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A MESSAGE FROM THE PUBLISHER

Welcome to the December-January issue of PLUS. Please join me in welcoming two new writers to PLUS, Brenda Durga with "Technology" and Heather Artushin with "Lakeshore Family". I think you will find both columns interesting and helpful making the time spent reading a PLUS!

By the time you read this the nation will be past the election and hopefully settling into a new Commander in Chief. With the fall

weather being unseasonably warm I hope you have all of your leaves raked and bagged and fall chores completed. Let's hope that WOODTV 8's Bill Steffen is off on his prediction of snow on the ground by December.

For those of you that have been reading my column you know that I spend spring, summer, and fall putting together what I call my "Inside

Winter To-do-List". Because I love to be outside in good weather I have a habit of letting inside chores slide and do the bare minimum saving major chores for the off-season. I do this to keep me busy and energized during the winter and off the couch with Netflix. This year I don't think the list will be anywhere near done by the Holidays as usual. I hope all of you have some inside hobbies and activities to keep the winter doldrums away.

The holidays are just around the corner. Once again we are graced with the opportunity to spend time with family and friends that we may only see this time of year. I hope you make the very best of this opportunity. Again this year I encourage you to take a moment or two this holiday season to think about the individuals in our own communities that may need a little help from us. Check your pantries, maybe take advantage of your grocery store's 10 for \$10 sale and drop a couple items off to the local Food Pantry. Go through your closet and donate some of those gently used clothing items you may have forgotten you had. Every little bit can make a big difference. The generosity we extend is what makes living in a Lakeshore community so incredible.

All of us at PLUS wish you and your families the very best of what this Holiday Season is sure to bring.



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inside

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Tim's Cartooniverse

Scooby-Dooby-Utne

By Tim Wheeler

I'm hereby authorizing myself to receive one
gold star for the effort. Yes, the end result
was the same as it always is, but for a fleeting
moment in time, I came dangerously close
to acting like an adult
and experiencing
a mature thought
process. No such luck.
I'm still a lunchbox.

My latest ill-fated
attempt to acclimate to the adult world involved the
Utne Reader, that marvelous compilation of all
things alternative. Filled with thought-provoking
journalism seldom seen in mainstream media, the
Utne Reader provides an unapologetic view of world
events, medical breakthroughs and social commentary.
So what kind of person picks up the Utne Reader? My
little experiment tells me that the substantive stories
populating the pages of this magazine do a pretty good
job of separating the intellectual wheat from the chaff.
One guess where I landed.

My time with the Utne Reader served as a gentle
reminder that, A) I'm not smarter than a 5th grader, and
B) my brain is under the impression that it still works for
a 5th grader.

Somewhere between the investigative piece about fair
trade coffee and the op-ed imploring western medicine
to embrace acupuncture, the recess bell in my head
rang, and I made a mental beeline for the playground.
I can only speculate on the kinds of thoughts that real
adults experience after reading articles such as these,
because flipping through the pages left me with only
one unsettling observation: Integrative medicine
guru Dr. Andrew Weil looks an awful lot like Old Man
Witherspoon, the cantankerous sugar beet farmer
everyone blames for scaring the tourists out of Sunset
Cove.

Not that there is anything wrong with looking like Old
Man Witherspoon. After all, the poor
chap is just an innocent farmer trying
to get by on sugar beets, something
the townsfolk find out after Scooby-
Doo captures the haunted octopus
and it turns out to be Mrs. Blaylock,
the museum curator. Good thing for
Old Man Witherspoon the Mystery
Van broke down in Sunset Cove.
Odds are that Mrs. Blaylock would
have gotten away with it, if it weren't
for those meddling kids.

I have been told by real adults that
one thing intelligent people like to
keep in their back pocket is a sense
of moral outrage. The picture of Dr.
Andrew Weil didn't outrage me,



but it did get me thinking about
Old Man Witherspoon. Does
anyone ever apologize to Old
Man Witherspoon for falsely
accusing him of being the
haunted octopus? Does
anyone ever apologize to
Old Man Witherspoon for
referring to him as Old
Man Witherspoon all the
time? He probably has a
first name, like Rupert. I think Rupert
Witherspoon is significantly more respectful than Old
Man Witherspoon.

And while I'm on the subject of questioning authority,
does anyone really know why Fred is always wearing
an ascot? Oh sure, we all have our suspicions, but
apparently no one wants to talk about the elephant on
the table. Just leave it alone, they say. It would damage
the gang's synergy, I'm told. Think of what it would do
to Velma. Hmmm, the winds of indifference seem to be
carrying the scent of conspiracy, if you ask me.

Old Scooby-Doo episodes. That's where my brain goes
when it has the chance to learn something new, to climb
a new mountain and look at the world from a fresh
vantage point. But even from here, I'm starting to see
the important questions more clearly. Questions like,
Why can't Daffy Duck fly? Is it a genetic defect or is he
making a political statement? Did anyone ever test the
Laff-a-Lympics athletes for performance-enhancing
drugs? Are we just supposed to believe that it was
Providence that gives The Great Grape Ape more upper
body strength than Hong Kong Phooey? And speaking
of Providence, isn't that the capital of Rhode Island? Of
course it is. Any 5th grader knows that.

.....
*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.*



A Stress Free Holiday Season

By Laurie Semlow

With the onset of the holiday season, many of us have a lot to look forward to. The thankfulness, joy and wonder of this time of year is something many of us anticipate for months, but the stress of the season can easily distract us from the things we love. Following are a few tips to ensure a stress-free holiday season:

Keep a pad of paper with you throughout the day. Jot a note when you think of something you have to do, a gift idea or when you see a recipe you want to try. Writing down these ideas frees your mind to focus on your goals for the day.

"To Do" lists are another helpful way to manage stress. Keep a master "to do" list that you update regularly. Write down deadlines by priority. To make things feel more manageable, break down certain tasks into

smaller groups.

If you begin to feel anxiety or stress overwhelming you, take a few minutes and find a quiet place. Sit comfortably and close your eyes. Quiet your mind and stress by focusing solely on your breathing.

It's also important that you make time for yourself this holiday season. If you love to workout, schedule time to go to the gym. If you like crafts or reading, make time to incorporate that into your holiday decorating.

Don't forget to take your vitamins and get adjusted. Your immune system has a tendency to get run down during the holidays (or any other stressful time period). Give your body a fighting chance by supplying it with proper nutrients on a daily basis. Adjustments are especially important at this time, as any nerve

interference in your body is going to affect the way you look, feel and think.

Lastly, focus on why you love this holiday season. Let go of unrealistic expectations and the need for a perfect holiday season. Keeping a positive frame of mind will help manage the stress that comes during the entire season.

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.



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HOME SWEET HOME

“Rap Award” is Highlight of Realtors State Convention

By, Dale P. Zahn, CEO
West Michigan Lakeshore Association of REALTORS

It's an annual event, and a big one. The time when REALTORS from around the State gather to network, learn and enjoy good times at the State Convention, this year held in Mt. Pleasant. Once again members of the West Michigan Lakeshore Association of REALTORS set records for its number of attendees who took advantage of a unique rebate program designed to encourage attendance while lowering the cost to be there.....

"The convention is just that good - its a time to learn from the best and to network and be updated on the latest issues and trends in organized real estate," said WMLAR President, Doug Klaasen. From the opening day, the WMLAR presence was significantly felt. The Lakeshore Chapter of the State Women's Council participated in spirited and informative meetings on Wednesday morning and C-21 Affiliated REALTOR Broker, Heather Davis will be the 2017 President of the State WCR Chapter.



During the afternoon's Grand Assembly, it was a pride-filled day for members of the Teitsma family (Keller Williams, Grand Haven) as Michelle Teitsma was one of the honorees in the first graduating class of the State Leadership Academy, a year-long journey of learning and leadership development.....

minutes later, Michelle's mother, Mary Teitsma was on stage as WMLAR's REALTOR of The Year which made her a nominee for the State Association's top award. Dozens of WMLAR members cheered in appreciation while Jim Teitsma and daughter Kim Munch were proudest of all....

Many Association members participated in a reception for Major Investors in RPAC (REALTORS Political Action Committee) which led to Thursday morning's Appreciation breakfast featuring well known Lansing journalist, Tim Skubick and Michigan's Attorney General Bill Schuette. The highlight was the presentation of the State REALTOR Active in Politics Award and from a strong field of nominees, West Michigan Lakeshore's Beth Foley was the recipient of the highly distinguished State honor!

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



LEGALEASE

Expense of Creating a Trust vs. Probate Fees

By Jonathan J. David

How large is your estate? If it is sizable, that will only cause the cost of probate to go up because the inventory/appraisal fees that are paid to the probate court are based on the value of your assets. Consequently, the more you have in value, the more you will pay in inventory/appraisal fees.

Dear Jonathan: My financial advisor is pestering me to create a trust for the purpose of holding my assets for probate avoidance. However, I am really not interested in creating a trust and I am not all that concerned with having my estate being probated. The only thing that matters to me is that my children get whatever is left of my estate in equal shares, and if my assets have to be probated first before that happens, so be it. Am I wrong in thinking this way?

Jonathan Says: Not necessarily; there is no right or wrong answer here. What's more important is that you are making an educated decision as to whether to create a trust or not. If probate avoidance is truly not a concern of yours, and you don't mind having your estate pay the fees associated with probate, which include court filing fees, an inventory or appraisal fee based on the size of your estate, executor or personal representative fees, and attorney fees which will be incurred in having an attorney represent the executor/personal representative of your estate through the probate process, then there is nothing wrong with opting not to do a trust.

Having said that, however, it is difficult to give you a specific answer to your question without having more information. For instance, how large is your estate? If it is sizable, that will only cause the cost of probate to go up because the inventory/appraisal fees that are paid to the probate court are based on the value of your assets. Consequently, the more you have in value, the more you will pay in inventory/appraisal fees. While you may not consider this to be a determining factor, when you add those fees to the executor/personal representative fees and attorney fees incurred during probate, that is money that could have been saved if probate had been avoided.

A more critical question to ask is what are the ages of your children? Are they adults or are they minors? This is important because if they are minors and you don't have a trust, then whatever assets a child is entitled to receive will need to be held in a conservatorship account on that child's behalf until he or she reaches the age of majority, i.e., becomes a legal adult, which is between the ages of 18 and 21 depending on what state you live in. At that time when your child becomes a legal adult, whatever share to which he or she is entitled will be distributed to him or her outright. Consequently, if you have a large estate and you don't have a trust, then you would be putting a lot of money in the hands of an 18 or 21 year old who may not be mature enough at that age to receive a sum of money that large. If you had a trust, however, you could require that a child's share of the trust be distributed to him or her in increments over a series of ages, which would give the child time to mature and gain some experience in the real world before being given a large sum of money. In the meantime, funds would be available for the child's health, education, maintenance and support.

If you decide not to create a trust, you will want to at least prepare a last will and testament so that you can direct your estate to your children in equal shares upon the completion of probate. If you die without a will, then your estate would be distributed to your heirs according to the laws of the state in which you live. If all of your children survive you, then the result would probably be the same whether you had a will or not, however, if any child predeceases you, you can name an alternate beneficiary in your will who is to receive that deceased child's share, which might be someone different than who would receive that deceased child's share under your state's law if there was no will.

Before making your final decision, I suggest that you meet with an estate planning attorney in your area who can review with you the pros and cons of preparing a trust in a general sense, as well as specifically in your particular circumstances, upon which you can then make an educated decision as to whether preparing a trust makes sense for you. 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."



YOUR MONEY MATTERS

Thinking about retirement?

Here are 6 things to consider before leaving your job

By Tom Kendra

There's no better time than the present to take a fresh look at your financial future — including how to plan for retirement.

If you are one of the vast members of baby boomers approaching retirement age, preparing for the golden years may mean making several important decisions while still in the workforce to help ensure you will have enough money to live in retirement.

As retirement looms closer, the overwhelming possibilities leave many people uncertain about where to start.

Here are six important financial considerations to think about before retiring:

- **Define your retirement:** Your vision will drive your plan. You may decide to work part-time, launch a completely new career, or perhaps go back to school, volunteer or develop new hobbies. Consider if you need to downsize, relocate or remain in your current residence.
- **Know where you stand financially:** Take inventory of your assets and possible income sources, and understand how your retirement plan will help provide you with

income during your retirement years. Save as much as possible while still working.

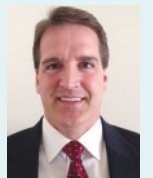
- **Estimate your expenses in retirement, especially for healthcare:** Healthcare can be a significant expense category during your retirement years, so understanding what your healthcare plan covers in retirement is critical. Consider long-term care insurance to cover expenses that may fall outside of your health insurance if the need arises.
- **Manage asset allocation:** Regularly monitor and review your investments to ensure they support your goals and to determine if you should change how assets are allocated among different investment types; consider professionally managed investments products.
- **Plan for your beneficiaries:** Create a will, choose a guardian if needed, and select who will manage your estate. Transferring wealth is a critical part of retirement planning. Estate planning, in particular, can be an efficient way to distribute the maximum amount possible to your beneficiaries at the time of your death. Added benefits like reducing estate taxes enhance the value of incorporating

life insurance into your overall planning for retirement.

- **Explore options to create a retirement income:** Research product strategies that can help generate a guaranteed retirement-income stream, including the new generation of variable annuities that can provide guaranteed streams of income for life while still affording degrees of flexibility and control. It may be advantageous to purchase these products while you are still working.

It's never too early or too late to start taking these tips into consideration.

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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SS GRAND RAPIDS

By Peter Manting

In 1928 the Milwaukee Journal reported: "The Bridge at the Kinnickinic River in Milwaukee was a scene of a "standoff" between the C&O Carferry CITY OF MIDLAND 41 and the Grand Trunk Carferry GRAND RAPIDS. Both vessels arrived at the bridge at the same time, and neither vessel would give way to the other. The standoff lasted approximately an hour until Captain John Assuma of the CITY OF MIDLAND 41 backed his vessel and allowed Captain Water P. Drummure of GRAND RAPIDS to pass."



Shipping on the great lakes was in its hay day back in 1928. Many scenes like the one described took place as the ports along the shore of Lake Michigan saw increased boat traffic. 1928 hadn't started out as a very good year as mounds of ices clogged the Lake Michigan harbors. On January 6th, the PETOSKEY, WISCONSIN and car ferry GRAND HAVEN were held in the mouth of the Grand Haven harbor. Then again on January 23rd, the Petoskey once more became stuck at the mouth of the Grand Haven Harbor. During this same time, the car ferry, MADISON, was trying to make the Grand Haven harbor but instead of becoming fast in the ice, she was forced by gale force winds onto the beach south of the harbor entrance. She was freed three days later by the combined efforts of the car ferries GRAND HAVEN, MILWAUKEE and the tug CONRAD STARKE.

In 1928 the Grand Trunk Railroad improved and expanded their shipping docks along Harbor Street. The \$40,000.00 in improvements made room for more storage of freight and easier loading of railroad cars on to their boats. The Grand Trunk owned ran several ferries which ran out of the Grand Haven port in 1928. The S.S. GRAND RAPIDS is one of the more colorful ships that they operated. It was built in Manitowoc Wisconsin

and entered service with the Grand Trunk Ferry service in 1926. Sister ships included the PERE MARQUETTE 21 and 22, built in 1924, the ANN ABOR NO.7 built in 1925 and the MADISON built in 1927. In 1928 3,310 steam vessels entered and left the port of Grand Haven. This was the largest traffic of any port on the east coast of Lake Michigan. The Carferry, Grand Rapids, alone made 850 trips, averaging 82,000 miles and carried 20,100 rail cars across Lake Michigan.

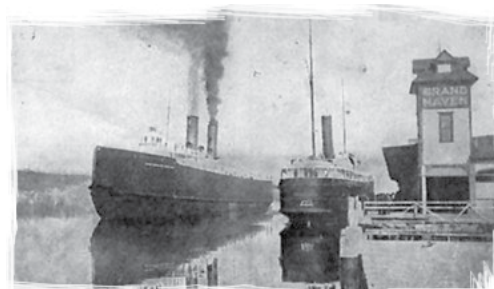
In December 1927 while entering Grand Haven harbor the SS GRAND RAPIDS struck a sand bar that had been formed by storms about 150 feet off the pier head. She lost her way and hit the south pier, suffering \$11,000 damage. In January 1930 the GRAND RAPIDS following its sister ship MADISON from Milwaukee to Grand Haven across the ice laden lake. The captain increased the power to the engines, to get thought the ice, and collided with the back end of the Madison.

In January 1933 the GRAND RAPIDS was having trouble with her radio direction finder, ran aground near the Lakeside Power Plant south of the Milwaukee harbor entrance. Several officers were suspended and fined as a result of this incident. Two months later the GRAND RAPIDS struck bottom about 200 feet from the pier heads at Grand Haven while in heavy seas. She lost her way and struck



the south pier, damaging several plates in her side.

In February of 1933 the Coast Guard cutter ESCANABA was sent to break a path through the ice which was blocking the harbor channel in Grand Haven. Both the GRAND RAPIDS and CITY OF MILWAUKEE were stuck. Three days later while trying to leave the Grand Haven port the GRAND RAPIDS, CITY OF MILWAUKEE and MISSOURI once again had to be freed by the ESCANABA as they were again fast in the ice. This time it took the Coast Guard vessel three days to free the three boats. Once again on February 1941 in the GRAND RAPIDS found itself stuck in the ice outside the Muskegon channel.



On July 25th 1959 the GRAND RAPIDS collided with the steamer DOW CEMICAL. The American steamship Company later sued the Grand Trunk-Milwaukee Carferry Company for damages. In 1966 the Grand Trunk Carferry Grand Rapids was leased to the Ann Arbor Railroad fleet for three months for \$750 per day.

In 1967 the GRAND RAPIDS was sent to the Manitowoc ship yards to be reconfigured. It reentered service after being cut in two lengthways. It served out its last three productive years running the route between Muskegon and Milwaukee. In 1970 it ceased operations and was used for spare parts for GT's other vessels. In 1980 while in dry dock in Muskegon it suffered its first fire cause was never determined. In 1987 still in dry dock in Muskegon it suffered another fire, set by homeless people who were using it for shelter, this time it caused extensive damage to the vessel.

In 1989 the GRAND RAPIDS was towed out of Muskegon to be scrapped ending the career of one of the Grand Trunk Railways longest severing CARFERRIES.

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



managers 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.

AN EYE ON EDUCATION

"You don't get your resume' with your birth certificate."

By Steve Edwards

Sir Kenneth Robinson, a British author, speaker and international advisor on education, once famously said, "You don't get your resumé with your birth certificate."

My interpretation: You decide how to transform your life. You are not born with a predetermined future – YOU create your own future.

How scary- and how liberating. With a solid education and the right motivation, worth ethic, support, and determination, you CAN

be, do, and become what you want. Nothing is inevitable and nothing is impossible; opportunities are endless, support is available, and dreams are within reach.

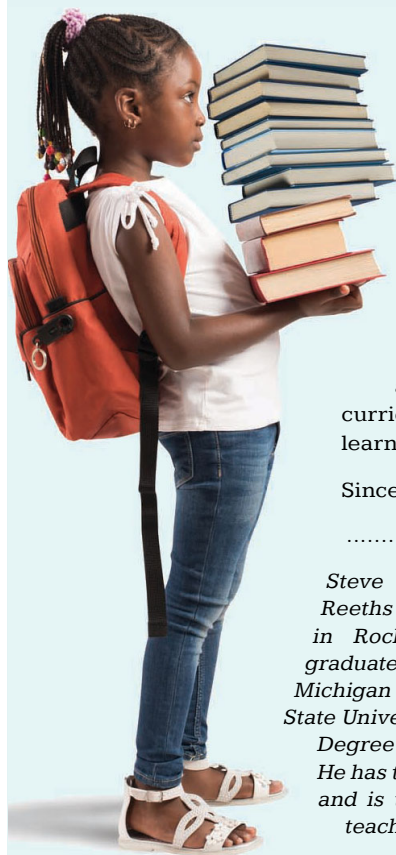
The right attitude is important, grit is needed, and perseverance is required.

As you navigate the second half of the 2016-2017 school year, I hope you are as inspired as I am. Take advantage of the opportunities in the classroom, and the opportunities with co- and extra-curricular activities. It is a great time to be a learner!

Sincerely, 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

Deepwater Horizon

(Rated PG-13, 2016)

Based on the tragic events of the relatively recent BP oil spill in the Mexican Gulf, Lone

Survivor Director Peter Berg and Star Mark Wahlberg re-team for this gripping action-thriller. Wahlberg gives a nuanced performance as Mike Williams, a veteran technician aboard the Deepwater Horizon oil rig. He makes it easy to feel for Mike throughout the different phases of his story: from loving husband to respected employee to eventual hero and, ultimately, traumatized victim. Other notable performances from this immense cast include Kurt Russell as Jimmy, the vessel's chief technician who wants to ensure the safety of his crew, and John Malkovich, who is positively slimy as a greedy BP overseer who cares more about pinching every penny. The attention to character detail is ultimately what makes this movie work; however, Berg's talent for directing large-scale action services the more chaotic, nail-biting sequences of the film, of which there are plenty. I laughed. I cried. This is one of my favorite movies of the year so far.

Grade: A



The Accountant

(Rated R, 2016)

Ben Affleck has turned his career around in the last few years. Since his

spectacular directorial debut with The Town back in 2010, Affleck has directed the Best Picture-Winning Argo, starred in David Fincher's smash hit Gone Girl, taken up the mantle as the latest Batman in the infantile DC film-verse, and now shines in The Accountant as an autistic math prodigy who makes a living as a sort of criminal financial advisor. He is the best thing about this film, which is saying something considering he shares the screen with A-list talents such as Anna Kendrick, Oscar-Winner J.K. Simmons, Emmy-Winning Jeffrey Tambor, Emmy-Winning John Lithgow, and rising star Jon Bernthal. At times the script is noticeably clunky: some character motivations are skimmed over, a lot of important characters disappear entirely from the movie twenty minutes at a time, and certain relationships are never developed yet we're meant to buy into them anyway. However, at almost two-and-a-half hours, The Accountant is never boring. I often found myself laughing out loud or nervously crunching down on my popcorn. If you don't catch this in theaters, it'd definitely make for a great night in.

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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LAKESHORE FAMILY

Meaningful Mission

By Heather Artushin

Families in West Michigan enjoy the beauty of the lakeshore, a strong sense of pride in the community and countless educational and cultural resources unique to where we live. As the snow falls over the frozen lake and the kids throw on their ice skates to glide around Rosa Parks Circle, those of us lucky enough to call West Michigan "home" settle in to embrace the beauty of our winter wonderland. From perusing Grand Rapids' many museums and rooting for the home team at a Griffins game, to sipping hot cocoa while admiring the beauty of the snow-covered pier in Grand Haven, there is no shortage of inspiring, enriching activities for kids and families living near the lakeshore. What a treasure it is to be a "lakeshore family!"

During this busy season, in the midst of holiday gatherings and celebrations, school and work, as we wrap up the loose ends of 2016, it's easy to lose sight of the meaning behind it all—family. Let's make it our mission this time of year to focus on our family. From holiday shopping to diving into 2017, here are a few ways to be intentional in investing in our children, making memories and bringing our family closer together.

As we hit the stores to find the perfect gifts, let's not take Santa's list at face-value. Explore the things on your child's wish-list and encourage them to brainstorm meaningful gift ideas that will have a deeper impact than the newest video game or Lego set. Here are some ideas to enrich your gift giving and getting experience this year:

1. **Education** – A new book to read that will inspire or challenge your child.
2. **Necessity** – A new coat, pajamas, socks, etc. Whatever your child really needs.
3. **Charity** – Donate something to a cause of your child's choosing. Doing this together as a family, and letting your child take the lead, provides a meaningful family holiday experience that will stay with your child long after the snow melts.
4. **Family Fun** – An experience, game or activity that you can all enjoy together as a family. Quality time together is often the most precious gift you can give, and the memories last a lifetime!

Whether your kids are 2 or 20, take a moment to observe – how have they grown as a person this year? What important experiences have they gone through? What have they accomplished? Let them know! Reflecting on the year with your child is a great way to model and practice self-reflection, a skill that will serve them well as they grow up. By letting your child know that you've noticed positive growth and achievement in their life this year, not only will they feel your love for them in the close attention you've paid, but this will help foster self-esteem and motivation to keep up the good work in the new year. Has your child faced some challenges this year? Don't underestimate the power of overcoming obstacles – by pointing out their resilience, perseverance and courage in tough times you'll let them know you're on their side and that you see how hard they're trying, and most of all they'll be encouraged to not give up when the going gets tough. Get the whole family involved by hosting a compliment circle and encourage each member of your family to share something positive they've noticed about the other members this year, or something they've appreciated.

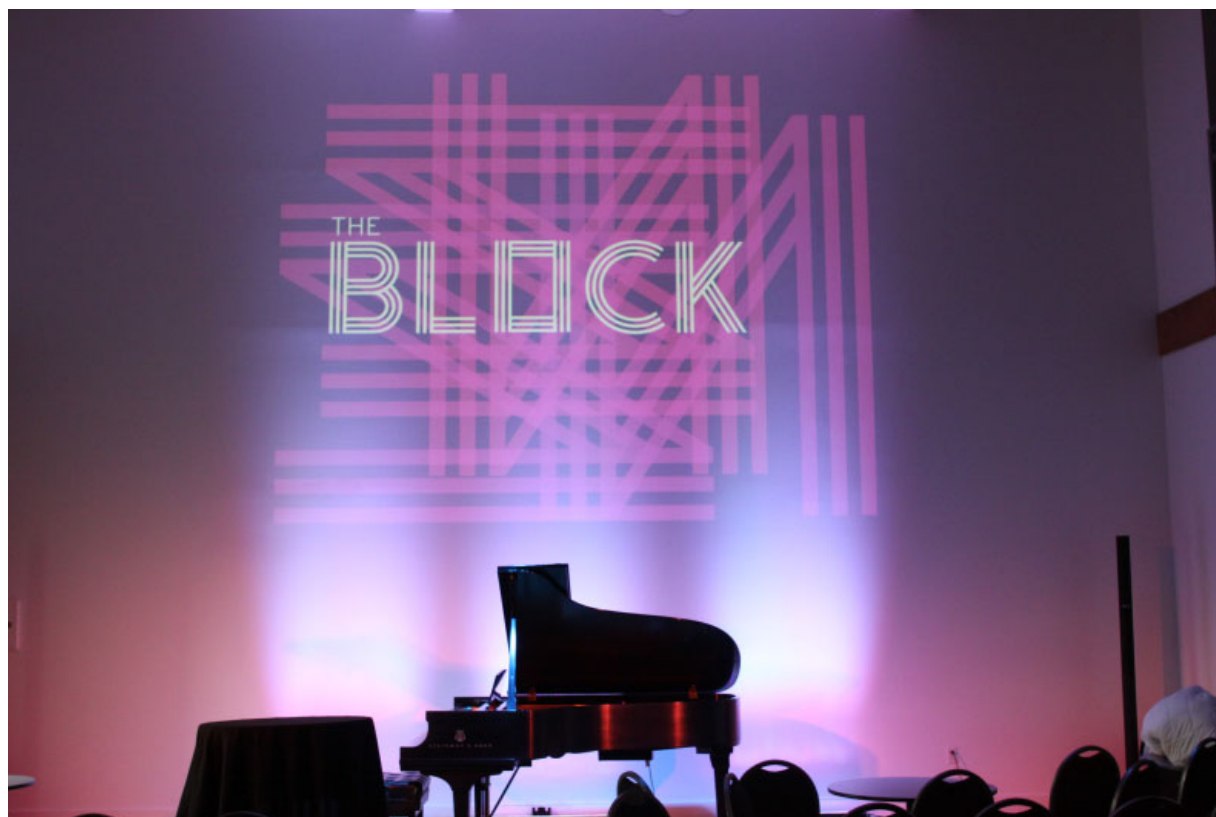
From gratitude to goals, move the conversation to New Year's resolutions family-style. Sit down with a big piece of paper and markers and create a family mission statement for 2017. Start with some broad questions: What are our family's values? What about our priorities? What kind of family do we strive to be? What kinds of things do we want to do as a family? How do we want to treat each other? Jot down key words and phrases and turn them into action statements. Think about your collective vision for your family, and ground it in practical ways to make that vision a reality. Make sure everyone is included – even little kiddos can express what they like about their family or what they enjoy doing together. The process is way more important than the product – a little creative scribbling and doodling adds heart and soul to your young family's mission! Once everyone agrees it's complete, hang the mission statement somewhere in your home where everyone in the family can see it, so in the midst of the busyness and beauty of lakeshore family life, you'll be reminded of your family's meaningful mission

Heather Artushin is a child and family therapist who loves writing about lakeshore living in West Michigan, from practical ideas for family fun to meaningful ways to foster children's emotional wellness and family togetherness. Share your story, comments or ideas with Heather at heatherartushin@gmail.com.



Formidable force for good in West Michigan

Symphony CEO balances artistic goals and budget constraints to present cutting-edge concerts



By Marla R. Miller

When Carla Hill moved to Muskegon 11 years ago, the view out West Michigan Symphony's fourth floor conference room overlooked a sandy field yet to be developed into Western Avenue.

The vacant Century Block buildings stood as a reminder of the downtown's former grandeur, spared from demolition in hopes the area would someday be revived and reimaged.

The symphony, then named West Shore Symphony Orchestra, had its offices located in Frauenthal Center. Hill, hired as president and CEO, relocated from Columbus, Ohio, to help reinvigorate the symphony, an anchoring arts organization in Muskegon's downtown with a \$1.2 million budget.

Today, Hill's airy office overlooks a sand volleyball court across to Muskegon Museum of Art, but, with a wall of windows, it's a much brighter view from the second floor of the renovated Russell Block building. And that view may soon disappear as another development takes shape across the street.

Paralleling the transformation in downtown over the last decade, Hill's vision and leadership, along with board support, has helped transform the symphony in many ways and usher in a new era of music and programming. There has been exciting growth and change, like unveiling

a new name and rebranding campaign in 2009 to position the symphony as a regional orchestra.

In 2012, WMS agreed to be the first tenant for the historic Russell Block building, launching a capital campaign to create an open-concept office that has a light, airy urban feel. Across the hall, there is an intimate venue for smaller recitals and concerts, children's and educational programs like West Michigan Youth Symphony and Lunch n' Learn, and rentals for special events in what used to be the YMCA gymnasium.

"It was a huge investment on our part," Hill says of the symphony's move. "We have a much more visible role in the community than we had before."

The symphony moved in May 2013, opening a ticket office on the first floor for more visibility and debuting The Block, which has flexible seating for up to 150 with a small balcony, windows facing Muskegon Lake, and an outdoor deck made of recycled materials with green spaces. WMS presents about a dozen concerts each season featuring guest artists, symphony musicians, and student groups performing classical, cabaret, acapella, jazz and folk.

"Building The Block really turned the corner," Hill says. "What attracted everyone was the idea of a new performance space for education programs and recital work and a place for our own musicians. You get to see a whole other side of the musicians. It's very open, very transparent. The guest artists are encouraged to talk to the audience and they can

play whatever they want."

The symphony's growth and sustainability has allowed Hill to expand staff and programming, including a Children's Choir, Debut Strings and Click Clack Moosic. WMS also recently embarked on a three-year collaboration with composer-in-residence Austin Wintory to write new music for the symphony and launched a Composer's Club to help fund it.

But there also have been some hard decisions, like reducing the budget for a few years and, after careful research, deciding to do away with Saturday night concerts at Frauenthal Theater.

"It affected a lot of different things, and I knew it would," she says. "But it was obvious we needed to make a change. We could not justify that second night."

Hill came to the symphony with extensive experience in marketing, development, donor cultivation, and nonprofit arts management, having worked as development director for a camp serving youth and adults with physical and developmental disabilities in Columbus, Ohio. She also served as marketing and public relations director for the Columbus Symphony Orchestra and Omaha Symphony Orchestra.

Prior to taking the West Michigan Symphony job, Hill decided to regroup a bit and work with a search firm specializing in arts organizations. She spent several months traveling to orchestras across the country, and that's when she realized she wanted to move into an executive management role. The one caveat: she would have to move to a smaller town.

"This one just really stood out from the first time I talked to people on the phone," she says.

Fred Norris and Holly Hughes were leading the recruitment effort. It didn't take long for Music Director Scott Speck to call.

"We talked several times," she says. "We both had the same energy and passion and drive for our respective jobs within the orchestra."

Like many transplants, Hill also says she was drawn by the water and scenery – similar to the landscape growing up in Wisconsin. She remembers arriving on the job in September 2005 in an entirely new city.

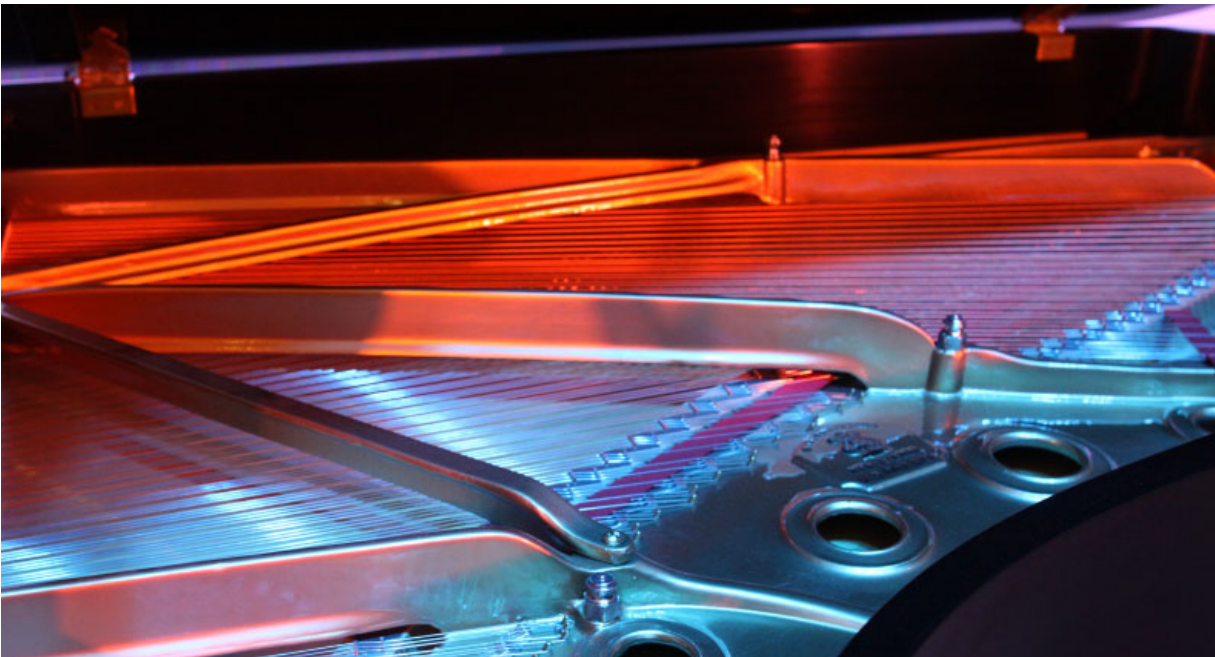
"My very first day, I had this big wave of 'Oh my goodness. Here I am in charge,'" she recalls. "By the end that first day, I had already made a dozen decisions. ...

I've always had an ability to jump in a find my way."

Hill has a theatre background with high artistic standards and has "always been interested in everything behind the scenes" like lighting, design and set construction. In the early years, she would often head down to Frauenthal Theater to look at the stage set up and other production details.

"I brought that sensibility with me," she says. "We go into our work with the idea of excellence and to create the best experience possible."

Hill says the artistic product continued to get better and



Name: Carla Hill

Title: President and CEO of West Michigan Symphony

Years in position: 11

Hometown: La Crosse, Wisconsin
Hobbies: Pilates, acting, cooking, traveling

Children: Son, Brandan Hill and wife Stephanie, three grandsons Derik, Bergen and Torren. They live in Bozeman, Montana. Son, Alexander Hill, and grandson Jack. They live in Mandeville, Louisiana.
What do her sons say about her: Mom's a badass. – she said this and when I asked if I could put it in, she said yes

What Scott Speck says about her: The WMS has a superb staff of

really talented people, and Carla finds really effective ways of channeling their creative energy. She provides a kind of moral compass for the WMS as well. She seems to have an innate sense whether an idea or proposal is good or bad for the health of the organization, and isn't shy about sharing that opinion! Carla Hill is a formidable force for good in West Michigan. – Speck said this, but it makes a good headline

Her leadership style: I'm an observer and a researcher. I'm open to change. You'll never hear me say "We've always done it this way." I think everything is up for review and change.

better despite budget and staff reductions during the recession years. She credits strong board members and innovative partnerships with helping the symphony stay solvent.

"There were a lot of challenges, a lot of attrition and rebuilding of the staff," she says. "I ended up the de facto marketing, development, and public relations director. We struggled for a bit, like many people did during the recession."

Hill has continued to try new things to expand the symphony's reach. In 2008 during Muskegon Bike Time, the symphony had its Parties in the Park fundraiser on the same Friday night. So the symphony turned its logo into a motorcycle and handed out can koozies with the slogan "The louder, the better." The orchestra presented an outdoor summer concert series in lakeshore communities and hosted a concert at Heritage Landing.

Hill also drove two multimedia concert presentations: "American Made: The Art of Manufacturing," and

"Sustainability: A West Michigan Journey" that allowed WMS to partner with key manufacturers in West Michigan, engage new sponsors, and highlight the heritage of manufacturing and sustainability initiatives in the region.

Speck, hired in 2002, has joined her for the journey, and their positive working relationship is one reason she has stayed in Muskegon.

"His charge was to build a world-class orchestra," Hill says. "We had to do it very judiciously and do programming very carefully. We had to pull back on some of the big orchestra works. ... Scott and I really respect each other's work. We make decisions on that respect and trust."

Speck says the admiration is mutual, and he has been impressed with the large-scale achievements she has spearheaded and brought to fruition such as The Block. "For at least a year, The Block existed only in her imagination, and she worked tirelessly for two years to get it funded," he says. "Now The Block is a regular part of our yearly

programming, but it wouldn't even exist without Carla."

Hill is at her best when they are dreaming up a big new project and making it happen together. It's the big goals that really motivate her and she has been an ideal artistic partner, Speck says.

"She has a strong creative vision for our organization and the energy to match," he says. "We have a great synergy in bouncing crazy ideas off each other."

As president and CEO, Hill reports to and serves at the pleasure of the board of directors. Pete Brown, current board chair, says Hill is a really good team builder and she has developed an excellent team of people passionate about the symphony. WMS now has a staff of more than 10 full-, part-time and contract employees.

"We're very fortunate to have her here," Brown says. "She has some unique qualities. She is a very strong individual, very optimistic, very forward-thinking. She also loves the performing arts and music."

Brown has learned it's rather common in the symphonic world for CEOs and music directors to clash, so the board feels fortunate for Speck and Hill's camaraderie and collaborative approach.

She has a strong artistic sense and appreciates the artistic product, but also understands the symphony must operate like a business and watch the bottom line.

"She understands we need to be doing new and different things to attract new audiences, but also understands there are limits to what we can do from a financial and fundraising perspective," Brown says.

Funding continues to be one of the biggest challenges facing arts organizations everywhere, and Hill and her staff continue to examine programs and how to financially support them.

"Everything we do has to be totally funded," she says. "Some comes from ticket sales but a lot of it is donations. Every year, you start with the number zero. You have to go out and make your case all the time."

Hill recently sold her condo in Fruitport and moved to the Watermark so she could be closer to downtown. She says she is working on trying to downsize and simplify as well as take more trips to visit friends and family.

At the end of the day, especially on the stressful ones, she tries to focus on creating an amazing concert experience for symphony patrons. And it's worth it when they come up after a concert and say they were uplifted or moved by the music. It is, after all, a stress reliever.

"Wow, oh yeah, we're affecting a lot of people with something that's very special," she says. "This is why we do what we do."

.....
Marla R. Miller is an award-winning journalist who started her career working at community newspapers in Indiana. She relocated to West Michigan in 2005 to cover arts and entertainment and features for the Muskegon Chronicle. Now a professional, freelance writer, she worked as a beat reporter for more than a decade, covering education, health, arts and entertainment, religion, township government, general assignments and social and human services. She has a special interest in features and enjoys meeting interesting people and telling their stories. She has a bachelor's degree in journalism from Ball State University and a master's degree in public administration from Grand Valley State University. She also teaches Total Control for Mercy Health's Bladder Clinic and enjoys walking her dog, hiking, yoga, boating and going to the beach.



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INDEPENDENT
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Will it be America first or me first?

By Jay A. Newmarch

On Tuesday, November 8, we chose to place our stakes with Donald Trump. A collective choice was made and a new direction for this country was set.

Mr. Trump's message, a mixture of populism and protectionism, is an intriguing reflection of how we currently view our current condition both as individuals and as a country toward the entire world. It was a repudiation of both Hillary's global view message of "we're stronger together," as well as the old mainstay trickle down Republican philosophy that we'll all get ours if we stand aside and let businesses and the wealthy take theirs first.

It should now be no secret that average citizens are hurting and they're in no mood to share with the world or to wait their turn. Trump garnered enormous, fired up crowds across the heartland, crowds eager to hear the war cry to take America back from liberals, corrupt elites and overseas power brokers. This election was a primal cry that needs to be heard by both the left and the right.

Playing out as it did during Great Britain's recent Brexit vote, the strength of this populist message, running across party lines, was undoubtedly the most resounding message of this election. We saw it in the primaries with Bernie Sanders on the left and it continued on with Trump on the right.

Ironically, Trump, a billionaire business mogul, was able to portray himself as an outsider who had the backs of the working class. Even when stories came out about his refusal to pay workers or retroactively renegotiating contractor fees to benefit his own personal best interests, he was doggedly viewed as the working man's savior.

Whether this proves out to be the case, it was nothing short of shrewd politics on his part. He not only held onto most of the upper crust and business class Republican vote, but also pared away typical working middle class voters that are generally reliable Democratic voters.

Both Trump and Sanders tapped into a strong undercurrent of disillusionment that has been building across both the Democratic and Republican landscapes since the end of the great recession. While collectively we have returned to prosperity and gained back all of the monetary losses associated with the recession, those gains have not equally reallocated to all those hurt in the crash. Instead, most of those gains funneled back to businesses and individuals at the

very top of our social and political echelons.

Yes, while companies that had closed plants, factories and offices were able to turn their fortunes for the better, many of the workers from those very same companies also felt the crash, but none of the rebound. Their lives were turned upside down and have never really recovered. Young Americans who came of age during the recession are still struggling to find a foothold and hold jobs, often part time, that are well below their worth and talent. Yes, there is unrest, and Trump was able to zero right in.

Now comes the hard part. Can this rich capitalist really turn around the fortunes of those that are feeling abandoned and misused. Will he surround himself with individuals who will remain laser focused on the "average man," or will the inevitable political class that he will need to turn to, revert to old habits that benefit big business and themselves? If he actually succeeds in what he's selling, he will be a middle America hero. If he doesn't, he will be the latest medicine man to profess a cure that dissolves into the air as soon as he's around the corner.

Hillary Clinton came out the day after she lost the election, that nearly every media pundit said was inevitably hers, with a very statesman-like call to give Donald Trump the benefit of the doubt and allow him the opportunity to succeed.

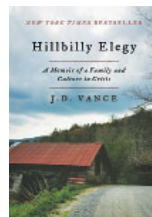
While I have heard from several individuals that Donald Trump is the embodiment of what is needed to shift our entrenched government from its focus on what's good for the few to what's good for the many. I remain very doubtful that a man with no experience in government and a history of enriching himself at all costs, is indeed such a change agent.

What's my message to Donald Trump? Go to Washington and prove me wrong. This is one of the few times in my life that I really, really want to be proven wrong.

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



Good Reads



Hillbilly Elegy: a memoir of a family and culture in crisis

by J. D. Vance

In many ways, J. D. Vance has achieved the American Dream. From a poor Kentucky family that found economic opportunity by moving to Ohio, he overcame poverty and profound family instability to serve in the Marines and graduate first from college and then from Yale Law School. What he explores in this book is why he is the exception, not the rule, amongst his community. He speaks frankly about the many terrible occurrences of his youth and highlights the love and support he received from his grandparents and sister that allowed him to ultimately succeed.

He also expresses his frustration with "hillbilly" culture and his peers who he sees as having succumbed to an epidemic of learned helplessness, believing that nothing can ever change for them due to the social conditions they find themselves in. Vance doesn't preach but he does place the blame on individuals and their actions, not on the systems they interact with. Part a moving portrait of family struggle and loss and part a meditation on why it's so hard to achieve the American Dream, *Hillbilly Elegy* is a thought provoking read that offers a window into a particular segment of American society.



Homegoing

by Yaa Gyasi

While the family chronicle is a classic story, Yaa Gyasi has taken the form and given it a mirrored structure. She follows the descendants of two women, half-sisters Effia and Esi, from their early lives in Ghana where one becomes the mistress of a British slaver and one becomes a slave and is sent to the United States. She keeps the reader in touch with both families as they live, love, have children, work, suffer, find joy, and die, through history until the present day. The sections set in Africa are particularly striking as they show the continued effects of the slave trade on the Africans remaining in their home countries in addition to the more frequently encountered African-American historical narrative. This multi-dimensional book treats everyone as whole people, and allows the reader to relate to the characters in a more complex way than just being heroes or villains, virtuous or wicked, rewarded or oppressed.

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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Part 2 in a series by Mercy Health: Innovations in Health Care

The New Mercy Health: Five Frequently Asked Questions

By F. Remington Sprague, MD, Chief Medical Officer of Mercy Health Muskegon

It's an exciting time for residents of Muskegon and the Lakeshore. The new Mercy Health Muskegon medical center will transform the delivery of health care in our community and boost the local economy for years to come.

Frontline colleagues and medical staff have spent thousands of hours designing the new medical center along with architects, engineers, and Mercy Health leaders. We've created mock-ups of surgical rooms, patient rooms, and other vital spaces in the new medical center, so that we can actually "test" to see what designs work best. As a result, this \$271 million project will consolidate services, provide state-of-the-art technology, and streamline and standardize care.

As the largest building project in the history of Muskegon, the economic impact analysis* of the new medical center construction projects the short-term effect of the project, from start to completion. The impact on the regional economy is estimated to result in:

- \$265 million in industry output (total to be spent in the area for all industries)
- \$70 million in earnings (short-term increase in demand for goods/services)
- 1,447 jobs (additional short-term jobs – construction and other)
- \$144 million in added value to the regional economy (the increase in region's economic performance)

*Based on the Regional Industrial Multiplier System II (RIMS II) economic input-output model, developed by the Bureau of Economic Analysis (BEA).

Q: Why is the new building called a "medical center" rather than a hospital?

A: "Medical center" is a more appropriate name for the facility because it will have both inpatient and outpatient services.

Today, care is tailored for patient convenience and safety. Outpatient services — such as outpatient surgical centers, labs, imaging centers, and urgent care centers — are decentralized and growing, while inpatient services (in hospitals) are decreasing. This is part of today's patient-centric care.

One reason for this shift is the way providers manage patients with chronic diseases, such as emphysema, asthma and diabetes. When providers and patients work in partnership doing a better job managing these diseases, there are fewer emergency room visits and fewer nights in the hospital.

People will always need hospitals, but the medical profession is working hard to reduce the need for hospital beds. Why? Because hospitals are expensive places to recover and patients who heal at home are less likely to develop a hospital-acquired infection. Restorative sleep is an important contributor to healing, and many patients prefer to recuperate in the quiet and comfort of their own home, resting in their own bed. Familiar surroundings and faces, along with gradual transition to a daily routine, can also promote quicker recovery.

Q: Is it true that with the new Mercy Health Muskegon medical center there will be fewer total hospital beds in Muskegon?

A: As Mercy Health Muskegon plans for future facilities, we take into account multiple factors. Projected population demographics, the general health of the population and new approaches to patient care are vital pieces of the puzzle when we strive to meet the future needs of our population. The same is true when it comes to planning for the number of licensed hospital rooms we will need.

At one time in Muskegon, we had more than 700 licensed hospital beds (among four hospitals). Today we can operate with approximately 300 licensed beds because medicine has changed. The need for hospital beds has dramatically declined with the development of new technologies, a focus on prevention and better understanding of how our bodies heal.

Q: If the need for hospital beds will be declining over time, why is Mercy Health Muskegon building a new medical center? What is wrong with the hospitals we have now?

A: Our community deserves state-of-the-art, private rooms that increase patient privacy and allow family members to remain with their loved ones. We need the additional space to get people up and moving as soon as possible to reduce the formation of blood clots and bed sores. We need a hospital layout that respects today's team-based approach to delivering quality, compassionate, patient-centric care.

Muskegon has some of the oldest hospitals within the Trinity Health (Mercy Health's parent company with operations in more than 20 states) system. By consolidating, we'll actually be driving costs out of the system.

Q: What is the time line for this project?

A: The new medical tower is being built on the Mercy Campus. Following completion of the tower, the existing Mercy Campus facility will be renovated to meet the needs of our community. The hospital at Hackley Campus will close, but the Hackley Campus itself will not close. Once the new medical center is open, all inpatient services will be provided at the Mercy Campus, reducing the confusion that sometimes happens when patients go to the emergency room in one hospital, but the providers for that particular specialty are working at the other hospital.

Q: What is one of the innovations patients will notice in the new medical center?

A: The Universal Care unit is a series of private outpatient rooms in the new medical center that are designed with flexibility to serve a variety of patients throughout any given day.

If you are a patient coming in for an outpatient service — such as endoscopy or outpatient surgery — you will be brought to a room that will be used by many different departments for their patients in the course of one day. These Universal Care rooms will reduce the need for so many preparation, recovery and waiting rooms in many departments of the hospital.

Placing these multipurpose rooms in one unit is possible because in Universal Care rooms, patients will have services brought to them. Again, this is part of today's patient-centric care. In the past, you may have gone to the hospital for outpatient surgery and first stopped at patient registration, and then gone to the lab, and then to the imaging center prior to the surgery. You finally ended up in a pre-surgical room. After the procedure, you recovered in another room. With the new medical center, all that will change.

Next time: : INNOVATIONS IN THE EMERGENCY DEPARTMENT

F. Remington Sprague, M.D., F.A.C.P. is the vice president of and Chief Medical Officer (CMO) at Mercy Health Partners, Muskegon, Michigan. He graduated from the University of Michigan, Masters of Science in Medical Genetics at Indiana University Medical Center, and completed his Doctor of Medicine at Indiana University School of Medicine. He is currently serving on several nonprofit boards including; Access Health, Health West and the Muskegon Community Health Project.



Dr. Sprague is married to Ginny and together they have four children and four grandchildren. He enjoys reading contemporary fiction, history and classical literature. He performs regularly with Muskegon Civic Theatre.



Are you a victim of Travel-Misitosis?

By Laura Holmos

Most of us DO NOT make vacation or travel a priority. Are you currently experiencing vacation deprivation? Working too much? Is your life or relationship stuck in a boring routine and you lack motivation to change? When is the last time you've gotten away?

I had a confirmed case of Travel-Misitosis. It's a condition that develops when a person does not take enough vacation time. It also may persist shortly after returning

from a vacation or adventure. Symptoms include a lackluster attitude, apathy and depressive behavior. Travel-Misitosis may continue to recur if significant steps are not taken to make vacation a priority and part of dutiful regimen. Be prepared for symptoms to worsen if a long period of time goes by without making travel plans. Experts say, there is no known cure but there are certain remedies, which can provide some

comfort. Take action, and immediately start planning a trip to decrease the feelings of loss and sadness. Learn to notice warning signs and do not go more than three months without a plan to go and see a new place. Learn to cope with this condition with the goal to lead a normal and productive life. A careful regimen is required. Seek out friends and family who will encourage trip planning and the exploration of new places.

Don't become a victim of this syndrome, start planning, get off the couch and go. Jet across an ocean or stay close by. It's not important to fly overseas if cash is an issue. Plan something even an hour away from home and that too can provide a vacation high. As an ambassador for Life-Work-Play, I'd like to write you a prescription: A prescription to increase your travel dosage and make time for the fun quotient in your life. Join me in a quest to eradicate Travel-Misitosis and PVD (post vacation deprivation). Regular people go on adventures too!

Studies show travel is good for your overall health and wellness. And, the anticipation leading up to a trip is almost as beneficial as the actual holiday. My travel buddies and I call this phenomenon peaking. But, don't take my word for it. Researchers measured the effect that vacations have on overall happiness and how long it lasts. They studied happiness levels in 1,530 adults, 974 took a vacation during the 32-week study period. The study, published in The Journal of Applied Research in Quality of Life showed that the largest boost in happiness comes from the simple act of planning a vacation. In the study, the effect of vacation anticipation boosted happiness for eight weeks.

What keeps you from planning a getaway?

- Cost
- Kids
- Time/Schedules
- Fear

Looking for ideas on where to go and how to afford it? I'd love to help you get rid off Travel-Misitosis for good and send you packing. Discover the power of travel. It doesn't matter how far you go, what matters is how far you'll let yourself go.

For trip and travel ideas, local and international visit: www.contentqueens.net/blog

Laura is the marketing strategist at FineLine Creative and travel author who always has a trip up her sleeve. Ambassador for finding balance in life~work~play! Follow her monthly blog at www.contentqueens.net



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Visit the White Lake Area! 2017 EVENTS

5TH ANNUAL BUSINESS EXPO & ROTARY PANCAKE BREAKFAST

**Saturday, March 11
8am-12:30pm**
Whitehall High School
Over 50 booths exhibiting services
in the White Lake community

FARMERS MARKET
Wednesdays & Saturdays
June - October 9am - 1pm
Montague

**MONTAGUE
ARTISAN MARKET**
June - September
1st Saturday of each month
from 9am - 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
Thursday, June 1 - 5 p.m.
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 3 - October 7 • 10:30am
Various walk locations

**39TH ANNUAL WHITE
LAKE FATHER'S DAY
ARTS & CRAFTS**
Saturday & Sunday,
June 17 & 18
Saturday 10 a.m. - 5 p.m.
Sunday 11 a.m. - 4 p.m.
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**
June 29 - July 4 • times vary
Multiple venues, Montague
Wine tasting, appetizers and des-
serts will be paired with a variety
of live jazz performances and artist
receptions.

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

4TH OF JULY FIREWORKS
Tuesday, July 4
At the North end of White Lake.
This annual event begins at dusk.

CELEBRATE WHITE LAKE
July 15 • 10am
A family event with an antique
boat show and historical displays.
Held at Goodrich Park in Whitehall.

**CRUZ'IN CLASSIC
CAR SHOW**
Friday, July 28 • 7pm
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 3 - 13
Various times and locations
A mix of visiting professional
groups & local talent offer wide
variety of performances through-
out the White Lake Area.

WLASA FISH BOIL
Saturday, August 19 • 4-8 pm
The annual Bill Gillan Memo-
rial 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 improve-
ments in the White Lake area

**12TH ANNUAL LABOR DAY
COMMUNITY WALK**
Monday, September 4 • 10pm
Hart-Montague Bike Trail, at the
trailhead behind Montague Foods

SUMMER AIN'T OVER YET
Tuesdays in September
6:30pm-8:00pm
An outdoor concert at the Goodrich
Park Gazebo in Whitehall. All
proceeds benefit the White Lake
Food Pantry.

**22ND ANNUAL
PUMPKINFEST**
Saturday, October 14
10am - 4:00pm
9:30 a.m. registration
The famous Pumpkin Roll down
the Dowling Hill and Arts and Crafts
show plus many pumpkin events
such as largest pumpkin, pumpkin
painting, seed spitting, pumpkin
carving & more!

DEPOT TO DEPOT
Saturday, Oct. 7, 14, 21 and 28
10am-4pm
12th Annual Muskegon County
Fall Color Tour Travel between
White Lake Area Chamber Depot
and Muskegon Convention &
Visitors Depot.

**24TH WHITE LAKE
HOLIDAY WALK**
Friday & Saturday,
November 17 & 18
Montague and Whitehall
downtown shopping.
Friday, 2 p.m. - 8 p.m.
Saturday, 10 a.m. - 4 p.m.,
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

**65TH ANNUAL WHITE
LAKE CHRISTMAS PARADE**
Saturday, December 2 • 2 p.m.
Whitehall to Montague and
concluding with Santa in his sleigh!
More than 60 entries for this
festive event.

Always have a “Plan B”

None of us are immune to the death of a phone

By Brenda Durga

A wonderful customer of ours, we will call her Panic Patty, recently lost all of her photos from her iPhone. She had her phone for about 2 years and her whole life was on this little phone; birthday pictures, graduation, and her daughter's wedding. Then one day, her phone crashed and couldn't be fixed. Where are her photos? She was devastated.

Fortunately, we were able to recover many of her photos, but this isn't always the case. When I asked her why she didn't back up, she told me she thought it already backed it up to some cloud. And she was right...some were on her iCloud but she had maxed out her 5GB of free storage Apple gives each user; probably in her first year of having the phone. Always backup your photos. Seriously. Always backup your photos!

Below are a couple ways to help you back up your photos so you don't have to be like Panic Patty and fear the dreaded lost memories.

How to backup your photos to iCloud Photo Library

Apple offers a paid service that lets you automatically backup your photos from your iPhone, iPad, iPod touch, and Mac to iCloud. This is probably the easiest option to back up your photos without any extra steps, but of course it is not free. Plans start at \$0.99/month for 50Gb of storage, and go up to \$9.99/month for 1TB of storage.

Before activating iCloud Photo Library, it would be wise to upgrade your iCloud storage by going to Settings > iCloud > Storage > Buy More Storage. Start with the 50GB plan and see if you need more. Most people should be fine with this \$0.99/month plan.

Once this is done, go to Settings > iCloud > Photos. Turn on iCloud Photo Library. Then select the Optimize iPhone Storage option to make more room on your iPhone. Repeat the process on all your iOS devices, such as your iPad and iPod touch.

Now, any photo or video you take from any iOS device on which you activated iCloud Photo Library will be automatically uploaded to iCloud. This is a great way to backup your photos without having to think about it.

Automatically back up your photos to Dropbox from your iPhone

Dropbox can also automatically upload images that you take with your iPhone. You'll of course need to download the Dropbox app first and create an account if you don't already have one. This is my personal favorite because it is user-friendly for both Apple and Microsoft products.

When you first launch the Dropbox app, it will offer to save your photos to Dropbox then follow the prompts.

If you didn't enable this feature at launch but want to do it now, follow the following steps:

Step 1: In the Dropbox app, go to Settings > Camera Upload > On.



Step 2: Select whether you want Dropbox to only upload pictures while on Wi-Fi (recommended) or while or Wi-Fi+cellular (not recommended if you have a capped data plan).

Step 3: Tap "Enable." Dropbox will ask permission to access your photos. Say OK. The app will then start uploading all your photos.

Dropbox also allows you to manually upload selected photos rather than upload all of them at once. They also make it super easy to organize your photos by renaming them or moving them into folders. However, keep in mind that Dropbox has a limited amount of free storage available. When you run out, you have to pay for an upgrade.

Back up your photos to Flickr from your iPhone

Another cloud storage service that lets you upload images right from your iPhone is Flickr. Flickr offers 1TB of free space, so it is the best cloud storage service for the price around. Uploading photos from your iPhone to Flickr is pretty easy.

You'll need to download the Flickr app. Then launch the app, which should ask you if you want to activate the Auto-Uploadr. Turn it on if you want Flickr to automatically backup all your photos, or leave it off if you want to manually chose what photos are sent to Flickr. You can also control this feature from inside the Flickr app, by going to Settings > Auto-Uploadr.

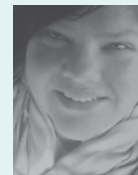
If you want to manually choose what photos and videos are backed up to Flickr, tap the camera icon at the bottom center of the screen. Then, select the images you want to upload. You can select multiple photos for simultaneous uploading. It can take a while, so you should do this often if Flickr is going to be your method of backing up.

You can add filters right in the app before you send them to Flickr. After you've added a group name, description, and location, then tap the upload button and they will be added to your Flickr Photo Stream.

Remember, all photos uploaded to Flickr are automatically set to private, which means no one but you will be able to see them. You can change this privacy setting at any time from within the app.

Now you have learned about different ways that you can back up your photos. Please don't be like Panic Patty and think you are immune to the possibility of losing everything. Start backing up today! Your phone will thank you.

Brenda Durga is one of the owners of Technology Bytes in North Muskegon near the 750 Grill. She is a passionate about working with the community. She is what we like to call a translator. She takes "tech talk" and translates it so our customer understand and educates them on how to maintain their computer moving forward. www.technology-bytes.com • brenda@technology-bytes.com 231.709.9729



Lingering on the Leelanau Peninsula

By Dave LeMieux

Without going into far too much scientific theory, time, according to Albert Einstein, is relative – moving slower as you approach the speed of light (I think).

Anyway, time, for whatever reason, seems to have slowed perceptibly on the Leelanau Peninsula, nowhere more so than in the small, privately run bookstores squirreled in odd corners of the little tourist towns sprinkled around the Michigan's pinkie finger.

Much too busy for me during the summer, it's a favorite day trip in early spring and late fall, before and after all the Illinois and Motor City Madheads have come or gone (though that is changing too as this once quiet little corner of the state gains national attention).

Still, if you squint your eyes just enough to blur the present away, you can still imagine the small towns of Glen Arbor, Leeland and Northport as they were when they were sleepy backwaters: when the locals made their living hauling fish out of Lake Michigan and growing fruit and vegetables instead of selling upscale clothing and scones to the city folk.

Mind you, I like nifty jackets and fancy baked goods, but I remember a time before M-22 was a 'thing' and the supermarket in Glen Arbor was ordinary IGA and sold hot dogs rather than artisanal sausage.

Despite the changing trends though, much has remained unchanged. Leisurely afternoon drives, swims in the crystal clear little lakes and the dune climb at Sleeping Bear are still the top activities – slow, easy pastimes from an era before personal electronics and extreme sports.

Much of the peninsula has been designated as a national lakeshore, limiting development and adding to the sense time has been stopped in mid-stride, somewhere



during the late 1950s and early 1960s. Sprawling, now fallow farms with empty barns and farmhouses dot the area like sets for a Hollywood movie, creating an illusion you are still in a time before the pace of life began accelerating at light speed.

The area has attracted numerous artists: painters, potters and the like who find inspiration and, I suspect, a kind of peace in their surroundings. The painters in particular deftly capture a single moment in time and preserve it and the feelings it evokes to be leisurely examined and reexamined time and time again.

I never knew a sunset sky could be lavender until I saw it depicted in a Leelanau landscape panting in a Glen Arbor gallery.

It seemed absurd until weeks later, when driving home I noticed the sky was the exact same shade at sunset.

Which brings me, finally, to the little book stores scatter around the towns. They are a little cramped, somewhat dimly lit and, although well-organized, mostly furnished in a style we'll call family cottage meets old library with a touch of basement family room.

The kind of place you can disappear into for hours. A place where time passes with a delicious slowness.

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



Pride on display when Whitehall battles Montague

Story by Tom Kendra
Photos by Tim Reilly



Whitehall vs. Montague is more than just a football game.

When the two northern Muskegon County schools clashed on a picturesque early fall night on Sept. 22, the final tally on the scoreboard was, frankly, secondary. The real winner was the White Lake community.

"It's an amazing community on both sides of the river," said Montague Public Schools Superintendent Jeff Johnson. "There are so many friends that cross school lines, both kids and adults."

The game showcased, among other things, two towns that have maintained their small-town charm and have remained wonderful places to live, work and raise families for centuries.

Traditions are still important in the White Lake area - i.e., the annual Pumpkin Roll down Dowling Hill in Montague on the second Saturday of October or the Fourth of July Parade, which always starts at Whitehall City Hall and ends in downtown Montague. One of the oldest and most highly-anticipated White Lake traditions every year is the Whitehall vs. Montague football game, also known as the "Battle for the Bell."

This year's installment was the 110th football meeting between the towns, which are separated by the White River. For those keeping track, Montague held a 59-48-2 series edge coming into this year's game.

Montague, with a population of 2,361 and covering 3.27 square miles, boasts the World's Largest Working Weathervane and 1961 Miss America Nancy Fleming. Whitehall, with a population of 2,706 and covering 3.79 square miles, counters

with the historic Howmet Playhouse and 11-year Major League Baseball player and Gold Glove winner Nate McLouth, who quarterbacked the Vikings to back-to-back wins in the series in 1998 and 1999.



On the football field, the Montague Wildcats are blue and the Whitehall Vikings are red, and this year - with both teams coming into the game state-ranked and with perfect 4-0 records, a crowd of more than 5,000 (almost evenly distributed between blue and red, by the way) crammed into the Eldy Townsend Athletic Complex, which opened in 2003 and was named in honor of the late Montague coach, administrator and teacher.



The excitement was so high for this year's game that the festivities actually began the night before the game, when delegations representing both schools (in a scene reminiscent of a Revolutionary War battle) met on the bridge over the White River for the pre-game coin toss.

The two communities also collaborated on a fundraiser, as the game was a "Pink Out" event to raise money for St. Jude's Hospital and the fight against cancer, which explained all of the mysterious pink mixed in with the blue and red. Finally, the two marching bands performed together for the pre-game show.

But just when it appeared this was one big, happy family - the football game began.

"This rivalry is very special for me," said Whitehall senior quarterback Casey Huizenga. "I know all the Montague kids. We're friends, but during this game we're going all out."

The fireworks came fast and furious, with 40 points scored in the first quarter alone. Whitehall struck first after a big opening kickoff return by junior Tylor Russell, but then Montague took control as six different Wildcats scored touchdowns - Jake Jancek, Eddie Caviedes, Bryce Stark, Josh Weesies, Kenyon Johnston and Dylan Stever.

The difference in the game turned out to be Montague's

defense, which completely shut down the Whitehall offense after the first quarter.

Whitehall's only score after the first 12 minutes was a 90-yard interception return by junior Justin Brown in the fourth quarter, which completed the scoring in a decisive 41-20 Montague victory. The night ended with fans taking the short drive (or walk) home and the Wildcats ringing the red, white and blue victory bell for the ninth time in the last 11 years.

While the event showed the collective strength and charm of the White Lake area, the game itself proved that Whitehall and Montague are still bitter rivals.

In other words, don't expect the two towns or schools to merge. No, the "Battle for the Bell" will be going strong for years to come.

After all, if the two towns ever became one, what could the new metropolis be called? Monty Hall?

Tom Kendra is a high school sports radio broadcaster who does the area "Game of the Week" on WMUS-FM 107.9. He also writes articles for the MHSAA Second Half program and is a longtime board member of the Muskegon Area Sports Hall of Fame. Tom 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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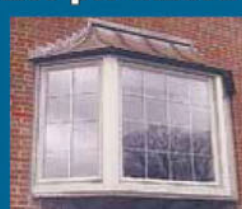
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