. Except for one. Clark Park is the story of the Southwest Detroit community that saved a rink, helped stabilize a neighborhood, and gives inner city youth the opportunity to play the game of hockey. This short documentary with a runtime of 34 minutes is told through the perspectives of seven southwest Detroiters ranging from 12 to 87 years of age. **DIRECTOR | TROY ANDERSON.**

★FREEP FILM FESTIVAL 2018  
Official Selection

★GLASS CITY FILM FESTIVAL 2018  
Official Selection

 **FILMMAKER Q&A**

 **FILMMAKER ONSITE**




### THE DIVINE ORDER [DIE GÖTTLICHE ORDNUNG]

**SUNDAY | OCT 21 | 4:30P**  
**NR | 96m | Comedy/Drama**  
German/Italian/Swiss w/ Eng. Subs

Nora is a young housewife and mother who lives with her husband, their two sons and her father-in-law in a little village. In the Swiss countryside, little is felt of the huge social upheavals the movement of May 1968 has caused. Nora's life, too, has been unaffected; she is a retiring, quiet person, well liked by everyone - until she begins to campaign publicly and pugnaciously for women's right to vote, an issue that will be put before the male voters on February 7th, 1971. **DIRECTOR | PETRA BIONDINA VOLPE.**

★TRAVERSE CITY FILM FESTIVAL 2017  
Winner - Best Fiction Film

★TRIBECA FILM FESTIVAL 2017  
Winner - Audience Award, Narrative



### INTERLOCHEN MOTION PICTURE ARTS

**THURSDAY | OCT 18 | 7:45P**

The Motion Picture Arts program provides students with a progressive interdisciplinary education through writing, critical studies, and hands-on curriculum. Students in the program benefit from challenging college-preparatory academics and a comprehensive experience in cinema. The Frankfort Film Festival welcomes Michael Mittelstaedt, Executive Director to share a short film from Interlochen.



### FRANKFORT48

**FRIDAY | OCT 19 | 7:45P**  
**SATURDAY | OCT 20 | 8:00P**

The 2nd Annual Frankfort48 Film Contest took place June 21-23, 2018, and we are excited to screen the top three winners. Aspiring filmmakers were invited to create a 3-5 minute film celebrating the beauty of Northern Michigan. Participants had 48 hours to conceive their ideas, scout locations, film, edit, & present their masterpiece. Each team was given three specific things that the film must have – the use of an ice cream cone as a prop, a scene with a bridge and the phrase “I’ll be back.” Contestants received the assignment on Thursday at 9:00 a.m. and had 48 hours to complete their film.

Friday | 7:45p

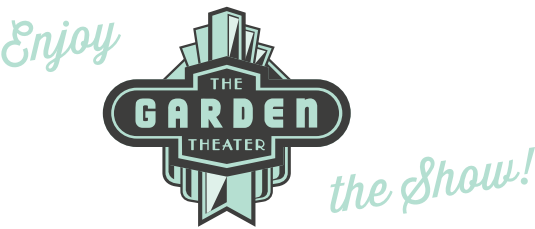
2nd Place - ASSUMPTIONS  
Directed by Ben Tiesworth & Jake Bradley

3rd Place - YOURS,  
Directed by Violet Baldwin

Saturday | 8:00p

Winner - ALL THE WAY TO THE MOON  
Directed by Sam Buzzell

FOR MORE INFORMATION VISIT:  
[WWW.FRANKFORTGARDENTHEATER.COM/FRANKFORT48/](http://WWW.FRANKFORTGARDENTHEATER.COM/FRANKFORT48/)





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We have 10 excellent, Dem-endorsed candidates running for Michigan Supreme Court, university boards, and the Michigan Board of Education. **But, they're 'non-partisan' candidates!** That means you must vote for them *individually* in the Non-Partisan Section, after voting straight down the entire Democratic Party Ticket.

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