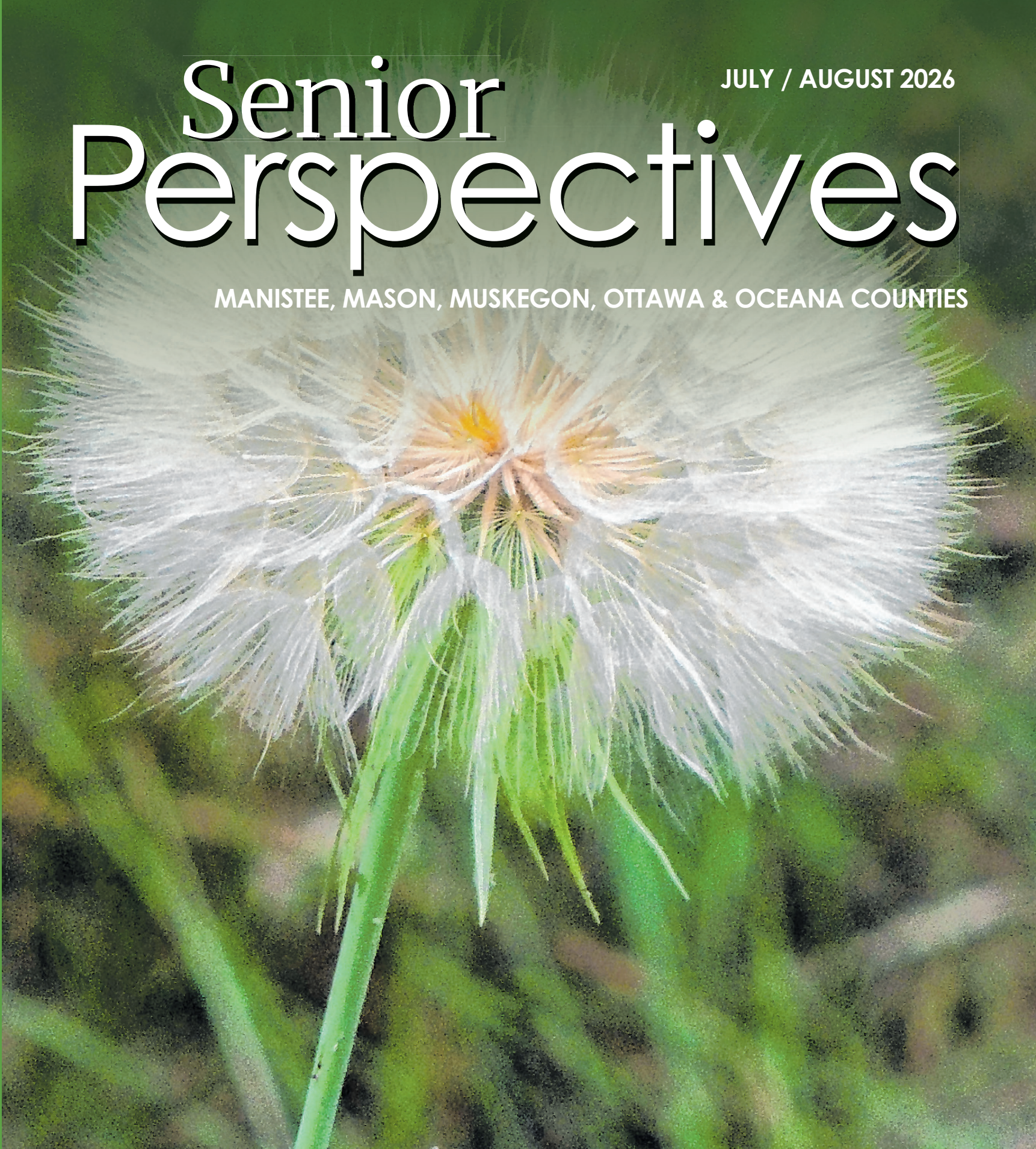


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Senior Perspectives

JULY / AUGUST 2026

MANISTEE, MASON, MUSKEGON, OTTAWA & OCEANA COUNTIES



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Peripheral neuropathy can affect the nerves outside the brain and spinal cord, often causing numbness, tingling, burning, weakness, balance problems, or pain in the hands and feet. For many people, these symptoms make it difficult to walk, sleep, work, travel, and enjoy everyday life.

That was Jim's story.

Before finding Allendale Acupuncture and Wellness, Jim felt trapped by peripheral neuropathy. His family doctor and several specialists offered little more than prescriptions, and Gabapentin left him dizzy, tired, and discouraged.

"My wife and I used to travel and live in our RV for a majority of the year," Jim shared. "The neuropathy certainly made that difficult, but the Gabapentin made it nearly impossible. I was dizzy and tired most of the time, not exactly how you want to feel when behind the wheel of an RV. We were debating selling our RV when I found Allendale Acupuncture and Wellness."

At Allendale Acupuncture and Wellness, Jim found hope. Led by local Army veteran Dr. Tasha Saladin, the clinic blends acupuncture with modern therapies designed to reduce pain, improve circulation, calm irritated nerves, and support healing.

For Jim, the change was life-changing.

"At a certain point in my treatment, I came off the pills and felt comfortable getting back on the road," Jim said. "The folks at Allendale Acupuncture and Wellness were thrilled for me and designed a distance program so we could travel again. Now I chat with the team once a month or so and do treatment on my own in the comfort of my RV. It's really incredible, and I can't thank them enough."

Today, Jim is not just living with less fear. He is traveling again, enjoying time with his wife, and doing the things he once thought he might have to give up.

Jim's story is a reminder that hope is not lost. Allendale Acupuncture and Wellness helps people struggling with peripheral neuropathy move forward with comfort, confidence, and renewed possibility.

Led by Dr. Tasha Saladin—local Army veteran—Allendale Acupuncture blends time-tested acupuncture with modern, innovative techniques designed to calm irritated nerves, reduce inflammation, improve circulation, and support nerve healing. This integrative approach allows many patients to experience long-lasting improvement rather than short-term symptom management.

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America at 250: The History We Have Lived



BY LOIS
TOMASZEWSKI
EXECUTIVE
EDITOR
SHORELINE
MEDIA

Remember America's bicentennial in 1976? Many of the senior community may even have attended their 50th high school reunion this year. Does anyone still have their senior-year memorabilia — like a class ring with a patriotic symbol adorned on the side or photos of friends and family dressed in red, white and blue and tak-

ing part in parades and local celebrations?

This year, America marks another milestone — 250 years. What an accomplishment for what has been called an “experiment in democracy!”

When looking back on the 50 years since we waved our flags and shouted “Happy 200th Birthday, USA,” there have been many changes. These have impacted our lives in both positive and negative ways, depending on who you ask. Without a doubt, those who have lived through the last half of the 20th century and the first part of the 21st century really have witnessed history in the making. It's sometimes difficult to keep up with all the changes in technology alone.

Here is what the history of these generations looks like.

- From radio to smartphones. Remember the ball-shaped transistor radios? I do. Often limited to whatever radio station (AM or FM) was in range as to what music genre you listened to, the portability of radios made life a lot more fun. Now, our smartphones do that and more. Today, we have smartphones. With music streaming services satisfying our thirst for tunes in the musical genre we choose, we

also have access to videos, social interaction with friends and family and the ability to look up directions and information on anything that now strikes us as curious.

- From black-and-white television to streaming services. Do you remember the first time you saw *The Wizard of Oz* on television? I do. My family gathered at my aunt's and uncle's house to watch it — they were the first in our family to purchase a color TV. Now, there is no need for a bulky television set. Entertainment is both in color and in abundant supply.

- The space race and moon landing. Déjà vu for many who witnessed the moon landing in 1969 and have now watched spacecraft once again return to the moon in the 2020s. Space still fascinates us and we all can feel a little pride when we realize that what once was thought to be fodder for science fiction actually came true — and continues to evolve during our lifetimes.

- Interstate highways and modern travel. One childhood memory I have is family vacations. With a network of new roads, interstate travel was my family's route to seeing so much more than my parents had. I remember thinking the Illinois highway “Oases” were indeed quite special and a destination in and of themselves. Modern travel can sometimes look the same, but there are also other options that save time and take us farther away. Affordable air travel has made the horizon not so distant after all.

There are many more examples. What a lifetime of new and exciting experiences!

One lesson I would hope to impart on the younger generations is to absorb the experiences that will provide insight, excitement and the ability to make their own historical impact on the generations to come after them.

Radio Days



BY
CLIF
MARTIN SR.

My early years were spent listening to the radio and getting into that profession at age 20 in 1950. That was the beginning of the end of what we now call old-time radio.

It had much of what television offers us today, but without the pictures. What did we look at while we listened to soap operas, cowboys, detectives and live music shows? We looked at radios with gorgeous cabinets and powerful speakers that would rattle the windows.

Some models had chrome-plated chassis that you couldn't see unless you looked in the back. There were huge numbers of glowing tubes that helped heat the room. Many of them could pick

up shortwave stations from around the world.

Some of those classic radios are worth thousands of dollars today. But don't get excited — they are rare. The old radio in Granny's living room or attic might be worth just a few bucks if somebody wants it.

If you have an old radio that means something special, you can get a digital device that will play old-time radio shows from the internet through your precious antique.

Old-time radio will always be studied as a part of popular culture long after my generation is gone. I hope there's a reader out there who can join me and say, "I remember," or a younger person who wants to learn more about it.



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The answer, along with winners' names will be announced in the next issue. In the last issue, the fish was hidden in the image on page 28. See page 34 for winners.



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Ask the doctors:

Peering Into the Frailty Spectrum



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

DEAR DOCTORS: My mom saw a news story about frailty and worries it will happen to her. She's 83 and is vital for her age. She

does senior yoga and walks most days. She does take medication for high blood pressure and is prediabetic. Are either of those involved in being frail? Can it be prevented?

DEAR READER: The term "frailty" is often misunderstood. It used to refer primarily to physical weakness. While this is often a key part of frailty, a newer understanding is more nuanced. When someone is frail, it means their overall health has become less resilient. This makes them more vulnerable to poor outcomes

if they get ill, injured or have a health challenge or even an environmental stressor. Though frailty is associated with growing older, it can actually happen at any age.

Frailty is now understood to be a syndrome. This is a group of symptoms that often occur together and are characteristic of a recognizable state of health. In frailty, muscle weakness is a key symptom. It can show up as weaker grip strength, poor balance, slowed walking speed, less endurance, and less flexibility and agility. People who are frail often have other health conditions. They may have bone loss, poor blood glucose control, high blood pressure, vision and hearing loss, and changes to cognition. All together, these symptoms put them at higher risk of physical injuries, such as a fall. Lack of physical resilience can turn even a minor accident or illness into hospitalization. This

can trigger a steep physical and mental decline.

It's also important to know frailty exists on a spectrum from mild to severe. People with one or two symptoms may be considered prefrail. Those with several symptoms are considered frail. Because it is a collection of symptoms, frailty can fly under the radar. For many people, it is only when a crisis occurs that the underlying frailty is noticed. With that in mind, we would encourage your mother to see her healthcare provider for an assessment.

The good news about frailty is that, when identified early, it can be slowed or even reversed. A team of researchers from Japan and London analyzed medical data from 42,775 older adults who ranged from robust to frail. They found that 14% improved their status, slightly more than half remained stable, and the rest became frailer. As expected, the

prefrail group had the highest rates of improvement.

When it comes to preventing, slowing or reversing frailty, a few lifestyle factors come into play. Regular physical activity is the biggest one. Even the walking your mother is already doing improves mobility, balance and endurance. Resistance-based exercises to build and maintain muscle mass are also very helpful. Another factor is a balanced diet with plenty of protein and fresh vegetables, leafy greens and fruit. Add regular eye, hearing and medical checks, and your mother can know she is doing her best to reduce the risk of frailty.



Eve Glazier, M.D., MBA, is an internist and associate professor of medicine at UCLA Health. Elizabeth Ko, M.D., is an internist and assistant professor of medicine at UCLA Health.

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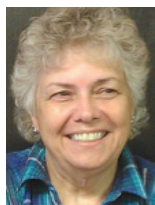


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LIVING INDEPENDENTLY



BY
CHRISTINE
WISTRUM

There are many ways to increase your independence and Disability Network Lakeshore is here to help.

For our senior citizens, we have many Assistive Technology items

that you can try to see if they might help you remain independent. Extra loud alarm clocks, talking calculators, foam to increase the handle size on your silverware or toothbrush, and so much more! We have a loan closet for anyone living in Allegan or Ottawa County to use. There are wheelchairs, walkers, canes, etc. for your use, at no cost. You may keep the item as long as needed and can return it in good shape so it can be loaned out again.

Do you have questions about your disability and how it might impact your life? We can help answer those questions. We know about the difficulties of living with a disability; we've been there. We offer support and understanding as you learn new ways to cope with your disability. We are knowledgeable about the other organizations in the area and can point you in their direction if needed.

For young adults (and anyone else), we offer classes to teach independent living skills like budgeting, understanding



employer expectations, or what is required to have and manage a home of your own. Young adults who are still in school are eligible for classes designed to develop their independent living skills in multiple areas such as self-care or career choices.

For those who are seeking employment, we offer training in choosing a job, applying, interviewing, and understanding your responsibilities to your employer. We'll even help you with practice interviews so you can learn to present your talents accurately. If you need accommodation to do a job, we'll help you put that into concise words for when you present your request to potential employers.

If you're looking to apply for Social Security Disability (SSDI), we have an excellent team who can guide you through the process, so you know all your options. Our staff is specially trained to offer

you the best chance for reaching your goal.

Disability Network Lakeshore serves individuals who live in

Allegan or Ottawa County. Our purpose is to ensure you have the tools and knowledge you need as a person with a disability to live as independently as possible.

Call us today at 616-396-5326 and we'll talk about what we can do to help you live a more independent life.



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.

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“She Saved My Life”

Grand Rapids resident Dawn had been experiencing the painful side effects of Peripheral Neuropathy, “my feet and legs were extremely painful and my doctor told me there was nothing they could do. That I would have to take Gabapentin for the rest of my life.” Then she met Grand Rapids’ very own acupuncturist, Corinne Conry, MSOM, LAc.

Peripheral Neuropathy is the pain, discomfort and numbness caused by nerve damage of the peripheral nervous system. Dawn explained that daily tasks like opening doors and using the bathroom were overwhelmingly painful. “How can you live for the next 30 years when you don’t even want to get out of bed to do simple things?”

She was experiencing the burning, numbness, tingling and sharp pains that those suffering with neuropathy often describe. “The way that I would describe it, it’s equivalent to walking on glass.” Dawn hadn’t worn socks in five years and was wearing shoes two sizes too big so that nothing would ‘touch’ her feet.

Unfortunately Dawn’s story is all too familiar for the over 30 million people in the U.S. suffering from Peripheral Neuropathy.

If you’re unfortunate enough to be facing the same disheartening prognosis you’re not sleeping at night because of the burning in your feet. You have difficulty walking, shopping or doing any activity for more than 30 minutes because of the pain. You’re struggling with balance and living in fear that you might fall. Your doctor told you to ‘just live with the pain’ and you’re taking medications that aren’t working or have

uncomfortable side effects.

Fortunately, four months ago Dawn read an article about Corinne Conry, MSOM, LAc and the work she was doing to treat those suffering from Peripheral Neuropathy, without invasive surgeries or medications.

Corinne Conry, founder of the Acupuncture Center of Grand Rapids (ACGR), combines the time-tested science of acupuncture with advanced regenerative technologies, including a therapy researched by NASA that supports cellular energy production and healing. By improving circulation, supporting tissue repair, and enhancing the body’s natural healing processes, these treatments help patients overcome the challenges of this debilitating disease and regain a greater sense of freedom, function, and quality of life.

“Now when I go to bed at night I don’t have those shooting pains. I don’t have that burning sensation. I don’t have pain coming up my legs.” Dawn enthusiastically describes life after receiving Corinne Conry’s treatments. “I can wear socks and shoes!”

Dawn and her sister are now walking the trails

regularly, sometimes covering up to 5 miles a day.

“It’s life-altering. As far as I’m concerned Corinne saved my life!”

Corinne Conry, MSOM, LAc has been helping the senior community for over 10 years using the most cutting-edge and innovative integrative medicine. Specializing in chronic pain cases, specifically those that have been deemed ‘hopeless’ or ‘untreatable’, she consistently generates unparalleled results.

What was once a missing link in senior healthcare is now easily accessible to the residents of Grand Rapids and beyond.

If you’ve missed too many tee times because of pain or you’ve passed on walking around the lake because you’re afraid of falling, it’s time to call Corinne Conry, MSOM, LAc and the staff at ACGR.

It’s time you let your golden years BE GOLDEN!

Corinne Conry, MSOM, LAc is once again accepting new patients. **Call (616) 369-2121** to schedule a consultation.



BY
CORINNE
CONRY
MSOM, LAc

Corinne Conry MSOM, LAc is a Licensed Acupuncturist in the State of Michigan. With over 10 years of experience, Corinne specializes in chronic complex conditions. She is an expert in chronic pain, neurological conditions, autoimmune conditions, geriatrics and more.



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Aging Well at Home: Small Changes, Big Impact



BY KIMBERLY WILCOX

Director of Marketing Communications for Senior Resources

For most of us, home is more than a place—it's where memories live, routines feel familiar, and independence is preserved. It's no surprise, then, that the overwhelming

majority of older adults want to remain in their own homes as they age. In fact, national research shows that as many as 75% of adults age 50 and older hope to stay in their homes long-term.

But while the desire to age at home is strong, the path to getting there isn't always clear.

Aging well at home doesn't happen by accident—it happens through small, thoughtful steps that create a safer, more supportive environment over time.

Did You Know?

- 75% of older adults want to stay in their homes as they age.
- 1 in 4 adults 65+ experiences a fall each year.
- Only about 10% of homes are fully age-friendly.
- Nearly 1 in 4 adults is a caregiver.

Small changes at home can make a big difference in staying safe, independent, and connected.

WHY AGING AT HOME MATTERS

Aging in place isn't just about comfort. It's about maintaining independence, staying connected to your community, and continuing to live life on your own terms.

Yet many homes weren't built with aging in mind. In fact, only about 10% of U.S. homes are fully equipped to meet the needs of older adults, meaning many people are living in spaces that may unintentionally increase risk.

At the same time, fewer than half of adults over 65 have taken steps to make their homes safer or more accessible.

That gap—between what people want and what their homes can safely support—is where small changes can make a big difference.

START WITH SAFETY: PREVENTING FALLS AT HOME

One of the most important steps in aging well at home is reducing the risk of falls.

Falls are the leading cause of injury for adults age 65 and older, and one in four older adults experiences a fall each year.

The good news? Many of these falls happen at home—and many are preventable.

Simple changes can significantly reduce risk:

- Improve lighting in hallways, stairways, and bathrooms

- Remove loose rugs and clear walking paths
- Install grab bars in bathrooms and handrails on stairs
- Use non-slip mats in tubs and showers
- Keep frequently used items within easy reach

DAILY HABITS THAT SUPPORT HEALTHY AGING

Beyond the home environment, everyday habits play a powerful role in staying safe and independent.

- Stay active. Even light activity like walking helps maintain strength and balance.
- Stay connected. Regular contact with others supports mental and physical health.
- Stay prepared. Keep emergency contacts and medications organized.
- Stay cool and hydrated during warmer months.

THE ROLE OF CAREGIVERS AND COMMUNITY

Aging at home is rarely something a person does alone. Across the country, nearly 1 in 4 adults is a caregiver, supporting a loved one with daily needs and health challenges.

Whether it's access to transportation, home-delivered meals, or in-home support, having the right resources in place can be the difference between struggling and thriving at home.

HOW SENIOR RESOURCES SUPPORTS AGING AT HOME

At Senior Resources, we see every day how small changes—and the right support—can help older adults remain safe, independent, and confident in their own homes.

We're here to walk alongside individuals and families as they navigate that journey, helping connect them to services like home safety supports, care coordination, Medicare counseling, emotional wellness programs, and caregiver support.

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Aging well at home doesn't require a complete overhaul. It starts with one step—one small change that makes daily life safer and easier.

If you or a loved one are thinking about how to remain at home safely, you don't have to figure it out alone.

Tell us your story. We're here to help.
Senior Resources of West Michigan
Contact our Options Counselors at
231-733-3585
<https://www.seniorresourceswmi.org>

Sources

- Pew Research Center: *Aging in Place Survey* (2026)

- *AARP Home and Community Preferences Survey* (2024)
- *Centers for Disease Control and Prevention (CDC): Older Adult Falls Data*
- *National Alliance for Caregiving* (2025 Report)
- *University of Michigan National Poll on Healthy Aging*



Kimberly Wilcox serves as 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 "East Side," Kimberly and her husband are now living the dream on the famed "Best Side," enjoying life near the shores of Lake Michigan.



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THE FUTURE OF AIR TRAVEL

BY GERALD R. FORD INTERNATIONAL AIRPORT

Air travel has come a long way since the first passenger commercial flight in 1914. From the airport terminal to the airline passenger seat, technology, comfort, and efficiency have improved across the industry—and that progress isn't slowing down. According to the International Air Transport Association (IATA), global air passenger demand is expected to more than double by 2050. Airports are investing in technology and infrastructure to reduce stress, streamline processes, and make every step more efficient.

At Gerald R. Ford International Airport (GRR), that future is already taking shape. Through ELEVATE, more than \$600 million in investments are being made to meet growing demand and ensure a seamless gateway to and from the region.

Phase 1 of the Terminal Enhancement Project (TEP) is currently underway, expanding the southwest side of the building to make room for the installation of a Consolidated Baggage Inspection System (CBIS). The CBIS, along with the new Individual Carrier System (ICS), will streamline the checked luggage process from ticketing to screening to aircraft loading. The airport will be the first U.S. airport to introduce this screening process at baggage drop. To accommodate these changes, a new ticketing area will be created, consolidating all airline counters to the terminal's west end, while the baggage claim will be expanded with larger carousels, ensuring a more efficient and modernized experience for arriving passengers.

As airports continue to evolve, GRR is leading the way with thoughtful, traveler-first improvements. Because the future of travel isn't coming soon—it's already arrived.



What would you do?



BY
JACK R.
WYDECK

One day you are strolling the aisles of your local supermarket, and while you find yourself wondering how the price of milk continues to rise, you hear a noise from the next aisle. The noise is one you have heard before, but not in a very long time; it is the same sound

Some would try to let someone in the store know. Others would jump into action.

I'm not going to tell you that you have to jump into action, or that you should. I want to tell you about the facts of sudden cardiac arrest, and how simple actions early and fast can make the outcome much better.

Basics: The heart is a muscle that is controlled electrically by the brain and the sympathetic nervous system.



your kids made when they fell and broke something. You hear a loud thud followed by silence, then panic. As you peer around the corner, because we all do, you see someone lying down face up, and someone next to them in a state of sure terror. You hear someone say they are not breathing, and the person next to you is already calling 911.

What do you do?

Some people would stand around and watch. Some would also call 911.

It is composed of compartments and valves that are designed to move blood and allow it to flow around the body. A heart attack is when part of the muscle doesn't get the blood it needs to work properly. This condition is serious and can lead to pain and even death. Cardiac arrest can happen as a result of several things, including a heart attack or an electrical issue (VFIB-Ventricular Fibrillation). Cardiac arrest is when the heart stops pumping, and

blood stops flowing; this is clinical death, but it can be survivable with intervention.

If a person suffers cardiac arrest, nothing you do will make that worse, but early and fast CPR can save a life. If you have never heard of CPR before, or if you took a class at work a few years ago, the how-to is really easy. You are trying to physically move blood in and out of the heart muscle by pushing down on the middle of the chest. Pushing hard and fast, 2 inches down and at 100-120 beats per minute. "Staying Alive" by the Bee Gees is the song I remember listening to when I first learned CPR. I learned about rescue breaths and thought I might have to lock lips with a person whom I didn't know, which always made me feel weird. Now we are telling bystanders that if they don't feel comfortable breathing for the person, only do the compressions; it's called Hands-Only CPR and is what 911 is going to ask you to do.

Sometimes, the heart may have an electrical issue that causes it to flutter and not beat in the normal "thump-thump" rhythm. But early and fast AED use can save a life. An Automated External Defibrillator does not restart the heart; rather, it resets the electrical activity and allows the heart to beat properly again. Good news is that AED's have become very popular and can quickly be found in most public spaces. If you start to look around, you will find them in places that you go or shop.

They are also designed to talk you through the use. They are very easy to use; just follow the directions.

The research shows that early and fast CPR and AED usage can make a difference. Having a bystander start CPR can double or triple the odds of survival. But even if you do everything possible, that person might not recover. Good Samaritan laws are in place to protect people who are trying to help. You don't have to fear breaking someone's ribs or doing something wrong and the person not making it. If their heart has already stopped, nothing you do can make it worse; your actions can only make things better.





Now, back to the grocery store, would you jump and try to help? What would you do? I hope that if it is me in the aisle face up, someone will do something to help. Someone needs to call 911, someone needs to get an AED if it is available and someone needs to start chest compressions. Hard and fast, 100-120 beats a minute, and 2 inches deep until someone is there to replace you. That action by you can mean the difference between life and death for someone else.




Jack has been an active member of the Muskegon Charter Township Fire Department for 13 years and is a proud father of 2 teenage daughters. He and his wife have been happily married for over 20 years. He can be reached at jack.wydeck@mcd911.net with any questions.

AED USE: STEP-BY-STEP

AEDs are safe and easy to use. Follow the voice prompts.

<p>1 TURN ON THE AED</p>  <ul style="list-style-type: none">• Press the power button.• Follow the voice prompts.	<p>2 APPLY PADS</p>  <ul style="list-style-type: none">• Place pads on the bare chest as shown on the pads.• Connect the pads to the AED.	<p>3 ANALYZE HEART RHYTHM</p>  <ul style="list-style-type: none">• Do not touch the person.• The AED is checking the heart rhythm.	
<p>4 SHOCK ADVISED</p>  <ul style="list-style-type: none">• Make sure no one is touching the person.• Press the shock button.	<p>5 SHOCK DELIVERED</p>  <ul style="list-style-type: none">• The AED delivers the shock.• Do not touch the person.	<p>6 CONTINUE CARE</p>  <ul style="list-style-type: none">• Begin CPR immediately when prompted.• Follow AED prompts and continue until help arrives.	<p>IMPORTANT</p> <ul style="list-style-type: none"> Do not touch the person during analysis or shock. Make sure everyone is standing clear during shock. Continue care until emergency responders take over.

 AEDs are safe. They will only deliver a shock if needed.

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Checking Your Health Progress



BY HOLLY
LOOKA-
BAUGH-DEUR

2026 continues to challenge us with many unexpected obstacles that seem out of our control. If we focus on what we can control,

improving our fitness levels is one area that we can see results in a short amount of time. But how do we stack up? Assessing fitness levels in older adults is essential for guiding and choosing exercise priorities, monitoring health status, and predicting risk for functional decline. The Senior Fitness Test (SFT) battery, developed by Rikli and Jones, is one of the most widely used, validated sets of measures designed specifically for healthy, community-dwelling older adults. The tests capture six key dimensions of functional fitness relevant to daily living: **strength (static and dynamic), endurance, flexibility, balance, and mobility.**

What does the Senior Fitness Test measure? The SFT battery targets six core parameters of fitness that are strongly linked to everyday function in later life:

Aerobic endurance

- **What it measures:** the ability to sustain light-to-moderate activity and tolerate accumulated daily activities.

- **Suggested test:** 2-minute step test

- **Method:**

- Subject marches in place for 2 minutes. Place tape on wall at mid-thigh point to assure you are lifting consistent heights

- Count the number of times the

right knee reaches the target height in 2 minutes.

- **Safety:** Monitor for signs of distress; stop if chest pain, dizziness, or intolerable shortness of breath occurs.

Lower-body strength

- **What it measures:** the power and endurance of the muscles used for sitting, standing, rising from a chair, and climbing.

- **Suggested test:** 30-second sit to stand test

- Sit toward the edge of a sturdy chair, feet flat on the floor, arms crossed over the chest. Stand up to full standing and sit back down as many times as possible in 30 seconds.

- **Safety:** Ensure the chair is stable; use a chair with a straight back and no arms, or with arms if necessary for safety.



Upper-body strength

- **What it measures:** the strength of the arms and shoulders needed for lifting, carrying, and daily tasks.

- **Suggested test:** 30-second arm curl test

- Seated with elbow at 90 degrees, palm up, and a dumbbell (5 lb for women, 8 lb for men).

- Curl the weight upward for 30 seconds; count repetitions.

- **Safety:** maintain neutral spine; use proper lifting technique to avoid wrist strain.

Lower-body flexibility

- **What it measures:** the range of motion in the hips and hamstrings, facilitating bending, reaching, and transfer movements.

- **Suggested test:** Chair sit-and-reach test

- Sit with legs extended; feet flexed.

- Reach forward along a measuring tape or yardstick toward the toes while keeping knees straight. Measure distance reached (in inches or cm) beyond the toes or the distance to the toes (if short of reaching them).

- **Safety:** avoid forcing; move gently to a comfortable stretch.

Upper-body flexibility

- **What it measures:** shoulder and chest flexibility for reaching and grooming tasks.

- **Suggested test:** Back scratch (distance or overlap between hands as one reaches up and over the shoulder and down the back).

- One hand reaches over the shoulder from above and the other from below, attempting to touch or overlap fingers. Measure the distance between fingers (overlap if fingers cross; a negative value indicates a gap, a positive value indicates overlap).

Balance/mobility

- **What it measures:** speed, coordination, and agility necessary for safe movement and daily activities.

- **Suggested test:** Timed up-and-go (time to stand, walk 8 feet, return to seated position).

- Sit with feet flat; on a signal, stand, walk 8 feet, turn around a cone or object, and return to the chair as quickly as possible. Count the seconds.

- **Safety:** ensure a clear path, non-slip surface, and stable chair; watch for dizziness or instability.

Other test considerations:

- **Warm-up:** Consider completing a light warm-up of large muscle groups prior to testing to reduce injury risk.

- **Rest intervals:** allow brief rest between tests as needed and avoid back-to-back high-effort tasks that could confound results.

What do I do with my scores?

Normative data can be found with both gender and age-specific comparative information at the following online location: <https://strongpeopleprogram.org/> Here you will find a printable version of data charts that allow for easy and straightforward score interpretation. To utilize this information in the best possible way, follow these steps:

- Compare each score with age- and sex-specific normative tables.

- Determine percentile ranks or fitness category for each test.

- Compare across tests to identify your relative strengths/weaknesses

- Set realistic, age-appropriate

goals (see suggestions below)

- Reassess at 8 – 12 weeks following initial testing to quantify progress and adjust your plan.

Examples of Practical Goals Based on Senior Fitness Testing:

- Short-term (4–12 weeks) goals by domain:
 - Endurance: increase 2-minute steps by 5–10 steps.
 - Training Suggestion: Brisk walking intervals 3 x week
 - Strength: add 2–3 repetitions in chair stand or arm curl.
 - Training Suggestion: 2-3 days/ week full-body strengthening; focus on major muscle groups
 - Mobility / Flexibility: improve sit-and-reach by 1-2 cm.
 - Training Suggestion: Gentle stretching with 30 second holds 2 – 3 x per week
 - Balance: improve timed up and go by 1-2 seconds
 - Include heel-toe walking, single leg stance (for 30 seconds) and tandem standing in your exercise plan 2-3 x week

Senior fitness testing, anchored by the six-test Senior Fitness Test battery, provides a practical, standardized means to quantify key functional fitness domains in older adults. By understanding the parameters each test measures, applying standardized test procedures, and interpreting results against age- and sex-specific normative data, we can assess capacity, set targeted goals, monitor change, and tailor exercise programs to maximize



independence and quality of life for older adults.

Limitations and Considerations

- Norms reflect healthy, community-dwelling older adults and may not generalize to those with acute illness, significant disability, or specialized clinical populations.
- Tests may be influenced by acute pain, fatigue, or motivational factors; ensure safety and adequate motivation.

Further Reading and References

- Rikli, R. E., & Jones, C. J. (1999/2013/2021). The Senior Fitness Test. These works introduce the test battery, its protocols, and the normative data. The manual provides the primary source of normative tables by age and sex.

Holly Lookabaugh-Deur is a retired physical therapist with 45+ years of experience working with older adults as a geriatric clinical specialist. With a doctorate in geriatric clinical medicine and board specialties in geriatric and oncologic physical therapy, Lookabaugh-Deur serves as adjunct faculty at a number of universities and administrator for Cancer Recovery Coach certification. She lives in Fruitland township with her husband, Sean and their dog, Truman.



Stirring Up Memories

with Senior Perspectives

Fresh ingredients are perfect for summertime

Fresh ingredients can be components of a flavorful meal. Come the warmer weather, fresh ingredients also can help people avoid feeling sluggish after eating.

This summer, fresh ingredients like avocado and tomatoes can be just what people need when looking for a delicious meal that won't adversely affect their energy levels. The following recipe for "Bruschetta Topped With Avocado and Tomatoes" from Lines+Angles employs both foods and can make a great addition to any summertime dinner table.

Bruschetta Topped With Avocado and Tomatoes

- 2 large Hass avocados, ripe, pitted, peeled, and cubed
- 4 vine tomatoes, cored, seeded, and diced
- 1 shallot, finely chopped
- 8 ounces fresh mozzarella, drained and diced
- 2 to 3 tablespoons balsamic vinegar
- 2 to 3 tablespoons extra-virgin olive oil, plus extra for brushing
- 1 large baguette, cut into 1-inch thick slices
- 1 small bunch basil, leaves only, finely sliced
- Kosher salt
- Freshly ground black pepper



Makes 4 to 6 servings

1. Combine the cubed avocado with the tomato, shallot, mozzarella, balsamic vinegar, extra-virgin olive oil, and plenty of seasoning in a mixing bowl.
2. Stir and toss to combine, adding more vinegar and extra-virgin olive oil as needed. Set aside until needed.
3. Preheat the broiler to hot. Lightly brush the baguette slices with olive oil before toasting under the broiler for 1 to 2 minutes until golden brown.
4. Remove bread slices and leave to cool briefly. Carefully spoon the avocado bruschetta mix on top and serve with a garnish of sliced basil on top.

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Make the most of your garden's bounty

Summer's bounty knows no bounds. Home gardeners often discover there are a number of crops they can harvest during the waning days of summer, with tomatoes, blueberries, zucchini, and other squashes among the offerings.

It pays to have various ways to prepare these ingredients when a garden starts to overflow. "Blueberry Zucchini Bread" is a moist recipe that is both sweet and subtly tangy. This recipe, courtesy of Eating Well and Pam Lolley, can be either an easy breakfast or a light dessert. It also happens to be vegetarian, nut- and soy-free.

Blueberry Zucchini Bread Makes 1 loaf

- Baking spray with flour
- 1 cup shredded zucchini
- 1/2 cup granulated sugar
- 1/2 cup packed light brown sugar
- 1/2 cup unsalted butter (1 stick), melted
- 3 large eggs
- 1 tablespoon lime juice
- 1 1/2 cups whole-wheat pastry flour, plus 1 tablespoon, divided
- 1/2 teaspoon baking powder

Preheat oven to 350 F. Coat an 8-by-4-inch loaf pan with baking spray. Place shredded zucchini on two layers of paper towels; top with 2 more layers of paper towels and press gently to remove excess moisture. Whisk granulated sugar, brown sugar, melted butter, eggs, and lime juice in a large bowl. Stir in the zucchini. Whisk 1 1/2 cups flour, baking powder, baking soda, and salt in a medium bowl.

Add the flour mixture to the zucchini mixture; stir until well combined. Toss blueberries with the remaining 1 tablespoon flour; gently fold into the batter. Spoon the batter into the prepared pan. Bake until a wooden pick inserted in the center comes out clean, 45 to 50 minutes. Let the bread cool in the pan for 10 minutes. Run an offset spatula around the edges of the pan and carefully remove the bread to a wire rack to cool completely, about 1 hour.



Offer a sweet ending to July 4th celebrations

Fourth of July Cookie Cups Makes 24

- Nonstick cooking spray, for greasing the pan
- 1 1/2 cups all-purpose flour, spooned and leveled
- 1 teaspoon cornstarch
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup (1 stick) unsalted butter, softened
- 3/4 cup granulated sugar
- 1 large egg, at room temperature
- 1 teaspoon vanilla extract
- Red, white and blue sprinkles, for topping

Vanilla Buttercream Frosting

- 1/2 cup (1 stick) unsalted butter, softened
- 1 1/2 cups powdered sugar
- 1 tablespoon heavy whipping cream or milk

1. To make the cookie cups: preheat the oven to 350 F. Spray a 24-count mini muffin pan with nonstick cooking spray and set aside.

2. In a large mixing bowl, whisk together the flour, cornstarch, baking powder, and salt. Set aside.

3. In the bowl of a stand mixer fitted with the paddle attachment or in a large mixing bowl using a handheld mixer, beat the butter and granulated sugar together for 1 to 2 minutes, or until well combined.



4. Mix in the egg and vanilla extract until fully combined, making sure to stop and scrape down the sides of the bowl as needed.

5. Mix in the dry ingredients until just combined.

6. Evenly distribute the cookie dough among all 24 cups in the mini muffin pan, a little more than 1 tablespoon of cookie dough per cup. Press each ball of cookie dough into the cups and smooth it out.

7. Bake for 11 to 13 minutes, or until the edges of the cookie cups are lightly browned and the tops are set.

8. Remove from the oven, and make an indentation in each cookie using the back of a measuring spoon. Allow to cool in the muffin pan, then carefully remove from the pan and set aside.

9. To make the vanilla buttercream frosting: In the bowl of a stand mixer fitted with the paddle attachment or in a large mixing bowl using a handheld mixer, beat the butter for 1 to 2 minutes until smooth. Add the powdered sugar, 1/2 cup at a time, mixing in each addition until well combined.

10. Add the heavy whipping cream and vanilla extract, and continue mixing until fully combined, stopping to scrape down the sides of the bowl as needed. Pipe the frosting into the cooled cookie cups and top with the sprinkles.

12. Store the cookie cups in an airtight container at room temperature or in the refrigerator for up to 4 days.



Know Thyself



BY JANET HASSELBRING

Have you ever asked, “Who am I?” Isn’t it true that we’re one person to our spouse, another to our children, our siblings, our bosses,

our coworkers, our pickleball partners, and still another to someone we meet while walking our dog?

The question haunted theologian and anti-Nazi dissident Dietrich Bonhoeffer, who wrote from his prison cell, “Am I then what others tell of, or am I only what I myself know of myself? Am I one person

today and another tomorrow, or am I both at once?” (from *Who Am I?*)

Jung noted, “We meet ourselves time and again in a thousand disguises on the path of life.”

The ancient Delphic maxim, “Know thyself,” popularized by Socrates and heavily featured in Plato’s dialogues on self-reflection and wisdom, is inscribed on the Temple of Apollo. Originally, it meant knowing your limits, or “know that you are mortal,” but Socrates expanded the maxim to mean examining one’s soul, claiming “the unexamined life is not worth living.”

Self-discovery took on an important role in the development of psychoanalysis. Freud’s “iceberg” metaphor identified the conscious — thoughts and feelings we are aware

of; the subconscious — information not currently in conscious awareness but easily retrieved; and the unconscious — a deep hidden reservoir of feelings, thoughts, urges and memories that exist outside of our conscious awareness, often containing repressed, distressing or socially unacceptable information.

Building on Freud, Jung sought to integrate the conscious with the unconscious: “Unless you make the unconscious conscious, it will direct your life, and you will call it fate.”

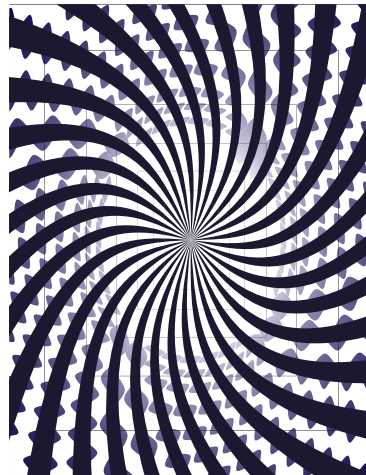
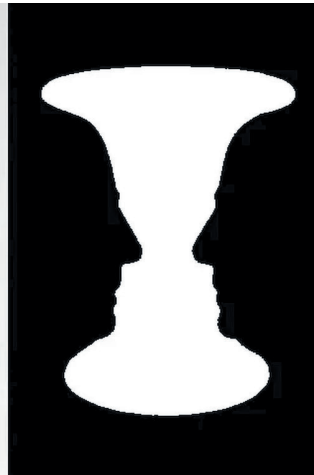
Today, self-discovery is pursued through personality tests — standardized tools designed to measure patterns of traits, motivations and behaviors, commonly used in clinical diagnosis, career counseling and corporate recruitment. In the famous Rubin’s

Vase, viewers experience a “gestalt switch” when realizing the figure in the image can appear as a vase or two faces directly opposite one another.

The Myers-Briggs Type Indicator classifies individuals into 16 character types based on four areas, such as extrovert versus introvert or individualistic versus team player. My grandson was denied a job because his profile characterized him as highly individualistic and not a team player.

Dating apps use profiles to find compatibility among clients seeking relationships.

These tests aim to provide self-awareness, authenticity and self-actualization; yet the effectiveness of a personality tool depends on the user accepting the underlying



theories and truthfully engaging with the questions. Haven't we all mulled over multiple-choice questions and, when asked to choose between two visuals, wondered how our choice could possibly capture our personality?

Author A.W. Tozer compiled seven rules that are incredibly insightful in helping us discover who we are. This is not a test of how pious or righteous we are, but a tool that can reveal truths about ourselves that we've never considered.

- What do I want most? We want lots of things, but Tozer cautions, "Get quiet, recollect your thoughts, wait for the mild excitement within to subside, and then listen closely to the faint cry of desire."

- What do I think about most? When we are still, away from the

thoughts that life requires of us, "it is more than likely that our thoughts will cluster about our secret heart treasure and whatever that is, will reveal something of who we are." (Tozer)

- How do I use my money? What we do with what's left over, after the living expenses are paid, will speak volumes about who we are.

- How do I spend my leisure time? "Most people waste leisure staring at the TV, listening to the radio, reading the cheap output of the press, or engaging in chatter. What I do reveals the kind of person I am." (Tozer)

- What company do I choose? "Walk with the wise and become wise, for a companion of fools suffers harm." (Proverbs 13:20) Tozer wrote, "Where we go, when we are free to go where we will, is a

near-infallible index of character."

- Who and what I admire most tells a lot about us and who we want to be.

- What makes me laugh or smile? Give this one some serious thought.

Tozer challenges us to explore more rules, keep a journal of our answers and revisit the questions periodically.

These rules not only help us discover who we are; they also help us know others, for much of self-discovery comes from our relationships. In fact, Stendhal claims, "One can learn almost anything in solitude — except character."

A final note of caution: "He who knows others is wise; he who knows himself is enlightened."

Know thyself.

Sources: A.W. Tozer, *The Incredible Journey*; Teddy James, "Rules for Self-Discovery," *Engage*.

~

Janet lives in Spring Lake, MI, with her therapy dog, Welsh Terrier, Snack, whom she adores. 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.

Quick and simple ways to hide valuables in plain sight



I recommend that you use a bank safe deposit box for safekeeping of any valuable items.

BY
JOE
STAPEL

That said, we all like to have an emergency “stash” at home for extra

checkbooks, important papers and such. If this is your preference, make sure it is in a very sturdy safe attached to the floor or wall.

The point of hiding things in plain sight is NOT to make it easy for someone who breaks into your home to find your stash. Thieves do not want to spend much time in your home and will check the usual places first.

Those places include:

- The mattress
- The pillowcase or under the pillow
- The cookie jar
- The sugar canister
- The underwear or sock drawer
- The bed

Here are some ideas for you to think about trying.

Use an empty aluminum can in your pantry. After removing the ingredients from the can, open the bottom from the can instead of the top. Clean the inside, then wash the can and dry it. Now you can place money and jewelry in a plastic bag and place it inside the can. You can then place it back in the pantry with the other cans.

Purchase a few plastic pen and pencil holders. You can use them in several locations. Place two strips of Velcro on the back of the plastic holder. Next, go to a closet. Walk backward into the closet and



look up to the spot above the door that is not visible when standing outside looking into the closet. Using a step stool, place the other half of the two Velcro strips to the wall and attach the bag. Now you can place cash, papers, even jewelry in the pouch and no one will see it.

This same idea can be used under a kitchen drawer or under a kitchen/ dining room chair for quick access to cash. This is also a good idea for traveling if you do not have a room safe.

If you are a magazine reader and have a magazine rack, you can put cash in a plastic baggie and tape it inside on a page. Then place the magazine back in the rack near the bottom.

An area that can be used in the basement or garage is a false electrical outlet box and a blank box cover. You can purchase these at any home improvement store. Some boxes come with the nails and are ready to be attached to a 2-by-4 stud in the garage or basement. Install the box and place whatever you want to hide inside the empty box. This is a great place to put house keys, etc. You can screw the cover on or use Velcro to attach the cover.

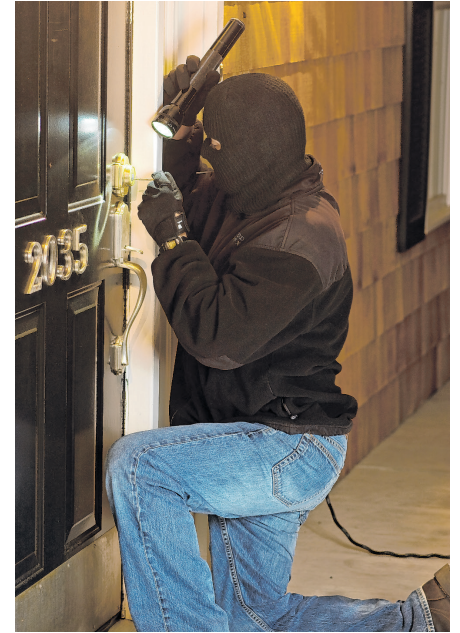
Utilize a regular-size flashlight that holds D-size batteries. Remove the batteries and place cash, keys, jewelry, etc., inside. Put

the flashlight back into the junk drawer. Again, here is a perfect place to hide your valuables in plain sight.

I hope these ideas will help you protect your valuables. Please stay safe and secure until the next issue.

Sources used were my own ideas and experience.

Joe Stapel is a former police officer of 20 years, full and part time. He was an Ordinance Enforcement Officer for a local township. He was the first corporate safety specialist at Meijer Inc., a retired state of Michigan licensed private investigator, retired campus safety director of Western Michigan Business College, current member of Michigan Chiefs of Police and Michigan Fraternal Order of Police.



Editor's Note: This article was published previously and reflects security advice and practices common at the time it was written. Readers should consult current law enforcement and security recommendations when determining how best to protect valuables and important documents.

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TRAINS

in Muskegon



BY
**LOUISE
MATZ**

Anything you would like to know about trains in the Western Michigan area is available to you, courtesy of a very ambitious and dedicated group called the Muskegon Railroad Historical Society.

On a recent evening out with my sister, Laura, and friend Butch, we encountered Butch's nephew, Craig Kruzel. Craig is the facilities manager for the society's facility, which he described as Western Michigan's finest railroad museum.

He is obviously proud of the work they do and was quick to offer us a guided tour. We accepted for the following Saturday.

The Muskegon Railroad Historical Society is located at 2371 Marquette Ave. in Muskegon and is open to the public free of charge on Tuesday evenings from 7-9 p.m. and on Saturdays from 11 a.m. to 2 p.m.

Upon arrival, we were immediately impressed by the accuracy of the railroad dioramas that were set up and running. They were colorful and true to life. In addition to the dioramas, the museum also has many interesting photos, videos

and numerous files, bringing back memories of times gone by.

As if we weren't already amazed, Craig ushered us to the back section of the building to tell us about their building project. The framework was far enough along for us to see that it was a two-story complex. Craig's excitement was contagious as he described each new diorama and their ambitious goal of completing the project by the end of the year.

If you would like an interesting trip down memory lane and would like to see the trains and the routes they traveled, I highly recommend a visit to this museum, maintained

by people who are passionate about preserving railroad history.

Louise is a national award-winning writer. She has been writing for Senior Perspectives for more than 25 years. She enjoys family time, reading, traveling, biking, golf, pickleball, ping pong and mahjongg. She and her husband spent more than 20 years enjoying bow hunting for deer in the Upper Peninsula, hunting turkeys and fishing in the Florida Keys. She is currently reinventing her life after losing her husband of 62 years in November 2023.



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Senior Perspectives

G

A

M

E

P

A

G

E

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

Level: Intermediate

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.

“ Q X C W O B W X Q F G W E V L Q F G W B J C W . . .
N T N F G Z X Q S W L Z G I L F M I C , P I F F G N F
V O Q F N R W F L N X O X O R T L W T Q Z V I M V L
F G W N T N F G Z V M Q G V E P I Q X O W Q Q . ”
– J W O K W V O R

TODAY'S CLUE: N equals A

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WHAT'S THE DIFFERENCE?

There are four differences between Picture A and Picture B.



Answers on page 34

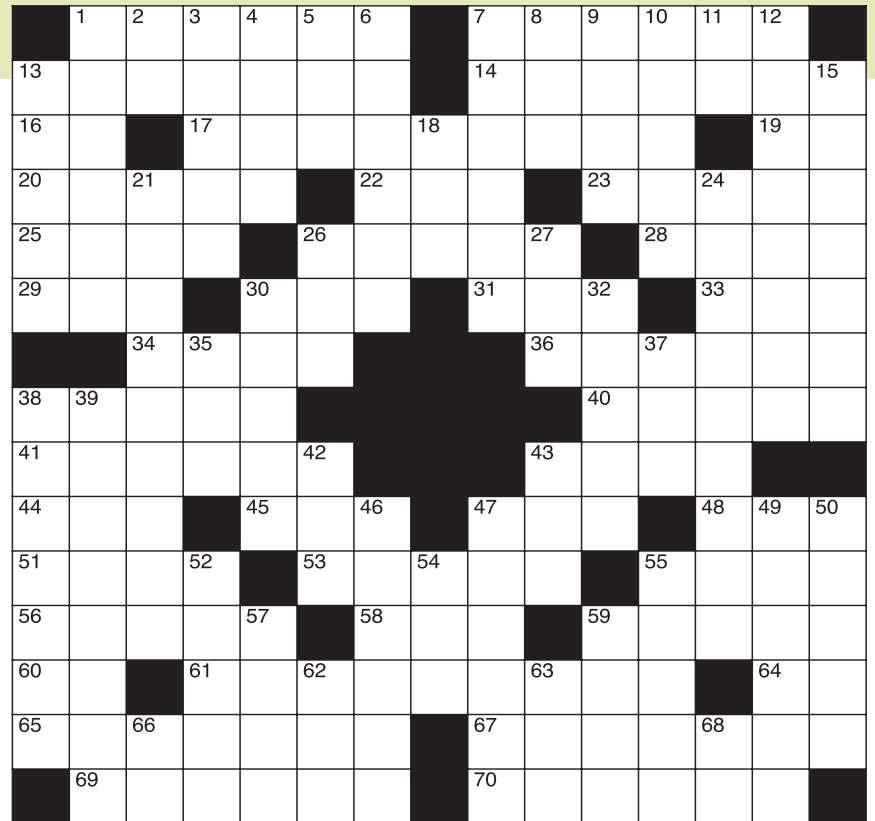
CROSSWORD

CLUES ACROSS

1. Mended
7. Hymns
13. Commercial transport of goods
14. Poked holes in the ground
16. They precede C
17. Branch of knowledge concerned with wealth
19. Larry and Curly's pal
20. Injured
22. Popular type of dance
23. Moon crater
25. American state
26. Places to lock valuables
28. Stalk that supports the capsule
29. Keyboard key
30. '___ death do us part
31. A type of cage
33. A place to sleep
34. Annual music awards show
36. Made over
38. Hard, stony substance
40. Incantations
41. Long-legged, wading bird
43. Breathe noisily
44. Congressman
45. Rip off
47. Golf score
48. Popular pickup truck
51. Where infants sleep
53. Music term
55. Small opening in a surface
56. Musical term meaning "very"
58. Soviet Socialist Republic
59. Treats with powder
60. Email subject line feature
61. A British lawyer
64. Expression of laughter
65. Farmer's calendar
67. Seeds used as food
69. Eurasian shrubs
70. Periods of inactivity

CLUES DOWN

1. Hard things to kick
2. Collective of countries
3. Letter of Hebrew alphabet
4. One-time Alabama running back Eddie
5. One's sense of self-esteem
6. Of the teeth
7. Treat with care
8. Type of whale
9. Curved structure
10. Emits coherent radiation
11. One of the Gospels (abbr.)
12. Smallest interval in western music
13. Netherlands seat of government
15. Gives to charitably
18. Lout
21. Pastas
24. Release from restrictions
26. Female sibling
27. Title of respect
30. Silver coins
32. Region in India
35. Partner to cheese
37. Dark or dusky
38. Pacific Northwest tree
39. Exaggerate
42. Toddler
43. Touch lightly
46. Fundamentals
47. Jeopardies
49. Curved structures
50. Isolated, flat-topped hills
52. Forming the bottom layer
54. Reciprocal of sine
55. Genus of Old World birds
57. New York college
59. Cloak
62. Kawhi Leonard's team (abbr.)
63. Vietnamese offensive
66. "The Great Lakes State"
68. "___, myself and I"



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Answers on page 34

DAY AT THE PARK WORD SEARCH

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

WORDS

- BENCHES
- BIKING
- COMMUNITY
- FITNESS
- FLOWERS
- GARDEN
- GRASS
- HIKING
- LEISURE
- NATURE
- PARK
- PATHWAYS
- PICNIC
- PLAYGROUND
- RELAXATION
- SOCIAL
- SPORTS
- SUNLIGHT
- SWINGS
- TRAIL
- TREES
- WELLNESS
- WILDLIFE
- YOUTH

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

WORD SCRAMBLE

Answers on page 34

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

E H S O

--	--	--	--

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

S B N U

--	--	--	--

3. Rearrange the letters to spell something pertaining to parks and recreation.

S S R P O T

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

Poems Inspired by Family, Flight and Love



BY
KEITH SIPE

I was searching through my files recently and ran across a collection of poems I have written over the years. It got me thinking that maybe I should share a couple of them with you.

One was inspired by a time when my grandson, Sam, wanted to come over and see his Nana.

Daddy and Mommy
Listen to me
I want to see Nana
Would you hurry up
Go start the truck
I want to go right now

Nana talks to me
Nana reads to me
I bet she likes the snow
I put on my boots
I put on my coat
To Nana's house I go

Over highways and on the road
To Nana's house I go
The engine running great
It's not a v8
I'll have some fun I know

Papa is there
And I don't care
It's Nana I want to see
But when I get there
I know I will care
I'll hug my Papa you see

Nana makes oat meal
It is the best
To Papa lap where I sit
He holds me real tight
With the spoon in his hand
I eat it all that's right

I'll sing again
When I go to Nanas
I really love her so
I'll sit on her lap
Maybe take a nap
Mom and Dad lets go

My friend and I spent many years doing a lot of flying together, so the next poem is about my love of flying.

Thank you for your time
To lead us to the unknown
Just sitting in the right-seat
Enjoying the places, we have flown



Summer is over
Still warmth fills the air
I don't know where all the time went
It just doesn't seem fair

The skies will be cooler
The sun will continue to shine
Nothing could be better
Than a friend you can spend some time

Looking forward to flying
Just aimlessly floating around
Nothing could be better
Than escaping the ground

For when the prop turns
And catches the wind
I look forward to leaving the earth
It can't be a sin



The last poem I wanted to share was written when I was in Georgia with my daughter on a school trip. I was away from home on my 24th wedding anniversary, so I wrote this poem and sent it to my wife, Pam.

Springtime has arrived, the birds are on the lawn
My mind starts to wander, in search of a song.
The sun is so bright, it's shines through and through
My heart is beating faster as I think of you.

The tune that wanders through my mind,
brings back those precious moments of time.
The tune is complete, with the words I have found,
it sings sweet memories, and keeps my world sound.

I have dreamed of a life, that is filled so true
Of a special love, that keeps giving through and through
I let my mind wander, and think of your love
I know you are special, you are a gift from above

My love for you grows, with the dawn of each day
You are God's gift from heaven, and are here to stay
I take your hand and put it by my side
My heart is touched deep, I almost cried

Spending my life with you is a joy
What a special life, that has given us a girl and boy
Each day is filled with your love so deep
Now I know, that my life is complete

I am down in Georgia, with our daughter on this day
My mind starts to wanders, to the first day in May
I held your hand tightly, and I said "I do"
I knew at that moment our love will always be true.

I hope you enjoyed the poems.
They mean a lot to me, filled with
joy and happiness.



*Keith may be reached at
rightseat625bg@gmail.com. Please
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from readers. Keith also loves
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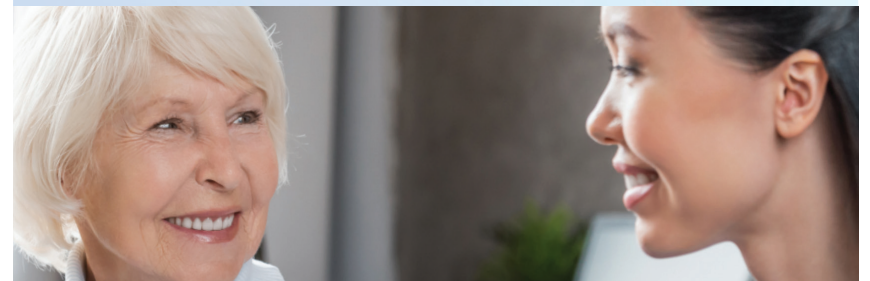
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We Must Pray for People of Influence



BY REV. WILLIAM RANDALL

We are all blessed when we see improvements in our community. This happens on a regular basis without gambling or changes of political corruption.

My late wife Avis and I moved here with our children in 1961. We moved to Port Huron in 1970. We loved it here and wanted to serve the Lord here, so we returned in 1992.

Even if our lives are not spectacular, we are impacted by a great number of people.

These people need our prayers. I am listing a few of them We often take them for granted. Pray for the multitude of elected or appointed officials: County Prosecutors,

Judges, Police Officers, Sherrif's, Lawyers, Military (men & women), media personnel, news broadcasters, editors, business executives, investors, philanthropists, theologians, pastors, teachers, priests, rabbi's, chaplains, doctors, nurses, researchers, inventors, engineers, artists, athletes', and entertainment figures.

Could you take a few individuals per day and pray for them and thank God for them? If you know the names of them, use them in your prayer. Let God lead you.

Here are some prayer suggestions:

1. Pray that they will be God fearing and realize that they are accountable to Him for their decisions and acts.

2. Pray that someone will share the gospel with them and that they will respond with Faith.

3. Pray that they will sense their own needs and look to Christ for help.

4. Pray that they will make use of the Bible and values the Ten Commandments teach and the teachings of Jesus.

5. Pray that they will honor parents, spouses and children.

6. Pray that they will be active participants of local congregations.

7. Pray that they will desire sexual purity and omit drugs, alcohol and pornography.

8. Be honest in financial matters, especially taxes and refusing bribes.

9. Be humble and compassionate towards the poor and needy.

10. That they will be shielded from the occult, satanism, socialism and will seek a personal walk with God, to whom we are all accountable.



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 Muskegon Rescue Mission. Phone number: 231-638-9684




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IN-HOME SERVICES

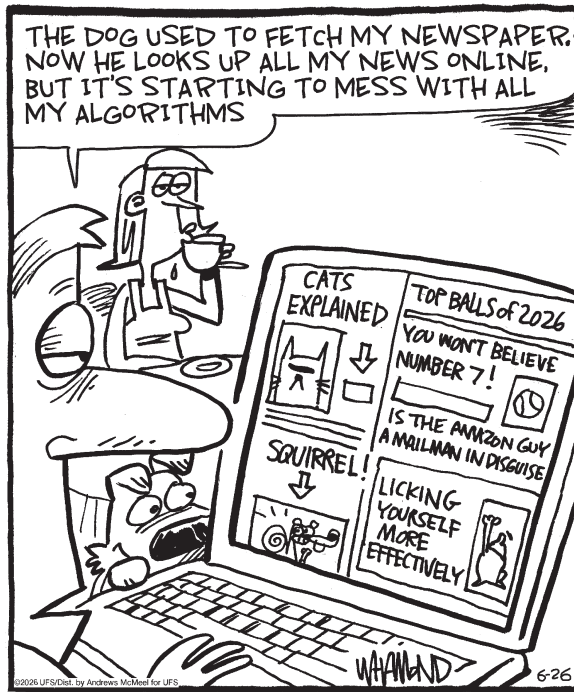
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- Adult Day Care
- Personal Hygiene Care
- Home Chore Services
- Home Delivered Meals
- Medication Management

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

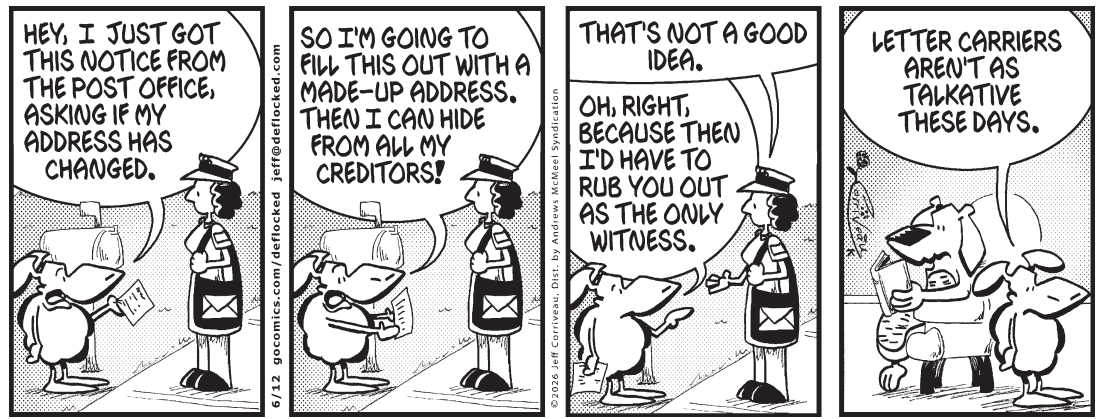
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COMICS

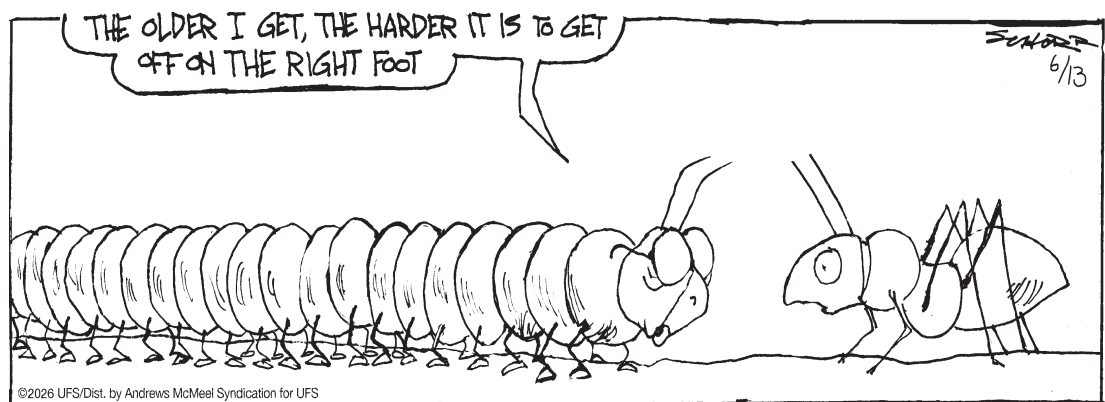
REALITY CHECK



DEFLOCKED



GRIZZWELLS



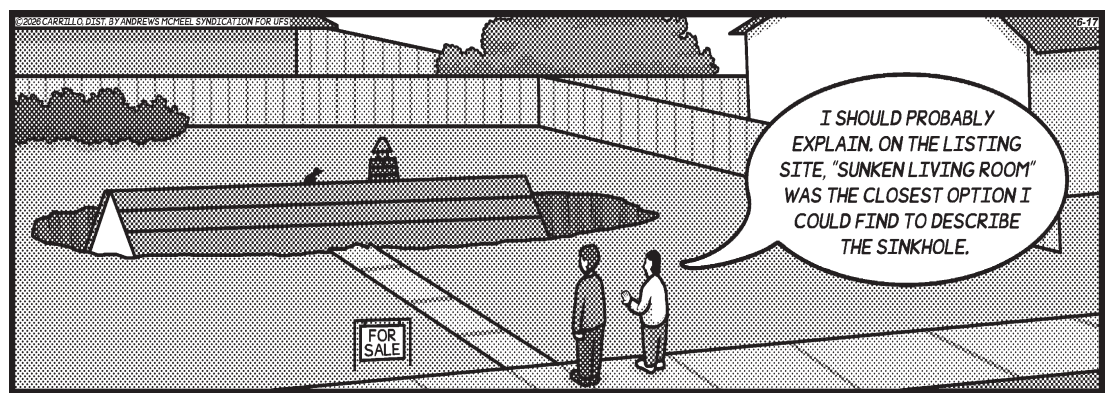
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BREVITY



F MINUS



100 YEARS AGO THIS MONTH

JULY

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

- Canadian Prime Minister Arthur Meighen's two-day-old government is defeated in Parliament by one vote on July 1. Many of Meighen's fellow Conservatives voted against him.
- Mexican President Plutarco Elías Calles publishes the Calles Law on July 2. The law mandated that all church property become government property and that all worship be conducted inside churches under the supervision of local officials.
- Less than two weeks after an attempted coup d'état against the government of Prime Minister Miguel Primo de Rivera, King Alfonso XIII of Spain issues a royal decree on July 3.
- Knoebels Amusement Resort in Elysburg, Pennsylvania, opens on July 4. The amusement park is the largest in the United States to have no admission fee, as rides are paid for individually.
- Twenty-one Mexican prisoners escape from Blue Ridge State Prison Farm in Blue Ridge, Texas, on July 4. The prisoners escaped by sawing their way through the main building of the prison.
- A bolt of lightning strikes the Lake Denmark Naval Ammunition Depot in New Jersey on July 10. A resulting fire causes several million pounds of explosives to blow up over the ensuing three days, killing 19 people and destroying 187 buildings.
- Golfer Bobby Jones wins the U.S. Open in Columbus, Ohio, by a single stroke on July 10. With the victory, Jones becomes the first golfer to win both the British Open and the U.S. Open in the same year.
- Linton Wells and Edward Steptoe Evans complete their flight around the world on July 14. The pilots accomplish the feat in 28 days, 14 hours and 37 minutes, breaking the record of 35 days set in 1913.
- On July 18, U.S. Marine Corps Gunnery Sergeant Faustin E. Wirkus is crowned as "King Faustin II" while stationed on Haiti's Gonâve Island during the American occupation of the Caribbean nation.
- An editorial published in the Chicago Daily Tribune on July 18 accuses actor Rudolph Valentino of being responsible for the installation of a face-powder dispenser in a men's washroom. The anonymous writer implies that Valentino is responsible for the feminization of American men. Valentino challenges the writer to a boxing or wrestling match the following day in an essay published in the Chicago Herald-Examiner, but the anonymous author did not come forward.
- Eleven tourists on a sightseeing bus to Bear Mountain State Park in New York are killed on July 22 when the driver runs off a curve while driving downhill off the mountain. The bus rolls over three times before crashing into a building, and the driver is eventually charged with 11 counts of vehicular homicide.
- Great Britain's first greyhound racing track opens on July 24 in Manchester.
- On July 26, Robert Todd Lincoln, the last surviving son of American President Abraham Lincoln and Mary Todd Lincoln, passes away in Vermont at the age of 82.
- Al Capone is freed from jail on July 29. Capone spent one night in jail after being arrested on charges arising from the murder of Assistant State's Attorney William McSwiggin and two other men on April 27.

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ANSWERS FOR GAMES

WHAT'S THE DIFFERENCE? (from page 24):

1. Missing fishing pole on right
2. Man holding something different
3. Missing bow on life vest
4. Boat in background

WHAT'S THE DIFFERENCE? (from page 27):

1. Missing watch on man
2. Bow in woman's hair
3. Sea gull by dock
4. Missing mast in background

WORD SCRAMBLE (from page 26) Answers:

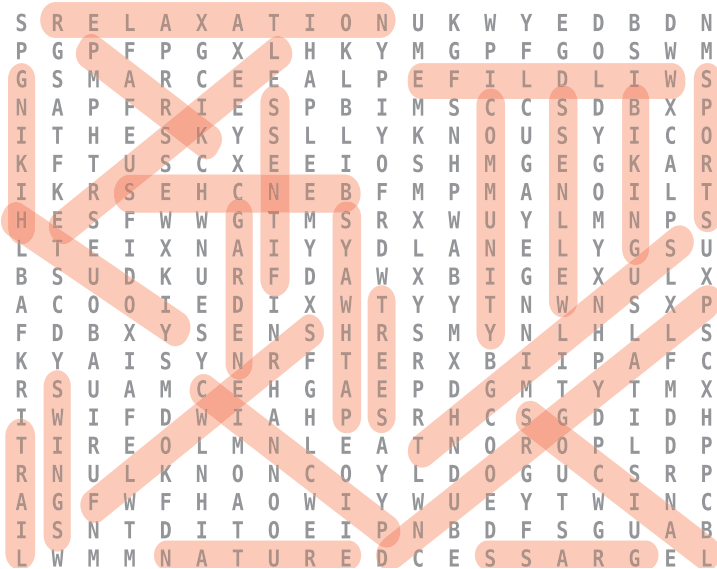
1. Hose
2. Buns
3. Sports

CRYPTO FUN (from page 27) Answers:

- A. laws B. police C. trooper D. order

GUESS WHO (from page 27) Answer: Margot Robbie

WORD SEARCH (from page 26) Answers:



I SPY — In the last issue, the fish was hidden in the image on page 28. Winners from the last issue are: Rita Kosheba of Grand Haven, Jillian Anne LaBella Adkins of Shelby and Joseph Jacobs of Spring Lake.

CELEBRITY CIPHER — Answer:

“Silence is the worst heckle ... Apathy is very hurtful, but that onstage training preps you for the apathy of show business.” -- Ken Jeong

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

	H	E	A	L	E	D		P	S	A	L	M	S			
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	L	I	L	A	C	S				S	T	A	S	E	S	



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