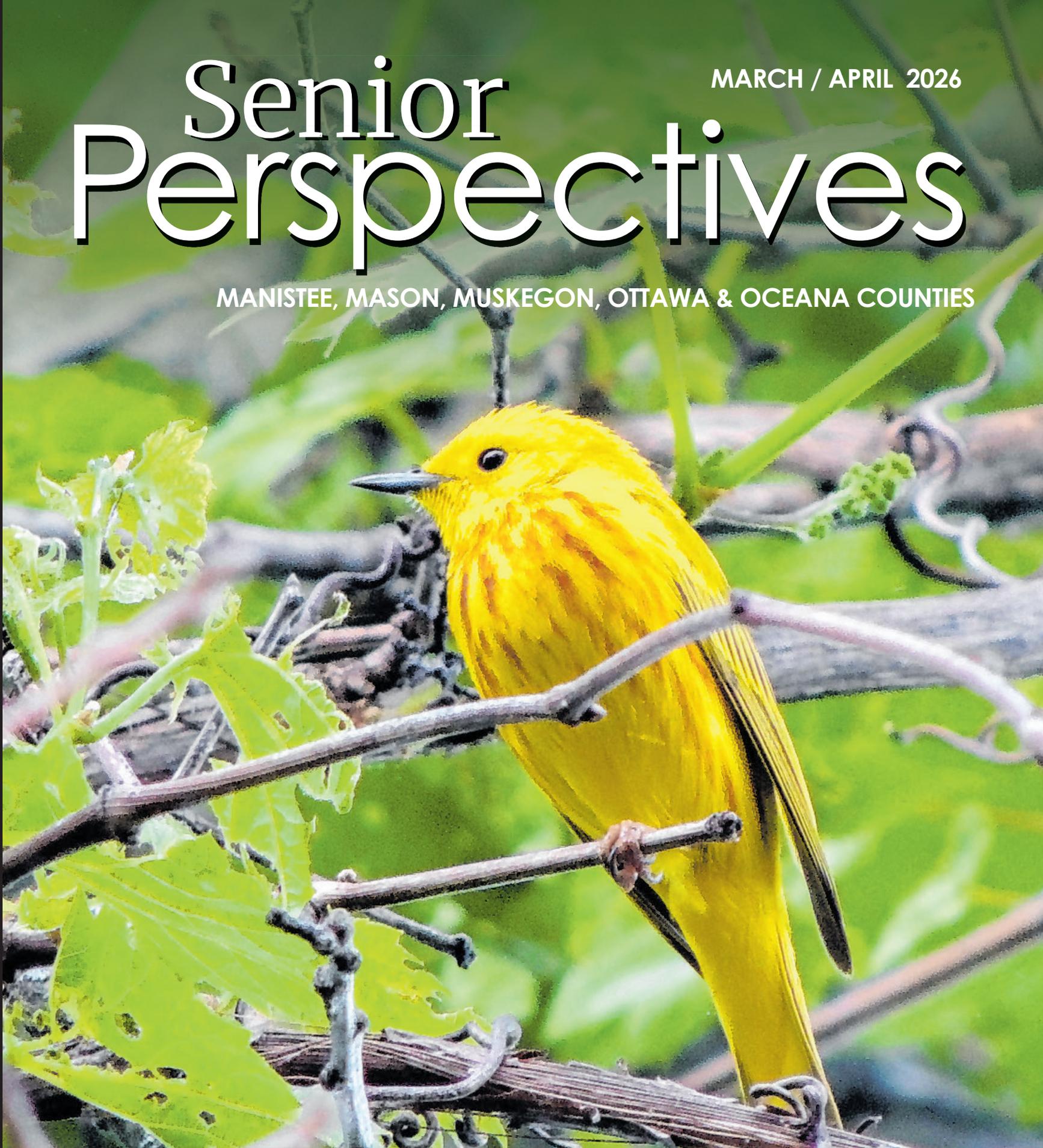


FREE PUBLICATION FREE PUBLICATION FREE PUBLICATION

# Senior Perspectives

MARCH / APRIL 2026

MANISTEE, MASON, MUSKEGON, OTTAWA & OCEANA COUNTIES



- Page 6 - Relationship between anger and pain
- Page 8 - Caring for the Caregivers
- Page 12 - Stepping forward with Health Goals
- Page 14 - Recipes
- Page 17 - Dig in the dirt
- Page 22 - Games & Puzzles
- Page 30 - Comics



- 04** Hope and anticipation is part of the essence of spring  
*Lois Tomaszewski*
- 06** The Relationship Between Anger and Pain  
*Christine Wistrom*
- 07** Ask the Doctors  
*Eve Glazier, M.D.*  
*Elizabeth Ko, M.D.*

- 08** Caring for the Caregivers  
*Kimberly Wilcox*
- 10** Lessons Learned  
*Jack Wydeck*
- 12** Stepping Forward with Health Goals  
*Holly Lookabaugh-Duer*
- 14** Stirring Up Recipes

- 16** Check list on the signs of a scam  
*Joe Stapel*
- 18** AI and Writing – An Innovative Leap Forward or An Indication of Doom?  
*Janet Hasselbring*
- 20** Can't Wait to Dig in the Dirt  
*Louise Matz*

- 22** Games & Puzzles
- 26** Keith's World: Adapt, Improve, Overcome  
*Keith Sipe*
- 29** An Artist  
*Rev. William Randall*
- 30** Comics
- 32** 100 Years Ago



COVER PHOTO & WINTER PHOTOS BY GLENN RUTGERS

# Where Empathy Meets Expertise: Transforming Lives at Allendale Acupuncture and Wellness

Have you ever wondered what truly sets one doctor's compassion apart? What makes some providers lead with genuine empathy while others miss the deeper needs of the people they serve? In this exclusive interview with Dr. Tasha Saladin, DAC, LAc, founder of Allendale Acupuncture and Wellness, we examine her journey and the powerful changes she brings to her patients' lives.

## Care Grounded in Compassion

Dr. Tasha's deep empathy is grounded in her own lived experiences following a traumatic combat deployment to Afghanistan. She openly recounts the physical and emotional hardships she endured during that time. "I spent 8 months patrolling on foot 12-plus hours a day. I slept in ditches, followed special forces into invasion operations, and participated in community policing," she shares. Due to the complexity of her conditions, her care options were confined to prescription medications that provided no relief, along with lifestyle adjustments aimed at reducing triggers that could worsen pain, immune flares, and intensify her migraines and anxiety. "It wasn't a way to live," she reflects. "I was young and I should've been living a bright, vibrant life. Instead, I was attending doctors' appointments, avoiding leaving home, experiencing extreme pain and searching for an answer." Dr. Tasha's pivotal moment arrived when a physician referred her to a 'last ditch effort' program that incorporated acupuncture—opening the door to a new level of genuine relief. She lovingly refers to her practice as "The Last Resort with the Best Results," recognizing that many of her patients have traveled long medical paths, only to encounter discouraging diagnoses, repeated medications, and messages insisting they must simply accept their conditions.

## A Journey of Healing and Empowerment

This transformative journey with acupuncture led Dr. Saladin to make a life decision—stepping away from nursing school to pursue her doctorate in acupuncture. She states, "Acupuncture quite literally saved my life, and I wanted to share that with the world." While in training, she observed a close friend's agonizing struggle with peripheral neuropathy. Guided by the understanding that Eastern Medicine often succeeds where Western Medicine sometimes falls short, she set out on a mission to learn treatment protocols for all forms of Peripheral Neuropathy, including diabetic and chemotherapy-induced cases. Her commitment and clinical skill have produced a 90% success rate in managing this once elusive condition. "I was fed up with seeing the older generation suffer unnecessarily," Dr. Tasha passionately shares. "Diagnosing them as 'just getting older' and offering treatment plans of 'you're going to have to get used to it' never sat right with me. I was determined to provide them with genuine treatment and care."

## A Deeply Personal Path to Healing

In her practice, patients aren't just cases but individuals, and Dr. Saladin ensures they feel seen and supported. One of her patients, Jody, shares, "Dr. Tasha gave me hope. I looked forward to coming. My balance is better; my confidence is better. You get a better outlook on life. It makes you think you can have a good life again. It's allowed me to get my confidence back and a sense of freedom again." Once fearful she was losing her independence, Jody arrived limping with a cane, afraid to walk far and convinced she might never regain her mobility. "Acupuncture was my last-ditch effort," she



explains. "I had been to the doctor, and he gave me pills that made my symptoms worse." Today, she's back to long hikes, beach walks with her grandchildren, and the daily routines she once thought were gone—moving forward with renewed hope and "a better outlook on life." Dr. Saladin adds, "I've walked in my patient's shoes. I know the frustration of feeling hopeless on an intimate level."

## A Mission to Heal the "Untreatable"

Dr. Saladin and her committed team focus on treating chronic pain, complex neurological conditions, and autoimmune disorders that frequently leave other providers searching for answers. Their approach to care serves as a source of hope for individuals who have tried countless other options. To learn more about Dr. Saladin and the conditions she addresses, visit [AllAcu.com](http://AllAcu.com). To explore powerful success stories from current and former patients at, search 'Allendale Acupuncture and Wellness' on social media. Ready to begin your own path toward a pain-free life? Call (616) 604-0219 to schedule a complimentary consultation today. Your transformation begins here.



published by

# SHORELINE MEDIA

LUDINGTON DAILY NEWS  
OCEANA'S HERALD-JOURNAL  
WHITE LAKE BEACON

www.shorelinemedia.net

## Ludington Daily News

202 N Rath Ave.  
P.O. Box 340  
Ludington, MI 49431  
(231) 845-5181  
(231) 843-4011 fax

## Oceana's Herald-Journal

123 State Street  
PO Box 190  
Hart, MI 49420  
(231) 873-5602  
(231) 873-4775 fax

## White Lake Beacon

PO Box 98  
Whitehall, MI 49461  
(231) 894-5356  
(231) 873-4775 fax

**Publisher:** Mike Hrycko

### Sales:

Shelley Kovar, Monica Evans,  
Alexandria Striker

### Graphics:

Judy Lytle, Julie Eilers,  
Madelyn Kerbyson

**News:** Lois Tomaszewski,  
Shanna Avery, Alexis Settler,  
Cristina Juska, Sean Chase,  
Larry Launstein Jr., Kate Babel

### Circulation:

Jeriann Steiger

© Copyright 2026 Shoreline Media

# Hope and anticipation is part of the essence of spring



BY LOIS  
TOMASZEWSKI  
EXECUTIVE  
EDITOR  
SHORELINE  
MEDIA

*“In the depth of winter, I finally learned that within me there lay an invincible summer.”*

That line from a work by Albert Camus has been shared, bookmarked and taped to refrigerators for generations, and every spring it feels newly earned. After months of gray skies, piles of snow along streets and sidewalks and boots by the door, the idea of an “invincible summer” doesn’t sound poetic so much as practical. It’s what carries us through until the first real sign that the season has turned.

What stands out most on spring’s arrival is the return of color. Of course, anytime of the year in Western Michigan has its beautiful sunsets - when the sun pays a visit during December through March. But it is when the crocus and daffodils spread cheery color in yards once covered in a snowy blanket. It’s the slow greening of the trees and the blossoms that decorate the fruit trees in the area’s orchards. It is brilliant blues and green hues that transform our beloved Lake Michigan from icy silver to sapphire blue. And the sky - from the puffy clouds of children’s dreams to the flashes or lightning during spring storms, the world is awashed in the colors of spring.

There is a particular relief that comes with this season, and it’s not just about weather. Spring loosens things. It changes the pace of life. Conversations linger a little longer out-

side grocery stores. Windows open. People reappear.

In small towns, spring is also a reset. Construction cones return to familiar corners. Seasonal businesses unlock their doors and dust off their signs. Parks crews rake, patch and prepare, quietly setting the stage for months of use they know are coming. Even the calendar shifts tone — fewer meetings about contingencies, more about plans.

There’s optimism built into the season, whether we acknowledge it or not. We plant knowing that not everything will grow. We schedule events knowing rain is always a possibility. We do it anyway. Because along with the awakened earth, we awaken too.

You can see it in the smallest things. In the first jogger who looks slightly underdressed for the temperature but determined to make a point. In kids testing bikes that haven’t been ridden since last fall. In gardeners standing in yards, staring at soil as if negotiating with it or in the golfers headed to that first tee.

We notice more. We re-engage with places we may have rushed past all winter long. It reminds us that community isn’t only built in meetings and headlines, but in shared seasons and rhythms. Life, just like the seasons, is cyclical.

The quote about an “invincible summer” resonates because it recognizes that resilience isn’t loud. It doesn’t announce itself. It waits. It survives. And when conditions allow, it emerges.

Spring means winter wasn’t permanent. And so, with spring, that is our gift - that even when things seem too much - too much snow, too much cold, there will be a spring.

# Enjoyable ways for seniors to savor spring

After a cold winter, there's often nothing better than the arrival of spring. From the moment those first crocuses and tulips peek their heads out of the soil to the days of cherry blossoms in full bloom, spring is a time of sunshine, warmth and a renewed sense of vitality.



Seniors who may have spent much of the winter cooped up indoors often are inspired by warmer temperatures to venture outside once again when spring has sprung. According to UC Davis Health, time outdoors provides a host of health benefits, and seniors who embrace the great outdoors can reap those rewards. Studies show that nature has a positive effect on the body by reducing cortisol levels and demands on the cardiovascular system and relieving muscle tension. Being outside in sunshine (with the use of sunscreen) can increase vitamin D levels, which is important for a healthy immune

system and strong bones.

Embracing the many ways to enjoy spring is relatively easy to do. The following are some ways seniors can make the most of spring.

- Plant a garden. Spring is a time when the ground has thawed and the soil is warm enough

to begin planting a garden. Individuals should refer to their particular agricultural zones to determine when to plant. Certain plants need a specific number of hours of sunlight and minimum temperatures to grow. It's important to wait until the threat of overnight frost has subsided. Gardening can be a thorough workout, so it's important for seniors to go slowly as they acclimate to this type of activity.

- Relax outside. Seniors can soak up vitamin D and enjoy the sounds of nature by spending time on a deck or the front porch. Any activity that was typically done indoors, such as reading a book,

listening to music, engaging in a hobby, and more, can be moved outside.

- Explore local wildlife. Trees and flowers are not the only things renewed by spring. Many animals give birth in spring and there might be little ones frolicking. Seniors can look for bunnies, fledglings chirping in bird nests, spotted fawns, and young foxes around their neighborhoods.

- Attend an open-air event. Whether it's a concert or an outdoor

theater performance, seniors can look to local entertainment as a way to get outside and have a little fun.

- Bike or walk the neighborhood. Seniors can find serene paths to bike or walk. Dog owners can take their pooches for a stroll, or meet up with other friends and begin a walking club for camaraderie and exercise.

Seniors can make the most of the warm weather and extended daylight hours of spring to enjoy many outdoor activities.

# I Spy

Sponsored by:  
Mason County's

## Oakview

MEDICAL CARE FACILITY



Page # where you found the shamrock in this edition.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

**ONE ENTRY  
PER PERSON**

**Simply find the shamrock** in this edition. List where you spotted it, clip and return this form to win one of three 3-month subscriptions to one of our Shoreline Media newspapers — Your choice of the Ludington Daily News, Oceana's Herald-Journal or the White Lake Beacon. Mail to: "I Spy" c/o the Ludington Daily News, PO Box 340, 202 N. Rath Ave., Ludington, MI 49431.

The answer, along with winners' names will be announced in the next issue. In the last issue, the deer was hidden in the image on page 20. See page 34 for winners.

# The Relationship Between Anger and Pain

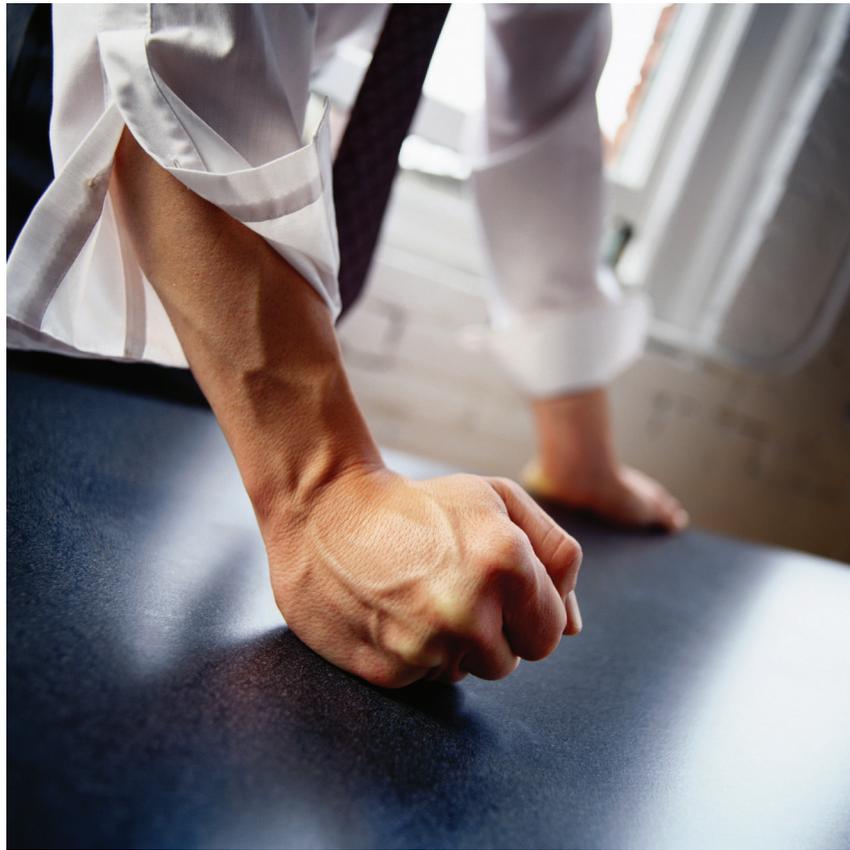


BY  
CHRISTINE  
WISTROM

So many disabilities involve trying to cope with long-term physical pain. Do you sometimes find yourself angry over how pain keeps you from doing things you want to do? That anger is born of frustration, and it can make any situation worse. Pain can affect the quality of our sleep and can eventually lead to depression. Anger intensifies pain, making it worse.

Managing pain means addressing all the factors that contribute to it. It's important to get enough sleep and have "pain-free breaks" when you are able to get away from your pain, and keep focused on outside interests, so there isn't time to sink into depression. That's a pretty tall order to maintain over a long period of time. Managing your anger can help manage your pain. But managing your anger may take a bit more effort.

Anger can have quite an effect on pain. When you're angry, your muscles tense adding to your perception of pain. Anger can also include some of the same feelings



that pain does: upset stomach, headache, feelings of hopelessness, and so on.

So, what can you do to control your anger? First, try to identify the things that are triggering it. When you are able to recognize situations likely to "go south," then you can try to change before you get to the rage stage.

Try to recognize when you're first starting to feel frustrated. Look at how you express your anger? Do you grit your teeth?

Do you find yourself feeling your frustration climbing with each challenge you face? Does your stomach begin to knot, or can you feel the tension in other areas in your body? If you know how anger affects you, it's easier to identify it when it starts and take steps to change your focus. Controlling your anger will help you cope with your pain.

If you are able to recognize when you're starting to get angry, take a time out. Try to focus on something else other than

whatever is bothering you. If you can move to a different place, do so. If necessary, try to let go of whatever is causing your anger for a while, then come back and examine the situation again. This gives you the opportunity to calm down and think more clearly.

Consider participating in some physical activity to help work off some of your anger. While it might be difficult if physical activity also increases your pain, if you can take a walk or exercise in another way, it might help.

If nothing else, try to consciously let go of your anger for your own sake. Anger takes a toll on your body and makes pain worse, so ask yourself if it's worth letting yourself get worked up over the situation, especially if it's one you can't control. If you can manage to control your anger, you may find you have taken a big step toward managing your pain.



*Chris is a Gerontologist and a former Long-Term Care Ombudsman. As an Independent Living Specialist at Disability Network Lakeshore, she specializes in assistive technology, emergency preparedness planning, and service dog training.*

## Ask the doctors:

# New drugs transform Alzheimer's research



BY EVE GLAZIER, M.D. AND ELIZABETH KO, M.D.

### DEAR DOCTORS:

I understand that there is treatment for the beginning stages of Alzheimer's disease

that can stave off serious decline. There are also new tests to determine if a person is in the beginning stages, at which point it would be advantageous to take the new drugs. Am I right in this?

**DEAR READER:** While there have been recent advances in both the diagnosis and treatment of Alzheimer's disease, the advances are more limited than your question suggests.

Alzheimer's is a complex disease. Despite decades of research, we are still in the early stages of understanding it. This

form of dementia unfolds through multiple pathways and includes a number of subtypes. Also, it often presents alongside other forms of dementia. This means progress in identifying and treating Alzheimer's is slow and gradual.

Despite a shortage of effective treatments currently, an early diagnosis helps the person and their family understand ongoing changes. Catching it early can help avoid unnecessary medical interventions. New, highly sensitive tests that can detect blood-based biomarkers may transform Alzheimer's diagnosis.

This includes blood tests known as Lumipulse or Elecsys. The U.S. Food and Drug Administration approved these last year -- with important caveats. The tests look for proteins associated with the formation of amyloid plaques in the brain. Amyloid plaques are abnormal accumulations of protein that can disrupt neural function, and

they are a biological marker seen with Alzheimer's. However, their presence alone is not enough for a diagnosis. Some older adults with no cognitive impairment have amyloid plaques in their brains. For that reason, the FDA has limited the use of these tests to adults showing signs of cognitive impairment who are over age 50 for Lumipulse or over age 55 for Elecsys.

Currently there are two categories of treatment, both producing modest effects. One is drugs to manage and improve a person's symptoms. This includes drugs such as donepezil, which act on neurotransmitters and related signaling pathways within the brain. Memory, attention and language improve for some people. Memantine, another medication, may have a modest protective effect on the brain.

The other category is a newer class of drugs that clear the amyloid plaques from the brain.

These modestly slow disease progression and cognitive decline by 25% to 35%. They do not stop Alzheimer's, but they are the first medicines to alter the course of Alzheimer's. These drugs may have significant side effects and require a comprehensive plan of care and follow-up, including multiple brain MRIs.

These new drugs have transformed research into new therapies. There are more clinical trials in Alzheimer's than ever before. Studies indicate other pathways besides the amyloid protein that might be targeted for new therapies. Dr. S. Thomas Carmichael, the chair of neurology at UCLA Health, notes that "the field is filled with new hope and energy. We know that we can alter the course of the disease. Though this is modest, it is a pivot point that increases energy for other and distinct approaches that may more substantially reduce this disease."



## Your local agent for home & auto

Call me for a quote today



**Colten Jamieson** 623 E Colby St  
Agent Whitehall, MI 49461-1163  
Bus: 231-292-3025  
www.insurethehall.com

State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, State Farm Fire and Casualty Company, State Farm General Insurance Company, Bloomington, IL

State Farm County Mutual Insurance Company of Texas, State Farm Lloyds, Richardson, TX

State Farm Florida Insurance Company, Winter Haven, FL



## Julee Sarto, AIF® Advisor

jsarto@epwealth.com  
231-690-3502

Investment Management  
Financial Planning | Wealth Advisory



EP Wealth Advisors is registered as an investment adviser with the SEC and only transacts business in states where it is properly registered or is excluded or exempted from registration requirements. SEC registration does not constitute an endorsement of the firm by the Commission, nor does it indicate that the advisor has attained a particular level of skill or ability.

# Caring for the Caregivers: How Senior Resources Supports Those Who Give So Much



**BY KIMBERLY WILCOX**  
Director of Marketing Communications for Senior Resources

Caregivers are often called “the invisible workforce.” They manage medications, appointments, meals, finances, and moments of uncertainty often

while balancing jobs, families, and their own health. While caregiving is rooted in love, it can also be isolating, exhausting, and overwhelming.

At Senior Resources of West Michigan, supporting caregivers is central to our mission. Every day, staff and volunteers work to ensure caregivers know they are not alone and that help is available.

## FRAN'S CAREGIVING STORY: THE MOMENT SHE ASKED FOR HELP

When life changes unexpectedly, finding the right support can make all the difference. For Fran, the turning point came in a parking lot after she took her husband, Dan, to a simple haircut appointment.

“I was so worn down,” Fran recalls. “I had just physically struggled so hard to get my husband in and out of the car. Even with him using his walker, it was so difficult. After his haircut, I started to pull out of the parking lot and just stopped. That’s when I made the call to Senior Resources and spoke with an options counselor. I said, ‘I need help.’”

That call led Fran to the Tanglewood Park Caregiver Support Group—a lifeline during one of life’s most challenging seasons. “I came to my first meeting the very next day,” she shares. “I’ve been coming regularly ever since.”

For more than 22 years, Fran managed alone, caring for her husband, Dan, diagnosed with Alzheimer’s, dementia, and severe osteoarthritis. “As he started to lose more mobility and eventually could no longer walk, you can truly become a danger to yourself,” she explains. Eventually, the couple made the difficult decision to move him into assisted living. “Now Dan gets more help than I could give him, and he’s adjusted well. I visit him every day.”

The support group has been

transformative. “I learned better ways to respond and communicate with him,” Fran says. “There’s a lot of self-healing involved in this process. You must be strong enough to know you need help and ask for it.”

For Fran, the group is more than a meeting, it’s a community. “Your neighbors, your family, your friends, they can all be your support staff. But the people in my group? They understand exactly what I’m going through, and there’s no place for judgment in our group, only real help.”

Yesterday was Dan’s birthday. He didn’t remember, but that’s part of the journey. “I try to see him for one meal every day,” Fran adds. “In my mind, I know that I have my support group so I can be here and be present for

him. Taking that time for myself, to share with my support group what’s really going on, that’s what makes the difference and makes this support so meaningful.”

Fran’s experience reflects what many caregivers face: years of devotion, increasing physical and emotional demands, and the realization that caregiving cannot be sustained alone. Her story also highlights an important truth, that asking for help is not a failure, but a turning point.

## HOW SENIOR RESOURCES SUPPORTS CAREGIVERS

Senior Resources of West Michigan offers a range of services designed to support caregivers at every stage of their journey. Whether someone is just beginning to navigate caregiving or has been doing so for years, help is available.

**Caregiver Support Groups** are offered throughout Muskegon, Oceana, and Ottawa counties, providing safe, confidential spaces to share experiences, learn coping strategies, and build meaningful connections.

## SUPPORT GROUP LOCATIONS

- **Grand Haven** — Thursdays, 1:00–2:30 p.m. | Four Points Center for Successful Aging
- **Muskegon** — Wednesdays, 1:00–2:30 p.m. | Tanglewood Park
- **Jenison** — 3rd Fridays,



12:30–2:00 p.m. | GT Connections Senior Center

• **Hart** — 3rd Wednesdays, 10:00–11:30 a.m. | Oceana County Council on Aging

• **Whitehall** — Tuesdays, 1:00–2:30 p.m. | White Lake Community Library

## CAREGIVERS ALSO HAVE ACCESS TO:

- One-on-one options counseling
- Education and referrals for respite and in-home supports
- The bi-monthly **Caregiver Link** newsletter

## A NEW STATEWIDE RESOURCE: MI CAREGIVER CONNECTION

Caregivers now have access to an additional tool designed to make finding help easier.

**MI Caregiver Connection** is a free, statewide online hub that was developed by the Michigan Area Agencies on Aging to create a place to connect caregivers to local services such as support groups, respite care, education, assistive

technology, and home-safety assessments.

To learn more, visit [www.micaregiverconnection.com](http://www.micaregiverconnection.com) or visit <https://seniorresourceswmi.org/caregivers/> to learn more about your local Caregiving resources.



## SUPPORTING THOSE WHO GIVE SO MUCH

At Senior Resources of West Michigan, supporting caregivers means strengthening families and communities. When caregivers are supported, they are better able to continue caring for the people they love, and no one should have to face the journey alone. Reach out, we're here to help. 231-733-3585



*Kimberly Wilcox serves as the Director of Marketing Communications at Senior Resources of West Michigan, the Area Agency on Aging for Muskegon, Oceana, and*

*Ottawa Counties. In her role, she leads public relations, digital marketing, and community outreach efforts. A recent transplant from Michigan's "Eastside," Kimberly and her husband are now living the dream on the famed "Best Side," enjoying life near the shores of Lake Michigan.*

## Caregiving by the Numbers

- 63 million Americans: That is nearly 1 in every 4 adults that are family caregivers.
- 1.7 million Michigan residents provide unpaid care for a loved one.
- The estimated economic value of unpaid family caregiving in the U.S. exceeds \$600 billion annually.

## Caring for Yourself: Essential Tips for Caregivers

- *You don't have to do this alone — build a support system.*
- *Ask for help early and accept it when it's offered.*
- *Schedule regular respite to rest and recharge.*
- *Watch for warning signs of burnout: fatigue, anxiety, sleep problems.*
- *Take care of yourself with rest, nutrition, and social connection.*
- *Reach out to Senior Resources, We're Here to Help!*



Powered by  
AREA AGENCIES ON AGING  
ASSOCIATION OF MICHIGAN

SeniorResources  
Our Name. Our Focus.

**"Instead of feeling afraid and alone, I found strength from my AAA, knowing others had walked this road before me. Caregiving doesn't have to feel isolating."**

— Char

## Caregiving takes time.

### Finding resources shouldn't.

If you are a caregiver balancing work and family life with caring for an aging loved one, your local Area Agency on Aging (AAA) can help.

For over 50 years, Michigan's 16 AAAs have worked with a clear mission: to enhance the quality of life for older adults, adults with disabilities and caregivers.

Use the Mi Caregiver Connection virtual hub to see what programs, services and resources are available from your local AAA for:

- ✓ Respite Care for Caregivers
- ✓ In-Home Care
- ✓ Caregiver Support Groups
- ✓ Education, Workshops and Training
- ✓ And more

Get connected to support at  
[MiCaregiverConnection.com](http://MiCaregiverConnection.com)



# LESSONS LEARNED



BY  
JACK R.  
WYDECK

I'm sure you are aware of this, but probably never really gave it any thought. Here is a quick look behind the curtain. While you are reading this in the early

spring, I am actually writing it in the middle of winter. Yesterday, I used my snowblower to move 6 inches of snow off my driveway twice. We are in the cold grips of a polar vortex, and just walking outside is dangerous. It is so cold that I needed 5 minutes to put on extra clothes just to check the mailbox. I spent more time getting dressed and undressed than it took me to actually read the mail.

If you are reading this, you remember what January felt like. The good news is that you survived. I'm in the middle of it, and I'm not sure if I will.

Thinking about what I want to write usually gives me a chance to look forward to the future. I try to think about what will be going on in the next few months, something that is going to happen, or something I am looking forward to. Well, not this time. It is so cold outside that I can't do that. Instead, I am going to try to remind everyone how bad it was by telling you how bad it currently is for me. Let me make sure you remember how bad it was, so we can be prepared for the next time.

Winter punishes optimism, and I was reminded of that this year. I

noticed the end of the rope for the pull start on my snowblower was starting to fray. I made a mental note that this was something I would probably have to take care of in the spring, but when I was being attacked by the violence of the winter storm, that rope decided to break. If I had addressed the rope when I first saw it, I wouldn't have had to try to fix it in a dark garage with a negative wind chill. I was reminded that maintenance is cheap when compared to an emergency repair.

Last week, on my way home from work, the "low fuel" light came on in my car. Typically, I don't like letting it get that low, but I have been busy and haven't been able to get to the gas station. I live less than a mile from work, so I only need gas every couple of weeks. Last week, it was raining and cold, and I had had a long day and just wanted to get home. I decided I would get fuel when it stopped raining. That is what I thought! What actually happened was winter decided that it needed to teach me a lesson, and we ended up getting over a foot of snow that weekend. Monday morning, I had to get to work, there was a foot of snow on the car, and I remembered I needed to stop to get fuel. That morning, the temperature had fallen, the streets were not plowed yet, and what should have been a quick trip turned into being cold and late for work.

Before this last snowstorm, I used the snowblower and emptied the gas can. I thought, "I had better put



that in the way so I remember to fill it," but I kept putting it off, and putting it off. Well, yesterday, when everyone was telling people to stay inside unless it was an emergency, I ran out of gas in the snowblower, and now I need to go and fill up the gas can.

Life is hard because it gives you the test first, then the lesson. That's why winter preparedness isn't really about snowblowers and gas cans. It's about respecting reality. Life doesn't care that you were tired, busy, or meant to get around to it. It doesn't care that the rope "looked like it would last one more season." Life waits patiently and then shows up when you are least prepared.

I've learned that procrastination hits harder in January than it ever does in July. In the summer, putting something off costs you time. In the winter, it can cost you comfort, safety, or a trip to the emergency room. The stakes are just higher when everything is frozen.

If there is any wisdom I've earned

this season, it's this: do the small things while they are still small. Fill the gas can before the storm. Replace the rope before it snaps. Check the batteries, the medications, the flashlight, and the phone charger before the power goes out. Maintenance may feel annoying, but emergencies feel worse.

In life, just like the seasons, the snow will stop, the sun will come out, and the weather will get better. And when it does, we'll laugh about how bad it was. But before we forget, maybe this is the time to remember. Your future self will thank you.



*For the past 13 years Jack has been an active member of the Muskegon Charter Township Fire Department. He has been married to his wife Carie for 20 years. He is the proud father of two headstrong daughters who will change to world. He can be reached at [jack.wydeck@mcd911.net](mailto:jack.wydeck@mcd911.net) with any questions.*

# BALDWIN HOUSE™

## SENIOR LIVING

### We love our military veteran residents!

Our community offers 5% off the monthly rent for military veterans ages 55+, and proudly supports the nearby Coast Guard station. The compassionate and experienced staff here makes sure that everyone gets treated like family after a lifetime of giving to others.

#### Our lovely community also offers:

- Full-time housekeeping and maintenance staff
- Enhanced care services available via on-site, 3rd party medical team
- In-unit laundry and full kitchen
- A Life Enrichment program with engaging activities like Happy Hour, bus trips off campus, live music and other fun things to do!



To find out more, call us today!

LLOYD'S BAYOU (616) 844-9001  
17046 Lloyd's Bayou Dr. | Spring Lake, MI 49456  
BaldwinHouseSeniors.com



### Charting Your Financial Course Together by Investing With Knowledge and Discipline!

111 W Western Ave  
Muskegon, MI  
Phone: (231) 720-0743  
info@braeburnwealth.com



- Personalized wealth management and financial planning, to social security and employer-sponsored retirement plans.
- We provide comprehensive services.

**Braeburn Wealth Management Since 2011**



### Hear Your Best in Noisy Situations

RECHARGEABLE\* | DISCREET + COMFORTABLE | HANDS-FREE CALLS\*\* | WEATHERPROOF

If you're struggling to hear conversations clearly in crowded restaurants, sporting events, or loud family gatherings, we can help.

Discover how Beltone Serene™ hearing aids—our best yet—can help you hear better in noisy situations. Get a **FREE hearing screening (\$149 value) and in-office demo today.**

Up to  
**\$1000 OFF**

a set of hearing aids\*\*\*



Beltone Serene Hearing Aids

Appointment times are limited!  
**Call (800) 522-9588**  
to book your appointment today!

### Award-Winning Customer Service



Call **1-800-522-9588**  
to schedule an appointment today!

Beltone Serene™



beltone.com

MUSKEGON • 843 W. Summit • (231) 755-3920 • 800-522-9588

FREMONT • 108 S. Stewart • (800) 522-9588

JENISON • 640 Baldwin • (616) 457-0028

HOLLAND • 533 Michigan Avenue • (616) 394-0577

LUDINGTON • 239 N. Jebavy • (231) 843-3039

Also serving Manistee, Shelby, Hart, Montague, and Tri-Cities

\*Call for more details. Cannot be combined with other offers, coupons or insurance plans. Previous purchases excluded. Participation may vary. See locations for details. Benefits of hearing instruments may vary by type and degree of hearing loss, noise environment, accuracy of hearing evaluation and proper fit. Beltone Hearing Care Centers are independently owned and operated. Participation may vary. © 2019 All rights reserved. Beltone is a trademark of GN Hearing Care Corporation.

# Stepping Forward with Health Goals: Step Two



BY HOLLY  
LOOKA-  
BAUGH-DEUR

How is 2026 going so far? West Michigan has certainly had a cold and snowy winter that will be remembered,

but hopefully, you are welcoming March and April with a spring in your step! Following the first health article of the year – Setting Health Priorities – this is your guide to Step 2 to help keep your health priorities on the right track for 2026.

## STEP 1 = CHOOSE YOUR OWN HEALTH PRIORITIES

Try to avoid the overwhelming feeling of needing to improve EVERYTHING. No one is perfect. Select your health priorities below and try to just improve 1 or 2 of them, moving in the right direction, for January and February.

### IDEAS FOR HEALTH PRIORITIES:

- Sleep
- Hydration
- Nutrition
- Activity
- Stress Resilience
- Safety

Within each of these categories, there are many options for sub-categories and goal setting.

Examples include:

- Sleep
- Maintain regular go-to-bed and wake-up times

- Average 7-8 hrs. of sleep per day
- No screen time for 2 hrs. before bedtime
- Hydration
- Drink more water than other liquids in a day
- 50-64 oz of water a day intake (unless directed by your health provider)
- Drink 4-8 oz when first waking up (before food)
- Nutrition
- Using the new FDA guidelines, maintain a steady protein intake to 35-40% of your total calories per day. Note: There is significant variance in the literature, ranging from 10 – 40%. It is always best to ask your doctor what your specific needs are, especially if you are healing or battling chronic illness
- 2 fruits and 3 veggie servings per day
- Avoid all ultra-processed foods
- Promote full-fat dairy in daily diet
- Avoid energy drinks
- Activity
- Weight training (movement against resistance) 2 x per week
- Balance training – 1-3 times per week; be sure to stand near a chair or wall for safety; attempt static (standing still) and dynamic (moving) with eyes closed
- Perform a minimum of 150-300 minutes of moderate activity per week or 75 minutes of vigorous activity
- Flexibility and stretching 2-3 x week

- colleagues, family twice a week
- Walk in nature
- Safety
- Reduce or eliminate alcohol intake
- Vaccines are up to date
- Seat belt – wear 100% of the time
- Eliminate drug use not ordered by physician

While this list is not exhaustive,



- Stress Resilience
- Deep breathing and/or quiet meditation for 5 minutes every day
- Learn something new
- Connect with friends,

it provides you with some straightforward avenues for Step 2.

## STEP 2: BUILD ON HEALTH PRIORITIES

If you have chosen your 2-3 top



health priorities, it's time to dig in and make them specific. Adopt the SMART goal system. (Specific, Measurable, Attainable, Relevant, Time-bound) Use the following example to guide you.

**Top Health Priorities:**

- 1) Hydration.
- 2) Activity.
- 3) Safety

**Specific Goal(s):**

- 1) Increase daily water intake to 60 oz per day
- 2 a.) Achieve 150 minutes of continuous movement at moderate pace / week
- 2 b.) Add 10 minutes of balance training twice a week
- 3.) Reduce alcohol to a maximum of 2 drinks per week

**Accountability Method(s):** Keep track of water and activity on the calendar. Enlist husband (and dog!) to join on 30–60-minute walks – try new paths and locations.

**Reward(s):** After 21 days of hitting a goal, I will choose one day for just me. I will pamper myself and get dressed up, shop for new walking shoes and socks, and go out for lunch somewhere I have never eaten before.

**Now it's your turn!** Use the worksheet below to set your March and April goals and rewards. Stay tuned for Step 3 in the May-June edition of Senior Perspectives.



*Holly Lookabaugh-Deur is a retired physical therapist with over 45 years of clinical and teaching experience. She holds a doctoral degree in geriatric clinical medicine with board specializations in geriatrics and oncology. She is currently serving as adjunct faculty in 6 universities and a certifying aquatic instructor for the APTA. As a previous business owner in Muskegon, she is deeply committed to impacting our community's health in a positive way with factual information, encouragement, and a sprinkle of humor along the journey.*



**CLIP**

**MY SPECIFIC GOALS:**

**March 2026-** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**April 2026-** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Accountability Method(s):** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Reward(s):** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



**MEALS+MOTION+MORALE**

AgeWell Services at Tanglewood Park  
 560 Seminole Road  
 Muskegon, MI 49444  
 231-755-0434  
[www.agewellservices.org](http://www.agewellservices.org)

**Since 1973, AgeWell Services of West Michigan has redefined age! Providing programs to those 60 and older in Oceana, Muskegon and Ottawa counties. Our programs include:**

**Meals on Wheels:** Healthy meals delivered to home-bound seniors.

**Lunch & Activity Centers:** Congregate meal sites, fitness classes and enrichment activities throughout the community.

**Senior Transportation:** Door-to-door transportation to non-emergency medical appointments.

**SafeSeniors:** Education and prevention of abuse, neglect and financial exploitation of older adults.

**Discount Dining at the Driftwood:** Buffet Style Dinner for \$5.00, Tuesdays, Wednesdays, and Thursdays from 4-6 p.m. (Must be 60+ and a resident of Muskegon County.)





# Stirring Up Memories

with Senior Perspectives



## Serve up springtime flavor with beetroot soup

Certain foods tend to hit the spot a little more convincingly during particular times of year. For instance, it's hard to resist a hearty comfort food when the weather outside is cold and the winter winds are howling.

Come springtime, lighter fare regains its place in the spotlight. As spring blooms return, foodies looking for something that won't bust their belts can try this recipe for "Beetroot Soup with Mixed Seeds" courtesy of Lines+Angles.

### Beetroot Soup with Mixed Seeds *Makes 4 servings*

#### For the soup:

- 2 tablespoons olive oil
- 1 onion
- 1 finely chopped garlic clove
- 3 chopped celeries
- 1 teaspoon dried marjoram
- 1/2 teaspoon dried dill
- 5 cups vegetable stock, plus extra as needed
- 1 1/4 lb. pickled beets, cubed, juice reserved
- 2 tablespoons plain yogurt
- Salt
- Freshly ground black peppercorns

#### To serve:

- 4 tablespoons plain yogurt
- 2 tablespoons chopped pistachio nuts, shelled
- 2 tablespoons black chia seeds
- 2 tablespoons pumpkin seeds
- 2 tablespoons golden linseeds or linseeds
- 1 handful mint leaves



1. For the soup: Heat the olive oil in a large saucepan set over medium heat until hot.
2. Add the onion, garlic, celery, and a generous pinch of salt, cooking for 6 to 7 minutes until softened.
3. Stir in the dried herbs and vegetable stock. Bring to a simmer before stirring in the beets.
4. Simmer gently for 20 to 25 minutes until the beetroot is very tender to the tip of a knife.
5. Purée with an immersion blender, adding in some of the reserved beetroot juice to thin out the consistency to your liking; you can also thin it out with more stock or some water.
6. Return the soup to a simmer and stir in the yogurt and some salt and pepper to taste. Keep warm over a very low heat, making sure the soup does not boil.
7. To serve: When ready to serve, ladle into warm bowls and top with some yogurt.

THANK YOU TO OUR RECIPE PAGE SPONSOR - CARE PATROL



**CARE Patrol**<sup>TM</sup>  
Your Partner in Senior Care Solutions

We can assist families with finding independent, assisted, memory care and in-home care

Our services are always free to you. We work with over 32,000 care providers across the nation, who pay for our services.



Dedicated Local Senior Care Advisor



Tailored Care Options



Pricing Details & Cost Savings



Personal & Virtual Tours



Move In & Transition Support



Local Resources For All Your Needs

(231) 683-2002 ■ [www.WestMI.CarePatrol.com](http://www.WestMI.CarePatrol.com) ■ Facebook: CarePatrol of West MI



# A hearty stew tailor-made for St. Patrick's Day celebrations

St. Patrick's Day is a festive day in which people from all walks of life embrace Irish culture. Celebrated right in the middle of March, St. Patrick's Day calls for hearty fare that those who have been to the Emerald Isle know is a staple of the Irish diet. This year, anyone looking to celebrate St. Patrick's Day, and stay warm in the process, can enjoy this recipe for "Irish Stew With Lamb and Potatoes" courtesy of Lines+Angles.

## *Irish Stew With Lamb and Potatoes* Serves 6

- 3 tablespoons vegetable oil
- 1 3/4 pound lamb neck, on the bone, thickly sliced
- 4 small onions, diced
- 2 carrots, sliced
- 6 cups beef stock
- 8 to 10 small waxy potatoes, halved or quartered depending on size
- 1 to 2 tablespoons chopped parsley



1. Heat the oil in a large pot and sear the meat. Remove from the pan and set aside.
2. Cook the onions and carrots in the pan for 3 minutes. Return the meat to the pot, season with salt and ground black pepper and deglaze with the stock. Cover and simmer on a low heat for 40 minutes.
3. Add the potatoes to the pot, cover and cook for another 30 minutes until the potatoes are soft. Season to taste and serve garnished with parsley.

# Cheerful dessert brings smiles to Easter celebrations

The fresh, bright flavor of lemon can bring a cheery ambiance to any occasion when it makes an appearance in delicious recipes. Lemon essence seems ripe for spring and summer entertaining, and can feature prominently in Easter desserts. Such is the case with this recipe for "Lemon Poppy Seed Pound Cake" from "The Pampered Chef® Stoneware Inspirations" by The Pampered Chef® Test Kitchens.

## *Lemon Poppy Seed Pound Cake* Yield: 16 servings

- |                              |   |
|------------------------------|---|
| 1 1/2 cups all-purpose flour | 3/4 cup (1 1/2 sticks) butter, softened (do not substitute margarine) |
| 1 1/2 cups granulated sugar  | 4 ounces cream cheese, softened                                       |
| 2 tablespoons lemon zest     | 4 eggs  |
| 2 tablespoons poppy seeds    | 2 tablespoons milk  |
| 1 teaspoon baking powder     | 1 teaspoon vanilla extract  |
| 1/2 teaspoon salt            | Powdered sugar (optional)   |

### Directions:

1. Preheat oven to 325 F. Spray Stoneware Fluted Pan (or any bundt cake pan) with nonstick cooking spray. Combine flour, granulated sugar, lemon zest, poppy seeds, baking powder, and salt in a 2-quart mixing bowl; mix well. In a 4-quart mixing bowl, beat butter and cream cheese on high speed of hand-held electric mixer 1 minute. Add flour mixture; beat on low speed 1 minute or until blended (mixture will form a stiff paste).
2. In a small bowl, whisk eggs, milk and vanilla just until blended. Add egg mixture to cream cheese mixture in four additions, beating 2 minutes after each addition. (Do not undermix.)
3. Pour batter into pan. Bake 55 to 60 minutes or until a cake tester inserted near the center comes out clean. Cool cake in pan 10 minutes. Loosen cake from sides of pan; carefully invert onto a cooling rack, keeping pan over cake. Cool completely.
4. Place cake on serving platter. Sprinkle with powdered sugar or prepare a glaze, if desired.



# Check list on the signs of a scam



BY  
JOE  
STAPEL

It's been reported that 73% of us adults have experienced some kind of online scam.

The FBI has reported that scammers stole a

are contacted by someone who says they are a family member or friend and are in an emergency situation and need money right now. That's suspicious!

C. Receiving some contact that you did not request

A lot of emails ,etc requesting information can seem to be from a

be legitimate, look up the organization and contact it directly through official channels.

D. Any request for a wire transfer of money ! You might be asked to transfer money from your own account . That's suspicious!

E. Be cautious of any request that is asking you to act quickly or that's trying to scare you with threats.

Again never give out personal data or pay up front for prizes or rewards!

F. Remember, if it sounds too good to be true, it probably is.

G. You can reduce your

chances of getting scammed by getting on the National Do Not Call registry. Go to DoNotCall.gov or call 888-382-1222.



*Joe Stapel is a former police officer of 20 years full and part time. He was an Ordinance Enforcement Officer for a Local Twp. He was the first Corporate Safety specialist at Meijer Inc, retired State of Michigan licensed Private investigator, retired Campus Safety Director of a Western Michigan Business College, current member of Michigan Chiefs of Police and Michigan Fraternal Order of Police. He can be contacted at [jjalanhome@gmail.com](mailto:jjalanhome@gmail.com)*



record \$16.6 billion in 2024.

To protect yourself, learn some of the signs of a scam.

Here are some red flags:

A. Financial temptation! If you are contacted in any way that you can collect a large sum of money by just doing something simple, that's suspicious!

B . An urgent request ! If you

legitimate company - your bank, a non profit or even a government agency. But they are often just a great fake by a scammer. They may seek personal info or a payment you have made.

Do not click on any links or call the given phone number. That's suspicious

If you think it might

Join us for our signature fundraising event!

**Heels** for **Meals**  
& More

Thursday, April 16, 2026 | 6:00 pm

Trillium Event Center  
17246 Van Wagoner Rd | Spring Lake, Michigan

Learn more and purchase tickets here:  
[agewellservices.org/heels-for-meals](https://agewellservices.org/heels-for-meals)

Tickets available for purchase March 2 - April 10



Proceeds help support programs at AgeWell Services of West Michigan, including the SafeSeniors Elder Justice Collaborative.

SafeSeniors is also supported by funding from the PREVNT grant, administered by the Michigan Bureau of Aging, Community Living, and Supports.

# It's Been Life Changing!

**Irreversible** is not a word you want to hear from your Doctor but it's a common one if you've been diagnosed with **Chemotherapy-Induced Peripheral Neuropathy or CIPN.**

Elliott S. of Grand Rapids survived testicular cancer only to be living life in constant pain. He felt as though he were walking on pins and needles, becoming weaker and weaker everyday. "I was beginning to be worried that one day I would be wheelchair bound."

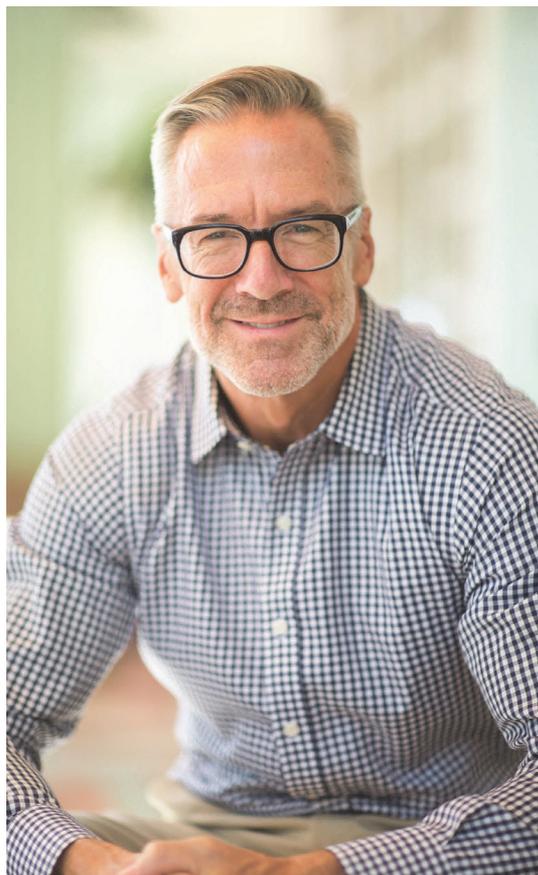
Nearly half of patients who undergo chemotherapy will develop CIPN. Chemotherapy medications travel throughout the body and attack cancer cells; sadly they can also cause severe damage to healthy nerves. CIPN can begin within weeks of starting treatment and can worsen as treatment continues. Unfortunately, a high number of people will be forced to endure the symptoms associated with CIPN for months, or even years, after they've finished chemo.

When asked how CIPN was affecting his quality of life, Elliot responded, "It was difficult to even walk up and down stairs and do other things we usually take for granted."

The most common symptoms include:

- pain, tingling, burning, weakness, or numbness in arms, hands, legs or feet
- sudden, sharp, stabbing or shocking pain sensations
- loss of touch sensation
- clumsiness and trouble using hands to pick up objects or fasten clothing
- loss of balance and falling.

For some, their nerves recover over time. For most, the nerve damage is irreversible.



Elliott had been told just that by a series of Doctors and specialists. Essentially they could cure his cancer, but couldn't fix the damage done by the curative drugs.

Then Elliott made a call to Corinne Conry, MSOM, LAc of the Acupuncture Center of Grand Rapids (ACGR). Corinne is using the time tested science of acupuncture alongside a technology originally developed by NASA. This breakthrough therapy assists in increasing blood flow and treats this debilitating disease.

After a series of treatments Elliott was taking stairs with stride!

"We have a beach house and it's up stairs. This morning I walked right down the stairs and got in the car," Elliot shared. "I remember thinking, 'that's become mighty easy for me' -

***I didn't have to hold on to the hand rail or anything! It's life changing to have this mobility back!***"

Again and again, we meet with patients who were once diagnosed as "untreatable" or "incurable" but after receiving Corinne's treatments are now living lives free from pain and suffering. For over 10 years, she has been reversing the effects of CIPN and other varieties of Peripheral Neuropathy, including that caused by diabetes, without invasive surgeries and medications that come with uncomfortable side effects.

If you've recently beat cancer only to find that you're living a life in constant pain and discomfort, or you're struggling with the same symptoms as a result of Diabetic Peripheral Neuropathy, Corinne Conry, MSOM, LAc and the incredible team at ACGR can help!

Corinne Conry, MSOM, LAc is now accepting new patients but only for a limited time. In an effort to protect her patients, both current and future, she has made the difficult decision to limit the number of patients seen in her clinic. Only 10 new neuropathy patients will be accepted between now and October 31st.

Call **(616) 369-2121** now to schedule a consultation. Visit our website at **acugr.com**.



Acupuncture Center  
OF GRAND RAPIDS

**Peripheral Neuropathy Breakthrough!**  
Call **(616) 369-2121** to schedule an initial consultation,  
or visit **acugr.com** to read more incredible success stories!

# AI and Writing – An Innovative Leap Forward or An Indication of Doom?

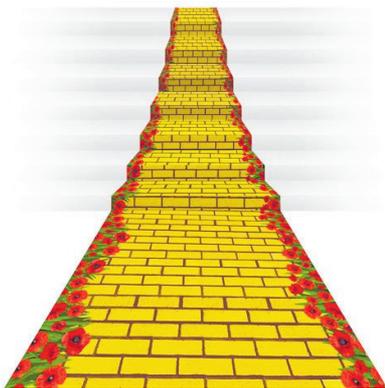


BY JANET HASSELBRING

“To my father, who taught me that words are sharper than switch-blades, and to my grandfather who

showed me

how to use them without cutting myself.” (Jon Franklin, *Writing the Story*)



Instead of writers creating stories with “yellow bricks on the road to Oz,” (as described by Francine Prose, *Reading Like a Writer*), AI is churning out data packets on a network, semantic modes in a graph, and building blocks of neural pathways on a six-lane freeway.

Artificial Intelligence (AI) is no longer a sci-fi curiosity or a futuristic buzzword reserved for Hollywood blockbusters. It has fully infiltrated the most

unexpected corners of daily life, and few areas have experienced its seismic impact as dramatically as the world of writing. What was once an intimate, solitary act—crafting words on a page—is now being reshaped by algorithms that can mimic the human voice with unnerving precision.\*

Instead of writers creating stories with “yellow bricks on the road to Oz,” (as described by Francine Prose, *Reading Like a Writer*), AI is churning out data packets on a network, semantic modes in a graph, and building blocks of neural pathways on a six-lane freeway.

Since I’ve written extensively about my family farm, *Country Dairy*, I was curious to see what AI would do with an instruction to “write a story about life on a small farm in Western Michigan in the 1930s.” In less than a minute, AI discharged this description:



Barnaby’s world smelled of sun-dried hay, black earth, and the faint, dusty sweetness of ripening apples. The farm, tucked against the rolling hills of West Michigan, wasn’t much by modern standards – just two dozen acres and a weather-beaten barn held together by hope and good intentions. He’d lived there his whole life, waking each morning to the sharp whistle of a cardinal in the old oak outside the kitchen window.

Life moved with the seasons. Spring brought the frantic bleating of new lambs and the smell of worked soil as Barnaby coaxed rows of beans and corn from the stubborn ground. Summers were long, lazy stretches of heat, punctuated by the loud, cheerful buzz of bees around his small, vibrant vegetable garden. He’d spend hours beneath the shade of the apple trees, watching the fruit

swell and ripen, listening to the quiet rustle of the leaves.

The farm didn’t offer much excitement, but it provided everything he needed: fresh air, hard work, and a sense of peace that hummed quieter than a tractor engine. He knew every dip in the dirt road that led to the nearby town of Ferrysburg, every crack in the barn’s foundation.

It was a simple life, a patchwork of small moments – the gentle lowing of a cow at dusk, the rich warmth of fresh milk, the silent majesty of snow falling over the frozen fields. As the sun dipped below the horizon, painting the sky in shades of bruised purple and fiery orange, Barnaby felt a quiet satisfaction. The farm was small, but it was his world, and it was enough. (AI generated)

I thought about the blood, sweat, and tears I’d expended on my stories. What had taken me hours, AI had written in less than a minute. Furthermore, I was humbled to admit that while the writing seemed generic and lacked the personal touch of lived experience, it was descriptive, accurate, and interesting.

Here’s an excerpt from my story, describing my mother’s first day on the farm, after returning from her honeymoon:

The farm is bleak in March. Ellen woke at five, when Henry left for the barn. She was so



excited about her first day as Henry's wife on the farm, unable to get back to sleep, so excited and excited about her first day as Henry's wife, she donned her new housedress and apron and headed for the kitchen.

Looking out the window, she noticed the sun peeping

over the horizon in the east. Sooty, stale piles of soiled snow dotted the ground, and barren, scraggy trees - profiles in courage- were reminders of winter's frigid blast. Patches of green peeped through the snow-covered pasture, and a ring of water circled the frozen pond - hopeful signs that the bleak barrenness would not last forever. Ellen saw the cows, relieved of their saggy udders, following their leader to find what sustenance they could in the grim wilderness that was their pasture.

Ellen's sense of excitement shifted to a twinge of uncertainty, triggered by the foreboding scene framed in the window. She was a city girl. What was she doing here? She knew nothing of farming or being a farmwife.

Suddenly, a flash of red

flew past the window. Ellen noticed a cardinal perched on a limb outside, his shebird a few branches up. A pair of cardinals, she mused. Just like Henry and me. The thought lifted her spirits. She loved Henry with all her heart. Her place was here on the farm with him.

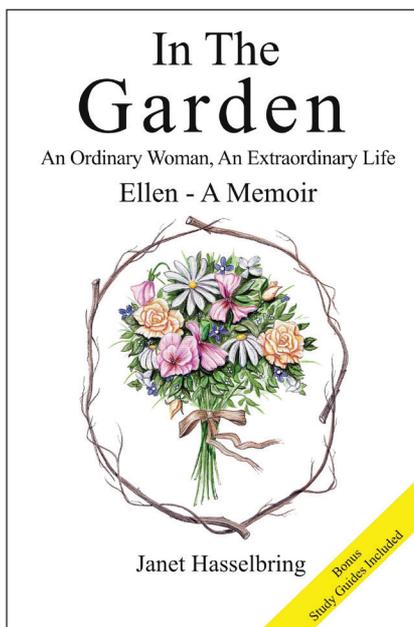
Ellen started the coffee and whipped the pancake batter into a froth. Henry would be home soon. He'd be hungry... (In the Garden, pp. 22.23)

I'll leave it to the reader to decide which piece engages their interest, for there are pros and cons to AI. Its tools are convenient and efficient; however, they raise questions about ethics, creativity, and the future of authorship itself. Since AI's not going away, writers will be forced to use its tools effectively, while preserving their creative writing skills and unique insights. The question

remains: Will AI be an innovative leap forward or an ominous indication of doom? Time will tell. In the meantime, I'm going to keep working with those "yellow bricks on the road to Oz."



*Janet lives in Spring Lake, MI with her husband, Don, and Welsh terrier, Snack. She drags herself off the tennis and pickleball courts occasionally to write. Her writings include Tales from Pelican Cove, a series of books featuring wild/shorebirds from FL and beyond, Country Dairy, which describes life on her family farm, in west MI, in the 1930s, when her parents lived and worked on the land, and Tweets, A Twitter Feed of Short Stories and Articles. She is a multiple NAMPA (North American Mature Publishers Association) winner, and received the 2024 Legacy of Caring Award from the United Way of the Lakeshore. Her piano gets lonely because she chooses to whack fuzzy yellow balls and dink pickleballs instead of tickling its ivories.*





# Can't Wait to Dig in the Dirt



BY  
**LOUISE  
MATZ**

Spring is coming. March takes us into spring. Officially, spring begins March 20. Daylight saving time begins

on Sunday, March 8, when clocks “spring forward” one hour.

Spring means “digging in the dirt” to me. How about you? Have you been digging in the dirt already? Do you have a green thumb? Do you get satisfaction from digging in the dirt? I don’t necessarily mean a huge, well-manicured garden. Maybe you inspected your lawn by taking a cruise around it, pulling out a weed or removing some sticks? If you’ve got some plants and bushes in the yard, you may have inspected how they made it through the winter. As spring moves along you will be checking the progress of all the plants and bushes. You are probably already thinking about what plants you might purchase. Will you put them in the ground or in pots? Either way you will dig in the dirt. You might even do some trimming. It’s such a treat to watch the progress of a plant, especially if

you plant it from seed or from a bulb.

I’m always thrilled when I note certain plants have made it through the winter. Last year I planted two hosta plants given to me from my sister. One made it through the winter and one did not. They were only eight feet from each other. It was a very pleasant surprise last year when I finally discovered that a beautiful yellow dahlia made it through the winter. I will be particularly anxious to see if it happens again this year, especially since we had a much colder winter.

Going along with digging in the dirt is protecting plantings from bugs and rodents. That’s another issue, but I have a story. Several years ago I had a very large flower garden. My biggest problem was slugs. I tried several of the recommended solutions, but they were not very successful. One day my husband suggested salt. I said “what do you mean?” He said “just go hunting with a salt shaker. Sprinkle the salt on the slug and it melts.” It worked like a charm. Most moist early mornings you could see me walking along my garden with a salt shaker in my hand hunting down and

killing large numbers of slugs!

Besides digging in the dirt, spring causes me to look forward to green grass, spring flowers, taking a bike ride and the arrival of orioles and hummingbirds. How about you? What does spring mean to you?



*Louise is a national award winning*

*writer. She has been writing for Senior Perspectives for over 25 years. She enjoys family time, reading, traveling, biking, golf, pickleball, ping pong and mahjongg. She and her husband spent over 20 years enjoying bow hunting for deer in the Upper Peninsula, hunting turkeys, and fishing in the Florida Keys. She is currently re-inventing her life as she lost her husband of 62 years in November of 2023.*





# Elders' Helpers

Live on your own with a helper in your home



**Caregiving Services:** Compassionate assistance with daily activities like housekeeping, meal preparation, personal care, and companionship.

**Nursing Services:** Professional care from our RNs and LPNs, including medication management and regular health assessments to ensure your well-being.

**Personal Emergency Response Systems (PERS):** 24/7 monitoring for peace of mind, at home or on the go. Immediate assistance at the push of a button.

## CONTACT US TODAY!

Holland Office: 616-401-9140  
Grand Rapids Office: 616-454-8305  
Email: [eldershelpers@eldershelpers.com](mailto:eldershelpers@eldershelpers.com)  
Visit: [eldershelpers.com](http://eldershelpers.com)



# SeniorResources

Our Name. Our Focus.



## HOW WE HELP

Your Area Agency on Aging serving Muskegon, Oceana and Ottawa counties.

We serve as a center of information, offering community services and supports for older adults who qualify, with many available at no cost or donation based, including:

- In-Home Support Services
- Caregiver Support Groups
- SHIP Medicare Counseling

## IN-HOME SERVICES

- Primary Care at Home
- Adult Day Care
- Personal Hygiene Care
- Home Chore Services
- Home Delivered Meals
- Medication Management

(\*For qualified seniors through MI Choice Waiver Program and Older American Act Funding.)

*Tell us your story.*  
**We're here to help.**  
**231-733-3585**

560 Seminole Rd | Muskegon, MI 49441 | [www.seniorresourceswmi.org](http://www.seniorresourceswmi.org)

*Celebrating Over 50 Years of Serving our Community*

## The Ludington Senior Center

**Vitality at its best!**

"Keeping Seniors Active and Independent"

Providing Activities for Healthier Living

- Matter of Balance Classes
- Painting and Craft Classes
- Tax Credits
- Medicare/Medicaid Assistance
- Exercise Classes - Enhance Fitness, Zumba, Yoga, Stretch/Fit, Line Dancing, Cardio Drumming, Feldenkrais
- Clubs - Coin, Walking, Garden, Men's Breakfast, Book Club
- Fun in-door activities
- Ping Pong
- Billiards
- Trips
- Cards/Games



Stop in and see what's new, or read a copy of our monthly newsletter!  
A digital copy can be accessed on our Facebook page.  
Come join in on the fun, ages 50 and up!

**308 S. Rowe, Ludington**  
**231-845-6841**



<http://ludingtonseniorcenter.org>



## More accessibility. More attention. More expertise.

That's what you can expect from the Mika Meyers team. With over 75 years of experience, you can expect strategic planning and advocacy during your lifetime and after.

Call to schedule a consultation  
(231) 723-8333

414 Water Street  
Manistee, MI 49660

[mikameyers.com](http://mikameyers.com)

### Practice Areas

- Probate & Trust Administration
- Elder Law
- Estate & Trust Planning
- Probate & Trust Disputes

### Attorneys

- Timothy J. Figura
- Neil P. Jansen
- George V. Saylor, Of Counsel

We get you. *We've got you.*

# Senior Perspectives

## G A M E P A G E

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

Level: Advanced

### FUN BY THE NUMBERS

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

### HERE'S HOW IT WORKS:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!



Game  
Page  
Answers  
on  
Page 34

### CELEBRITY CIPHER by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

"CGT UXY VTHC ZH SUC R DTPCRZS  
IXRDT ZS R DTPCRZS CZFT, ZC'H R  
HCRCT UB FZSY. ZC'H VGRCTJTP KUL  
VRSC ZC CU OT." – CUF FZW

TODAY'S CLUE: K equals Y

© NEA, Inc., dist. by Andrews McMeel Syndication 3-2

### WHAT'S THE DIFFERENCE?

There are four differences between Picture A and Picture B.



Answers on page 34

# CROSSWORD

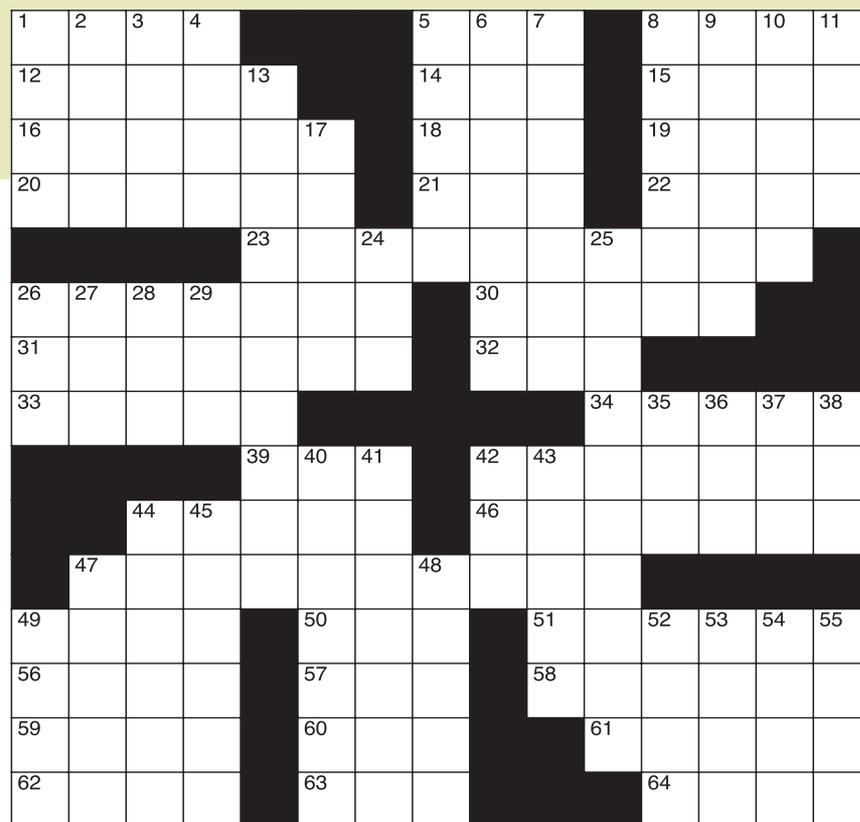
## CLUES ACROSS

1. Unit of dry measure
5. One who defies authority
8. Social media giant
12. Render holy
14. "Much \_\_\_ about nothing"
15. Computer manufacturer
16. Creed
18. Immoral act
19. Mountain pass
20. Winged nut
21. Don't know when yet
22. Elected officials
23. Corrupt tendencies
26. Popular adult beverage
30. Made a mistake
31. Morally correct
32. Type of whale
33. Portable conical tent
34. Native people of the Congo
39. More (Spanish)
42. Classroom implements
44. Cognizant of
46. One who tells
47. Free from bondage
49. Thick piece of something
50. Containing two adjacent nitrogen atoms
51. Removed from the record
56. Legendary singer Turner
57. Broke up the earth
58. Hunting expedition
59. Contributes
60. Unit of work or energy
61. Wreckage on the sea bed
62. Affirmative! (slang)
63. Witness
64. Scrape (Archaic)

## CLUES DOWN

1. "\_\_\_ and flows"
2. Humble request for help
3. A position of leadership
4. Continent
5. Adherent of a particular religion
6. Things that can be eaten
7. Self-governing Netherlands territory
8. Long-tailed crow
9. Repeated
10. Bluish greens
11. Humanities
13. Someone who serves in the armed forces
17. Labor (Spanish)
24. Zero
25. Shared by involving three parties
26. Queens ballplayer
27. Consumed
28. Rest here please
29. Men's fashion accessory
35. American time
36. Sound unit
37. They \_\_\_
38. Soviet Socialist Republic
40. Places to play video games
41. A sudden attack of illness
42. When you hope to arrive
43. Charges
44. Actress Seyfried
45. A tributary of the Ohio River
47. Omit when speaking
48. Armored fish
49. Remain
52. From a distance
53. Adventure story
54. Geological times
55. Eat dinner

Answers on page 34



# LANGLOIS

## HOME FURNISHINGS

LARGEST SELECTION OF

# LIFT CHAIRS

IN THE AREA





**FURNITURE STORE**  
ON THE LAKESHORE

**3000 HENRY ST., MUSKEGON**

**800-606-7600 • 733-2528**

Answers on page 34

**NUTRITION** WORD SEARCH



X P N G S I S Y L B D S C D E I E N N D  
 A B A I S M S M R T N E M H C I R N E X  
 C S S S E E S T S A E C P B I G I E Y R  
 A A E C E T T I N L T Y N E Y R Y B G A  
 T M F I R T O Y L E Y E Y H O T T U R S  
 S V I B R H A R L O I V I N A F E X E C  
 F T P N I O O R P O B R A D O V I R N I  
 L T N R O O L T D V R A T R P M T E E T  
 M Y F A X A A A V Y F T T U A G A B Y O  
 D L E G D P C V C M H I C E N B S I B I  
 C E L L S I E I A H F O S E M O P F M B  
 A T C X G L X R D I M C B L L I R D M O  
 L N F S Y S A O C S L I V R D E P C V R  
 I D E X V R H A I G S A P N A G M X I P  
 P T C O D L T I C T X P B R V C H I L M  
 I O H B A I B X E D N I C I M E C Y L G  
 D M I S O G N C R L T A U E L I F D T F  
 S O A N X I U V I T A M I N S I C X U D  
 A B E S D I C A Y T T A F R T L T E A B  
 S T N E I R T U N O R C A M I X B Y I Y

**WORDS**

- AMINO ACIDS
- ANTIOXIDANTS
- BASAL
- BIOAVAILABILITY
- CALORIES
- CARBOHYDRATES
- CELLS
- DIETARY
- ELECTROLYTES
- ENERGY
- ENRICHMENT
- FATTY ACIDS
- FIBER
- FORTIFICATION
- GLYCEMIC INDEX
- IRON
- LIPIDS
- MACRONUTRIENTS
- METABOLISM
- MICRONUTRIENTS
- PROBIOTICS
- PROTEIN
- SATIETY
- VITAMINS

Find the words hidden vertically, horizontally, diagonally, and backwards.

**WORD SCRAMBLE**

Answers on page 34

1. Rearrange the letters to spell something pertaining to nutrition.

**G D S E I T**

--	--	--	--	--	--

2. Rearrange the letters to spell something pertaining to cleaning.

**E A W R T**

--	--	--	--	--

3. Rearrange the letters to spell something pertaining to home improvement.

**O W D W N I**

--	--	--	--	--	--

# GUESS WHO ?

I am an actress born on February 25, 1976 in California. I attended Harvard University and wanted to become a lawyer. But I went into the arts and starred on a popular television series about the recreation department of a small town. My father was a legendary record producer.

## WHAT'S THE DIFFERENCE?

There are four differences between Picture A and Picture B.



Answers on page 34



Solve the code to discover words related to nutrition.  
Each number corresponds to a letter.  
(Hint: 5 = E)

**A. 14 5 11 5 7 3 8 5**

Clue: Drink

**B. 11 21 12 3 19 21 16**

Clue: Organic molecule for health

**C. 19 21 16 5 7 3 22**

Clue: Solid inorganic substance

**D. 24 17 17 20**

Clue: Sustenance



STREAMING  
24/7

**CLASSICAL ALL DAY.  
JAZZ ALL NIGHT.**

Tune in to more of what you love.  
On the radio. On our app. On your schedule.

[bluelakeradio.org](http://bluelakeradio.org)

# Adapt, Improvise, Overcome



BY  
KEITH SIPE

There are many comments I enjoy making and some are good, some are funny while others are annoying to some, I'm sure. One I remember that was annoying to my kids when they were

young, "you wouldn't know a good thing if it came up and bit you on the butt". That one still puts a smile on my face from time to time. There is another that I have used "life is full of it". I'm sure there are those who will admit they have either said or heard of that one... "life is full of it"!

Anyway, in the first few years of life, you learn to crawl, you take your first few steps. Then you finally find what a bathroom is for and now your diaper days are over and you get to wear those Big Boy Pants. You don't know yet but those years of "depends" are not too far off!

Moving on, you suddenly find yourself in high school and noticing some of those life changing moments already. The many 'growing stages of life' you are about to go through. Maybe you have found you have adapted to some of these changes of life in your few short years of living. Then bang, you are 18 and graduated high school!

Now the big changes of life begin and the changes might be coming from many directions. Do I go to college, do I go to a tech school, do I get a job? Oh, so many decisions and challenges!

Here is what I did, I joined the military. It was surely the right thing for me to do.

After a month out of high school, I received my draft notice and it was

a single digit number. The army just couldn't wait to get their hands on me, I thought. But lucky for me I had joined the Air Force. The Air Force might have been one of my more serious adaptations to life at that time and for my future.



During that same period of time I had been hit by the love bug and found my future wife. Marriage was off somewhere in the future, and I didn't know when that would happen. I was about to do some improvising to a new way of life and challenges in the Air Force and I knew nothing of what to expect. I needed to adapt and improvise to these new life's challenges!

If you are lucky enough like me, and find that special person you cannot live life without, you get



married and that is another change in one's life, adapting and sharing your life with someone else.

You are married for a while and maybe you started to have children. Now you are responsible for another human being or two or three or..... who knows?

You need a job to support your spouse and children. You are constantly adapting to changes in your life. You have lived through many changes already in your short time here on earth. I'm sure you have improvised many, many times already and you can't believe all the changes that have happened in your life.

In just a blink of an eye your children are all grown up and have families of their own. You are a grandparent and adapting to another of life's many changes. Life keeps changing whether you are ready or not.

Then the biggest challenge hits you. The person you shared all those wonderful years together with, like the new jobs, the children, the grandchildren, the vacations, watching those wonderful grandchildren taking their first steps, has passed on. You must carry on by yourself and

most likely it is the biggest challenge you have ever had in your entire life. You have adapted to hundreds of life challenges and now what? Now you have to improvise to another life situation in your family. You must move on, you must adapt, improvise and overcome all the challenges ahead of you. You are a hero: you stand tall in every way. You are proud of yourself knowing



you did well. God Bless You.

There are good days and bad days. Each day will be a challenge and you might be successful or sometimes fall back a little and you might wonder, how can I continue. But you do! You just keep on going with each day you are given. You have adapted, you have improvised and overcome each and every time, no matter what the situation was!



You can reach Keith at [rightseat625bg@gmail.com](mailto:rightseat625bg@gmail.com). Feel free to drop him a note, he loves the attention. Keith enjoys writing, photography, cooking, biking and more.

# Bayview Tower APARTMENTS

**Elderly Community ~ 62 years or older**

**Now accepting applications  
for 1 & 2 bedroom apartments  
for immediate move in.**

Rent based on income

**Office: 231.726.6984**

TTY/TDD 711

**Fax: 231.726.4356**

864 Spring Street, Muskegon MI 49442

Bayview@imsteam.net

Equal Housing Opportunity



SPONSORED CONTENT



## THE BEST FOODIE CITIES IN THE U.S.

BY GERALD R. FORD INTERNATIONAL AIRPORT

For travelers who believe a great meal is just as essential as a great view, the U.S. is overflowing with culinary hotspots as diverse as its landscapes. If you're planning your next flavor-forward trip, here are three cities where the food alone is worth the journey. Whether it's your first time there or you're going back for seconds, flying nonstop from Gerald R. Ford International Airport is *where the going gets good*.

### MIAMI: LATIN FUSION AND COASTAL FLAIR

Miami's culinary scene reflects its cultural mosaic, from Little Havana's Cuban coffee and pastelito, to world-class ceviche bars, trendy waterfront seafood spots, and vibrant food halls. With Latin American techniques that feel modern and deeply rooted, Miami's chefs are redefining fine dining and melding coastal ingredients for locals and visitors.

### AUSTIN: WHERE TRADITION AND TREND COLLIDE

Austin may be synonymous with BBQ, but their food trucks have also evolved into an art form, serving everything from birria tacos and Thai street food to plant bowls to inventive breakfast sandwiches. The city's creative spirit shows up on every plate, and its mix of Tex-Mex heritage, craft beer culture, and boundary-pushing culinary artists makes it one of the most exciting eating destinations in the country.

### ATLANTA: SOUTHERN ROOTS, MODERN EXPRESSION

Atlanta cuisine is a blend of heritage and innovation where today's chef's champion Southern comfort while exploring flavors in new ways. Add in Atlanta's booming cocktail culture to their offerings of high-end tasting rooms to Afro-Caribbean kitchens to contemporary Korean BBQ, and you'll find a city that feels deeply soulful yet undeniably modern.



## Your Local Elder Law Specialists

- Elder Law
- Estate Planning
- Wills & Trusts
- Medicaid Planning
- Veteran's Benefits
- Nursing Home Planning
- Powers of Attorney & Guardianship



David  
Waterstradt



Mathias  
Waterstradt



The Law Offices of  
David E. Waterstradt, PLLC

950 Norton Ave, Suite 405 | Muskegon, MI | 231-773-1169

# GUESS WHO?

I am an actress born in Ohio on March 4, 1958. I studied drama at Ohio State University and made my TV debut in the series "Alien Nation." I am best known as the wife of a sports columnist trying to navigate living across the street from her in-laws.

Answer: Patricia Heaton



**Main HPL Building**  
Mon-Tues: 9 - 7pm  
Wed-Sat: 9 - 5pm

**Torrent House**  
Local History & Genealogy  
Tues-Sat: 9 - 5pm

**HACKLEY**  
Public Library

**hackleypubliclibrary.org 231.722.8000**

There's **ONE** place like home!



*A place full of warmth, friendship, and belonging...where new memories are made while old ones are shared. A place of compassion and care...where enriching activities and meaningful relationships cultivate happiness and vitality.*

**\$17 per hour      Partial or full days      VA eligible**

**616.846.5720**  
**thelittleredhouse.org**



311 E. Exchange St., Spring Lake

The Little Red House is a 501(c)(3) nonprofit organization.

*Serving Muskegon & Ottawa County Residents since 2000*

Find us anytime at [www.SuperiorMonument.com](http://www.SuperiorMonument.com)

Let us help you design your own  
**Cemetery Monument or Marker**  
Traditional, custom, cremation or bronze –  
together we can create a meaningful memorial.

354 Ottawa St.  
Muskegon, MI  
Corner of Business 31  
and Marquette



Muskegon/Whitehall  
231-728-2211  
Grand Haven  
616-844-1700

FREE CONSULTATIONS      LOCALLY OWNED AND OPERATED



local service  
makes sense to us.  
find out if Auto-Owners  
makes sense for you.

simple human sense.

## House Washing & Roof Cleaning

We clean all types of roofing and exteriors Shingles • Wood Shake • Standing Seam • Flat Roofs • Stucco • Vinyl & Wood Siding

We also clean Windows • Skylights • Solar Panels  
Concrete • Patio Pavers • Pool Decks • Docks  
**INSURANCE BEING CANCELLED? WE CAN HELP!**

**Call or Text: 616-842-1417**

**Michael R. Johnston, Roof Cleaning 101**  
305 2nd St. Ferrysburg, MI 49456 • [roofcleaning101@icloud.com](mailto:roofcleaning101@icloud.com)

Because ...  
**Things Happen™**

Jerviss Fethke Insurance Agency  
71 W Webster Ave, Muskegon MI  
[www.j-finsurance.com](http://www.j-finsurance.com)  
info@j-fins.com 231-722-2375

**Auto-Owners**  
INSURANCE  
LIFE • HOME • CAR • BUSINESS

Find us on  Or on our website

# An Artist



BY REV.  
WILLIAM  
RANDALL

God created beautiful scenes that cause one to stand in awe. It need not be the Grand Canyon, a single bloom displays

the wisdom and artistic skill of God. I have written the following 'poem' to express the process of creating art. There are scenes and objects one might wish to remember and there are feelings that can be experienced through art or poetry. Sometimes it is fun to work with colors and shapes to create non-objective abstractions.

*"Gifts from God are bestowed as He sees fit. Sometimes gifts are clearly recognized by the recipient; other times they seem to be developed, and the results are unexpected. I'll share my artistic journey. From childhood I liked to doodle, and even in adulthood I enjoyed making posters, but I had no artistic training.*

*My wife, Avis, was signing up for a class with Orchard View Adult Education and didn't want to do it alone. She pressured me to sign up for something, so I signed up for painting. At that time, I was 58 years old. After taking a few classes, in 1989 when I turned 60 years of age, I began to take art classes at Muskegon Community College. This continued for several years.*

*After I had entered juried shows and had four one-man shows, I asked an instructor if I could consider myself to be an artist. He assured me that I was an artist, so I continue to use my God-given abilities and call myself an artist.*

*The creation of art gives me a sense of satisfaction. Others appreciated my work. It is on the walls of homes and is in public places. One satisfaction is to try to capture scenes of nature that God has made".*

Some readers are aware of the fact that in addition to Christian Ministry which I began in 1956 following my ordination, I became an artist later in life. My works can be seen in public buildings in Muskegon County such as the Muskegon County Community College Library. Work is continuously displayed at the Art Council in Whitehall. Membership is held with Lakeland Artist in Grand Haven, which features a spring and a fall show each year. These shows keep me painting. Work must be current.

I am adding my poem "The Artist Remembers" about the process of an artist putting his inspiration on papers or canvases.

## "The Artist Remembers"

*Nature's scene is worth remembering,  
The colors are bright and crisp.  
The shapes are sharp and bold,  
The shadows blend while receding,  
The scene cries out for an artist.  
The artist observes from many angles.  
He gives attention to the source of light.  
The balance of shapes is questioned.  
The focal point must be found.  
The decision to paint is made.  
Necessary materials are then assembled.  
A proper vantage point is found.  
A preliminary sketch is quickly made,  
A moment to pause is in order  
The time has come to begin.  
The easel and canvases are set in place.  
The paint begins to freely-flow.  
The scene develops with life-like hues.  
At last the final touches are made.  
Nature's scene will be long remembered.*

Some of my paintings are not representational but are abstractions. In them I enjoy and use the beautiful colors God has made.

As in all of life, "any good coming from us is ultimately from God".

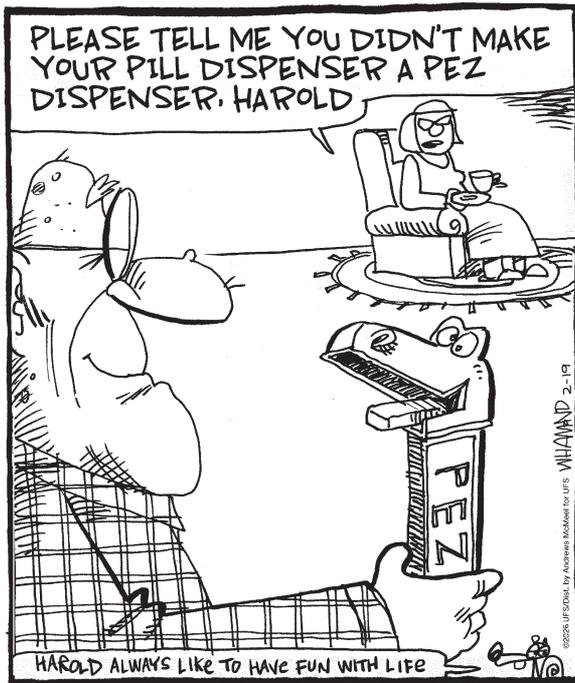


**Rev. William Randall** lives at Village of the Oaks. He has been a minister for 68 years and is Pastor of Faith Bible Church. He has a 6:30 p.m. service at the Oaks on Saturdays. He volunteers one day per week at the Muskegon Rescue Mission. Phone number: 231-638-9684 and email address: [wrandall16@aol.com](mailto:wrandall16@aol.com)



# COMICS

## REALITY CHECK



## MODERATELY CONFUSED



## DEFLOCKED



## GRIZZWELLS



## BREVITY



## F MINUS



Everyone welcome!



## Full service *public* library

# MADL

MUSKEGON AREA DISTRICT LIBRARY

- High demand large and regular print books & DVDs
- Public computers, WiFi, copier & fax
- Reading materials in audio format & adaptive technology
- Listening equipment loaned to user
- Curbside service, holds pick-up
- Convenient location, relaxing and spacious design
- 24/7 online digital resources

Visit **MADL.org** for more information



4845 Airline Road, Unit 5 • Muskegon, MI 49444 • 231.737.6310 • MADL.org

# EXCEPTIONAL CARE. PEACE OF MIND.

WHERE PROFESSIONAL CARE AND PERSONAL CARING MEET

## PERSONAL CARE

Professionally managed team providing 24 hour supervision, activities and health related services designed to minimize the need to relocate.

## A PLACE TO THRIVE

Private and secure setting to maximize comfort and convenience to shopping and community resources.

## OPTIMIZE INDEPENDENCE.

Balance changing needs and preferences while supporting autonomy, personal choice and companionship.



**ROBBINSWOOD**  
1125 Robbins Rd  
Grand Haven  
(616) 842-1900  
robbinswoodalc.com



**robbinswood**  
Assisted Living Communities

**NORTHCREST**  
2650 Ruddiman Dr  
North Muskegon  
(231) 744-2447  
robbinswoodnorthcrest.com

# Saving early pays off.

What if you could pay today's prices for your grandchild's future? With MET, you can save today for their loved one's college tuition and leave behind the worry of rising costs.

With a MET 529 prepaid tuition savings program ...

- Funds can be used at any qualifying college or trade school in the U.S.
- Get back what you put in, sometimes more, if your grandchild chooses a different path.



Start saving today at **SETwithMET.com**



**The month of March has been home to many historical events over the years. Here's a look at some that helped to shape the world in March 1926.**

- The first volume of the Great Greek Encyclopedia is published on March 1. The encyclopedia would ultimately contain 24 volumes featuring 280,000 articles and 37,000 images, paintings and maps spread out across 23,000 pages.
- After a six-day trial, Anthony Bimba wins an acquittal in a Brockton, Massachusetts, courtroom on March 1. Bimba is the last person in the United States to be charged with the crime of blasphemy.
- Assistant Secretary of War Hanford MacNider formally rejects New York watchmaker Oscar M. Lazarus's offer to design and install a wristwatch on the Statue of Liberty on March 2.
- Zizi Lambrino files a lawsuit against Prince Carol of Romania on March 4. The lawsuit claims Lambrino, who is seeking 10 million francs, was still legally married to the Prince and entitled to financial support for herself and their son, Carol Lambrino.
- The government of French Prime Minister Aristide Briand falls after failing to pass a financial bill on March 6.
- The first wireless trans-Atlantic telephone call is made from New York to London on March 7, which also marks the fiftieth anniversary of the patenting of the telephone by Alexander Graham Bell.
- Bertha Knight Landes becomes the first woman to be elected as mayor of a major American city on March 9. Landes defeats incumbent Edwin J. Brown to become the mayor of Seattle.
- The first issue of the science fiction magazine *Amazing Stories* hits newsstands on March 10.
- Éamon de Valera resigns as the leader of Sinn Féin on March 11. De Valera had proposed a motion for the party to have representation in the bicameral parliament of the Irish Free State and the Parliament of Northern Ireland, but ceded leadership when the measure failed.
- The Savoy Ballroom opens on the famed Lenox Avenue in Harlem on March 12.
- Aviator Alan Cobham completes the first voyage by air from the British colony of South Africa to Great Britain on March 13. Cobham lands at Croydon and is welcomed by King George V.
- The cartoon character "Reddy Kilowatt" is introduced in an advertisement for the Alabama Power Company on March 14.
- British driver Henry Segrave reaches a speed of 152.33 miles per hour in Southport, Lancashire, England on March 16, breaking the record for the fastest speed for an automobile.
- Czechoslovakia Prime Minister Antonín Svehla and his cabinet resign on March 17. The mass resignations occur after Svehla was unable to get parliamentary approval to raise wages for government employees.
- Chinese government troops shoot and kill 47 unarmed protesters on March 18. The tragedy becomes known as the March 18 Massacre. The protesters were speaking out against unequal treaties with foreign powers.
- On March 18, Second Lieutenant of the U.S. Army John Sewell Thompson becomes the first American military officer executed in peacetime. The 25-year-old Thompson was hanged at Fort McKinley in the Philippines after being convicted of murdering his teenage fiancée.
- The New York Police Department arrests seven members of the Whittamore Gang on March 19. The arrests mark an end to a string of bank and jewelry robberies committed by the gang.
- Kálmán Tihanyi of Hungary receives a patent for the charge-storage television tube on March 20.
- More than 100 people are killed when the Brazilian passenger ship *Paes de Carvalho* catches fire and sinks in the Amazon River on March 22.
- A manifesto drawn up by Archduke Franz Ferdinand of Austria in April 1914 is published on March 28. Franz Ferdinand, who was assassinated in June 1914, had planned to transform the Austro-Hungarian Empire into a nation of self-governing states but was killed before ascending to the throne.
- The U.S. government grants permission to two breweries to make 3.76 percent alcohol "malt tonic" on March 29. The finished product could be sold at drug stores without prescriptions.
- Despite previous assertions that it would close down the colonial prison on Devil's Island, the French government ships 340 convicts to the island on March 30.

# A brief history of Earth Day

Earth Day is celebrated each April and draws attention to a range of issues affecting the environment. Earth Day aims to raise awareness in the hope of inspiring change.

Earth Day is observed on April 22. According to National Geographic, the first Earth Day was celebrated in 1970. Wisconsin senator Gaylord Nelson was inspired to begin a national celebration uniting the environmental movement after witnessing environmental activism in the 1960s. With the help of Denis Hayes, a graduate student at Harvard University, Nelson organized the first Earth Day. Twenty million people participated in events across the United States and strengthened support for environmental legislation like the Clean Air Act and the Endangered Species Act.

Earth Day was expanded to a global initiative in 1990 under guidance from Hayes. Nearly 200 million participants in more than



140 countries now join together in the name of protecting the planet. Awareness continues to be raised each year regarding renewable energy and climate change.

One of the hallmarks of Earth Day celebrations is the planting of trees. Researchers estimate roughly 15 billion trees are cut down each year across the globe. By planting a tree every Earth Day, people can make a difference. Trees absorb carbon dioxide and release oxygen and bolster ecosystems for wildlife. Shade trees can

reduce reliance on fans and air conditioning systems. The goal is a 60 percent reduction in the production of all plastics by 2040. Plastics are bad for the environment a growing body of research indicates they have an adverse effect on the major systems of the body, including immune, respiratory, digestive, and hormonal systems.

Everyone can do their part to promote the ideals behind Earth Day. For 54 years, millions of people have been advocating for change to benefit the planet and human and animal health, and that fight is ongoing.

reduce reliance on fans and air conditioning systems.

The main message of Earth Day 2024 is the need to commit

## Orchard View Senior Citizen Program

*Open to All Area Seniors!*

- Arts and Crafts Bazaar
- Bingo, Bridge & Euchre Groups
- Computers for Golden Agers
- Painting Classes
- Senior Dinner and Dancing
- AARP Tax Preparation Site
- Orchard View Travelers
- Woodcarving Club

**1765 Ada Avenue, Muskegon**  
**231-760-1493**  
[www.orchardviewce.org](http://www.orchardviewce.org)

**Caregiver Connection**

Powered by

AREA AGENCIES ON AGING  
ASSOCIATION OF MICHIGAN

SeniorResources  
*Our Name. Our Focus.*

**“Instead of feeling afraid and alone, I found strength from my AAA, knowing others had walked this road before me. caregiving doesn’t have to feel isolating.”**

— Char

**Caregiving takes time.**

Finding resources shouldn’t.

If you are a caregiver balancing work and family life with caring for an aging loved one, your local **Area Agency on Aging (AAA)** can help.

For over 50 years, Michigan’s 16 AAAs have worked with a clear mission: to enhance the quality of life for older adults, adults with disabilities and caregivers.

Use the MI Caregiver Connection virtual hub to see what programs, services and resources are available from your local AAA for:

- ☉ Respite Care for Caregivers
- ☉ In-Home Care
- ☉ Caregiver Support Groups
- ☉ Education, Workshops and Training
- ☉ And more

**Get connected to support at**

**MiCaregiverConnection.com**

# ANSWERS FOR GAMES

WHAT'S THE DIFFERENCE? (from page 22):

1. Waffle on plate
2. Missing water glass
3. Person in booth
4. Packet on table

WHAT'S THE DIFFERENCE? (from page 25):

1. Missing ceiling lights
2. Glasses on woman
3. An extra person in the background
4. Missing ID tag on man

WORD SCRAMBLE (from page 24) Answers:

1. Digest
2. Water
3. Window

CRYPTO FUN (from page 25) Answers:

- A. beverage B. vitamin C. mineral D. food

GUESS WHO (from page 25) Answer: Rashida Jones

WORD SEARCH (from page 24) Answers:

X P N G S I S Y L B D S C D E I E N N D  
 A B A I S M S M R T N E M H C I R N E X  
 C S S S E E S T S A E C P B I G I E Y R A  
 A A E C E T T I N L T Y N E Y R Y B G A  
 T M F I R T O Y L E Y E Y H O T T U R S  
 S V I B R H A R L O I V I N A F E X E C I  
 F T P N I O O R P O B R A D O V I R N I I  
 L T N R O O L T D V R A T R P M T E E T O  
 M Y F A X A A A V Y F T T U A G A B Y O  
 D L E G D P C V C M H I C E N B S I B I  
 C E L L S I E I A H F O S E M O P F M B  
 A T C X G L X R D I M C B L L I R D M O  
 L N F S Y S A O C S L I V R D E P C V R  
 I D E X V R H A I G S A P N A G M X I P  
 P T C O D L T I C T X P B R V C H I L M  
 I O H B A I B X E D N I C I M E C Y L G  
 D M I S O G N C R L T A U E L I F D T F  
 S O A N X I U V I T A M I N S I C X U D  
 A B E S D I C A Y T T A F R T L T E A B  
 S T N E I R T U N O R C A M I X B Y I Y

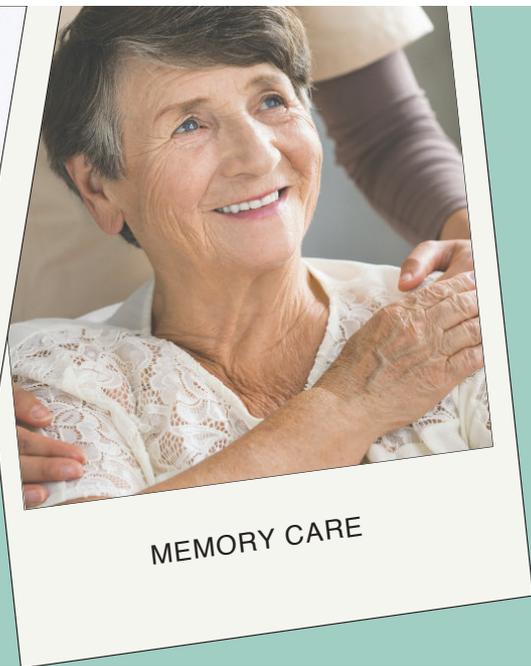
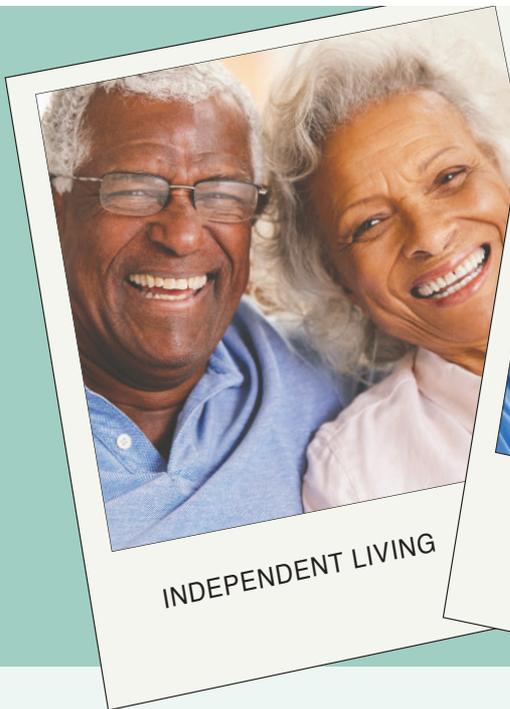
**I SPY** — In the last issue, the deer was hidden in the image on page 20. Winners from the last issue are: Becky Workman of Hesperia, Margaret Medsker of Pentwater and Deborah Howe of Custer

CELEBRITY CIPHER — Answer:

"The Old West is not a certain place in a certain time, it's a state of mind. It's whatever you want it to be."  
 -- Tom Mix

E	P	H	A				R	E	B		M	E	T	A	
B	L	E	S	S			A	D	O		A	C	E	R	
B	E	L	I	E	F		S	I	N		G	H	A	T	
S	A	M	A	R	A		T	B	A		P	O	L	S	
				V	E	N	A	L	I	T	I	E	S		
M	A	R	T	I	N	I		E	R	R	E	D			
E	T	H	I	C	A	L		S	E	I					
T	E	P	E	E							L	U	B	A	S
					M	A	S		E	R	A	S	E	R	S
			A	W	A	R	E		T	A	T	T	L	E	R
		E	M	A	N	C	I	P	A	T	E				
S	L	A	B			A	Z	O		E	R	A	S	E	D
T	I	N	A			D	U	G		S	A	F	A	R	I
A	D	D	S			E	R	G			L	A	G	A	N
Y	E	A	H			S	E	E			R	A	S	E	

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



**Village at the Pines**  
Grand Haven  
**(616) 846-9000**

**Railside Assisted Living**  
Byron Center  
**(616) 878-4620**

**Village at Appledorn**  
Holland  
**(616) 392-1700**

**Sheldon Meadows Assisted Living**  
Hudsonville  
**(616) 662-8191**

**Waverly Meadows**  
Holland  
**(616) 392-8246**

**Appledorn Assisted Living**  
North & South - Holland  
**(616) 393-0828**

**Village at Rosy Mound**  
Grand Haven  
**(616) 935-2220**

**Seminole Shores Assisted Living**  
Norton Shores  
**(231) 780-2944**

**Grand Pines Assisted Living**  
Grand Haven  
**(616) 850-2150**

**[www.HeritageSeniorCommunities.com](http://www.HeritageSeniorCommunities.com)**



*Come home to Michigan's premier, family-owned senior living communities.*

TRS  
Dial 711



## Estate Planning & Elder Law Begins With Understanding

We understand legal matters can be deeply personal and confusing. Our goal is to prepare an individualized estate plan ensuring your assets are handled in accordance with your wishes.



**Anna Urick Duggins**  
P (231)-722-5415

Long-Term Care Planning  
Medicaid Planning  
Veteran's Aid and Attendance  
Wills and Trusts  
Financial and Health Care Powers of Attorney  
Guardianships and Conservatorships  
Trust and Estate Administration



**Nicole M. Osborn**  
P (231)-722-5423

Wills and Trusts  
Financial and Health Care Powers of Attorney  
Guardianships and Conservatorships  
Trust and Estate Administration  
Adoptions, Divorce, Child Custody



Visit 601 Terrace Street, Muskegon, MI 49440  
Web [www.parmenterlaw.com](http://www.parmenterlaw.com)