

The background of the entire page is a long-exposure photograph of a night sky. It shows numerous star trails as white and blue streaks against a dark green and black background. In the lower-left foreground, there is a dark, reddish-brown wooden structure, possibly part of a telescope or a building, with some bolts visible.

# West Michigan **Plus**

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## A MESSAGE FROM THE PUBLISHER

Welcome to the August-September issue of PLUS. I hope that all of you are enjoying your summer. It has been great so far. Lots of sunshine, temperatures haven't been too hot, and just the right amount of rain coming on weekdays and not the weekend!

Summer in West Michigan seems to be pretty short and we need to take advantage of everyday during the season to have some time to play. Being self-employed I find myself working more than I play

losing out on all that summer fun.

One of the PLUS writer's columns, Laura Holmes, is about balancing work and play. I thought I would test out her suggestions.

I decided that this summer I was going to work smarter and not harder to free up some much needed playtime. I started work a little earlier and ended my day a little earlier and on some days by an hour or two.

Now my version of playtime may not fit everyone's idea of fun. Understand I'm an individual that needs to be on the move, I can't seem to sit still for long. So far this summer I was able

to pour some concrete and repurpose an out-building into a new work shed for all of my outside hobbies and yard tools. My irrigation system was 23 years old and in much need of repair so I rebuilt most of it and even added a couple more sprinkling zones for additional landscaping. Adding more zones meant digging trenches, running pipe, hooking up sprayers, and of course shoveling 6 yards of top soil.

My version of summer playtime works well for me. It fulfills a lot of my goals and needs. The physical labor is keeping me in shape giving me much need exercise, losing some much needed weight, and freeing my mind of the clutter taking up too much space. The combination of working smart and taking time to play has given me more energy and rounded out my life, Laura was right!

We still have some summer playtime left and fall playtime will be coming soon. Whatever playtime is for you I hope you are having fun doing it. I say go to the beach, ride a bike, take a walk on a park trail, or dig in the dirt, it all works!



Mark Williamson  
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# inside

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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  
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West Michigan PLUS is on-line and downloadable to  
your favorite device at: <http://orshalrdproductions.com/>.

SUBSCRIBE to West Michigan PLUS and you will  
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Michigan PLUS is published bi-monthly.

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# Tim's Cartooniverse

## It Fits Like A Snail

By Tim Wheeler

### To snail or not to snail? That is the question.

Wait, is that even any question at all, let alone THE question? I suppose it is, given the question mark at the end of sentence. Usually indicates a question. Or a typo. I'm going with question! \*Exclamation point used on purpose – see dealer for details.

Now that we've established the legitimacy of the question (stand back, citizens, we're doing important work here), it's time to try and answer the question. More accurately, it's time for me to try and answer the question. And by the time you're reading this, said question will have been answered or I will be curled up in a ball whimpering and clutching a Zagnut bar. If I'm curled up in a ball whimpering and clutching a Heath bar, then everything's alright. Just wanted to let you know in case you stumble upon me in the grocery store.

This question is the kind of thing that gets asked when one makes cartoons. And in the case of Rocketoons, it isn't the kind of question that gets asked, it IS the question that gets asked, which I think we already established with the foray into end punctuation and typos. So here is the premise: I have two elderly snails on a racetrack – because young, spry snails are soooo much faster – and they are being outpaced by the ever-changing world of social media. Snail seems like a good fit here.

But is it the right fit? And this is something I love about building cartooniverses. I should probably be sitting in my studio reviewing the revised value proposition, or at least trying to figure out how my iTunes got loaded up with Three Dog Night songs, but instead I'm working to identify the right critters for the right message in a cartoon. Tuition dollars hard at work once again, as if tackling the Three Dog Night conundrum somehow exudes more academic nobility.

For reasons that I consider magical, people identify with cartoon characters on a level that is altogether different than how they identify with humans - real or animated. I suppose it varies from person to person, but for me and for a lot of kids, the connection to cartoon characters is pretty doggone deep. (Doggone? Three Dog Night clue #1!)

So we have looked at other characters to see if they resonate, to see if they belong in the cartooniverse, and the results just make me smile. They also make me realize that snails are the right fit. Here's why: Consider the banana slug.

I did. Banana slugs are slow. Banana slugs are kind of like snails. Problem is, banana slugs are big and smushy. Unless they're the mascot for the University of California Santa Cruz. He looks more like Shrek in a tank top than a banana slug. I can't plop a slimy, juicy banana slug down on the hot, dry tarmac of a racetrack and not send the cartooniverse out of orbit. I won't be doing the banana slug any favors either.

What about a turtle? Tortoise, to be exact. They're slow. They do well on a hot, dry surface. They even have a shell we can decorate with racing stickers. So the answer is tortoise, yes? The answer is tortoise, no. Back to that whole magical component of the cartooniverse. It's a gut feeling. It just isn't the right fit, but now my brain (the part that isn't humming Shambala and longing for a Heath bar), is building a new cartooniverse for banana slugs and tortoises: Slowpokes Anonymous. "Hi, my name is Jerry, and it's been 17 days since I moved more than three feet." How long does it take to schedule a meeting at Slowpokes Anonymous? How do you know if they're absent or just running behind schedule? Is the coffee decaf, or is that considered an enabler?

Just like that – one cartooniverse completed and another one launched. See?! Cartooniverses for everyone!!! Even ones where a question mark and an exclamation mark can live side by side. Pretty sure those are the lyrics to a Three Dog Night tune. I'll check that out after I build me some deserving snails.

Tim Wheeler is the creator of Rocketoons (Rocketoons.com), an original animated series for teachers, counselors, parents, and anyone interested in helping kids by having a Cartoonversation. Tim's e-book (not a novel!) is available through Barnes & Noble and Amazon. He holds degrees from Western Michigan University, Villanova University and Northwestern University.





# Where the Wild Things Were

By Jay A. Newmarch

Think back to a time when both humans and animals were safe in our zoos. When we respected the strength and deadly beauty of these wild animals, making sure to view them from a safe and respectable distance. Remember a time when we were more concerned with keeping these captive animals from getting at us, rather than the other way around.

Well now, sadly, we seem to be at a point where we have to worry more about the ongoing future of these "protected" animals than about our safety in their presence. Animals we have taken in to raise and protect, often endangered species, are no longer ensconced behind that once impenetrable barrier of thick glass and wall. Sadly, in an effort to give all of us humans a more satisfying view, we have imperiled their lives. Our captive animals are now subject to the actions of undisciplined humans that are, let's face it, just plain stupid, reckless or both.

A simple internet search will bring up a long list of disturbing headlines that should make us act now to prevent the next inevitable death of a wild animal due to our lack of boundaries.

*"Toronto zoo investigates after woman jumps tiger's fence to retrieve hat"*

*"Gorilla shot dead after boy, 3, falls into enclosure at Cincinnati zoo"*

*"Amazon jaguar shot dead after Olympic torch ceremony"*

*"Man gravely injured after jumping into Chilean zoo's lion enclosure"*

All but one of these incidences resulted in the death of animals, unsuspecting creatures that were killed to save a human who had intruded into their space, not the other way around.

The two lions killed in the Chilean Zoo incident were shot in order to rescue a man who didn't even want the life that zookeepers were trying to save. He was intent on ending his life by means of these lions. As it turned out, the man who had wished to end his life is alive. The lions, who had no such death wish, lost their lives because this man was able to climb into their enclosure.

The case with the endangered Amazon jaguar was especially grievous. Brazilian authorities had chained the jaguar in the background of their Olympic torch ceremony as a "set decoration." The jaguar, representing the Olympic mascot for the 2016 Rio Olympic Games, was shot dead by soldiers after it broke loose from its chains and escaped animal handlers. Yes, Brazil shot dead their Olympic mascot, an endangered species that was being used for a ridiculous photo op!

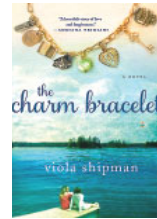
Here's the sad truth. There are less than 800 mountain gorillas left in the world. While greater in number, a dwindling 15,000 jaguars remain in the wild. And, the estimated 20,000 remaining lions are a far cry from the more than 200,000 that graced the savannahs of Africa just a century ago. With over 7 billion humans, some who are actively trying to reduce the numbers of these endangered animals, don't you think it's time to stop worrying about our viewing desires, and instead, worry about how we can keep our captive animals safe from us.

Let's build those walls and windows back up. Barricade these animals safely away from the dangers we pose. Heck, I think we should take a more drastic step and turn our zoos into animal sanctuaries. Animal havens that are more concerned with maintaining their existence than showing them off to us oft-dangerous humans. Seems to me that we lost our opportunity to interact closely with these amazing animals when we killed most of them off. Now we must concern ourselves with saving their dwindling numbers, both in the wild AND in our zoos.

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.



# Good Reads

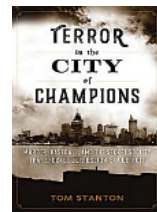


## The Charm Bracelet

by Viola Shipman

If you're not quite ready to let go of summer, crack open a copy of *The Charm Bracelet* and spend some time in scenic Scoops, Michigan with three generations of women. Grandmother Lolly is a theatrical, beloved figure to residents and visitors alike, performing in the window of the local fudge shop wearing wild wigs and colorful ensembles. Daughter Arden left Scoops to chase her dream as a writer, but is scraping by working in a Devil Wears Prada-esque magazine environment while trying to make ends meet. Granddaughter Lauren is trying to make responsible choices, studying business in college even though her true passion lies with the arts. When they are all drawn back together "up north" at Scoops, each woman gets to tell her story and make some discoveries about themselves and each other.

The central motif of Lolly's charm bracelet unites the disparate narratives, drawing a rich picture of lives full of emotion and experience. Each charm has a story behind it, and will make you want to take your own bracelet out of the jewelry box and reflect. Shipman, who writes memoirs under his own name, Wade Rouse, convincingly portrays a family at a crossroads whose love for each other can meet and exceed the challenges they face. Take a break with the Lindsey family and make summer last a little longer – you'll hear some sweet and wonderful stories.



## Terror in the City of Champions: Murder, baseball, and the secret society that shocked Depression-era Detroit

by Tom Stanton

While I've heard Detroit called the City of Champions, I never knew that the nickname came from an historic year (1935) when the Tigers won the World Series, the Red Wings won the Stanley Cup, the Lions won the NFL championship and Joe Louis KO'd Max Baer, cementing his status as a premier heavyweight boxer. Stanton takes the reader through the various ups and downs of the sports teams and players, focusing primarily on the Tigers and player/manager Mickey Cochrane, while giving a glimpse into Depression-era Detroit life. He touches on the auto industry, Father Coughlin, the art and architecture of downtown and many other locations and persons of significance.

The dark side of the City of Champions was the insidious presence of the Black Legion, a Klan-style organization that inducted members at gunpoint, planned and executed acts of racial and ethnic violence, and counted many of Detroit's civic, governmental, and social leaders as members. While a full picture of the activities of the Legion are hard to piece together, most likely through a combination of official suppression and temporal distance, enough traces remain to make an interesting, and for many, previously unknown, crime narrative. Stanton does an excellent job portraying the complex environment of Detroit in the mid-1930s, giving a "you are there" feeling, and those who enjoyed books like *Devil in the White City* or *Summer of '68* will find much to interest them here.

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.





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# It is Not Really about the Sport

Courtesy of Melanie Sportell

Spring in our house is a little nuts as spring sport schedules are in full swing. Every night of the week, including the weekends, we are rushing off to at least two, if not three or four, practices and/or games. Often, I get asked, "So, why do you do it?" "Why do you spend so much time and money on sports?" My answer: "I put a lot of time into running my children all over and watching their games, but I don't spend the money on sports, it's bigger than that."

I encourage my children to be on a team, no specific team, no specific sport, just A team. The money and time are invested in lessons. Lessons my children learn on how to get along with others and be a good teammate. Lessons on how to learn to loose with dignity and win with modesty. I invest my time and money so my children have the opportunities to practice dealing with disappointment, when they don't get the playing time they thought they deserved or when they gave it their all and they didn't finish in first.

I pay for opportunities that allow my children to learn how to discipline themselves. To stay focused on a task at hand and realize what it means to be dedicated to something, understanding that it takes hours and hours of practice



and years of hard work to excel in something. I pay for the moments when my children are exhausted and they want to give up in a game or skip practice, but they don't. I pay for them to practice setting goals and then work towards accomplishing them. I pay so my children can be proud of their short term achievements and see improvement in the long term. I pay so they can see me in the stands,

devoting my time to them, cheering them on, and allowing them to see how proud of them I am.

I pay for them to participate in a healthy lifestyle, to learn how to take care of their body and equipment. I pay so that my children can be out on the field, court, or track instead of in front of a screen, where they can learn to respect not only themselves, but also their teammates, the other team, officials and coaches. I pay for the life-long friendships and memories that are generated from being on a team. In short, I don't pay for the sport. I pay for the opportunities that sports provide my children—opportunities to develop character that will follow them long after they step off the field.

*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.*



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## AN EYE ON EDUCATION

# Find a bright spot and clone it

By Steve Edwards

As a parent of both a high school student and middle school student, I have the pleasure of being both a Dad and the Superintendent in Rocket City. As a Superintendent, it is my job to make sure that we have policies, programs, and opportunities for every student to achieve at their highest level. As a Dad, my job is to make sure that my children benefit in every way possible to leverage their current and future success. So...as a dad, I often ask myself "What do my kids need to do to maximize their opportunities?" Dan and Chip Heath wrote a book called "Switch, How to Change Things When Change is Hard." In the book, they offer that one of the greatest ways to succeed is to emulate success. You do this by "finding a bright spot and cloning it." I was recently reviewing the profiles of the students in our "Top 10" of the graduating class of 2016. They are true "BRIGHT SPOTS". They are engaged academically, socially, philanthropically, athletically, and artistically. In addition to being excited about their success and opportunities, I have an obligation as a dad and a superintendent to try to learn from their success. What did they do to succeed at such a high level? They studied, asked questions, took initiative, and challenged themselves. How did they learn the time management strategies to be so successful academically and still be SO involved in student activities? They planned, prioritized, and disciplined themselves. How did they persevere through the tough times; what gave them their grit, determination, and work ethic? They followed strong role models; trusted adults and peers worthy of their emulation. How can we, as parents and educators clone these bright spots? We must teach and model these attributes and skills. I challenge you to find the "bright spots" in your community and school district. I think you will find that each of us can learn from these successful students. I am so proud of our students and I'm also so proud of how our students represent us and model the way.

Yours in education,  
Steve

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.



## PLUS MOVIE MINUTES

### Finding Dory

(Rated PG, 2016)



Admittedly, after the critical impounding of the unnecessary *Cars 2* by critics and audiences alike, I was worried about the idea of another Pixar sequel centered on a popular side

character. Fortunately, thanks to *Finding Dory*, we can all make like the titular fish herself and forget about it. *Finding Dory* is a natural successor to *Finding Nemo*. Unlike Mater (the genial tow truck from *Cars*), Dory lends herself well to a feature-length exploration of her past, since she has forgotten most of it due to her short-term memory loss (something that is well-established but not droned over in *Finding Nemo*). Along the way, Dory, Marlin, and Nemo meet almost an entirely new slate of silly side characters that further populate the wild and wacky waters of the Pixar Cinematic Ocean-verse. As with *Finding Nemo*, every urchin is a joy to spend time with. Also like its predecessor, *Finding Dory* has a huge heart. It has nice messages about the importance of family and overcoming personal shortcomings that will no doubt kick-start the waterworks in adults and attentive children alike. This is a pleasant film and a worthy successor to one of Pixar's greatest triumphs.

**Grade: A**

### The Nice Guys

(Rated R, 2016)



*The Nice Guys* is a throwback to the great buddy cop action comedies of the 1980s, like *48 Hrs.* and *Lethal Weapon*. In fact, *The Nice Guys* is written and directed by Shane Black, the same guy

who wrote the original *Lethal Weapon*. Shane Black also directed *Iron Man 3* and put together a terrific indie flick called *Kiss Kiss Bang Bang* (also starring Robert Downey Jr.), so he has a successful history of combining fierce action with witty humor. To top it off, *The Nice Guys* stars the charismatic Ryan Gosling and the charming Russell Crowe. Their chemistry together is electrifying and you cannot help but like these two bumbling personalities as they stumble upon a slew of mysterious murders on the L.A. adult entertainment scene. At times the story feels a bit too familiar, but as a whole *The Nice Guys* is a goofy, fun return for the beloved genre.

**Grade: B+**

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.



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# Salmon Patties

By Chef Bruce Konowalow, CCE, Dean of Culinary Arts, The Culinary Institute of Michigan

Salmon is one of west Michigan's favorite fish, whether it be for sport or the dinner table. Lake Michigan is home to a variety of salmon that include the King, Coho, Pink, Sockeye and Atlantic

Recent reports indicate a dwindling number of salmon in Lake Michigan due to invasive mussel species that that live on the bottom and rob what would be salmon food for themselves. Decreasing numbers of fish like alewives have also created a shortage of available food that would be found closer to the lake surface. That being said, there are still sufficient numbers to create the demand for this very tasty, moist fleshed fish. Salmon are a fatty fish that lend themselves to various



preparation methods that include grilling directly on a grill or in a very hot oven on untreated cedar planks. Often if you are grilling a whole side of salmon which is easy and lets the fish retain a great deal of moisture you can end up with a cooked piece that can be used in another way using a different approach and cooking method.

Salmon patties are an excellent way to use cooked salmon whether it is just seasoned or has been hot smoked. Try this recipe and serve with a tarragon spiked tartar sauce, and a nice fresh seasonal garden salad. This is great for both lunch and dinner. The salmon cakes can be made a day in advance of the day that you want to cook and serve them.

## Breaded Pan Fried Salmon Cakes

- |   |  |
|---|--|
| 1 lb. cooked salmon   | Salt and white pepper as needed          |
| 1 lb. pureed or mashed Yukon gold potatoes (can substitute Idaho's) | 1 cup AP flour                           |
| 1 tbsp. mayonnaise  | 2 large egg beaten                       |
| 1 tsp finely chopped shallot  | 1.5 cups panko bread crumbs              |
| 1 tbsp. finely chopped fresh dill                                   | 4 oz. grape seed or neutral flavored oil |

In a mixing bowl, using a fork or your fingers, break up the cooked salmon until it is shredded. Add the pureed potatoes, mayonnaise, shallot, dill, and salt and pepper and combine all of the ingredients thoroughly. Divide the mixture into 4 equal portions and shape each portion into a 1/2 inch thick patty. Take each patty and dredge in flour, then into the beaten egg and then into the panko bread crumbs. Use your left hand for handling the flour and the bread crumbs and your right hand for dipping into the eggs and you will avoid getting bread crumbs stuck to your fingers. In a 9 or 10 inch sauté pan heat the oil until you can see it starts to ripple. Carefully place the salmon cakes in the oil. Always place them in the oil in a motion that is going away from your hand so that the oil does not splash on you. Cook the salmon cakes for about 2 minutes on each side or until a golden brown color. Serve with white wine fish sauce. Makes 4 /eight ounce cakes.

## Tarragon spiked Tartar Sauce

- |   |   |
|---|---|
| 1 cup of Hellman's or homemade mayonnaise | 2 tsp tarragon reduction  |
| 1 Tbsp. chopped cornichon or sour pickles | 1 tsp granulated sugar  |
|   | 2 tsp fresh chopped tarragon leaves (use French tarragon variety) |

Mix all ingredients together and use as needed

## Tarragon Reduction

- |                                    |                                    |
|------------------------------------|------------------------------------|
| 1 Tbsp. dry tarragon               | 2 tsp finely chopped shallots      |
| 1 Tbsp. white or champagne vinegar | 2 black peppercorns finely crushed |
| 1 Tbsp. dry white wine             |                                    |

Place all ingredients in a small sauce pan and over moderate heat reduce the liquid and tarragon until it is almost dry

# Cooking With Essential Oils

By Laurie Semlow

Essential oils are finding their way into more and more homes and the uses of each are endless. It's important to find essential oils labeled safe for ingestion, as not all oils are. The benefits of cooking with oils include elevated flavor, added therapeutic value and increased antioxidant intake.

Adding just one drop of essential oil to a dish will elevate the flavor to a new level as well as add health benefits such as increasing antioxidant intake, aiding in the digestive system and respiratory system, and acting as a cleansing agent.

If you are not familiar with ingestible oils, you may be asking "Why can I cook with these oils? Most oils are only for aromatic or topical use." The answer is that the highest quality grade of essential oils available on the market today are approved as GRAS (generally regarded as safe for consumption by the FDA). ALWAYS read the label of your essential oil before use!

Another question I get is "I'm using herbs, why would I want to use an oil instead?" Essential oils that are 100% pure are so powerful. They are 50-70% more potent than herbs. One drop of oil will cost you on average \$.08 and typically have an unlimited

shelf life when kept out of the heat and sunlight.

Just a few examples of cooking oils are: basil, black pepper, cinnamon, clove, coriander, lavender, lemongrass, lemon, lime, peppermint, rosemary and thyme. If you're curious about using oils, I would start small. For example, adding 1 drop of peppermint oil to hot water is the equivalent of drinking 28 cups of peppermint tea.

Over time I have accumulated recipes using various oils, as well as making my own substitutions. I encourage you to take your meals to the next level by adding quality essential oils for flavor!

Here is my favorite salad dressing recipe incorporating essential oils:

## Mustard Citrus

1/2 cup extra virgin olive oil, 1/4 cup red wine vinegar, 2 cloves minced garlic, 1 TBSP sugar, 1 TBSP mustard, 1 tsp dried dill weed, 1 tsp siracha, 10 drops tangerine essential oil, 10 drops lemon essential oil, 10 drops lime essential oil and salt and pepper to taste. Mix well and enjoy!

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.





# Little Questions, Important Answers

By Jonathan J. David

Even if co-patient advocates are allowed, there is a disadvantage to naming co-patient advocates in that they both must agree on everything they do. If they cannot agree on a course of action, then until they do, they cannot make a decision on your behalf.

**Dear Jonathan: What does it mean to have died intestate?**

Jonathan says: This simply means that a person died without making a last will and testament. If a person makes a last will and testament, then they will be deemed as having died testate.

**Dear Jonathan: What happens if the person appointed as agent under a power of attorney refuses to act and the person who made out the power of attorney now has dementia?**

Jonathan says: If there is no alternate agent named, the power of attorney will be ineffective and cannot be used. Consequently, someone will have to petition the probate court in the county where the individual with dementia lives for the purpose of having a guardian and conservator appointed on his or her behalf. This is why it is always a good idea to have one or two alternates named to act in the event the original named agent is unable to act for some reason.

**Dear Jonathan: Can I name both of my children as my patient advocates under my health care power of attorney?**

Jonathan says: Generally speaking, yes, unless the state in which you live prohibits the naming of co-patient advocates. Even if co-patient advocates are allowed, there is a disadvantage to naming co-patient advocates in that they both must agree on everything they do. If they cannot agree on a course of action, then until they do, they cannot make a decision on your behalf. Obviously, this can present a problem if a decision needs to be made right away. I think the better course of action is to name one of your children as the sole patient advocate and the other one as the alternate patient advocate.

Good luck.

**Dear Jonathan: My mother died approximately one month ago and despite my diligent efforts, I have yet to locate her last will and testament. Isn't the estate now subject to probate? What do I do?**

Jonathan says: Whether your mother left a last will and testament or not has nothing to do whether a probate is required of her estate. Probate will be required if, at the time of your mother's death, she owned any assets in her name alone. If that is the case, then a probate estate must be opened up on her behalf even if she had a last will and testament. If, on the other hand, she did not have any assets titled in her name alone at death, then no probate will be required.

If, based on the facts present in your mother's case, it is clear that her estate needs to be probated, I recommend that you meet with an estate planning/probate attorney in the state where your mother lived who can review all of this with you in further detail and help guide you through the process.

Good luck.

Jonathan J. David is a shareholder in the law firm of Foster, Swift, Collins & Smith, PC, 1700 East Beltline, N.E., Grand Rapids, Michigan 49525. He is a runner, sports enthusiast, and University of Michigan alum, with a passion for reading and writing. He has been practicing estate planning, business, and real estate law for over 30 years and has been writing his column "Legal Ease," for over 20 years. His favorite quote is his own: "It doesn't take a village to write — just a reliable dictaphone and transcriber."



# This Preamble Says it All!

By, Dale P. Zahn, CEO

West Michigan Lakeshore Association of REALTORS

Remember the famous phrase from Star Wars, "May The Force Be With You?" Hearing it with all the renewed interest in the Star Wars franchise brings to mind how we in organized real estate have a similar phrase - "May The Code Be With You." The Code is the Code of Ethics of the National Association of REALTORS. The Code was officially born in 1913 and its been tweaked numerous times of the course of a century. Today, REALTORS are held responsible for strict adherence to the Code and its lofty ideals or find themselves subject to sanctions, sanctions that can be quite serious.

There are 17 Articles, broad statements of ethical behavior in today's Code of Ethics and each is supported by numerous Standards of Practice. Without going into great detail on each, the Code can best be understood by reading its Preamble. Paraphrased, the Preamble is akin to the Golden Rule - To do unto others as you would have them do unto you.....

## Preamble

*Under all is the land. Upon its wise utilization and widely allocated ownership depend the survival and growth of free institutions and of our civilization. Realtors® should recognize that the interests of the nation and its citizens require the highest and best use of the land and the widest distribution of land ownership. They require the creation of adequate housing, the building of functioning cities, the development of productive industries and farms, and the preservation of a healthful environment. Such interests impose obligations beyond those of ordinary commerce. They impose grave social responsibility and a patriotic duty to which Realtors® should dedicate themselves, and for which they should be diligent in preparing themselves. Realtors®, therefore, are zealous to maintain and improve the standards of their calling and share with their fellow Realtors® a common responsibility for its integrity and honor. In recognition and appreciation of their obligations to clients, customers, the public, and each other, Realtors® continuously strive to become and remain informed on issues affecting real estate and, as knowledgeable professionals, they willingly share the fruit of their experience and study with others. They identify and take steps, through enforcement of this Code of Ethics and by assisting appropriate regulatory bodies, to eliminate practices which may damage the public or which might discredit or bring dishonor to the real estate profession. Realtors® having direct personal knowledge of conduct that may violate the Code of Ethics involving misappropriation of client or customer funds or property, willful discrimination, or fraud resulting in substantial economic harm, bring such matters to the attention of the appropriate Board or Association of Realtors®. (Amended 1/00) Realizing that cooperation with other real estate professionals promotes the best interests of those who utilize their services, Realtors® urge exclusive representation of clients; do not attempt to gain any unfair advantage over their competitors; and they refrain from making unsolicited comments about other practitioners. In instances where their opinion is sought, or where Realtors® believe that comment is necessary, their opinion is offered in an objective, professional manner, uninfluenced by any personal motivation or potential advantage or gain. The term Realtor® has come to connote competency, fairness, and high integrity resulting from adherence to a lofty ideal of moral conduct in business relations. No inducement of profit and no instruction from clients ever can justify departure from this ideal. In the interpretation of this obligation, Realtors® can take no safer guide than that which has been handed down through the centuries, embodied in the Golden Rule, "Whatsoever ye would that others should do to you, do ye even so to them." Accepting this standard as their own, Realtors® pledge to observe its spirit in all of their activities whether conducted personally, through associates or others, or via technological means, and to conduct their business in accordance with the tenets set forth below. (Amended 1/07)*

The members of the Voice For Real Estate along the Lakeshore are obligated to the Code and the West Michigan Lakeshore Association of REALTORS stands ready to assist members and the public alike in enforcing the Code and assuring that its ideals are followed.

Dale P. Zahn  
Chief Executive Officer  
West Michigan Lakeshore  
Association of REALTORS





# Steamer IRONSIDES

By Peter Manting

Teletypes in newsrooms around the country started buzzing shortly after lunch on September 15th 1873. "A severe storm gale prevails over the upper Great Lakes today. The steamer IRONSIDES of the Milwaukee and Grand Haven line is feared to have foundered, about noon, six miles off Grand Haven. The sea is so heavy that nothing can go out and it is feared that all hands are lost. It is not known how many are on board. Six schooners have gone on the beach at Grand Haven since this morning. Later—2:40pm two of the five IRONSIDES' lifeboats have reached shore, with twenty-three persons. The others have not been heard from."

The IRONSIDES was built in 1864 by the Quayle and Martin Company of Cleveland for the Lake Superior Line. With an overall length of 231', the Ironsides was one of the largest steamships sailing the Great Lakes of its time. Shortly after its christening it was sailed to Detroit for all to see. On September 21st, 1864 the Detroit Free Press reported on this event. "This magnificent steamer made her appearance yesterday morning at the foot of Woodward Avenue and in a short time was visited by a large number of our citizens, who, having already heard much of the superiority of her structure were anxious to see for themselves. It occupied but a few minutes of time to satisfy one and all that the whole was a splendid achievement and the Ironsides a grand success....She is constructed of the choicest material and in point of strength it is impossible that anything more substantial can be accomplished. She has forty two staterooms many of them convertible at will to family rooms, all furnished to a nicety. In the extreme forward of the boat may be found the wash rooms fitted with marble, with warm or cold water.

There is also the bath room-hot or cold, with various other etcetera's.... Two fine paintings also adorned the cabin; one at each end- the

forward represents the Sault Rapids with the surrounding scenery, the other the old frigate Ironsides rendering relief to a burning British vessel. Her cabin is free of any encumbrance its entire length, which adds to the grandeur of the arrangements."

Originally, the IRONSIDES was operated out of Cleveland, Ohio with major ports of call on Lake Superior, Detroit and Mackinac Island. In 1869, the IRONSIDES and her sister ship LAC LA BELLE, were sold to the Engelmann Company of Milwaukee, Wisconsin. At that time she was switched to the Milwaukee to Grand Haven run, providing direct connection between the two ports and most importantly, their respective railroad terminals.

On September 14th 1873 at 9:45 pm she left Milwaukee with 49 passengers and crew aboard. The cargo consisted of 13,000 bushels of wheat, 500 barrels of flour, 125 barrels of pork and assorted general merchandise. A moderate southwest breeze was blowing. Before dawn, however a full gale was howling across the lake and the IRONSIDES was laboring so hard that she began to take on water. Captain Harry Sweetman tried twice to bring the ship through the Grand Haven channel to safety, but to no avail. Each time the ship would miss the channel, she would have to be swung around in the huge waves for another attempt.

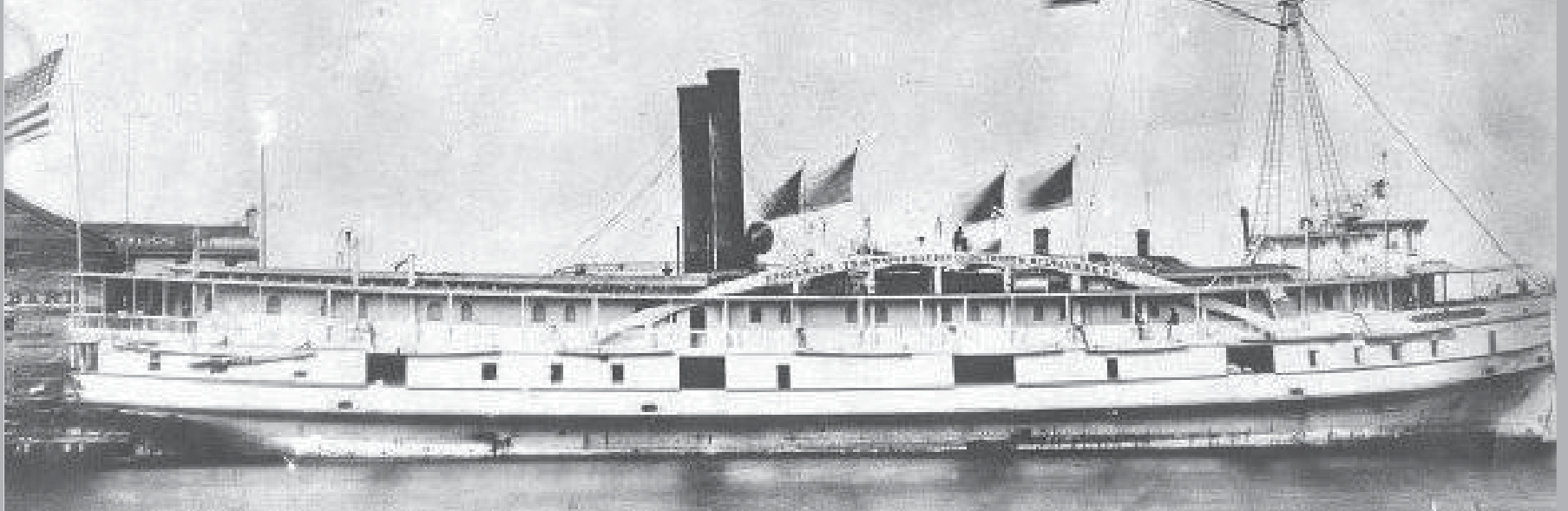
Eyewitnesses reported that the ship narrowly missed running aground, years later as divers explored the wreckage where they confirmed that the vessel did bottom out during the battle. Six of her eight propeller blades were compromised leaving no doubt that they were turning at great speed when the damage occurred, her bottom was also breached allowing even more water to enter the hold. Despite the efforts of the pumps, the fire under her boiler soon extinguished, allowing the ship

to roll helplessly in the trough of the waves. By 9:00 am the ship started to sink, the IRONSIDES machinery was now useless and the flag of distress ran up the mast. About 11:00 am, the five life boats were launched and all passengers and crew made it safely away from the sinking ship. The IRONSIDE stern first slipped beneath the waves of Lake Michigan 4 miles west of Grand Haven, settling 120 feet below the surface.

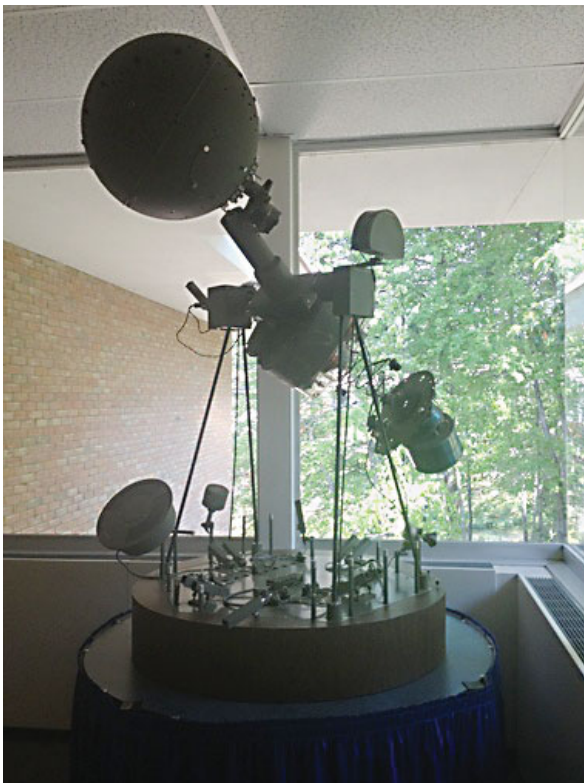
Of the five lifeboats only two made it to shore safely, the others were capsized by the surf. Despite efforts of the Grand Haven residents who formed human chains to sweep up survivors, 20 people including the captain and his wife lost their lives in this tragedy.

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.







The SFW Observatory, which is part of the Kropscott Farm Environmental Center, may be found six miles north of Fremont on the corner of Baseline and Stone Roads. The Center includes an operating farm, an area of 30+ acre woods with nature trails, the observatory, and an environmental educational institute. All facilities are handicapped accessible.

Visitors to the observatory are allowed to wander, touch equipment and ask questions. "A lot of observatories are hands off, but we're the exact opposite. As people walk through, we want to show the variety of scopes we have and teach them how to star hop," said Hughes.

Opening in 2005, the 80-acre center and observatory have been going strong ever since. Numerous telescopes are used to get a closer look at the constellations, including an 18" Obsession reflector, a 12.5" Raymond B. Larson telescope donated by the Grand Rapids Amateur Astronomical Association, and a variety of 6" to 8" computerized and non-computerized reflecting telescopes.

With only two part-time employees, volunteers are critical. The education piece is spearheaded by Hesperia science teacher Sherry Claflin and Stephen Wessling, a retired earth science teacher from Fremont Public Schools. Members of the Newaygo County Dark Sky Astronomers also variety in many capacities, from groundskeeping to education programs to hosting star parties.

In June, Wessling visited Cheryl Hanna's fifth grade class at



# Looking High into the Sky

By Teresa Taylor Williams

Whether you're an amateur or a seasoned stargazer, West Michigan hosts two great facilities with an abundance of star power: The SFW Observatory as well as the Carr-Fles Planetarium on the campus of Muskegon Community College.



When visiting the Stephen F. Wessling Observatory just outside of Fremont, one would think that visitors would wait until nightfall to see the main attraction: the constellations.

But if you visit around 8 p.m., you will find many people eagerly awaiting the transformation that takes place in the building.

"The whole roof literally rolls back, and kids love seeing that," said Ned Hughes, an active volunteer, who was referring to the Observatory's retractable roof. "People also like to come early so they can ask us questions and watch us set up."







Daisy Brook Elementary, where the students learned to use the powerful scopes even in daylight.

"Mr. Wessling brought two telescopes that allowed students to look at the sun during the day and they were able to see some sunspots," said Hanna, adding that Wessling gave the students a free pass to a Star Party. He also brought some meteorites and spoke to the class about geology.

MCC's Carr-Fles Planetarium is in its 44th year of operation. Thanks to a recent fundraising campaign, the theater

underwent about \$500,000 in renovations, including a state-of-the-art digital projection, sound and lighting systems, a new selection of shows, modern theater seating, and a new domed ceiling.

Although no major changes are on the horizon, school officials are always on the lookout for a variety of show options, according to Jon Truax, planetarium director.



"The planetarium programs are selected by me to be educational, entertaining, and very relevant to what is going on presently in the field of astronomy," said Truax. "They also include a brief live lecture by me as to what currently is visible in the night sky."

Open year round, the auditorium has 44 seats and five spaces for those using wheelchairs.

"The planetarium has always been free," said Truax. "The closes major planetarium is the Chaffee Planetarium in Grand Rapids," which is not free, he said.

The Kropscott Farm Environmental Center and the SFW Observatory, along with the Carr-Fles Planetarium, are made possible by grants, along with private and corporate donations.

*Teresa Taylor Williams is a veteran journalist, freelance content provider and adjunct English instructor at Muskegon Community College. A mother blessed with two sons, she resides in Muskegon.*



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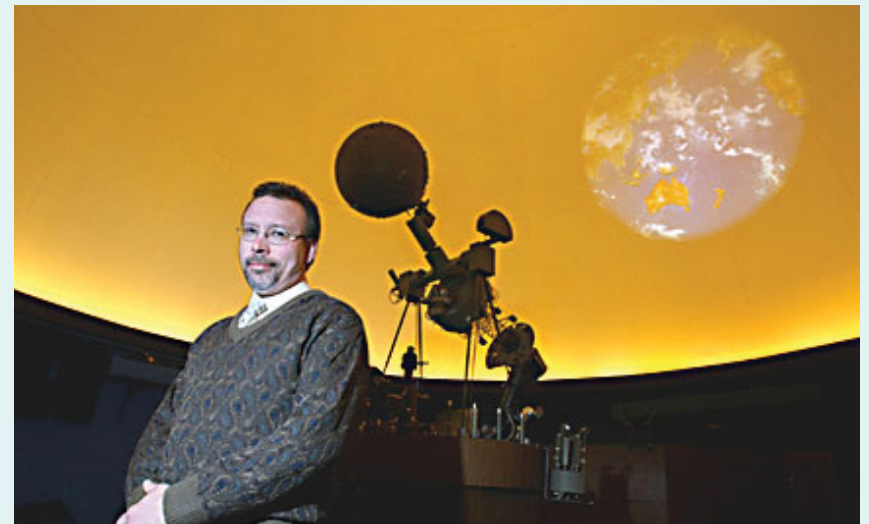
Schedule of 2016 Public Star Parties:

- 9 p.m. July 19: Venus and the Moon
- 9 p.m. July 23: Full Moon
- 9 p.m. Aug. 6: Mars, the Red Planet
- 9 p.m. Aug. 12-13: Perseid Meteor Shower
- 9 p.m. Aug. 20: 5 visible planets
- 8 p.m. Aug. 27: Conjunction of Venus & Jupiter
- 8 p.m. Sept. 10: Constellations and the Moon
- 7 p.m. Sept. 24: Harvest Festival Galaxy Hop
- 7 p.m. Oct. 8: Draconid Meteor Shower
- 7 p.m. Oct. 22: Orionid Meteor Shower
- \* Weather permitting.

If you go: Star Party admission is \$5 for adults, \$2 for 17 and under and free for children under age 5.

Flashlights, insect repellent and warm clothing are strongly encouraged. The quality of observations will depend on weather and viewing conditions. Make-up dates are regularly scheduled. No pets are allowed at observatory.

Newaygo County Dark Sky Astronomers meets at 7 p.m. the third Tuesday of each month in the Stephen F. Wessling Observatory. The organization welcomes members of all ages and interest levels, from the first-time astronomer to the serious observer.



## CARR-FLES PLANETARIUM

Located on the campus of Muskegon Community College  
221 S. Quarterline Road  
Muskegon, MI 49442

Website: [muskegoncc.edu/mathphysical-sciences/carr-fles-planetarium](http://muskegoncc.edu/mathphysical-sciences/carr-fles-planetarium)

If you go: Showtimes are 7 p.m. Tuesdays and Thursdays, late August through June.

Admission is free and open to the public. Private and group showings also available.

Upcoming shows:

"We Are Stars," Aug. 23-Oct 27

"Christmas Show: Mystery of the Christmas Star," Nov. 1-Dec. 1  
For more information, call (231) 777-0289.



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# Tuesday is the New Friday

By Laura Holmes

I have a friend who reminds me it's OK to have fun on a weekday. Why do we have to wait for Friday or Saturday to have fun? It's a great reminder to find some spontaneity during the workweek and stay out of the trap of working for the weekend. There are a lot more weekdays than weekend days in our lifetime so it only makes sense to put more significant focus on creating the most awesome Tuesdays ever.

Routines suck and they suck the life out of us. All of sudden, we settle into...let's have chicken on Monday, fish on Tuesday, go to pilates on Wednesday and binge watch TV shows on Thursday. Then a year goes by that you can never get back. A rut has officially taken over and you haven't been away from home in months, maybe years. You've punched the auto-pilot button. The zest for life is lost at an unsatisfying job, relationship, living situation or social life. You forgot to grow, to change, to try something new. Be aware, your soul cannot survive a rut. Anti-rut medicine has a label that reads: change, get up off the sofa, do something, set a goal or go somewhere new. Ask yourself a few questions:

1. Do you eat at the same restaurant(s)?
2. Are you afraid to try something new?
3. How much TV are you watching in a week? (more than 14 hours...eek!)
4. Do you find facebook stalking is more fun than actually meeting a friend and having a real conversation?
5. Is going to Meijer or the grocery store a social outing?
6. When is the last time you did something special for your spouse or S.O.?
7. Do you lack enthusiasm at your work or activities?
8. Have you become a pessimist and adopted a can't do attitude?

Maybe this will help by providing some perspective. Mary Oliver the poet wrote, "What will you do with your one, wild and precious life?"

What will you do next Tuesday?

People are like trees- we're either growing or in the process of dying. You have 4000 weeks (weekdays and weekends) in your lifetime. Jot down a bucket list of travel, goals or experiences. Be selfish, try exercise, or a new experience. Read or invest in your education. Let go of something stagnant in your life and create new space. What are you holding onto? Bring gratitude into your life and jot down what you are truly grateful for.

As a travel writer, my secret to avoiding the rut is planning a trip or a weekend adventure. And, it can be close to home especially with Lake Michigan in the backyard. I've learned to live in the moment and value experiences and memories over things.

But, let's start simple, with next Tuesday. Skip the break room inside and trade it in for a sandwich at Pere Marquette beach in Muskegon. In between bites, gaze across at that 90 miles of Lake Michigan blue. It's inspiring and the sandwich is not bad either because the change of scenery is like a free condiment. The rest of your day will go well because you've breathed in some fresh air. Go home later and stretch your mind and legs or better yet, ride your bike (take the kids if you have them) to the local library and pick out a book (non-fiction for extra credit). Read the book, learn something new, write down a new recipe idea so you can ditch fish on Tuesdays. Later, when you are brushing your teeth, smile back at the mirror with the realization that Tuesday can be the new Friday.

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](http://www.4fineline.com) or [www.contentqueens.net](http://www.contentqueens.net)



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It's hard to believe, but high school football has begun.

Teams begin conditioning, practicing and playing games in August, with the goal of winning league and state championships in November.

In the Muskegon area, state titles are common and often expected. This is an area rich in football tradition, led by Muskegon High School (the state's winningest program).

For years, I covered high school football at The Muskegon Chronicle and savor many memories on the job. Of course, the 2008 season especially comes to mind when Muskegon, Oakridge, Montague and Muskegon Catholic Central captured half of the eight state championships. How's that for an exclamation point about Muskegon County football!

Every fan has their favorite games from the past. As teams make new memories this season, I wanted to share three of my top games while covering local teams.

**Muskegon 38, Davison 35**  
**2008 Division 2 state semifinals**  
**At Spartan Stadium, East Lansing**

Muskegon has played many thrilling games in its storied history, but this one ranks near the top for me. Davison played a solid game until momentum switched quickly and the Big Reds staged an unbelievable comeback.

How big of a comeback? Muskegon trailed by 22 points late in the third quarter and outscored Davison 19-0 in the final 4:31 – thanks to recovering two successful onside kicks. Greg Wickliffe's 20-yard run with 42 seconds remaining sealed the comeback win for the Big Reds, who advanced to beat Warren DeLaSalle in the state championship game.

Muskegon found a way to win after turning the ball over six times. Many Big Red fans also exited the stadium early and listened to the thrilling finish on the radio while heading home. "We kind of wilted today and feel fortunate that we are able to play on," Muskegon coach Tony Annese told me after the

stunning comeback. "This is one of the craziest victories. It was like a comedy of errors there for a while.

"But we hung in there, man. A lot of good things happened to us down the stretch."

Many teams would have quit facing the same adversity as Muskegon on that day. That was a special team and those players showed what perseverance and a never-quit attitude could produce on their way to the state championship.



**Muskegon Reeths-Puffer 21, Walled Lake Western 18**  
**1992 Class A state championship**  
**At Pontiac Silverdome**

The Rockets were plagued by penalties and turnovers in this game and never got in their groove. Still, they played to the end and it paid off to preserve an unbeaten, state championship season.

In a game billed as "The Catch," the Rockets prevailed on a bazaar final-drive play with 23 seconds left on the clock. The play will never be forgotten by Rocket fans – a 37-yard reverse, pitch-back pass thrown by hurried quarterback Geoff Zietlow that was deflected by a Western defender and caught by Stacey Starr, who avoided one tackle and raced into the end zone.

Western coaches, players and fans were stunned as the Rockets celebrated a play that never worked properly in practice.

Do you believe in miracles? On this day, yes, because the odds of that play happening again are about a million to one.



**Muskegon Catholic 34, Ravenna 33 (4 OTs)**  
**1990 Class C regional finals**  
**At Citizens Field, Ravenna**

This game still ranks as the best one I ever covered. The state power private city school versus the rural soon-to-be state power showdown delivered from the opening kickoff. Nobody – not even someone with Attention Deficit Disorder – among the thousands of fans lost focus in this game from start to finish.

The Crusaders were huge and powerful, led by all-state linemen Rob VanderLeest, Mark Bolach and Pat Jackson. The Bulldogs were feisty and confident, led by all-state lineman Jeff Mabrito, quarterback Steve Crowley and running back Scott Gierzak.

In the end, the Crusaders prevailed when Jason Tester blocked an extra-point kick in the fourth overtime. All the emotions of high school football were evident afterward – the thrill of victory and agony of defeat as both teams left it all on the field.

It was billed as the unofficial state championship game for good reason as Coach Mike Holmes' team rolled to the title. Ravenna proved it could play with anybody and later went on to win four state titles under Coach Dusty Fairfield.

.....  
*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.*





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## YOUR MONEY MATTERS

# Making a Life Insurance Charitable Gift A Win-Win For All Involved

By Tom Kendra

The idea of leaving a sizable gift to a favorite charity is a noble one – yet one that may create a dilemma.

Perhaps you want to favorably impact the future of your chosen charity without diminishing the inheritance you plan to leave to remaining family members.

An attractive and tax-efficient answer may be to gift your charity of choice with your life insurance death benefit, a gift that will benefit you, your family and the organization of your choice.

### Benefits to you:

- With your life insurance benefit, you can feel good about leaving a sizeable gift – typically larger than what you might have donated through periodic contributions. Keep in mind that this strategy does not take into account the time value of money and may not be appropriate in all cases.
- Your endowment does not deplete your current capital, allowing your assets to continue to grow while you're still alive.
- Life insurance can be used to replace the gifts you made to charity by providing a benefit to your heirs equal to the charitable gift.
- When properly structured, the life insurance gift can result in tax savings. Benefits to the charity:
- Life insurance can provide substantial deferred endowment funds to help ensure a charity's future.

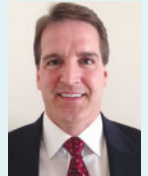
- Funds are distributed to the charity promptly upon the death of a donor.
- Life insurance can help with a charity's fiscal planning since they can anticipate the future death benefit.
- Life insurance offers the charity the potential for a build-up of cash value that can be accessed for the charity's immediate needs. However, withdrawals and loans will reduce policy cash values and the death benefit and may have tax consequences.

Charitable giving using life insurance can be an important and advantageous part of your estate plan.

Not only can you feel good about leaving a financial legacy to support a cause you believe in, you will set a philanthropic example for your heirs without minimizing the inheritance you've designated for them.

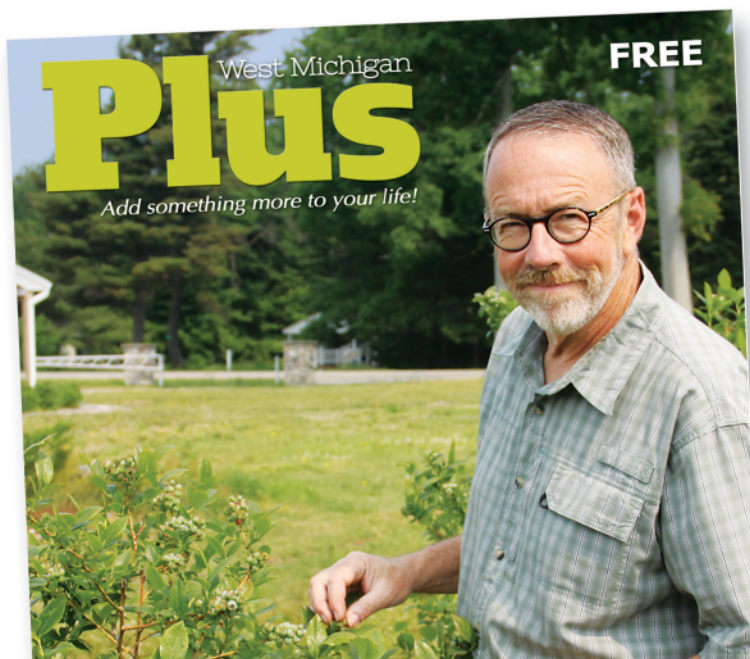
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2016 EVENTS

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BREAKFAST

March 12, 8am - 12:30pm  
Whitehall High School. Over 50 booths exhibiting services in the White Lake community

FARMERS MARKET  
Wednesdays & Saturdays  
June - October • 8am – Noon  
In Montague

MONTAGUE ARTISAN  
MARKET  
June – September  
First Saturday • 8am – 1pm  
Located adjacent to the Farmers Market, Montague

SUMMER CONCERT SERIES  
June-August at 7 pm  
Montague Band Shell offers free concerts every Tuesday. Concert-goers can enjoy the music of jazz, folk, country, swing and international groups. Programs are sponsored by the Arts Council.

TASTE OF WHITE LAKE  
June 2, 2016, 5 pm  
Howmet Playhouse, Whitehall Community members come together to show off an array of food and spirits

WHITE LAKE AREA NATURE  
WALKS  
1st Saturday of each month  
June 4 – October 1  
Walks begin at 10:30am and go until 12noon and vary in locations.

38TH ANNUAL WHITE  
LAKE AREA ARTS &  
CRAFTS FESTIVAL  
Saturday, June 18, 10am - 5pm  
Sunday, June 19, 11 am - 4 pm  
Goodrich Park Annex, Whitehall Juried Art Festival. Continuous entertainment and food court. More than 75 booths will be presenting at this festival.

WEST MICHIGAN  
WINE & JAZZ FESTIVAL  
July 2-5 In Montague  
Wine tasting, appetizers and deserts will be paired with a variety of live jazz performances and artist receptions.

4TH OF JULY PARADE  
Monday July 4  
Beginning at 10 am  
From Whitehall City Hall to Montague City Hall. Over 100 entries are involved in this family fun, annual parade.

4TH OF JULY FIREWORKS  
Monday, July 4, 2016  
North end of White Lake This annual event begins at dusk.

CELEBRATE WHITE LAKE  
July 9  
A family event with an antique boat show and historical displays. Held at Goodrich Park in Whitehall beginning at 10 am.

CRUZ'IN CLASSIC  
CAR SHOW  
Friday, July 29  
Downtown Montague Cars cruise at 7 p.m. from Whitehall to Montague where they will be on display in the downtown area. DJ, food and fun for all.

WHITE LAKE CHAMBER  
MUSIC FESTIVAL  
August 5-14  
A mix of visiting professional groups & local talent offer wide variety of performances throughout the White Lake Area.

FISH BOIL  
Saturday, August 20  
4 - 8pm  
The annual Bob Gillan Memorial Fish Boil will be held at the Montague Band Shell. The event is sponsored by the White Lake Area Sportfishing Association. All proceeds support fishing improvements in the White Lake area

LABOR DAY COMMUNITY  
WALK  
Monday, Sept. 5, 10 am  
Hart-Montague Bike Trail, at the trailhead behind Montague Foods

SUMMER AIN'T OVER YET  
Tuesday, Sept. 6, 13 and 20  
6:30 pm – 8:00 pm  
An outdoor concert at the Goodrich Park Gazebo in Whitehall. All Proceeds benefit the White Lake Food Pantry.

PUMPKINFEST  
Saturday, October 8  
9:30 am registration  
The famous Pumpkin Roll down the Dowling Hill begins at 11 a.m. plus many pumpkin events ... largest pumpkin, pumpkin painting, seed spitting, pumpkin carving & pumpkin toss.

DEPOT TO DEPOT  
Saturday, Oct. 8, 15, 22, and 29, 2016, 10am - 4pm  
12th Annual Muskegon County Fall Color Tour Travel between White Lake Area Chamber Depot and Muskegon Convention & Visitors Depot.

WHITE LAKE AREA  
HOLIDAY WALK  
Friday, Nov. 18, 2-8pm  
Saturday, Nov. 19, 10am-4pm  
Montague and Whitehall downtown shopping. Enjoy Carriage Rides Friday & Saturday, use the Muskegon Trolley to travel from store to store all day Saturday in both towns. Visit with Santa, listen to caroling and enjoy the luminaries Friday evening. Maps available at participating merchants

64TH ANNUAL WHITE  
LAKE AREA CHRISTMAS  
PARADE  
Saturday, Dec. 3, 2 pm  
Whitehall to Montague and concluding with Santa in his sleigh! Nearly 75 entries lineup for this festive event.

Tech-Knowledge is Power

By Lori Hazelton

The time has rolled around again when you put away your swimsuit and shades and trade them in for textbooks and a class schedule. Returning to school has its perks: New gear, new clothes, and new knowledge to advance your career or wow your friends and acquaintances with obscure facts for your own, or their, entertainment.

A new computer can make all the difference in making this interesting yet hectic time go by more smoothly! Being a student in this modern era can be incredibly difficult without the proper computer. In fact, it's essential for many updated classes to have some form of computer use included within their curriculum. And, the good news is that there is a computer or tablet out there for EVERYONE. That being said here are some of the top 5 things to look out for if you are considering on purchasing your very own computer:

1. Know what you need

Start with questions like: What programs and software do I need? Does the software require certain processing power or data storage? Will the computer be fast enough or powerful enough to handle what I need done? Does it need to be portable? These questions need to be answered. Of course if you're going to become a student soon, or already are, you can always ask a friend, your professors, or even your local computer store if they have a knowledge of everything that's needed for your new computer to make your college career go by more smoothly. Bring in a list if you need to, so they can give you a better estimate.

2. Knowledge is Power

After you've asked the right questions, now is the time to do a little digging. Do your research. Pinpoint what you want and need in your new computer. Go online or even start a debate between a few of your campuses tech-junkies. The more you know about your future purchase; the better! Quick Hint: Be open minded. Not everyone has the same opinion on what is a good computer. Don't just go with certain brands or what one person says! Explore!

3. Does size matter?

Ask yourself: How often am I going to be lugging this thing around? And how much am I able to carry? The beefier the computer, the heavier it can be. The fact that not every textbook you're going to get is going to be small or even a digital copy of what you need, you have to know your weight limit. Speaking from experience, it can be hard on your back to have to carry a computer around campus with you when you already have supplies, class paperwork, and textbooks piled on top of it!

4. Don't be cheated

Cheaper isn't always better. Many companies or businesses will try and sweet-talk or scare you into paying over ten times as much as you need to pay. Explore your pricing options and know your budget. You may have a need for a certain type of computer but, look around and compare rates and even financing if it's available. Don't over pay but, don't under value a good computer either.

5. Good Tech-support

Now, to finish off your quest for the right computer whether it be a desktop, notebook, standard laptop, or a hardcore gaming laptop you need the right support. Not only do you need a good antivirus and spyware protection for your computer but, people that can give you a hand. You may have questions or an issue in the future that needs to be solved.

There you have it. All five things you need to know to make your new computer purchase all the more easier for your prestigious college career. Now, to get those essays done before the deadline.

Lori Hazelton is the Creative Director and Graphic Designer at Technology Bytes in North Muskegon near the 750 Grill. She is a witty and outgoing modern nerd that has a great love for her work and the arts. Her motto is: "If it can be done, let it be creative~!"



Downtown Muskegon, beautiful again?

By Riley Williamson

With the ever growing use of social media, it has become more feasible for citizens to express their concerns for our beloved city, Muskegon. With that, Ted Fricano, owner of Fricano's pizza, has become a spokesperson for those that want Muskegon to reach it's full potential. He released a video on Facebook that expressed his concerns over what Muskegon has become over the years due to neglect. This video has already reached over 100,000 views, in one month alone. For those that have not watched it, I highly suggest you should. His frustrations perfectly illustrate what many of us have been feeling. The fact that there is so many unsightly views. I unfortunately never got to witness downtown Muskegon's glory days. But, my grandparents have told me stories of how great it used to be. The bustling downtown with retail stores that were the hub of the city. Muskegon is an utterly different place from the stories I was told growing up. There are run down buildings throughout downtown and it can be painful to the eyes.

Ted has brought up an excellent point in regards to our city. The city represents the people, and Muskegonites are all wonderful people! Downtown currently does not represent who we are as people, and what Muskegon is. It is one of the most beautiful places in our state. Now, do not get me wrong, downtown Muskegon has improved tremendously throughout the years, but we have not yet reached our full

potential. Run down buildings may haunt our streets at the moment, but this mess can be fixed. Muskegon's downtown was once a glorious place where you could experience the non typical downtown life that only our city could offer. Now, it appears in some places that it is a dumping ground. What Mr. Fricano is proposing is completely rational. He is proposing that downtown Muskegon be cleaned up so future businesses will be willing to invest in our city. I encourage you to take a walk downtown Muskegon to see just precisely what Mr. Fricano is speaking about. I love my city, and I'm extremely happy to be able to call Muskegon my hometown, but we have work to do to make the downtown a place where businesses thrive and people gather. Finally, I would like to applaud Mr. Fricano for finally giving Muskegon the voice it needs. We need more people like this man to bring downtown Muskegon out of 'dumps' and into the tourist location it used to be.

( Video link - <https://www.facebook.com/FricanosMuskegonLake/videos/1222118514479243/> )

Riley Williamson is a Supply Chain Management student at Arizona State University and is currently interning with Senator John McCain in Phoenix, Arizona.





# Metaphors 2.0: The Ties That Bind

By Michelle Martin, M.A.

Working with relationship problems is one of my specialties. Even when I work with an individual, I find that many mental health problems are caused or exacerbated by relationship issues. This article is a follow up to the previous piece published in June, which focused on therapeutic metaphors. I use metaphors with clients because they are a powerful means of both communicating and remembering solutions to common problems. The metaphors in this article are all related to relationships.

In the busy world in which we live, many couples struggle to find time to be together. Often the time they are together is spent focused on problems. It is not difficult to understand why they might have conflicts in their relationships. I use the metaphor of railroad tracks to convey the need for positive time to connect. The two rails are the individuals and the interactions where they spend positive time together are the ties that keep them from diverging into separate lives. If they do not make time to simply connect through fun, communication and affection, the tracks will grow apart. Even a few minutes a day for partners to share their experiences can serve as the ties that bind, as long as they are done regularly.

A metaphor I relate to the relative health in relationships is the ladder. People are able to connect to one another at the same basic level of functioning. The relationship acts as a rung on the ladder. The rails are the individuals. If the distance between holes in the rails is too much, then the rung will not reach and the relationship will be severed. When things go well, the unhealthy person grows to meet their partner's level of functioning. When the opposite occurs, both parties become increasingly dysfunctional, leading to an unhealthy relationship. Most people struggle with conflict in their relationships. I believe conflict is inevitable and not all negative. Conflict can serve as a means to grow closer and learn more about oneself and the other person. When people make efforts to avoid conflict they will have difficulty being emotionally close to one another. The avoided conflicts are bricks and rocks that are shoved under the rug. When there are just a couple lumps, they are fairly easy to step around. When they accumulate over time, they form a pile or wall that separates people. While not every conflict needs to be processed, most do. Being willing to engage in a conflict shows more commitment to the relationship than merely avoiding it does. There are productive ways to process conflict and non-productive ways to do so. A good therapist can serve as a coach on how to process conflict effectively.

One of the problems I often see in working with couples is that one or both parties will expect to have all or most of

their emotional needs met by their partner. Relationships, especially marriages, have changed over the past fifty years in dramatic ways. One of the changes is the belief that our lover will somehow know how to meet our needs simply because they love us. Popular media often reinforces this fantasy. When that is combined with our increasingly mobile society, where people often move across the country, leaving family and childhood friends behind, individuals rely more and more on their partners. In the past, people tended to stay in the communities in which they were born and raised. They also tended to belong to multiple groups such as religious communities, clubs, PTAs etc. This gave them an extended and varied support network. When people move it is not possible to take all supports with them. All of this can lead to placing too much pressure on one relationship and individual. In order to be healthy and in balance people need multiple sources of support. I use the coffee table in my office to demonstrate this. It has four strong legs placed widely apart. Take a leg away, and it goes out of balance and cannot function well as a table. People without adequate support also do not function well.

How many of us have marveled at how much our spouse is like the parent with whom we had the most difficulty. While part of this may have to do with unmet needs from childhood, much of it has to do with our patterns of interaction, most of which we learned in our family or origin. This is our relationship dance. We do the dance we know and our partners respond by staying in step. If we wish to see improvement in our relationship, we need to change our interactions and learn a new dance.

The final metaphor I will share has to do with boundaries and it is my favorite. I see people as houses, sitting on a piece of property, with many rooms. Some of the rooms are more public, such as a foyer, kitchen or family room. Some rooms are more private, e.g. bath and bed rooms. Some areas are very public due to them being outside: porches, yards, sidewalks, driveways and streets. Depending on the level of intimacy in a relationship, people have differing levels of access to the various parts of the house/property. Each of us decides the criteria someone has to meet in order to come onto our property, come inside and certainly to come into the bed or bath rooms with us. We can have a lot of relationships that will never make the cut to enter our private rooms. Sometimes we even have to move someone from one set of rooms to another.

I hope these metaphors are helpful in envisioning and creating happier relationships with your loved ones. Whether you want to get back on track, increase positive connection, switch your polka into a tango, or manage your relationship property more effectively, these can be helpful images.

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. She can be reached at michelle@





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# A New Look for Mercy

By Erin Patrick

Mercy Health Muskegon's new \$271 million medical center will do far more than transform the ease and effectiveness with which colleagues can care for patients—it will transform the Lakeshore community of which Mercy Health Muskegon colleagues are a vital part.

The largest construction project in local history would never have been anything more than a dream without the efforts of Mercy Health Muskegon leadership, financing by Trinity Health or the expertise of HGA Architects and Engineers.

However, as important as Mercy Health leadership has been to project, it's because the new medical center was designed for patients by both colleagues and patients, that it will continue to transform the community.

From the start, leadership insisted that the people who will use the new center should have the biggest say in its design. "When we had these design sessions I didn't even stay," said Greg Loomis, President, Mercy Health Muskegon. "I welcomed people and then I left. They were empowered to make decisions."

When the new tower is complete and the existing Mercy building is renovated and integrated into the new center, the Hackley Campus will be transformed into a high-functioning urgent care center with expanded hours, and the Hackley

professional building will continue serving outpatient needs.

And once you're where you need to be in the new medical center, everything will come to you. And if you need to stay, it will seem more like you're at home than in the hospital. There'll be plenty of room for friends and family to gather in your private room along with a foldout bed, if someone wants to stay the night. Floor-to-ceiling windows will flood your room with natural light and provide a sweeping, treetop view out over the lakeshore. A large flat screen TV will provide you with ample entertainment while your mobile devices recharge nearby.

However nice a hospital is, though, no one wants to spend more time there than they need to. This is a place built for transformation—from old to new, from need to health and happiness.

## Rest in Peace, Gary Ostrom

By Dave LeMieux

Former Muskegon Chronicle publisher Gary Ostrom grew up an only child in Miami, Fla. He was laid to rest in June in what became his true hometown, by hundreds of people who considered him a member of their own immediate families.

"The Chronicle became a family under Gary," said Penny Larson. (Officially Ostrom's "executive assistant," Larson's true title was something more like Co-captain or Indispensable Right Hand).

Ostrom was a big city newspaperman on the rise when he arrived here from Philadelphia during the U.S. Bicentennial in 1976 to take over marketing and promotions for the Chronicle.

"He was likable from the start," said Larson. "Gary was ultra professional. He never came to work one day without a tie and he expected a certain level of professionalism from all of us at the paper."

While Ostrom expected a high degree of professionalism from the paper's employees, he was never one for enforcing mindless conformity.

"The thing I appreciated about Gary was he made us feel liberated," said long time Chronicle reporter, editor and columnist Clayton Hardiman (rarely ever seen wearing a tie). "Not that I was chained down before Gary arrived, but I knew if I was going to do something right I didn't need to get permission. I never felt I was a columnist,

but that I was an essayist in the traditional sense. He let me know he appreciated and supported what I did. Not everyone has that bedrock of leadership that supports and encourages you and wants you to reach out and take a chance."

Ostrom extended the same encouragement and support to the community at large. "When Muskegon thought it was a small town, Gary saw more in us," Larson said. "He could see more in us than we could see in ourselves." He was more than just a cheerleader, though, putting his principles into action through involvement in numerous community committees and organizations over the years.

"He had a big, broad vision," Larson said. "He could see things no one else could and knew what to do to move the city forward."

Active, but never pushy or unduly impressed with himself, Ostrom let the ties between himself, his coworkers and the community grow slowly and naturally. They grew all the stronger thanks to his patience.

"He was a friend, not just the boss," Hardiman said. "It was a very gradual process. He would comment on my writing or we'd talk about some other topic. He was extremely intelligent and he was such a funny guy. His humor was effortless. Our friendship was an evolutionary thing. One day I realized, 'This guy is cool.' And we were friends."

Ostrom knew everyone at the Chronicle and everyone in the community seemed to know who he was. "Every single employee mattered to Gary," Larson said. "Gary knew you by name whether you worked third shift, maintenance or were a department head."

Former Chronicle editor Jerry Morlock did not really get to know Ostrom until after Morlock left the paper. Sociable, but not overly boisterous, Morlock said

he concentrated on his job while at the paper. His interactions with Ostrom were limited, but always pleasant.

He was surprised then when, after he left the paper, Ostrom spent hours with him offering encouragement, advice and support. "He helped me reinvent myself," Morlock said. "He thanked me for all the good work I'd done at the paper and that really meant a lot to me."

Ostrom's light touch and deep commitment to his employees created a unique working atmosphere.

"When I came to the Chronicle I didn't expect to find a family," Hardiman said. "I thought I'd stay 2 or 3 years and move on to someplace bigger and better. When the time came, well, you just don't leave family and pick another one. A lot of that was Gary. It never felt cheesy or corny."

Ostrom moved seamlessly from publishing to a seat on the Norton Shores city council, easily winning election and continuing to play a pivotal role in the community.

His death came as shock and was a great loss. But he will be remembered for his generous spirit.

"I always felt blessed for him and his friendship, Hardiman said. "He and his wife Kay are so generous in their spirit and Kay has been that way right up through the grief of losing him. When we hugged at Gary's funeral she was not thinking only of herself. She said, 'We both lost a great friend.'"

*Dave LeMieux is west Michigan-based freelance writer, sometime triathlete, world traveler and inveterate reader of books great and small.*





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