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MONDAY-SATURDAY 10-9 SUNDAY 12-5

LumberDays Alive At Hartwick

The saga of Michigan's early lumber days and camping go hand in hand at Hartwick Pines State Park. The park, seven miles northeast of Grayling on M-93, contains 9,138 acres, including some 80 acres of virgin white pine and hemlock, the last remaining stand in the Lower Peninsula.

Camping, history, hiking, fishing and canoeing are offered in this park, a favorite of many.

Besides the towering trees, an attraction in themselves, a kitchen mess hall, workshop, logging wheels, chains and a museum remind visitors of the lumbering in this area in the last half of the 19th century.

Some nine miles of hiking trails, not all of them marked, wander through the woods. One of the best-known leads to the chapel in the pines which offers a solitude all its own.

Fishing is excellent; since the Ausable River, one of the state's famed trout streams, runs through the park.

The Ausable is equally popular for canoeing. Although one of the smaller state parks with 46 modern campsites, it attracted 163,879 persons last year with 4,833 permits issued, making it one of the most popular in the Lower Peninsula from standpoint of usage.

Hartwick Pines State Park was named for Maj. Edward E. Hartwick, who died of illness in World War I. His widow purchased the property in 1929 and gave it to the state. The park was dedicated in 1935.

If Hartwick Pines State Park campground should be full, other state parks in the vicinity include Higgins Lake State Park North and South, with 203 and 506 campsites respectively; Otsego Lake Park, 201 campsites and Rifle River Recreation Area, 128 campsites.

There also are five privately operated campgrounds in the Grayling area. Prices range from \$2.50 to \$5.50 a night.

Area attractions include the Fred Bear Museum on M-93, two miles west of Grayling, with extensive collections of trophy game animals from India, Africa and North America, shot by bow and arrow; the Grayling Fish Hatchery, in Grayling; the Call of the Wild Museum in Grayling, near the silver blue water tower, adjacent to I-75; Camp Grayling National Guard reservation, west of Grayling on Lake Margrethe, open to the public; and rides on the Little Smokey scenic steam train, a mile and a half west of Grayling, or cruises on the Nora Lee Paddleboat, which operates on the Ausable River in Grayling.

for recreation, fun... try a STATE PARK

HARTWICK PINES STATE PARK

ONE OF THE FEW REMAINING TRACTS OF VIRGIN TIMBERLAND MAY BE SEEN AT HARTWICK PINES STATE PARK SEVEN MILES NORTHEAST OF GRAYLING ON M-93. THE PARK, COVERING 9,138 ACRES, IS SITUATED IN THE CENTER OF MICHIGAN'S ONCE-GREAT WHITE PINE FOREST. IT INCLUDES MORE THAN THREE MILES OF THE EAST BRANCH OF THE AUSABLE RIVER, ONE OF MICHIGAN'S FAMOUS TROUT AND CANOE STREAMS. A MARKED TRAIL LEADS TO A 155-FOOT MONARCH PINE, LUMBER ERA RELICS AND A MEMORIAL CHAPEL IN THE PINES.

IF NEW TO YOU, PRACTICE TRAILER HANDLING BEFORE YOU START ON YOUR FIRST TRIP. HAVE SOMEONE EXPERIENCED TEACH YOU THE TECHNIQUES, PARTICULARLY BACKING UP. REMEMBER, WHEN BACKING A TRAILER, THAT THE UNIT TURNS IN THE OPPOSITE DIRECTION OF YOUR CAR'S FRONT WHEELS.

Bring 'em back ALIVE!

DEALER FOR **SAFARI** BY S. LEE BOWERS

Rain Proof Your Car

Check doors, windows and trunk occasionally for loose gaskets that could let rain trickle into a car, recommend auto experts. Gaskets can be reset with contact cement or special rubber; metal, cement available at most auto supply stores.

Fat Intake Related To Longevity

Research by nutritionists at Michigan State University shows a substantial relationship between fat intake and longevity.

In a paper given before a recent meeting of the American Institute of Nutrition in Atlantic City, N.J., Miss Eleanor Schlenker, Dr. Olay Mickelson, Dr. James Fearig and Dr. Margaret A. Ohlson reported the results of a new survey of 97 women previously studied in 1948.

When they correlated dietary intake of fat with longevity, the researchers found that the greater the fat intake, the shorter the life expectancy, and the greater the difference between life expectancy and age at death.

Women who died 15 years earlier than expected consumed diets that provided 80 grams (2.8 ounces) of fat per day. Those who lived 10 years longer than expected consumed 49 grams (1.7 ounces per day).

In addition to the difference in fat intake, the study shows that the women who died prematurely had higher intakes of calories and carbohydrates and lower levels of vitamin, riboflavin, niacin and ascorbic acid (vitamin C).

Check Shocks

Worn out rear shocks on a car may cause damage to the transmission, differential and universal joint, warn auto experts. Weak rear shocks cause the car to bounce going over bumps, lifting both wheels off the road and back down again.

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