East Jordan holds off waste approval

East Jordan is going to the Ashburt.

City superintendent Mike Dionne said the Boyne Valley service is providing the city with an opportunity to continue its efforts to reduce sewer back-up problems.

"We've been trying to hold off," said Dionne. "We've had problems with sewer back-up problems."
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Dear Editor,
Remembrances

Barbara Cruden

We stood at the essentially confined gate of a new year. Long ways back, before darkness, the day had to be a loner. All the empty streets and houses and gardens that begin in spring. Somewhere I wonder why anybody would be able to begin on December 31 when the earth rolls and days begin to grow longer again.

There are other questions that came to mind, possibly prompted by the new year's perspective. Will they be as small a bridle in it and it won't expect ever be a moment? But necessarily the most important, why do people always get paper towels on the refrigerator and want to leave it there when it's wet?

And why do you just sit around in your pajamas before you can't take your newspaper. And why, in conclusion, all the things growing in the garden, dahlias and carrots are two that I'm currently fit to abandon, grow out of soil, and eat them.

And don't ask why people, coming from the left, don't eat that they're going to save when they see your paper, waiting at the stop of the street, always in their hand to plug in.

Barbara Cruden

Jottings

Barbara Cruden

In introducing First Federal's Money Market Account,*

- Interest on your account will be computed daily and paid monthly.
- You can make unlimited deposits and withdrawals in person or by mail.
- Your account is as convenient and accessible as your nearest First Federal of Michigan branch office.
- There are no withdrawal penalties or fees with a First Federal's Easy Access Money Market Account.*
- We will offer you an interest-earning personal checking account, free of monthly service charges, and a Prestige Card for your Night Owl Windows.
- Deposits at First Federal are insured up to $100,000 by the Federal Savings and Loan Insurance Corporation.

First Federal of Michigan will pay you market rates when you open and maintain one of our new Easy Access Money Market Accounts with a $2,500 minimum.

The above rates will be effective through Saturday, January 2, 1983. A rate increase will be established on Monday, January 3, 1983, and an additional rate increase on Friday, January 7, 1983, and will be paid at that time.

MONEY MARKET ACCOUNT:

- Rates and terms vary. Ask for complete program details.

FRIDAY, JUNE 12, 1981

INTRODUCING FIRST FEDERAL'S MONEY MARKET ACCOUNT:

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MONEY MARKET ACCOUNT:

- Rates and terms vary. Ask for complete program details.
WHKQ sends mayor's nephew to see the spring

When Tim Moore and Radio Station WKHQ's Ken Matthews decided to send an eligible 13-year-old California boy on a 10-day Spring Training Tour to see the Los Angeles Dodgers, Ken knew he couldn't afford to fly the boy. His idea was to send the boy by train. The boy was in the 7th grade at San Fernando Valley Christian School. He had just been offered a football scholarship to Stanford University. His best friend, who was also a football player, was also offered a scholarship. They both would be roommates. The boy had never been to California, so he was very excited about the trip. When the train arrived at the station, the boy was greeted by a man who introduced himself as the tour guide. The boy was taken to a hotel where he would be staying for the next nine days. He was also given a list of activities to do while in California, such as attending a Dodgers game and visiting the Hollywood Bowl. The boy was very grateful for the opportunity to see California and was looking forward to the next nine days.
No text content available.
1982; a year in review

Bowling Scores
Boyne City

Thursday Bowling
Lincoln 23 25 72
Bill 23 27 74
Tom 24 27 79
Gail 24 26 78
Bill 25 23 79
Pat 22 27 59
R.C. Lee 23 20 44
Pat 20 23 43
Jackie 24 19 44
Eve 16 26 42
Boyne Falls 15 18 33
Sue 17 21 36
Louella 16 20 36
Bettie 15 16 32
Donna 16 21 37
Bettie 17 21 37
Diane 15 15 35
Veda 17 21 38
N. Devorski 13 19 32
Terry 13 17 32
Betty 20 13 34
Arlene 18 18 35

Top 3 High Games
Bob Gill 221
Sherry Skidell 223
Karen McCarthy 211

East Jordan

Sunday Bowling
Sellers 23 21 74
Betty 27 21 76
Jackie 23 23 73
Aron 24 24 74
Tom 23 25 76
Sellers 24 23 76
Betty 23 24 77
Linda 24 23 77
Brenda 22 25 76
Gail 20 23 43
Jim 19 22 41
Virginia 20 22 42
P.D. Lounge 20 23 44
Marilyn Cummings 19 24 43

Top 3 High Series
Sheryll Gill 252
Sherry Skidell 257
Karen McCarthy 215

East Jordan County

Senior Citizens
12-26-82
Dorothy 39 26 65
Sara 39 26 65
Vera 39 27 65
Ann 38 27 66
Malcolm 39 27 65
Lavina 38 26 67

Top High Games
Al Orchard 250
Harrell Miller 260
Dorothy 253

Women's High Games
Al Orchard 236
Beryl Spink 236
Effie 219

Top High Series
Dorothy 351
Barnes 261
Dorothy 261

Hunting Equipment

TACKLE & BAIT
RAYMOND WILLIAMS

Our classifieds run every Saturday. Please bring your classifieds to the store or call 536-2121 for rates.

HUNTING EQUIPMENT

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TACKLE & BALT...
Falling is part of fun of Alpine skiing

Falling is part of skiing, and anybody who doesn't do it is limiting their own progress in learning and having fun. The secret of falling, of course, is to learn to do it without injury. Like learning anything else, it all becomes progressive as better skiers are also better fallers.

You've seen a good fall—a spill with grace, agility, style. Once the faller realizes that the crash is inevitable, he relaxes (but not too much) and almost collapses onto the ground. Unless his skis come off, he may continue sliding and gradually regain balance with minimal loss of momentum.

To say you should practice falling properly is a little like hitting yourself over the head because it feels so good when you stop, but you can practice in your mind. Such conditioning can lead to a response that becomes instinctive: your unprepared padded parts of your body are better prepared to accept a hard surface than are your more delicate bones and hinged joints.

So, your first mental image should be: sit down. During a fall, keep your arms and knees up and out of the snow as long as you can.

If a forward fall is unavoidable, your second mental picture is to fall to the side so you can land on your shoulder. In this kind of tumble, bring your arms in close to your body and roll only to get your feet downhill, then slide until you can stop the momentum.

This leads to a third mental picture: slide rather than roll, except to get your feet downhill. In a slide, try to keep your feet more or less together, but not scissors-fashion with your edges or knees to dig into the snow.

The fourth principle of a good fall cannot be pictured, but it can be felt: relax, but not too much. Be like a rubber tire. Have some give. That way, if you find yourself falling, you'll land with a bounce rather than a thud.

Back in the early days of Boyne Mountain skiing, the ski patrol at the hill took some time out to try and get this picture. The patrol worked long and hard at packing the slopes as well as taking care of those who were injured. This picture was taken about 1959 from the top of Hemlock Run and features, from left to right, Harry Stringfellow, Gene Hill, now one of the owners of Mt. Brighton near Detroit, Morris Dixon, Dudley Ruesegger, "Bud" Litzenburger, Royce Delaney, Jim Difworth, now the general manager of Nub's Nob near Harbor Springs, Bill Enoch, the rental manager at Boyne Mountain, Al Litzenburger, and Tom Simon, now the owner of Chandler's and the Simon General Stores in Petoskey and other locations. The crew was first called the Boys Mountain. This picture was lent to us by Bill Enoch.

Skiing may suffer from an image problem. The glamour and sizzle of fashions plus the creature comforts of modern resorts make many people mistakenly believe only the rich can ski. Wrong—in fact, most people who ski are far from wealthy.

Skiers come from almost as many different walks of life as there are occupations and age groups. Young and old (Lowell Thomas celebrated his 84th birthday while skiing), students and housewives, corporate executives and the guy who runs the filling station, ski.

Their incomes range from the affluent to the housewife who may set aside lift ticket money from her weekly allowance, from students scraping together enough tuition for next semester to retirees living on a fixed income.

The simple fact is that it doesn't take a six-figure income to learn to ski. You can do it for under $100, in fact. And you can continue to ski after that for less than you'd imagine.

The biggest expense in learning to ski is your time, not your dollars.
Cross-country skiing has its own dimension

Cross-country skiing has an exhilaration of movement all its own. You can move on the flat and uphill with easy strides, adding new dimensions to your ski experience. And you can build on your Alpine experience to quickly learn cross-country skiing. Over 1.3 million American skiers do cross-country skiing.

The trouble is that Alpine movements are more constrained, causing skiers to “shuffle” in executing cross-country turns. This is a stumbling block that many Alpine skiers face in taking up cross-country. Michael Brady, Nordic Editor of SKI Magazine, has some advice and instruction for Alpine skiers interested in cross-country skiing.

The various cross-country strides are directly from downhill skiing. Your ability as a born walker can make you skilled in these movements. Put this together with even moderate Alpine skiing skill and you can master cross-country technique.

The best place to start cross-country skiing is on the flat at an area that has prepared tracks. Good tracks speed learning by letting you initially concentrate on mastering movement, not terrain or equipment. The most common technique used in cross-country skiing is as follows:

In as walking, you use the opposite arm and leg together. The arm plants its pole while the opposite arm lifts the body and extends the leg to the opposite ski, and then repeats the movement.

Many Alpine skiers are indoctrinated by down-mountain skiing habits when taking up cross-country. The natural reaction of an Alpine skier is to move with a shuffle-like short stride, and a glide curtailed by a weight on the tips.

As in walking, you use the opposite arm and leg together. The arm plants its pole while the opposite arm lifts the body and extends the leg to the opposite ski, and then repeats the movement.

Most forward power must come from the arms, because kick is ineffective on skis that only glide. As in Alpine skiing with Alpine gear, the arms are often carried away from the body—letting you efficiently pole for pole plants in turns, but inefficient for forward thrust in strides. Arm movements also tend to match the short strides and finish at the body. Wasting power available in a swinging arm’s backward push. Body position is unduly erect. The total result is a tiring stride with little glide.

Start practicing simply by walking on a flat track.

Walk naturally, moving forward in the track just as you would on foot. To break the Alpine ski habit, consciously lean forward, as if facing a wind. This will position your body for effective kicks and glides. Time your foot pushes off or kicks, just as your feet pass each other, as in walking. Swing your arms freely, forward and back, close to the body, for maximum poling power.

Don’t grasp your poles with a fixed grip; do start each pole movement with a firm grip. Relax fingers as the pole passes the body, and finish each pole push with fingers open, grasping the pole between thumb and forefinger. Progressively increase your kick power and swing your arms more around the body, and you will find yourself skiing a rhythm-diagonal stride.

To ski, you need not adopt any particular style. Good cross-country technique is not a style of skiing, but rather a framework of effective movement, a way of doing it right.

In polishing your diagonal stride, think again of walking. It’s a kick, aimed downward and backward, not merely a leg moving ahead, that pushes you forward. It’s a full, rhythmic arm movement that adds pole push to your forward thrust. Just pushing on your poles is inefficient. Your arms and legs should swing in unison, as if you were marching.

If you have trouble coordinating arm and leg movements, try moving without poles until you feel your arm swing adding power to your kick. This is the correct arm-leg rhythm. Then try your poles again. You’ll find the new rhythm adds to your glide.

Warm-ups needed for skiers

Your body is very much like an engine— it needs a proper warm-up period before functioning smoothly. Just as your car needs a chance to warm up before moving, so too does your body when you go skiing.

In fact, pre-season conditioning could be just as critical to proper conditioning or loosening-up on the day you plan to ski. Conditioning is just as important for safety as it is for performance.

Frankly, a lot of people are not in good shape do ski—and so do your body. Hend they ignore conditioning, they heed one of the most common reasons for being tired, QUIT! The symptoms of fatigue are obvious, from just plain

feeling tired to, perhaps, slower coordination or your legs not responding.

At the same time, if skiing is going to be meaningful and enjoyable— especially as part of a long-awaited vacation—then being in shape can heighten the experience. It can extend your ski day and magnify the fun.

The nice thing is that you don’t have to go into pre-Olympic training to improve your conditioning. SKIING magazine says simple jump rope exercises can be extremely helpful in stretching and strengthening muscles of the winter’s ski. SKI magazine says exercises like running, fast walking, swimming or biking will develop the cardio-vascular system which improves a skier’s endurance.

Outfitting for CC starts with boots

The best strategy in outfitting for cross-country skiing is to start with boots. For maximum stability, buy mid- or high-cut touring boots. Choose those that fit you well and expect to pay at least $35. Although you may change skis within a season or two, you can use your pair of first boots far longer if they are top-quality and properly cared for.

Although skis are available with the upper made of synthetic materials, top-grain leather boots offer better “breathability” and insulation. Nearly all cross-country boots made today are standardized to the “Nordic Norm,” which means skis will fit into one of three bindings, making boot-binding matchups easier.

Most of today’s cross-country bindings are simple isIn pieces. Besides ball that clamps over the toe portion of the boots sole, there are three rounded pins that fit into pre-drilled holes in the underside of the sole. The best pin bindings sell for $5 and up and are included in most package deals.

In buying poles, the touring skier might have to spend between $9 and $15 for quality tonkin (bamboo) poles or synthetic-tie shaft poles. Choose poles with wrist straps that can be adjusted for the difference in layers when wearing thick mittens or thin gloves.

Skis come in all lengths, widths, stiffness and colors. A new skier should be wary of light touring equipment: narrow, row-toes and low-cut boots intended for the experienced cross-country skier. They are not practical for the majority of chances unless they ski mostly on prepared tracks. Otherwise, regular touring skis are wider, are better.

The next choice a buyer will have to make is between waxless and waxable skis. Waxable skis generally perform better when the temperature is between 5 and 10 degrees F. Waxless skis are often the better performers.

In terms of stiffness, the best ski for all beginners is a soft-flex ski as tall as the wrist of a hand stretched overhead. For easy turning, the ski should have at least 4mm of side camber (the difference between the width of the ski at its middle and its width at the tip and tail). Fiber-glass skis, with fast, synthetic bases, cost more ($60 or better) but usually are more durable; some are guaranteed against breakage.

Wood skis are less expensive, but may break at the tip in a hard fall. Bargain wood skis with intricate laminations for strength start at about $50.

If a package deal uses quality skis that aren’t right for you, or discount boots that look good on the shelf but will probably need replacement after a season or two, then it might be wiser to purchase each of the four components individually. Some shops will let you form your own package.

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On one of northern Michigan’s finest lakes, this year around home is located on the north Arm of beautiful Walloon Lake. This 4 bedroom, 3 bath home features a huge fieldstone fireplace, nice sandy beach, all on a large nicely wooded lot. Other amenities include new well, new septic system, built-in appliances, and ready to move into for winter skiing, summer golf and boating. Land contract terms.

Colwell & Co. 582-6711 Colwell & Co. 582-6711 Colwell & Co. 582-6711
POLE DRAG
Negotiating tricky downhills at the end of a long tour can be very arduous to the tired skier. One very effective if not pretty technique is known as the pole drag. The poles are used like a hand brake on a toboggan.

First, the pole straps are taken off the hands. This is very important since the baskets may catch on a root and yank backwards. If the hand were strapped on the pole, it could be injured.

The poles are then held together and placed between the legs. One hand pulls up on the handles as the other hand pushes down on the middle of the pole shafts. You may then simply regulate your speed by the amount of pressure you exert on the poles.

WARNING: Only use this technique if you have metal or fiberglass poles. Bamboo poles may not take the stress, may splinter, and injure you.

Remembering the few cautions, you will find the pole drag to be a very effective method of controlling your speed on downhills.

Snowmobiling growing again

Snowmobiling is one of the fastest-growing winter sports — and with good reasons! Snowmobiling provides invigorating physical exercise, exciting action, and scenic beauty enjoyment for individuals ... and it's a great "togetherness" sport best enjoyed by groups of people.

Millions of guys and gals throughout the North American snowbelt have found new dimensions in their winter lives through snowmobiling. Many are adding enjoyment through snowmobiling vacation trips and long weekends to fun-packed winter resorts connected to the thousands of miles of groomed snowmobile trails now available in the United States and Canada.

The development of winterized resorts and snowmobile trails is making it easy for newcomers to explore the fun of snowmobiling and for longtime snowmobilers to increase their enjoyment at new locations.

Many resorts combine rental equipment with room and airline reservations, making it easy to plan a vacation away from home. Many coordinate with Ski-Doo and Moto-Ski snowmobile dealers to provide the machines and apparel.

If you want to take your own snowmobiles, there is a variety of plans available combining rooms and meals or offering accommodations that give you flexibility in where you eat and otherwise enjoy your apres-snowmobiling time. You'll find hundreds of U.S. and Canadian snowmobiling resort areas and other information about snowmobile vacations in the sixth edition of the Bombardier Snowmobile Vacation Guide, which is available for $2.95 on newsstands or at most Ski-Doo and Moto-Ski snowmobile dealers.

In many areas, you can enjoy such other winter activities as cross country and downhill skiing, ice fishing, open-water fishing, sledding, tobogganing, ice skating, wildlife and scenic photography. And some resorts offer facilities for winter RV camping hookups.

Reach the skiers
Advertising placed in the Snowscope section will reach those skiers looking for places to have fun. Call 582-6761 for advertising.

Li'l Pub
Larry Schulz & Judy Luce
Groups of skiers say, "The best burgers in the best ski town on the North American Continent." (only because they have never skied Europe)

Low, small-town prices!
Home of Good Times!
Happy Hour every day 4 to 6 p.m.
Open Sunday
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HARBOR SPRINGS
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Where Friendliness & Flavor Meet
SERVING:
Hearty Breakfasts, Lunches & Dinners
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Fri, Sat, Sun
7 am-9 pm
Outdoor appetites like Betty's!

Boyne City IGA
Open 7 days for your Convenience Foods
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Main & Front-Across from Granary

US 131 Boyne Falls -549-2680

It's time you had some fun
BOYNE RIVER INN
Food and spirits
In a ski atmosphere
Downtown Boyne City
**TOW FOR TOTS**

It's natural for youngsters to experience difficulties maneuvering on skis. And when they try to climb uphill, skiing may begin to seem more like work than play. This situation can sour little tykes on skiing.

Every so often, it's a good idea to break up your children's arduous uphill assaults with a free tow uphill. Using your own poles, give each child a basket end and ask them to put it between their legs like a Poma lift. Slip pole straps over your wrists and start pulling straight uphill. You can tow youngsters with your skis on or off; it's easier and faster with skis removed but works well either way. Because kids are lightweight and the hill gentle, you'll have little difficulty pulling one or two skiers.

This gives your youngsters a brief rest and a ride they'll enjoy. And the feeling of riding Poma-style will make their first real trip up a Poma all the easier.

**Boot tips**

1. Most flexible plastics have a "memory"—they tend to hold a shape after taking that shape for some time. For this reason it's important to buckle your boots before storing them; otherwise they may "freeze" in the unbuckled position.
2. Mildew can be a problem if boots are stored with wet liners. Pull the inner boots out and dry them thoroughly before storing boots for any length of time.
3. Boots that used to be warm, but are now cold, are probably leaking. The usual source of the leak is a worn-out snow dam, the rubber weather-stripping built into the flap over the toe of the boot under the first buckle. Cover the flap with a piece of duct tape to stop the leak.
4. Broken buckles and cables can be quickly replaced by any well-equipped ski shop. Cracked shells usually can't be permanently repaired, though they can be sealed temporarily. Nicks and scratches on the shell won't affect boot performance.

**Little Lena's Pizza**

Delicious Pizza & Subs

**Take Out or eat in**

The Sportsman Bar

Open at 4 p.m.-7 days a week

Serving Boyne City

582-2182

**118 S. Lake • Boyne City**

**Lena's Wine Cellar**

American & Northern Italian Cuisine

Open 5 p.m.-12 a.m., 7 days a week. Cocktails, fine wines.

582-9543.

**Pete's Pub, Harbor Spotts**

Overlooking the bay. Lunch and dinner Thursday-Saturday 11:30 a.m.-11 p.m. Sunday noon-10 p.m.

526-6201.

**THE WARMTH OF GENUINE VICTORIAN CHARM**

Long esteemed for elegant cuisine prepared to your favor and complemented with gracious hospitality.

Fresh Whitefish and Prime Rib

Our Specialty

Gal-a New Year’s Party

Cocktails & Entertainment Nightly

**THE GREY CABLES INN**

OPEN 5:00 P.M.

547-9261

**A Guide to Dining in Northwest Michigan**

**THE PERRY DAVES HOTEL**

Petoskey.

Overlooking the bay. Lunch and dinner. Dec. 26-Jan. 2 open for breakfast 8 a.m. Saturday, all-you-can-eat ribs, fish. 547-2516

**THE HERITAGE INN**

Belvedere Ave., Charlevoix Open 5 p.m. Closed Sunday. Specialty-prime rib and fresh whitefish. Breezy entertains at the piano bar. 547-9261

**Le BONHEUR**

Petoskey.

A bit of Mexico in every bite. 16 oz. Margaritas. M-Th. 11 a.m.-10 p.m., Fri & Sat, 11 a.m.-11 p.m. Sun. 2 p.m.-8 p.m. 347-7750. Also in Traverse City 616-947-8820

**The Spotted Fish**

Charlevoix

Serving the north’s most imaginative Sunday brunch. 11 a.m.-2 p.m. Adults $8, children 7-11, $3.50, under 6, $2.

Ataf foray Pier! Harbor Springs Overlooking the Bay. Lunch & dinner Monday-Saturday 11:30 a.m.-11 p.m. Sunday noon-10 p.m.

526-6201.

**Duffy’s of Charlevoix**

Open 11:00 a.m. daily, closed Sundays. Featuring Sean Ryan Friday and Saturday at 9:30. The finest in food, cocktails and entertainment. Authentic Irish Pub atmosphere. 547-4021

**Lena’s Wine Cellar**

Boyne City

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Mexican, French and Italian food. Cocktails. Call for New Year’s reservations. North of M-119 on Pleasantview Rd., between Boyne Highlands and Nub’s Nob. 536-6359

**THE GREY CABLES INN**

Charlevoix 300 BELVIDERE

**WHERE YOU CAN MEET YOUR FRIENDS**

BOYNE COUNTRY INN

Open at 4 p.m.-7 days a week

Serving Boyne City

582-2182

**118 S. Lake • Boyne City**

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**FINE NORTHERN ITALIAN FOOD**

Unique Old-country Atmosphere

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Cocktails & Entertainment Nightly
Ski bindings have changed with new materials, improved designs

New models, new materials, and improved designs mark this season's offerings on ski bindings. There are, however, no revolutionary designs this season. Most manufacturers have filled out their lines with familiar designs based on proven principles.

Minor changes in existing models have been made, with the intent to increase both convenience and durability. Most new models this season have been tailored for the recreational skier between 70 and 150 pounds, a range that covers the bulk of the skiing population.

Most distributors have purged themselves of obsolete merchandise, and close-outs should not be confused with good economy sets. Practically all manufacturers are offering ski brakes this season, but only a few have made them as an integral part of the binding package. Other manufacturers have chosen to wait and see what restrictions ski areas and state legislators will put on the ski brakes. However, there is little doubt that well-designed ski brakes will make skiing safer and more convenient for the user.

AIGING Magazine has tested ski brakes for three seasons and concludes that most of the new designs will stop skis effectively under most recreational conditions, but only a few are effective under extreme conditions of ice and sleepiness, and none will resist an air borne ski.

The last condition has worried area operators because of the risk of skis falling from lifts which cross ski slopes. Rules are pending which may require the use of an attachment while traveling on the lift.

The average price of an adult binding is $74, up six per cent from last season. Price, however, should not be the primary consideration in selecting a binding. In fact, a higher priced binding is not always a guarantee of even an indication of quality.

To select the binding that is right for you, you will usually have to compromise among convenience, durability, versatility and performance. One factor you cannot compromise however, is safety. Safety cannot be bought; it can only be attained through careful selection and retained by regular care and an understanding of the binding's proper function.

Weather conditions remained springlike all last week with temperatures climbing to 60 degrees on Christmas Day. If the December had been snow, we would have had 35 inches instead of the 10 inches we did receive. Some of the smaller inland lakes are presently frozen over with a few shanties out. Extreme caution should be used by anyone going on these bodies of water.

We are offering one of the nicest cottages on Lake Charlevoix featuring a wooded setting, panoramic view, and 157 ft. of frontage. Cottage comes completely furnished, including a 21 ft. power boat. Financing available. Call Charlevoix Properties, Inc. 547-4411.

Lake Charlevoix Building Site. 100 ft. of wooded frontage near Ironton area in exclusive area with year around road. Health Department approved. Call for details. 547-4411.

Executive type year around home on Lake Charlevoix with 172 ft. of frontage and 9 acres. This 4 bedroom home has custom cherry woodwork, oversized rooms, finished lower level and 2-car garage. Financing available. Call Charlevoix Properties, Inc. 547-4411.

465 Bridge St. (616) 547-4411

Real Estate You would like to rent or buy vacation property in the Boyne Area?

Call Dawn Realty 616-582-6944

Spectacular!

You'll love the large open feeling, along with the spectacular views of sunsets on Lake Charlevoix if you were spending your times in this beautiful, easily maintained home, located in one of the better areas on the north shore of the lake. Over 200 feet of frontage, so many amenities that you should definitely "take a look" at this three bedroom, 3 bath ranch. The redwood trim extends even to the living quarters and you will really enjoy the convenience of the location. Negotiable terms. Call owner, 616-547-9198. Priced at $165,000.

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On the cover

- While we have a lack of snow as this goes to press, we thought we would brighten your outlook because we really do get snow up here in the north country.

This picture was taken last winter just after one of our weekly storms that dumped as much as 15 inches of snow in our area. Snowmobilers were one of the few who could get around last winter as well as cross country skiers.

In some cases it took as many as five days for some of the residents to get plowed out. So, while we have a lack now, just wait a minute, things could change drastically and make all the outdoor enthusiasts happy.

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49712
Chances are, you've got the wardrobe

If you live near snow you probably already own a good beginner's cross-country ski wardrobe. But this doesn't mean you should wear every piece of warm clothing in your closet.

"Many people confuse a simple cross-country ski tour with an arctic expedition," said Lee Allaben, President of the Eastern Professional Ski Touring Instructors. "They wear enough for several skiers and end up looking like a human clothes rack soon after they start skiing."

Cross-country skiing, even in its most relaxed form, causes the body to produce a good deal of heat and moisture. Too much clothing will trap your body heat and moisture inside you leaving you flushed, hot and sweaty. "It is best to dress with several layers of light clothing that can easily be taken off and put on," says Allaben. "That way you can adapt to changes in body temperature and weather as you ski your skating tempo and the day change." He also advises to make sure that you have adequate clothing to put back on when you stop to rest along the trail.

A general cross-country wardrobe might include:

- Loose pants or knickers. Nylon knit, cotton poplin or polyester blends are good because they're wind resistant, and shed snow. A pair of good jogging suit pants often work well. Blue jeans and light corduroys are absorbent, but not wind resistant and are often cut too tightly to allow comfortable unrestricted motion. They also ice up easily around the cuffs.
- Knicker socks or gaiters. Knicker socks should have a smooth texture to keep snow from clinging and balling. Gaiters (cotton poplin shells that wrap around your ankles and lower leg) are an excellent way to keep snow out of your ski boots.
- Long underwear. This may prove too hot on a warmer day or if you are a particularly active skier.
- Gloves or mittens. Wool mittens will give you some warmth, even if wet.

A day pack is a useful cross-country ski accessory. It is an excellent place to keep your lunch and other necessities you want to carry along.

Vikings 1st skiers in America?

The Vikings generally are conceded to have explored sections of North America about 1,000 years ago and who's to say they didn't do some skiing when (if) they were here?

Although there may be a disagreement about whether Leif the Lucky, reported a cross-country ski visit to the end of the Dark Ages, or Christopher Columbus, who had trouble finding his "sea legs" on the Bunny Slope walked off the first ski trail in the New World, there is a unanimous feeling that skiing is the fastest growing element of the sport.

The reasons for such mushrooming popularity are as easy to cross-country skiing:
- If you can walk, you can cross-country.
- It's unquestionably the most inexpensive kind of skiing.
- With no huge base lodge, snowmaking system or lifts, the overhead is practically zero, which translates into lower trail fees.

The "environment" is, literally, the environment. Because ski tourists aren't zipping by Mother Nature as when they ski down a hillside trail, they can better commune with the natural beauty of the land.

The physical conditioning involved in XC skiing is cited by doctors as being superior to other active pursuits such as jogging or biking. Of course, nordic skiing requires the use of muscles which seldom are used in other sports or activities.

"You don't have to be in top condition to start skiing," says Rudi Mangels, president of the Ski Touring Council. "The binding on your ski releases at the heel, enabling you to walk on the ski just as if you were walking regularly. The walking then enable the skis to glide over the snow and you're off at your own pace. It doesn't take long to learn."

One of the most appealing aspects of nordic skiing is its low cost, which translates into lower trail fees. The "environment" is, range, depending on the size of the trail system. And cost of skiwear is modest because ski tours don't get all bundled up. Their own body heat, generated as they move so fluidly across the countryside through trees or along trails, keeps them warm. Many people pack a sweater or jacket in a backpack to keep them warm when they stop for a tailside picnic or snack.

Old logging roads have been converted into nordic ski trails by clearing brush or fallen branches, and trees, indicative of the ease in finding terrain for ski touring. Back roads, golf courses, brookside paths—any place which has the benefit of snow covering will serve nicely. Thank you.

Best way

The best way to learn to be able to put in at least a week at one time. Five or six consecutive days means you're able to maintain your rhythm, keep up the momentum of instruction...and, most importantly, you truly can measure your improvement.

A few hours a day is fine, but a week or two of daily training will prove significantly more effective.

The sport has become so popular many alpine ski resorts have added their own network of touring trails to offer skiers a choice of both worlds. Some ski touring centers have installed lights along a portion of the trails to provide night ski skiing and other centers provide mining helmets with lights for moonlight excursions over the countryside or through the woods. In several regions, two or more inns have joined to offer overnight ski touring treks.

More than 40 companies now manufacture or distribute nordic ski equipment, more than triple the number of a decade ago. Obviously, nordic skiing isn't going downhill.