

Ten Years for
CRUISE NIGHTS

A Walk in the Park
IN FLUSHING

Much to See at
GALLERY 194

Lapeer Life

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Lapeer Life

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Cover Photo courtesy of Denise Becker



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Photo courtesy of Denise Becker

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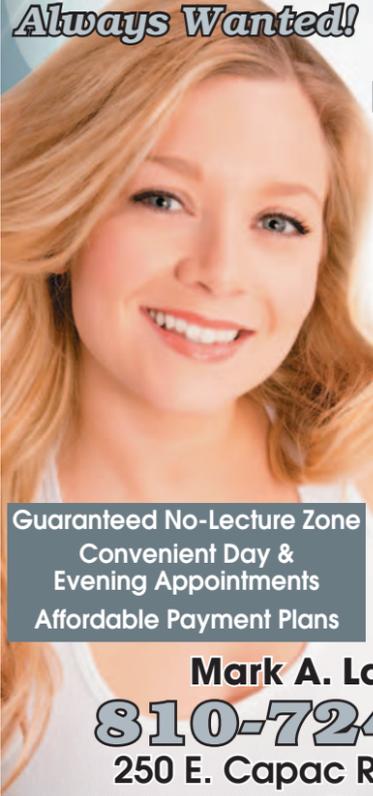


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Message from the Editor



This certainly is an exciting time of year. With the spring sports seasons coming to an exciting close, we have plenty of afternoon and evening entertainment. Let's also not forget our talented performers — spring musicals and plays in full swing. Are you enjoying the flashing lights and dramatic performances of the drama clubs? What about the sights, sounds and smells of spring weather on the local streets? School clubs and activities resume and your oldest children may find after school jobs and be getting ready for college. Whatever the case may be, there's one idea that resonates through these happy times: creating memories. I love to look at a good crop of old photos. One of my favorite pastimes is sitting back and reminiscing with my friends.

Throughout life, we are creating memories, one day at a time. As we move on and go about our lives, let's document those memories.

Do you have some outstanding photos from your daughter's softball game? Did your son become a hero this month in one of his baseball games? Does the yearbook committee need help from the community? Are you a local expert on a specific topic, such as arts, education, food, health, fitness, real estate or home and garden? We'd love to accept your column submissions. You could be the most popular community contributor around Flint.

Regardless of the situation, send in your comments, stories, photos and more. This is your magazine. Share your news with your neighbors. As always, I'm happy to help.

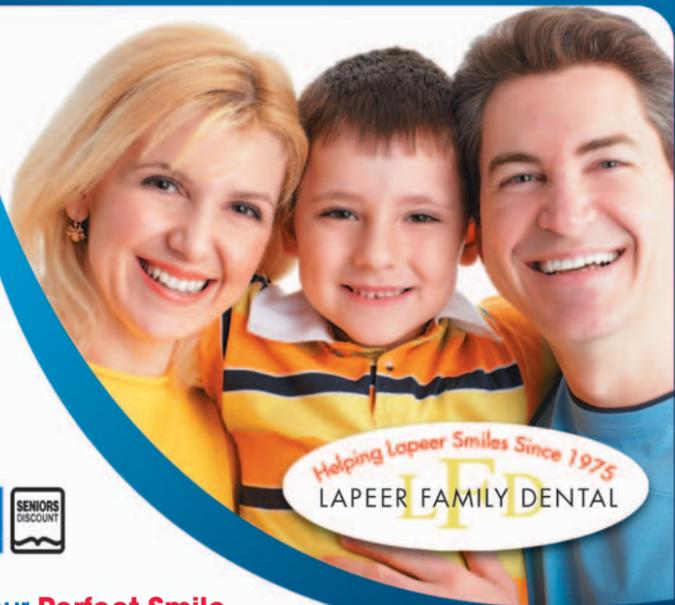
Thank you for making Lapeer Life magazine a part of your world. I look forward to hearing from you.

Kevin Haslam

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AROUND TOWN

Local news you can use.

Cruise Control

Lapeer Cruise Nights rides into town.

by Tony Morisset
Publication Assistant



Lapeer Cruise Nights provides a DJ to entertain visitors. A car as old as 1914 has been shown at the event.

Photo courtesy of Daniel Athmer Photography

From May 13 to Sept. 9, enjoy Monday nights in downtown Lapeer with Lapeer Cruise Nights. The nights start at 6 p.m. and wrap up just after the sun goes down at 9.

During the cool summer months, the cruise offers classic and new cars that residents can see for free.

"We have all kinds of cars — classic cars, classic new cars. We've had fire trucks, vintage trailers," said organizer Karon Piskorowski.

This will be the 10th year the cruise has set stage in Lapeer. Like each year prior, the event is expected to be popular.

"A lot of people have interest in old cars. Because of the new vehicles, that's opening up the door to people who really like the muscle cars of the '60s, but they didn't want to buy an old one. Now they can buy a new one which is improved, better gas mileage, much better horsepower and they experience the same thing, plus they have a warranty of it."

Even if you aren't a car lover, just hav-

Summer Nights
There is no fee to attend the Lapeer Cruise Nights. All ages are invited to attend as Nepeessing Street in downtown is blocked off to showcase the cars.

ing the entertainment there brings a crowd. Piskorowski hasn't changed the set up or the DJ since she first organized it. She says that if the weather is nice, they can get up to 225 people browse through the vehicles.

"People that usually bring their kids — the kids love the cars," Piskorowski said. "People just walk up and down the street, socializing, talking, and looking at the cars. They'll buy ice cream and because we have the DJ a lot of people bring their lawn

chairs just to listen to the music."

The surprises changes each year, though. Last year the big surprise was a year 1914 Pierce Arrow which according to Piskorowski is worth more than 1 million dollars.

"You never know what you are going to see when you come out," Piskorowski said. "We had a motorized cascade one time. I like it when people bring something different and interesting. We get a lot from our area, but I would say 50 percent of our participants come from other areas."

Piskorowski doesn't see an end in to running the event. The couple runs the event themselves.

"We came up with the whole idea and we've had the same DJ for 10 years," said Piskorowski. "My husband and I are the only ones who do it. We organize it and run it ourselves."

Muscle Cars

Ten years ago, Karon and Dennis Piskorowski started Lapeer Cruise Nights under. Karon almost didn't see it, though. When Karon was sick, she wanted the cruise to be an event if she survived.

Karon did survive and now families can enjoy an entire summer of classic muscle cars in their backyard because of it.

"When my husband retired, I was



Organizers Karon and Dennis Piskorowski.
Photo courtesy of Daniel Athmer Photography

going through treatment for cancer. He would take me out to town for a walk and I said 'If I survive this, I want to start a cruise,'" said Karon. "I wanted to bring my car with all my friends and park. I survived it, we asked, and they said 'absolutely.'"

Karon and her husband own a 1973 Cutlass that they purchased in 1972.

"In the summertime we drive our 98 Lincoln. We've had it for 14 years. When we get a vehicle, we really hold on to it," Karon chuckled. —Tony Morisset

Tips for Developing a Green Thumb

Looking to start your own garden? Check out these tips for achieving success.

by Trish Wesley Umbrell
Contributor

Starting seeds isn't difficult, but the logistics of starting hundreds of different types at once can be.

Some require specialized soil mixes; others need special treatment before planting, such as soaking, scarring or chilling. Some need to be planted deeply or shallowly, while still others need exposure to specific periods of light or dark, to say nothing of individual temperature or moisture requirements.

Then, once they sprout, there is the whole business of keeping the seedlings watered properly, meeting their light and temperature requirements, transplanting them, fertilizing them and growing them for vegetable and flower beds. Caring for growing things means that farmers don't take weekends off.

You don't have to be a professional to grow your own seedlings indoors, and it can be a very rewarding process.

Here are some tips for the gardener in you; they'll help you get the results you want.

Edit your list

Some plants are easy to propagate from seed and are just as easy to transplant. On the other hand, some are better started from cuttings, or directly sown in the ground. Stick with easy-to-grow options. This will make for a better result in the end.

Make a planting plan

Make a seed-starting chart based on when your garden is free of frost and the number of weeks it takes to reach transplantable size. This information should be listed on the seed packet. Our farm, which is located in Massachusetts, uses May 1 as its frost-free date. Based on your location and the general temperatures and soil, your date may be slightly different.



Finding the right mix of weather and soil is very important when getting your garden started.
Photo courtesy of hibou

Prep your containers

Seeds can be started in everything from store-bought peat pots to recycled yogurt cups. Use what is inexpensive, what suits the crop, and what is readily available. As a general rule, your containers should be 2 to 3 inches deep and have drainage holes. If you're recycling plastic garden pots, clean them first with hot soapy water.

Choose your planting mix

Purchase seed-starting mix or mix your own, keeping in mind that specific crops may perform best in specific mixes. These mixes can be found in pretty much any regional plant or garden section. Also, you can find various mixes from all over the country. Coast of Maine offers a nice selection.

Sow seeds correctly

Follow what the packet says about how deep or shallow to plant, whether or not to cover the seeds, and what sort of temperatures and light are needed for sprouting.

General care

Most seedlings need 12 to 16 hours of daylight every day. If you don't have a greenhouse, use fluorescent lighting set on a timer. Water the seedlings regularly. Once they have their first true leaves, we suggest using an organic liquid fertilizer, such as one made from seaweed, to feed them. Touching your seedlings or putting a fan on them on low will make their stems stronger.

Transplant or thin

As seedlings grow, they'll need more room. Don't be afraid to transplant them into larger containers, or thin them out as necessary.

Harden off

It's heartbreaking to lose seedlings to transplant shock. A week before planting, take your seedlings outside for longer and longer periods of time, keeping them out of direct sun, so that they are ready for life in your garden.

Trish Wesley Umbrell is the farm administrator for Natick Community Organic Farm.

Glass Half Full & Clear

by Jack Klaus
Community Contributor

Love having dinner parties, but also worry about cloudy dishware? Eliminate your milky glasses and toast to friendship by understanding what causes the film in the first place.

Cloudy Causes. As of July 2011, all the detergent makers removed phosphates from their detergents due to 17 states banning the use. This has caused a rash of washability complaints because the phosphates helped the detergent clean better, especially in areas with hard water.

Phosphate causes food to break a part and dissolve by removing the calcium that binds foods together. It also reduces spotting and filming during the wash cycle while breaking down grease.



Your dishware can be crystal clear.
Photo courtesy of hibou

See-Through Solutions

1. Once you select your detergent, use the same brand's rinse agent in every load.
2. Use a product with Citric Acid at least twice a month. The product will release the deposits attached to your dishwasher's internal mechanisms allowing them to be removed during the drain cycle.
3. Make sure that the water temperature is at least 125 degrees. It is important to know that if any of your dishes already have a white film on them, the dishwasher is not going to be able to remove it. You will want to soak these dishes in a warm water and white vinegar bath for at least 30 minutes and then hand wash.

All About Jack

JACK KLASS IS an owner of a Mr. Appliance. "Mr. Appliance is North America's leading home & commercial appliance repair franchise system. Established in 1996, its franchises provide full-service home appliance repair and light commercial appliance repair services. Mr. Appliance has more than 150 locations throughout the United States and Canada and is consistently ranked among the top home service franchises by Entrepreneur magazine and other industry experts," his company's website states.

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Our Mission

To Spread Our Passion For A Healthy Lifestyle; Delight Our Customers With Superb Service; Value Our Employees; And Support Our Community



Group Exercise is Better than Solo Workouts

by Taylor Besneatte
Community Contributor

Working out alone isn't a bad thing but requires the ability to push yourself through a grueling workout. But what if you lack motivation or you don't know the first thing about working out?

Group exercise programs are a great way to help you lose weight and to stay on track with regular work outs and healthy dieting. Having others to encourage you along the way is one of the key reasons why exercise programs help participants so much.

In order to lose weight, you need to burn more calories than you are taking in. Regular exercise in combination with a meal plan designed for you can help you lose weight, whether you are solo or in a group.



Group workouts maybe better than going solo.
Photo courtesy of hibuu

According to an article published by Motley Health, those who worked out with a partner or in a group setting lost up to an additional 10 pounds verses those who worked out solo. Not only can working out with others help you lose more weight, it helps to relieve stress and build self-esteem and to improve body image.

Group exercise programs are a great way to help you lose weight and to stay on track with regular work outs and healthy dieting.

Taking part in an exercise program is a great way to meet new people and to form new friendships.

And being a part of a group and knowing that others share the same desires for a better lifestyle is a great motivator to keep you coming to every workout session.

When you are able to take an exercise program and match it with some friendly competition that is when the fun starts.

Cupcake Boutiques Sell Grownup Treats

The trend departs from mass-produced versions to specialty flavors.

by Shannon Claunch
Staff Writer

Trendy little cupcake shops have been popping up in small towns across the country. These stores specialize in high-quality ingredients and creative flavor combinations. The job: Do one thing and do it well.

Cupcakes are usually the only menu item at these boutiques — but the cupcakes come in umpteen tempting varieties. You might also be able to get a cup of coffee, and maybe cocoa or a smoothie, but these aren't places where you go for a meal. You're going for a treat.

And don't expect to pinch pennies. Most cupcakeries charge \$3 to \$4 per cupcake, though some offer bulk discounts if you buy a dozen or half-dozen. The sales philosophy: This is gourmet, this is a treat, this is delicious, and all that costs money.

Cupcakes have been around for more than 200 years and have always been a popular childhood treat. But the cupcake became a different business in 2008, when two investment bankers got an

idea, took a risk, and opened Sprinkles, a Beverly Hills, Calif., shop that specialized in gourmet cupcakes. They sold out their entire inventory in just three hours, and sold 2,200 cupcakes in their first week.

The key difference between modern boutique cupcakes and the mass-produced grocery store version: Adults are the target market. Kids like cupcakes, but adults appreciate them and are willing to pay more for a better version.

That kind of success in the midst of a national recession drew lots of attention and lots of copycats. The cupcake business exploded. From 2010 to 2011, cupcake consumption rose 52 percent in the U.S., even while supermarket cupcake

sales dropped 5.4 percent. Cupcakeries were the difference. Clearly, consumers' palates had evolved beyond flavorless, dry, shortening-laden, mass-produced cupcakes.

There's a similar success story in New York's East Village: Butter Lane, which built a reputation for organic cupcake simplicity. Its business boomed after Martha Stewart paid a televised visit in 2009.

Today, there are hundreds of blogs about cupcakes and their ilk. The Food Network has a show called "Cupcake Wars." Everywhere, people are pushing cupcake flavor choices way past the mundane; now, you can buy bacon and jalapeno cupcakes, s'more cupcakes, and apple pie, banana split, dill pickle and Jagermeister cupcakes. Recipes have flooded the Internet, helping both pros and home bakers to try their hand at cupcake madness.

And Sprinkles, that Beverly Hills shop? It's now a nationwide franchise.

The key difference between modern boutique cupcakes and the mass-produced grocery store version: Adults are the target market. Kids like cupcakes, but adults appreciate them and are willing to pay more for a better version.

While the cupcake revolution began in cities, small-town entrepreneurs are now dipping their toes into the frosting.

Social media have helped to fuel the niche cupcake business. Bakers use Facebook and Twitter to tell their customers what's being baked today, and to promote weekly specials. Some bakeries give discounts to their Facebook friends. Customers often chime in with opinions, and news of an amazing new cupcake can spread like wildfire on the Internet.

Cupcake lovers have also made cupcake-hunting a sport, scheduling expeditions to seek out new shops and see what's been added to the list of flavor possibilities. Cupcake-roaming is best done with a good friend, and you can do it any time the mood strikes.



Cupcakes are taking the world by storm, one frosting at a time.

Photo by Amanda Douress

Tell Us What You Think

hibumagazine.com/survey

FEEDBACK PLEASE

The Existence of Bigfoot

Local Scout collects data on sightings in the area.

by Zachary Lynch
Community Contributor

I have collected a group of data and sightings by people in Flushing. This data makes me come to the conclusion that Bigfoot exists.

I have collected this data from friends, classmates, and the show "Finding Bigfoot."

My name is Zachary Lynch, age 11 and I live in Flushing, Michigan. I believe in my theory because of all the sightings that have been reported, and also because of the Patterson Gimlon film.

As they studied in the film, the arms and legs that have been discovered are impossibly huge.

They were too large to be human. One million people can't have misidentified the same thing.

In the film, they also found ancient Indian cave paintings depicting either a tall man or Bigfoot. They believe that Bigfoot is a descendent of Gigantopithecus. They found a cave of giant skeletons.

— *Lapeer Life magazine has collected essays from local Scouts to earn relevant badges.*



Photo courtesy of hibumagazine.com

Why Football is Fun

... **BECAUSE IT is athletic, and** it is one of the only sports where you can tackle. There are fun drills. If you play football, the fun drills are Oklahomas, angle pursuits and ladder drills. Those are my opinions about football, and how much fun it is. — **Dustin Chaney**

On A Normal School Day

by Nolan Herr
Local Scout



Photo courtesy of hibumagazine.com

On a normal school day, I wake up around 6:45. I shower, get dressed, and eat breakfast. If I am late, I'll just eat a bagel, but if I have time, I will have a bowl of cereal.

After breakfast, I will pack my lunch and get my notes signed by my parents and get ready to get on the bus. I live on the outside of Flushing, but I still go to Flushing schools.

When I arrive at school, I leave early because I'm on Safety Patrol. Then after the bell rings, I head to class and start reading like I'm supposed to. We usually do Math afterwards. My mornings are really boring so you probably wouldn't want to know about it.

After lunch and recess, I go to Science which is my favorite class.

As soon as Science is done, I head back to Homeroom for Social Studies. And after a half-hour of that, I pack up to go home.

So, that is usually a typical school day for me.

Extraordinary Laughs

Comedian performs in Frankenmuth.



Photo courtesy of Frankenmuth Community Education Program

He was adopted. He was addicted. He was homeless.

Now he is 20 years clean and sober and comedy is his gift. You'll be inspired and enlightened.

You haven't laughed this hard since the last time you saw SARGE.

SARGE, an extraordinary entertainer will perform a 7 p.m. on Saturday, May 4 at the Bronner Performing Arts Center.

Tickets are \$20 per person. For ticket information, please contact Frankenmuth Community Ed at 989-652-6351, or email commedu@frankenmuth.k12.mi.us.

About the Entertainer

He is an extraordinary entertainer. A quadruple threat. A musical savant.

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— *Information courtesy of IMDB*

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Fresh Fruits and Veggies for All

No need to be subject to pinkish-yellow tomatoes when shopping at the market.

by Sharon Bratcher
Contributor

The waitress delivered the salad to the customer's table and the gentleman and his wife moved his gaze from the snow banks outside the frosty window and just stared at it. On top of a bed of romaine lettuce and cucumber were three pinkish-yellow excuses for tomato slices. Just one look — that's all it took. The slices were moved to the side.

One great joy of springtime in Lapeer is the return of the Farmers Market on "Mayday" — May 1 — and the promise of good, healthy produce to enjoy. The lawn and pavilion at the old Courthouse downtown on Main Street will be buzzing with activity every Wednesday and Saturday from May through October, giving residents and visitors the opportunity to taste locally grown vegetables and fruits as they come into season. Just imagine: genuine red tomatoes.

But wait. It's not just about the fruits and vegetables. Merchants are also on hand to sell fresh meat, eggs, honey, maple syrup, hand-crafted items, antiques and flowers. According to Denise Becker, also known as the Market Master, 85 percent of the goods are locally grown or made. The Grand Opening on May 1 will also feature one element that will not be present during the rest of the weeks: a gigantic yard sale, whose proceeds will benefit the Master Gardeners' Scholarship fund.

One of the reasons that customers will find superb produce immediately in May is because of a "Hoop House" grant program that came through Michigan State University. As one of only four vendors asked to participate, supplier Red Bird Farms received a new Hoop House which allowed them to plant some of their produce back in January, making such delightful items as lettuce, spinach, swiss chard, beets and beet greens available earlier this year. The difference between a Hoop House and a Greenhouse is that in a Hoop House the plants are grown in the ground, not in a container, providing a more natural and higher quality vegetable.



Foods, crafts, vendors and buyers will all converge on the Lapeer Courthouse lawn for good business, good conversation and good eating this May 1.

Photo courtesy of Denise Becker

The Lapeer Farmers Market was started in the early eighties. Denise Becker became the Farmers Market Manager in 2002. The market has grown each year and has benefited greatly since the Michigan Farmers Market Association (MIFMA) was formed in 2007. The market is a charter member of MIFMA. In 2001 there were only 90 farmers markets in Michigan, but today that has expanded to more than 280. Becker shared some of the key things that have happened with the Lapeer Farmer's Market since then.

1. MIFMA was the first in the United States to institute a market manager's certificate program. Becker was a graduate of the first class in 2011, and there were 36 market managers that graduated. They have run this program for three years now, and there are now 80 certified market managers in Michigan.

2. The Farmers Market started accepting SNAP benefits (Michigan Bridge Card), debit and credit cards in 2008. Besides assuring that those receiving benefits can receive the benefits of the freshest and healthiest produce, this has

brought a steady increase in the amount of sales. See sidebar for further information.

3. The Farmers Market received a Community Block Grant in 2009 that allowed them to improve the market pavilion by adding gutters, drop down vinyl sides and radiant heaters.

4. The Farmers Market also received a grant for Double Up Food Bucks (DUFb). Shoppers with a Bridge Card can come and spend up to \$20/day on your Bridge Card and you will receive another up to \$20/day worth of goods. Where else can you get \$40 worth of extra food for free every week? The Fair Food Network's DUFb program provides these incentives to encourage healthier choices for SNAP recipients, directly benefiting low-income families and our local farmers at the same time. Lapeer Farmer's Market received a \$7,000 grant in 2011, an \$8,000 grant in 2012 and they expect to receive a substantial grant for the 2013 season as well. During 2012 they were able to give away more than \$28,000 in food through SNAP, DUFb, Senior and WIC Project Fresh to the local families in our community.

5. The Farmers Market enhances the shopping experiences by providing great activities at the market each year also. For instance, there will be a Flower Day, Farm Day, Cooking Demonstrations, Baking Contests, and their second

annual Strawberry Festival (which last year featured free strawberry shortcakes!)

Aside from the cash sales, the Lapeer Farmers Market has greatly increased its revenue via these methods of payment in the past five years. It's easy to see that the modern methods of payment have brought in a huge amount of revenue for the local farmers while providing healthy foods for everyone.

LAPEER FARMERS MARKET SALES

SNAP	DUFb	DEBIT/CREDIT	
2008	\$1755.50	\$3918.35	
2009	\$4356.00	\$3183.75	
2010	\$4584.00	\$3248.00	
2011	\$7682.00	\$6960.00	\$3681.00
2012	\$9293.00	\$7972.00	\$6032.21
TOTALS	\$27670.50	\$14932.00	\$20063.31
Totaling: \$62665.81			

The farmers and other vendors who come twice a week throughout the season pay a reasonable fee of only \$275; those who come on an occasional basis pay a daily rate of only \$12. The Farmers Market is self-supporting. Here are a few details about some of the vendors who brought their goods last year and are very likely to be there to greet you again this May.

Meet the Mroz family from Red Bird Farm in Lapeer: Ron, Sandy, Andrew and Ashley. This will be the family's eighth year, and has expanded since the smaller beginnings. Expect to find gorgeous hanging baskets, perennials, vegetables, herbs, grass-fed beef and free-range eggs. According to the Mroz family, "We raise our cattle and chickens in a stress-free environment and use no growth hormones or chemicals." You can also purchase fruit trees, flowering trees, evergreens or shrubs to plant back at your own little "farm." The Mroz's also said, "We offer a good wholesome product and we take pride in what we do. It is a family affair."

Then take a look at Norma Hansel's "Grandma's Love" section. If you are a crafter, you will want to come just to see the wide variety of soft beautiful items she has created. If you are not a person who crochets, knits and sews, then you will definitely want to purchase gifts for the little ones and the adults in your life. Norma's business card says, "I have shared my handmade products with my family, now let me share them with you." She enjoys making special things that people cannot find in stores, and you never quite know what you'll find at her table. Some of the items last year included: baby afghans, baby and lap quilts, burp cloths, changing pads, adult bibs, little girls' smocks, cancer research items, hats and scarves, table runners, place mats, handmade laundry soap and water bottle carriers.

Another favorite to look for is Joe and Koliene Law of the Law Family Farm. With 30 years of experience in raising vegetables, the family practices organic farming, raising chickens, turkeys, lamb, eggs and vegetables. They also sell maple syrup, honey, baked goods, popcorn, candy, and homemade jams and jellies. This is the family's ninth year

Continued on next page

Pictured: Dan McMillan's hand crafted wooden items, Carla Spahnne of Alma Hill Bread, Bob Hillis of Golden Harvest Apiaries, the sweetest booth around, The Michigan Bridge Card is accepted and amounts up to \$20 a day will be matched by a grant from DUF, Healthy eating can start at Myers-Place-Farm, Care2Share/Ned's Pretzels, Red Bird Farm's nutritious booth with Ron and Sandy Mroz, James Creek Sutlery-Michelle Eddy makes salts, sugars, spices etc., all ground in their home, John Law of Law Family Farm-get ready for breakfast, lunch, dinner, and dessert.

Photos courtesy of Denise Becker

Continued from previous page

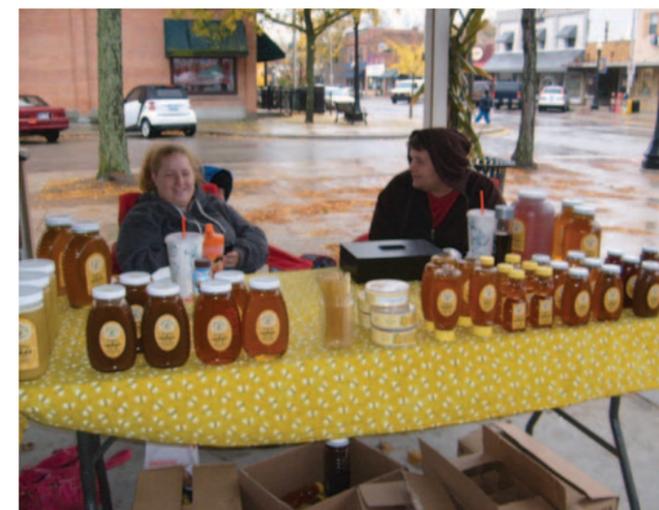
at the Lapeer Farmers Market and the Laws said that, "We believe in raising products that are good for our customers and good for the environment."

The Wood 'n' Thread booth run by Tom and Sue Nowak is a great example of crafters who know what they are doing, and are doing it well. This is the booth's 13th year at Lapeer Farmers Market and one of the crafts they are best known for is their creative yard art. You'll see big Halloween pumpkins and unusual bird houses, unique children's swings and sets of children's tables and chairs. They also make machine embroidered items for you or your home. Sue said, "I enjoy using my creativity to provide locally made items that people can enjoy."

You might check out Myers-Place-Farm from North Branch, Michigan. They have owned their farm since 1936 and have been growing wonderful vegetables since 1968. They are in their seventh year here and sweet corn and tomatoes are their specialty, "with that good down on the farm flavor." After all of the snow and slush and general drabness of the past winter, purchasing one of their loaded-down hanging baskets might just be the tonic you or a friend needs. They also carry perennials, annuals and vegetable plants to get your own garden going and growing. Lee and Sue Myers said, "We do it because we love the smell of new turned soil, the outdoors and seeing things grow. We love the people and the smiles on their faces when they tell us how good something tasted."

With a name like James Creek Sutlery, one might need to check the dictionary. A sutler was a civilian merchant who sold provisions to an army in the field. In this case, the term is used more to indicate that these merchants follow the time-tested methods of a past era when they make their spices, salts, and rubs. Visitors stop by to "shake and sniff" and realize that these spices are far more potent because they are cool-ground and hand sifted in small batches. The flavor of foods is greatly enhanced when all natural spices and herbs are used. Imagine having several kinds of cinnamon to choose from!

With so many vendors to choose from, you can either rush in and find what you are looking for quickly, or take the time to check out all of the tables. In either case, supporting the local farmers and vendors while eating healthy foods makes good sense.





ABRAHAM LINCOLN

HISTORICAL RE-ENACTMENTS AND LOUD NOISES: WHAT COULD ATTRACT FAMILIES MORE? THE RE-ENACTMENTS ARE A MAIN ATTRACTION AT THE FESTIVAL. HERE'S A SHOT OF HONEST ABE TALKING TO THE UNION TROOPS.

Photo courtesy of Cara Fernandez

Art and History Festival

For the eighth straight year, the festival arrives in Lapeer, brought to you by the Lapeer Sunrise Kiwanis Club.

by Cara Fernandez
Community Contributor

The Lapeer Sunrise Kiwanis Club is proud to announce the Eighth Annual Art and History Festival on May 31 through June 2. Discover a sense of community and history as families enjoy a premier cultural experience together in Lapeer.

The Lapeer Sunrise Kiwanis Club focuses on changing the world by serving children, one child and one community at a time.

To continue to do this, the Sunrise Kiwanis Club uses the proceeds from The Art and History Festival to fund children-based community projects right here in our Lapeer community. One of the major projects for Sunrise Kiwanis is the "Backpack" weekend meal program.

For the seventh straight year Sunrise Kiwanis has helped raise funds to support more than 200 children at two Lapeer

elementary schools with nutritious food for over the week-end.

The Lapeer Sunrise Kiwanis Club focuses on changing the world by serving children, one child and one community at a time.

This has resulted in students that are able to focus on their studies and improved behavior on Monday mornings. Each dollar raised by the Art and History Festival provides Sunrise Kiwanis with enough money to purchase six meals from the Eastern Food Bank of Michigan.

According to Kids Count in Michigan, a department of the Michigan League for Human Services, child abuse and neglect in Lapeer County have more than doubled over the past decade while more than 40 percent of the Lapeer kindergarten through 12th grade children now qualify for free and reduced-price lunches.

In addition, more than 900 students from surrounding school districts have the opportunity to view the Art and History Festival displays and demonstrations.

The Art and History Festival is rapidly becoming a premier event for Lapeer drawing thousands of visitors from all over Lapeer County and Southeast Michigan.

The festival features living history reenactments and demonstrations, performing arts, entertainment, fine art and antique vendors as well as great food and drinks. The Festival is still in need of partners for the event, there are several levels of sponsorship available as well as availability for art and history displays and demonstrations.

The needs of the Lapeer community are numerous, and the amount of financial resources are limited. Sunrise Kiwanis hopes that you will help our club feed the hungry children of Lapeer.

Join us for the festival on the property surrounding Chatfield School, Mott College and the City of Lapeer lot located at the corner of DeMille Boulevard and Genesee street. For more information please visit the Kiwanis Club on the web at sunrisekiwanis.com

About Lapeer Kiwanis Club

Of the 9000 Kiwanis Clubs in the U.S., 50 cities have two Kiwanis Clubs and Lapeer Michigan is one of them.

We meet every Wednesday morning at 7:30 am at:

The Farm House Family Restaurant, 282 S. Main Street, Lapeer, MI 48446.

The Lapeer Sunrise Kiwanis Club (Chartered in 2001) focuses on changing the world by serving children, one child and one community at a time.

To do this, we sponsor: Key Club for teens, a high school service and leadership club; Aktion Club, for adults living with disabilities; The Backpack Program, providing nutritious food weekly for over 200 children at two local elementary schools in Lapeer; and the Art and History Festival.



This year's Art and History Festival takes place May 31 - June 2 in Lapeer.

Photo courtesy of Cara Fernandez



The firing of the cannon at the Art and History Festival is an annual treat for spectators.

Photo courtesy of Cara Fernandez

The needs of the Lapeer community are numerous, and the amount of financial resources are limited. Sunrise Kiwanis hopes that you will help our club feed the hungry children of Lapeer.

Moving Toward a Cure

Frankenmuth community 'Moving Toward a Cure' at Walk MS event May 11.

by Cheryl Rothe
Community Contributor

Fifteen sites across Michigan will host "Walk MS 2013" events beginning Saturday, April 27 in Midland and Lansing. This year marks the 25th anniversary of the walk hosted by the National Multiple Sclerosis (MS) Society Michigan Chapter.

Walk MS 2013 events take place throughout the state on various Saturdays and Sundays in April, May, June and September. More than 8,000 participants and volunteers are expected as the chapter hopes to raise at least \$1.2 million in support of the more than 18,000 people living with multiple sclerosis in Michigan.

Frankenmuth will host a Walk MS event on Saturday, May 11 at the Harvey



Early and ongoing treatment with an FDA-approved therapy can make a difference for people with multiple sclerosis. Learn about your options by talking to your health care professional and contacting the National MS Society at nationalMSSociety.org or 1-800-344-4867.

Photos courtesy of Cheryl Rothe

Kern Pavilion, Heritage Park. Registration begins at 9 a.m. with the opening ceremony taking place at 9:45 a.m. Route length is three miles.

In 2012, 1,019 people participated in the Frankenmuth Walk MS event, raising \$122,197. Local businesses in the area rallied to support the event such as Tim Horton's, daVinci's, Little Caesars, Jaycees, Schaefer & Bierlein, Bavarian Inn Lodge and Cinema Hollywood.

Event days are filled with fun, festivities and local celebrities. Interested participants can register at the website at walkMSmi.org. Additional information, including routes, is available on the website.

Locations and dates include:

April 27: Midland/Lansing
May 4: Bloomfield Hills/Kalamazoo
May 5: Detroit
May 11: Frankenmuth/St. Clair
May 18: Grand Rapids/Wyandotte
June 22: Dexter/Traverse City
Sept. 7: Grand Haven



Sept. 8: Milford
Sept. 14: West Branch
Sept. 15: Marquette

"Walk MS is our chapter's largest fundraising event," said Elana Sullivan, president of the MS Society Michigan Chapter. "It is the rallying point of the MS movement, a time and place for the entire community to stand together and demonstrate a commitment to a world free of MS."

The dollars raised by Walk MS events support promising research to stop the disease, restore function that has been lost and to end MS forever. Funds raised also help support local programs for people living with MS right here in our community.

About MS

Multiple sclerosis, an unpredictable, often disabling disease of the central nervous system, interrupts the flow of information within the brain, and between the brain and body. Symptoms range from numbness and tingling to blindness and paralysis. The progress, severity and specific symptoms of MS in any one person cannot yet be predicted, but advances in research and treatment are moving us closer to a world free of MS. Most people with MS are diagnosed between the ages of 20 and 50, with at least two to three times more women than men being diagnosed with the disease. MS affects more than 2.1 million people worldwide.

About the National Multiple Sclerosis Society

The National MS Society addresses the challenges of each person affected by MS. To fulfill this mission, the Society funds cutting-edge research, drives change through advocacy, facilitates professional education, collaborates with MS organizations around the world, and provides programs and services designed to help people with MS and their families move forward with their lives.

In 2012 alone, the Society invested \$43 million to support 350 research projects around the world while providing programs and services that assisted more than one million people. The Society is dedicated to achieving a world free of MS. Join the movement at nationalMSSociety.org.

Reflections

My Walk with Tilly

Area resident enjoys a spring walk on the Flushing walking path and in the Flushing County Park.

by Christine Newman
Community Contributor

I drop the kids off at school and drive to Bueches to start my walk. It rained last night and this morning. That must have scared everyone away. I have this place to myself. I've brought a raincoat so no problem if it starts raining again. It is cool and humid.

Tilly is impatient to start as I do a few stretches. She pulls on the leash. We start walking. I love the solitude.

It is far from quiet. I hear a blue jay, a robin, a cardinal, a red-wing black bird, a woodpecker, a crow, a chickadee, and other birds I do not recognize.

I startle a Blue Heron and it flies across the river. A mallard just stares at us as we walk by. Tilly nearly rips my arm off when she sees a squirrel. It skampers up a tree and then vanishes.

The rain makes everything look different and oh so green.

I take a picture here and there.

I snap a pretty flower, a spider web, a knot on a tree that looks like a face, and one of the staring mallard.

Tilly looks at me each time I pause and must wonder why we stop.

I leave the Flushing walking path and enter Flushing County Park.

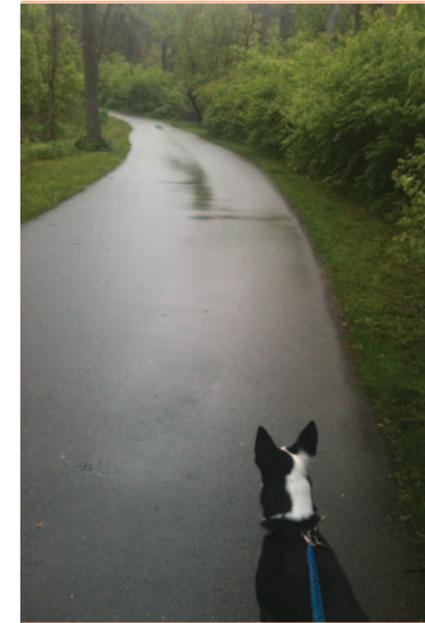


Photo by Christine Newman

WALKING PATH

FOR A MAP OF THE FLUSHING WALKING PATH FOR YOUR NEXT DATE WITH NATURE, VISIT MAPMYWALK.COM. YOU CAN ALSO SEARCH FOR THE TRAIL ON YOUTUBE FOR A VIDEO TOUR OF THE BEAUTIFUL SCENERY RIGHT IN YOUR BACKYARD.

I've always loved those huge towering pines in the park.

How old are they, anyway? The redbud tree that was blossoming last week looks about done and its purple flowers are giving way to leaves.

I finally pass another person who wants to pet Tilly. Tilly ignores her and loses her chance at a pet.

I am done with the County

Park and out on McKinley Road.

Flushing is certainly awake. The road is busy with cars and buses and work trucks.

I love walking by the old houses.

I just noticed, for the first time the florist building says "1856."

Tilly perks her ears at a German Shepherd, but nothing else.

Tilly and I walk past the school.

Wouldn't the kids be mortified if a classmate noticed us? Oh well, no embarrassment today, I remember on Thursday morning they are all at mass.

We continue on Main Street and walk past the businesses.

I file away in my mind for future reference the fact that Duffy's Bar is open at 8:45 in the morning.

I stretch my arms up and my back makes a pop, but it feels good.

Tilly is panting and we both wish we had a drink. We get back to the car and log in 65 minutes of walking time. The sun is now out, it's going to be a beautiful day.

About the Author

Christine Newman shared a bunch of pictures with us here at Lapeer Life magazine.

More can be seen on page 25, including more photos from the springtime, and even some from both the fall and winter seasons.

Would you like to submit your photos and stories? Email us at lapeer@hibu.com and your editor will be in touch.

The Lowdown on Foreclosures

What the term really means and how it applies to you.

by Gerald Jacobs
Contributor

When I tell friends that we need to get more foreclosed homes on the market, they sometimes look at me askance and ask, “You want more families kicked out of their homes? Why would you want that?”

At first I thought I wasn’t making myself clear, I then realized that was only part of the problem. My listeners didn’t have enough understanding about foreclosures to know what I was talking about. It seems as there is a bit of an odd stigma on the word that has come with the bad times we have been facing.

The home foreclosure disaster has been going on for so long that when you hear all sorts of tales about what happened to whom, and impossible stories of salvation or destruction, it is sometimes difficult to know what is true.

The more we chatted, the more I found myself explaining not only the foreclosure market but the real estate market in general.

I wanted to help give my friends an opportunity to better understand exactly what was going on in the market. And the more I thought about it, it wasn’t just my friend who was misinterpreting the terms that many agents throw around daily. Foreclosures, known by banks as REOs — which stands for “real estate owned” — make up only a portion of our real estate market.

Some of the other elements are “short sale homes” and “non-distressed homes.” These are what we ordinarily think of when we think of “homes for sale.” Each makes up a portion of the homes that are for sale in our community.

We keep hearing reports that there are tens of thousands of foreclosures “out there.” That’s true enough, but many of them are not for sale. The banks already own them but for mysterious reasons are not selling them.

As for kicking families out of their homes, if a home is already a bank-owned REO foreclosure — got all that? — nobody is living there anyway. They’re done.

If folks are still living there, they have not been foreclosed on yet. Foreclosure is completed once the property is auctioned off by the Clerk of the Circuit Court.

What we have here is a situation where the banks are not

hiring Realtors to market their REO properties for them. Those properties are melting away in the sun, getting moldy and sometimes being vandalized.

Does anyone think this makes any sense? Once they get into that condition, families are not able or willing to buy them to live in.

Even with great credit, their lender will not give them a mortgage because the house doesn’t qualify.

We really need more move-in-ready homes on the market for families to purchase, move into and get on with life. There are not enough homes for sale to go around right now.

That’s why I say we need more foreclosure homes on the market, and we need them right now.

Gerald Jacobs is a real estate broker and board member of the Upper Tampa Bay Chamber of Commerce and treasurer of the Chamber Education Foundation. He can be reached at Gerald@GoGerald.com.



More move-in-ready homes are needed on the market for families to purchase.

Photo courtesy of hibuy

GOTTA GO! See. Do. Enjoy.

May 17



Photo courtesy of hibuy

2013 World Expo of Beer

It’s that time of year again when it is acceptable for Frankenmuth residents to drink a bit, especially for a good cause. The expo is a fundraiser that is held in Frankenmuth annually. There are plenty of volunteer opportunities to go around. This year’s spot for the festivities will be at Frankenmuth’s Heritage Park. The beer presented at the event won’t all be just local, though. More than 300 beers from around the world will be sampled during the two-day event. Admission is \$8 and includes a free collector beer sampling mug. Special packages are available for purchase. Get your drinking hat ready as you must be prepared to taste beer the entire weekend. Don’t hesitate, get your ticket today.

All volunteers must be a minimum of 21 years old. Photo identification will be checked upon arrival to the event. For more information on volunteer opportunities, visit worldexpoofbeer.com for a full list. There you can also find an up-to-date brewery list. You may order tickets online or by call 1888-805-1504.

May 18

Frankenmuth Farmers Market

The Frankenmuth Farmers Market is back. Join the crew as it starts off the 2013 season from 8 a.m. to 2 p.m. The market runs through October and is located next to the Harvest Coffeehouse on 626 S. Main St. in Frankenmuth. Most vendors locally grow products. The list for vendors may change each week. The market accepts credit and debit cards for purchases.



Photo courtesy of hibuy

frankenmuthfarmersmarket.org • 989-295-9766

May 23

The Great Lakes Regional & Michigan State Hot Air Balloon Championship

The Great Lakes Regional & Michigan State Hot Air Balloon Championship is in town and allows residents to take part in the festivities. For the entire week locate the mammoth balloons in downtown Frankenmuth or at the Frankenmuth River Place Field.



Photo courtesy of hibuy

bavarianinn.com • 1-800-600-0105

May 25

Dog Bowl 2013

Come watch more than 500 dogs compete in animal Olympics all weekend long. Events included in the two-day competition are weiner dog race, best costume contest, doggie fun run, fashion show and sheer heading. You can either bring your dog to compete or watch the festivities. This is the perfect opportunity to see who will be crowned Dog Bowl 2013 King Frankenmuth River Place Field.



Photo courtesy of hibuy

dogfunfest.com • 1-800-600-0105

Mental Health Month

The importance of being aware of mental health issues is higher than ever in this day and age.

by **Tony Morisset**
Publication Assistant

In 1949, May was declared as Mental Health Month. The monthlong event was created to raise awareness about mental health for all affected, no matter the age.

According to the U.S. Department of Health & Human Services an estimated 22.1 percent of Americans ages 18 and older, which translates to one in five adults, suffer from a diagnosable mental disorder in a given year.

Many must not forget that mental

disorders can affect young children, as one in five young people are affected, according to the National Mental Health Association.

Some signs of mental illness are: feelings of anxiety, anxiety, worry or uncommon sleep problems. If these feelings last a long period of time or begin to interfere with school, friendships and other relationships it may be time to call a doctor. Treating the situation before it gets out of hand is important.

To learn more about awareness on mental illnesses, visit naha.org.



People of all ages are affected by mental health issues, according to the National Mental Health Association.



Beauty in Flint

Reader **Christine Newman** took some photos of the Flushing Walking Trail and Flushing County Park, covering three of the four seasons in Michigan: fall, winter and spring. She shared a story of a brisk walk with her dog on a rainy Thursday morning (see page 21). Would you like to share your stories and photos with your neighbors? Email us at the address below. Your editor will be in touch shortly.

Send us your **PHOTOS**
lapeer@hibu.com

Stories and photos and memories, oh my! Send them in quick.

We can see the beautiful sights (and sites) in the Flint area, such as the Flushing Walking Trail and Flushing County Park. Take a look around and watch how the seasons change.
Photos by Christine Newman

TREATMENT OF DEPRESSION IS IMPORTANT

Depression is a mental illness that can affect any age. It can interfere with a person's ability to work, sleep and eat. According to the National Institute of Mental Health, those who suffer from depression usually feel persistent sadness, feeling of hopelessness and guilt. Some have loss of interest in activities or hobbies that were once pleasurable. Some patients suddenly suffer from headaches, cramps or digestive problems that do not ease even with treatment. Another sign is fatigue and sudden decreased energy.

Seeking treatment is important when it comes to treating depression. The earlier treatment can begin the more effective it is. If medication is involved during treatment, it is essential that patients take their medication even if they are feeling better. Continuing medication use will help the depression from returning.

Depression is more common among women than among men, according to the National Institute of Mental Health. The institute says that biological, life cycle, hormon-



Seek help if suffering from depression. Look for a community mental health center or a peer support group..

al and psychosocial factors that women experience may be linked to women's higher depression rate.

Those who suffer from depression shouldn't feel that they have no one to turn to for help. If you know someone suffering, encourage them to reach out to a community mental health center. There are also peer support groups. If the conversation of suicide comes up during a conversation, you should seek medical attention for the person immediately. Call the toll-free, 24-hour hotline of the National Suicide Prevention Lifeline at 1-800-273-8255 for assistance when it comes to dealing with suicide.

Visit the National Institute of Mental Health online at nimh.nih.gov to find more information how to help someone who is suffering from depression. You can also check the warning signs of the illness and find places that will help.

—**Tony Morisset**



Get on the Road to Weight Loss and a Healthier You

Wondering where and how to begin? Here are some simple tips to help you in your efforts to reach your goals.

by T. Cherie Miller
Contributor

We are well into the new year and weight-loss resolutions have been set and, unfortunately, broken by many people at this point. You know it's time to get off the couch and move and groove to a better you, but how? Incorporating just a few small changes in your attitude and diet can reap wonderful, quick results. Here are a few tips that will get you started to a healthier you.

Be realistic in your goals

Start slowly with your goals. Saying you are going to completely remove snacks from your diet and go to the gym five times a week for is a lot to ask of yourself. Try this: Instead of going cold turkey with snacks, replace unhealthy snacks with fruit, nuts, popcorn, or a small piece of dark chocolate. Instead of overcommitting yourself to going to the gym five times a week for an hour at a time, try going three times a week for 30 to 45 minutes. Going slow and steady will deliver results and, more importantly, will help you to stay committed.

Solicit support

Don't do it alone. Surround yourself with people who will support and encourage you. The people in your support system will keep you accountable, motivate you in time of weakness, and maybe supply a few workout buddies.

Watch your portion size

Adjusting your portion size and eating the right combination of food are vital for jump-starting your weight loss and wellness goals. An easy way to start

is to divide your plate into halves. One side should have a lean protein and a complex carbohydrate; the other side should have fruits and vegetables (with vegetables being the greater). The plate rule will keep your portion size in control and keep you satisfied.

Eat breakfast

A protein-packed breakfast is the most important meal of the day. It gives you energy, kicks up your metabolism, and helps you make good food choices during the rest of the day. Good choices include whole-grain cereal with almond milk, whole-grain toast with peanut butter, oatmeal with walnuts and honey, and low-fat yogurt with berries (you can make this the night before and grab it on your way out the door in the morning).

Watch the calories you drink

What you drink matters in your quest to get healthy and lose weight. Reach for water instead of sugary juices or sodas. There are no set rules on how much you should drink; each person has different health needs. The most important thing to remember is water keeps you hydrated, helps with kidney function, feeds the cells in your body, and keeps the body flushed. So drink up.

Be patient with yourself. Starting a new, healthy regimen can be intimidating. However, making just a few small changes each day can bring you incredible results.



Breakfast is important for a healthier you, but not these foods — you'll have to change your menu. Photo courtesy of hibu

MAY EVENTS

Schedules are subject to change. Call venues to confirm event information.

Let us know about any upcoming events. Email us at lapeer@hibu.com

APRIL

SATURDAY 27 Breakfast with Elmo 8:30 - 10:30 a.m.

WHAT: Have a healthy breakfast with Elmo! Discover many healthy options for the first meal of the day. (Ages 2 and up)

WHERE: Sloan Museum, 1221 E. Kearsley Street, Flint

PRICE: Adults: \$20, \$11, Youth (2-11): \$15, \$9

INFO: Call 810-237-3427

FOOD • FAMILY

SATURDAY 27 Bloomfield Hills Slow Art Day 11 a.m. - 1 p.m.

WHAT: A worldwide celebration of art that encourages people to look at art Slowly — and thereby experience art in a new way.

WHERE: Cranbrook Art Museum, 39221 Woodward Ave., Bloomfield Hills

INFO: Visit slowartday.com or email dvanderbekemager@cranbrook.edu

FREE • FOOD

SATURDAY 27 Super Saturday Storytime 11 a.m.

WHAT: Start your Saturday with stories, rhymes and more.

WHERE: Flint Public Library (Flint Cultural Center), 1026 E. Kearsley St., Flint

INFO: Call 810-249-2170 or visit fpl.info or email askus@fpl.info

FREE

SATURDAY 27 Consumer Protection Series: Phone and Mail Scams (205) 11 a.m. - 1 p.m.

WHAT: Learn about common scams initiated over the phone or through mail/email, ways to reduce incoming phone calls and junk mail, and how to report a problem or scam.

WHERE: Flint Public Library Main Branch, 1026 E. Kearsley St., Flint

INFO: Visit fpl.info

SATURDAY 27 Essential Knife Skills 11 a.m. - 1 p.m.

WHAT: Students will hone basic knife skills and practice the fundamental cuts for vegetables—mince, dice, brunoise, batonnet and julienne—as well as learn some advanced techniques. (Ages 18 and Older)

WHERE: Sur La Table - Somerset Mall, 2801 W. Big Beaver Rd., Suite 264, Troy

PRICE: \$59

INFO: Visit surlatable.com

SUNDAY 28 Flint Symphonic Wind Ensemble concert 3 p.m.

WHAT: The concert will feature special guest artist, Ms. Nancy Ambrose-King, internationally acclaimed oboist and oboe instructor at the University of Michigan.

WHERE: St. Christopher's Episcopal Church, G-9020 South Saginaw Street, Grand Blanc

PRICE: \$8
INFO: Call 248-627-2533

MAY

FRIDAY 3 Restaurant Secrets: Perfect Fish 6:30 - 8:30 p.m.

WHAT: Simple to prepare, fish cooked properly becomes flavorful, satisfying and memorable.

WHERE: Sur La Table - Somerset Mall, 2801 W. Big Beaver Rd., Suite 264, Troy

PRICE: \$79

INFO: Visit surlatable.com

FRIDAY 3 Date Night: Gourmet Tuscan 6:30 - 8:30 p.m.

WHAT: Tuscan cooking is famous for using simple ingredients and preparations to create delicious, authentic flavors.

WHERE: Sur La Table - Somerset Mall, 2801 W. Big Beaver Rd., Suite 264, Troy

PRICE: \$79

INFO: Visit surlatable.com

FRIDAY 3 Alpha Montessori Student Exhibition 9:30 a.m. - 5 p.m.

WHAT: Art work will warm your heart and soul. (Children range from 18 months to early 5's.)

WHERE: Greater Flint Arts Council, 816 S. Saginaw St., Flint

INFO: Call 810-238-2787

FREE

SATURDAY 4 Soufflés Mastered 11 a.m. - 1 p.m.

WHAT: Learn how to whip whites and fold into batter, and then how to perfectly bake soufflés that rise to the occasion with restaurant-quality results every time.

WHERE: Sur La Table - Somerset Mall, 2801 W. Big Beaver Rd., Suite 264, Troy

PRICE: \$69

INFO: Visit surlatable.com

SUNDAY 5 Mother's Day Macarons Noon - 3 p.m.

WHAT: Surprise your mother with delicate meringue cookies paired with a smooth, delicious filling—colorful macarons entice the eyes before they melt away in a sweet bite or two.

WHERE: Sur La Table - Somerset Mall, 2801 W. Big Beaver Rd., Suite 264, Troy

PRICE: \$69

INFO: Visit surlatable.com

THURSDAY 9 Sesame Street Presents: The Body - Inside Me 6:30 - 8 p.m.

WHAT: Find out what's inside your body! Place the heart, lungs, stomach, and intestines on a kid-sized cut-out, while exploring what each organ does. (Ages 4 and up)

WHERE: Sloan Museum, 1221 E. Kearsley Street, Flint

PRICE: Adults: \$9, Child: \$9, \$3

INFO: Call 810-237-3450

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MAY EVENTS

Schedules are subject to change.
Call venues to confirm event information.

Let us know about any upcoming events.
Email us at lapeer@hibu.com

THURSDAY 9 Terre Rouge & Eastin Wine Dinner

6:30 p.m.
WHERE: Franklin Hills Grill & Tavern, 32325 Franklin Rd., Franklin
PRICE: \$80
INFO: Call 248-865-6600
FOOD

FRIDAY 10 Date Night: Great Food of The Greek Isles

6:30 - 8:30 p.m.
WHAT: The cuisine of the Greek Isles is light and healthful, simple but full of flavor, and it celebrates seasonal produce combined with fresh herbs and fish.
WHERE: Sur La Table - Somerset Mall, 2801 W. Big Beaver Rd., Suite 264, Troy
PRICE: \$79
INFO: Visit surlatable.com

SATURDAY 11 The Tea Garden Lucheon and show

12:30 - 4 p.m.
WHAT: Song of the Lakes Sweet Adelines Chorus is hosting their third annual Tea Garden Lucheon.
WHERE: Davison Senior Citizens Center, 10135 Lapeer Road, Davison
PRICE: \$18
INFO: Call 810-742-0977
FOOD

SATURDAY 11 Date Night: French Favorites at Home

6 - 8 p.m.

WHAT: Easy traditional French cooking techniques and tips for introducing the culture of France into your own culinary adventures with savoir-faire.
WHERE: Sur La Table - Somerset Mall, 2801 W. Big Beaver Rd., Suite 264, Troy
PRICE: \$79
INFO: Visit surlatable.com

SATURDAY 11 Chess for Everyone

4 - 5:30 p.m.
WHAT: Have fun playing with others who love the game.
WHERE: Flint Public Library (Flint Cultural Center), 1026 E. Kearsley St., Flint
INFO: Call 810-232-7111 or visit fpl.info or email askus@fpl.info
FREE

SATURDAY 11 Frankenmuth Winery Tour

9 a.m.
WHERE: Frankenmuth Winery (St. Julian Tasting Room), 127 South Main Street, Frankenmuth
PRICE: \$45
INFO: Call 313-505-3032

SUNDAY 12 Mommy and Me Bake: Cupcakes!

Noon - 2 p.m.
WHAT: A fun-filled family afternoon of baking, laughing and sugar!
WHERE: Sur La Table - Somerset Mall, 2801 W. Big Beaver Rd., Suite 264, Troy
PRICE: \$35

INFO: Visit surlatable.com
FAMILY

MONDAY 13 Knife Skills with Wüsthof

6:30 - 8:30 p.m.
WHAT: Basic knife skills and the fundamental cuts for vegetables (mince, dice, brunoise, bâtonnet and julienne) as well as a few advanced techniques.
WHERE: Sur La Table - Somerset Mall, 2801 W. Big Beaver Rd., Suite 264, Troy
PRICE: \$100
INFO: Visit surlatable.com

TUESDAY 14 Knitting for a Cause: Chemo Caps

2 - 3 p.m.
WHAT: Join in knitting chemo caps with other area knitters.
WHERE: Flint Public Library, 1026 E. Kearsley St., Flint
INFO: Visit fpl.info

WEDNESDAY 15 How to Cook Everything: The Basics Series

6:30 - 8:30 p.m.
WHAT: Learn by example and hands-on and explore basic techniques in three sessions, covering grains, meat and seafood.
WHERE: Sur La Table - Somerset Mall, 2801 W. Big Beaver Rd., Suite 264, Troy
PRICE: \$195
INFO: Visit surlatable.com

SATURDAY 18 Star Party

7:30 p.m.
WHAT: Head inside the dome and journey to the skies in a star show.
WHERE: Longway Planetarium, 1330 E. Kearsley Street
INFO: Call 810-237-7365
FREE

SUNDAY 19 Petite Sweet Treats

Noon - 2 p.m.
WHAT: A variety of shapes, colors, flavors and textures, a tray of petite treats tempts all of the senses.
WHERE: Sur La Table - Somerset Mall, 2801 W. Big Beaver Rd., Suite 264, Troy
PRICE: \$69
INFO: Visit surlatable.com

TUESDAY 21 Easy, Light, and Delicious Cooking

6:30 - 8:30 p.m.
WHAT: A variety of new ideas for quick and easy preparations of healthy and filling meals for you and your family that go easy on the calories but satisfy with great taste.
WHERE: Sur La Table - Somerset Mall, 2801 W. Big Beaver Rd., Suite 264, Troy
PRICE: \$69
INFO: Visit surlatable.com

TUESDAY 21 Hear and Say Toddler Storytime

10:30 a.m.
WHAT: 2 and 3 year olds are invited

to come and hear new stories and say new words!

WHERE: Flint Public Library (Flint Cultural Center), 1026 E. Kearsley St., Flint
INFO: Call 810-249-2170 or visit fpl.info or email askus@fpl.info
FREE

TUESDAY 21 Bookie Babies Pajama Storytime

6:30 p.m.
WHAT: Bring your baby, to this story time session that is designed to foster a baby's early reading and communication skills. (24 months or younger)
WHERE: Flint Public Library (Flint Cultural Center), 1026 E. Kearsley St., Flint
INFO: Call 810-249-2170 or email askus@fpl.info
FREE - FAMILY

THURSDAY 23 The Hubble or There and Back Again: An Astronomer's Tale

6 - 8 p.m.
WHAT: Join University of Michigan-Flint astronomer, Professor Rajib Ganguly, as he recounts his own love affair with Hubble, how it has shaped his own research, and indeed, his career. (Ages 10 and older)
WHERE: Longway Planetarium, 1330 E. Kearsley Street
INFO: Call 810-237-3400
FREE

FRIDAY 24 Date Night: Great Food on the Grill

6:30 - 8:30 p.m.

WHAT: Join for an evening of romance, love of food and grilling! Learning tips on creating a full fire-roasted dinner that includes appetizer, main dish, side and dessert.
WHERE: Sur La Table - Somerset Mall, 2801 W. Big Beaver Rd., Suite 264, Troy
PRICE: \$79
INFO: Visit surlatable.com

SATURDAY 25 Free Youth Football Camp

8 a.m. - 2 p.m.
WHAT: The kids will get a chance to work with the Flint Fury Semi-Pro Football team and possibly meet an NFL player from the area. (Ages 7 - 12)
WHERE: Atwood Stadium, 701 West 3rd Avenue, Flint
INFO: Call 810-336-9024
FREE

TUESDAY 28 Culinary Tour of New Orleans

6:30 - 8:30 p.m.
WHAT: Take a culinary tour through the sensational Southern flavors that combine rich Creole and spicy Cajun influences into unforgettable and exciting New Orleans cuisine.
WHERE: Sur La Table - Somerset Mall, 2801 W. Big Beaver Rd., Suite 264, Troy
PRICE: \$69
INFO: Visit surlatable.com
FOOD

ONGOING EVERY THURSDAY Reflections on Water in American Painting

Noon - 9 p.m.

WHAT: The artists from the early 19th century to the mid 20th century, capture virtually every aspect of life on or in the water from the oceans to the rivers and lakes of Americas heartland.
WHERE: Flint Institute of Arts, 1120 E. Kearsley, Flint
PRICE: Adults: \$7, Seniors & Students: \$5, Members and children under 12: Free
INFO: Call 810-234-1695
FAMILY

ONGOING EVERY SATURDAY David Maxim Figure Portraits

10 a.m. - 5 p.m.
WHAT: This exhibition demonstrates his accomplishments as a draftsman with a focus on drawings that echo his ties to the "Bay" area figurative tradition.
WHERE: Flint Institute of Arts, 1120 E. Kearsley, Flint
INFO: Call 810-234-1695
FREE

ONGOING 26, 27, MAY 3, 4, 10, 11, 17, 18, 24, 25 Sesame Street: The Body

Noon - 5 p.m.
WHAT: The Body, an amazing new educational attraction featuring Elmo, Oscar, Grover, and the rest of your Sesame Street friends.
WHERE: Sloan Museum, 1221 E. Kearsley Street, Flint
PRICE: Adults: \$9, Seniors: \$8, Youth (3-11): \$6
INFO: Call 810-237-3450

ONGOING 27, MAY 4, 11, 18, 25 In My Backyard

12:30 p.m.
WHAT: Follow Fred Penner and his assistant, Arnie the Arrow, as they explore the colors of the rainbow and the reason for seasons. (Children 5 years and older)
WHERE: Longway Planetarium, 1330 E. Kearsley Street
PRICE: Adults: \$5, Seniors & Youth (3-11): \$4
INFO: Call 810-237-3400

ONGOING 27, 28, MAY 4, 5, 11, 12, 18, 19, 25, 26 Off The Beaten Orbit

3:30 p.m.
WHAT: Off the Beaten Orbit explores the parts of the Solar System usually ignored, learn more about the unusual objects in this Longway Planetarium original production. (Ages 10 and up)
WHERE: Longway Planetarium, 1330 E. Kearsley Street
PRICE: Adults: \$5, Seniors & Youth (3-11): \$4
INFO: Call 810-237-3400

ONGOING 1, 2, 8 Nine Planets and Counting

2 p.m.
WHAT: This program includes a look at the moon, planets and constellations of the current night sky. (Ages 10 and up)
WHERE: Longway Planetarium, 1330 E. Kearsley Street
PRICE: Adults: \$5, Seniors & Youth (3-11): \$4
INFO: Call 810-237-3400

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AND ANOTHER THING ...

Gallery 194 Showcases Local Artists Of All Ages

Two shows headline the month of March for local arts enthusiasts.

by Sharon Bratcher
Contributor

If you ever wondered why the Lapeer Art Gallery is called Gallery 194, it's very simple. That's the address on Nepessing Street. It has been buzzing with activity and a great number of visitors lately due to several revolving exhibits that encourage the public to stop into this high-quality, free-admission jewel of a place.

First it was the K-8 Lapeer County-Wide Art Exhibition from March 5 through March 30. In 10 participating schools, teachers chose about 15 pieces of art from creative students in their classrooms and then submitted the work to Gallery 194 to be exhibited. On March 9 approximately 120-150 people crowded in for the reception from noon until 2 p.m. This exhibition highlights the arts in Lapeer, gives students a chance to see their creations on display, exposes students to the art gallery, lets the community see what's going on, and greatly increases the traffic into the gallery.

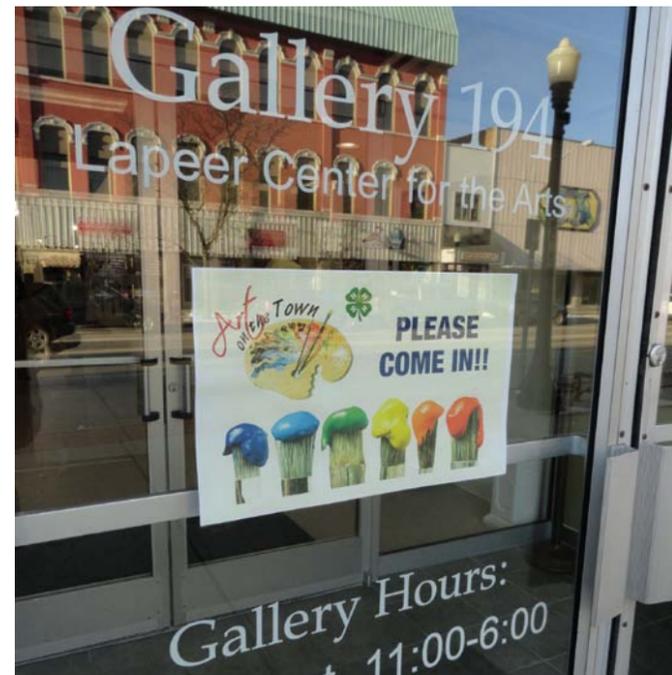
As part of the arts collaboration with the PIX theater next door, the PIX had a family show that afternoon for only \$5 a person. The performer was Doug Scheer, who delighted the audience with his comedy, magic, and songs.

Art OnTheTown was a big success this year with 37 downtown

Lapeer businesses showcasing the work of 30 Michigan artists, 18 of whom came from Lapeer County. The exhibit is open to any artist who may pass the jury and who is willing to donate his work to be auctioned off. From March 8 to April 8, people strolled by and admired the art in the shop windows or inside of the shops, and then voted on their favorite piece. A jury from Mott College Art Department decided on the top three prize winners (first prize is \$500). Art On The Town is an annual collaboration between Gallery 194, The Downtown Development Authority, and the 4-H Club who were to have their Spring Auction on April 13. Proceeds from the auction of the art work, as well as gift baskets, gift certificates and other worthwhile items went to support the youth programs of 4-H.

According to James Alt, Gallery 194 Director, they are "working to expose people to great art of all types, whether visual, performance, music, culinary, or literary." He is pleased to say that, "The quality of programs at the Gallery and the PIX would rival anything in a bigger city like Detroit or Pittsburgh and it's more affordable."

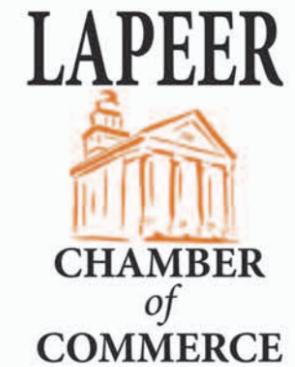
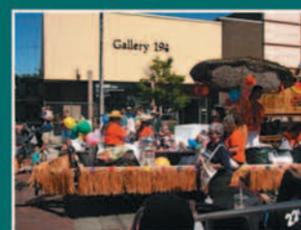
Coming up, Gallery 194 will host the Lapeer County High Schools' art work from April 30 to May 11, followed by the Lapeer Art Association's Annual Spring Show from May 14 to June 22. Woodcarving and blacksmithing creations by Deb and Anna Keene will be highlighted from June 25 to July 27.



Gallery 194 is located at 194 Nepessing St. in Lapeer. The gallery is open from 11 a.m. to 6 p.m. Tuesdays through Saturdays.
Photo by Sharon Bratcher



Woodcarving and blacksmithing creations by Deb and Anna Keene will be highlighted at the gallery from June 25 to July 27.
Photo courtesy of hibub



Vision Statement

The Lapeer Area Chamber of Commerce is committed to continuously promoting and fostering the business climate to enhance the quality of life in our community.

Dedicated to the promotion of our business members and the community through:
Various Affinity programs and discounts, Networking events,
Web presence, social media, sponsorship, print media and more

The Lapeer Area Chamber of Commerce is a 501 (c)(6) non-profit, non-political, non-government organization.

The Lapeer Area Chamber is the proud producer of several annual community-based events that showcase the amenities and businesses that Lapeer County has to offer.

- The Annual Citizen of the Year Awards
- The Citizen of the Year Youth Awards and Scholarship program
- Annual Christmas Parade, Christmas lighting of the Downtown
- Annual Santa House and Tree Lighting on the Courthouse lawn
- The Annual Fourth of July Fireworks
- The Lapeer Days Festival – Est. 1902
- Lapeer Area Wedding Showcase

Supporter and Sponsors of a variety of community events:

- The Downtown Business Association, Operation Care Package,
- Stone Soup Food Pantry, Lapeer East & West High School
- Yearbook fund, Health Alliance Plan Boots for Kids Program,
- Sunrise Kiwanis Annual Art & History Festival, Lapeer Optimist Club,
- HDC Holiday Depot, Annual DBA Treat Walk, Art on the Town – MSU 4-H Extension

Special community promotions projects:

- The Amtrak Bluewater Line Video promotion of Lapeer
- 1,000 Miles for Michigan video promotion of Lapeer
- Buy Local Campaign through US 103.1,
- Community Chat Radio guest host
- Michigan State Firemen's Association Conference



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