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A MESSAGE FROM THE PUBLISHER

Welcome to the August – September issue of PLUS. I hope your summer is going well! It won't be too much longer and the kids will be going back to school. We'll be slowing down a little and getting ready for our Fall routines.



I'm just guessing but I'll bet some of you are eagerly awaiting the return to your favorite TV series. Getting a little tired of reruns and the lack of fresh TV entertainment. Personally I'm not much of a TV viewer. I do like to watch the local and national news while making dinner but after that I'd rather watch a movie or some offering on Netflix. Just recently I had the opportunity to purchase my all-time favorite TV sitcom. The sitcom I'm referring to debuted in 1975 and ran for eight straight seasons. Back in the 80's I worked as the manager of the Grand Theatre in

Grand Haven. I would race home every night so I could be home by 11:30 pm, turn the TV to WZZM and tune in to what I think is the best TV show of my generation...Barney Miller.

It has been over 40 years since Barney Miller premiered on national television. The series is available in syndication on a variety of stations but I never tune in. Getting the box set of all eight seasons has been a really big treat for me. Not having seen the show in over 30 years has made me appreciate the show that much more. All of the characters worked and played off each other incredibly well. Even though the setting is the 1970's in New York City the only thing dated is the precinct décor, the haircuts, and the clothing, the themes and the quirky subjects of each episode are still relevant today.

Unfortunately a number of the actors that made the show so popular are no longer with us. We are still fortunate to have Hal Linden (Barney Miller), Ron Glass (Ron Harris), Max Gail ("Wojo" Wojciehowicz), and Gregory Sierra (Chano Amenguale) with us. I would like to say to all of the cast, thank you for some of the greatest TV ever created.

Watching Barney Miller again has caused me to think about things in my history that I haven't thought about in years. The show seems fresh after so many years. It has made me smile and laugh right out loud. After all a little laughter is always a PLUS.

Mark Williamson
Publisher

inside

Cover photo by Dr. Tim Reilly

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LEGALEASE

Why You Need a Will in Addition to a Revocable Living Trust

By Jonathan J. David

If you fail to leave a will and you have a probate estate, then upon the completion of probate those probated assets will not end up in your trust but instead will pass to those individuals directed by state law and not by you. Consequently, it is always a good idea and it is standard practice to prepare a will in conjunction with a revocable living trust.

Dear Jonathan: I recently updated my estate planning, which included a new will, as well as a revocable living trust. I decided to go with the trust because I want to make sure that my estate is not probated at my death. I recently read that if all of your assets avoid probate, you don't need to have a will because the will only controls assets you have to probate. Is this true? If so, why did my attorney insist on me preparing a will along with my trust?

Jonathan Says: The article you read is correct in that a will only controls the disposition of assets that are known as "probate assets." Probate assets are assets titled in a decedent's sole name and which are not payable or transferred at death to a beneficiary or subject to any other type of beneficiary designation. If there are no probate assets in a decedent's estate, there will be no estate to probate making a last will and testament in that case unnecessary. (However, even though there are no assets to probate, a will might be important for other reasons though such as the naming of a guardian and conservator of minor children.)

Even though a will is unnecessary if there is no estate to probate, your attorney was correct in having you prepare one because there is no guarantee that at the time of your death there will be no probate estate. In other words, even if you have successfully retitled all of your assets to your trust so that if you died today there would be no estate to probate, there is no guarantee that that will be the case five or ten years down the road.

Over that span of time, you might acquire new assets which you title just in your name, and in that event, those assets will need to be probated when you die. If that happens, you will want to have a will in place to direct those assets to your trust upon the completion of probate. The type of will that would be created in conjunction with a revocable living trust is known as a "pour over" will because upon the completion of probate it "pours over" the assets that were probated to the trust. If you fail to leave a will and you have a probate estate, then upon the completion of probate those probated assets will not end up in your trust but instead will pass to those individuals directed by state law and not by you. Consequently, it is always a good idea and it is standard practice to prepare a will in conjunction with a revocable

living trust.

Dear Jonathan: I named my daughter as my agent on my financial durable power of attorney and as my patient advocate under my health care power of attorney. We had a recent falling out and I no longer want her to act in those capacities. How do I get her off?

Jonathan Says: If your current financial and health care durable power of attorneys name an alternate agent and patient advocate to act in the event your daughter is unwilling or unable to act for you, then you could ask her to resign as your agent and patient advocate which would allow the alternate agent and patient advocate named to step into her shoes as your agent and patient advocate.

In order to make this work, your daughter will need to resign in writing as your agent under the durable power of attorney and as your patient advocate under the health care durable power of attorney. Once that is done, that will elevate your alternate agent and patient advocate to your primary agent and patient advocate. When it comes time for your alternate agent and/or patient advocate to act on your behalf, he or she will need to present your daughter's resignation to the third party he or she is dealing with as evidence that he or she is authorized to act on your behalf.

If you have not named an alternate agent and/or patient advocate in your current documents, then those documents will no longer be viable if your daughter resigns because there is no one else to act in her place. Consequently, you will be required to prepare new documents.

Also, if your financial and health care durable power of attorneys are more than a few years old, you might be better served to prepare new documents anyway. The newer the document is, the more readily acceptable it is to third parties. In addition, with new documents you would no longer need your daughter to resign because she would not be named in the new documents as your agent and patient advocate. Further, in addition to being able to name a new agent and patient advocate to act for you, you can name as many backups as you want which will assure the viability of those documents in the event the agent or patient advocate who is supposed to act for you is unable or unwilling to do so when the time comes.

I recommend that you meet with an estate planning attorney in your area for the purpose of reviewing your current documents so that he or she can recommend the best way for you to accomplish your purpose of removing your daughter as your agent and patient advocate. 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."



Turning Big Reds into leaders off the field

By Tom Kendra

Many Muskegon High School football players dream of scoring a touchdown at Hackley Stadium, earning all-conference or all-state honors and leading the Big Reds on a playoff run.

Shane Fairfield, Muskegon's eighth-year head varsity coach, hears this kind of talk every day.

He always comes back with a two-word question:

"Then what?"

"Our coaching staff doesn't want high school football to be the highlight of their life," explains Fairfield, who has led the Big Reds to the state championship game four times in the past five years. "We want them to take the skills, the discipline, the work ethic that they learned in our program and go out and become leaders after high school."

While almost everybody in West Michigan is familiar with Muskegon High's on-field success (the Big Reds' 817 wins is the most in the state), they may not know the incredible success Fairfield and his staff are having off the field at the inner-city school.

Of the 424 varsity football players Fairfield has coached over the past seven years, 422 have graduated from Muskegon High School. Of those 422, 64 have gone on to play college football.

"Our staff understands that in order to make that happen, you have to be more than a football coach during the football season," Fairfield explained. "We fight constantly against outside influences. That's why the weight room is always open as a safe haven and why we are always taking kids on college visits, so they will see the importance of studying and getting good grades."

Helping to support and continue that off-field success is the mission of the new Muskegon Football Leaders Foundation, a non-profit, 501C-3 organization formed in June with the goal of turning Big Red football players into leaders in their homes, classrooms and communities.

Many inner-city football programs around the state do not draw much interest from college coaches because a large percentage of their athletes do not meet the NCAA's increasingly-rigorous standards to qualify. In recent years, the Muskegon High football program is becoming known for its true student-athletes, who are pushed daily by their coaches to be good enough players AND good enough students to earn the right to play college football.

The Big Reds had three players off last year's state finalist team receive Division I scholarships – quarterback Kalil Pimpleton at Virginia Tech, linebacker Andrew Ward at Nebraska, and defensive back Jacorey Sullivan at Central Michigan.

In addition to those Division I signings which draw the most media attention, there are a host of Muskegon players who committed at lower levels of college football. Among those are Devin Sanders and Raquis McDonald at Mount Union (Ohio), Derek Spann at Defiance (Ohio) and Da'monte Neal, Kevin Reynolds, Mark Dowell and David Jackson at Olivet.

"There is no way I ever would have gone to college if it wasn't for the football program," said McDonald, a standout receiver and defensive back.

This year's team, which opens play on Aug. 25 against visiting Ann Arbor Pioneer, is again expected to contend for a state championship with a roster that includes many players who have either committed to Division I schools or who have received scholarship offers.



La'darius Jefferson, Muskegon's 6-2, 210-pound senior quarterback, is one of the state's top dual-threat quarterbacks and is expected to put up big numbers after splitting time at QB last fall with Pimpleton. Jefferson verbally committed in May to the University of Central Florida, where he plans to major in aerospace engineering.

Protecting Jefferson will be two monstrous tackles – senior Antwan Reed (6-7, 330), who has committed to Penn State, and junior Anthony Bradford (6-5, 320), who has offers from Alabama, Georgia and Michigan State. Others drawing major Division I interest on this year's Muskegon roster include senior defensive tackle Eli Jackson and sophomore defensive end Billie Roberts.

The new foundation helped defray expenses incurred when the Big Reds attended three summer camps – Michigan State University's 7-on-7 Camp, Kirk Cousins Passing Camp and The Victors Veer Camp at Montrose High School.

Fairfield said the ultimate goal of the program is beyond state championships, beyond high school graduation and beyond landing players in college programs around the country.

"The best part is seeing them become successful, become leaders in their own lives," Fairfield said.

Among the success stories is Quincy Crosby, a 2013 graduate who went on to play defensive line at Kalamazoo College. Crosby recently graduated from K-College and was accepted into a two-year program at the American Academy of Dramatic Arts in Los Angeles. Another example is Greg Wickliffe, a 2010 graduate who went on to graduate from Central Michigan University and is now a reporter with MLive.

Damon Knox, a 2011 graduate who played defensive tackle at Michigan State (including appearances in the Rose Bowl and Cotton Bowl), was the featured speaker at June's kickoff event for the Muskegon Football Leaders Foundation.

"Muskegon football is what kept me off the streets and out of the gangs, because that's where I was headed," said Knox, who graduated from MSU with a degree in criminal justice and now works for the Muskegon Police Department. He will also serve as an assistant coach for the Big Reds this fall.

"Even when I was at MSU and things got hard and I wanted to come home, my Muskegon coaches wouldn't let me. I'm standing in front of you today as a college graduate and a police officer because of those coaches and that program."

SUPPORT THE CAUSE

The Muskegon Football Leaders Foundation is a non-profit, 501C-3 organization. Tax-deductible contributions can be sent to: Muskegon Football Leaders Foundation; PO Box 837; Muskegon, MI, 49443

Tom Kendra is a high school sports radio broadcaster who does the area football "Game of the Week" on WMUS-FM 107.9. He also writes articles for the MHSAA Second Half program and was 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



HOME SWEET HOME

Market Up or Market Down?

By, Dale P. Zahn, CEO

West Michigan Lakeshore Association of REALTORS

If you read enough national reports, it's easy to be confused. Some 'experts' point to the housing recovery experienced since the depression that hit rock bottom in 2009 and inform that recovery is only apparent in some parts of the country. Others will paint a different picture. For us, in West Michigan, and for readers of PLUS, it's our regional reality that counts. That reality here is clear - the rebound in the sale of residential real estate has been profound. So profound that inventory is extremely low which is great for sellers but frustrating at times for buyers. Buyers who find themselves in bidding wars and up against other equally strong offers.

So, why the rebound? What West Michigan residents often take for granted is what others envy. We live in an area many others come to visit and play in. A quality of life featuring four great seasons, cultural activities, sports, entertainment, good schools, an upbeat economy, reasonable taxes, and something that is Pure Michigan - Water! It's a magnet that attracts.

With those factors working in the markets favor also comes a potential downside and that downside is something that could affect PLUS readers. If you sell the family home as the kids have grown and moved out and you are looking to downsize, will you have a place to go, something to purchase that suits your needs? It's the savvy REALTOR that is akin to a magician that can deal with the balancing act that gets folks from one place and into the next. Not as easy as it may seem. If a seller can afford to buy before they sell it makes things a great deal easier for sure.

Another interesting reality facing Michiganders is 'rent wars' in which stated rents are often being overbid by would-be tenants looking to secure a rental. Reports have surfaced of rentals advertised at \$1,000 receiving bids from potential tenants well above the stated amount just to secure the place! Same is happening relative to sales. Not at all uncommon for a property that shows well and is priced correctly to receive multiple offers within days or even on the day of being listed. Again, great for sellers but frustrating for some buyers. It's the tact and negotiating skills of the REALTOR members of The West Michigan Lakeshore Association that has proven its worth time and time again.

The REALTOR Association some 15 years ago coined the phrase, "West Michigan is a Great Place to Call Home" and we continue to believe that. As we enter the third quarter of the year, things can be expected to slow down just a little and we know all too well that real estate is cyclical, like a roller coaster with its ups and downs. Enjoy the ride!

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



YOUR MONEY MATTERS

4 Strategies for Your 401k

By Tom Kendra

A successful 401(k) is a tactical plan for long term investing. People are living longer, which means that retirements last longer — sometimes 20 or 30 years.

Smart people will invest in their 401(k) now for the long term with the goal to have sufficient assets accumulated when retirement time comes.

If your workplace offers some type of 401(k) or similar tax-deferred plan, be sure to take advantage. It's a great opportunity to take charge of your financial future. If your workplace offers any type of matching program, be sure to take advantage and not leave extra money on the table.

Here are some four tips that can help achieve 401(k) success.

- Resist the urge to stop contributing to your workplace-provided retirement plan

Yes times are tough and money is tight. But an important driver of human behavior is "inertia."

Once you're in the plan, you tend to stay in it, and once you leave it, it will be tough to restart. Do yourself a favor and stay the course and reap the benefits when the economy recovers.

- Keep your focus on the long term

Retirement plans are long-term financial vehicles, so keep your eyes on the goals: investing as much as possible for your future retirement and investing for the long-term. Attempting to time market volatility may cause you to miss out on upturns you can't predict.

- Don't take a loan or a withdrawal

While many workplace-sponsored retirement plans permit loans and withdrawals, they are almost always a bad idea, primarily because you are reducing your assets and you may be jeopardizing your future financial health.

Additionally, you might be subject to additional taxes and/or penalties. Withdrawals and distributions of taxable amounts are subject to ordinary income tax and, if made prior to age 59½, may be subject to an additional 10 percent federal income tax penalty.

The best plan is to look elsewhere for immediate sources of emergency cash. You will thank yourself during your retirement years.

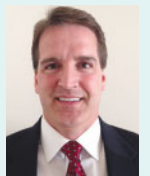
- Think about retirement income rather than a retirement nest egg

Many people forget that the whole point of a retirement funding strategy is to create a stream of income to live on during retirement, when you will no longer receive a paycheck from your employer.

So take advantage of Web-based tools that help you project how much retirement income your projected savings and investments will generate. For many people, it is much less than they imagine, which could suggest two solutions: working longer or saving more. Not completely enticing, of course, but probably better than not having enough money to survive during your retirement.

Staying the course and planning strategically may be the best ways to help achieve 401(k) success. Take a step back and look at the big picture.

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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PTO, DMO's, FOMO and PWDS

By Laura Holmes



During the planning and taking of many trips, I've discovered some useful acronyms, words and phrases that pop-up with frequency. They are worthy of explanation for other like-minded or hopeful wanderers in search of a travel tip, deal or destination inspiration. PVD (Post Vacation Depression) The best way to reduce PVD is to start planning the next trip on the plane or car ride home of the current. Keep the perpetual carrot of travel always dangling in reach.

Peaking

This is a condition that occurs about 3-6 weeks prior to departure. Symptoms include lack of concentration at your place of work, excessive internet searches on your destination, lodging, restaurants, etc. and complete loss of focus for all other important life tasks.

Low-Season (shoulder season)

Travel off-season and save a bundle of cash. Most people are on a budget so try Ireland in November or Provence in May for example. Airfare and lodging are discounted plus you don't have to battle in lines with irritating and demanding tourists.

VRBO (Vacation Rental By Owner) or Airbnb

Staying in a chain hotel is decidedly old school, unfulfilling and expensive. I've traded in high prices and crappy continental breakfasts for unique overnight stays at privately owned condos, homes or studios. The individual owners list their properties and amenities on VRBO or Airbnb websites, where filters are set up based on price, rooms, dates, location and other criteria. The owners in many cases are available onsite, ready with local suggestions and tips.

DMO (Destination Marketing Organization)

aka CVB (Convention & Visitors Bureau)

Most destinations and cities have offices dedicated to purveying tourist info, maps and deals at local attractions, restaurants, entertainment and more. Check with the DMO or CVB before you leave, request a Visitors Guide or search on their websites for events happening during your stay. A local example: www.visitmuskegon.com

FOMO (Fear of missing out)

Avoid this syndrome while in the midst of a trip. Less is more. Rather <http://premier-pharmacy.com/product/nolvadex/> than notching cities from the windows of a car or bus, get out and plant your two feet on the ground in a lake, at a pub or in museum. Pick two cities

instead of five and reward your soul with less stress and apprehension.

PWDS (People who don't suck)

Choose your travel partners wisely as their true character is revealed on the road. My bunch of friends (travel buddies) garnered the nickname after a recreational kickball victory. My opponent accused me of stacking our team full of ringers. I politely informed him, "Well, I generally don't hangout with people who suck."

PTO (Paid time off)

An important benefit available at workplaces where the boss pays you not to work. Most companies provide an average of 10-14 days per year of vacation and PTO combined. The gut-wrencher is that many of us leave 2-3 days unused and on the table. Studies show how important a get-away is for mental health and wellness.

BLD (Breakfast, Lunch, Dinner)

Many adventure itineraries or outfitters use abbreviations to clue patrons in on what's included. Be sure to calculate in meals and related costs if your trip plan does not include BLD. Also, most DO NOT include airfare so budget accordingly.

Hangry (also widely known in my travel circle as a bitch-attack)

A deadly condition where hunger collides head on with over exertion, extreme physical exercise or adverse travel conditions. A person becomes so hungry it causes erratic behavior, like extreme violent outbursts and inappropriate language leaving companions and onlookers shocked. Tip: Always carry protein bars in your carry-on or purse.

Summary: Call the DMO for ideas, take your PTO, start peaking, pick a few PWDS to join you and bunk in at a VRBO pushing aside FOMO. Enjoy BLD to avoid getting hangry then start thinking about the next vacation to ward off PVD.

Photo: Western Ireland in Connemara National Park

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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The Andaste

By Peter Manting

As I was doing some reading in preparation for this article I came across an interview with my grandfather, Harold Swartz. It was recorded in Dr. David Seibold's book "GRAND HAVEN: In the Path of Destiny". The interview was regarding the early fishing industry in Grand Haven. My grandfather's family the Zitlow's were immigrants from Germany. His grandfather and great grandfather owned the FRANK EDWARDS, one of the most recognized fishing tugs around the turn of the century to grace the Grand Haven shoreline. In the interview he said his second cousin Earl Zitlow at the age of 15 had been



hired to work on the steamship ANDASTA just days before it left the port of Grand Haven for its last voyage the night of September 9th 1929. A few weeks later I was touring the new Port of Ludington Museum and on display was the name board from the ANDASTE. I was hooked I had to find more about this Ghost Ship of Lake Michigan.

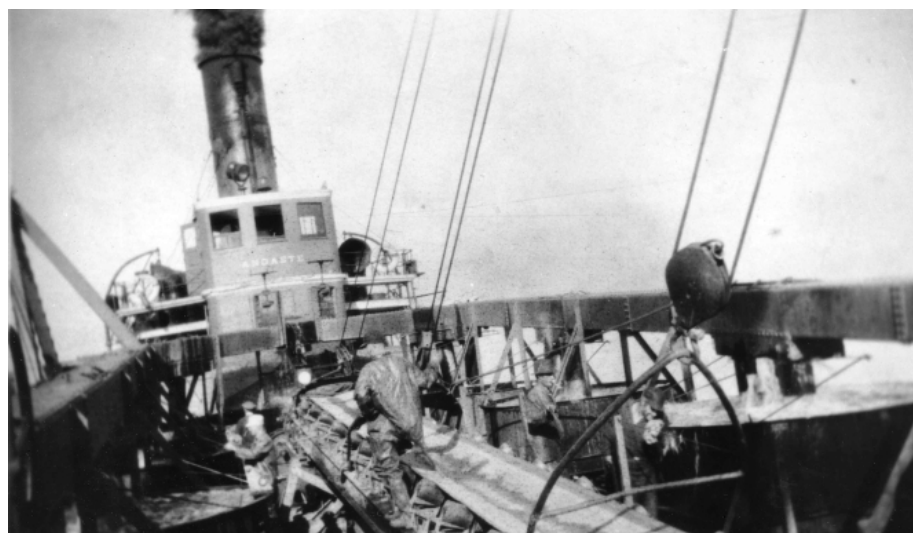
In 1928 Grand Haven had seen 3,310 steam vessels enter and leave the Grand Haven port making it the busiest port on the east coast of Lake Michigan.

The Grand Truck railroad had invested \$40,000 on improvements to their docks also increasing their freight handling facilities. The Carferry, GRAND RAPIDS, was the busiest boat making over 850 trips logging 82,000 miles and caring 20,100 rail cars for the season. In 1928 Construction Materials also added four new scows bringing their fleet up to twelve scows which worked 24 hours per day bring gravel up the river to their Ferrysburg facility. Construction Materials also had two ships the BAYSIDE and the ANDASTE which transported the gravel from their Ferrysburg terminal to their yard on the Calment River in Chicago. Both boats made four trips weekly to Chicago.

The ANDASTA was built in 1892 by the Cleveland Ship Building Co. in Cleveland, OH for the Lake Superior Iron-Company. She was a semi-whale backed designed vessel, 266' long x 38' wide x 22' with a cargo capacity of 3,000 tons. The ANDASTA supported the latest triple expansion steam engine with a 36 stroke, supplying 900 horsepower at 90 revolutions, scotch boilers, eleven feet in diameter and twelve feet in length, each with two furnaces, made the ANDASTA a powerful ship.

The ANDASTA was a sister ship to the CHOCTAW also owned by the Lake Superior firm. Both sailed the Great Lakes with loads of coal, pig iron and iron ore until 1898 when the company went bankrupt. The ships were then purchased in 1898 by the Cleveland Cliffs Iron Company. In 1925 she was sold to the Cliffs-L.D. Smith Co. which was a branch of the Cleveland Cliffs. Manager Leathern D. Smith had designed a self-unloading system which would prolong the lives of older ships by allowing them to unload anywhere, without the need for expensive dockside equipment. In 1928 the ANDASTA was chartered out to the Construction Materials Company under whose operation she was when lost on that fateful September day.

Early in on the morning of September 9th 1929 the ANDASTA arrived empty at the Construction Materials dock in Ferrysburg. After tacking on a load of gravel and a new 15 year old cook the ANDASTA passed the pier heads at Grand Haven about 9:03 pm heading west-southwest across the southern end of Lake Michigan toward Chicago. She was due into Chicago Tuesday morning.



It is recorded that a storm with 60 mph winds was in full force by around 10 pm that evening. When it didn't make Chicago by Wednesday the vessel along with the crew of 25 people was listed as lost. Rescue teams both air and sea combed the waters of Lake Michigan but no evidence was found by them. A few days later, George VanHall, captain of the fishing tug Bertha G., out servicing his fishing nets came across the wreck 14 miles southwest of Holland. Captain VanHall stated "The wreck stretched for miles across the Lake." He brought back a door and pieces of the wreckage which were identified as wreckage from the inside of the cabin. On September 14th a few bodies were discovered as they washed up on beaches south of Holland. Pieces of the wreck were also washing up on the beaches just south of Grand Haven to north of South Haven. Bodies of sixteen of the twenty-five crew members were recovered. The body of Fred Nienhouse, a Grand Haven resident, washed up two miles north of the Grand Haven piers very close to his parents' house. The body of my relative Earl Zitlow was recovered on October 13th 1930 floating 13 miles off the shores of Milwaukee.

The unusual design of the ship with rounded sides, designed by the builder, to help it cut through the waters more efficiently; along with the extra equipment, conveyors and motors that had been installed to make it a self-unloader made the vessel prone to rolling. Many believe that the load of gravel shifted in the storm and the boat rolled over to its watery grave.

The Michigan Shipwreck Research Association has launched four expeditions to discover the ANDASTE's final resting place a task that has proven very difficult. Currently, the wreck has not been found so it remains one of Lake Michigan's Ghost Ships.

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.



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Why Your “Diet” Isn’t Working!

By Laurie Semlow

Is it possible that trying to lose weight is actually making you gain weight? In the initial phase of a diet you may lose 5 to 10 percent of your weight, but then the weight comes back. Diets do not lead to sustained weight loss or health benefits for the majority of people because we give ourselves a timeframe or event to work towards. Once we’ve reached the 8 weeks or wedding, class reunion, etc. what incentive is there to continue? Don’t give up hope though! If you’re looking to shed pounds permanently you are going to have to do more than just “diet”. Below are suggestions for creating a healthy lifestyle. Start small, pick one or two a week to try and add a new one each week.

1. Permanent weight loss requires a lifestyle change starting with the scale. Daily weigh-ins can be frustrating. Studies have shown hormonal fluctuations add to fluid shifts, which can alter your weight on a daily basis. In reality it takes a 3,500 calorie deficit to lose a pound, which is nearly impossible to do overnight. Weigh in once a week, the same time of day each week for a more accurate number. Ideally you would ditch the scale altogether and base your weight on how your clothes fit and how you feel.
2. Extra cardio cannot make up for the cookie. We need fewer calories since our metabolism decreases approximately 2 to 3% each decade after 40. You may notice you have to work harder to lose or maintain weight as you age. Your body will not function at its peak on unhealthy foods. You need a combination of protein, carbohydrates (from fruits and vegetables) and healthy fat to properly fuel your body. It’s best to avoid major calorie splurges and enjoy small treats in moderation.
3. Skipping meals was never wise, but you got away with it in your 30s. Skipping meals sets you up to overeat more than if you ate small meals or snacks. After age 40 you’re also more likely to crave sweets and sugars if you haven’t eaten enough. A better plan: stick to 5 to 6 small meals / snacks during the day when you’re moving, exercising and working. Done right these will fuel your body and help you avoid binges.
4. Shopping the perimeter of the grocery store is a good rule of thumb since it’s where you’ll find most fruits, vegetables, lean meat, dairy and whole foods. Then, while shopping, follow your list. It will help you refrain from impulse buys. Another food trap is the fast food line when we are pressed for time. While it may be easier to run through the drive through, the excess calories, fat and sodium will make you wish you hadn’t. If you know you have a busy day, pack your lunch and healthy snacks the night before. Not only will you save yourself time in the morning, you’ll feel better during the entire day and not hit those highs and lows that come from eating unhealthy foods.
5. Drink enough water. Every adult should be drinking one half their body weight in ounces of water each day. Water helps you fill up so you actually eat less. Water isn’t the key to weight loss, but it can be a substitute for sugar sweetened drinks which will decrease your calories. A study at the University of Illinois from 2005-2012 found that people who increased their water intake buy 2-3 cups reduced caloric intake by 68-205 calories a day. They also lowered their consumption of salt, fat, sugar, sodium and cholesterol. If you don’t like plain water you can add lemons, watermelon, strawberries or cucumbers for a natural flavor.
6. Finally, exercise! Eating right is only one piece of the lifestyle puzzle. After age 40 you realize your joints are also 40 years old and you might need to modify your exercise routine. Age is not an excuse to get lazy. Cardio combined with strength training, a healthy diet and stretching can ward off muscle loss and weight gain. At a minimum the average American should be getting 30 minutes of exercise 5 days per week. Double that amount if you want to lose weight. If you’re not sure what you can do, talk with your doctor about starting a fitness program and ask what modification and recommendations they have.

There is no substitute for eating right and exercising if you want to stay mentally and physically fit. Create a healthy eating and exercise routine and it will become your new lifestyle.



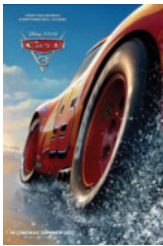
Laurie Semlow is a Certified Creating Wellness Coach and Office Manager at Semlow Chiropractic, 5353 Grand Haven Road, Norton Shores. She can be reached at 231.798.9355.



Baby Driver (2017, Rated R)

In the modern age of super blockbuster spectacles, it’s movies like Baby Driver that remind us of why we all fell in love with cinema in the first place. Here Writer/Director Edgar Wright (Shaun of the Dead, Hot Fuzz, Scott Pilgrim vs. the World) revives familiar elements of the crime thriller—such as a heist gone terribly wrong--and infuses them with his signature energy and wit. My attention was quickly fastened in the moment Ansel Elgort’s Baby first thrustured the gear of his fiery getaway ride into drive (or reverse, as the case may be). What followed was one of the most memorable sequences of automotive stunt work I’ve ever seen on film. From there the same exhilaration sped through me whenever Baby got behind the wheel to lead one of his bands of colorful criminals into or out of a number of fastidiously slated stickups. Even when Wright has to lift off the gas to focus in on slower character moments, the film drifts on its charismatic cast and their impassioned dialogue. Wright also makes use of his stellar soundtrack better than any film in recent memory (including Guardians of the Galaxy). Every scene is highlighted thematically and emotionally by a telling track while each action sequence syncs up to a pulsing beat. Simply put: Baby Driver is a cinematic joyride.

Grade: A



Cars 3 (2017, Rated PG)

Pixar Studios used to be a sure thing. You could trust that if they were putting out a movie, it was going to be great (think Toy Story; Monsters, Inc; Finding Nemo; The Incredibles; etc.). Unfortunately, the road for Pixar has gotten pretty bumpy over the last few years. Their stubborn insistence on riding the Cars franchise till it dies, while simultaneously failing to realize that it already has, is a big reason why. While I’d love to report that third time’s the charm with these films, the painful truth is quite the opposite. Sure, it’s not the thoughtless mistake that its predecessor Cars 2 was, but narratively Cars 3 gets stuck in the mud. Instead of narrowing in on Lightning McQueen and his internal as well as external struggle for relevance in an ever-changing sport, the story meanders aimlessly from racetrack to racetrack until crossing the finish line at a happy ending that’s all too convenient.

Grade: C-

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.



As the dog days of summer come to an end kids can't help but feel the anticipation of school just around the corner. We stock up on pencils, notebooks, and backpacks to prepare our families for the transition, but is there more we could be doing to support our students as they head back-to-school?

For some kids, the thought of going back-to-school fills them with dread and fear, while others are thrilled to see their friends and teachers again, and many kids fall somewhere in the middle. How does your child feel about the new school year? What are they most looking forward to and what are they most nervous about? What are their goals for this school year? What can they do to make it happen? Answering these questions with your child in the weeks leading up to the start of school can help them process their feelings about the upcoming transition, and give you some ideas about how best to support them in the coming weeks.

Back-to-School Jitters

Back-to-school jitters are not uncommon, as a lot of kids struggle with big changes in their routine. According to Heather Dennis, West Michigan School Social Worker of 11 years, one thing parents can do to significantly reduce those back-to-school nerves is to call the school to set up a time to visit the student's classroom and walk the halls to help the child feel familiar with being back in school.

For students in high school, "allowing them to get their schedule in advance and walking from class to class to figure out how to get there, when to stop at their locker, etc." can help students feel more prepared for their first days back-to-school. Transitioning from one building to another can heighten a child's anxiety about the first few weeks of school, making a family visit to the new school even more important.

LAKESHORE FAMILY Supporting Your Student Back-to-School

By Heather Artushin

Special Education Support

Sometimes your child's concerns about going back-to-school are more than just back-to-school jitters. What if your child has persistent anxiety that stands in the way of their school performance months into the school year? What if they are struggling with a physical or emotional challenge that makes school especially difficult? Under IDEA, your student may be entitled to special education services that can help them be successful at school.

Heather Dennis explains, "Parents first have to understand that there are so many different eligibility criteria - special education is a huge umbrella." No matter your child's specific challenge, as a parent you can request testing at any time. "In Michigan there is a 10 day response time," says Heather. "Once parents request testing in writing the school has to respond and set up a meeting to review existing educational data with the parents and open up testing." If after

testing is complete it is determined that your child does not meet criteria for special education, don't panic. "The rule of thumb is if the child is struggling you look into things like what kind of title services can they get, like a 504 plan for extended time, reduced homework, things to help them out," reports Heather.

You are the expert!

As a parent, don't be afraid to speak out on behalf of your child. If you have questions about how to best support your child in school, ask your child's teacher or principal. For special education questions, your local ISD or ESD/RESA oversees the special education services delivered in your area and would be glad to help. Finally, the Michigan Alliance of Children and Families is a great resource for parents looking for information and advocates to assist in the process. "The parent is the expert on their child," says Heather. "We do our best work with students when we have parents on the same team!"

Heather Artushin is a local writer and child & family therapist who enjoys 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. Heather holds a Master's degree in Clinical Social Work from the University of Michigan. Her work can also be found in Michigan History Magazine, Grand Rapids Magazine, and the Grand Haven Tribune, among others. Share your story, comments or ideas with Heather at heatherartushin@gmail.com.



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MICHIGAN IRISH MUSIC FESTIVAL CAPS A SUMMER OF CELEBRATION

By Marla Miller

Photos provided by Dr. Tim Reilly

As summer shifts to fall, one final party sets up at Heritage Landing to celebrate Irish music, food, drink, dance and heritage.

Along with a tent and tap takeover, some of the best touring Irish and Celtic musicians – and their fans – come to town for the Michigan Irish Music Festival.

Started in 2000 as a way to extend the area's tourist season beyond Labor Day, the Irish fest has put Muskegon on the map among those who follow Irish bands and competitive dance. And it's become a community success story in the wake of Summer Celebration, continuing to grow and expand from a spirited pub stage to a mini-village featuring live Irish entertainment under six covered stages, a Celtic Kitchen, Irish Market, FEIS competition, Wee Ones area, a tavern with craft beer, whiskey snug, tea room, wake house, highland games and more.

Irish Fest offers a festive and friendly atmosphere with 97 percent of attendees who participated in a 2016 survey reporting they had a "great experience." And you don't have to be Irish to love it; nearly half of patrons are not.

The performers love it, too, citing the relaxed environment, impromptu performances and being on the same stage as living legends and up-and-coming musicians from the homeland. Muskegon is often the last stop for many acts who tour in the summer and play larger festivals in Milwaukee, Kansas City, Lacrosse, Wisconsin, and Dublin, Ohio, said Chris Zahrt, president of the festival's board and founding member.

"One thing that is sometimes missed on local people, they may have heard of the Milwaukee Irish Festival, but they don't realize we book the same entertainment that they do," she said.



Michigan Irish Music Festival Sept. 14-17

Heritage Landing,
Muskegon

Admission: \$5 Thursday Pub Preview party at the gate. Advance tickets and a festival pass are available online. Patrons can save \$5 per ticket versus the gate price (\$15 on Friday and Sunday and \$20 Saturday) when they buy online. Early-In free promotion 5-6 p.m. Friday only sponsored by Family Financial Credit Union.

michiganirish.org

Because the bands are already in the states and finishing up summer tours, it makes it more affordable and feasible to bring them to town. So locals and regional attendees have the chance to see the same caliber of acts as they would in Milwaukee, one of the largest festival's in North America with 17 stages and more than 100,000 attendees, but in a more intimate and accessible atmosphere.

People may think they don't like Irish music, but once they attend the festival they are usually hooked, Zahrt said. Besides the feel-good vibe, patrons like that musicians often roam the grounds and interact with them.

"They could be sitting next to you watching the next band on stage or sitting next to you at a picnic table," she said. "They're not

sequestered backstage."

The festival, now in its 18th year, has grown into a year-round planning effort involving a large working, volunteer board of directors – each member has a specific job – and the help of nearly 1,000 volunteers.

Irish Fest also gives back to the community, with proceeds supporting local food pantries including Muskegon Kid's Food Basket and Loaves & Fishes Food Pantry in recent years. In 2016, the festival gave over \$25,000 in cash and collected 3,000 pounds of food and donated \$13,500 to other nonprofit organizations.

"I think that's another reason we continue to be successful, because everyone is doing it because they are so excited about being part of something that gives back to our

community," Zahrt said.

"The hotels do a great business, the restaurants, the gas stations, they all see that influx in traffic as well as how we give back to the community."

Zahrt has been involved with Irish Fest since the beginning, initially heading up the beer service, but that led to a beverage director as the festival added more stages and bars, a whiskey snug and craft beer tent.

"That's all because of growth," she said. "We didn't used to have a cultural director; that has literally exploded in the last few years and now we have three stages."

New for 2017 is the SLIGO stage, offering more cultural presentations, programs and open mic nights. Celtic canines and their breeders also return on the final day, where patrons can learn about and meet dog breeds native to Ireland. Attendees enjoy the interactive opportunities, whether it's joining in on a jam session or social dance, watching Irish step dancing, playing highland games or learning how to speak Gaelic or play the Bodhran.

Organizers credit board camaraderie and enthusiastic volunteers, a good lineup of top Irish talent, and planned incremental growth as its keys to success. Sound techs and security are paid, but having no paid administrative staff allows the festival to invest in quality sound equipment, covered stages and bathroom facilities.

"Something that we're really adamant about is that we want to maintain that all-volunteer status," said Tom Schaub, a founding board member and the festival's entertainment director. "We're well beyond the point where lots of festivals would have hired staff. There's a vibe that permeates (the board) because this is a volunteer thing. This is a fulfilling activity for the board



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members."

In 2015, the festival added a Thursday night Pub Preview Party and set new attendance records last year. Nearly 23,000 people from 12 states and 191 cities in Michigan attended over four days.

"I think it's because we're very unique; what we have you can't find at any other festival on any other weekend," Zahrt said. "It's a very different type of music that's infectious and engaging, and people immediately get sucked into that whole enthusiasm and the musicianship that is displayed is just unbelievable."

A Muskegon native and Muskegon High School graduate, and a longtime community volunteer, Zahrt's had a hand in organizing many community and cultural events. She's often behind-the-scenes, handling logistics and nitty-gritty details that go into event planning.

"I work with all of the sponsors, but also all of the rest of the leadership team," she said. "I keep everyone else on track and make sure we're steering the boat in the same direction."

In her previous role as promotion manager at The Muskegon Chronicle, she helped with various community and Chronicle-sponsored events including the Old Newsies Goodfellows campaign, produced Student Showcase, and served as race director for Seaway Run. She also served on the

Parties in the Park board, managed backstage security and band hospitality for Summer Celebration, volunteered at The Arc Muskegon and helped organize the Stan Tyler Charity Golf Tournament for years. Now, her day job involves selling local television advertising for Comcast and Irish Fest takes up most of her spare time.

Her maiden name is McCarthy, so she has Irish roots, and Irish Fest has become a family affair with her sisters and brothers-in-law, son and nieces and

nephews all helping out.

"I've always had that love for community involvement and volunteerism, so I think that's probably why," she said. "Now it's truly because this is where my passion is; it's with Irish Fest. It's all-consuming and that's my choice."

When Schaub became marketing director at The Chronicle, he hired Zahrt as his replacement. They have worked together in a variety of capacities, including Parties in the Park and Summer Celebration, over the last 25 years. He said she "eats and breathes the Irish Festival," often sending emails early in the morning to board members.

"She is a classic connector-type personality who knows everybody," he said. "Everybody likes her and she's able to build relationships with people that allow us to get things done."

Kevin Donovan, president of Muskegon Irish American Society, is vice president of the festival's board and co-site director. He got involved through the Irish American Society and said the leadership team is dedicated to making the guest experience an outstanding experience.

"Certainly, Chris has a wonderful passion for the festival and everything that goes with it, and she has a wonderful knack for keeping everybody moving in the same direction," he said. "The whole board is certainly dedicated to making it work, enjoying what they do, making sure we have fun."

Irish music does have a niche audience, but Muskegon and the entire state of Michigan has an active Irish heritage and people interested in their ancestry. In 2012, the

nice about the musicians who come to Muskegon, they really are the finest Irish singers and players in the world."

Schaub and Zahrt said the musicians are equally impressed with the festival's lineup and there is a positive, collaborative environment among them, whether they are relaxing backstage or stepping up to play in a pinch.

"In some ways, it's like a homecoming. Everyone wants to come to Muskegon," Schaub said. "They get to see and interact with these great musicians; it's kind of a feather in the cap."

Last year, the festival hosted Andy Irvine, considered the "Bob Dylan" of Irish music, and the performers were in awe to be in the same space as him. Organizers also give musicians from different bands a chance to come together for impromptu jam sessions.



"Irish music is about playing and learning and collaborating," Schaub said. "It encourages them to work something out and (that's where) the real magic happens. Musical moments happen that won't ever happen again and don't happen at another festival."

Zahrt said she has become good friends with many of the festival's musicians, vendors, volunteers and other Irish Festival directors, and there's a fun, positive vibe that keeps them all coming back.

"We all do it because it's our passion," she said. "You really do form a unique bond with those folks. It's been an extremely

rewarding experience to be involved in the event...It's pretty cool, at the end of the day, to say 'here's a check for \$25,000 to buy food for your food pantry to help people in our community who need it.'"

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Marla R. Miller is a professional writer and Total Control instructor who lives in Norton Shores and enjoys writing about the people, places and events that make West Michigan a great place to live. Learn more about her at marlarmiller.com.



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Bounty of the season

Alexander Schulte, Chef Instructor, Culinary Institute of Michigan, Muskegon



Its prime time in Michigan! Sun is shining, waters are warm and the seasonal bounty of produce is at its peak. This is the easiest time of year for a chef or cook. The farmers and purveyors are dumping heavy amounts of produce at the back door, usually tossing in several extra pounds of whatever you have ordered, or giving you a surplus of another item they have. The markets are like a fireworks show of colors, flavors, and ingredients that bring forth inspiration and salivation. Gorgeous, plump, fruit like tomatoes that you could insert a straw into and drink the juice inside. Stone fruits like cherries, peaches and plums so aromatic that smelling them

becomes therapeutic. Corn so crunchy and sweet I have to refrain from sprinkling it on ice cream. The great chef Marco Pierre White once said, "Mother nature is the true artist, and our jobs as cooks is to allow her to shine." This couldn't be more applicable this time of year, the less that we do as cooks to these items, the better. Unlike the cooler frigid months in Michigan, when you find yourself using advanced cooking techniques like braising, smoking, and pickling due to lack of ingredients. This is the time of year we have to celebrate the bounty; and taste the sun in your food, which is even better when eaten outside.

One of my favorite salads of Italian decent is called "Panzanella." This is a tomato bread salad with an abundance of summer vegetables that screams summer on the plate and especially on the palate. In the recipe I'm providing, I use stale bread that is torn into large pieces and further toasted in the oven. This, along with grilled zucchini, celery, cucumber, peppers, onion, and fresh basil will soak up all the delicious juices from the ripe tomatoes. A dash of salt, tossed with good vinegar and olive oil, and you have an amazing salad. Another one of my favorite summer salads that showcases simplicity and complex flavors is composed of diced seedless watermelon topped with crumbled goat cheese, fresh arugula, olive oil, salt and black pepper. It may seem basic, but these ingredients combined create a harmonious balance that makes your inner child dance. The last recipe I'm providing is a traditional Mexican street food called "Elote." A whole roasted ear of corn is smeared with chile and lime spiced sour cream-mayonnaise sauce, then topped with fresh cilantro, crumbled queso fresco and a squeeze of lime. My wife introduced this to me earlier in the summer and I couldn't believe that I hadn't encountered this dish so brilliant in its simplicity. Each of these recipes are minimal in their preparation and require little technique. They showcase the bounty of the season, and will accompany well any grill outs, BBQ's or gatherings you may have this time of year.



Panzanella Tomato-Bread Salad

6 ea ripe heirloom tomatoes
1 small loaf rustic bread(tuscan, baguette, etc.)
1 ea english cucumber, peeled and de-seeded
3 ea zucchini, spit in half and grilled or roasted with oil
1 ea red onion, sliced thin
1 bu basil, chiffonade
3 stalks of celery, sliced thin
2 ea red bell pepper
1/2 C vinegar(white wine, champagne, white balsamic)
1 C Extra Virgin Olive oil
Salt and pepper to taste

First, remove 2/3 of the bread crust and then tear into 1" pieces by hand. Toss with a little olive oil and salt and toast in the oven. Cut heirloom tomatoes in large rustic wedges and chunks, reserving any juices left on the cutting board. combine all remaining vegetables in a large bowl, then toss tomatoes, bread, vinegar and olive oil in a separate bowl(gently), once well mixed place together with other vegetables. The bread will begin to soak up the juices. Taste for seasoning and adjust vinegar and salt as necessary. I usually garnish with a few torn basil leaves and some shaved parmesan cheese.

Watermelon-arugula salad

1 ea seedless watermelon
1 bu fresh baby arugula
8 oz fresh goat cheese
olive oil, salt and pepper to taste

Dice watermelon about 2" cubes, spread on large platter. Crumble goat cheese evenly over melon, then sprinkle generous amount of the arugula over top. Season with salt and pepper and drizzle with Olive oil.

Alexander began his career in Grand Rapids, MI at the age of fourteen. He attended Kent Career/Technical Center for culinary arts during high school, and later attended The Culinary Institute of America in Hyde Park, NY. Alexander graduated in 2006, after completing his ex-ternship at The French Laundry. In 2007, he completed a teaching assistant certificate at the CIA in Hyde Park. From there, Chef Schulte worked in Manhattan at The Modern. He was then recruited to open Darlington House, and Nest in Washington, D.C.. Afterwards moving to Seattle, WA to work at Canlis, eventually becoming the head baker. From this point Chef Schulte staged in various Michelin starred restaurants in San Francisco and New York before returning to the Hudson Valley, and opening several restaurants under CIA instructor Giovanni Scappin. He was then recruited further upstate to the finger lakes region to open The Krebs with Chef Austin Johnson, working as Chef de Cuisine, pastry chef, and baker. In the summer of 2016, Alexander worked on a commercial salmon fishing vessel in South East Alaska. He returned home to West Michigan in the fall of 2016 as an instructor at the Culinary Institute of Michigan.



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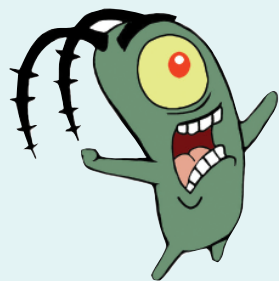
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By Tim Wheeler

Stop what you are doing. Oh wait. You're reading this article. Let's revise. Cancel whatever you were planning on doing after reading this article, and make time to spread the word about Rocketoons and about having a Cartoonversation™.

Yes, Rocketoons are here! In fact, Rocketoons are all over the place: Lake County, Mason County, Muskegon County, Newaygo County, Oceana County – and counting! Through the generous support of Mercy Health and Hackley Community Care, kids, teachers, counselors, and caregivers in every single school in these counties are watching cartoons for free. And that's a good thing.

This award-winning series, on the surface, gets kids laughing. It also gets them talking. To be more accurate, it starts the Cartoonversation™. Cartoonversations are facilitated conversations that use the cartoon kit with each episode of Rocketoons. Conversation starters, factoids, websites, they all come into play when kids watch Rocketoons and talk about Rocketoons. The kids connect with the characters (single-celled organisms, pumpkins, retired racing snails, etc.), and the kids connect with the topics: bullying, divorce, moving to a new school, and more.

When the kids open up, they open up doors that show a world where everything isn't always all that much fun. Common sense says that what happens to kids outside of school will impact how well they do in school, and vice versa. The more we know about the pitfalls and possibilities for each kid, the more we can help build healthy, happy childhoods.

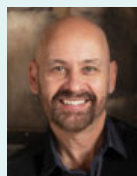
Acclaimed Chicago author and O'Henry Award Winner Stuart Dybek wrote a wonderful collection of short stories entitled, Childhood and Other

Neighborhoods. And that's what childhood really is – much more of a place than it is a time. It is a place where we hopefully find love and laughter, friendship and family, memories and motivation. And above all it is a neighborhood where we should all feel safe.

We live in a contentious world, awash with opinions and acrimony. We may not agree on much, but there is one belief that virtually every clear-headed individual holds: We want our children healthy, happy, and loved. We need our children healthy, happy, and loved. It's vital that we build the neighborhoods where childhood can flourish for everyone.

Remind your schools that these free online tools are already at their fingertips and they are aligned with state teaching standards. Enjoy the wonderful children in your life, and let them show you the way back to your old neighborhood once in a while. No matter who you are, no matter where you've been, remember this: childhood is always willing to forgive. Always willing to love. And always willing to welcome you home.

Tim Wheeler is the creator of Rocketoons (rocketoons.com), and he holds degrees from Western Michigan University, Northwestern University, and Villanova University. To find out more about Rocketoons, visit rocketoons.com or email Tim at tim@wheelercreativestudios.com



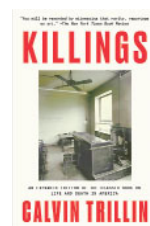
Good Reads



Lincoln in the Bardo

by George Saunders

This is not a book for everyone, but it is a book for those with a taste for exotic narrative structure, beautiful and baroque language, and dizzying swings of emotion and understanding. Well-known for his short stories, author George Saunders has delivered a singular sort of story, one primarily narrated by a chorus of ghosts who are full of the rages, desires, regrets, and longings of their human lives as they are both resistant to and compelled toward the afterlife. Its steady accretion of story, told in a collage of modes, guides the reader towards their own conclusion of what is taking place in the churchyard where young Willie Lincoln is buried and where his father, President Abraham Lincoln, comes to mourn him. Lincoln's grief is the spine of this story but its exploration of the heights and depths of human emotion and experience leave readers feeling as though they have lived many lives by the time the book is done. It is also available as a full-cast audiobook where each character is voiced by a different narrator; this gives a unique texture to a challenging novel. Lincoln in the Bardo is a stretch for a summer read but also a literary experience that may never be replicated.



Killings

by Calvin Trillin

As someone who loves true crime and identifies as a murderino, this revised and updated collection of Calvin Trillin's stories for The New Yorker about, as he puts it, "sudden deaths" is a wonderful treat. The genre is, as any story or feature about it will tell you, having a moment, but it is refreshing to read these stories which are concerned not so much with the gory details of each victim's demise as with the life and culture surrounding them. These are ordinary people made extraordinary by their deaths, and Trillin portrays them thoughtfully in spare but incisive prose. Covering a cross-section of America, these perfectly-sized essays treat each death carefully and provide a window, as much as possible, into what causes human beings to kill other human beings. When you feel like you've run out of podcasts, tv shows, and BuzzFeed articles, let Killings bring you to a whole new world of true crime narrative.

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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A Primer on Strokes: Signs, Causes and Treatment

Christopher M. Goshgarian, MD, vascular neurologist,
Mercy Health Hauenstein Neurosciences

Q: What does a vascular neurologist do and what kind of training is involved.

A: Vascular neurology is a subspecialty of neurology. Vascular neurologists typically undergo a vascular fellowship that provides one to two additional years of training beyond a medical residency following medical school. We are trained to treat vascular issues that involve the central nervous system, such as stroke, cerebral hemorrhage, subarachnoid hemorrhage and different kinds of bleeds in the brain.

Q: Why are strokes sometimes referred to as "brain attacks"?

A: When it comes to heart attacks (myocardial infarctions), the general public tends to be aware of the importance of getting immediate medical attention. Most people know that immediate care is crucial and can make a difference between life and death. The use of the expression "brain attack" is a way to draw attention to the need for patients to seek immediate medical care in the case of a stroke.

Q: How has the treatment of strokes changed over time?

A: Not too long ago, after having a stroke, a patient might self-administer an aspirin and see a neurologist a few days later. Today, depending on the individual circumstances and the time when medical care is sought, we have immediate treatment for stroke, such as clot-busting medications and procedures for removing the clot.

Q: What are some of the signs of a stroke?

A: We like to use "F – A – S – T" as an easy reminder of the symptoms. This stand for the following:
F: Facial asymmetry or drooping of the face
A: Arm weakness
S: Speech abnormalities, such as slurring of speech or difficulty recalling words

T: Timing...time to call 911
Weakness or numbness on one side of the body, difficulty with vision on one side of the body, balance issues or changes in language are also indicators of a possible stroke.

Q: What are some of the causes of strokes?

A: We do not know all of the causes of strokes. One common cause is large blood vessel disease (that includes clogging or narrowing of a vessel due to plaque buildup) that supplies blood to the brain. For example, a clot in one of the carotid arteries in a patient's neck can break off and travel to the brain, blocking a distal vessel that leads to a stroke. Another type of stroke can occur when the small vessels within the brain harden and narrow. These vessels can have small ruptures or hemorrhages causing a stroke. Risk factors for these strokes include smoking, diabetes, poor diet and elevated blood pressure.

Q: Are strokes preventable?

A: According to the American Heart Association/American Stroke Association, strokes are the # 5 cause of death in the U.S. however, we know that 70-80 percent of all initial strokes are preventable, and 50-70 percent of all secondary strokes are preventable. Eating healthy foods, exercising and not smoking work well in combination to reduce the risk of stroke.

Q: How are strokes treated?

A: It's extremely important to recognize the signs of stroke and to act immediately by going to a stroke-certified hospital if a stroke is suspected. One reason for this is our ability to administer tPA, is a time-sensitive medication administered in an Emergency Room that breaks up clots and significantly improves outcomes for patients. Every minute of delay presents a potential for the patient to lose 1.9 million neurons. There is a 4.5 hour "window" to

administer tPA after the last time the patient felt well, so minutes really matter. Mercy Health's hospitals in Muskegon are able to administer tPA in collaboration with Mercy Health vascular neurologists in Grand Rapids. Other treatments include interventions that remove the clot, such as using a catheter system through the groin or through surgery.

Q: What kind of follow-up care do patients usually require?

A: Follow-up care is individualized depending on the patient's needs and can occur on an outpatient or inpatient basis. Follow-up therapies include physical therapy, speech therapy and occupational therapy. Mercy Health Muskegon also offers a free stroke support group open to the public that meets the second Tuesday of every month. Caregivers and patients are welcome. Please call 231.672.6501 for more support group information.

Myths and Facts about Strokes

Myth: Strokes only happen to older people

Fact: Strokes can happen at any time. Even infants can have a stroke.

Myth: Strokes don't require immediate care.

Fact: The earlier a stroke is treated by a medical professional, the more options a care team will have to treat the stroke.

Myth: A stroke is inevitable.

Fact: Modifying your lifestyle can greatly reduce your likelihood of a stroke.



Christopher M. Goshgarian, MD, vascular neurologist, Mercy Health Hauenstein Neurosciences



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 desserts 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 8 • 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 throughout the White Lake Area.

WLASA FISH BOIL
Saturday, August 19 • 4-8 pm
The annual Bill 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

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.



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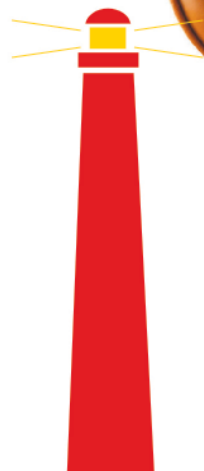
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9 Holes w/cart	\$14.00	9 Holes w/cart \$12.00
18 Holes walking	\$12.00	18 Holes walking \$10.00
18 Holes w/cart	\$20.00	18 Holes w/cart \$18.00

After 4:00pm Monday - Friday, Weekends and Holidays

	Non-Seniors	Seniors
9 Holes walking	\$11.00	9 Holes walking \$9.00
9 Holes w/cart	\$16.00	9 Holes w/cart \$14.00
18 Holes walking	\$17.00	18 Holes walking \$15.00
18 Holes w/cart	\$27.00	18 Holes w/cart \$25.00

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