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A MESSAGE FROM THE PUBLISHER

Last winter a good friend of mine suggested that I take on a new hobby, something that I can do weekly to get away from work, my computer, and everyday stress to decompress. He suggested Bee Keeping. Knowing that I would need a hobby that would be hands-on, intellectually stimulating, and not all-time consuming it seemed like a good choice. After all Bee Keeping isn't like having a pet. You don't need to play Frisbee with them or let them out 6 times a day and best of all, no Vet bills (how would you even get them there?), chew toys, and trips to Pet Smart. It sounded like a good fit, PLUS all that "Golden Goodness", honey.

One Sunday afternoon in early January my Bee Keeping Buddy Dennis stopped over and we jumped on-line. Within a couple of hours I had ordered two complete hive kits and of course the most important part, two packages of live Honey Bees. By Wednesday FedEx showed up with nearly a dozen assorted size boxes with all of the

pieces and parts for the two hives. Over the next few weeks, working some week nights and weekends, I assembled the hives.

With my hives built and ready I started the countdown to April 26th, the day my Honey Bees would arrive from Georgia. I had roughly 11 weeks to become educated and knowledgeable about becoming a successful Keeper of Bees. I read books, on-line articles, and streamed hours of You Tube videos.

It wasn't too far into the process that I soon discovered that Bee Hives aren't just a bunch of wooden boxes stacked one upon another but rather a community. Within



One of my hives "in production".

each Hive there are thousands of individual bees each with a task to strengthen the Hive. There are custodial bees, nursery bees, construction bees, gathering bees, and guard bees (the Hive's version of Homeland Security). What I found most interesting is that Honey Bees are incredible communicators. Every Bee in the hive knows what is going on in the hive all of the time. They can adjust their tasks to meet the needs of the hive at any given moment.

This acute sense of communication started me thinking on how we as humans communicate. Sure we have TV, radio, newspapers, the internet, and let's not forget Facebook. But do we really communicate? When was the last time you waved at your neighbor, opened a door for someone, or said hello to the person next to you at the checkout in Meijers? I sometimes wonder if we really communicate.

So I would like to propose or be so bold as to challenge you. Next time you are out and about give a wave to your neighbor, open a door, say hello to a stranger, or even volunteer at an event in your community. I'm just guessing here, but I think that by exercising these small acts of communication all of our Hives will be a better place to live, making our communities a PLUS.



My honey bees hard at work building their community.

Mark Williamson
Publisher

inside

West Michigan PLUS is a publication
of Orshal Road Productions, LLC

PUBLISHER/EDITOR

Mark Williamson
231-766-3038
mark@orshalrdproductions.com

DESIGNER

Jay Newmarch
CRE8 Design, LLC, Kalamazoo
cre8creative@gmail.com

WRITERS

Laura Holmes	Bruce Duff
Jordan Peterson	Tim Wheeler
Peter Manting	Laurie Semlow
Melissa Wikman	Laura Kraly
Tom Kendra	Mark Williamson
Steve Edwards	David Van Winkle, MD
Mel Sportell	Michelle Martin, M.A.
Dale Zahn	Kelly Jensen
John Morgan	Jay A. Newmarch
Mike Mattson	Colette Kufahl
Eva Gregwer, Guest Writer	Linda Kaare

Orshal Road Productions, LLC
3692 Orshal Road
Whitehall, MI 49461
B: 231-766-3038
F: 231-760-5554
E: mark@orshalrdproductions.com

Orshal Road Productions, LLC was established in 2011
as a Marketing/Publishing company specializing in
niche publications.

To advertise in future issues of West Michigan PLUS
contact Mark Williamson. Contact information is listed
above.

West Michigan PLUS is on-line and downloadable to
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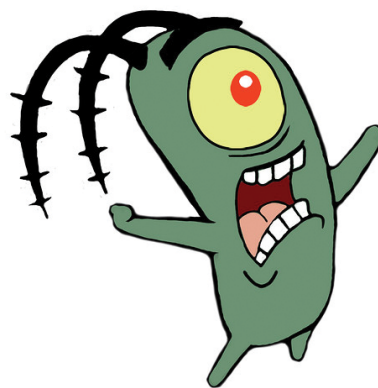
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Michigan PLUS is published bi-monthly.

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Tim's Cartooniverse

Waffle Fries or Onion Rings?

By Tim Wheeler

A few weeks ago I was out with friends – some new ones and the dwindling few who still acknowledge their dubious decision to spend time with me. I believe the National Wildlife Federation has recently declared Friends of Tim an endangered species. Can't really argue with that.

One of the new friends (which is code for *Person Who Was At The Same Table As I Was Regardless Of Their Feelings For Me*) asked the kind of cocktail party question that can genuinely create a spirited conversation. At the time of the query I was in an epic battle with the menu – waffle fries or onion rings?! – so I was happy for the distraction. The question was, "What are the five best movies of all time?"



I quickly blurted out what was clearly the only right answer: "Animal House! Caddyshack! Ferris Bueller's Day Off! 1941! Animal House a second time with an unlimited supply of Dr. Pepper and Doritos!"

My wife politely offered to pinch-hit for the rest of the conversation so I could go back to the waffle fries/onion rings conundrum. I caught the waiter's attention to request a children's menu and political asylum. He brought back a plate of chicken nuggets and fruit juice in a sippy cup. Close enough.

The next day, when I should have been reviewing my behavior in order to implement long overdue improvements, I was, instead, focused on three other distractions: 1. I still have a hankering for waffle fries. 2. Did I just use the word hankering? 3. What are the five best cartoons of all time?

I could spend days on that question about cartoons. There are a million ways to answer it: Best animation? Best writing? Favorite character? Funniest? Goes best with Dr. Pepper and Doritos?

Even so, one animated movie kept popping up for me as the answer: *Surf's Up* from Sony Animation. If you want to see a cartoon with penguins, THIS is the one you should have watched. Why? Because when everything in the cartooniverse aligns, like it does in *Surf's Up*, it becomes a magical place where you wish you were, a place where you never want to leave, a place that you really, truly wish existed just down the street.



Jeff Bridges, Jon "Napoleon Dynamite" Heder and Shia LeBeouf are just the perfect voices, and the movie was made before LeBeouf lost his mind so it's okay to pay him a compliment here. The mockumentary style was beyond clever, the animation itself simply breathtaking. The soundtrack was spectacular,

the secondary characters were absolute gems and, most of all, it was funny. Unlike the preachy penguins, this toon actually was happy. And funny. Very funny.

I am well aware of the fact that there are critically acclaimed cartoons that are dark and void of humor. I also know that beets are good for me. I don't plan on getting near either of them anytime soon.

In fact, I think I'm going to pop *Surf's Up* into the DVD player when I get home and enjoy the cartooniverse. But first I'm going to stop at the grocery store for Dr. Pepper and Doritos. I heard a rumor that there is a new Dorito flavor: waffle fries. If that's true, I may never leave the house again. My friends might like that. They can finally enjoy a relaxing evening free of disappointing conversation and probably free of chicken nuggets as well. Everybody wins. Especially the chicken.

Tim Wheeler is the founder and owner of Wheeler Creative Studios (WheelerCreativeStudios.com) and is the recipient of nearly 200 national and international awards for writing and advertising. Tim is a nationally published humor columnist, an award-winning radio show host and the creator of the original animated series, *Rocketoons*. His e-book, *Chevy Kokomo: Drive The Passion*, was released earlier this summer through Barnes & Noble and Amazon. Readers are reporting few lasting side effects. Tim holds degrees from Western Michigan University, Villanova University and Northwestern University.



MORE
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Treasure Hunting in West Michigan

By John Morgan



Jim Marshall was the kind of fella you'd want working for you. Industrious and with a knack for engineering, he was building a saw mill for his employer when he demonstrated another useful characteristic—namely some basic geological knowledge—by identifying something profoundly interesting in the river running through his boss' property outside Coloma California. One can only imagine what old Johan Sutter had to say when his engineer came to show him the gold nuggets he'd discovered down at the mill site.

Now that was in January 1848 and by early spring news of the gold discovery was being shouted in the streets of San Francisco. Suddenly, workers were leaving their jobs, crews were abandoning ships to drift in the bay, and both San Francisco newspapers had to close down when everyone took off for the gold fields. Within no time, the news had crossed the country and "Gold Fever" was an epidemic. By 1849, tens of thousands of "49ers" were heading to California by steam ship, wagon train, mule, and foot, all hoping for a share of the treasure.

While most to arrive never made a dime searching for gold—and a large percentage of those who did make their fortune did so selling supplies like pick-axes or providing services like, ahem, temporary female companionship—the huge influx of people into the sleepy backwaters of California helped to connect the continent as an economic and cultural entity and will always be remembered as the Great California Gold Rush.

But in American history, this was not the first big gold rush or the last. In 1828, Frank Logan discovered gold in Duke's Creek, a tributary of the Chattahoochee River in north Georgia. There'd been rumors that the Spaniards had been led by Native-Americans to Blue Ridge Mountain

gold veins, but it had been over a century since they'd been driven out and their secrets had left with them. Now, though word began to spread and discoveries started being reported all the way to North Carolina. Two private minters, first Templeton Reid, then the Bechtler family, began striking coinage for the under-served miners and commercial interests in the region, but ultimately the young government had to step in to handle the overflow and U.S. branch mints were established in New Orleans, Charlotte and Dahlonega—yes, Dahlonega Georgia! All gold coins from these mints are very rare today and avidly sought by collectors, but back in those times so much gold was coming out of the ground that new towns were popping up and the whole Federal monetary system was impacted.

The last big gold rush is another you might not be aware of either, unless, for example, you've read some of the adventure stories of Jack London, like *Call of the Wild* or *White Fang*, which are based on his experiences in the Klondike Gold Rush of 1896-1899, and which centered in Alaska and the Yukon Territory in Canada. The gold was originally discovered by Native-Americans, Skookum Jim Mason and Tagish Charlie, along with their buddy from Seattle, George Carmack, in Rabbit Creek, near Dawson, along the Yukon River. These and many of the other early stake holders in the area were known as the "Klondike Kings" and became quite wealthy, but, once again, most of the tens

of thousands who showed up, as the news got out, would have little to show for their exertions. Shopkeepers, transport owners, and saloon proprietors made out as always, but there were at least as many con-men and desperados as ever and, with the harshness of winter which could bring temperatures to 60 degrees below Fahrenheit, life could be grim and short for the naïve prospector. Once again though, large numbers of people moving into remote regions caused the development of significant new urban areas, as well as lanes transportation, communication, and economic and cultural growth, this time along the west coast of British Columbia, Alaska, and the Yukon River and its delta, which incidentally is twice the size of that of the Mississippi.

Sooo, you're thinking, get to the point, buddy. What does all this have to do with treasure hunting in west Michigan? Ain't no gold rush 'round hyar. Well, allow me just one last, small, historical tangent—ok, maybe not so small, it's 1.8 million years in the making—and I'll tell you...in the next issue of West Michigan PLUS.

John Morgan
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Swift Breast Cancer Diagnosis and Treatment Can Lessen Anxiety

By Kelly Jensen, PA-C, Mercy Health Comprehensive Breast Center

In 2013, Mercy Health Muskegon opened the Comprehensive Breast Center at Mercy Health Lakes Village in Norton Shores. The new center unified services needed for diagnosing and treating breast cancer patients. With the opening, the time it took for women to get test results and treatment, if cancer was found, was significantly shortened.

Mercy Health Muskegon provides the majority of mammograms for the greater Muskegon area. Next year more than 200 women diagnosed with breast cancer will come through the Mercy program. That's scary but for these women breast cancer will be a small factor in their lives because most often their cancer can be caught early and counseling can walk them through the process. Before they know it, their cancer diagnosis will be behind them.

The Mercy Health Comprehensive Breast Center offers many services for breast cancer including mammograms, breast ultrasound, risk assessment, genetic counseling and diagnostics. If there is a concern by either a provider or a patient, the center has what is needed on site.

If someone is found to have breast cancer, a nurse navigator dedicated to caring for patients throughout their breast cancer journey, stays with her from initial diagnosis to post-treatment. The mammography program includes MammoPlus® - a risk service that evaluates women to a higher detail than a standard screening mammogram. A lot can be learned about a patient's potential risk by looking at factors that might be part of the patient's personal history. 3D mammography (tomosynthesis) can be implemented to assist with the evaluation of women with dense breast tissue.

A physician's assistant can perform a risk evaluation and genetic counseling. RiskPlus™ services include a risk-screening and intervention program by taking a more detailed look at a woman's risk for breast cancer. All women have a certain amount of risk because they are female, but there are other factors such as family history, prior abnormal biopsies and genetics. RiskPlus™ helps determine true risk and how screening or intervening for that person differently will improve risk if elevated.

The Mercy Health Comprehensive Breast Center has to meet certain standards of care for breast imaging and diagnosis of all patients who walk through the doors to maintain its triple accreditation. This means constant monitoring to re-evaluate and to look for ways to continuously improve the patients care.

As part of the accreditation process the question was asked, "How can we get patients serviced more quickly?" Accelerating the diagnosis and treatment process has positively impacted newly diagnosed patients. With the faster turnaround, the thought of being a cancer victim becomes something that is quickly behind each patient rather than something that is looming.

If a woman is already suspicious of something abnormal, she does not leave the center before a radiologist has looked at her films, and most often the radiologist has spoken with her and developed a plan before she leaves. A biopsy is offered the same day when appropriate and the pathology department at Mercy Health gets results quickly, often within 24 to 48 hours.

The speed is a double-edged sword. It takes some women off guard. They ask, "Why are they going so fast?" There is so much information to give them and many appointments to make but the same women, when it's behind them, are very happy because it used to take between several weeks to months to get the information needed to put everything into place. Now the time frame from diagnosis to treatment is so narrow there is little time to let it sink in. There used to be a lot of anxiety and a lot of what ifs. These concerns happen on a much smaller scale now.

All of the physician radiologists have additional educational focus on breast imaging, and in July the first fellowship trained breast radiologist was added, Dr. Courtney Garlick.

Everything is done for the benefit of the patient. The staff is constantly thinking, "How would this help the patient?" and "How would I feel if I were the patient?" Patients say it is the care, compassion and calmness they get from the staff at the breast center that makes the difference. When they speak with someone who is knowledgeable about their breast care, they get a sense of comfort in knowing that person has their best interests in mind.



Kelly Jensen, PA-C, is the High Risk Coordinator for Mercy Health Comprehensive Breast Center in Norton Shores. For more information



about Mercy health Comprehensive Breast Center or to schedule a mammogram, call 231.672.4800.

FREE CONCERT!

The Lettermen

Monday, October 26, 7:30 pm
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Quantities Limited, Tickets Required - 231-727-8001

The Frauenthal Theater is pleased to welcome The Lettermen

The Lettermen are: Tony Butala, Donovan Tea and Bobby Poynton

**By Linda Medema
Sales & Marketing Manager
Frauenthal Center for the Performing Arts**

The letter sweaters may only make a brief appearance at each Lettermen performance, but The Lettermen harmony is non-stop. From their first hit in 1961 - - "The Way You Look Tonight" - - through current hits of today, the sound is undeniably Lettermen. 18 Gold Albums worldwide and scores of top singles attest to a popularity that has endured through several generations.

With over 10,000 sold out shows to their credit, The Lettermen are constantly sending valentines to their audiences with each note of every love song. Versatility of group members and personal tastes let each display a variety of musical styles - - adapting through years to include whatever the current trend may be.

International audiences attest to the universal appeal of The Lettermen. Successful tours abroad have included visits to Japan, the Philippines, Thailand, Singapore, Hong Kong, France, Mexico, and Saudi Arabia. The music of these true entertainers transcends all language barriers as it romances the soul, and warms the hearts of millions.

Whether singing acapella or backed by an entire symphony orchestra, the Lettermen theme still remains the love song. Lending that well-known harmony to every arrangement, they have proven love ballads have an appeal that knows no boundaries and will continue to stand the test of time for many years to come...

The beautiful voices of the singing trio, The Lettermen, first hit the music charts in 1961 with "The Way You Look Tonight". Their voices blended as one and after following that first hit with another chart topper, "When I Fall In Love", they were voted best vocal group of that

year. The original singers: Tony Butala, Jim Pike, and Bob Engemann continued to stay on top with beautiful harmony and love songs, while becoming one of the top college concert attractions of the 1960's. They brought words to the Percy Faith hit: "Theme From A Summer Place", revived the classic Charlie Chaplin song: "Smile", warmed us with "Our Winter Love", they begged "Come Back Silly Girl", made everyone's "Graduation Day" memorable, and came out, in 1966, with one of the most love Holiday albums ever recorded: "For Christmas This Year". Late 1967 brought about a "Live" album, and perhaps the group's most loved and requested hit: "Goin' Out Of My Head / Can't Take My Eyes Off You".

In 1967, Engemann left the group and was replaced by Jim's younger brother, Gary Pike and the magic continued with hits like: "Up, Up and Away" - "Hurt So Bad" - "Shangri-La" - "Put Your Head On My Shoulder," and the John Lennon penned "Love". In 1973, when Jim left the group, the youngest Pike brother Donny took over, and more magic was made. With hits like: "Cherish / Precious And Few" - "World Without Love" - "If You Feel The Way I Do" - "Feelings" - "What I Did For Love" and Donny's own "Thank You Girl", the group proved once again and again that they could continue to be a force in the recording industry.

The Lettermen concert is funded by the Collins Fund. Tickets are complimentary and are available beginning October 5 from 11am-5:30pm at the Frauenthal Box Office, then during regular business hours, Monday through Friday, 11 am – 5:30 pm. Tickets are limited to 4 per person, limited availability.

Good Reads

Kitchens of the Great Midwest

by J. Ryan Stradal



Chances are some of your earliest memories revolve around food. The perfect sweetness of a birthday cake, the savory smell of Thanksgiving turkey, the toasted surprise of grilled vegetables - with each taste, a memory is created, often associated with the people you're sharing the meal with. This atavistic level of connection underlies the various chapters of J. Ryan Stradal's debut novel, *Kitchens of the Great Midwest*. The central character, Eva Thorvald, is defined by her relationship to food, from the first chapter where her father is dreaming of feeding her carefully crafted artisanal meals, to her adolescent adventures in raising deadly hot chili peppers, to a career as a reclusive star chef whose pop-up, supper club-style dinners have a waiting list that is years long. Each chapter supplies a piece of the story that, as in all good recipes, come together to form a whole greater than the sum of its parts. Suffused with love for the food and culture of the Midwest, Stradal combines self-deprecating humor, sharp-edged satire, note-perfect tragedy and skilled writing to form a novel perfect for book clubs, families, or anyone who has ever eaten a county-fair ribbon-winning peanut butter bar.



Modern Romance: an investigation

by Aziz Ansari with Eric Klinenberg

If you're familiar with Aziz Ansari's comedy and acting work, you don't need me to tell you he's a funny guy. If you're not familiar with him and his work, trust me, he's a funny guy. This humor track record might lead you to think that his new book, *Modern Romance*, is just a rehash of his stand-up routines about dating, but the book is a refreshingly honest, data-based investigation into how people choose who to fall in love with, date, and marry in an increasingly crowded and digital world. Sociologist Eric Klinenberg helped Ansari design a globe-spanning research project that yields noteworthy insights into the modern dating scene, where we have more options than ever before but overwhelmingly report being unhappy with our dating experiences. Full of photographs, text message conversations, charts, real-life stories and yes, humorous writing, this book delves into a subject that most of us can relate to but few of us devote deep thought to. Luckily, Ansari and Klinenberg have done the work for you, so treat yourself and check out *Modern Romance*.

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Laura J. Kraly is the Head of Adult Services at the Loutit District Library in Grand Haven, MI where she answers questions, selects books for the collection, provides tech support for the library's electronic resources and gives reading, watching and listening suggestions. While reading is a lifelong passion, she also enjoys watching hockey, doing Zumba and yoga, cooking Italian food, and traveling.



Destination UNKNOWN

By Laura Holmes

How do you select a place for a vacation? Do you have a goal to take one big trip each year? What's the key factor to pick the next destination?

It's so important to unplug and step away from the routine of our lives. I carry around a list on a piece of worn scrap paper, tucked deep in my purse, secured by a small zippered pocket. The list is my top-10, must-see destinations across the world. They include: The Patagonia, Australia/New Zealand, Norway, Sweden, Canadian Rockies by Train, Easter Island and more. Periodically, I take it out and review. It's a self-imposed test to see if I've made progress on completing my quest. How do you narrow it in, and choose just one place? Where will your wanderlust take you next?

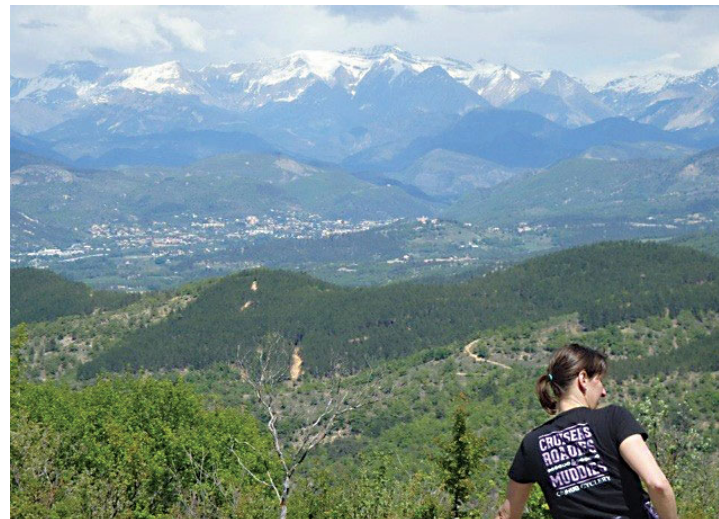
This story describes one method of selection. My perennial travel cohort, Theresa and I made a pact to let fate and the universe decide 2014's big trip. We discussed leaving the next destination to chance and shook hands to cement the idea. We even pinky swore to follow the choice, no matter how random.

Using a cycling-tour catalog as our instrument of fate, full of global itineraries and intoxicating photographs, we concocted a simple method that would take the choice out of our hands. With Theresa as the witness, I extended my arms, holding the catalog at waist height. It fell from my hands, thumped the floor, before it wildly flopped open to a page spread.



We bent and nervously peered down to focus on the pages and the contents. We pulled the page closer to reveal a section header proudly displaying the word, EUROPE. The EUROPE spread was surrounded by flowing fields of lavender, with exotic rock outcroppings in the distance. Confusion set in, we scrunched our brows in frustration. "How can we go to Europe?" we lamented. "We can't book a flight from Grand Rapids to Europe!"

We craved more direction, determined not to make this decision on our own accord. The plan of randomness had been foiled. We sighed and looked closer, looking for clues. Scanning the EUROPE page, a subtle message was tucked in the corner - muted white letters formed a sentence. We leaned in to read our clue. A tiny, 6-point font,



whispered to us from the upper left corner. It instructed, see page 48.

As if the catalog held a vacation time-bomb tucked in the spine, we slowly and nervously turned to page 48. As we did, we nodded in acknowledgement that the number was not without significance. The birthday (Theresa's) we had vowed to celebrate in 2014 was represented by the same number of years. Finally, the travel universe was listening. Hope began to float up from the open pages.

We arrived and the pages flattened. The photos and text came into sharp focus, we read the heading and recognized the surroundings. The page proudly announced: Biking in Provence. We grinned broadly. Two smiling bikers gaze back at us, set in one frame against an aquamarine lake, then amongst idyllic rows of violet lavender in another. Our eyes devoured the image of a stone farmhouse and patio table, set for dinner with wine glasses. We smiled back at a couple in bike jerseys, who sit on the edge of a patio pool, dipping their toes. With the understanding that Provence in southern France was to be our destination, we looked up, locked eyes and began to nod. "Très bien," I offered, already practicing my French. "Let's do it," piped Theresa. We high-fived to confirm the choice.

In less than a year, after the catalog-flop methodology secured the destination - five girlfriends gathered, planned and prepped for a cycling tour in southern France that took us through Provence, the Côte D'Azur and to the Mediterranean Coast. Of note, only two of five were seasoned cyclists and parts of Provence, near the Alps, were not particularly flat. The allures of Provencal wine and cuisine outweighed the 25-40 miles of pedaling the tour featured....per day. It was a vacation where we earned our dinner, wine and cheese.

Where are you going next? And, how did you choose?

.....
Laura Holmes is a FineLine Creative career girl and writer who always has a trip up her sleeve. Gotta pack, write, travel, play! Reach her at www.4fineline.com or www.contentqueens.net



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PLUS MOVIE MINUTES

Straight Outta Compton (2015, Rated R)



I was still mastering walking and talking by the time N.W.A. had fallen from grace, so nostalgia never played a role in my experience with their biopic *Straight Outta Compton*. Still, I was drawn in by the captivating performances and stellar soundtrack; but what resonated with me most, regardless of having no emotional connection to the hip-hop group prior, is how relevant the social injustices depicted in the film are. That's what's so great about this film and film in general: It can transcend all barriers—including musical preference— to deliver a human message understood by everybody. With regards to N.W.A's film, that message is such: Art comes in many varying forms, as do the artists, and though not all art appeals to everybody, nobody should be censored from sharing their ideas simply because it's different. The raw performances here truly capture not only the inner conflict of N.W.A. and the rising fame of its young founders, but also the overbearing oppression put upon them by a privileged society and its government. No doubt *Straight Outta Compton* will be a contender come Oscar season and rightly so. It's an exhilarating drama.

The Gift



(2015, Rated R)

The Gift is an apt title in so far as the film is a pleasant surprise. Writer/Director/Producer/Star Joel Edgerton has crafted an atmospheric suspense tale of an ambitious young couple (portrayed fascinatingly by Rebecca Hall and Jason Bateman) who move back home only to be stalked by an old high school classmate (Edgerton) looking to settle an old score. All though *The Gift* is riddled with genre clichés, the film is expertly crafted in such a way that they feel unobtrusive, which allows for some genuine thrills. Rebecca

Hall's Robyn is the film's shining sun. We see things from her perspective and sympathize with her as she begins to question everything: her sanity, her husband's sanity, and the true nature of Gordo, the man stalking her family. Is he an unhinged lunatic bent on getting even or an abused, misunderstood victim of society? The shocking answer will haunt your thoughts long after the credits roll.

Ricki and the Flash

(2015, Rated PG-13)



It's near impossible not to admire Meryl Streep. The woman gives nothing short of 110% to every performance, completely concealing herself in the persona of

each unique character, both emotionally and physically. If you've seen any of her work, it's easy to understand why she's been nominated for more Oscars than anyone else in history (and won three). Streep once again unabashedly bares the same dedication here as Ricki, a deadbeat mother living her later years out as an aged rocker championing the classic hits of Tom Petty and Bruce Springsteen, as well as spearheading more contemporary hits by the likes of Lady Ga Ga for the younger grows hitting up the bar where she plays with her band The Flash. For as great as Streep is here and for as convincing as her long braids and pools of eyeshadow are, the film's premise feels about as fresh as White Snake's Here I Go Again—it's overplayed. To make matters worse, one of time's greatest actors is played opposite by the one and only Rick Springfield. And while Springfield can tear it up on a stage, it's easy to see why he's not known for tearing it up on the big screen. Regardless, *Ricki and the Flash* is consistently funny throughout, thanks in large part to Ricki's daughter, portrayed fittingly by Mamie Gummer, Streep's own daughter. So while this isn't Streep's best film, it serves as a solid entry into her pantheon of perfect performances and plays a fun enough tune to warrant a recommendation.

Jordan Peterson is a film student at Grand Valley State University and works as a projectionist at Celebration! Cinema Carousel in Muskegon. He is an aspiring writer-director as well as an amateur screenwriter and reviewer. Some of his favorite movies include (500) Days of Summer, The Muppets, and Evil Dead 2.



The State's Best Kept Secret: Caregiver Agreements

By Linda S. Kaare

Do you know anyone who has hired someone to provide in-home care? This care usually includes supervision, bathing, light housekeeping, meal preparation and other assistance with daily personal needs. Typically an in-home caregiver is desired to keep a loved one at home and to avoid placement in a nursing home or other facility.

Beware! If you need to apply for Medicaid benefits within five years of having paid for an in-home caregiver, the State of Michigan has a policy that treats all payments made to an in-home caregiver as a gift (divestment of assets) unless all of the following requirements are met:

- There is a written caregiver contract;
- Care is provided after the agreement is signed;
- Both signatures (caregiver and recipient) are notarized;
- If an Agent signs for the recipient, the Agent cannot also be the caregiver;
- You must reside in a home (not assisted living) and not be on Medicaid;
- A physician must state in writing that the care is required to prevent placement in a residential facility.

This policy applies to ALL in-home caregivers whether they are relatives, non-relatives or professional home care agencies (although the State is not currently enforcing the policy against professional home care agencies).

How does this affect someone who pays for in-

home care? For example, Sally hires an in-home caregiver and pays her \$1,000 per month for three years. The agreement is verbal. Sally then enters a nursing home and after three months, she is out of money and applies for Medicaid. The State, upon reviewing Sally's last twelve months of bank statements, inquires about the \$1,000 per month checks. When Sally reports that these were payments to her caregiver, the State requests a copy of Sally's signed, written, notarized and physician approved care contract. Having none, the State penalizes Sally by not paying for her nursing home care for the number of months and days that the \$36,000 would pay towards the nursing home (4.5 months in 2015).

Meanwhile, Sally only has her income to pay the nursing home for the 4.5 months. The nursing home may ask Sally to move, may ask for a lien on Sally's home (if she has one), or may ask the family to pay the cost of care.

One questions why the State would penalize a person who wisely used their money to stay at home and actually *delay* applying for Medicaid, especially when a non-relative provided the care. Even though verbal agreements are binding and there is no requirement that general contracts must be notarized, there are no exceptions to the State's policy; all requirements must be met to avoid being penalized for Medicaid.

What can you do? Spread the word, sign caregiver agreements that meet the State's

requirements, and talk to your Representatives and Senators. This policy should be modified to prevent unsuspecting citizens from being penalized for paying someone so they can stay at home and avoid being on Medicaid! Citizens can make a difference.



Linda specializes in elder law including Medicaid eligibility for long-term care, veteran's benefits, probate law and estate planning, including special

needs trusts for disabled individuals. She is a Veterans Administration accredited attorney. Her passion in the elder law area and for those with disabilities was fueled by her father's battle with Alzheimer's disease and his years of long term care. Because of her personal experience, she provides both legal and practical counsel to families faced with disabling illnesses.



LIVING HEALTHY

Who Says Location is Everything?

By Melissa Wikman

As many of you have heard, the YMCA building in downtown Muskegon was bought by Muskegon Community College who will operate it as a community fitness center. What most of you probably don't know is the vision we have for the new Muskegon Y.

Just as we have in the past, we will reinvent ourselves once again to provide relevant service to West Michigan. More than just an address on Western Ave, we are an Association of people. People -- our members, volunteers and staff -- have always been the heart and soul of our YMCA. We come from all walks of life to share a passion for strengthening the foundations of our community and achieving health..

No longer tied to a facility means a more decentralized approach. We can reach out and address the current health and wellness needs defining our community. And, through these programs we can help make our community a better place to live.

Specifically, we are focusing on key health issues in Muskegon including programs targeting water safety,

chronic disease prevention and management, obesity in youth and adults through physical fitness and nutrition, and addressing the unique needs of an aging population.

In our new form we will offer and expand:

- **Safety Around Water** (formerly known as "pool school") which teaches over 1,000 third graders from schools throughout the county about water safety, water rescue, rip currents, and ice rescue -- a critical need in a community built around water.
- **Chronic Disease Prevention** and Management Programs addressing some of Muskegon's most pressing health needs like diabetes prevention, arthritis management, blood pressure management, and post-cancer fitness programs.
- **Youth Outreach** programs that not only focus on fighting the causes of childhood obesity through physical activity and nutrition coaching but teach life skills and the YMCA character building values of Caring, Honesty, Respect, and Responsibility.
- **Nutrition programs** in partnership with the Grand Rapids YMCA. Our Cooking Matters and Nutrition

in Action program teach over 2,500 kids, teens, and adults in schools, churches, and other locations throughout Muskegon about healthy eating including reading food labels, cooking fast healthy meals, and shopping for healthy food on a budget.

- **Employee wellness outreach** to help members of the community improve their health future through exercise coaching and on-site classes, nutrition education, counseling, and information resources.

Although not unaffected by this milestone event, YMCA Camp Pandalouan will continue to offer high caliber programs that generations of families have enjoyed and come to expect for nearly a century. Program goals will be even more closely aligned with community outreach initiatives as we embrace the health and safety resources available to us.

Melissa Wikman is the Director of Fitness and Membership Development at the Muskegon Family YMCA. She is a native of Muskegon and graduate of Hope College and the State University of New York.

How Much Is Too Much For A College Degree?

By Bruce Duff

I recently read an article in the Orlando Sentinel about a young woman, Stephanie Ritter, who listed her college diploma on eBay for \$50,000 <http://www.orlandosentinel.com/features/gone-viral/os-grad-selling-diploma-ebay-20150827-post.html>.

The posting was meant to be tongue-in-cheek, but it did make me think about the cost of college. At some point does it make sense to invest up to hundreds of thousands of dollars to for a degree only to end up under employed for years after? As a numbers person I am always considering a return on any investment.

Let's take a look Stephanie's case. Stephanie attended Florida State University and according to FSU (<http://admissions.fsu.edu/freshman/finances/>) the annual cost to attend her school is \$20,173 (assuming she was a Florida resident).

We will assume it only took Stephanie four years to graduate so her total cost would be \$80,692. If you include earnings forgone to attend school, even at minimum wage, it would add another \$16,952 per year bringing the total cost up to \$148,500. So how much could Stephanie expect to make if she lands a job in her field? \$45,000 a year according to Projections Central and studentsreview.com. If Stephanie was employed without a college degree, she would be earning \$30,000 per year between the ages of 25 -34 (<https://nces.ed.gov/fastfacts/display.asp?id=77>).

Earning the additional \$15,000 per year as college graduate, it would take Stephanie 9.9 years to earn what it cost her to get her degree. This doesn't even take into account being underemployed in a job that does not require a degree as Stephanie has been for 4 years or interest on student loans.



As colleges continue to add infrastructure and administrators we can only expect the cost to earn a 4 year degree to climb. At some point will it not make sense to earn a degree? There are many benefits beyond dollars and cents to attending college and earning a degree. The friendships, memories, and the whole maturation process

that the college experience allows young adults to go through can't be quantified.

As the with any product, however, college degrees have a market with supply and demand and the traditional college education could end up pricing the average young adult out of the market.

In the end, everyone considering college should take a hard look at what they can expect his or her degree to cost and what they can expect to earn (get in return). Perhaps it makes sense to get an Associate's degree and enter the work force sooner? Many employers will assist with paying for the remaining two years of school.

There is no one answer to what will work for everyone, but considering the dollars involved in getting a degree it should cause anyone to stop long enough a figure out what makes sense and perhaps avoid not getting a good return on a major investment.

Bruce Duff is a graduate of Michigan State University. He has over twenty years' experience in the accounting field. Bruce recognized the specialized attention individuals and small businesses were not receiving from larger accounting firms led him to start his own practice, BMD Financial Solutions.



Bruce serves as Treasurer for the Michigan Irish Music Festival and the Muskegon Irish America Society. He serves on the MSU Alumni Club of Muskegon County Board Of Directors.

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White River Light Station

By Peter Manting

In the 1880's, industrialization started to boom in the Midwest. Charles Mears built the first sawmill on White Lake in 1838. In 1849, the Rev. William Ferry and his son, Thomas, built a water powered sawmill at the mouth of White River, where White Lake meets Lake Michigan. Their farmed lumber went partially toward new construction in nearby Whitehall; but for the most part, it was shipped to larger cities like Chicago and Milwaukee. With an increasing number of ships transporting lumber, White River became congested, especially after the Great Chicago fire of 1871, when lumber was in absolute demand.

As ships began to wreck more frequently, it became clear to the Michigan Legislature that a new lighthouse was needed at the entrance to White Lake. At the same time, those making profits in the lumber industry were seeking money for the expansion of the shipping channel. Business was booming and the lumber barons hoped to build an additional channel between White Lake and Lake Michigan.

In 1866 congress agreed to the sum of \$67,000 for the shipping channel and \$10,000 for a new lighthouse at the entrance to the harbor. However, there was immediate disagreement as to the most appropriate position for the lighthouse. Construction was indefinitely halted until the channel could be built and the authorities could reassess the area. It was important to position the tower where it would be most beneficial. Work on the channel progressed slowly.

In the meantime, ships captains needed a navigational aide. One shipping captain from England, William Robinson, took it upon himself to ensure the safety of his fellow sailors by building fires along the beach of White River to guide ships along the river.

In 1869, another \$45,000 was appropriated for the completion of the channel. Two years later, in 1871, it was finished. By that time, the original budget for the lighthouse had been spent. Little more than \$1,000 remained to construct a small wooden light at the end of a pier which was contrary to what ship captains had once hoped.

The faithful Captain William Robinson became the first keeper of the pier light in 1872. When the Lighthouse Board requested \$4,000 for a keepers dwelling they were rebuffed. The next year, the board proposed a larger shore light. This time, their request was heard. In 1874, they were granted \$15,000 for a new lighthouse and keepers dwelling.

Captain Robinson and five other men assisted in the construction of the new lighthouse. Built with yellow Michigan brick and limestone blocks, the tower included a long, cast iron staircase that ran from the cellar to the top of the tower. Robinson saw the project from start to finish and again took over his duties as keeper upon its completion.

After years of waiting, when the devoted keeper finally moved into the lighthouse with his wife Sarah, he vowed never to leave it. The happy couple built a home in the tower, as Robinson had always envisioned and together they raised 11 children.

Day in and Day out, the keeper tended his lighthouse with wisdom and enthusiasm. He and his wife saw to the maintenance of the tower and home, raised their children, and made it their personal mission in life to protect ships along the shores of White River. They imagined a long happy life together in the lighthouse, but it was not to be. Sarah died suddenly at the age of 58. To keep his spirits up Captain Robinson concentrated all of his energies on the care of the lighthouse.



As the keeper neared the age of retirement, his grandson and assistant, Captain William Bush, took over as keeper. The captain, however, was reluctant to lose his grip on the White River Light. Even though governmental regulation allowed only one lighthouse keeper and his family to reside in the lighthouse at a time, Robinson refused to leave. Out of respect, Bush deferred to his grandfather's seniority and allowed the captain to remain in the house and tend to the beacon as he had always done. Though the towers technically belonged to his grandson, Robinson carried out most of the work well into his eighties.

After many years of this arrangement, it was a well-known fact, even to the lighthouse Board that Robinson was still residing and working in the lighthouse. In 1915, the board insisted that the keeper retire from his duties and the house. At 87 Robinson was no longer deemed capable of tending the light. He walked with a cane and couldn't get around as well as he once did which made him a liability. They wanted Bush, a much younger man

and more capable man, permanently on duty. Robinson was unmoved. To the dismay of the organization, he refused to abandon the light.

At this point, the board realized that significant measures would have to be taken. They never got the chance. Determined to live out his last years at the light, Captain Robinson died less than two weeks after their decree – and still didn't leave the lighthouse. 5 more keepers followed in the footsteps of Captain Robinson. All knowing and experiencing the presence of the deceased Captain looking over their shoulders to make sure the light was lit and well maintained.

Keepers have experienced hearing footsteps always between the hours of 2 and 4 am, accompanied by the sound of a cane steadily climbing the stairs. Sailors have reported seeing a figure in the lantern room late at night, Sarah the captain's wife has also been known to help out with the dusting or has been spotted with her husband Captain Robinson sitting in one of the recessed windows. Karen McDonald the past director and curator of the white river light station is quoted as saying that "I don't like to say the place is haunted, because the word haunted brings to mind dark and frightening things. I like to say that it is "spirited." This is a spirited place."

Peter Manting is the Executive Director of the Sable Points Lighthouse Keepers Association. SPLKA's mission is to preserve, promote and educate the public and to make our lighthouses accessible to all.

SPLKA manages 4 iconic Lake Michigan lighthouses: the White River Light Station in Whitehall, Little Sable Point Lighthouse in Silver Lake, the Ludington North Breakwater Lighthouse and the Big Sable Point Lighthouse in the Ludington State Park. Peter grew up and lives in the Grand Haven/ Spring Lake area. He has had a love of local Maritime history fostered by his grandfather who would tell him stories of the many ships that frequented the Grand Haven harbor in the early 20th century. Peter has been active in the community as a former board member for the Tri-Cities Historical Museum which houses many of his grandfather's historic ship models.



Country Boy, Country Dairy

By Mike Mattson



NEW ERA – For sure, Jeff Swanson is a country boy.

"I've always lived in the country," Swanson said. "I've been farming since I was 9 when I worked on a neighbor's farm picking asparagus."

Today, Swanson works at Country Dairy, the popular West Michigan farm located in New Era. He serves as the promotions manager, which includes duties in sales, marketing, public relations and tours.

And he makes sure "City Boy" writers have their hair nets in place and shoes properly sanitized before entering the processing plant.

"My wife calls me 'Spackle Man' – filling in the cracks," Swanson said with a smile. "I'm sort of a Jeff-of-all-trades."

Swanson has worked at Country Dairy for 11 years – he started as a milker—and knows the operation inside and out.

He considers Country Dairy a special place with true country charm.

"It's a unique place," Swanson said. "Where else can you get a lunch, go out and sit on a picnic table and watch cows over the fence? Or the cows watch you over the fence. It's very pastoral."

"We don't have anything to hide. We want people to come out and see us. Our tag line is, 'Come visit our family farm.' You can see where your milk came from. You can see the animals that produced your milk."

The Country Dairy success story started in 1907. Andrew Van Gunst, who came to West Michigan as a boy from the Netherlands, bought about 80 acres at the current Country Dairy site, 3476 S. 80th Ave., New Era. Andrew and his wife Jane raised five children on the farm that included cherries, asparagus, potatoes and the milking of 8-12 cows.

Andrew's son Henry took over the ownership of the farm in 1956. Henry's son Wendell, who studied dairy science at Michigan State University, then assumed ownership in 1968.

Under Wendell's guidance and interest in dairy cattle, the focus of the business switched solely to Holsteins and the expansion of the herd from 30 to about 80.

In 1983, a significant expansion of the business occurred with the creation of a processing plant. Milk from the registered herd started being processed, bottled and distributed to West Michigan stores.

Today, the operation includes the processing plant, barns, Farm Store, deli and Moo School (visitor's center). The Farm Store was built in 2004 and offers fresh meats, premium ice cream, milk, cheese, butter and gift items. The "Moo School" for tourists and students was erected in 2005.

Here are some interesting Country Dairy facts:

- About 15,000 people visit the farm on tours each year.
- Country Dairy employs about 125 workers and helps boost the economy in Oceana County.
- About 1,400 cows are being milked in the operation.
- About 90 percent of the food fed to the cows is grown on about 4,000 Country Dairy acres.
- Cows are milked about 24 minutes per day – three different times for eight minutes.
- 80,000 gallons of milk are produced each week.
- The plant can process 140 school-sized milk bottles per minute and 38 gallon-sized jugs per minute.
- The top selling ice cream is vanilla.
- The top selling milk is 2%.
- The top selling cheese is mild cheddar.



Country Dairy, Inc.

3476 S. 80th Ave., New Era, MI 49446

Phone: 231-861-4636

Toll-Free: 1-800-243-7280

Email: info@countrydairy.com

Website: www.countrydairy.com

Country Dairy Farm Store, Deli & Visitor Center

Off-season Hours: 7 a.m.-8 p.m., Monday-Saturday
(Labor Day Weekend - June 12)
Closed on Sundays

Farm Tours Availability: Off-season tour hours from Labor Day through Memorial Day are by appointment only. Email jeff@countrydairy.com or call the tour line at 231-861-4636 x119 to set up a tour.

More than 300 stores, including ice cream shops, in Michigan carry Country Dairy products. Swanson said about 10,000 gallons of milk also are delivered to various stores in the Midwest.

A key part of the operation is the processing plant. Swanson said it takes about 12 to 24 hours for the cow's milk to be bottled. He added that daily maintenance is important so there are no breakdowns in the system.

The plant includes a room where the ice cream is made and half-gallon containers are filled. A big freezer also is quickly utilized to store the ice cream at 30 degrees below zero to prevent ice crystals from forming.

On a big day in the summer, Swanson said the operation can produce as much as 1,000 finished gallons of ice cream.

A large cooler also stores cheese. Swanson said the mild cheeses are stored for 6-10 months, the cheddars are stored for about 2½ years and some extra sharp cheddars up to 10-11 years.

The clean, inviting Farm Store sells a lot of the Country Dairy products. Sales have grown a great deal from the early days of a smaller roadside stand.

"The idea behind the Farm Store is value added agriculture where you can cut out the middle men and make more money right off the farm, which is something Wendell has been doing for a long time," Swanson said. "He's been an entrepreneur in that sense. He thought, 'Let's build something bigger, throw a deli in there' and it has taken off from there to what it is today. It's a destination."

People visit it as a lunch destination, where they can get a bottomless cup of milk (free refills) with each lunch.

Some dairy operations use cows treated with rBST (Bovine Growth Hormone), which received Food and Drug Administration

approval in 1994 for use in dairy cattle. But Country Dairy has opted not to inject its cows with the synthetic hormone and informs its customers with labels on its dairy products. The injections help cows boost their milk output.

Swanson said Country Dairy was a pioneer in branding its products as being free of rBST. “(The FDA) had approved rBST, but we weren’t going to have it, so we wanted to let people know they could buy milk by choice,” Swanson said. “We fought a battle against the FDA and won so we could put it on our label, but we also had the restriction we had to say there is no significant difference between milk treated from cows with rBST. We were the first company to really fight that battle. It’s truth in labeling.



“We never said farmers are bad for putting it in their cows. If you are a farmer and you can increase your income by 20 percent because you give them this injection, that’s your choice. We never came down against any other farmers. We just said we can guarantee a milk that doesn’t have it so consumers can have a choice to buy milk without being treated with rBST.” The Country Dairy operation is now managed by Wendell’s daughters and son-in-laws. The operation includes the main farm in New Era, a dairy farm near Montague and another farm just west of New Era. Milk is transported by



“Well, life on a farm is kinda laid back,
ain’t much an old country boy
like me can’t hack.
It’s early to rise, early in the sack,
thank God I’m a country boy.
Well, a simple kind of life never
did me no harm,
raising me a family and
working on the farm.
My days are all filled with an
easy country charm,
thank God I’m a country boy.”

— Lyrics from John Denver’s song
Thank God I’m A Country Boy.



tanker truck from the other farms back to the main New Era farm.

The fresh meat shop and Pizza Shoppe are two other newer additions to the operation. Swanson doesn’t expect a lot of changes in the future as far as the milk production. He said Country Dairy will look to grow in the other areas.

“We are a producer-handler so we are limited by regulation how much milk we can produce,” Swanson said. “We can only produce approximately 80,000 gallons of liquid milk a week going into bottles, so we are sort of close to that threshold. As far as expansion with liquid milk sales, if we go beyond that 80,000 gallons of milk we are going to get into a different classification. We would be just a bottling facility, which means we could buy milk from other places, but we’re not sure we really want to do that.

“Where we can grow is in ice cream and butter and cheese. Those are the markets we are really expanding. We’ve seen huge growth in the last couple of years in those markets – just because that is something we are focusing more and more on.”

Tours also are a big part of the business. Visitors can get a guided tour of the farm, while learning its history and how the operation works. Visitors can pet the calves and cows, too.

Swanson said telling the Country Dairy story to others is one of the best parts of his job. And why not – he’s a country boy still living a life of country charm.



“We are a 100-year-old centennial farm, fourth generation, and the original farmhouse is right there,” said Swanson, who is a part of the West Michigan Tourism Association Board of Directors. “It’s a great story. How many places like this are even around anymore?”

Mike Mattson is an award-winning sports journalist, with 23 years of experience at The Muskegon Chronicle. He enjoys sports, reading and leadership development. Mattson is a graduate of Central Michigan University.



Trump or Simply Trumped Up

It started with a hilarious scene as I watched a herd of reporters and camera people (a.k.a. news paparazzi) frantically chasing Hillary Clinton's SUV during her "listening tour" in May. Why were they chasing her? It was simply for a chance to capture a candid shot of the candidate as she ducked into a side door to meet with potential voters.

The feeding of our bloated, 24-hour news cycle quickly grew into a race to catch the latest, outlandish antics of Donald Trump or estimate that growing number of attendees at the latest Bernie Sanders rally.

As we progressed into the dog days of summer, the coverage reached a fever pitch. The media seemed intoxicated with every sound point, every moment of the golden haired Donald Trump. The effect was to suck the life-giving oxygen out of the rest of the Republican field. The other rans were forced to ramp up their antics or simply disappear. Some took to the challenge with relish.

Lindsey Graham shared a video of himself trying, with considerable effort, to destroy a cell phone. Rand Paul anted up by taking a chainsaw to the tax code, while Mike Huckabee shared his gruesome vision of the citizens of Israel being marched to the doors of Nazi ovens.

It left me shaking my head and wondering if fear mongering and fraternity antics were really appropriate for presidential candidates. And, would I really want a president who, after multiple attempts, seemed incapable of destroying a simple cell phone?

I recently watched one cable news program give away nearly an hour of programming to cover a Donald Trump rally. Nearly simultaneously to that event, I listened as the media mentioned with amazement that Donald Trump hasn't spent any money on commercials. My question. Why would a candidate spend good money on commercials when the news media is already covering you for free?

Who among us would mind having a steady stream of no cost publicity if we were running for office? This media exposure can be invaluable for a candidate and I can't help but wonder if it isn't skewing the poll numbers to some degree.

That being said, I can't argue that Donald Trump, Bernie Sanders, Carlie Fiorina and Ben Carson are certainly tapping into a populist vein of anger and disgust with a government and its politicians who seem to have forgotten that they are supposed to be working for us as opposed to those paying for their favors and their next election.

Maybe we're just so starved for authenticity, that some of us are willing to put up with non-politically correct speech just to avoid being verbally manipulated once again. I'm certain we have all groaned when another career politician repeats yet another oft repeated, sappy, poll-tested appeal. I have to admit that there IS something refreshing about off-the-cuff sincerity, even if we don't always agree with all of it.

Will these "outsiders" succeed in taking down the Goliaths of mainstream politics? And, yes, I know, Bernie Sanders is already a United States Senator. But, let's face it, as a self-described democratic socialist living in the United States, I think we can consider him an outsider of sorts.

I'm not sure if Trump or any of the others will ultimately withstand the media onslaught and scrutiny of the voters, but meanwhile, why not grab the popcorn and enjoy the political sideshow while it lasts.

Jay A. Newmarch is a lifelong native of west Michigan, currently living in Kalamazoo. A marketing, design and communications professional, Jay is a self-admitted newshound with an avid interest in current events, politics and governmental accountability.



An Invitation to Learn

By Steve Edwards

An invitation can elicit wonderful feelings of being thought of and considered. An invitation can also elicit troubling feelings of obligation and expectation. Some invitations can bring about both feelings. Think about a wedding or baby shower invitation: you are excited and honored to be thought of and considered, and it also brings the obligation of making the time, buying a gift, and possibly making travel plans.

An "invitation" to learn is no different than being invited to a wedding; it is full of excitement and wonder, but also obligation and preparation. I believe that potential is most likely realized when EVERYONE is invested in the learning and potential of each child. Administrators, teachers, non-instructional staff, parents, and yes, students, all play a critical role in the development of the potential in every student.

When we think about learning in the form of an invitation to learn, it becomes quite clear that opportunities are present, but they aren't something to be taken for granted. Obligations are there, but so is responsibility. For students, it is imperative they read 20-60 minutes EVERY day. They must understand and learn the value of following through and persevering. They must develop and demonstrate a passion for and love of learning. Students need to complete all tasks and assignments to the best of their ability and create a plan and strategy for seeking help when they are struggling.

For the parents of very young children, it is essential that they read with and to their child EVERY day. Try to encourage creativity, imagination, and curiosity. For parents of older children, make sure you have "college and career" talks with your child. Continue encouraging your child to read EVERY day. Expect your responsible child to complete every assignment to their personal best level.

As community, you should expect your child's teachers to create, stimulate, foster, reinforce,


and model a love of reading and learning. You should expect them to plan, execute, and monitor engaging, rigorous, and aligned lessons. You should expect your child's teacher to create real life connections to learning. You should expect your administrators and non-instructional staff to model hope, courage, perseverance, positivity, pride, and consistency.

In some ways, our society has become obsessed with avoiding failure. We are often encouraged to shelter kids from disappointment and frustration. In my opinion, when handled appropriately, disappointment and frustration can be some of the greatest vehicles for self-improvement. What if our kids never experience disappointment or failure until they are past their formative years? How can they be expected to handle something on their own that we never put them in a position to experience with our support? School and competition provide us an opportunity to work toward a common goal, to learn from our experiences, to modify our approach and to adapt. Isn't that what our society really needs? Allow your children to experience success and challenges, ups and downs, victories and defeats. I am encouraged by the resilience and resolve of our youth. The invitation has been sent.

Steve is the Superintendent of Reeths Puffer Schools, located in Rocket City, Michigan. He graduated from both Eastern Michigan University and Grand Valley State University and holds his Master's Degree in Educational Leadership. He has two school-aged children, Sydney and Kaden and is the lucky husband of Karyn. Steve enjoys teaching, coaching, leading, and reading.




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GOOD SPORTS

Muskegon Momentum

By Mike Mattson

New Muskegon Lumberjacks owner Dan Israel doesn't mince words when talking about expectations for his United States Hockey League club.

"I want to be successful and I want the team to be successful," Israel said. "I feel responsible for that and I take that responsibility seriously. My goal is simply this: to be the best junior hockey organization in the world on and off the ice."

Israel, a successful business owner from Bloomfield Hills, will take the torch and run with it as Muskegon enters its sixth season in the USHL. It is considered the top junior league for amateur players in the 16-20 age group, with most earning Division 1 college scholarships. Last year, 37 USHL players (the most of any league) were drafted by the NHL.

Muskegon enters this season with momentum after finishing as runner-up to Sioux Falls in the 2014-15 Clark Cup Finals. The Lumberjacks will host 30 home games, starting with an Oct. 3 contest against Team USA U-17. The Lumberjacks and the City of Muskegon recently agreed on a three-year lease for games to be played at the downtown L.C. Walker Arena. Israel said the three-year lease -- which has the city managing the arena -- was important in the continuing transition from Muskegon as a former long-time minor league professional hockey town.

Selling the Muskegon area on junior hockey has been an attendance challenge, but Israel said the public just needs to be better informed about the talent-rich USHL. Muskegon native and current Detroit Red Wing Justin Abdelkader is a product of the USHL.

"I don't think it has been properly marketed and communicated with the community," Israel said. "I believe Muskegon is a good place for a hockey team. It has great potential. I am very familiar with pro hockey that was here before. The caliber of hockey we have in Muskegon and the high caliber of the USHL is better hockey than what was played before."



Muskegon's rich hockey tradition spans 50 years in professional circles. It started in 1960 with the debut of the Zephyrs (later renamed Mohawks), who captured Turner Cup title in 1962 and 1968.

In 1984, Larry Gordon purchased the Muskegon franchise for a \$1 and spearheaded the Lumberjacks to Turner Cup titles in 1986 and 1992 before moving the team to Cleveland.

Pro hockey in Muskegon continued in 1992 under the nickname Fury and the ownership of Tony Lisman. The Fury enjoyed great success in the United Hockey League and posted league championships in 1999, 2002, 2004 and 2005.

But pro hockey ended in Muskegon after the 2009-10 season. The junior team started in 2010 under owner Josh Mervis, who sold it in 2013 to a New York-based majority ownership group.

And now the new era begins under Israel.

Muskegon, coached by Todd Krygier and assisted by Todd Robinson and Josh Shields, returns eight key players off last year's squad.

Current Lumberjacks General Manager John Vanbiesbrouck hopes the team can build more success after a strong finish last season.

"We believe that you begin with an end in mind," said Vanbiesbrouck, a former NHL goaltender with 374 wins and a U.S. Hockey Hall of Fame inductee. "We will lay out a similar plan as last year. We feel confident we drafted well, and we have a good group of returning leaders. "But hockey is a tough game to defend in and a tough game to score in, so that is left to be determined -- how we compete. We will teach hard. We will practice hard with excellence. We will work on the process so that we can get results. If we focus on the process the results will come."

Israel's immediate goal is to increase the community's awareness on junior hockey as an affordable, exciting, family entertainment option. He likes Walker Arena and the potential to grow junior hockey in the area.

"I want nothing short of making this the best junior hockey organization in the world," Israel said. "That isn't going to happen overnight, and by any means, I'm not saying it's going to happen tomorrow. But over the next few years, my goal is to make that happen."

For more information on the team, visit muskegonlumberjacks.com.

Mike Mattson is an award-winning sports journalist, with 23 years of experience at The Muskegon Chronicle. He enjoys sports, reading and leadership development. Mattson is a graduate of Central Michigan University.





RECIPES: MIXING MEMORIES WITH GREAT TASTE

Venison Stroganoff

by Colette Kufahl

As our Michigan weather turns from cooler to cold, a hot plate of stroganoff can be a welcome main dish to warm bodies and souls. This time of year is all about hunting season for many of us, which brings some great stories and great game recipes to the dinner table.

Growing up on a farm where we raised our own beef cows, I often helped with the process of meat for the freezer, but I knew nothing about hunting or processing and working with game meat until I married a hunter. As many hunters and gardeners know, there is something fascinating and comforting about knowing how and where the food we eat comes from. It's the ultimate 'adventure in food' to be intimately involved with the food we eat, from field to table.

For venison, the process is year round. There is a need to know where deer are living and moving and be aware of legal land to hunt on, seasons and permits. By July the process could be scouting for that perfect hunting spot and spending more quality time with a compound bow and target. By September a walk in the woods is all about looking for sign.

October 1st brings the opening of bow season that hopefully leads to tracking, cooling, and processing the blessing of some of the best lean meat there is. Adapting venison meat to a recipe is another adventure of the whole hunting process.

One of my favorite recipes is for Venison Stroganoff. I use the tenderloins or sirloin cuts for this recipe. The ingredients are as follows.



Willie Normal's Venison Stroganoff

- 2-3 Tbl. olive oil
- 1 small to medium sized yellow onion, chopped
- 2 cloves garlic, minced
- 2 lbs. venison tenderloin, backstraps, or other venison steak cuts
- 1/3 Cup flour
- 2-6.5 oz. cans of mushrooms, undrained
- 1 can beef broth
- 1/4 Cup catsup
- 2 tsp. salt
- 1-16 oz. carton of sour cream or plain low fat yogurt
- 1 lb. bag or box of your favorite pasta

1. Cut meat across the grain into very thin strips. (Partially thawing frozen cuts in the microwave makes for the easiest slicing.)
2. In a Dutch oven type pan, brown chopped onion & garlic in olive oil until caramelized in color over med-high heat.
3. Add sliced venison and stir-fry it in with the onions and garlic until no longer pink.
4. Cover and reduce heat to simmer, cooking for at least 10 minutes, stirring occasionally.
5. Meanwhile set a pot of water to boil for the pasta of your choice (sometimes our family likes me to use small sea-shells pasta, boiled and then fried golden for a couple of minutes in olive oil, salt, and minced garlic using a large non-stick skillet.)
6. Add flour and stir until meat is coated
7. Add mushrooms with their juice, beef broth, salt, and catsup and increase heat until mixture thickens and boils, stirring constantly.
8. Reduce heat to warm and add sour cream.
9. Serve over or mix in with pasta and sprinkle with parsley flakes and Parmesan cheese if desired.

Knowing the story of what we eat lends the opportunity to reiterate the stories and the blessings of our harvests that warm our bodies and souls through the year.

Have a favorite "dish" or "dessert" and want to share it with PLUS readers? For consideration submit your recipe, recipe story in WORD format, and photo of the finished product to: mark@orshalrdproductions.com. Not all submissions are guaranteed to be published. Orshal Road Productions, LLC reserves the right not to publish questionable and non-family friendly submissions.

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Moonlight and Magnolias was originally produced in New York City by the Muskegon Theatre Club on March 3, 2003. Lyrics: Muskegon Artistic Director, Randi Green, Executive Producer. The World Premiere was produced by The Goodman Theatre, Chicago, Illinois on May 15, 2004. Robert Farkas, Artistic Director, Rochelle Schaffer, Executive Director.

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Food for THOUGHT

Answers on Page 23

SUDUKO PUZZLE #1

6	7					3		8
8	2			1	4	9	5	
4		9						
				5		7		
	3		2			4		
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	4							

SUDUKO PUZZLE #2

3		1			7		9	2
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61						62	63						64	65
66					67					68				
69					70					71				

TIC-TAC-O

By Carl Denison, edited by Timothy E. Parker

ACROSS

- Capital of Ghana
- Ball of thread or yarn
- Stone paving block
- Exclaimed like a bovine
- Buddhist monk
- Yard Sales?
- Frazzled traffic reporter's comment
- Packing weight deductions
- Hot dish stand
- Fib
- Loudness units, briefly
- Acts as lookout, e.g.
- Book of the world
- Did some home ec homework
- Bridal bio word
- Las ____ (Canary Islands city)
- "____hoot, don't pollute!"
- Unrealistically positive
- Bit of asparagus
- Type of test
- 100 lbs. in the U.S.
- Broadway performer
- Places to pick up puppies
- 17-syllable form of poetry
- Attack like a turtle
- "Special" suffix
- Benedict or Tom

DOWN

- "What ____, chopped liver
- Portable bed
- Rocker Elvis whose aim is true
- Bring up, as kids
- Woodcarver's implement
- "Sincerely" and others
- Chinese philosopher ____-tize
- Ostrich's cousin
- Electric power measure
- Title of respect in colonial India
- Football complement
- Almost cylindrical
- Tropical fly
- Bookie alternative in N.Y., once
- Swaps for an upgraded model
- 440 yards, to a track

- runner
- "Leave ____ that!"
- Heavy metal band?
- Travel by sea
- Partner of Andy, in classic radio
- Brazil's biggest city
- What superheroes fight
- Done on ____ (without contract)
- "____ boy!" ("Nice going!")
- Uses a sewing shuttle
- In a mischievous way
- Billiard sticks
- Air France flier until '03
- "Longue" chair
- Microwaved briefly
- Colored
- Fiber used in basketmaking
- A bit daft
- ____ forma
- Bird of peace
- Circle components
- Salt Lake City's home
- Boxtop, e.g.
- Big racket
- Word with "equipped" or "prepared"
- Utter

Steps to Navigating Conflict for a WIN–WIN!

By Michelle Martin, M.A.

A certain amount of conflict in human relationships is unavoidable, yet it is one of the most painful and challenging aspects in close relationships. When I facilitate anger management therapy groups, I tell the participants that if you locked Mother Theresa and Mahatma Gandhi in the same room long enough, there would be some type of conflict. It is human nature, but very few of us are taught effective tools in resolving conflict. Most of us are simply taught that we should not have conflict in our lives and that having conflict is a sign there is something wrong with us, our loved one, and our relationship.

Working through a conflict with a loved one can actually bring two people closer than if they simply avoided it. By avoiding conflict, we fail to share our true thoughts and feelings. Over time, this can lead to drifting further and further apart as we side step more and more areas that might cause strife. The absence of conflict is not what makes a good relationship. It is how we work through and heal our conflicts that separate healthy from unhealthy relationships.

In order to assist some of my clients cope with conflict more effectively, I put together a step by step guide. The first of these is to assess the importance of the issue by thinking about the possible consequences of this issue going unresolved. Even if the only long-term consequence imaginable is that resentment might accumulate, that could be significant enough to poison an otherwise good relationship. Try to think in terms of both long-term and short-term consequences. It is often useful to consider such things as will the consequences of this unresolved conflict affect other people besides yourself. The use of tools such as scaling questions to determine the importance of the issue is helpful. To use a scaling question, one simply asks, "On a scale of 1 to 10, with 10 meaning life and death, how important is this really?"

The next step is to assess the intensity of one's own internal reactions as well as the external reactions to the situation. Using the same scaling question described above, assess how intense your feelings are. If the intensity of the feelings is a higher number than the real life consequences/importance of the issue, the work should be focused more internally than externally. To focus internally one would determine if there are personal issues to be addressed such as lack of sleep, misinterpretation, anxiety, etc.

The next step is all too often neglected and it is crucial. We should ask what response we hope to elicit from our loved one. How do we hope this person will react? All too often our focus tends to be centered on our own discomfort and outrage. When we act this out for others, it often garners a defensive reaction. When defenses are up, information does not get in.

The next step is to determine what response we expect to receive from our loved one. The old saying that we find what we seek applies here. If we expect a negative or hostile response we can act in a manner that could contribute to us getting the hostility we expect. It is important to reflect on the reasons we have for expecting things to go badly with this person. It could be our own attitudes and beliefs that add to the negativity that accompanies conflict. It could also be our loved one is not always reasonable. That is where reflecting on the past is helpful.

This brings us to the next step which is to think about what approaches have worked well in the past with this person, or if it is the first conflict with this person, with others. It may be how we bring things up, the timing, or the mood of the loved one.

And finally, ask what can be done on your part to encourage a positive response from your loved one. It may be some act of kindness or framing things in a way that shows your willingness to see things from their point of view. Whatever approach you chose to take, remember that having the relationship win, rather than one individual over another, means everyone wins.

Michelle Martin, M. A. is a Licensed Marriage & Family Therapist, Limited Licensed Psychologist, (supervised by a Licensed Psychologist,) and Certified Sex Therapist at Harbor Psychological Associates. She has twenty years experience working both in agency and private practice settings. She has also worked as an educator teaching subjects related to mental health. Her areas of expertise include relationship issues including couples and parent-child problems, anxiety and mood disorders, sexual problems in adults and the behavior disorders of children. She can be reached at michelle@harborpsychological.com.



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Autumn in Real Estate So, What's Up!

By Dale P. Zahn

Not really sure there is such a time as a 'down time' or a 'slow time' in the real estate industry. This may be contrary to popular thinking but even in the dead of winter there is activity as buyers still look and buy for a host of reasons and sellers needing to sell could care less if its cold outside.

Okay, we're not in the dead of winter, we now find ourselves into autumn which arguably can be one of the most beautiful times of the year in west Michigan, the place we in organized real estate refer to as "A Great Place To Call Home....." This is the time of year when the kids should be back in school and many family vacations are over. Holidays lie ahead but there is no rule of thumb, no law, no general custom that says buying and selling real estate slows down....in fact for the astute REALTOR and their clients, the colors of autumn can bring buyers and sellers together. With a nice landscape to view it really can be a most appealing time get that warm and fuzzy feeling over home ownership.....

This brings us to the point of negotiation between buyer and seller. This is a subject that should be discussed with the REALTOR representing the buyer or seller. There is no rule and should be no pre-conceived notions as to what makes for a 'good or reasonable offer' and what constitutes an insulting lowball offer.

The key to getting what you want is to be reasonable. Though pricing is an inexact science it is really not all that mystical and there is enough information available to REALTORS and clients to make an intelligent decision. The emotional factor cannot be underestimated either....that is, just how bad does the buyer want the home and how bad does the seller want to sell?

During the recent summer months, perhaps due to a often cited upbeat marketplace that has rebounded from the recession, we've seen quite a number of buyers and sellers get irritated with each other and their REALTORS get caught in the middle of the fracas that sometimes is brought on by themselves. Buyers who write significantly low offers (well under the listed price of a home) and their agents often get miffed when the seller comes back with No counter offer at all or a 'come back when you are serious' response. This really is preventable and the sharp agent will explain to the buyer how not to irritate the seller.

A recent post on a Facebook page hit the nail on the head when a buyer said 'we went back and forth with offers and counter offers and finally with the counsel of our REALTOR we said enough is enough and we settled in and got the home without any further bantering back and forth.' There does come a time that a decision has to be made – either you want the home or you don't. As a buyer are you buying the home to live in and enjoy and make

memories in or are you buying a dining room fixture for a whole lot of money? See the point?

The art of negotiation is just that. Those troublesome offers we've come to learn of throughout the summer have often been 20% or even more below list price. While it's true sometimes these rarities work, in the big scheme of things they don't. Properly priced by the listing REALTOR, a home should not be priced 20% high in the first place.

Statistics from the Multiple Listing Service show that typically, the price realized by a seller in today's market is generally 4-5% off or the list price and many times with truly great listings priced right that show great, it's not at all uncommon to see homes getting multiple offers and selling at or even above the list price.

So what's the point here? The point is give it your best shot as a buyer and as a seller be reasonable as to your expectation. Another important factor to consider is the myth that all offers must be presented and acted on in the order received. This is simply false.

All offers under the REALTORS Code of Ethics and Michigan license law are to be presented as objectively and expeditiously as possible but there is no rule as to the order of whose gets presented first and there is no rule that says a seller must respond in writing to all offers. Inaction is in fact a rejection – a seller not happy with a buyers offer does not need to respond in writing at all.

Remember too that price isn't everything. REALTORS themselves sometimes get caught up in 'highest and best offer' scenario's. Highest and best based on what? Sometimes a seller will accept less money based on more favorable conditions of the purchase offer such as a flexible closing and possession date, better qualified buyers, larger earnest money deposits.....so the key to the whole matter, getting what you want as a buyer or a seller is simply to be reasonable and work closely with your REALTOR to help get the desired result and make dreams come true.

Dale P. Zahn

Chief Executive Officer
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Surviving the Economic Storm

By Tom Kendra

There's no doubt about it, these are challenging times in which we live

If you've lost sleep in recent months due to stress about paying for college, having enough money for retirement, or even keeping the roof over your head, you are not alone. With so many components outside of your control, it's easy to feel adrift without a lifeboat. And since many experts say the economy's instability is the one thing we can count on for the indefinite future, taking action now to help strengthen your financial position is essential.

Five steps you may want to consider taking immediately:

1. Don't panic and pull out. Most financial experts agree now is not the time to simply stop investing or cease contributions to your retirement plans. That's especially true if your target retirement date is ten or more years away. Revisit your portfolio, your risk tolerance and how to reallocate funds if necessary to minimize losses and maximize gains.

2. Pay off unsecured debt. Now is the time to pay down credit card and student loan debt. Trim your budget to make extra payments. Set a target goal date to become debt free once and for all.

3. Save, Save, Save. If the worst happens and you lose your job, do you have enough savings to carry you through? If not, start socking away at least 10% of your income if at all possible. In this economy, it could take six months or more



to find a comparable new job, so six to eight month's living expenses should be your target goal.

4. Review your insurance coverage. Now is the time to review, update or purchase insurance policies to make sure you are adequately covered. If you have neglected to purchase life insurance or disability insurance, it's time to explore the benefits of these important financial safeguards.

5. Inquire about annuities. With many retirement account balances taking a tumble in recent months, searching out ways to establish a secure guaranteed stream of income during retirement is important. Variable annuities offer a wide range of professionally managed investment options, guaranteed death benefits, and a variety of payout options including guaranteed income for life.

Surviving the recent economic storm is difficult, but not impossible. It will take discipline, planning, and yes, even courage.

But the good news is, taking positive, proactive steps now can help put you back in the helm and keep your financial dreams afloat for years to come.

Tom Kendra is a Financial Advisor with Prudential, with an office in Muskegon. He can be reached by phone at (231) 563-6638, fax at (231) 375-5229 or e-mail at tom.kendra@prudential.com



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Workshop presenter: David P. Covell, Attorney
Law Office of David P. Covell, PLLC



The Juvenile Delinquent Student

By **Melanie Sportell**

It's easy to say what defines a typical teenage student, but what defines the typical juvenile delinquent student? After teaching in a juvenile detention center for the last six years, my answer to this question is probably different than the general population. The responses I have received when asked where I teach portray the feelings that my students are less than desirable in the classroom. They are seen as the trouble makers—the defiant know-it-alls who don't appreciate the privilege of an education. I'm often asked why I would waste my time teaching "those kids", and I can offer a concrete answer to help clear the mistaken reputation of delinquent students.

My students have all committed delinquent acts earning themselves a stay in a juvenile detention center. These acts range in severity, but by definition, they are law violations, negatively labelling these students. Fortunately, I have the opportunity to see the other side. Most often these students are handling stress loads that I am confident would break

the majority of us. They wonder where their parents are, how to care for their siblings, where they will sleep at night, if and when they will eat, when they will get beat up next, how they are going to pay for all their fines, and the list could continue. It is fair to say that a significant number of my students plan their stays in the detention center as they are tired, hungry, scared and need a break from the reality of their world "on the outs".

Once locked up, all detained students in the detention center where I teach, attend school Monday through Friday year round. Students inside the detention center get an adequate night's sleep, are fed three balanced meals a day, and have support of the staff. They are ready to learn, possibly because there isn't anything better to do, but nevertheless, they are a captive audience. The majority of these students are failing their classes in their home schools and expect the same results while attending school inside the detention center. However, the students soon find out, given the right situation and support, that they can be successful. The classroom size is small, usually less than eight students in one class. They are taught English, science, math, social studies, physical education and art by a highly qualified teaching staff, and they have to meet the same content expectations as they do in their home schools.

The juvenile delinquent students that I teach are great kids, but they are living with intense situations that are often outside of their control. If given the right circumstances, they could become our next doctors, teachers, counselors, or anything else they might dream of becoming. However, many find that even achieving a high school diploma is beyond their grasp as the obstacles that they encounter along the way prove to be too much. I am incredibly lucky to interact with these amazing students every day and witness them achieve small victories—honor roll, upper level, a successful family visit, or even just surviving the day with a positive outlook. It is my hope that the success they feel while being detained can continue, and they are able to bless our world with their talents, which in turn would bless all of us in infinite ways.

Melanie Sportell is the mother of the modern day blended Brady Bunch—four boys and two girls ages twelve to twenty. She holds her Master's in Curriculum and Instruction and teaches science for adjudicated youth. In her "free time", she teaches group fitness, does personal training, and coaches a girls' basketball and boys' soccer team.



Discover Pentwater

Come for a day. A week. A life.

By Eva Gregwer

It is a pleasure to welcome you to Pentwater, one of the most scenic, quaint towns in northwest Michigan. It has been the town's fortune to have preserved this special way of life that values the sense of community, small town living, and beautiful sites. Pentwater is more than a quintessential, old-fashioned, laid back community with a rich history on the shores of Lake Michigan's clear waters and sugar-fine sandy beaches. It's more than an area that surrounds a 500-acre inland lake that's fed by a vibrant river.

Pentwater's downtown is filled with charming Victorian homes, unique shops, historical buildings, marinas, historical museum, tennis courts, public fishing piers, playgrounds, a public beach and the Village Green, where Thursday evening Civic Band Concerts have been a tradition every summer for 69 years.

One can enjoy the fabulous outdoors in any season -- walking, fishing, hunting, boating, snowshoeing, sailing, swimming, birding, jet/water skiing, a seven mile hiking and cross country ski trail, horseback riding, photography, a paved 22-mile bicycle and snowmobile trail, jogging, camping, kayaking, canoeing, golf, and so much more.

It's an area of good eating, too. Basic groceries -- and more -- aren't far away. Nor are interesting wines and champagnes, deli meats and cheeses, homemade bakery items, fish and meats, spices, and hard-to-find ingredients. There also are plenty of fresh options from local lakes, rivers, forests, orchards and fields: asparagus in May, strawberries in June, cherries in July, blueberries in July-August; corn, tomatoes, plums pears, nectarines and peaches in August; and apples and squash in September. Plus brown and lake trout, salmon, steelhead, and plenty of pan fish fill our lakes and rivers for those fishing from boats, piers or through the ice. And hunters will find plenty of deer, wild turkeys, ducks, and squirrel (kids' safety training begins here).

Are you an artist or craftsperson? You will be right at home in Pentwater with our galleries, Artisan Center, Arts and Craft shows, our regular gallery walks, and multiple events that celebrate local artist and craftspeople. Whatever your art or craft, there's a place for it, an opportunity to learn it, and people you can mentor or classes you can teach. We're a very diverse community with lots of expertise. One of our local artists will even be featured in Art Prize for the second year in a row.

A few of our highlighted events happening during this fall will be our Annual Fall Fest, Oktoberfest and our Spooktacular weekend. These festivals attract people from all over to visit our quaint village and keep them coming back. The community supports all of our local events and helps keep our town thriving. Volunteerism is a popular pastime within our vibrant community, many social clubs, community service opportunities may keep one busy throughout the year.

The September 26 & 27 Fall Fest Art, Craft & Antique Fair marks the 25th anniversary of this long-held tradition in excellence in art, crafts and antiques. This two-day event, showcased within the spacious and splendid Village Green, is the perfect setting for a most extraordinary art and antique experience. The outdoor venue provides the perfect setting for the 100+ craftspeople, artists and antique dealers to showcase their furniture,



silver, porcelain, pottery, hand crafted woven accessories, jewelry, linens, glass art, sculptures, photography, paintings and more unique creations. For two-days, locals and visitors will appreciate their favorite returning vendors and welcome first time artists/craftspeople to the annual event. Throughout the event, refreshments and food will be available. Live music will be provided by Richard Magrath (associated with Canopy Space) on the band shell. If you miss it this year, make sure to mark your calendar for next fall!

This year marks the 19th Annual Oktoberfest in downtown Pentwater. On the second Saturday in October, people will participate or spend the day viewing the spectacular Classic Car & Hot Rod Show which fills up five blocks on the main street. Over a hundred car enthusiasts will be more than welcoming to show off their vehicle. If that is not enough to draw your attention, maybe the annual Home Tour which features several Pentwater homes that are unique architecturally, have lake frontage or view, or have historic significance are available for touring. Pentwater's Oktoberfest features the traditional German food and beer at our entertainment tent while perusing the raffle items. There will also be activities such as stein holding, chili cook-off, Big Ten Games on the Big Screen, corn hole, a photo booth and more!

Fall is a fantastic time to visit Pentwater and see the foliage changing. Drive along the lakeshore and view the spectacular colors. One may even decide on a kayaking trip down Pentwater River to see the leaves change. Don't forget to participate during our Halloween festivities on Halloween weekend. There will be kid activities throughout the day with games, trick or treating with merchants and a Spooktacular parade for anyone and all to participate!

Shops will light up the streets during our Holiday season as well. Our Festival of Lights in late November showcase storefront decorating contests, horse drawn carriage rides, Santa Claus arriving by fire truck to meet the children, roasting chestnuts, carolers, Christmas menus, specials and more. It doesn't matter what time of year, Pentwater

illuminates the season.

Whether you just come to play in any season or return to stay, you'll discover a real Lake Michigan village atmosphere where good friendly people live and thrive. I look forward to your visit. If you can't find me in my office chair, you'll find me in my beach chair.

www.pentwater.org

Please visit or call the Pentwater Chamber of Commerce at 324 S. Hancock St., Pentwater, MI 49449 or 231-869-4150.

travelinfo@pentwater.org

Eva Gregwer is the Executive Director of the Pentwater Chamber of Commerce since 2012. She is a 5th generation native to Pentwater. Eva graduated from Pentwater Public Schools and pursued her BS from Western Michigan University in Biomedical Sciences with a dual minor in Chemistry and Psychology.



The Benefits of Chiropractic Care and Yoga

By Laurie Semlow

As our PLUS generation ages it comes as no surprise our back pain is increasing. What is surprising is the increased cost of treating that pain. The Journal of Manipulative and Physiological Therapeutics determined that the occurrence of back pain in patients aged 45-60 increased by 29 percent due to simple aging. The cost to treat these patients is staggering. In 2001 it was \$15.6 billion and rose to \$35.7 billion in 2006! Researchers anticipate that this cost will only continue increasing if we don't begin to seek other alternatives to care. Fortunately chiropractic care has been shown to be a cost-effective option when treating back pain.

As awareness of alternative medicine grows, many people are exploring wellness options that traditional medicine doesn't offer. As a result many yoga studios and chiropractic clinics have seen a surge in popularity. Most people are aware of the basic benefits that yoga and chiropractic offer, but there are many benefits you may not know about. Chiropractic focuses on the nervous system to improve posture, range of motion, flexibility and immune system function. Yoga has been shown to help improve flexibility, tone and strengthen muscles and keep the spine aligned following adjustments.

Motion and balance are two necessities to creating and maintaining a healthy life. Both chiropractic and yoga focus on these. Chiropractic helps restore proper motion to the spine and yoga continues that by increasing range of motion, flexibility and joint strength. Balance training is not only good for the body but also the mind. With proper spinal alignment we are able to achieve maximum nervous system function and balance capabilities. Yoga then goes a step beyond, by helping us improve our balance.

In addition to regular chiropractic and yoga sessions, we recommend a diet in unprocessed foods that changes with the seasons.

1JMPT, Volume 36, Issue 1, Pages 2-11, January 2013

Laurie Semlow is a Certified Creating Wellness Coach and Office Manager at Semlow Chiropractic, 5353 Grand Haven Road, Norton Shores. She can be reached at 231.798.9355.



ANSWERS FOR THE GAMES ON THE FOOD FOR THOUGHT PAGE ON 17

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Tami Coates
231.799.4027
tcoates@ibcp.com



Marisol Linstrom
231.799.4031
mlinstrom@ibcp.com



John Oblak
231.830.3980
joblak@ibcp.com



JoAnne Silk
231.799.4024
jsilk@ibcp.com

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