

# Paul Oliver Memorial Hospital

Maintaining health in a climate of failing rural hospitals

By Kelly Ottinger  
Current Contributors

For the past 87 years, the small beachside city of Frankfort—notably the only city in Benzie County and home to nearly 1,500 year-round residents—has had its own hospital, though the name and location has changed a bit over the years.

“Through time, an interesting mixture of locals and summer residents have come together to support the hospital staying right here [in Frankfort],” says Ralph Jackson, the step-son of nurse Ena Kraft Jackson, who—along with her parents, Lula and Herbert Powers—worked to establish the Anna Markham Memorial Hospital in November 1937.

Pre-dating this hospital, however, there was already a rich and varied story of medical care in the Frankfort-Elberta area; and after Markham came what we now know to be Paul Oliver Memorial Hospital, which ranked last year among the 15 top-performing rural hospitals in Michigan. Coupled with new equipment and programming, it seems clear that this venerable Frankfort institution is only improving with age.

**Historically Speaking**

Dr. Frank La Rue and his wife, Ellen, came to Elberta in 1906. Dr. LaRue had been born in Empire, Michigan, in 1872, and his parents were the first non-native settlers in the area. Ellen, having been born in Norway, came to the United States with her family when she was 16 years old. Originally working as a

maid, Ellen eventually became trained as a registered nurse.

In what is now known as the La Rue House Bed & Breakfast, the husband-and-wife team cared for patients for many years—delivering babies, tending to accident victims, and performing surgeries. The first floor of the home served as the doctor’s office and infirmary, and inpatients were cared for on the second floor. The La Rue’s services extended to the entire Frankfort-Elberta area, via house calls to citizens all throughout the countryside.

The La Rues were known not only for being ahead of their time with medical expertise (successfully treating many cases of pneumonia before antibiotics were readily available), but they were also known for their humanitarianism and generosity. A June 16, 1949, edition of the *Benzie County Record Patriot* stated that, at the end of his career, Dr. LaRue had “About \$100,000 outstanding on his books,” an astronomical amount for those times.



Alexis Donovan and Arthur Adkins are athletic trainers for Frankfort and Benzie student-athletes. This is just one way that Paul Oliver Memorial Hospital is partnering to serve the local community. Photo by Aubrey Ann Parker.

Meanwhile, in the 1920s, a woman named Lenore Herban became licensed by the state to care for as many as three maternity patients and their babies at a time, and she did so in her home on Frankfort’s James Street. Herban’s care was limited to maternity patients, with the exception of one gallbladder surgery that was performed on her kitchen table.

Then, in 1931, Adele McKinnon Haldeman, along with help from the local Rotary Club, built a home at 107 Park Avenue that could accommodate a small number of maternity and surgery patients—newly widowed, Haldeman received her license for care of maternity patients and opened “Haldeman Hospital,” in memory of her late husband.

In 1933, Ena Kraft Jackson became one of the part-time nurses working at the Haldeman Hospital. When Haldeman Hospital fell victim to the financial woes that were typical of small community hospitals, the decision was made to shutter the doors in 1937.

By this time, the community was becoming increasingly aware of the need to continue maternity and hospital services in the area, and so Ena Jackson worked to continue Haldeman’s work by—along with her parents, Lula and Herbert Powers—establishing the Anna Markham Memorial Hospital at 611 Forest Avenue. The new hospital (named for Herbert Powers’s late mother) continued the work of Haldeman Hospital, even using some of its original equipment, through the time when today’s Paul Oliver Memorial Hospital opened its doors in 1951.

As the patient load increased at the Anna Markham Hospital, Ena Jackson and her parents were literally pushed out of their home—the family found a small cottage for sale, which was moved and attached to the back of the hospital. There they lived, running the hospital from that cottage, until moving to another home on Leelanau Avenue at a later time.

Dr. Fredrick Trautman, assisted by Ena Jackson (who also administered anesthesia under doctor supervision) welcomed Anna Markham Memorial Hospital’s first patient in November 1937, and a healthy baby girl was born before day’s end.

Over time, the Anna Markham Hospital tended to surgical cases, in addition to the maternity focus. Surgical instruments were donated by the physicians and were sterilized in pans of boiling water on the kitchen stove, until a steam sterilizer was purchased from a company in Grand Rapids.

Please see POMH on page 10

# Taking Care of You

Cultivating a self-care practice

By Jenn Ryan  
Current Contributor

Do you practice self-care? Do you understand what I mean by that? Self-care equates to we, as individuals, determining all the ways in which we can add to the value of our overall well-being. Practicing self-care is a wonderful way to provide a balanced approach to dealing with life. Ultimately, self-care provides opportunity to add a deep bench of coping skills into the tool belt of your life’s work.

What are coping skills, and why do we need them?

First, we should differentiate between positive coping skills and negative coping skills. Positive coping skills are life skills we can cultivate that help us to deal with life, in good times and bad—the more positive coping skills that we have, the better able we are to deal with our lives, no matter what happens. Some good coping skills include meditation, reading, sleeping, and others. Negative coping skills, however, can create difficulties in dealing with stress, and they often result in action that does more harm than good—examples include drugs, excessive alcohol use, excessive working, denial, and others.

Managing stress in our lives provides the opportunity to maintain positive mental

health. Often, physical and/or emotional stress can create chemical imbalances in the brain which can lead to mental health issues and even breakdowns. Working to reduce the physical and emotional stress in the body is a worthwhile goal. Fostering a self-care practice supports this goal.

**In Practice**

“Self-care” and “self-love” are all the rage these days—but self-care is not a trend. Instead, discovering the importance of a solid self-care practice (at any age) is one of the most important gifts that you can give yourself. In addition, by your example, you may be able to positively influence others in your life to realize their own version of self-care.

So what does your self-care practice look like? Are you a walker, runner, cyclist, yogi, or gardener? Are you a mother, sister, grandfather? No matter your age, gender, race, occupation, or socio-economic status, cultivating



For some, self-care includes being with friends; for others, it is about working out; for still others, they need to relax. And then there are those who relax with a cold brew. How about all of the above, with yoga at the local brewery? Photo courtesy of Stormcloud Brewing Company.

a self-care practice can be a game-changer. Here in Benzie County, there are many opportunities for you to practice self-care—by yourself, with a guide/teacher/trainer, or in a class-like setting.

A self-care practice should include ways that you take care of your physical, mental, emotional, and spiritual health. All these pieces of the puzzle of who you are can be tended to without the aid of someone else. It does not have to cost you a penny. Self-

care is not a luxury. It does not have to take the shape of classes or procedures or things. (Note: This does not mean that you cannot enhance your self-care by adding classes, procedures, or things into your life and into your practice.) Over time, the more that you concentrate on the positive ways your physical, mental, emotional, and spiritual health are influenced by your self-care practice(s), the more you are likely to add into your own self-care routine. (Again, when I say “more,” I do not want you to read that as additional “cost” or “price.” Rather, it is about prioritizing yourself and your life.)

There is nothing overly complicated about establishing a self-care routine. It can be as simple as waking up every morning and starting your day with a plan or setting a literal intention for your day ahead.

Perhaps you stretch in the morning or go for a walk; you may steep tea and take the time to sip the entire mug before you move into the rest of your day. Maybe you are a runner or a cyclist, and you wake up, put in your miles, shower, and go on with your day. Self-care is different for every person—what makes you feel good? What promotes your good health? What brings you joy? What alleviates the stress in your life? What supports your lifestyle?

“For me, self-care has become synonymous with liberation, sanity & survival,” says Christina

Please see Self on page 2



TAKE ADVANTAGE OF OUR END OF  
**SUMMER**  
SALES EVENT

**20% OFF**  
STOREWIDE

**20% OFF**  
CUSTOM ORDERS

**20% OFF**  
CUSTOM ORDERS

**AUG. 20 THRU SEPT. 20**

**OPEN | MON THRU SAT 10AM - 5PM | SUN 11AM - 3PM**

**231.352.4202 | 311 MAIN ST. | FRANKFORT, MI**

**EXPLOREBETSIEBAY.COM**

**STORMCLOUD**  
BREWING COMPANY

*Music on Tap*

Aug 31 - Charlie Millard Band  
Sep 1 - Evan Burgess

**SEP 3 - SUMMER'S END PARTY**  
with Cousin Curtiss

Sep 7 - Kyle White  
Sep 8 - Levi Britton  
Sep 15 - Abigail Stauffer

CRAFT BREWS • BRILLIANT BITES  
BELGIAN INSPIRED • MICHIGAN MADE

**STORMCLOUDBREWING.COM**  
303 MAIN STREET | FRANKFORT, MICH.

*Gifts from the Hive*

*Beeswax Candles*  
*Herbal Soaps*  
*Honey & Herbs*  
*Aromatherapy*

**231-882-7765**  
6289 River Road • Benzonia, MI 49616  
Open May-Dec • Monday-Saturday

**YOUR PLACE  
UP NORTH  
AWAITS!**

**KATHY NEVEU**  
231.342.0921  
kathy@kathyneveu.com  
**www.KathyNeveu.com**

**HISTORIC BENZONIA**  
Turn of the century home restored/updated, yet much of the character & charm remain. This is not your cookie-cutter home. Beautiful wooded setting on 2.5 acres. Close to bike trail, Crystal Lake, downtown Beulah. \$189,000

**PERFECT OFF PLATTE LAKE**  
Adorable 3 BR home/cottage in park-like wooded setting; Big Platte Lake access. Everything updated; perfect décor. Move right in! In addition, a 1300 sq ft garage – room for your car, boat, & the toys. Near dunes, M-22, & many other venues. \$275,000

Self

Continued from page 1

Ryan-Stoltz, a massage therapist since 2001. “It’s my own renewable resource, ethically harvested. I have found a pathway to my own healing, as well as my dharma/right livelihood by making a commitment to and investment in my well-being—body, mind, and spirit. This has shifted how I show up for others as well; whole, present, and without codependency and therefore able to give from an abundant well.”

Truly, it is about looking at your life and finding the balance that you need to live sustainably. It is about finding a way to be as joyful and as happy as you can in a world that is often filled with chaos. It is about listening to what your body needs, as often as you possibly can.

For instance, right now, as you are reading this article—do you need any of the following? More water? More rest? More activity? More downtime? More peace and quiet? Or perhaps, do you need to be Less busy? Participate in Less talking? (Remember, often in life, Less can be more.)

**Time For What Makes You Happy**

For starters, look at your health, fitness, energy level, nutrition, and well-being. Are you in good health? If so, what supports that good health? What else might enhance your health? Could you be healthier? What habits could you implement to change your health? What is your level of activity and exercise? If you are not currently as active as you would like to be, how can you change that? Do you have a favorite walking path? Why not begin there?

Moreover, what feels good to you? Do you know the answer to this question? Whether you do or not, make a list—pick the top five things in life that feel good to you. After you make this list, think about the last time that you did any of those things. Do you do them often? (I suggest doing them as often as you can.) This, of course, should also be in line with maintaining a positive self-esteem, living a balanced lifestyle, allowing yourself a way to decompress from life’s stresses, and providing you with as much peace of mind as possible.

Benzie County is well known for its picturesque, Midwestern terrain; proximity to freshwater lakes, rivers, streams, and creeks; and its status as a ‘year-round playground,’ but what you may not realize is that it also has an extensive, deep bench of healing art therapies, instructors, and venues.

The healing arts include resources that folks might utilize to assist them in navigating stress, anxiety, depression, and other ailments—not to mention, simply maintaining a well-balanced life and good health. Healing arts can include artisan crafting (making/creating); gardening; playing musical instruments; singing, movement (such as dance, yoga, pilates, calisthenics); talk therapy; group therapy; art therapy; body work (massage, reiki, shiatsu); writing; meditating; volunteering; cooking. In other words, the healing arts encompass anything that allows a body to heal, in some way.

What needs healing in your life? Hopefully the list below, though not totally comprehensive (we may have missed some!), has someone or something that could help you.

For many, healing from trauma, stress, injury, or grief is ongoing and long-lasting. Self-care can aid in this healing. By prioritizing your life and good health, one day at a time—one breath at a time—you begin to heal your life.

**Positive Coping Skills**

So how does a person amid a physical or emotional stress response reduce his/her stress? Coping skills. Like any life skill, positive coping skills must be practiced in order to become effective.

- **Physical Activity:** Movement is tantamount to good health. No matter what your abilities are, find a way to move your body every day. Moving will elevate your heart rate, which will release endorphins that will help you to feel better and help to alleviate stress. Walking, hiking, biking, and yoga are just a few ideas. (In our area, Ella Skrocki teaches surf lessons; email her at ella@sbsurfandkayak.com or sign up at sbsurfandkayak.com. Meanwhile, Tina Drake provides personal training and fitness lessons; call her at 231-383-5413. Mobility Now Physical Therapy provides access to movement after injury and more; call 231-882-7171. Paul Oliver Memorial Hospital and the Betsie Hosick Health and Fitness Center offer classes, equipment, and more, while Peshabestown’s Strongheart Center recently opened a Benzie County loca-

tion at the Grand Traverse Band of Ottawa and Chippewa Indians’s satellite office on Hoadley Road in Benzonia; call 231-534-7820 for more information.)

- **Time Outside:** Many of us work indoors, under fluorescent lights, at a desk, sitting, while typing on a computer for most of the day. All of these things, over time, can take a toll on the body, mind, and soul. Research shows that walking outside decreases blood pressure, stress, and anxiety and increases our ability to focus. Taking time to be outside every day is one of the best things that you can do for yourself. (In Benzie County, we are fortunate to have amazing hills and dales to walk, jog, bike, climb, or ride. If you cannot walk, hike, or bike these trails on your own, check out Joy2RideBenzie.org to learn how to experience the beauty of the natural world while being cycled on the Betsie Valley Trail by a trained volunteer!)
- **Alone Time:** Likewise, set aside some time every day to allow yourself to decompress from your life. Whether you live alone or have a large family, alone time is imperative. Take a walk or a bath or a run. Turn off your phone, listen to your breath, do whatever you need to do to “let go” for a short while, and do this every day.
- **Ample Sleep:** Our bodies require rest to rejuvenate and repair the day-to-day damage, wear, and tear. Getting the right amount of sleep for your body is one of the most valuable positive coping skills. Deep sleep can equate to a better memory, better alertness, better physical performance, and less injuries. Some tips for good sleep include avoiding caffeine after 4 p.m.; avoiding stimulating activities late at night, such as computer games and action movies; putting your phones, tablets, computer, and television screens away about an hour before you want to go to sleep; following a regular, relaxing bedtime routine; if you nap during the day, keep it to less than an hour; keeping your bedroom cool, dark, and quiet; and banning pets from the bedroom, if they keep you awake.
- **Nutrition:** Eating clean, whole, nutritious food is key to physical, mental, and emotional health. Without the building blocks of nutrition, your equilibrium can be off, causing all sorts of havoc in the body. Finding the best nutrition for your individual constitution takes focus, patience, and commitment. (Need to learn more about what nutrients your body may be lacking? Locally, Abby Beale is a nutritional therapy practitioner, or NTP, who helps clients of all kinds and often teaches classes. You can learn more at her website: HealthyLivingTC.com. Another local health coach is Cindy Kochis: ckkochis.com/services. Want access to good, clean, local food? Seasonally, there are farmers’ markets on Mondays at Grow Benzie; on Tuesdays in Honor; on Thursdays in Elberta; on Saturdays in Frankfort; and on Sundays in Interlochen. Additionally, three great local meat options include The May Farm in Frankfort, Lost Lake Farm in Honor, and the Rice Centennial Farm in Benzonia.)
- **Meditation and Relaxation:** Practice breathing techniques and find one that works for you. Breathwork is accessible to anyone, anywhere, at any time. For example, right now, take notice of your breath. How deep or shallow are you inhales? On your next inhale, count how many beats it takes you to get to the top of your breath. Now, let out your exhale. Again, count how many beats it takes for you to get to the bottom of your breath. Is your breath even? (Probably not.) Over your next few breaths, see if you can even out your inhales and exhales. Now, take five rounds of breath—inhaling and exhaling, working to keep them as even as you can (without over-thinking). Check in with how you are feeling. Perhaps a sense of ease, calm, and relaxation has taken the place of however you were feeling prior to this short breathing exercise. Remember, you can take it with you! Breathwork is a positive coping skill worth honing. Practice breathing—it might sound silly, but there are myriad deep-breathing techniques available for you to learn. As mentioned, find the ones that work for you, and let your stress and anxiety literally leave your body, on the exhale. (Here are some techniques to try: Greatist.com/Happiness/Breathing-Exercises-Relax. Also, local meditation and/or chanting teachers in our area include Rodasi Campbell via RodasiCampbell.com/About; Marti Jeffs of Yoga at Ladaka; and Sally Rook, who offers chanting monthly at her home in Benzonia, every third Saturday at 4 p.m.—bring a dish to pass. Call 231-871-1777 to register.)
- **Yoga and Movement:** Moving the body is paramount to good health and the ultimate self-care practice. For instance, yoga is a Hindu spiritual and ascetic discipline, a part of which—including breath control, simple meditation, and the adoption of specific bodily postures—is widely practiced for health and



- **Reading:** Engaging your mind with a book allows you to step out of your own life story for a bit—truly a healthy form of escape. In addition, depending on the topic that you happen to be reading or studying, reading can enhance your knowledge and expand your mind, per-

Instead, if you find yourself in a stressful situation, consider some of the items on the list of positive coping skills and practice them. Practicing healthy responses to the stress that is presented to our lives allows us to more adequately deal with the moment and to maintain a more balanced sense of our mental wellness and overall mental health. Other resources:

- Local Alcoholics Anonymous ([bit.ly/AABenzie](http://bit.ly/AABenzie)) or Narcotics Anonymous ([bit.ly/NA4NMI](http://bit.ly/NA4NMI)) meetings are available for you, if you need them.
- National Suicide Prevention Hotline: 800-273-8255
- Centra Wellness Network (formerly Benzie Community Mental Health): 877-398-2013
- Third Level Crisis of Traverse City: [cfsnwmn.org](http://cfsnwmn.org)



**RAISED IN BENZIE.  
BORN TO SELL HOUSES.**



**SCHMIDT REALTORS**  
**231.882.8000**

**Jamie Gray** *Knows Benzie.*  
jamie.gray@CBGreatlakes.com





**Real Estate One®**

**MICHIGAN'S LARGEST  
REAL ESTATE COMPANY**

**SUZY VOLTZ**

suzy.voltz@gmail.com  
231.651.9711

Box 1164  
Frankfort, MI 49635

57 N. Michigan Ave. | Box 127  
Beulah, MI 49617

**Orchard House**  
*Assisted Living Apartments*



**Pick the Best!**

**Grace Road, 651-0473**  
**www.ColbysOrchardHouse.com**

*A Love Of*  
**HAIR**

Hair - Wax - Nails - Tanning

Check out our Facebook for all of our new services!

10960 Main St.  
Honor, MI 49640  
(231) 227-5683



**HIGHER GROUNDS**  
COFFEE

**VISIT OUR COFFEE BAR & ROASTERY**  
*in the Village at Grand Traverse Commons,  
next to Left Foot Charley*  
[highergroundstrading.com](http://highergroundstrading.com)

**Crystal Adventures**

17227 Vondra Rd. at M-115  
Thompsonville, MI 49683



**231-378-2831** **LODGING & MORE**

**Your Up North Headquarters**

Only a mile from Crystal Mt. Ski Resort near Thompsonville

**KIDDER PAINTING SERVICES**

• Interior/Exterior Painting • Powerwashing  
• Deck Sealing/Staining

**SERVING NW MICHIGAN • FULLY INSURED**

**231-651-0302**

**MICHIGAN RAG CO.**

**HOURS:**  
Mon. - Sat. 9:30am-5:30pm  
Sun. 11am-4pm

**Clothing With  
A Sense of Humor**

**Stop in and See Us!**

On the Corner of Fifth  
and Main Frankfort

**ORDER ANYTIME**  
**1-800-373-1451**

**WE'VE SPENT DECADES  
PERFECTING OUR  
ART!**

**BEER. BURGERS. BANTER.**

*The Original Pub.  
Since 1934.*



**OPEN DAILY AT 7 AM.**

LOCAL WHITEFISH . LIBATIONS . GOBS OF CHARACTER  
**artsglenarbor.com 231.334.3754**

**L I S A  
M U S G R A V E  
D D S**



**Q U A L I T Y  
D E N T I S T R Y**



**1 2 4 S . B E N Z I E B L V D .  
B E U L A H**

**L I S A M U S G R A V E D D S . C O M**

**2 3 1 - 8 8 2 - 9 6 8 3**

**OPEN 7 DAYS A WEEK. DAILY SPECIALS**

At GENO'S, our customers are **MORE** than just  
FRIENDS, THEY'RE  
FAMILY. WHETHER  
THE SNOW IS FLYIN'  
OR THE SUMMER  
BREEZE IS BLOWIN',



STOP IN AND EXPERIENCE LOCAL FLAVOR AT IT'S BEST!  
**Located in downtown historic Thompsonville**  
**14848 Thompson Ave**  
**231-378-2554 - carry out available**  
**GenosSportsBar.com**

# CALENDAR OF EVENTS

## CONSTANTLY FLOWING

**Everyday\***  
Heros of the Storm: a ranger-led shipwreck rescue re-enactment program every day, all summer long, at the Maritime Museum in Glen Haven. 3-3:30pm. Lyle Gun Firing from 3:30-4pm.

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.

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.

MI FiberShed 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. MI FiberShed 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.

Grow Benzie Farmers' Market: Fresh vegetables and fruits, baked goods, bread, jam, honey, maple syrup, artisan crafts, and more will be for sale at each market! There will be free cooking and nutrition-education classes every week from 3:30-5pm. You can also tour our new edible trails and try out mini-golf! The Grill Benzie Food Truck will be there, so bring the family for dinner! 5885 Frankfort Highway (M-115) between Benzonia and Frankfort. 3-7pm.

**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.

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.

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 in 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. 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.

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.

Chairlift Rides: 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. 7pm.

**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.

Computers with Carol at the Darcy Library at 7238 Commercial Street in Beulah. Ask computer-related questions. Read to Denny, the cute little dog! 12-5pm.

Board Game Day at the Darcy Library. 2-5pm.

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 home of Linda & Dave Schweyer in Bear Lake. Open to all levels; \$13 per session. 231-383-1883. 4-5:30pm.

Bike with a Sleeping Bear park ranger: leave from the Dune Climb parking lot/Sleeping Bear Heritage Trailhead. 4:30-6:30pm.

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.

Guided mountain bike rides, hosted by Crystal Mountain Recreation, on mountain bike trails, the Betsie River Pathway, surrounding two-tracks, and season roads. Riders must be at least 16 years old with some mountain bike experience, but this is open to all skill levels. Helmets required. Drop-in rides are free; rental bike with helmet is \$19 per ride; helmet rental is \$10 per ride. All rides leave the Mountain Adventure Zone and end at the Beach House. 6-7:30pm.

Jake Frysinger performs harmonious cover songs and originals on acoustic guitar at The Roadhouse Mexican Bar & Grill in Benzonia. 6-9pm.

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.



EVENTS

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.

Walk in the shoes of early homesteaders. Meet at Port Oneida Farms Heritage Center. 11am-12pm.

Ranger-led “Dune Discovery” program: how were the dunes formed? Meet at the Dune Climb Pavillion. 1-1:30pm.

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.

MIFiberShed at Grow Benzie is open 9am-4pm.

Ranger-led walk to learn what life was like along the Manitou Passage. Meet at Sleeping Bear Point Trail to hike one mile. 11am-12pm.

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 Rendezvous at DH Day Log Cabin in the DH Day Campground to learn what is going on at Sleeping Bear Dunes. 1-1:45pm.

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.

Chairlift rides at Crystal Mountain. 7pm.

Sundays

Ranger-led four-mile paddle of the Platte River. Bring your own kayak or rent one. Reservations required. Meet at the Platte River Picnic Area in Sleeping Bear Dunes National Lakeshore. 10am-12:30pm.

\*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 discoveryogami.com.

*\*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.*

The Betsie Current

P.O. Box 90 • Frankfort, MI 49635  
Phone: (231) 649-3988  
editor@BetsieCurrent.com  
ads@BetsieCurrent.com  
billing@BetsieCurrent.com

The Betsie Current is a free tabloid, published 12 times this year and distributed throughout Benzie County. Advertising inquiries, comments, suggestions, critiques, articles, photos, poems, and letters are welcome. © 2018, The Betsie Current, all rights reserved. www.BetsieCurrent.com

ON DECK

Thursday, August 30

Jake Frysinger performs at Stormcloud. 8-10pm.

Friday, August 31

Delilah DeWylde at Lake Ann Brewing. 7-10pm.

Friday, August 31

The Charlie Millard Band will be performing an intimate set for their first show at Stormcloud Brewing Company. 8-10pm.

Friday, August 31

K. Jones and The Benzie Playboys perform Zydeco, Cajun, and fun to celebrate those last few moments of summer, so let’s dance! The Cabbage Shed. 9pm-12am.

Saturday, September 1

First annual Minnehaha Brewhaha in Arcadia is a Michigan craft beer-tasting and music festival fundraiser for the Ronald Stoops Memorial Scholarship Fund for the Interlochen Arts Academy. The musical line-up includes: Duke and the Studebakers (1pm); Standing Hamptons (2:45pm), Pineapple Psychology (4:30pm); The Crane Wives (6:15pm), Cousin Curtis \*8pm), and the Drew Hale Band (9:45pm). Tickets are \$30 at the door, with kids under 13 free.

Saturday, September 1

2nd anniversary bash for Iron Fish Distillery. Music in the barn by The Hacky Turtles. 7:30-9:30pm.

Saturday, September 1

Evan Burgess doesn’t make set lists, so his audience tells him what they want to hear. Frequently asked to play everything from Whitney Houston to Nine Inch Nails, 1980s power ballads to Black Sabbath, Motown to R. Kelly, Evan Burgess keeps the nostalgia flowing from his piano or drum set. Stormcloud Brewing Company. 8-10pm.

Sunday, September 2

Ted Alan, the Ron Getz Quartet, and John Lindy host the Jazz Guitar Summit on a Sunday afternoon at the St. Ambrose tasting room! 5-8pm.

Monday, September 3

Cousin Curtus performs high-energy rootstomp/ bluegrass, without the twang. It’s like John Butler meets John Popper meets Keller Williams. Stormcloud Brewing Company. 5-8pm.

Tuesday, September 4

Mark Lavengood has three key attributes: his big heart, wild energy on stage, and aptitude on many instruments. Having released two LPs and a 7-inch vinyl under his own name, in conjunction with two LPs, an EP, and an album on the way with international touring act Lindsay Lou & The Flatbellys, Mark is no stranger to the hustle of the music industry. He performs at Lake Ann Brewing Company from 6:30-9:30pm.

Saturday, September 8

The Crush is the biggest party of the year at St. Ambrose Cellars, with the end of another great summer and the arrival of the grapes and the fall wine-making season. Featuring K. Jones and The Benzie Playboys, Turbopup, and more. Admission is \$10. Also a silent auction and a dunk tank, with proceeds toward Honor Area Restoration Project (HARP). 4-11pm.

Sunday, September 9

Dan Straubel Memorial Golf Outing, a benefit for Habitat for Humanity of Benzie County, at Crystal Lake Golf. The cost is \$70 per person, which includes 18 holes of golf with a shared cart. Register with admin@benziehabitat.org. 12pm.

ADVANCED TREE REMOVAL BEAR LAKE, LLC

Arcadia, Bear Lake, Benzonia, Beulah, Frankfort, Honor Herring Lakes, Onekama, Platte, Thompsonville

231-590-8689

CALL ANYTIME FREE ESTIMATES  
TREE TRIMMING & REMOVAL, BUCKET TRUCK, CHIPPER  
FAST, FRIENDLY & INSURED

We've got money to lend!

Frankfort

Community Federal Credit Union

frankfortcu.org

SHARE CERTIFICATES

6 MONTH - 0.5% APY

12 MONTH - 1.5% APY

Annual Percentage Yield

Storage Units Now Available!

6x10	10x20
10x13	10x25
10x10	10x30
10x15	20x20

231.352.7970

BENNINGTON LUND MERCURY ShoreStation Twin Bay Dock LSP inc.

2461 FRANKFORT HIGHWAY FRANKFORT, MI 49635

MACDONALDMARINEINC.COM

THE JON ZICKERT GROUP

Real Estate One®

Meet the Team

ALICIA CHILDERS Buyer's Specialist 231.383.3294	JON ZICKERT Lead Realtor 231.631.1337	RACQUEL HUDDLESTON Buyer's Specialist 231.590.0464
---	---	--

THIRD COAST DENTAL GROUP

(formerly Franke Family Dentistry)

Same Familiar Faces, Same Great Practice, Whole New Name...

Restorative/Preventative | Porcelain Crowns & Veneers  
Tooth Colored Fillings | Implants | Bonding  
CEREC® Same-Day Dental Restorations  
Hygiene Laser Treatment

231.352.9221

THIRDCOASTDENTALGROUP.COM

DR. WALT & DR. JANA FRANKE

DR. CHELSEA GUZZO





Home of the

# FRANKFORT FILM FESTIVAL

OCTOBER 18-21 • 2018

FEATURING AWARD WINNING FILMS FROM AROUND THE GLOBE

## HISTORIC THEATER OPEN YEAR 'ROUND

FIRST RUN FILMS & CINEMA CLASSICS

*Available for Special Events*

301 MAIN • FRANKFORT, MI 49635

FRANKFORTGARDENTHEATER.COM

Outstanding Plants, Reasonable Prices



Annuals, Hanging Baskets,  
Planters, Perennials,  
Succulents, Fall Garden Mums,  
Poinsettias

231-882-7226

Open May 1 to December 24  
10am to 5pm

Check us out our public Facebook Page  
2034 Eden Hill Rd., Beulah, MI., 49617

# PAUL GERHART



HONOR MICHIGAN

## TREE SERVICE

989-600-7452

ALL YOUR BUILDING NEEDS AT OUR HONOR LOCATION



231-825-4551

10635 Main Street in Honor

## CRYSTAL LAKE Community Business Association

**COLD CREEK BRIDGE WALK**  
Labor Day 10 AM  
Beulah Beach  
With Archibald Jones Program

**BENZIE COUNTY FALL FESTIVAL**  
Saturday, October 6  
in Beulah & Benzonia

See more Events at [CLCBA.org](http://CLCBA.org)

Spyware and Virus Removal  
Repairs and Installations

## Dustin's Computer Repair LLC

[dwoipoff@gmail.com](mailto:dwoipoff@gmail.com)  
(231) 218-4102

Honest and Fair Computer Services

**Dustin Wolpoff**  
Owner

Personalized and Friendly Computer Help with Pickup and Delivery



FULL MENU • GREAT LAKES PERCH

## Saturday Night Steak Special!

CORNER OF 669 AND US-31 • 231-325-2480



## Try our new gyro egg rolls!

Main Street, Frankfort  
Right next door to Real Estate One.

# feel better.

ChristinaMassage.com

## End Polio Now

**Rotary Club of Frankfort**  
Fundraiser Movie:


### Breathe'

September 19th • 4:30 pm  
Public invited

Informational Q&A • The Garden Theater  
\$25.00 donation goes to the End Polio Now Campaign

# Rotary

Frankfort, MI





224 St. Joseph Ave.  
Suttons Bay  
231 / 271-4930

332 Main Street  
Frankfort  
231 / 352-4489

Wayne & Sue Jameson  
Owners

Village Sampler  
Plaza • M-22  
Glen Arbor  
231 / 334-3411

Come in and See Us!

## 27th year in business!

Working with Buckets of Rain  
to build community gardens in  
Detroit

## HEARING AIDS!



NOW I CAN HEAR!

THANKS TO  
Advanced Hearing Center • 231-882-5640

# POMH

Continued from page 1

Ralph Jackson's wife, the former Peggy Bennett, who grew up in Frankfort, recalls being a surgery patient at Anna Markham. "I had my tonsils removed there when I was about five. And then, when I was in third grade, I needed to have my appendix removed," she says. "What I remember most about that is, after the surgery, Dr. Trautman carried me up the stairs to my room."

By the close of World War II, the Anna Markham Hospital was also in financial distress, just as its predecessor had been. Although the hospital was considered a vital component of the community, by 1944, closure seemed inevitable.

Many concerned citizens—spearheaded by A.P. Peterson, owner-editor of the *Record Patriot* at the time, and Dr. Paul and Mrs. Elizabeth Oliver from Chicago—worked to form the Benzie Hospital Association, a non-profit organization that was dedicated to planning and raising the funds for a larger, more sustainable hospital. (Note: The Elizabeth Lane Oliver Center for the Arts, or the OAC for short, was formerly the Crystal Lake Art Center and is now celebrating its 70th year as a cultural cornerstone of Benzie County; the art center was renamed recently after Elizabeth Lane Oliver, an artist and a patron of the arts.)

Land and financial pledges were obtained, with Elizabeth Oliver getting the ball rolling with her own pledge of \$25,000. A business manager was appointed to the Anna Markham Hospital, so that it could continue in its capacity until all equipment and assets were turned over to the new hospital in 1951, at the time of transfer of patients.

Ena Jackson was asked to be the director of nursing at the new hospital, and in her book *A Nurse Remembers: Generations of Loving Care, Birth Bandages, & Bedpans*, she recalls moving day to the new hospital:

"We contacted George and Cyril Bennett [owners of the local mortuary and ambulance service] beforehand. Patients and staff were fed their noon meal, and shortly afterward George and Cyril arrived with their ambulances."

By late afternoon, all 10 adult patients and five newborn babies were in their beds in the new hospital.

It was decided that the new Frankfort hospital, located at 224 Park Avenue, should be named after Dr. Paul Oliver, thanks to his contribution of so much time and financial support to the hospital.

## Rural Community Hospitals

A new era had begun for Frankfort with the burgeoning Paul Oliver Memorial Hospital in 1951, but the work of keeping a hospital operating in a small community was far from over—although the American Hospital Association recognizes that rural hospitals are "economic drivers in their communities," oftentimes, the hospitals themselves struggle to survive.

Cecil G. Shep's Center for Health Services Research at the University of North Carolina found that, between 2010 and 2018, 83 rural North American hospitals had closed and nearly 700 more are at risk. The most recent Northern Michigan rural hospital closing was Cheboygan's in April 2018.

One month later, in May of this year, George Pink, deputy director of the North Carolina Rural Health Research Program, released a statement saying, in part: "Rural closures affect patients who are older, sicker, poorer, and less likely to be insured, leaving already-vulnerable people at increased risk. Many patients must then travel 25 miles or more for medical services. This distance can be a very real barrier to obtaining needed care."

## Swimming Hard

What keeps Paul Oliver Memorial Hospital—a now 67-year-old, full-service medical facility with 39 beds—securely anchored in the small City of Frankfort, population of barely 1,500 year-round residents?

"We're very committed to being a presence in the community," says Stephanie Williams, manager of community outreach for POMH. "We're not just here for emergency services and convenience, but also for wellness and nutrition services and connection to the schools."

Williams goes on to say that the hospital, which became part of Munson Healthcare in 1985, works to grow community partnerships and to stay current on services that are typically offered in more populated areas.

For example, Paul Oliver has begun offering baseline concussion testing for student athletes—all student-athletes at Benzie Central High School are tested during their first season (typically freshman year), and all high school students at Frankfort are tested in physical education class, regardless if they participate in school sports. (Other area schools and students are invited to get testing done also, for a small fee.)

"POMH Sports Medicine has a heavy focus on injury prevention and prides itself on being up to date on current evidence for return-to-play for student-athletes," says Adrienne Jones, a sports-med-focused physical therapist who is also POMH's rehab manager.

Other examples of school connections include providing athletic training services

## ST. AMBROSE CELLARS PRESENTS

# THE CRUSH

SATURDAY SEPTEMBER 8TH - 4PM-11PM

Join us for our annual birthday celebration - THE CRUSH!  
Featuring a dunk tank and silent auction to benefit our friends at The Honor Area Restoration Project!

# MUSIC BY

K JONES & THE BENZIE PLAYBOYS

TURBOPUP  
WINK SOLO  
BAREFOOT

PLUS!  
BEER - MEAD - WINE  
FOOD - DANCE - FUN  
841 S PIONEER RD - BEULAH  
JUST \$10!  
BRING A CHAIR!





for Benzie County Central Schools for the past four years, and a new contract beginning this fall with Frankfort High School, as well as free off-season strength-and-conditioning workouts for student-athletes at the Betsie Hosick Health and Fitness Center. Additionally, more than 300 local students received trauma prevention and water safety education in 2018.

For the adults, Paul Oliver is dedicated to tackling some of the top-rated health and social challenges that were identified for Benzie County in the Munson Community Health Needs Assessment from 2017.

Of Michigan’s 83 counties, Benzie ranks 38th overall for the categories including length of life, quality of life, health behaviors, clinical care, social and economic factors, and physical environment. The top three identified health issues are high blood pressure, diabetes, and obesity.

POMH is the provider for Benzie’s “Fruit & Vegetable Prescription Program,” working in partnership with Grow Benzie, Crystal Lake Health Center, Benzie Area Christian Neighbors (BACN), and Benzie Senior Resources. During the summer of 2017, more than 500 people attended 30 cooking demonstrations that highlighted recipes which were focused on healthy eating for maximum nutrition. Moreover, 240 hours of support is given annually for “Active Steps,” a free exercise class for individuals with diabetes, and for “Journey,” a free exercise class for individuals with cancer.

The hospital also offers free movement and balance classes for seniors in seven locations county-wide, as well as the “Parkinson’s Bravery Brigade” support group, which uses evidence-based exercise programs and showcases a speaker series.

In the summer—when Benzie County hosts its annual plethora of visitors—Paul Oliver sponsors a variety of outdoor summer programs, including trail biking, beach volleyball, free walking groups, and fitness-equipment instruction, in partnership with the Elberta Greenspace Grant. These types of activities help to keep summer guests engaged in the desire to keep the hospital’s presence available to all—local and seasonal residents alike.

In addition to community outreach, the hospital has worked to continually expand its breadth of medical services. Benzie County residents no longer have to travel to Traverse City or downstate for many services, such as diagnostic imaging, dialysis, skilled rehabilitation, and cardiac and pulmonary rehab.

**Raising—And Giving—Funds**  
The Paul Oliver Memorial Hospital Auxiliary, currently under the direction of Sharon Grajcar, is a volunteer-based fundraising organization that works to promote and support

healthcare in Benzie County. The group runs the hospital’s gift shop and hosts several fund-raising events each year, including the beloved annual Tour of Interesting Places. Over their 67 years of service, the Auxiliary has raised more than \$1.2 million, which has provided for state-of-the-art imaging and a variety of other equipment needs for the hospital.

The hospital also invested \$300,000 in the purchase of the 30-year-old Frankfort fitness center a decade ago and has provided more than \$90,000 in subsequent gifts to purchase and maintain equipment, as well as providing programs. To encourage greater use, the fitness center is looking into using an income-based fee structure and offering scholarship programs, so that all local families can take advantage of the fitness opportunities, Fit Kids wellness program, and youth exercise space and activities. (Of note: when POMH purchased the fitness center, it was renamed from the Betsie Valley Fitness Center to the Betsie Hosick Health and Fitness Center, named after Betsie Hosick, the granddaughter of Dr. Paul and Mrs. Elizabeth Oliver.)

**The Long Haul**

Not yet in place, some initiatives that are being studied for the hospital’s future offering include:

- Local schools and Traverse Bay Area Intermediate School District (TBAISD) career development and internship opportunities
- Expansion of athletic-training services to additional local school districts
- Fitness center program outreach to additional locations
- Diabetes education outreach to additional locations
- Expansion of opioid treatment and prevention

Will Paul Oliver be able to remain the vital community cog that it is today, when so many other small hospitals have failed? History—and hard work on both the part of the hospital and of our community—says yes. That supportive “interesting mixture of locals and summer residents” is still going strong.

“The hospital has worked to significantly expand [its] capability,” Ralph Jackson says. “For example, the new cardiac rehab [center that will open this fall]. We continue to enjoy good, strong leadership in this community. We all want this hospital to stay.”



See our website for:  
classes • retreats • workshops • Ayurveda services  
[www.YogaAtLadaka.com](http://www.YogaAtLadaka.com)



**City of Frankfort**  
Municipal Marina

**Fuel • Ice • Pumpouts  
Transients & Seasonal Slips**

(231) 352-9051 • 606 Main Street



P.O. Box 199 • 209 S. Benzie Blvd.  
Beulah, Michigan 49617  
mike-mullen@jatt.net

Tel: 231-882-5591  
Fax: 231-882-9349  
Toll Free: 800-607-3384

Auto-Home-Commercial-Life-Health-Disability-Investments



**FAST  
EASY.  
RELIABLE.**

Servicing TC and Manistee  
airports Monday - Saturday  
You choose pickup location  
48 hours advanced notice for reservations  
\$20 per adult // \$10 per student

**Book your ride: 231.325.3000 ext 1**





**ST. AMBROSE CELLARS**  
841 S. Pioneer Rd - Beulah, MI



**FOOD TRUCK  
NOW OPEN!**  
Fish tacos,  
burgers, and  
more - now  
available all  
weekend  
outside our  
door!

**FIND US ON  
FACEBOOK FOR  
MORE INFO**

**WEEKLY  
EVENTS**  
**TUESDAYS**  
Yard Yoga - 6PM  
**WEDNESDAY**  
\$2 Beer All Day  
**THURSDAY**  
25% Off Howlers  
and Growlers of  
Mead & Cider  
**AND**  
Open Mic - 6PM



**BELL TITLE LAKESHORE**  
Truly local, independent service since 1985!

We're in our 33rd year of keeping real estate transactions and title insurance smooth for all parties...let our history work for you!

**231-882-9691**  
[cryan@belltitle.com](mailto:cryan@belltitle.com)

205 S. BENZIE BLVD., PO Box 83, BEULAH, MI 49617  
[WWW.BELLTITLELAKESHORE.MYNETWORKSOLUTIONS.COM](http://WWW.BELLTITLELAKESHORE.MYNETWORKSOLUTIONS.COM)



**COLD CREEK INN**  
DINING & LODGING

**10% Off**  
perch • pizza • planked whitefish  
231-882-5531



**COUNTRYSIDE VIEWS WITHIN  
WALKING DISTANCE TO BENZONIA**

**MLS 1848514** **PRICE REDUCED!**  
**\$184,900**

**OPEN HOUSE**  
**SUNDAY, SEPT. 2**  
**11:00 a.m. - 1:00 p.m.**  
**1144 LAKE STREET • BENZONIA**

- 2402 Sq. Ft. 3 Bdrm/2 Bath
- Over 2.24 Acres of a Potentially Splittable Lot
- Open Floor Plan w/ New Roof, Windows & More!

Your Real Estate Connection to  
Northern Michigan Living



**LAND CONSULTING  
SERVICES**  
A Full Service Real Estate Company

 **Kristin Tebo 231.930.8847**  
**Kari White 231.651.0923**  
**Jay White 231.631.0574**

Office 231.399.0269 | 329 Main St | Frankfort  
[LandConsultingServices.com](http://LandConsultingServices.com)

**GREAT FOOD,  
FREE SMILES.**

**OPEN DAILY 11 AM - 8 PM**

**THE CHERRY HUT**  
*A Northern Michigan Tradition Since 1922*



211 N. Michigan Ave. (US 31) Beulah, MI 49617 231-882-4431 [CHERRYHUT.COM](http://CHERRYHUT.COM)

**LAKE ANN GROCERY**

**“IF WE DON’T HAVE IT,  
YOU DON’T NEED IT.”**

**DOWNTOWN LAKE ANN SINCE 1981**  
**275-6479 • OPEN 7 DAYS, 6 A.M. UNTIL 10 P.M.**



**CRYSTAL CAFE**  
*LIVE GRATEFULLY*  
*LAKE ANN, MICHIGAN*

Live music all weekend!  
Open year-round, 7 days a week.  
231-383-4395  
Winter hours 6am-8pm.  
Summer hours: 6am-10pm (Memorial Day Weekend to Labor Day Weekend)



**VACATION  
TRAILER PARK**

- Canoe and kayak trips from 1-2 hours to three days!
- Trips daily from 9:00 to 5:00
- Vehicle spotting is available on the lower Betsie.
- River is rated advance beginner to intermediate

**On the Beautiful Betsie River**  
**231-882-5101**  
[www.VacationTrailer.com](http://www.VacationTrailer.com)

Order ONLINE! • • • [www.benziecd.org](http://www.benziecd.org)

**Fall 2018  
Seedling Sale!**

Orders Due:  
**Fri, Sept 28th**  
231.882.4391





**HONOR AREA  
INSURANCE AGENCY**

Joyce Y. Vickers, CISR  
Agent

Honor Area Insurance Agency  
P.O. Box 98 • 10911 Main St.  
Honor, Michigan 49640

Tel: 231-325-4011  
Fax: 231-325-2022

Auto-Home-RV-Boat-Motorcycle-Commercial-Life



# Michigan Shores Cooperative

Northern Michigan's most desirable independent living community, overlooking Lake Michigan.

641 Michigan Ave, Frankfort  
231-352-7217  
www.MichiganShores.net



**Abramson**  
FAMILY DENTISTRY  
"We Make Great Smiles"



Come Visit Our Friendly Staff

We offer most dental services right in our office, including:

- Dental cleanings
- Gum treatments
- Tooth sealants
- Preventive fillings
- Tooth-colored, mercury-free fillings
- Dental crowns/bridges
- Partial and dentures
- Root canals
- Implants
- Veneers/lumineers
- Cosmetic dental makeovers
- TMJ/Headache treatment
- Oral health counseling
- Tooth whitening

(231) 882-4424  
589 Beulah Highway  
Beulah, MI 49617  
www.abramsondds.com



**OLIVER ART CENTER** 2018 All-Media Juried Exhibition  
Elizabeth Lane Oliver Center for the Arts

September 7 - October 12, 2018

An opening reception will be held on Friday, September 7th, from 5:00—7:00 pm

Juror: Mary Fortuna

Entries are due to the art center Friday, August 31 from 10:00 am - 4:30 pm and Saturday, September 1 from 10:00 am - 3:30 pm. Entry forms will be posted at

[Oliverartcenterfrankfort.org](http://Oliverartcenterfrankfort.org)

Three Awards of Excellence will be presented at the opening reception

— Gold \$1,000, Silver \$700, Bronze \$300 —

132 Coast Guard Rd. | PO Box 1513  
Frankfort, MI 49635 | (231) 352-4151

[www.oliverart.org](http://www.oliverart.org)

Classes | Exhibitions | Events | Gift Shop



**MONICA COLE**  
REALTOR®  
231-383-2391



**CENTURY 21**  
Sleeping Bear Realty  
408 MAIN ST, FRANKFORT, MI 49635

**Bagel Factory • New York Style Deli**  
Catering • Full Service Bakery

Like us on Facebook

L'chayim  
DELICATESSEN

Cookie LOVE! our bagels are great too!

231.882.5221 Beulah • Open Year Round  
231.352.5220 Frankfort • Open May~October

The **ROADHOUSE**  
Mexican Bar & Grill

Open Daily at 4 PM

**HAPPY HOUR**  
Mon. - Fri., 4 - 6 PM

TOP OF THE HILL IN BENZONIA  
(231) 882-9631 • [roadhousesalsa.com](http://roadhousesalsa.com)



**Labor Day Weekend Clearance Sale**

**25% OFF**

- Wetsuits
- Hammocks
- Electra Bicycles
- select Skateboards
- Scooters

**10% OFF** Stand Up Paddleboards

**1100 Main St, Frankfort 231-352-5249**

**BENZIE HOMES UNDER \$200,000**



**HILLTOP PANORAMA, HONOR**  
Well-kept 2BR, 2BA on 2 acres w/ more avail. **\$174,900** 1848980



**US-31 CUTE ROADSIDE SHOP** w/ 3BR home & newer garage on 2 ac. so. of M-115. **\$172,500** 1839753



**MOVE-IN READY** E. of Benzonia & high school. 2BR/2BA with garage on 5 acres. **\$134,000** 1850889



**GREAT LOCATION** S. of Elberta near Lake Mich beaches. 3BR w/updates. **\$149,900** 1848671 Xtra Lot: \$13,000

**OPEN Sun. 9/2, 12-3**

Directions: East of US-31 via Case Rd. to Shields.



**422 Shields Dr., Beulah.** 3BR/2BA Hilltop VIEWS. **\$234,900** (1851435)

**Stapleton Realty**

[www.cdstapleton.com](http://www.cdstapleton.com)



Office  
**231-326-4000**  
Mobile/Text  
**231-499-2698**  
Christine@cdstapleton.com



231 399-0350 • 413 Main St. Frankfort

Fudge, Ice Cream,  
Chocolates,  
Caramel Corn  
& Brittle

**GRAND TRAVERSE REGIONAL LAND CONSERVANCY**

LEARN ABOUT  
**A Campaign for Generations**  
Love the land. Pass it on.  
[www.gtrlc.org](http://www.gtrlc.org)