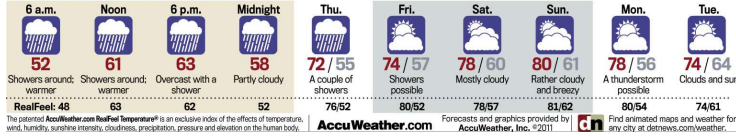


TODAY'S BUZZ

Weather: 7-day forecast



Epic walk, all on shoreline

Author recounts her 64-day trek along the 1,019-mile perimeter of Lake Michigan in book

Loren Nieuwenhuis, a 45-year-old wife and mother of two boys living in Battle Creek, fully admits that she was suffering a classic midlife crisis. A medical researcher and writer who fully enjoyed being a stay-at-home mom while her boys were growing up, Nieuwenhuis said she needed a challenge, something "to make sure I still knew who I was apart from my identity within my wonderful family."

But Nieuwenhuis did not opt for a face-lift, a trip to the Cayman Islands, a red sports car or an affair. She chose something even more daring. Nieuwenhuis decided she would walk the perimeter of Lake Michigan — the body of water that always centered her, provided a certain measure of peace throughout her life.

All 1,019 miles of it. Totaling 64 days of walking. Averaging 16 miles a day. Requiring three pairs of boots. And she would do it alone.

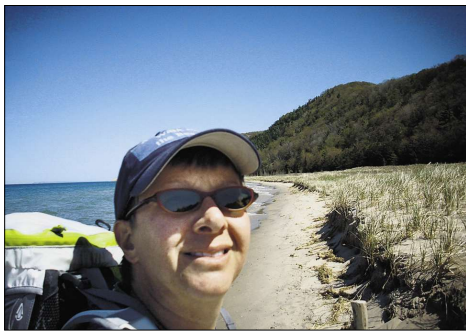
Her boys could not have been more proud. Her husband, a physician, said: "Well, shouldn't we discuss this?" But her mind was made up.

"Constantly giving (as a mother and wife) can chip away at who you are," she explained recently in a phone interview. For a year and a half during 2008 and 2009, Nieuwenhuis planned the trip, dividing the trek into 10 segments that would allow her to explore the shoreline over four seasons. She researched each destination's "geology, people, history, industry. Everything I could get my hands on. My aim was to know the lake fully. We go to our favorite places and towns around the lake but what we really have are mere pinpoint views of the lake. We have to connect to it completely. There is something that happens to me when I walk its shores; it sets into my bones and muscles."

Armed with maps, a handheld GPS, and photos of satellite images of the terrain taken from Google Earth, she set out on March 15, 2008, at Navy Pier in Chicago. She walked through Indiana, then up to Traverse City to Manistiquie, then back down to Green Bay and through Milwaukee, coming full circle and arriving back in Chicago on Sept. 21, 2009.

Nieuwenhuis recently published a chronicle of her trip, "A 1,000-Mile Walk on the Beach" (Crickhollow, 2010), and she's presently on a speaking tour across Michigan. (Check out her website: www.LakeTrek.com.)

Every night, exhausted, her tortured feet blistered and swollen, she'd go over her maps and review the next day's journey. But there were things I couldn't detect on the satellite images of the shore-



Loren Nieuwenhuis walks the beach of Sleeping Bear Dunes National Lakeshore near Glen Arbor, the halfway point of her 1,019-mile walk around Lake Michigan.

line so I had to be flexible and figure things out.

"Those 'things' included limestone cliffs with jagged edges in the Upper Peninsula, traveling wetlands, crossing deep rivers, inhaling the pungent air from oil refineries and steel mills, communing with road kill on Indiana highways, maneuvering cordoned-off areas surrounding nuclear and coal-fired power plants, dodging the occasional bear or coyote while camping. She walked in rain, snow, gale-force winds and awesome sunny days.

On two consecutive, relatively short treks, Nieuwenhuis was joined by her sons, Ben and Lucas. She was grateful to share rare one-on-one time with her college-age and high school sons. She was also occasionally joined by friends and family who tagged along in short spurts. But 80 percent of the walking was done alone.

When one woman she met along the way inquired: "Don't you get lonely?" Nieuwenhuis replied: "No, I have the lake." Today she says, "It was true. I never did feel lonely out there. I could think that long, uninterrupted thought that is almost impossible in everyday life. The solitude was such a gift. There's a rhythm to the lake: the movement of the waves, the wind. It must be something primal, but out there I felt much more connected to everything, to each moment."

Still, the solitude did not come without a cost. The blisters were so horrendous one grew under her toenail and the nail snapped off. Nor was the scenery consistently pleasing. For Nieuwenhuis, who holds a master's in science from Wayne State, the pollution was more than disturbing. In the book, she assails

the effects of chemical dumping, toxic industrial waste and sewage runoff. "People say, 'Well, the lake is so vast.' But it is a battered and plundered ecosystem out there and we have to stop neglecting it."

There was one major glitch. In mid-September, with only 100 miles left to complete until the finish line, Nieuwenhuis woke up with excruciating back pain. When she looked in the mirror, her eyes were jaundiced. At the hospital, doctors wanted to admit her; a particularly rebellious gallstone had irritated her pancreas.

But Nieuwenhuis had her priorities: those last 100 miles. So, doctors performed an endoscopy, removing the offending gallstone and four days later, Nieuwenhuis was out walking the shore in Milwaukee. On the last morning, her sister, cousin, son Ben, and several of his friends all met in Evanston, Ill., to walk the last 10 miles with her. They, too, walked with her with the same question: "How does it feel to be so close to the finish line?"

When she'd begun the trek, Navy Pier was deserted, cold and windy. Now, the crowds were dressed in shorts, music was playing and the Ferris wheel was slowly spinning.

"Great," she found herself answering. She paused and then corrected herself. "Fantastic. It feels fantastic."

With the book under her belt, Nieuwenhuis is now planning her next midlife crisis. This time, she wants to walk the perimeter of all of the Great Lakes. "I would just hate for this to be the only one, you know?"

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detnews .com: See live traffic map, cameras

Check for problems along your commute in Metro Detroit or other major Michigan cities. Our new traffic map posts current freeway speeds, the latest shots from traffic cameras and accident spots. You can sign up for text alerts or email alerts for your route. Go to detnews.com/traffic.

Roadwork

A brief update on major road projects around Metro Detroit. Go to detnews.com/commuting to see the full list.

Crooks: Down to a single lane in each direction between Austin and Star-Bat in Rochester Hills until November. This is part of an MDOT project to widen and resurface the Crooks bridge over M-59.

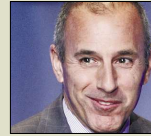
Crooks: One lane of the road is open between 14 Mile and Equity in Troy, Royal Oak and Clawson until early October. The road is being widened, so expect delays.

GRAPEVINE



Slaven Vlastic / Getty Images

Katie Couric talks with ABC.



Frederick M. Brown / Getty Images

Matt Lauer remains on NBC.

Matt Lauer may get competition from Katie Couric

NBC "Today" co-hosts **Matt Lauer** and **Ann Curry** could soon find themselves battling for morning ratings against their former colleague, **Katie Couric**, reports New York Post's Page Six. According to a source, as part of a deal between Couric and ABC for a daytime syndicated talk show, she'll also make "strategic guest appearances" on "Good Morning America" that will put her in a direct rivalry with Lauer. "Good Morning America" is currently hosted by **Robin Roberts** and **George Stephanopoulos**. Couric will appear on CBS for the last time on Thursday.

The Situation sues father over website

"Jersey Shore" cast member **The Situation**, aka **Mike Sorrentino**, is suing his father **Frank Sorrentino**, reports RadarOnline.com. The Situation is reportedly displeased with his father's website, TheConfrontationSite.com, claiming he illegally uses his name, likeness and features less than flattering videos and statements that slam the reality TV star. The lawsuit, which was filed in Florida, is asking a judge to stop **Pop Sorrentino** from using his son's name and likeness on the website and to cough up unspecified damages.

Celebrity Birthdays

- Chow Yun Fat, 56
- Tina Fey, 41
- Jack Johnson, 36

'Glee' star to join boy bands on tour

"Glee" star **Matthew Morrison** will perform at a number of venues during the upcoming **Backstreet Boys** and **New Kids on the Block** tour, reports Digital Spy. Morrison, who released his self-titled debut album earlier this month, has altered his summer tour schedule so that he can appear with the boy bands. The dates that Morrison will join the boy bands are unconfirmed. The Backstreet Boys and New Kids on the Block tour is scheduled to begin June 2 in Connecticut. On June 16, the tour will come to The Palace of Auburn Hills. The show is at 7:30 p.m. Tickets are \$32.50-\$92.50. Call (248) 377-0100 or visit www.ticketmaster.com.

Also ...

- Actor **Kelsey Grammer** filed for sole physical custody of his two children with ex-wife **Camille Grammer** Tuesday in L.A. County Superior Court, reports TMZ.
- Actress **Lisa Edelstein**, who plays Dr. Cuddy on the Fox medical drama "House," is leaving the show, reports Entertainment Weekly.

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Edelstein

WEDNESDAY TV PICK



MEKISHA MADDEN TOBY

TV guide: See what's on television tonight. 4C

Corrections

The Detroit News promptly corrects factual errors or clarifies misleading information. Please let us know if you think we may have published incorrect or misleading information.

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TODAY'S TALKER

Melons in China exploding from chemical overdoses

BY ALEXA OLESEN
Associated Press

Beijing — Watermelons have been bursting by the score in eastern China after farmers gave them overdoses of growth chemicals during wet weather, creating what state media called fields of "land mines."

About 20 farmers around Daoyang city in Jiangsu province were affected, losing up to 15 acres of melon, China Central Television said in an investigative report.

Prices over the past year prompted many farmers to

jump into the watermelon market.

All of those with exploding melons apparently were first-time users of the growth accelerator forchlorfenuron, though it has been widely available for some time, CCTV said.

Chinese regulations don't forbid the drug, and it is allowed in the U.S. on kiwi fruit and grapes. But the report underscores how farmers in China are abusing both legal and illegal chemicals, with many farms misusing pesticides and fertilizers.

Lottery

MICHIGAN

Tue., May 17

Evening: 896, 2786

Midday: 110, 0334

Fantasy 5: 5, 11, 13, 17, 31

Tuesday jackpot: \$100K

Keno: 1, 4, 13, 19, 20, 34, 37, 38, 40, 48, 53, 54, 58, 59, 65, 69, 70, 71, 73, 76, 77, 80

Mega Millions: 1, 2, 17, 25, 48, 45

Tuesday jackpot: \$12M

Mon., May 16

Fantasy 5: 2, 11, 20, 27, 29

Sat., May 14

Classic Lotto 47: 6, 11, 16, 18, 19, 33

Wednesday jackpot: \$2.65M

Powerball: 6, 17, 18, 40, 44, 16

Wednesday jackpot: \$97M

Fri., May 13

Mega Millions: 3, 33, 39, 47, 53, 9

OHIO

Tue., May 17

Evening: 653, 4515

Midday: 799, 8695

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