

An aerial photograph of a coastal town, likely in Northern Michigan, featuring a harbor with a marina, a beach, and residential buildings. The water is a vibrant blue-green color. The title 'BAYLIFE NORTH' is overlaid on the top of the image.

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MAR/APR 2013 | THE MAGAZINE FOR NORTHERN MICHIGAN FAMILIES

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4-year-old Teaghan and Mom,  
Teri Gorsline

FROM THE **editor**

# Wherever Life Plants You, Bloom with Grace. FRENCH PROVERB

**A**fter the long hibernation that is a true Northern Michigan winter (and we certainly have had one of those this year, single digits and all), boy are we ready for spring—that wonderful season of new beginnings. We spring forward. The days are longer and lighter, and our moods are brighter. One day of spring sunshine heals the soul. There is spring in our steps, and we are ready to dust off those sneakers, pull out the jogging strollers, walk, run, bike, whatever it is that makes our hearts sing.

So with all that rejoicing in mind, it was fun to *think spring* and work on this issue while bundled up by the fire.

We wanted the pages to burst with spring! And we think we accomplished this with the vibrant fine art by **Brenda J. Clark**, who is our featured artist. Her work is simply mesmerizing; the expressionist paintings leap out of the pages and speak to you on so many levels. We also found out she doesn't do all of this alone. By her side in this creative process is her husband Johnston. They make a great team, and along with their two beautiful daughters they totally embrace this *BayLIFE*.

Another cohesive husband-and-wife team of 26 years together are Stacey and Steve Wilcox of **Bay Bread Co.** We had fun telling the story of how they landed here and turned around the bakery, but most important is what they do for their employees and how they give back. What we learned is really admirable. And it lends to their success, proving the truth in the age-old saying, "Treat people how you want to be treated."

**Rachel and Mike White** welcomed us into their Ultra-Cool House in Cedar Cove. Photographer **Mike Drilling** did an amazing job of capturing the house and the entire White family, including dog Flower. They have such adorable kids, we

went with a different feel this time, and it for sure highlights Mike's true gift for perfect portraits. I think you will agree.

The main feature and the cover introduce you to **Jim Anderson**. His gorgeous aerial work has graced the colorful pages of the magazine in all of our issues. We loved hearing his stories of coaching, teaching, and his love for his family and, of course, flying. When we were leaving, he picked up a book entitled *The Dash*. I didn't get it at first, but the book contains a poem that asks, what is in your dash? This refers to when you have passed on from this world and are remembered simply on a headstone by a dash: the year you were born – to the year you died, like 1949–2008. "The dash" is the life in between. It was very deep, but also very simple, and it really made me think. It's a lot of life that we must fit into that little dash. Jim left a lasting impression on me, and his story really only touches the surface of his life's experiences. But reading it, you can get a sense of why we are so lucky to have him around.

Whenever you cultivate seedlings for new beginnings, sometimes there are sad farewells. And we have to do so with heavy hearts and say Happy Retirement to our super salesperson and staunch supporter from the very beginning of *BayLIFE*, the Marvelous **Mary Shackleton**. She has decided to enjoy her Golden Years and retire to waking up every day enjoying her view of the bay with husband Mike and her two little Scotties, living the BayLife. Mary, we thank you. You believed in this little magazine when it was just a dream, and now it's a reality with a lot of your help along the way.

Happy spring, cheers to the sun, smiles and brighter days.

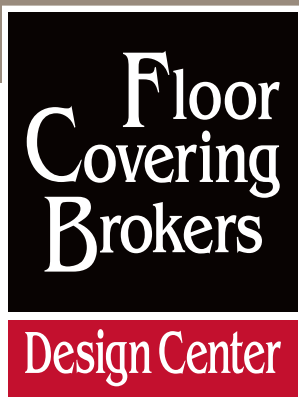




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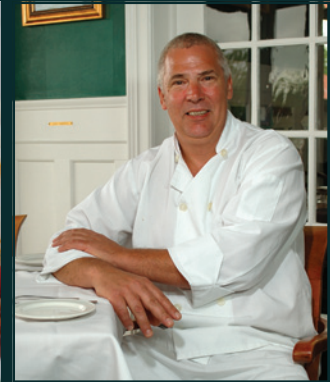


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**ABOUT THE COVER**

Jim Anderson of Anderson Aerial Photography captured this dramatic aerial view of the town of Charlevoix and the crystal blue waters of Lake Charlevoix (foreground) Round Lake (center) and Lake Michigan.

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# SAY CHEESE

PHOTOGRAPHY BY  
TRICIA PHELPS

**THE GREAT LAKES CHILDREN'S MUSEUM** was the good cause on the menu Feb 23rd at The Inn at Black Star Farms. It was a successful sell out, for guests, boardmembers and the museum staff who all celebrated in Farm Fete style, raising money to make a better place to play and learn for all our children by the bay.



Kurt Sanford, Cecily Sanford, Erica Mohr, Brian Mohr



Tanah Eckert & Caroline Oosterhouse



Erick & Anne Drake



Steve & Lori Thomas



Martha Belfour & Diane Hubert



The Musicians for the night! Joe Bottenhorn, Lynne Tobin, Time Sparling



Sarah Kime & Andrea Anderson



John Noonan & Ellen Fred (BIG Cheese after raising over \$4,000 in +Plus Support, and additional \$2,500 matched by Board Members)





David and Kaitlyn perform at City Opera House Dream Room.

**GOLDEN FOWLER FURNITURE** was the place to be Feb 15th for an event to benefit Child and Family Services. Dream Rooms were put together by local celebrities, all to raise money for a great cause, of course there was great food and wine too.

PHOTOGRAPHY BY KRISTI DOCKTER



LEFT: Debbie Douglas with Kathy Lauterbach and Kathy McFarren Smith enjoy the evening.

BELOW LEFT: Denise Busley of Grand Traverse Pie Company, was also Dream Room Celebrity.

BELOW RIGHT: Golden Fowler GM and Dream Room Sponsor, Mike Mahn with his designer Debbie Chamberlain and City Opera House Special Event Manager/celebrity, Debbie Douglas



Another celebrity, Traverse Symphony Orchestra interim Director, Krista Cooper and Dr. Jeff Goldbloom



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## New Days at Kay's

The New owner of **KAY'S BOUTIQUE** shared with us how she loved shopping there, but her husband actually loved it more! "The staff was so great at helping him pick out gifts for me," Cynthia Glines says. And it's because of those memories that Cynthia (a retired physician) just purchased the store. Most importantly, she did a sweet thing by keeping all those wonderful staff people, too. "They do such a great job, and it's been so fun picking out the jewelry and making some changes," Cynthia says. If you were a Kay's shopper before, you'll notice a few differences. There has been a huge expansion of the Vera Bradley line—it spans almost the entire right wall now. You'll also find lots more of designer brand Not Your Daughter's Jeans in many shades, designs and not just blue jeans! Gone are all the nightgowns, and the place has opened up a lot. "I think this is the most fun job I have ever had," Cynthia enthuses. The only thing left to ask is, will husband Bob still shop there, too?

.....  
219 E. Front Street, Traverse City • 231-941-7505.

**LEFT TO RIGHT: Long time manager Suzanne with new owner Cynthia Glines**

## Breakin' Back to School

For a family friendly event and inspiration for your budding Superstars, The City Opera House will be hosting the delightful **SOUL STREET DANCE COMPANY** on April 13 for two shows only. This dance company brings down the house with a unique combination of entertainment and art. You'll see hip-hop, classical and new dance styles performed with urban-fashioned costumes and comic delivery. Enjoy the athletic dancing set to the music of Leonard Bernstein, Earth, Wind & Fire, Michael Jackson, Nat King Cole, Vivaldi and more!

.....  
[www.cityoperahouse.org](http://www.cityoperahouse.org) • 231-941-8082.  
Shows are 1 p.m. & 7 p.m. Tickets are just \$8!





## FABULOUS FIRST FRIDAYS

**DON'T FORGET!** All the way through June 7, the First Friday of the month is a time to unwind with other "grown-ups" after work. Join your friends and neighbors in The Village at Grand Traverse Commons from 5-8 p.m. (or later). The Village will feature art, food and drink samples, shopping, dining and salon specials, live music, demos and MORE!

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Jeff Craven, with his Specialized Retul Equipment

## The New Doctor in Town! Bike Doctor Jeff Craven

Well, he is kind of a doctor! If you are a serious, or on your way to becoming a Bike Enthusiast, the specialized "Dynamic Fit" that Jeff's equipment can give you could save you thousands in medical bills in the long run. It's also sure to prevent some ache, pain and strain! What is it? Retul: It originated in Bolder, Colorado and **CRAVEN CYCLING** is the first and only place right now in Michigan offering a Retul fit. Jeff can put you on a bike, and as you are riding stationary, LEDs are attached. These send results and exact measurements to the state-of-the-art camera equipment, giving you a super-accurate blueprint of your custom fit. If you are an avid biker and a 20-mile bike ride is your idea of Utopia, you need this as we gear up for spring!

Oodles of benefits include comfort, performance and peak efficiency. Your body will simply feel and operate better. An incorrect fit results in sore muscles, and it can have a snowball effect leading to physical therapy, chiropractors and, most importantly, missing out on the sport you love! Jeff graciously will give our readers \$25 off a Retul fit if you say you read about it here! Spring's almost here, so call him today.

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## EAST MEETS WEST: The Oyster Lounge

Doug Kosch and Chef Eric Nittolo of **THE BOATHOUSE**, were enjoying Japanese sushi, out on the west coast in Seattle when the inspiration hit them! Let's create a unique one of a kind indulgence for our guests. A real Japanese approach to sushi with a true East meets West of fresh magnificent seafood, blending the best of the east and the best of the west all in one fabulous culinary experience! What they dreamed and envisioned will become a reality when **THE OYSTER LOUNGE** premieres with a grand opening celebration happening April 19th & 20th. It will be an elite and elegant event complete with marvelous martinis and champagne, to complement those tantalizing taste buds!

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## What's Brewing? The Rare Bird Brewery

The birds aligned, or is it stars? As Nate Crane and Tina Schuett picked up their 3.5 barrels brewing system in Cape May, NJ, the owners of the soon to be "Rare Bird" Brewery in Traverse City, they were thrilled to find out Cape May also just happens to be one of best rare birding destinations in the country! Coincidence? They think not! Their plans for Rare Bird Brewery on Lake Avenue are currently in full swing, hoping for a May/June launch. Nate will be the front of house manager and Tina the brewer (she has been brewing professionally for a couple of years) Rare Bird will have about 8-10 of their own house brewed beers along with 25-30 rare beers on at a time from around the world. They are hoping to have a full class c liquor license, offering a full bar with wine, liquor and cider. The beers will be brewed with lots of local hops as well as some local grains. They will have a simple menu of quality foods also sourced locally as much as possible and daily specials reflecting what's fresh at that moment. Brew it up quick Tina, we can't wait to sample!



## Pastie Perfection

Did you know the pastie food trailer that used to be on the corner where CVS now stands, proudly served a "family original recipe dating back to 1947?" Pasties filled with chicken or beef were a food born out of necessity, it provided a full meal a miner could hold in his hand and stays warm. Bill and Laurie Walker have been keeping the family's 3rd generation business, **LEHTO'S PASTIES**, alive in summer in St. Ignace on the UP. And back in Traverse City, if you were wondering what happened to your favorite pastie trailer? Bill and Laurie have found a brick and mortar forever home at the old location of Latte-Dah at 720 W. Front St. A stone's throw away from where the pastie trailer love affair began on the corner. Pop in for a pastie, hot, cold or frozen all TO GO of course, just like the originals.





## PLEASANTON BAKERY BAKES UP SOME CHANGES

Jonathan St. Hilaire, a classically trained chef, schooled in NYC and running a bakery in Atlanta for the last 14 years, was looking for a little slower pace once his twin boys (now 4) were born. Seeing a local bakery for sale, he asked Ludington resident dad “What’s Traverse City like?” Not saying a word to his wife, he whisked her here for a summer vacation and whilst taking in the all-around beauty and fruits of labor at the vineyards she exclaimed “Wow, how could we get to live here!” Funny you should ask, let’s go check out this bakery! Of course it was a little sneaky bringing a Pensacola Florida Native to Traverse in August! But the rest is history, and now he is excited to put his own mark on the already beloved brick oven bakery. “I’m not going to change anything, but my take is there are seasonal flavorings with bread, lighten it up a little, play with some new flavors like Blue Cheese and Walnut. And add a bigger focus on pastries and croissants and tarts.” He already can celebrate that you can buy the bread now in Olson’s. It all sounds sweet to us! Congrats and welcome.

811 Cottage View Drive, Traverse City • 231-941-1964 • pleasantonbakery.com



## A Titanic Date Night

With all the talk lately of the new *Titanic II*, and the local exhibit, it’s fitting to also mention the annual event that happens at Stafford’s Perry Hall Hotel in Petoskey Sat April 13th 6pm. Tickets are \$65 per guest which includes Butlered Hors d’ Oeuvres and a five course dinner. Titanic Historian, David Kaplan, will do a visual and narrative presentation of the ship, its events and the affect it has had on history. The fun part is costume dress is encouraged. Reservations are required 231-347-4000. Make it a night to remember and chose to take the elevator home! They have special lodging packages available.

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## Let Spring In

It may officially be Spring, but in Northern Michigan it still may be chilly and gray! Here are five ways to have your Fling with Spring and get ready to Bloom.

**1 SPRING FLOWERS** Surround yourself at home with Fresh Flowers and you'll feel brighter. Spring is also the time to grow a classic sunny flower, do some planting with a mix of true bulbs, corms, rhizomes and tubers.

**2 SPRING CLEANING** There's something about the end of winter that seems to signal a need to open the doors and windows and freshen everything up. Let in the light, clean up and clean out!

**3 SPRING FOOD** As new fruit and vegetables start arriving in stores, embrace the new offerings with a lighter style of cooking and spring salads. You'll feel lighter!

**4 SPRING BODY** Shake off the drying effects of winter and renew your body for the warmer weather. Get ready for extra skin exposure by exfoliating, pampering and moisturizing.

**5 SPRING TOES** They have been cooped up in socks and boots all winter. Book yourself a well-deserved pedicure and get ready to show those toes. Strappy sandals season is just a hop, skip and jump away!



## Girl Power

Grab some BFFs and make it a girl's day by attending the Traverse City Women's Expo. Health, home, fitness, and style are the focus with more than 100 different businesses and organizations exhibiting, all targeted to the female consumer. Sat., April 20, and Sun., April 21, at the Grand Traverse County Civic Center (Howe Arena).

TCwomensexpo.com • 231-775-9900



## On Your Mark, Get Set

For all you runners out there—and I know there are a lot of you!—there's a new event to sink your sneakers into. Traverse City is getting its first Ultra Marathon event this spring. This is a 50K (31 miles) race through the Pere Marquette Forest. Endurance Evolution will be putting on the TC Trail Running Festival on April 12-13, which will also feature 11K (6.8 miles) and 25K (15.5 miles) races. All events start and finish at TC's Timber Ridge Resort and travel through the state forest. The fest kicks off with a 2-person 10K relay race on Friday evening. Visit [enduranceevolution.com](http://enduranceevolution.com) for more information. A portion of the proceeds from this event will go to TART Trails.



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DATE NIGHT

# Come FLY With Me

Chris Klau



Fire Fly's Executive Chef, Timothy Holtz

A true date night should be fun, shouldn't break the bank and, if you are actually all dressed up, should be at a place *where one can see and be seen*. Hello **FIRE FLY**, the restaurant that lights up at night! There is always a party going on, and the secret? Well, it's not the fabulous food, or the fact that Fire Fly was the first place in town long ago rolling up killer sushi. Nope, the secret is the spectacular specials, making a random date night on a Tuesday or Thursday quite the event and possible for any couple to still pay the babysitter and enjoy. Who needs to wait for restaurant week? With these great, eat-them-up specials, you can have a date night every night of the week.

It wasn't always that way, though, we found out as we sat down with owner Jeff Wiltse and his wife Trish, who Jeff insists is the brains of the operation! Jeff built a long and impressive chef resume from years of Big City travels, and Trish is the numbers girl. She is a mighty smart lady, as they not only own Fire Fly, but Bubba's, The Kitchen and Maddy's, too—pretty impressive for a foodie town.

Back in 2002, the restaurant was named 310 (Trish's idea, named after the address on Cass Street). There were beautiful silk curtains gracing the windows and an expensive allure that intimated it was only for fine dining. However, the bar in the back was always named Fire Fly. (Who knew?) In fact, Jeff and Trish used to own The Dish on Union Street (named after Trish). Once they sold this, they decided to recreate the deli in the back of the 310 restaurant. But it wasn't the best thing since sliced bread, and sandwiches just





"It's the place to see and be seen,  
and lights up at night"

Don Rutt

weren't cutting it! After just a few short months, they bagged the deli and built the bar Fire Fly. Originally, Jeff wanted it to feel like it was a bar in his home, cozy, intimate and inviting—a place that oozes with the feeling of close friends all enjoying a good time. Jeff got his wish, and the place boomed long before those no smoking rules went into effect. This was a happening spot until 2 a.m.! I'm sure if the walls could talk ... well, maybe not; this is a pretty small town! Let's be like Vegas, and say what happened there, stays there.

Life was good, very good. Then came along the year that changed all of our lives and, most importantly, wallets: the infamous downfall of 2008. Fine dining was no more, and the restaurant needed a shakeup. The little bug that changed it all was the firefly, a name Jeff chose because it is phonetically fun and pleasing to say; that's all and no big explanation! So 310 got axed. Down came the silk curtains, up came the carpet, in went the wall dividers and an altogether change in the décor. Fire Fly emerged a little more laid back, lighter and fresh, to match the changing wave of the times.

Those changes are what make the place successful today. They instilled a little thing called Fire Fly Time Monday through Friday,



ABOVE: The outdoor fun atmosphere, a perfect date night, overlooking the Boardman River.

LEFT: Grilled Salmon with Asparagus

BELOW: Fresh Sesame Tuna





"We use a lot of Local, and everything is made from scratch everyday"



Just one example of the Japanese style sushi

where from 3 to 5:30 p.m. you can party on the fly! Drink specials are available for less than a cup of coffee! And we are talking wine and your favorite well drink cocktails, people! Yes, maybe now you get why, as you pass by on the way home from work, this place is rockin'! It beckons you in on any given day to "Come Fly with me." And Fire Fly time offers more than just drinks at a discount, you can eat, too, for 1/3 off the menu prices!

We're talking delicious dining with cuisines from all around the globe. Mouthwatering temptations like Asian Skewers made out of Filet Mignon and New York Strip, Tuna Tartare, Pot Stickers, Madras Coconut Curry, Horseradish Crusted Strip Loin, to name just a few, but all with a local and sustainable flavor. For instance, all their burgers are farm-raised beef from Shooks Farm in Central Lake. When we asked what makes Executive Chef Timothy Holtz most proud, he answers, "We use a lot of local, and everything is made from scratch daily." They even have their own baker, who bakes the desserts fresh out of the kitchen, flourless peanut butter and chocolate cake coming in as the most requested. What would the chef suggest? Crab Cakes, Scallops and the Dragon Rolls, which are the most popular sushi item.

Fire Fly time isn't the only time to fly on in. Your night lights up anytime with three plates off the menu for just \$33. Or pick a night, any night, and give in to your cravings. Tuesdays, Traverse City's best sushi is 1/2 off; Sunday steaks are \$5 accompanied with \$5 wine pours! Thursdays would be Carrie Bradshaw's favorite evening—let's call it Martinis in the City! You'll find 1/2 price martinis all night, and with 14 martinis to choose from, that's a busy evening. Some of the ones that jumped out are the TC Tini, The VIP and the RazzleTini, which is the bestseller! Just make sure if you over-martini that you have a driver, please, and no over-martini texting!

If you find yourself overwhelmed with choices and just want to try a good, old-fashioned date night with a traditional meal of something like a Beef Wellington and a custom-paired bottle of wine, Fire Fly can accommodate this evening perfectly, too. With impeccable service and an atmosphere like you stepped into a vacation, Fire Fly truly is a gathering place for a memorable evening. To view all their specials, visit [tcfirefly.com](http://tcfirefly.com).

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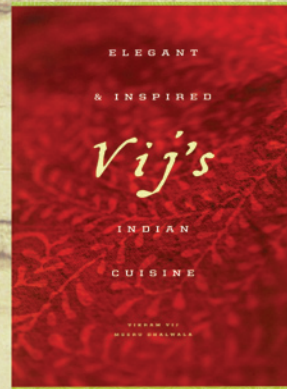
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J-3 Piper Cub, Pilot Grandpa Jim,  
with 2 of his grandsons in tow.





**A VIEW FROM ABOVE:** We have had so many wonderful compliments over the past year about Jim Anderson's stunning aerial photography; we decided it was time to reveal the man behind the camera. Little did we know, awe-inspiring photography is just a tiny part of his life's accomplishments.

**Son, brother, husband, father, grandpa, teacher, coach, pilot, diver, photographer, mentor and Hall of Famer—**all of these describe the charming guy who is Jim Anderson. I have a strong feeling that Grandpa is his favorite, and the role that makes him most proud. His eight-year-old grandson Jack actually called to make plans with him in the middle of our interview. And when we asked Jim to put together some of his most treasured photos, from a career spanning more than 30 years and easing into retirement, guess how many included his five grandsons? Yep. Just about all of them. Of course, there were a lot of planes, too, alluding to why there would be a sign on the wall that reads: "Flying is the 2nd Greatest Thrill Known to Man, Landing is the First."

THE MAN  
BEHIND  
THE LENS

# flying high





**ABOVE:** Jim in action behind the camera

**TOP RIGHT:** The Clinch Marina captured from a birds eye view

**CENTER:** Inducted into the TC Central High School Hall of Fame, wife Jan, daughter Debbie, with husband Dave and boys, Tyler, Teddy and Jack

**FAR RIGHT:** The next generation of pilots, son Mike with kids Avery and Brandon

**LOWER RIGHT:** Aerial of Little Traverse Bay

So I thought we were going to learn all about photography and flying. Instead, I walked away completely inspired. We lost all sense of time and place, and I felt like he had come into my world for a reason, reminding me what life is all about. Let me explain.

The first thing Jim did, other than greet us of course, was hand us a little booklet entitled *Families* by the Rev. John Powell, S.J., and explain that his very devout Catholic mom had made him sit and watch these teachings on TV for three consecutive Sundays. It made an impression. This booklet is a small compilation of the important things in life broken up into three parts—Messages, Memories and Meaning of Life. The booklet explains that it takes a family working together to bring about success.

Jim was inducted into the Traverse City Central Hall of Fame, and as a basketball coach he has given this booklet to each of the kids he has coached since the '70s. One of his past students is Suzy Merchant, head coach of Michigan State University's girls' basketball team. He lovingly recalls how as a 7th grader, she asked him what it would take to be an All-State Champion. He told her to do 500 shots a day every day, and he says for 365 days

she called him. Jim teaches his students not that they have to be the best and win at all costs, but just simply that success is a choice. "They are learning life skills through the game of basketball," says Jim. "If you teach kids personal responsibility and the basics of life, you don't coach—you're teaching them how to live a good life. If they learn the fundamental skills, you'll win games."

We went down memory lane for a while. Born in Manistee, he grew up with his big brother of two years, Bob. His dad worked for Consumers Energy, and was transferred to Traverse City in 1957. "We thought it was the end of the world as we knew it," laughs Jim. During their childhood, one brother found a passion for diving (Bob) and one for flying (Jim). "One son went high and one went low," says Jim.

Jim got to fuel his love for flying at a young age, and it was a special bond in the sky between father and son. If he was really good and the weather was clear, his treat would be to fly with his dad. From high above, they would scour the coast for long-lost shipwrecks. His dad was a self-taught pilot and lucky enough to be a talented mechanic who looked after a wealthy businessman's









**TOP LEFT:**  
Jim's hometown,  
Downtown Manistee's  
Drawbridge

**TOP MIDDLE:**  
Women's MSU Head  
Coach Suzy Merchant,  
grew up coached  
by Jim

**ABOVE:**  
TC Coastguard

plane. In return, the businessman sold Jim's father his 1940 J-3 Piper Cub plane for \$3.95. That plane has been in the Anderson Family ever since, and just celebrated its 75th anniversary year.

Jim went on to college and paved a career for himself as a speech and language pathologist. He married his sweetheart Jan, and together they raised a family—son Mike and daughter Debbie. Along the way, Jim had amazing mentors who helped shape his life and seemingly lead him in all the right directions. Some are still here, some are sadly gone, but Jim lovingly remembers each one with a devilish smile and a joyous heart.

But Jim's life has most definitely been shaped by Karma: If you put good in, then you get good out. He is surrounded by solid, good people who are motivating mentors, because that's exactly what Jim is. And no one comes close to being the biggest inspiration in his life more than his mom and dad. "Just try it, try as many things as you can," Jim says his dad used to tell him, long before today's overuse of the word "Passion."

He got his pilot's license at age 27. In 1980, after years of flying, he was having his hanger inspected by a guy named John Wagner. John asked Jim, "When are you going to get a camera and pay for your plane?" John, who has published books on lighthouses and aerial views, became Jim's mentor for the photography chapter of his life. Jim admits that this area is just beautiful, but the creative eye comes into play just a little.

Creative considerations include knowing the perfect time to shoot. As photographer Ted Kline told Jim, "There a few special days after a huge storm. Take as many pictures as you can."

Jim flies by himself most of the time. (His wife Jan actually doesn't like to fly!) For us laymen who have no idea what it's like inside a cockpit, Jim explains that in order to take pictures he gets to a certain RPM to trim the plane so it flies straight, and he continues to do a lot with the rudders at his feet. The window goes up and the handheld camera captures the magic.

Jim's work hangs on coveted walls all over the area and beyond. Much of his work is commissioned by small and large companies, and he covers big events such as the Cherry Festival and the Film Fest. He even takes aerial pictures of people's homes. And, of course, we are truly lucky to have a special relationship with Jim, that he allows us to share with our *BayLIFE* readers the spectacular shots of this area in every issue, and we thank him wholeheartedly.

So these days, his five grandsons—Teddy 13, Tyler 10, Jack 8, Avery 6 and Brandon 4—frequent as his wingmen. Teddy wants to fly solo at age 16, and Avery has already flown 49 times and wants his 50th trip to be on skis! Jim is still coaching girls' basketball at St. Francis, and he has specific





next-level goals for his photography. When I asked him whatever could he have left on a bucket list of such a full and enriched life, he didn't really answer. But he was immediately jolted to the present, far from his coaching, teaching and flying memories, to remind himself and me that this would all not be possible without his number one wingman (who doesn't like to fly, remember) wife Jan. "She is a registered nurse, and knows everything, and keeps everyone together. The kids call all the time and ask her questions," says Jim. At the end of the day, LOVE is what it's all about. That's why we are here, and that's our purpose.

Jim shared a touching story of his mom's passing with her family lovingly enveloped around her. His mom specifically instructed them to "Start each day with love in your heart and pass it on." When he remembers all his mom and dad did for him, he says, "It just doesn't get any better." On the way back to the front door, Jim picked up a little framed picture of a parent with a child that included the quote: "The best things in life are free." "This is so true," Jim said.

While writing this, I remembered a quote I recently read: "We met for a reason; either you are a blessing or a lesson." Mr. Jim Anderson, you are a blessing.

**THE BLUE ANGELS** soared into town as they do for the Cherry Festival a few years ago, and pilot Lieutenant Frank Weissner admitted to Jim that even though he bolts through the sky at more than 600MPH, his favorite plane in the whole world is the J-3 Piper Cub that Jim calls his baby! Jim was thrilled to fly with him for two hours over Sleeping Bear Dunes, Beaver Island and Glen Lake. In fact, even though Jim handed over the reins, Frank couldn't land the plane because he didn't have his tail dragger endorsement. Frank asked Jim if he could take his flight test in the plane the next time the Blue Angels were in town. Jim answered, "Are you kidding? My dad will be dancing in heaven." He sure did, and here are some pictures of that monumental day.

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# Beaver Island

A dramatic aerial image of Beaver Island (looking north) taken by Jim Anderson of Anderson Aerial Photography. Beaver Island lies 32 miles from Charlevoix and is the largest island in Lake Michigan with a population of 657 year long residents.





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## Celebration for Young Children

April 27, 11 a.m. to 2 p.m., **DOWNTOWN TRAVERSE CITY** will hear the pitter-patter of little feet with hundreds of little ones and their families strolling through Downtown and celebrating with activities throughout the area. The celebration is hosted by the DTCA in cooperation with the Grand Traverse Association for the Education of Young Children. Events will take place at the City Opera House, Horizon Books, Traverse City State Bank and many other stores Downtown.

.....  
www.downtowntc.com • 231-922-2050

## Boardman Break

March 25 through 29, schools will be out, but the **BOARDMAN RIVER NATURE CENTER** will be hopping! Every day they will preview a different summer camp theme. Come in daily between 1 p.m. and 2 p.m. to participate in fun crafts and activities and find out more about camp. Don't forget to have your "Passport to Nature" stamped daily for a special prize! Please dress for the weather, and we'll see you rain or shine! Ages: 4+ welcome with an adult.

.....  
www.natureiscalling.org • 231-941-0960



## TOWERING GARDEN

The Grand Traverse Area Children's Learning Garden will be getting a Tower Garden to teach children a new method of gardening. What is a tower garden? It is a vertical aeroponic growing system that can grow 20 different vegetables, herbs and flowers in less time and space than using soil. The tower is five feet tall and uses water and fertilizer to grow healthy vegetables. The Grand Traverse Area Children's Learning Garden is a non-profit organization that specializes in roots to mouth education. Children plan and develop gardens in the summer by the lake side of the Traverse Area District Library. Gardening with children also teaches measurements, imagination, environmental awareness and so much more. Their gardens donated 60 pounds of food last season to Food Rescue.

.....  
www.gtachildrengarden.towergarden.com

## Easter Edibles

Make some Easter magic in the kitchen with your little ones. For birds' nests, on cupcakes use toasted coconut and La Choy noodles (stick them on with the icing underneath), and stock up on jelly beans and chocolate eggs. For a little extra Hop in your step, try the bunnies on for size, getting creative with icing, marshmallows and mascarpone. Whatever you make and however they come out, you'll be creating Easter memories for a lifetime







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ALBERT EINSTEIN

**THE HUNT IS ON**

The 2nd annual Traverse Traveler **SCAVENGER HUNT FOR AUTISM** will take place in downtown Traverse City on Sat April 13th from noon to 2pm. This family-friendly event was created to raise money for the TCAPS iPads for Autism program, increase awareness about autism, and of course, have FUN! Last years was the first and had an amazing response from the community with 84 teams, 337 participants and 18 venues on the Scavenger Hunt, and earned over \$14,700! The proceeds were used to purchase 27 ipads and \$2300 in apps for students with autism. Help this year's top that number, for more info and to get involved go to [www.traversetraveller.com](http://www.traversetraveller.com). It's social media, doing social GOOD.



**APRIL IS NATIONAL CHILD ABUSE MONTH**  
Do Something. Get Involved.

**Shockingly one in four girls and one in six boys before age eighteen will be sexually abused.** As Denise Busley owner of Grand Traverse Pie and loyal local supporter of the Traverse Bay Children's Advocacy Center says. "These are not just statistics... **THEY ARE OUR CHILDREN.** Not wanting to know this, or think about sexual abuse of children is **NOT** going to make it **STOP.** Knowing what it looks like and how to protect our children through our vigilance **WILL.** The numbers of children who are abused is **STAGGERING...** Educating our community about child sexual abuse is paramount. We **MUST LOOK AT THIS...** stare it in the eye... in order to truly become the best stewards of our children. Simply put, it is **UP TO US.** We are the only ones who can and we **MUST.**" The first thing you can do is mark your calendar to attend the **3RD ANNUAL ZERO TOLERANCE EVENT** April 27th sponsored by our local Traverse Bay Children's Advocacy Center at the State Theatre from 1-4pm. (Since 2010 The TBAC has seen and helped over 430 children, the average age being 8 years old. Director Brooke Netz does an amazing job and would welcome your help in any way you are able.)

.....  
[www.traversebaycac.org](http://www.traversebaycac.org) • 231-929-4250.



March is National  
Reading Month

Inspire your kids to be great readers: Here are proven techniques you can use to teach your child that reading is valuable and enjoyable, and that promote reading for all children:

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Set a good example as a reader - let kids see you reading every day.

.....  
Get a subscription in his or her name to an age-appropriate magazine for your child. When relatives and others ask for gift ideas, suggest magazine subscriptions, books, or a book store gift certificate.

.....  
Make reading fun - a time that you and your children look forward to spending together.

.....  
Check out The Read-Aloud Handbook by Jim Trelease (New York: Penguin Books, 1995). It's loaded with fun tips and reading recommendations.

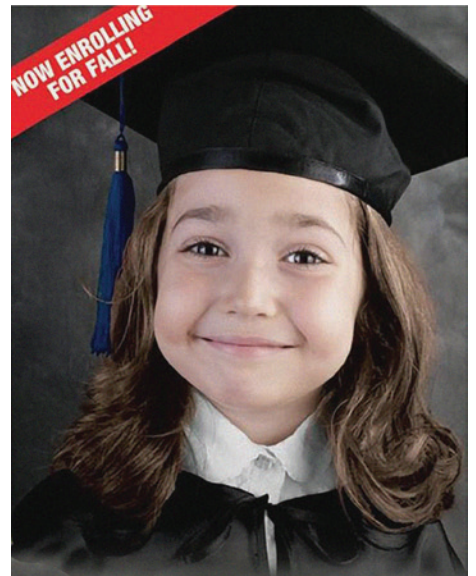
.....  
Keep lots of books, magazines, and newspapers around the house. Visit the library often and shop for books at garage and yard sales, swap meets, and used bookstores.

.....  
Don't fret if "Captain Underpants" has captivated your child rather than Robinson Crusoe. The important thing: they are reading! Their taste will mature, as they do.





SEE SOMETHING, SAY SOMETHING, DO SOMETHING  
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When Stacey and Steve Wilcox, along with baby son Nicolas, moved here in 2003 from Colorado, they searched far and wide for the perfect house, with help from their realtor. After no luck for the longest time, the realtor kept bringing them back to Bay Bread Company. The little bakery on the corner of Randolph and Maple streets was for sale. “You should buy it,” he said relentlessly, as he knew they had a successful background in the food industry, and they both had yet to find a job they were excited about. “I remember, I walked in the door, saw the flour bags and felt like I was walking into someone’s kitchen. I walked out and bought it, thinking ‘Oh, My Gosh, there’s so much we can do here! It’s a gem,’” Stacey recalls. Now she lovingly refers to this story as, “We bought ourselves a job!”

LEFT: Over 40 types of bread await you at Bay Bread Co.

BELOW: The Wilcox Family, Steve, daughter Olivia (6), Stacey and son Nicolas (10) pictured on the counter inside the bakery.





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Both were originally from the Upper Peninsula and ran away to Colorado to go college and stayed to live the hustle-bustle city life. Stacey was a software engineer, and Steve was in the food brokerage business, selling wholesale to clients that included Sam's Club and Costco.

But all that changed when they had Nicolas. They wanted to slow down and raise their family. They packed up the car, including 2 dogs and a cat, and drove straight to Traverse City! So here they were in their late 30s, starting their lives over again from scratch!

They did finally find the perfect house, and the next step was overhauling the bakery. (It had been open since 1998, but wasn't making a profit on authentic French baguettes alone!) First, they set down a few rules. They wanted to make sure this bakery was a true Mom and Pop, Never Open on a Sunday. They also wanted to be able to offer medical benefits for their staff with the philosophy "What we do for us, we do for our team," says Stacey. Also, and this

is a big one, "We make everything, every day." These days, that includes making more than 40 different types of bread! And everything is made with Real Butter, Olive oil and Canola oil. You won't find any hydrogenated stuff here! "It's a bakery but we care what goes in it. We chop all the cheese here, shred all the vegetables, and roast all the nuts. We make the bread for GTACS schools, and most local restaurants choose our bread," says Stacey proudly. For convenience, the bread is available for purchase at Family Fare (formerly Glens) on 8th Street and also Sam's Club, but they have no desire to be everywhere. "That takes away from why Traverse City is so unique. We have a meat market and a bakery on every corner, and it's those little things that count—service matters, and I love everything about it."

The little bakery on the corner was doing quite nicely. In-between making bread, they made another baby, adding to their family a darling little girl Olivia who's now six.

Stacey has no problem admitting that she is a Type A personality, on the go and always looking for something she can make better. So recently, the next project she delved into was transforming the upstairs into a wonderful haven to relax and enjoy all the treats from downstairs. This is where Stacey saw a "gem" and her friends thought she was nuts! But nonetheless, The Roost was hatched! First of all, the name is play on words as this haven is above the bakery. And the French Country Rooster theme came about because Stacey sadly lost her mom, and the accents were all her mom's treasures.

If you have never experienced The Roost, it's like a little secret we will let you in on. Not at all like a trendy, yuppified coffee shop with Wi-Fi, it has a charm all its own. It's an inviting, comfortable place that reminds you of an old-time Bed and Breakfast dining room. You can enjoy the killer view of the Bay, pour your own coffee in the kitchen and lose yourself in a book,





FAR LEFT: Welcome to delicious, what to pick?

LEFT: The Roost "upstairs" is a secret gem

ABOVE: The French Roost accents are sentimental they were Stacey's moms

RIGHT: The bakery's inviting storefront

BELOW RIGHT: Local coffee Great Northern Roasting Company is the specialty of the house

## FUN FACTS

- Most Requested Bread is Multi Grain
- Hottest Seller is Pepper Parmesan Bread
- They serve hot breakfast sandwiches
- Best Bargain: A basket of 4 slices of toast is only \$2
- Their coffee is local Great Northern Roasting Company with coffee flavors such as Snickerdoodle YUM and only \$1 a cup!
- They serve lunch: Hot soups, more than 15 types of sandwiches and five different salads
- Nicolas's famous Hot Cocoa on the menu is his recipe of a drizzle of caramel over whipped cream

*You thought they just had bread! HUH!*

your thoughts or your social media world. No rush, no pressure, and the delicious homemade aromas from downstairs aren't too bad either.

When I ask Stacey what she is most proud of her answer was this: "That I have team that can produce six days a week as much as we do. It's amazing, and so are they." She goes on to tell me it's amazingly hard work, old-fashioned hard work. It's also a great place for a teenager to start out and learn a great work ethic. That includes her son Nicolas, now 10. He helps his mom on many a snow day. He even helps her out with ideas for bread recipes and kid-friendly items. All of his friends call it Nicolas's Bread, not Bay Bread! He wants to work at the bakery in summer, but his dad says he has to go to camp! Speaking of Dad, Steve does all the inventory control and the math of the turnaround on the ingredients. The bakery works on the metric scale in grams, which is the most precise way

down to each decimal point. In fact, when Stacey was pregnant with Olivia at a sonogram, Steve figured out she weighed at the time 100 grams, equivalent to a hot dog bun! This takes the term "bun in the oven" to a whole new level!

When Stacey bought the bakery, she admits she thought she could save the world, but it's a big world out there! What she does manage to do is pretty awesome—nothing gets thrown away. They sell some overages for half price the next day, and after that, all excess goes to the local food pantries. They do a lot of work with charities and donate bread as much as they can. Bay Bread can always be found at a local spaghetti dinner, fundraiser or a festival. As Stacey says, "It's all about people helping people." This is exactly what the term "To Break Bread" means. And in learning all the ways that the Bay Bread Family helps our local community, how very fitting that term becomes.









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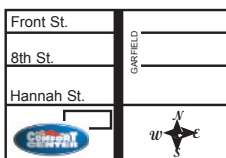
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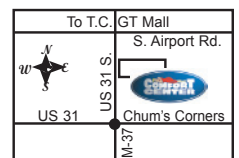
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# “I Think Better When I Paint.”

**BRENDA J. CLARK** heard the sentence, “I think better when I paint” as she listened to a piece about seniors with dementia expressing themselves through art. She wholeheartedly related to the feeling. “That’s me,” she said, although she is far from having any “senior moments” just yet.



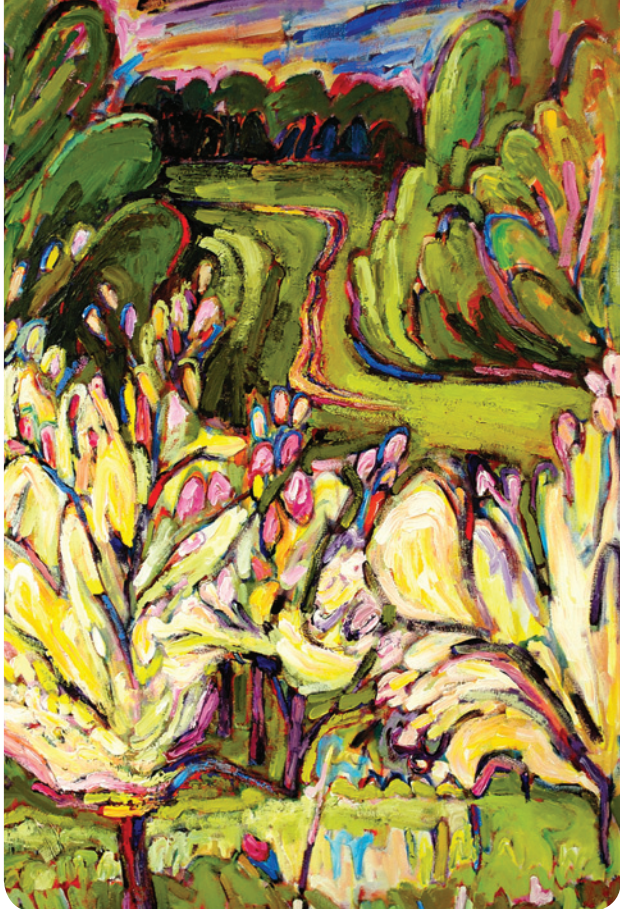
Brenda has a wonderful and easy way about her. When she speaks, a simple confidence and a pure love of what she does just shines through. Her eyes always light up a little more at mention of her girls, Helene Claire and Flora June, and husband Johnston, her true partner in crime in her gallery and in life.

Today, Flora June is seven and Helene Claire has just entered her tweens at 10. When Helene Claire was a baby, Brenda opened the gallery in Leelanau County, which is now in Suttons Bay. This year celebrates her gallery’s tenth anniversary, and Brenda’s tenth season of making a living solely on her talents as an artist. This is quite a feat when you consider how many struggling artists are out there.

Brenda has won national recognition and acclaim as an Expressionist painter whose works are characterized by intense color and agitated brushstrokes. A layman might think: Vincent van Gogh. Brenda’s original pieces of fine art adorn walls in homes and businesses all over the globe, and we are lucky to call her one of our community artists.

Quite frankly, Brenda’s education and resumé are beyond amazing. She grew up on a farm with rolling hills in northern Missouri. This is where her love and passion for painting began, where she first set out to capture the nature and feeling of light inspired by her senses and serene outdoor surroundings. She attended Kent State, has a graphic design background, and even taught at





Michigan State University for 10 years.

Brenda tells many stories of being a poor grad student, describing the different kinds of paintings she did then. “They were very big and very animated,” she says. She would hand-sew her five-foot canvases together, before finally getting them on the wall. The red chair that sits in the front room of her gallery is an old familiar friend that’s been with her since those artsy grad student days.

It was in those earlier days that Johnston and Brenda met in East Lansing. The story of their romance could be a whole other feature, as they traveled the world together. They married in 1999, and both received residency grants in teaching to move Up North to Leelanau County.

### WALK OUT INTO THE WORLD

That’s what Brenda’s art asks you to do. As you step into the gallery, a painting on the left jumps out at you. It is a giant-size canvas of Brenda’s garden. “Most of my paintings start out very loud,” Brenda explained, and this one is no exception. Once she starts a painting, she says that she is anxious to see where it’s going to go. In its in-between stages, the garden painting kept getting stored behind the couch, as each time it came outdoors the garden changed and kept evolving. “It had an animated dialog that I was having fun with. I

loved the intensity. It was full of hollyhocks, but then the lighting changed and the daises left, and as you do more sessions, things get more complicated and your mindset changes,” Brenda said. The painting’s most prominent feature is the sunflowers. Brenda pointed out that they have heart-shaped leaves. If you look closely, you can absolutely see it.

A walk around the gallery conjures recollections; some locations in the paintings look vaguely familiar. That’s how Expressionist painting works. You can recognize the interpretation of the subject, and it’s a representation. For example, consider Brenda’s painting of Fishtown in Leland. You can identify the scene as Fishtown, but the painting imbues it with a whole different light, color, texture and affect. Also on the wall is a painting commissioned for Interlochen School of the Arts to be the face of their new App, and the perfect lead-in that Brenda will be teaching a class there in summer.

Brenda teaches many workshops on an ongoing basis. But what really motivates her from within is to just be outside—“out there” where she never knows what she is really going to paint, and her favorite easel is actually a chair because it’s more stable. She carries on her “Outside Travels” many different sizes of canvases, and also blocks

FAR LEFT: Brenda J. Clark pictured in her gallery in Suttons Bay.

ABOVE LEFT: One of Brenda’s original paintings

ABOVE: The Pallete Cards, born from her paper plate palettes.

BELOW: An example of her painting technique.







ABOVE: Farm on South Center Highway

OPPOSITE PAGE FROM TOP: Paintings *Circa Waiting on Spring*, *Fishtown in Leland* and *Garden Outback*, the painting of Brenda's garden, with the old chair from her grad school days.

of wood that Johnston primes for her. Her paints are acrylics, not oils. Brenda studied with oils, but in these modern times she finds acrylic paints to be much more forgiving. This conversion from oils to acrylics came about when she was pregnant and painting. Her outdoor box of tricks always includes a pair of scissors to cut the tubes, making the colors last once on-task and on-location.

Brenda never has a set "This is what I'm going to paint." She said, "I don't demand a view. I love to be in the moment." Brenda is also a realist. As a mother and a wife, she doesn't have the luxury of time that she used to, to get completely lost in a painting. How she decides on a big canvas or a small painting was quite surprising. Basically, it's how much canvas or wood blocks she has in her arsenal, or how much time she has, or even, is the weather conforming to her day? I thought the answer would be much more Romantic, but see, even an artist has to be Practical!

Whenever you have a stunning piece of art, the frame of course is the next major

decision. Here at Brenda's gallery, there is no better example of "Teamwork makes the Dream work." Brenda and Johnston collaborate beautifully, and Johnston works tirelessly to create a look of perfection. He explained how he makes the art "Float" in the frame. Once a client has purchased a piece of Brenda's art on canvas or wood, Johnston's framing is by far an added benefit and his passion. He confers with the client and then custom paints, stains, finishes and fits the painting within an exclusive, one-of-a-kind frame. He even makes sample test strips of the planned frame for clients. Johnston is careful to never cover a painting's edges, so that none of the original painting is ever sacrificed or hidden in a corner of the frame.

Johnston's framing is such a passion and fine art that the family takes back roads on the way home to Missouri, looking to pick up treasures of old frames along the way. Johnston has become quite the professional at restoring and building back up old antique frames, and then finding a home for them around just the right Brenda J. Clark original painting. All of this is not

too shabby considering that Johnston is actually a writer.

In addition to the palatial paintings that span the gallery's walls, a tiny side business has sprung out of an unlikely source. Every time Brenda paints, she uses a simple paper plate as her palette. As the layers of paint accrue, each paper plate palette becomes a unique, one-of-a-kind creation. Named "Palette Cards," these were her daughter's idea—and that explains why some feature sparkling glitter glue.

Some people pick up these plates and naively ask Brenda to sign them as a Brenda J. Clark original. Of course, she doesn't really refuse. How could she? As a starving young artist, your wildest dream would be for people to ask you to sign your work for them.

Brenda has certainly evolved from there as a painter. Adoring fine art lovers have paid thousands of dollars to have her spectacular canvases grace their walls, sending her to the next level and beyond. Congratulations on your decade mark; we are thrilled to be part of your celebration.





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## Earth Day Tips

April 22 is Earth Day, it is meant to bring awareness to the ways we can preserve our planet and resources. But of course every day should be Earth Day at home; here are a few tips to Go Green.

**CHANGE IT UP:** Choose a water-efficient showerhead.

**LOAD EM UP:** Only run the dishwasher when it's full.

**WAIT FOR IT:** Only do full loads of laundry and set the rinse cycle to "cold."

**GO RETRO:** In warm weather and hang your items out to dry in the sun.

**SCREW IN:** Choose energy-efficient LED or compact fluorescent (CFL) light bulbs.

**UP AND DOWN:** Lower window shades to keep your home cool in the summer and raise shades to help heat it in the winter.

**DON'T FORGET:** Switch from regular batteries to rechargeable batteries.

**SHOP SMART:** Buy home products that use recyclable materials and select green cleaning products.



## Spring Decorating Tips

As the weather warms, freshen up the interior of your home to be lighter and brighter too.

**NEW THROW PILLOWS:** One of the easiest quick changes for a room.

**BRIGHT TABLE SETTINGS:** Playful yet chic, as we look forward to Spring and Easter Entertaining

**NEW HUE:** Nothing creates a new space quicker than a fresh coat of paint!

**DON'T RECYCLE, UP CYCLE:** Give an old dresser a makeover with a boost of color

**PLAN OUTDOORS:** Start cleaning up your deck, porch and patio ready for summer!



### GOING TO THE SHOW!

'Up-North' is a lifestyle all its own, and whether your home is downtown, on the lake, high on a bluff or a cozy cottage in the woods, you will find inspiration for your family's humble abode at this year's 4th annual Up North Lake & Cottage Show April 12-14th at the Grand Traverse County Civic Center. The show will offer over 131 booths, and exhibitors ranging from interior designers to landscapers and bedroom, bath, kitchens interior and exteriors. Whatever your visions for your home, if you can dream it they can certainly make it happen.

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## ASK ANGELA

BY ANGELA GOODALL



PHOTO: GRETA MYERS

*Angela Goodall is the lead designer and co-owner of Kitchen Choreography with her husband Mike.*

Old can be new again. Reusing the original metal cabinetry, but adding some storage and color with new, brings this kitchen a whole new look and flow.

# Green Construction

## NOT JUST A COLOR

“Shades of green” is the color of the year for 2013. But the “green” addressed in this column is the idea of an earth friendly approach to your construction project. As a consumer, you have choices to make when it comes to your stance on green materials or vendors to use when building or renovating.

### **MATERIALS WITH RECYCLED**

**CONTENT:** Many manufacturers are offering material options that contain a certain percentage of recycled content. Carpeting, countertops, flooring are just a few. There is typically information directly from your local resource or supplier as to whether the recycled content is pre or post-consumer and the overall percentage the product contained.

### **EARTH FRIENDLY CHEMICAL**

**MAKEUP:** Water based finishes, formaldehyde free are buzz words in the construction industry. These materials are being promoted as less toxic to your air quality with off gassing being a minimum. These products were originally developed

geared towards the hypoallergenic consumer, concerned about the air quality in their home.

**CARBON FOOT PRINT:** the amount of carbon dioxide emitted in 1 year based on distance traveled. Using local products not only strengthens the economy in your own community, but can be a very green approach to your project. If this is an option you would like to investigate further, ask where all of the materials being used to construct are being shipped from, so it is not just the end product that has the small carbon foot print.

**SUSTAINABILITY:** my personal favorite. As a professional, I am working every day

to design environments that are aesthetically pleasing to my clients, but always advising them on the quality level of their materials. Purchasing products that are built to last will be one of the largest long term affects to our environment. Construction debris can quickly fill a dumpster, so the longer you have materials installed in your home, the less damaging to your pocket book and ultimately the environment.

**REUSE AND REPURPOSE:** Certainly a current trend, but one that can often lead to a very unique, creative approach to design. I recently completed a remodel that incorporated the metal cabinets original to their kitchen circa 1950. We replaced the tops with Corian and built new cabinetry around their refrigerator and range. The end result is a very cute, unique kitchen that fits the home’s landscape perfectly.

I do believe that every little bit helps, but what you choose for your approach to being environmentally friendly is personal.





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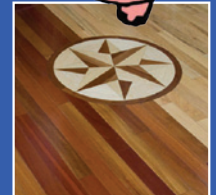
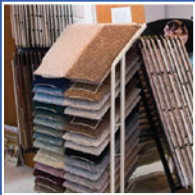
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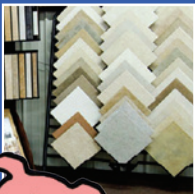


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# THE MODERN Tree House

## WHAT HAPPENS WHEN

a stunning blonde from Saginaw and a tall, dark and handsome New Yorker hook up in Florida at Spring Break? They get married, move to Lansing, live the young *Melrose Place* hipster lifestyle and then come visit the Traverse Area. They do the touristy thing, and they decide this is a great place to move to raise a family and build a business.



The White Family at home in their front living room.







10272





ABOVE: The ultra-chic *coffee-and-cream* modern kitchen  
 BELOW: The "outside" penthouse patio fireplace



Welcome inside that couple's house: the cool, eclectic home of **RACHEL AND MICHAEL WHITE**. First, we have to take a step back and tell you that their first home had a killer view of the bay on M22. Sadly, they soon realized that view came with a price; the road just wasn't kid friendly. So they went on the hunt for the perfect spot to build their family's new safe haven.

They got a tip that there was one lot left in the Cedar Cove neighborhood, so they drove there on a wintery and snowy day. They drove down the hill to see where the heck the lake was, and they fell in love with the water. With no four-wheel drive, it took them a solid 30 minutes to get back up the hill. This gave them a lot of time to check out the lot from every angle! Because it was a primo area and the lot was pretty tight, they knew they didn't have the luxury of building wide and would have to build UP. They scoured websites and house design plans to find just the right fit, and they ended up pulling a little piece of what they loved from a whole bunch of designs to make up the one contemporary house they could both agree on. Each had a strong vision—Michael wanted modern and Rachel wanted Up North modern—and these ended up fusing together perfectly.

A *must have* on the short list was natural light; they wanted windows, as many as possible to let in the light. Another *had to have* was wood-burning stoves for coziness and warmth; the fireplace in the living room doubles as the dining room's, too. They have a really avant-garde version of the fireplace in their master bedroom (where all the magic happens), and a natural stone fireplace outside on the patio on the penthouse deck (where the adult parties are enjoyed).

The look of the fireplace in the living room and dining room has its own story. Rachel felt there were already enough stone, brick and natural elements in the home and wanted something totally different. She was inspired by Mr. Big's NYC bachelor pad in the beloved show *Sex and the City*; for an instant, she saw this





ABOVE: Rachel's Custom fireplace inspired by Mr. Big

ABOVE RIGHT: The 3 little angels that call this home

LOWER RIGHT: The infinite "floating" staircase

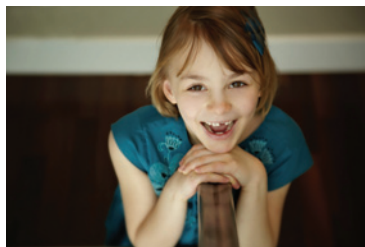


funky fireplace and created her own interpretation of it for the living room/dining room fireplace. She herself cut wooden 2 by 2s on an angle, placed them and stained them. And it works. I kidded that she has her own Mr. Big—Mike, being from New York.

The showpiece of the entire house, and the *had to have* thing that makes you go WOW is the infinite staircase. Framed by the wall of windows to the side, the staircase is industrial-looking metal and a blend of unique woods. It's a pure masterpiece, like walking into a Big City loft; there's a vastness as you look up or down, and it goes on forever. It's simply dazzling. The concept was to create a floating staircase, and boy, is the concept successful. Michael says Ace Welding did the fabrication, and he was 100 percent blown away by how they did it.

Moving into the kitchen, this has a contempo-take all of its own, too. Rachel wanted two tones in the kitchen, a light and dark to create a yin and yang. She was concerned that all dark coupled with the dark wood floors would be too overwhelming. To complement the two tones, she chose a coffee-and-cream granite; the massive slab on the island looks spectacular and really makes a statement. The coffee-and-cream color scheme continues throughout on the shiny tile backsplash. Fitting with this trendy interpretation of an Up North home is a stainless steel farm sink that completes the space. I ask Rachel how much cooking goes on in here. "Being pregnant actually makes me bake," she says. (Rachel is pregnant with #4 in June.) Also, Rachel explains she has been a vegetarian since high school, although she does eat fish. When I ask about the groovy stools, I find out they are from the hip store Crate & Barrel. Rachel points out that she





doesn't usually frequent these places, and instead loves to find vintage and antique treasures for her home by the way of estate sales and secondhand stores, and she loves Relectia on Garfield Avenue.

We got a tour of the kids' adorable rooms, and along the way admired gorgeous baby pictures of their three beautiful daughters, Esmé, 6, who is named after Rachel's favorite book *The Catcher in the Rye* (a first edition of the book is actually framed on the wall, a gift from Michael), Gigi, 4, and Mia, 20 months.

This house has a wonderful vibe of ultra-cool, but at the same time it's comfortable and lived in. The three little princesses who live here saunter up and down that infinite staircase with ease and twirl through the hallway in dress-up clothes.

Rachel says, "I feel like I am on vacation every day." With the development containing only 19 houses, they have private access to the lake. Every day in summer they grab their bathing suits, pack a picnic and escape. "It feels like a tree house in the summer," she says. Of course, in winter Michael says the only winter hobby he has is shoveling the front steps! Well, be careful what you wish for—when you build a house high, you have to step up to it! I don't think Michael has much to complain about with a beautiful wife, three darling little girls and a baby on the way. He may be the only man in the tree house, but that makes him Tarzan, right?

ABOVE LEFT: Rachel & Michael, waiting for Baby #4  
 TOP: The living room  
 ABOVE TRIO (FROM TOP): Esmé, Mia, Gigi  
 ABOVE RIGHT: Twirler Gigi  
 BELOW: Flower the Maltese/Yorkie mix who really owns the house







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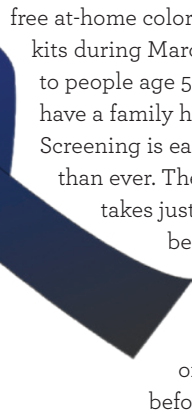
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## March is Colon Cancer Awareness Month

Colon cancer is the second leading cause of cancer death in the U.S., but it doesn't have to be! It is one of the most preventable forms of cancer. Nine out of 10 colon cancers could be prevented or successfully treated with regular colon cancer screenings. Beginning at age 50, both men and women at average risk for developing colorectal cancer should be regularly screened. Early detection saves lives by finding cancer at a stage when treatment is more effective, and the chance for a full recovery is very high. Locally here in Northern Michigan, **THE MCLAREN CANCER INSTITUTE** is distributing



free at-home colorectal cancer screening kits during March. The kits are available to people age 50 and older or those who have a family history of colorectal cancer. Screening is easier and more accurate than ever. The painless one-step test takes just a few minutes and can be performed in the privacy and convenience of your own home. Plus, the kits require no dietary or medication restrictions before screening.

To request a free kit, call 1 (855) 552-KNOW (5669) or visit [www.mclaren.org/cancer](http://www.mclaren.org/cancer).

Grandparents always have time for you,  
when everyone else is **TOO BUSY**.

## DIG IN TO SPRING

It's time to get in the garden. This year, why not grow some Veggies and Herbs! Here are five reasons to get one blooming.

**HEALTHIER EATING:** Growing and harvesting fresh vegetables helps to improve nutrition and increase the crucial vitamins and minerals in your diet. Plus, it's right outside your door.

**BENEFITS OF ORGANIC:** Naturally grown vegetables taste better, and can be harvested when they are ripest, providing the highest nutritional benefit.

**SAVE MONEY:** Planting expensive items like tomatoes, peppers, beans and cucumbers in your vegetable garden will save you money.

**CONNECT WITH NATURE:** Working in the fresh air and sunshine is good for the soul because just being outside in natural surroundings adds to a better sense of well-being.

**IMPROVED FITNESS:** Vegetable gardening is great exercise!



## ONE DOLLAR, ONE DAY SALE

This is a great way to stock up on your personal collection of Books to pull from for those lazy days of summer ahead. The book sale on Saturday, April 20, 9 a.m. to 5 p.m. at the **TRAVERSE AREA DISTRICT LIBRARY** happens only once a year! Stock up for your grandkids, too.

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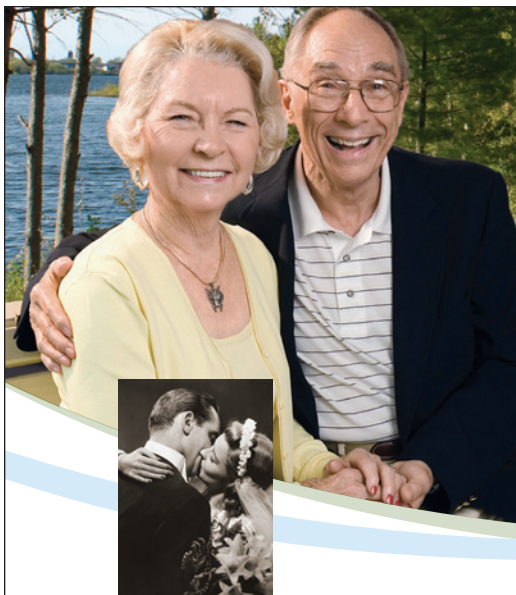


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## Sunrise Cattails

I enjoy winter, but I think I enjoy leaving winter even better. For most of us living at northern latitudes, nothing is more anticipated than the coming of spring. No other season has such a burst of life. In a breath of fresh air, the woods come alive, seasonal birds return, and light dances on the lakes and streams once again.

I walked along a beach in the dark before dawn, exploring a place I'd never been before. At first light, the shadowed landscape before me revealed itself as the night slowly retreated like a black sheet being pulled away. I walked into a large stand of cattails, twisted, bent, and broken-in-half from the strain of winter. I worked my way through to the center and found a nice vantage point to watch the sun rise. The clouds parted and the sky transformed as the lake reflected what it saw above, and the sun reached out and delivered spring.



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