

Storms roll through area causing damage



Reader Clare Armstrong, of Sand Lake, sent us these photos storm damage that occurred in the area of 128th and Newcosta.

Consumers Energy reported Wednesday afternoon that they were working around the clock to restore power after storms with powerful winds moved across much of Lower Michigan Tuesday night and again Wednesday afternoon, cutting power to more than 163,000 customers, as of 4:30 p.m.

As additional storms were ex-

pected through Wednesday evening, the energy provider is asking for customers' patience as restoration work continues. It is expected that restoration work will continue through Friday for most of the customers impacted. However, restoration for some of the hardest hit areas may continue through the weekend. Wind gusts

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Local woman charged in riot in Grand Rapids



Olivia Marie Hull

As many as eight people have been charged with rioting in Grand Rapids on May 31, which occurred after the death of a black man, George Floyd, in Minneapolis, at the hands of police.

One of those charged in the rioting includes a Cedar Springs woman—Olivia Marie Hull, 23—who was seen on live video bashing in the windows of a storefront in Grand Rapids. She is accused of breaking into the Sundance Grill &

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Cedar Springs Public Schools bond proposal info



Public forums scheduled

From Cedar Springs Public Schools

Cedar Springs Public Schools is listening to its community partners. After voters did not approve the November 2019 bond proposal, the District engaged community members, staff and parents in multiple surveys and forums to gather feedback on the previous proposal. The District carefully reviewed the data collected and studied options to move forward with an updated long-term master plan for school buildings. The result was a smaller proposal with no tax rate

increase expected.

Looking to the future of Cedar Springs Public Schools, the Board of Education is asking the community to vote on a school bond proposal in an election to be held on August 4, 2020. Rather than increasing taxes, the District is asking residents to approve an extension of the current tax levy of 7.0 mils for an additional 18 years. If voters approve the bond proposal, there would be no tax rate increase expected

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American Redstart



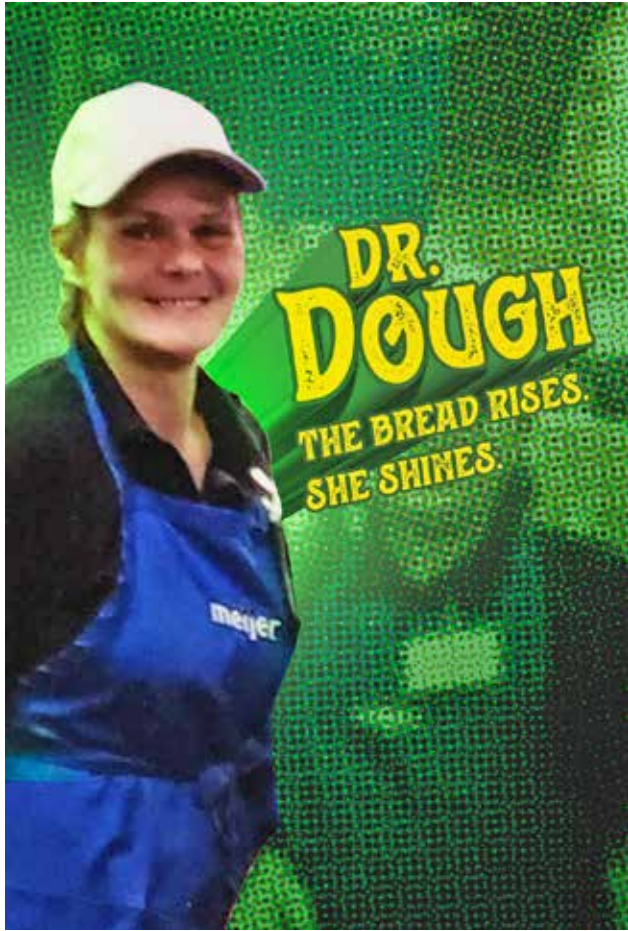
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Butterfly garden



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Local woman chosen as Snacktion Hero



Congratulations to Laura Drummond, of Cedar Springs, who has been selected as a 2020 “Snacktion Hero,” a national initiative recognizing America’s grocery workers during the current pandemic. She was nominated by local resident Michele Brantman, and was chosen from nearly 600 nominations submitted for local grocery store employees on the frontlines across the country, from Novato, Calif., to Clermont, Fla.

Laura, aka “Dr. Dough,” bakes golden bread, so the families of Cedar Springs have bread to break. She’s a #SnacktionHero and we can’t thank her enough. Her heroic actions inspired Farm Rich, a frozen snack food company, to donate \$500 to a food pantry in her area. Laura chose City Impact Cedar Springs as the recipient of her donation.

While all of these nominees are considered “heroes” for their dedication and work, 20 of the nominees were selected to be part of the first “Snacktion Heroes” team, with additional recognition and donations made to their chosen food bank or food pantry by sponsor Farm Rich. They have donated \$10,000 to hunger relief organizations in local communities (\$500 per Hero) in their honor to date.

Cedar Springs Library launches reading program

Now open for curbside pickup, drop-offs

REOPENING UPDATE

CEDAR SPRINGS COMMUNITY LIBRARY

Staff report back to work Monday, June 8th – **Library Still Closed to Public**

Drop box will **reopen** on Monday, June 8th
Please start gathering those library books to return. Fines will continue to be waived until **September 1st.**

Curbside Services ONLY start **Wednesday, June 10th**
Call to schedule a pick up date/time
We will have normal business hours, M-F 10am-6pm and Sat 9am-12pm
For your convenience, we will continue curbside service always!

Call us at 616-696-1910 to request a book
WE ONLY HAVE ACCESS TO AVAILABLE BOOKS IN OUR LIBRARY CURRENTLY
Holds are slowly getting processed but it will take time, we appreciate your patience.

The Cedar Springs Public Library launched its online summer reading program on Monday June 8.

They did a live launch on their Facebook page and showed people how to sign up for the online program using ReadSquared. They had 230 people register the first day

and are now up to 274. Babies through adults can register.

After online registration, you keep track of reading through online reading logs and you can earn points for reading and put those points towards prizes. There will be virtual events with no registration; and if you attend events

you get points towards prizes. The readsquared app is downloadable for phones and other devices. There are in app games and you can create your own avatar and so much more. Register online at <http://cedar-springs.readsquared.com>.

Next events include a process story time on June 17,

and author David Stricklen on June 18, via a special link on readsquared. The Summer Reading Program flyer, how to videos, prize pictures and a link to register are all online at cedarspringslibrary.org.

The library is now also open for curbside pickup and drop off.

Restaurants reopen

By Judy Reed

Many restaurants reopened at 50 percent capacity this week, while still including curbside or inside pickup and delivery services. Most require a mask for entry that can be removed while eating.

David Ringler, Director of Happiness at Cedar Springs Brewing Company, is happy to see customers dining on the premises again. “It’s taking a little explanation and

understanding for us all to get used to the new situation, but we’ve been delighted to see so many of our friends and neighbors over the past few days. We’ll continue to evolve our procedures as the circumstances change and we look forward to hosting Dream Ride Nights on Tuesdays, Jeep Nights on Thursdays, and the CSBrew Farmers Market on Thursdays in



the Heart of Cedar Springs!” he said.

Jody Arp, at Red Bird Bistro and Grill, is also happy to see customers coming in to dine. “(It’s) going pretty good so far. Dinner is much busier than lunch but a lot of offices are still closed yet. We are getting everything back on track,” she said.

Classic Kelly’s, who has been closed during the pan-

demic, is also opening this week, and posted new hours on their Facebook page. They will now be closed on Mondays and Tuesdays, and were scheduled to open Wednesday.

If you are wondering if your favorite restaurant is open, just give them a call. They will be happy for your business.

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Study finds no traffic signal warranted for 16 Mile & Northland



Scott Latsch, 31, was killed at the intersection of 16 Mile and Northland Drive in January.

By Judy Reed

After a traffic signal study was done for the intersection of 16 Mile and Northland Drive, the Kent County Road Commission concluded that the volume of traffic does not warrant a traffic signal.

The Post contacted the KCRC in early January after Scott Latsch, 31, of Newaygo, was killed there in a crash on January 2. Police said he was traveling northbound on Northland Dr NE and attempted to make a left turn onto westbound 16 Mile Rd NE when he was struck by a 2006 Volvo XC90 that was traveling southbound. Latsch was pronounced dead at the scene.

Just two months earlier, in November 2019, Marshall Taylor, 82, of Rockford, was headed southbound on Northland Drive when his vehicle collided with a Chevy Impala headed eastbound on 16 Mile Rd. He later died of his injuries.

The KCRC told the Post they would complete a traffic study on the intersection. "When a crash occurs along our network, the Kent County Road Commission investigates and works closely with law enforcement to determine causation. There are several variables involved in a crash and determining causation is part of the analysis used to determine whether a potential

modification to traffic control could change or reduce the frequency of the given type of crash," explained Maura Lamoreaux, of the KCRC.

The Post reached out to them this week to get a copy of the report. It shows that none of the many conditions needed to install a traffic signal were met—including traffic volume and crashes.

"Crash warrants are not met for signal installation in the most recent 12 month period since there were not five crashes susceptible to correction," the report reads. "It should be noted that while the two most recent reported crashes had a fatality, neither of the crashes

STUDY - continues on page 13

Man drowns in boating accident at Crystal Lake

A Perrinton man drowned last week Thursday, trying to save a woman who fell out of their boat.

According to the Michigan State Police Post in Lakeview, the incident happened at Crystal Lake, in Montcalm County's Crystal Township, about 2:34 p.m. Thursday, June 4.

Police said that a 54-year-old woman had fallen from a fishing boat and into the water

on Crystal Lake. The 59-year-old man operating the boat jumped into the water after the woman had fallen in. The woman, who was not injured, was pulled from the water and into a passing boat by citizens who arrived to help.

The man, Kelly Schaffer, 59, of Perrinton, was also pulled from the water and into the passing boat. Citizens began CPR on him before EMS arrival, but he was later

pronounced deceased at the scene.

Life jackets were not worn by the fishing boat occupants. The incident remains under investigation.

In addition to the citizens on scene, troopers were assisted by Crystal Twp. Fire Department, Montcalm County EMS, Montcalm County Sheriff's Office and Montcalm County Central Dispatch.

The Post Summer/ Covid Hours

Monday, 10 a.m. to 2 p.m.
Tuesday, Noon to 5 p.m.
Wednesday, Noon to 5 p.m.
Thursday, 10 a.m. to 2 p.m.
Closed Fridays

In an effort to reduce person to person contact we have several email addresses and can also accept payment via phone. To contact the office, you may call (616) 696-3655. An employee is on staff during our posted office hours or you may leave a message and we will get back to you. Be safe!

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Governor announces reopening of personal services



Governor Gretchen Whitmer

Northern Michigan, Upper Peninsula Regions Move to Phase 5 on June 10; Personal Care Services Including Salons, Barbershops Reopen Statewide on June 15

LANSING, Mich.— Last Friday, June 5, Governor Gretchen Whitmer signed Executive Orders 2020-114 and 2020-115 to reopen more regions and economic sectors under the MI Safe Start Plan.

Starting on June 10, Regions 6 and 8 which include much of northern Michigan and all of the Upper Peninsula will advance to Phase 5 of the governors MI Safe Start Plan. Phase 5 allows the reopening of salons, movie theaters, and gyms, subject to safety protocols and procedures designed to minimize the spread of COVID-19.

On June 15, personal services including hair, massages, and nails will reopen statewide. Though the remaining regions, 1 through 5 and 7, will remain in Phase 4 under to-

day's executive orders, the governor has said she expects the entire state will advance to Phase 5 in the coming weeks.

"Today marks another milestone in the safe reopening of Michigan's economy," Governor Whitmer said. "As we continue to slowly reopen different parts of our state, it's critical that we listen to the experts and follow the medical science to avoid a second wave of infections. The good news is that we are headed in the right direction, and if the current trajectory continues, I anticipate we'll be able to announce more sectors reopening in the coming weeks. We owe it to our front line workers to keep doing our part."

"We are still on an encouraging trajectory across the state, and while there are regional differences, we are seeing continued general rates of decline in cases and deaths," said MDHHS Chief Deputy for Health and Chief Medical Ex-

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36 E. Maple, P.O. Box 370, Cedar Springs, Michigan 49319, phone: 616-696-3655 • fax 616-696-9010 published weekly, USPO third-class postal permit #81.

Publisher: Lois Allen
Editor/Reporter: Judy Reed
Columnist: Ranger Steve Mueller
Graphic Design/Comp.: .. Belinda Sanderson
Advertising Consultants:.....,Melissa Kleyn,
..... Juliann Leggett, Marybeth Ford
Office Manager: Mary Randall

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News, Advertising & Announcement Deadline: Mondays by 5:00p.m.

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From the Pulpit



Pastor Kristi Rhodes
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JUST WATCH AND SEE!

Have you ever wanted to ask God, "If you're in control, why does evil so often win?" How can a just God ignore injustice? Why does God allow the wicked to prosper? How can a good God use evil to accomplish his purposes?

I was reading in the book of Habakkuk, a short book with only 3 chapters. He was one of the minor prophets of the Old Testament. He struggled to understand how God works (you know, in mysterious ways), but in the end he became convinced that he could trust God no matter how bleak or confusing the present circumstances appeared to be. We struggle with the same things still today, almost three thousand years later.

Evil was on the rise—just as it appears to be in this hour! Corruption was rampant, unbelievable violence in the streets every night somewhere and even now there seems to be no justice or protection even for the law-abiding citizens.

Habakkuk cried out to the Lord, just as we are doing today—and the Lord answered! This is what God said in chapter 1:5: "Look at the nations and WATCH—and be utterly amazed. For I am going to do something in your days that you would not believe, even if you were told!" (NIV, emphasis mine).

You will need to read this short book in the Bible to see how the events unfold, but you will discover that God is always at work, even when we don't see it, He's working. God is in control even when it appears He is not. God uses people and nations, often without their knowledge, for His good purposes. At times the events seem evil, but the severity of God's answer, like a surgeon's scalpel, is working not to hurt but to heal.

God does use evil to do good. But the reason He does is that He's working to transform the tragic circumstances of a fallen world so that good ultimately prevails. It was evil that murdered Je-

sus on the cross, but it was by God's set purpose and foreknowledge in order to accomplish His plan to save and reconcile a lost world unto himself. Then God raised Jesus from the dead freeing Him from the agony of death, because it was impossible for death to keep its hold on him (Acts 2:23-24). God always wins! No matter what it looks like—God wins!

Maybe some of you have been praying for years for your circumstances or situation to change. Know this, God is working even when you don't see it. Wait for God's answer. "For the revelation awaits an appointed time; it speaks of the end and will not prove false. Though it linger, WAIT FOR IT; it will certainly come and will not delay" (Habakkuk 2:3 NIV, emphasis mine).

Lastly, never lose hope. God wins! God ultimately always wins. It is impossible for God to fail!

The trouble with the guy who talks too fast is that he often says something he hasn't thought of yet.



Be not rash with thy mouth, and let not thine heart be hasty to utter any thing before God: for God is in heaven, and thou upon earth: therefore let thy words be few.
 Ecclesiastes 5:2

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Obituary

ROBERT LEE GREENE



Robert Lee Greene, aged 64, of Cedar Springs Michigan, passed away in the company of his family Monday June 1, 2020. Robert was born June 11, 1955 at Butterworth hospital in Grand Rapids. He graduated from Union High School and from there spent some time in the US Army. He worked 30 years as head of shipping for Auto Cast. He loved watching sports with his grandson, Detroit Pistons, Red Hawks, Tigers, he even hoped the Lions would see a superbowl. He was preceded in death by his parents, George Greene and Joanne Greene (Shoemaker). He is survived by his brothers, Ed (Michele), Jerry, George (Rosie), and Steve (Joan); his children, Lisa (Cecil), Robert (Charla); his grandchildren, Cecil, Austin, Dominick, Jasmine, Kiara, Alyssa and Ethan; his great-granddaughter, Isabelle and many neices, nephews and cousins. A Memorial Service will be held at Jackson Street Hall, 921 Jackson St., Grand Rapids, MI 49504 from 4 pm to 8 pm on June 14th. In lieu of flowers, please send donations through Go-Fund-Me [gf.me/u/x7x5i4](https://www.gofundme.com/u/x7x5i4)

Thank You

THANK YOU

The family of Avis Covell would like to thank everyone for all the support, thoughts and prayers with the passing of our loved one. Avis will be remembered fondly by all.

Leon Covell & Family

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—\$ TAX TIPS \$—

IRS reminder: Deadline postponed to July 15 for those who pay estimated taxes

WASHINGTON—The Internal Revenue Service reminds taxpayers that estimated tax payments for tax year 2020, originally due April 15 and June 15, are now due July 15. This means that any individual or corporation that has a quarterly estimated tax payment due has until July 15 to make that payment without penalty.

In response to the COVID-19 outbreak, the Treasury Department and the Internal Revenue Service are providing special tax filing and payment relief to individuals and businesses. This relief applies to federal income tax returns and tax payments (including tax on self-employment income) otherwise due April 15, 2020. This relief does not apply to state tax payments or deposits or payments of any other type of federal tax.

Who needs to pay quarterly?

Most often, self-employed people, including many involved in the sharing economy, need to pay quarterly installments of estimated tax. Similarly, investors, retirees and others often need to make these payments. That's because a substantial portion of their income is not subject to withholding. Other income generally not subject to withholding includes interest, dividends, capital gains, alimony and rental income.

Special rules apply to some groups of taxpayers, such as farmers, fishermen, casualty and disaster victims, those who recently became disabled, recent retirees and those who receive income unevenly during the year.

Taxpayers can avoid an underpayment penalty by owing less than \$1,000 at tax time or by paying most of their taxes during the year. Generally, for 2020 that means making payments of at least 90% of the tax expected on their 2020 return.

Taxes are pay-as-you-go

This means taxpayers need to pay most of their taxes owed during the year as income is received. There are two ways to do that:

- * Withholding from pay, pension or certain government payments such as Social Security; and/or
- * Making quarterly estimated tax payments during the year.

Tax Withholding Estimator

If a taxpayer receives salaries and wages, they can avoid having to pay estimated tax by asking their employer to withhold more

tax from their earnings. To do this, they would file a new Form W-4 [<https://www.irs.gov/forms-pubs/about-form-w-4>].

If a taxpayer receives a paycheck, the new and improved Tax Withholding Estimator [<https://www.irs.gov/payments/tax-withholding>] can help them make sure they have the right amount of tax withheld from their pay. The tool is now more mobile friendly and replaces the Withholding Calculator on IRS.gov. The Tax Withholding Estimator offers workers, as well as retirees, self-employed individuals and other taxpayers a clear, step-by-step method for effectively checking their withholding to protect against having too little tax withheld and facing an unexpected tax bill or penalty at tax time next year.

How to pay estimated taxes

Form 1040-ES [<https://www.irs.gov/forms-pubs/about-form-1040-es>], Estimated Tax for Individuals, includes instructions to help taxpayers figure their estimated taxes. They can also visit IRS.gov/payments to pay electronically. IRS offers two free electronic payment options where taxpayers can schedule their estimated federal tax payments up to 30 days in advance with Direct Pay [<https://www.irs.gov/payments/direct-pay>] or up to 365 days in advance with the Electronic Federal Tax Payment System [<https://www.irs.gov/payments/eftps-the-electronic-federal-tax-payment-system>] (EFTPS).

IRS.gov assistance 24/7

Tax help is available 24/7 on IRS.gov. The IRS website offers a variety of online tools to help taxpayers answer common tax questions. For example, taxpayers can search the Interactive Tax Assistant [<https://www.irs.gov/help/ita>], Tax Topics [<https://www.irs.gov/taxtopics>], Frequently Asked Questions [<https://www.irs.gov/faqs>], and Tax Trails [<https://www.irs.gov/individuals/tax-trails-main-menu>] to get answers to common questions.

More COVID-19 information

The IRS will post frequently asked questions on IRS.gov/coronavirus [<https://www.irs.gov/coronavirus-tax-relief-and-economic-impact-payments>] and will provide updates as soon as they are available.

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The Post warns families about the dangers of heatstroke

Both children and pets suffer when left in a vehicle during warm weather

Outside of crashes, heatstroke is the number one vehicle-related killer of children in the United States. That's why The Cedar Springs Post is teaming up with the National Highway Traffic Safety Administration in an attempt to reduce these deaths by reminding parents and caregivers about the dangers of vehicular heatstroke and leaving children in hot cars. In 2019, there were 52 preventable deaths of children in vehicles, only one child less than in 2018.

"As outside temperatures rise, the risk of children dying from vehicular heatstroke increases," said Judy Reed, Editor at The Post. "One child dies from heatstroke nearly every 10 days in the United States from being left in a car or crawling into an unlocked vehicle. What is most tragic is that every single one of these deaths could have been prevented."

The Post urges all parents and caregivers to do these three things:

- NEVER leave a child (or a pet) in a vehicle unattended.
- Make it a habit to look in the back seat EVERY time you exit the car.
- ALWAYS lock the car and put the keys out of reach.

If you are a bystander and see a child in a hot vehicle: Make sure the child is okay and responsive. If not, call 911 immediately.

If the child appears to be okay, attempt to locate the parents or have the facility's security or management page the car owner over the PA system.

If there is someone with you, one person should actively search for the parent while the other waits at the car.

If the child is not responsive or appears to be in distress, attempt to get into the car to assist the child—even if that means breaking a window—many states have "Good Samaritan" laws that protect people from lawsuits for getting involved to help a person in an emergency.

Know the warning signs of heatstroke, which include red, hot, and moist or dry skin; no sweating; a strong rapid pulse or a slow weak pulse; nausea; confusion; or acting strangely. If a child exhibits any of these signs after being in a hot vehicle, quickly spray the child with cool water or with a garden hose—NEVER put a child in an ice bath. Call 911 or your local emergency number immediately.

A child's body temperature can rise up to five times faster than an adult's, and heatstroke can occur in outside temperatures as low as 57 degrees. On an 80-degree day, a car can reach deadly levels in just 10 minutes.

"More than half (54 percent) of all vehicle-related heatstroke deaths in children are caused by a child accidentally being left in the car, and 26 percent are from a child getting into a hot car unsupervised," said Reed. "We want to get the word out to parents and caregivers: please *Look Before You Lock.*"

The Post would also like to remind you to never leave a pet in a car unattended. They can also experience heat exhaustion and heatstroke. Hundreds die each year from this, according to the American Medical Veterinary Association. And cracking the window does not help. Please leave your pets at home at home when you can...they'll be safe and happily waiting for you to come home.

Grand Rapids dentist to pay \$200,000 to resolve allegations of illegitimate controlled substance prescribing

GRAND RAPIDS, MICHIGAN — Scott T. Singstock, D.D.S., has agreed to pay \$200,000 to resolve allegations that he violated the Controlled Substances Act by writing illegitimate prescriptions for controlled substances, U.S. Attorney Andrew B. Birge announced this week.

Dr. Singstock, who during the course of the investigation by the U.S. Drug Enforcement Administration (DEA) surrendered his DEA registration that allowed him to prescribe controlled substances, also has agreed to a five-year restriction on his ability to apply for a new registration.

This settlement resolves allegations that Dr. Singstock, a Grand Rapids dentist, wrote numerous prescriptions for controlled substances, most of which were for opioids, without a legitimate medical purpose and outside of the usual course of professional practice. The United States alleges that many of these prescriptions were written



courtesy of WWMT.com

for individuals with whom Dr. Singstock had no bona fide doctor-patient relationship and no medical records.

"The DEA entrusts physicians like Dr. Singstock with a privilege to prescribe controlled substances—a privilege that requires compliance with laws and regulations designed to protect against the diversion of prescription drugs that fuels the ongoing opioid epidemic," said U.S. Attorney Birge. "If you break that

trust by bending the rules, the consequences will be swift and significant. As we continue to fight the opioid epidemic in Michigan, my office is committed to working with the DEA and other law enforcement to ensure compliance."

"Everyone, including the patient, the prescriber, and the manufacturer, plays an important role in utilizing opioids correctly," said DEA Special Agent in Charge Keith Martin, Detroit Field Division. "In

this instance, the prescriber chose to operate outside of the law, and this is the consequence for that choice."

This case was investigated by the DEA and the U.S. Attorney's Office for the Western District of Michigan. Assistant U.S. Attorney Andrew J. Hull represented the United States.

The claims resolved by the settlement are allegations only. There has been no determination of liability.

First West Nile virus activity of 2020 detected in Michigan

Residents urged to protect against mosquito bites



LANSING, Mich. — The first West Nile virus activity for Michigan in 2020 has been reported in a captive hawk from Lapeer County. Residents are reminded that the best way to protect themselves against West Nile virus and other mosquito-borne illnesses, including Eastern Equine Encephalitis, is to prevent mosquito bites.

Every summer in Michigan, bites from mosquitoes carry the risk of spreading diseases to people and animals. Last year, West Nile virus (WNV) sickened 12 Michiganders, and 20 animals and birds.

"It only takes one bite from an infected mosquito to cause a severe illness," said Dr. Joneigh Khaldun, MDHHS chief medical executive and chief deputy director for health. "We urge Michiganders to take precautions such as using an EPA-registered insect repellent when outdoors."

Although WNV is common in Michigan, in 2019 the state experienced the worst outbreak of Eastern Equine Encephalitis (EEE) virus ever recorded. There was EEE activity reported in 20 Michigan counties, with 50 cases in animals and 10 people infected with EEE, including six deaths. Nationally, 26 states reported EEE activity, with 38 human cases and 19 deaths occurring in 10 of those states. To date, there has not been EEE detected in Michigan, however this virus is typically detected later in the summer.

Symptoms of arbovirus infection, like WNV, typically include a high fever, confusion, muscle weakness and a severe headache. More serious complications include neurological illnesses, such as meningitis and encephalitis.

WNV and EEE are transmitted through the bite of a mosquito that has picked up the virus by feeding on an infected bird. Most people who contract the virus have no clinical symptoms of illness, but some may become ill three to 15 days after the bite of an infected mosquito. As summer temperatures rise, mosquitoes and the virus develop more quickly so it is important to protect yourself from mosquito bites as weather warms.

Mosquitoes that transmit West Nile virus may breed near people's homes in storm drains, shallow ditches, retention ponds and unused pools. They will readily come indoors to bite if window and door screens are not maintained.

The best way to prevent West Nile disease or any other mosquito-borne illness is to reduce the number of mosquitoes around your home and to take personal precautions to avoid mosquito bites. Precautions include:

- Using EPA-registered insect repellents with one of the following active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus or para-menthane-diol or 2-undecanone; follow the product label instructions and reapply as directed.
- Don't use repellent on children under 2 months old. Instead dress your child in clothing that covers arms and legs and cover crib, stroller and baby carrier with mosquito netting.
- Wearing shoes and socks, light colored long pants and a long-sleeved shirt when outdoors.
- Making sure doors and windows have tight-fitting screens. Repair or replace screens that have tears or other openings.
- Using bed nets when sleeping outdoors or in conditions with no window screens.
- Eliminating all sources of standing water that can support mosquito breeding around your home, including water in bird baths, abandoned swimming pools, wading pools, old tires and any other object holding water once a week.

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ARTS/ENTERTAINMENT

HOMETOWN Happenings

Hometown Happenings articles are a community service for non-profit agencies only. Due to popular demand for placement in this section, we can no longer run all articles. Deadline for articles is Monday at 5 p.m. This is not guaranteed space. Articles will run as space allows. Guaranteed placement is \$10, certain restrictions may apply. You now can email your Hometown Happenings to happenings@cedarspringspost.com please include name and phone number for any questions we may have.

Social Distance 5K

June 13: Social Distance 5K- A LITERAL CHIP TIMED RACE BUT MUST PRE-REGISTER FOR A START TIME!! Robinette's Apple Haus, 4 Mile Rd. NE Grand Rapids, Saturday, June 13. Pick a starting time between 7:30 am and 10:30 am- Get out of your car, get your race bib, run your race, pick up your t-shirt, water, and a new SECRET flavor Clara Cookie at the finish, get back in your car. Results texted, prizes mailed!! \$30 includes a tech shirt. 100% of your registration will be donated to our adoption grants for kids with special needs. More info and register at www.teamrophans.com/5k/. #24

JOKE Of the Week

A dead duck

A woman brought a very limp duck into a veterinary surgeon. As she laid her pet on the table, the vet pulled out his stethoscope and listened to the bird's chest.

After a moment or two, the vet shook his head and sadly said, "I'm sorry, your duck, Cuddles, has passed away." The distressed woman wailed, "Are you sure?" "Yes, I am sure. Your duck is dead," replied the vet.

"How can you be so sure?" she protested. "I mean you haven't done any testing on him or anything. He might just be in a coma or something."

The vet rolled his eyes, turned around and left the room. He returned a few minutes later with a black Labrador Retriever. As the duck's owner looked on in amazement, the dog stood on his hind legs, put his front paws on the examination table and sniffed the duck from top to bottom. He then looked up at the vet with sad eyes and shook his head.

The vet patted the dog on the head and took it out of the room. A few minutes later he returned with a cat. The cat jumped on the table and also delicately sniffed the bird from head to foot. The cat sat back on its haunches, shook

its head, meowed softly and strolled out of the room.

The vet looked at the woman and said, "I'm sorry, but as I said, this is most definitely, 100 percent certifiably, a dead duck."

The vet turned to his computer terminal, hit a few keys and produced a bill, which he handed to the woman. The duck's owner, still in shock, took the bill. "\$150!" she cried, "\$150 just to tell me my duck is dead?"

The vet shrugged, "I'm sorry. If you had just taken my word for it, the bill would have been \$20, but with the Lab Report and the Cat Scan, it's now \$150."

This Joke of the Week is brought to you by



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VOICES & VIEWS

Change in auto insurance laws

From Sen. Peter MacGregor
Majority floor leader, 28th District

Dear Friend,

For years, Michigan's broken auto insurance system meant we paid the highest rates in the nation by far. Too many Michigan residents were having to choose between insuring their car or paying their rent, buying groceries or paying for college. Thousands drove without insurance, putting themselves and everyone else on the road at tremendous risk.

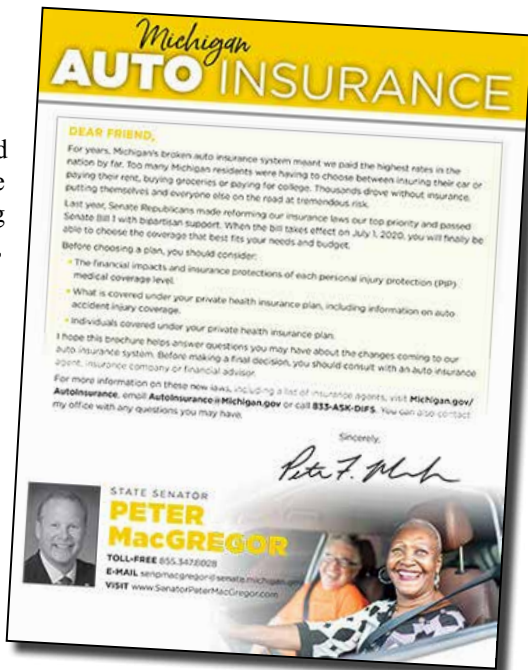
Last year, Senate Republicans made reforming our insurance laws our top priority and passed Senate Bill 1 with bipartisan support. When the bill takes effect on July 1, 2020, you will finally be able to choose the coverage that best fits your needs and budget.

Before choosing a plan, you should consider:

- The financial impacts and insurance protections of each personal injury protection (PIP) medical coverage level.
- What is covered under your private health insurance plan, including information on auto accident injury coverage.
- Individuals covered under your private health insurance plan.

I hope the brochure at https://misenategopcdn.s3.us-east-1.amazonaws.com/28/publications/20200609_AutoInsurance.pdf helps answer questions you may have about the changes coming to our auto insurance system. Before making a final decision, you should consult with an auto insurance agent, insurance company or financial advisor.

For more information on these new laws, including a list of insurance agents, visit Michigan.gov/AutoInsurance, email AutoInsurance@Michigan.gov or call 833-ASK-DIFS. You can also contact my office with any questions you may have.



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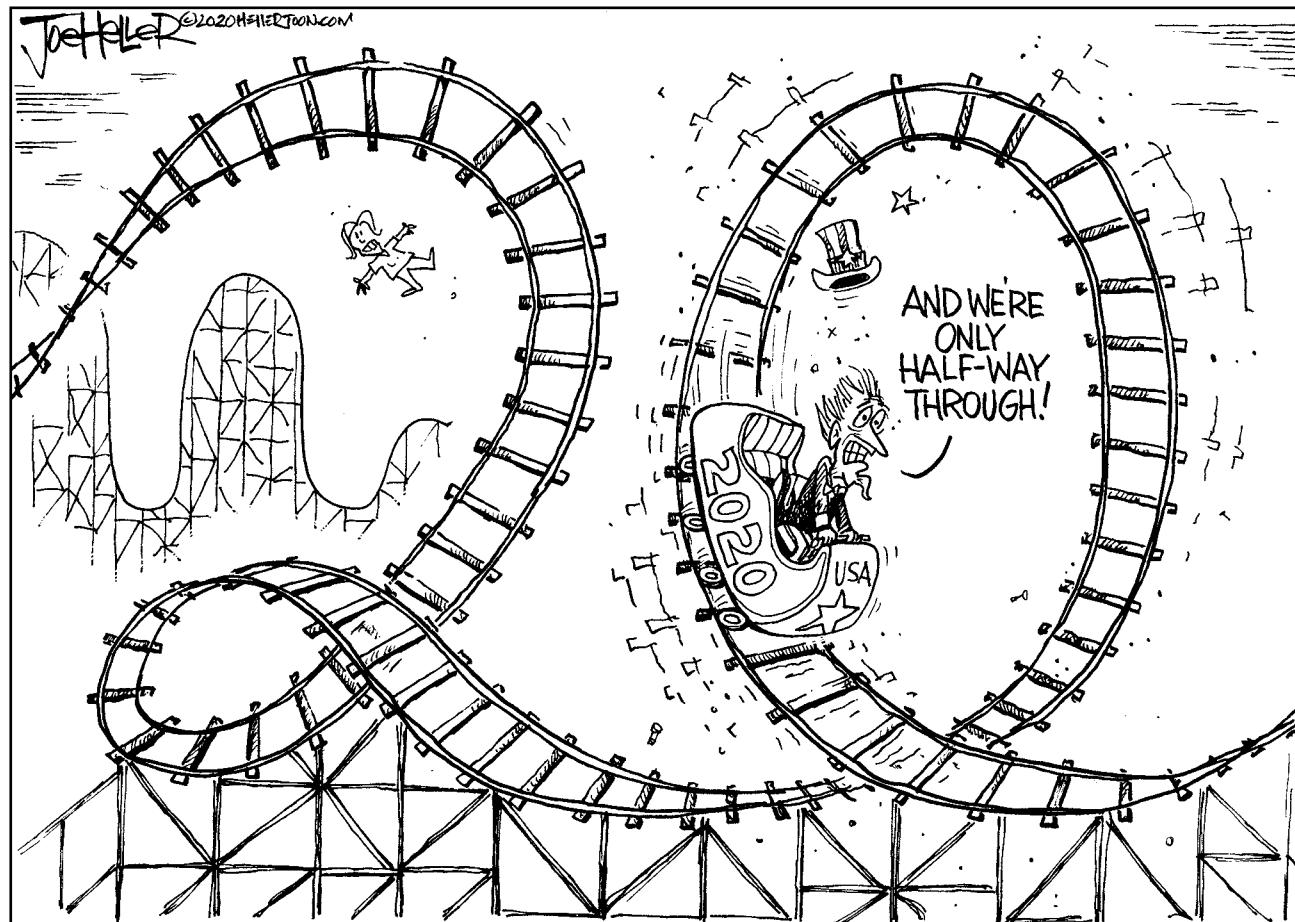
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HEALTH & FITNESS

Social Security and protecting elders from scams



By Vonda Van Til, Social Security Public Affairs Specialist

June is World Elder Abuse Awareness Month. Throughout the month, government agencies, businesses, and organizations sponsor events to unite communities, seniors, caregivers, governments, and the private sector to prevent the mistreatment of and violence against older people.

Scammers often target older people. They use fear to pressure people into providing personal information or money. In times like the current pandemic when people are particularly vulnerable, scammers will pretend to be government employees, often from Social Security, to gain people's trust to steal their money and personal information. The most effective way to defeat scammers is by knowing how to identify scams then hanging up or ignoring the calls.

What you can do

If you get a Social Security scam phone call, hang up, report it to our law enforcement office at oig.ssa.gov, and tell your family and friends about it! We're

telling as many people as we can that government agencies will never:

- Tell you that your Social Security number has been suspended.
- Tell you about crimes committed in your name, or offer to resolve identity theft or a benefit problem in exchange for payment.
- Request a specific means of debt repayment, like a retail gift card, prepaid debit card, wire transfer, internet currency, or cash.
- Insist on secrecy about a legal problem, or tell you to make up stories to tell family, friends, or store employees.

Scammers continue to develop new ways to mislead you. They might use the names of Social Security officials and tell you to look them up on our public websites (where they learned the names themselves). Or, they might email you official-looking documents with a letterhead that looks like it's from Social Security

or Social Security's Office of the Inspector General (OIG). Don't believe them! Social Security will NEVER email you attachments that have your personal information in them.

If you ever owe money to Social Security, the agency will mail you a letter, explaining your payment options and your appeal rights. If you get a call about a Social Security problem, be very cautious. If you do not have ongoing business with the agency, or if the caller mentions suspending your Social Security number or makes other threats, the call is likely a scam. Ignore it, hang up, and report it to us at oig.ssa.gov. We are working to stop the scams and educate people to avoid becoming victims.

Vonda VanTil is the Public Affairs Specialist for West Michigan. You can write her c/o Social Security Administration, 3045 Knapp NE, Grand Rapids MI 49525 or via email at vonda.vantil@ssa.gov.

It's time to get more kids biking



(BPT) - For kids, biking is one of the gateways to growing up. Popular films and TV hits such as "E.T. the Extra-Terrestrial" and "Stranger Things" highlight the joy a bike can bring as a fun way to explore or spend time kicking around the neighborhood. Yet, according to a study from the Outdoor Industry Association, bike riding among kids declined 19 percent between 2007 and 2019.

With the weather getting warmer, there are plenty of good reasons for anyone to get outside and ride a bike. Especially during this time of social distancing, bike riding offers the perfect opportunity to shake off cabin fever and safely enjoy the fresh air.

Benefits of bike riding

For tweens and teens in particular, there are many benefits of owning and riding a bike, including:

- * It gets kids outside away from screens to enjoy fresh air and vitamin D-giving sunshine.
- * It promotes cardiovascular health.
- * It builds muscles, while improving balance and coordination.
- * It improves mental health by helping to reduce anxiety or stress.
- * It is good for the environment, offering an emissions-free mode of transportation.
- * It helps build self-confidence and relationships with others who like cycling too.

Help for foster kids who need bikes

Unfortunately, not every kid has the opportunity to enjoy the many positive aspects of bike riding. Children in foster care, tweens and teens in particular, don't always have access to a bike, so they aren't able to experience this important milestone of growing up.

To help address this issue, Honeycomb cereal is donating \$50,000 to Together We Rise, a national nonprofit dedicated to helping improve the lives of youth in foster care. The donation will provide 600 bicycles to tweens and teens in foster care nationwide, helping them to build their confidence and experience the many physical and emotional benefits that having a bike brings.

Bikes have been part of Honeycomb's

history since the 1970s, featured in its advertising and promotions. Kids growing up in the '70s and '80s fondly remember collecting Honeycomb bike-sized state license plates, which were given away free inside cereal boxes each year. Honeycomb's latest "Always Be Big" spot features a bicycle with a nostalgic nod to the past.

"We're thrilled to team up with Together We Rise to give kids in foster care the chance to experience the fun and joy that biking brings," said Michelle Titus, senior brand manager of Honeycomb cereal. "Throughout its history, Honeycomb has been a champion of the small yet big moments for kids. This donation will make the dream of owning a bike a reality for these kids."

Safety tips

Kids heading out on their bikes should follow basic guidelines to protect their health and safety. Remind your tween or teen to:

- * Always wear a helmet, even for a short trip.
- * Be visible by wearing bright clothing and using reflectors or lights to ensure others can see you, especially in the early morning or around sundown.
- * Always use sunscreen to protect exposed skin from UV rays.
- * Stay hydrated by drinking plenty of fluids.
- * Stick to bike paths, if possible, rather than riding on the street.
- * Obey all traffic laws.
- * Stay alert while riding.
- * Don't use ear buds or headphones that could prevent you from hearing traffic or other dangers.
- * Don't use your phone or text while riding - stop and get off the trail to use any device.

Now is the perfect time to get your kids biking and consider helping foster kids do the same. For more information about the Together We Rise Bikes for Foster Children program or how to sponsor a bike for kids who need one, visit TogetherWeRise.org.



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FAMILY FEATURES

If spending additional time in the comfort of your home has you rethinking the family menu and looking for new ways to enjoy nutritional meals, rest assured you can make better-for-you food choices without losing mouthwatering taste.

Easy, efficient at-home recipes like Thai Coconut Lime Freezer Chicken, Burrito Beef and Cauli Mac and Cheese can all be made in less than an hour while reducing the intake of carbs and unnecessary sugars. All are part of a balanced Atkins low-carb lifestyle, a long-term, healthy eating approach focused on high-fiber carbohydrates, optimal protein and healthy fats.

The eating approach, which is a more flexible version of the popular ketogenic diet, offers a balanced mix of foods containing fiber-rich and nutrient-dense carbohydrates while focusing on reduced levels of refined carbohydrates, added sugars and the “hidden sugar effect” – when carbohydrates convert to sugar when digested. You don’t see the sugar, but your body does.

Introducing your family to smarter food choices can also support your immunity. According to research published in “The American Journal of Clinical Nutrition,” simply substituting whole grains for refined grains has a modest effect on gut microbiota and immunity. Refined grains have had most of the fiber milled out of them, leaving a refined carbohydrate that impacts your body the way sugar would. Opt for whole grains to get the fiber you need, along with protein and healthy fats.

To learn more and find additional ways to focus family meals on nutritious recipes, visit Atkins.com.



Thai Coconut Lime Freezer Chicken

Photo courtesy of Getty Images

Thai Coconut Lime Freezer Chicken

Prep time: 8 minutes
Cook time: 22 minutes
Servings: 4

- 1 3/4 cups coconut milk
- 2 tablespoons basil
- 1 tablespoon xylitol (sugar substitute)
- 1 ounce cilantro
- 1 ounce fresh lime juice
- 1/2 teaspoon salt
- 1/2 teaspoon garlic
- 1 teaspoon lime zest (optional)

- 20 ounces boneless, cooked chicken breast
- 20 ounces broccoli flower clusters

In bowl, mix coconut milk, basil, xylitol, cilantro, lime juice, salt and garlic. For more citrus flavor, add lime zest, if desired. Add chicken, broccoli and sauce to 1-gallon zip-top freezer bag. Squeeze out any air and seal bag. Freeze bag flat up to 1 month.

To cook: Thaw in refrigerator overnight. Heat oven to 350 F. Place in glass 8-by-8-inch pan and bake 20-25 minutes.



Burrito Beef

Photo courtesy of Getty Images

Burrito Beef

Prep time: 15 minutes
Cook time: 8 hours
Servings: 6

- 2 pounds beef arm chuck roast
- 4 tablespoons green taco sauce
- 1 teaspoon minced garlic
- 2 large scallions or spring onions, chopped
- 1 jalapeno pepper, diced
- 2 teaspoons chili powder
- 1/2 teaspoon cumin
- 1/2 teaspoon salt

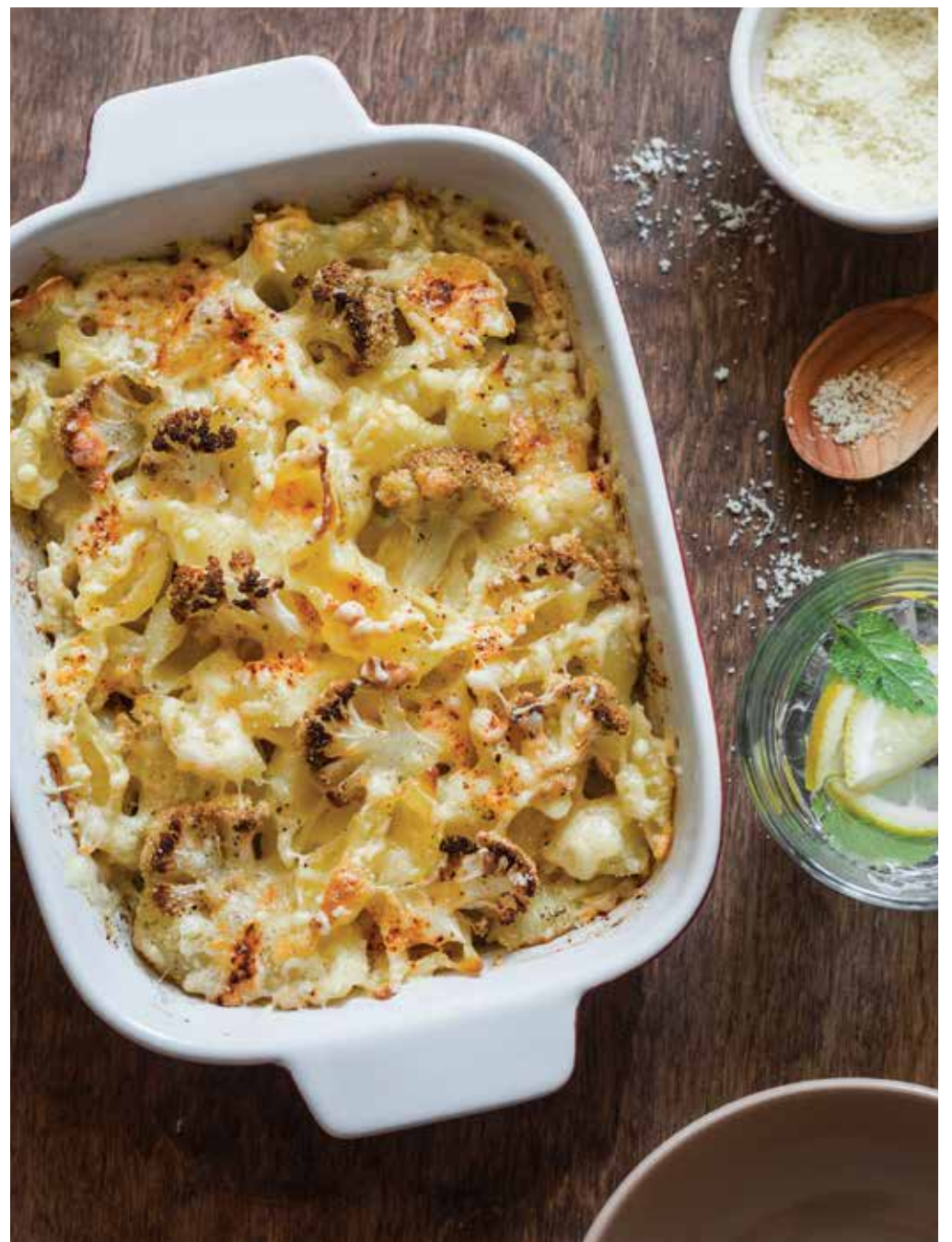
Trim fat from beef. In slow cooker on low heat, cook beef, taco sauce, garlic, onions, jalapeno, chili powder, cumin and salt 8 hours, or until beef is tender.

Using two forks, remove beef and shred. Mix beef with 1/2 cup cooking juices before serving.

A Low-Sugar Swap to Satisfy Cravings

While spending more time at home than normal, those snack cravings can be hard to shake. Rather than relying on easy-to-grab eats from the pantry or freezer, focus on more nutritious choices that don't sacrifice flavor.

Turn to a creamy solution to satisfy your hunger such as the Atkins Milk Chocolate Delight Shake, a filling option for chocolate lovers. The drinks are packed with 15 grams of protein, 5 grams of fiber, 20% of the daily recommended amount of vitamin D and 1 gram of sugar to keep you going throughout the day.



Cauli Mac and Cheese

Photo courtesy of Getty Images

Cauli Mac and Cheese

Prep time: 10 minutes
Cook time: 40 minutes
Servings: 6

- Nonstick cooking spray
- 1 teaspoon salt, divided
- 1 head large (6-7-inch diameter) cauliflower
- 1 cup heavy cream
- 2 ounces cream cheese
- 1 1/2 teaspoons ground mustard
- 1 1/2 cups shredded cheddar cheese, divided
- 1 clove garlic, minced
- 1/4 teaspoon white pepper
- 1/4 teaspoon pepper sauce

Heat oven to 375 F and prepare 9-by-9-inch baking dish with nonstick cooking spray. Heat large pot of water to boiling and add 1/2 teaspoon salt.

Remove stem and leaves from cauliflower. Cut into small pieces and place in boiling water; cook until crisp-tender; about 5 minutes. Drain well then pat between paper towels to remove moisture.

In medium saucepan over medium heat, bring cream to simmer. Whisk cream cheese and powdered mustard into simmering cream until smooth. Add 1 cup cheddar cheese, garlic, remaining salt, white pepper and pepper sauce, whisking until cheese melts; about 1-2 minutes. Remove from heat and stir in cauliflower.

Pour into baking dish and top with remaining cheese. Bake 15 minutes until browned and bubbly.

OUTDOORS

Protect trees and forests from invasive species; don't move firewood

LANSING, Mich. - The Michigan Department of Agriculture and Rural Development is reminding the public about the risk of accidentally spreading invasive species while moving firewood. New infestations of invasive pests or diseases can be devastating and pose a serious threat to Michigan's agriculture, forests and the environment.

Harmful invasive species, some of which are invisible to the naked eye, can hide in or on firewood. While most cannot move far on their own, these pests and diseases can be transported undetected on travelers firewood, starting new infestations in locations hundreds of miles away. These invasive species threaten native tree species without natural defenses against these pests and diseases. Infestations also can destroy forests, lower property values and cost huge sums of money to control.

It is nearly impossible to detect diseases like thousand cankers disease, which affects walnut trees, or oak wilt in oak trees just by looking at the wood, said Mike Philip, director of MDARD's Pesticide and Plant Pest Management Division. Never assume wood appearing uninfested is safe to move.

Jason Fleming, chief of resource protection and promotion in the Michigan Department of Natural Resources Parks and Recreation Division, said awareness of these tree pests and diseases and a commitment to not move firewood are especially important at Michigan's state parks, where many trees and forested areas have been devastated.



Oak wilt fungus, found under the bark of infested trees, can spread oak wilt to new locations through firewood movement.



Oak wilt has had a devastating effect on parks across the state, including this campground at P.J. Hoffmaster State Park near Grand Haven.

As camping resumes this year, we urge all campers to look to purchase firewood at the state park campgrounds, rather than bring wood with you, Fleming said. Typically, the firewood sold at state

parks is affordable, locally sourced or heat-treated to eliminate pests and diseases." One way MDARD safeguards Michigan's natural resources against harmful insects and diseases is through

plant pest quarantines, which limit the movement of certain plant material within, into or out of the state.

Over the last hundred years, invasive pests have killed tens of millions of trees in forests,

cities and communities across the country, added Philip. Quarantines can help limit the movement of potentially infested wood, but everyone has to do their part to stop or slow the spread of invasive species.

To limit the spread of invasive species, leave firewood at home and:

- Use firewood certified as heat-treated.
- Buy firewood at your destination.
- Burn all wood on-site, and do not take any home or to a new location.
- Know the pest quarantines in your area.

Additional information is available at Michigan.gov/Invasives

Michigan's Invasive Species Program is cooperatively implemented by the Department of Environment, Great Lakes, and Energy, the Department of Natural Resources, and the Department of Agriculture & Rural Development.

Ranger Steve's
Nature Niche
By Ranger Steve Mueller



American Redstart



Flamboyant from tree branches this beauty displays glistening black with flaming red orange under its wings. The American Redstart is a third the size of a Red-winged Blackbird. An eye glint announces pride as its bill opens with song bursts. Its black back and folded wings conceal orange red that is seen from a front view. A splash of red glows like hot coals midway on black wings. The base of the

tail radiates the same warm color.

When I explore forests, red pigmented feathers capture my eye among its black plumage. Even the bill, legs, and feet are black. The only variance from black and red is its white belly. Females look similar to the males but the red is replaced with yellow.

The redstarts fill a nature niche primarily in large contiguous forests where it pursues flying insects instead of hunting in small woodlots. It behaves like flycatchers by darting from branches to capture aerial insects. In the forest, with high activity it hovers among vegetative growth seeking spiders and insects in trees and shrubs.

Second growth forests of maple and aspens create suitable habitat and allow for redstart abundance provided the trees stands remain extensive. The need for large contiguous forests prevent it from nesting in urban areas. We most frequently enjoy them during migration when they stop to feed among town's dispersed trees.

In the late 1800s it was abundant throughout southern Michigan but was displaced when forests were harvested and replaced with agricultural farms. Now nesting is reduced in southern Michigan but it is one of the most abundant warblers found in northern Michigan.

Optimum viewing in our areas is along extensive forested floodplains or in forests bordering Lake Michigan. Farther north it occupies both moist and dry maturing deciduous forests with woody understory growth. The redstart utilizes a greater habitat variety than more specialize warbler species. We get to enjoy its occurrence more frequently than many other warblers because it flits about trees in state parks and campgrounds.

It comes into view when darting after flying insects. Watch for its behavior of tail spreading that exposes the flaming color at its base. Like the warm season, this bird spends limited time with us. Encounters are mostly during spring and fall migration. During its spring travel, explore woody understory vegetation among branches before new leaves fill the habitat and conceal the bird.

After settling in extensive woods, nests are constructed from 5 to 30 feet high in trees and sometimes higher. I have yet to discover one. It amazes me how difficult it is to locate nests but nesting success would be low if they could be easily found. Nests are built in tree branch forks toward the outer canopy.

Active northward travel in our area is primarily during May. By the end of the month breeding and egg laying begins. The first half of June is occupied with incubation so they are not as commonly viewed. One egg is laid daily until they have a clutch of 4 eggs. Then incubation commences. If nesting is successful, young are fed insects and spiders rich with protein. Growth is rapid and young fledge the nest before the end of June. When a nest is lost to predators or weather, a second brood results with young leaving the nest in July.

Brown-headed Cowbirds patiently watch adults to locate nests and lay their larger egg in the nest near a forest edge. The redstart will feed the cowbird young that hatches rapidly and is large enough to get most of the food. Redstart nestlings frequently do not survive in parasitized nests. Greatest chances for nest success are in the interior forest because cowbirds typically avoid deep woods. Cowbirds are an open habitat species.

Fall departure for adults and young begins in August with the largest numbers moving to Mexico, Central America, and northern South America in September. Active insects abound in warm winter climates where redstarts reside while most of us nestle down for the cold months in our homes.

Natural history questions or topic suggestions can be directed to Ranger Steve (Mueller) at odybrook@chartermi.net - Ody Brook Nature Sanctuary, 13010 Northland Dr. Cedar Springs, MI 49319 or call 616-696-1753.

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Go Ahead, Make His Day

Dad-approved gifts for Father's Day

FAMILY FEATURES

An entire day dedicated to dear ol' dad may not be enough to show the depths of your appreciation, but a hug, a heartfelt thanks and some quality time (even from afar) are great places to start.

When it comes to giving gifts for Father's Day, practical and purposeful gifts are high on most dads' lists. Think about his favorite things to eat and the ways he spends his coveted down time. A gift that celebrates the things that matter most to him is sure to earn dad's gratitude.

Find more ideas to make it a Father's Day to remember at eLivingtoday.com.



Special Steaks to Celebrate Dad

Father's Day gifting can be pretty simple: Many dads want a delicious steak. Give him a collection of tender cuts with the Filet for Father's Day package from Omaha Steaks, which includes four 7-ounce Butcher's Cut Filet Mignons, eight 6-ounce brisket burgers, four 3-ounce gourmet jumbo franks, four 2.88-ounce potatoes au gratin, four 4-ounce individual New York cheesecakes and a 3.1-ounce jar of signature seasoning. Find more meal ideas for dad at omahasteaks.com.



A Sharp Gift for Dad

A knife is only as good as the sharpness of its blade. This Father's Day, get dad a helpful tool to keep his knives wicked sharp. Made from high-quality materials, the Wicked Edge GO knife sharpener is easy to use for both new and veteran knife sharpeners and can accommodate a wide variety of knives. With guided angle control, dad can get professional-level results every time. Learn more at wickededgeusa.com.

A Ladder for Dad's Jobs

As a 3-in-1 ladder that easily converts to stepladder, extension and leaning configurations, the Little Giant King Kombo gives you the perfect tool for nearly any job. A rotating wall pad lets you safely lean your ladder on inside and outside corners, walls and 2-by-4-inch studs. Made from lightweight, non-conductive fiberglass, you can safely work around electricity, and the IAA 375-pound weight rating makes the ladder sturdy enough for the job. Find more information at amazon.com.



Photo courtesy of Getty Images

Gear to Go Fishing

Even the most avid fishermen can typically use more gear. From replenishing the tackle box with fresh supplies to a new rod he can use to reel in a real catch, gift dad with items that let him hang out a "gone fishing" sign and enjoy some time on the water. If he's an extra-avid sportsman, be sure to also check out the wide variety of tech-enabled locators that give him a little nudge to boost his chances for a successful day.



Photo courtesy of Getty Images

Supplies He'll Auto-matically Enjoy

If tinkering in the garage is dad's favorite pastime, give him an excuse to spend even more time with a project that proves he's passing the hours productively. A collection of car detailing supplies lets him buff and shine his ride to perfection. Be sure to include products that let him spruce things up inside and out, and throw in an extra touch like a personalized travel mug that will keep on giving well after Father's Day has passed.

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Lost: Missing - 3 year old Lynx point Siamese male. Roary went missing on May 29th and was last seen wearing a red breakaway collar with a bell. There is a \$100 reward for his safe return. Please contact Jasmine at 616-302-3055 with any info. #24

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Humane Society of West Michigan's PET of the WEEK



HSWM is Re-Opening!
 June 1st, by Appointment Only

On Monday, June 1st, our facility re-opened to the public by appointment only for adoptions. Please note that face masks will be required for all members of the public, volunteers, and staff. Social distancing will be enforced both inside and outside of the facility. All adoptions will be done over the phone from home or from your car in our parking lot. Questions about this new process? Email us at adoptions@hswestmi.org See more details at www.hswestmi.org

Miggy – 6-year-old male – Medium Mixed Breed

Meet Miggy! Miggy is 6-years-old and an absolute love bug. He is friendly with everyone he meets, always greeting you with a big, goofy smile! Miggy has previously lived with both dogs and children. He is currently in a foster home and is available for adoption.

Sonu – 4-year-old male – Domestic Shorthair

Meet Sonu! Sonu has a great personality. He's got an affinity for chin scratches, birdwatching from the very top of a cat tree, and interactive play, especially when you make the toy slither like a snake. Sonu is an awesome boy who's going to go fast!

Miggy and Sonu are available for adoption at Humane Society of West Michigan. To learn more about adopting, please visit: www.hswestmi.org

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For more information on the Humane Society of West Michigan, call (616) 453-8900 or visit www.hswestmi.org

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Storms

...continued from front page

in storms earlier Wednesday in West Michigan topped 70 mph near Holland.

“Since Tuesday night, we’ve restored over 50,000 customers but we are experiencing more storms and outages through this evening, so we appreciate our customers’ patience,” said Guy Packard, Consumers Energy vice president for electric operations.

Proposal

...continued from front page

for property owners. This bond would generate \$68,000,000 for district-wide improvements to all school buildings and would impact every student. The cost of the new proposal is 16 percent less than the plan from November 2019.

Safety and security at each of our buildings will be enhanced if this proposal passes in August. The District will construct secure building entrances at schools that currently do not have them. It will also make improvements to the traffic flow, parking, and sidewalks at select locations on campus for safety and increased circulation of people and vehicles.

The proposal on the ballot allows the District to invest in capital improvements needed in each building. Work will include the replacement of boilers, unit ventilators, roofing, and carpeting as needed, to extend the useful life of facilities. It will also provide energy efficient climate-control systems for each classroom to keep those spaces cool when it is hot outside and warm when it is cold outside.

Overcrowding at the High School would be addressed through an addition of 12 classrooms and other support spaces. We are not asking voters to approve a new school for our 8th and 9th graders. The existing 1960s academic wings at Beach would be replaced with new classrooms as they have outlived their useful lives. Lastly, the District would use bond funds to replace outdated educational technology.

While the District does not have a long-term use plan for the Hilltop Administration Building, it is committed to be creative in its efforts to find a cost-effective solution for that building that adds value to the District and the community.

To learn more about the upcoming bond proposal, please attend one of their upcoming community forums, visit the CSPS website, or email Scott Smith, Superintendent of Schools directly at scott.smith@csredhawks.org.

Below are the meeting dates/times. These will be virtual meetings via Zoom. The links to access the Zoom Meetings will be on the web site under Bond Information.

June 23, 2020

8:00 a.m.

9:30 a.m.

7:00 p.m.

8:30 p.m.

June 29, 2020

7:00 p.m.

8:30 p.m.

July 1, 2020

8:00 a.m.

9:30 a.m.

7:00 p.m.

8:30 p.m.

Riot

...continued from front page

Bar at Ottawa Avenue and Pearl Street NW.

Hull, a mother of two children under 5, was arrested on June 8, and officially arraigned on three charges on June 9: rioting; breaking and entering a building with intent; and malicious destruction of property—personal property less than \$200. Bond was set at \$25,000 cash/surety on the three charges. She was arraigned on three more charges of MDOP on Wednesday, June 10: two counts of Malicious destruction of property—fire or police with bond set at \$25,000; and malicious destruction of property—building \$1,000 or more but less than \$20,000. Bond was set at \$5,000 cash or surety on that charge. She remains in custody at the Kent County jail.

WOODTV-8 said that officials estimate rioters caused almost \$450,000 in damage downtown, with 100 businesses having their windows smashed. The damage estimate does not include the value of items stolen by looters.

Virus

...continued from page 6

For information about the current WNV and EEE activity in Michigan, visit Michigan.gov/emergingdiseases. A summary of Michigan counties in which arbovirus infection has been detected in mosquitoes, animals and people is included.

Most Michigan counties do not have local level mosquito surveillance and control. As a result of the EEE outbreak in 2019, Kalamazoo and Calhoun counties will be working with Michigan State University, the Midwest Centers of Excellence in Vector-borne Disease, and the Michigan Department of Health and Human Services to develop a new surveillance system for EEE in southwest Michigan. This effort aims to improve knowledge of the ecology of this disease in our state, establish meaningful surveillance based upon mosquito populations, develop better ways to combat EEE, and prevent future outbreaks of disease.

Study

...continued from page 3

would necessarily have been preventable with use of a traffic signal.”

A summary of the report reads: “The volumes at this intersection do not meet any of the required warrant values per the MMUTCD. Since warrant criteria are not met, I do not recommend installation of a traffic signal at the intersection of 16 Mile Road and Northland Drive. I would recommend that we continue to review this location yearly,” wrote Shirley Wollner, Assistant Director of Traffic & Safety.

If you’d like to read a copy of the report, we will post it with this story on our website.

Reopening

...continued from page 3

ecutive Dr. Joneigh Khaldun. “While we must continue to monitor the data, because of these positive trends we are able to move forward, on a regional basis, with the next phases of the MI Safe Start Plan. Although the risk levels are going down, it does not mean it has gone away. Please remain vigilant, wear your mask, practice social distancing, and remain patient as we continue to fight COVID-19 together.”

Under Phase 5, indoor social gatherings and organized events of up to 50 people are permissible. Outdoor social gatherings and organized events are also allowed if people maintain six feet of distance from one another and the gathering consists of no more than 250 people. In addition, outdoor performance and sporting venues will be open with a larger capacity limit of 500, which will allow for some outdoor graduation ceremonies.

In addition, Governor Whitmer has issued an updated rule laying out new workplace safeguards for gyms, in-home services, hair salons, and entertainment venues. Following these safeguards will ensure that workers and patrons alike remain protected as the state moves to reopen.

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Diggin' SPRING

Make your garden count for butterflies



You can help protect pollinators and enjoy beautiful blooms when you plant milkweed, lavender and sunflowers in your yard.

(NAPSI)—In this season of social distancing, many Americans are turning to gardening, finding joy and peace in an outdoor activity that can be safely enjoyed from home. “What all gardeners know, and the rest of you may discover, is that if you have even the smallest space, a pot on a window ledge, a front step, a wee yard, there is no balm to the soul greater than planting seeds,” recently wrote Charlotte Mendelsen for The New Yorker. If you haven’t gotten your hands a little dirty yet, now could be the time.

More Milkweed for Monarchs

This spring, you can help feed both your soul and butterflies across the country by planting monarch habitat, including milkweed and other flowers that provide nectar. Milkweed in particular provides an essential source of food and is the only place monarch butterflies will lay their eggs.

Supporting monarchs is critical, as they face many health challenges including climate change, drought and habitat loss. However, anyone can help by planting milk-

weed and other brightly colored, pollinator-attractant flowers in the garden or even on the balcony.

There are 12 states that monarchs tend to visit during their annual migration. Those who live there can do their part by planting milkweed and recording their efforts in the HabiTally app. Those states include Michigan.

Until May 31, any monarch habitat planted in these states and recorded in the app will be taken into consideration by the United States Fish and Wildlife Service (USFWS) as it evaluates recommending that monarchs join the list of animals protected under the Endangered Species Act. With the help of your conservation efforts, monarch health may become secure enough to not need this designation.

Other Flowers That Butterflies Love

For people who don’t live in one of those 12 states, there are many other flowers they can plant to support butterflies, bees and other pollinators’ health while adding beauty to the garden with bright, happy blooms. These 10 plants attract butterflies and make vibrant, fragrant

additions to any garden:

- Sunflowers
- Lavender
- Asters
- Coneflowers
- Black-eyed Susans
- Verbena
- Catnip
- Rosemary
- Sage
- Salvia

Whether you already find solace in gardening or are looking for a new hobby, you can help make a difference. So, plant a few flowers to see what gardening can do for you—and for butterflies—this spring.

Learn More

Because monarch butterflies are an important pollinating insect that contribute to both agriculture and biodiversity, the Bayer Bee Care Program is committed to supporting their health, as well the health of other pollinators. You can download the free HabiTally app and get started by visiting the Apple App Store. To be sure you’re planting flowers that are best adapted to your region, visit www.Pollinator.org.

Manage mosquitoes for a safer and more enjoyable summer

by Melinda Myers

Don’t let the buzz of mosquitoes keep you indoors. Most mosquitoes are a nuisance, causing rashes and itching but some species can transmit diseases that can make you sick.

Understanding how they breed and spread disease can help you gain the upper hand in the battle against these pesky insects.

Mosquitoes serve as a carrier (vector) in the spread of certain diseases. It starts when they feed on an animal infected with heartworms or an animal or person with West Nile, Saint Louis Encephalitis, Zika or other mosquito-vector disease. The young heartworm or virus is taken in with the mosquito’s blood meal. The heartworm larvae or virus is then transmitted to other organisms when the mosquito feeds on them.

Always take precautions when traveling to other regions. Find out about the health risks of the area and come prepared. Consult with your doctor and be sure to pack repellent and the appropriate clothing.

At home, start by eliminating mosquito breeding grounds. These insects need standing water to reproduce. The larvae hatch and feed on tiny organisms in the water. Once they morph

into adults, they leave the water and look for animals and people to dine upon.

Get rid of any standing water to eliminate breeding grounds in your landscape. Clean clogged gutters where water can collect, and mosquitoes can breed. Empty water that collects in any items left outside. Change the water in your birdbath at least once a week or anytime you water your container gardens.

Toss an organic mosquito control, like Mosquito Dunks and Mosquito Bits (SummitResponsibleSolutions.com) into your rain barrel, pond or other water feature. Mosquito Bits quickly knock down the mosquito larval population, while Mosquito Dunks provide 30 days of mosquito control. The active ingredient is *Bacillus thuringiensis israelensis*, a naturally occurring soil bacterium that kills the mosquito larvae but is safe for children, fish, pets, beneficial insects and wildlife.

Invite the songbirds into your backyard with birdhouses, birdbaths and feeders. Most of them feed on insects, including mosquitoes and garden pests, while adding color, motion and beauty to your landscape.

Keep the garden weeded.



Mosquitoes serve as a carrier in the spread of certain diseases, including West Nile, Saint Louis Encephalitis, Zika and other mosquito-vector diseases. Photo courtesy of James Gathany CDC

Mosquitoes rest in shrubs, trees and weeds during the day. Removing weeds and managing neglected garden spaces will make your landscape less inviting to these pests.

Further protect yourself by wearing light colored clothing, long sleeves and long pants when enjoying the outdoors. Apply EPA-approved repellents as directed on the label.

Use a fan when sitting on the porch or even working in the garden. The gentle breeze helps keep the weak-flying mosquitoes away.

Then add a bit of ambience to your next party by lighting a few citronella candles. Citronella oil and the scented candles do have some mosquito-repelling properties. Scatter lots of candles throughout the party and within a few feet of

your guests for some short-term relief.

And be sure to keep mosquitoes out of your house. Repair windows and screens that may be providing easy access into your home.

Taking a few precautions will help you manage these pests so you can enjoy the outdoor summer activities you love.

Melinda Myers has written more than 20 gardening books, including *Small Space Gardening*. She hosts *The Great Courses “How to Grow Anything”* DVD series and the nationally-syndicated *Melinda’s Garden Moment* TV & radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by Summit for her expertise to write this article. Myers’s web site is www.melindamyers.com.

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Weather the Storm

Prepare early for power outages and other storm impacts



Photo courtesy of Getty Images

FAMILY FEATURES

Surging spring temperatures can bring volatility that translates into major weather events. The 2020 storm season could see above-average probability for major hurricanes hitting the United States coastline and the Caribbean, according to the annual Colorado State Tropical Meteorology Forecast.

As those in the paths of seasonal storms know, property damage and power outages come with the territory. Being prepared for weather disasters and power outages is critical to protecting property, productivity and well-being.

Assess external threats. Before storm season arrives, take inventory of potential problems outdoors that could be exacerbated by bad weather. For example, trees may need trimming if limbs threaten power lines, the house or other structures on your property. Also examine the house for necessary repairs, such as loose guttering, shutters or shingles that may need to be secured and torn screens, all of which can worsen in heavy weather and cause more damage.

Another consideration is items that could topple in heavy winds, such as barbecue grills or lawn furniture. When possible, look for ways to secure these items so they don't take flight, aren't destroyed or cause additional damage.

How Big of a Generator Do You Need?

It can be easiest to determine which type of home standby generator system is right for your household by first thinking about what items your family needs to remain functioning normally during a power outage. The number of home appliances or electrical loads you want to power will determine the size and cost of the generator.

There are generally three different types of standby generators, which vary based on how much your home needs to power:

Select Circuit Home Generators: Power Essential Appliances

A select-circuit generator system is a cost-effective way to power your home's basics to get you comfortably through a power outage. These units can power up to 10 electrical loads in your home, including the fridge, some lights, television and the microwave.

Managed Whole-House Power Generators: Smaller, More Power

A standby generator equipped with a smart power management solution gives your family the benefits of whole-house power with a smaller, more affordable generator system. These home generator systems can power all your electrical needs, including up to two air conditioners.

Whole-House Generators: Maximum Backup Power Needs

Whole-house standby generator options are typically used as backup power solutions for extra-large and luxury homes. They power an array of high-wattage appliances, from double ovens to hot tubs with commercial-grade performance.



Assemble emergency resources. An overnight storm is no time to discover your flashlight batteries are dead or you don't have the right size batteries to replace them. Making time to update your stash of storm supplies before weather hits can save some frustration and help ensure you're prepared to safely wait out the storm.

In addition to replacing flashlight batteries and checking that they're in good working order, if you don't have a light source in every room it's a good plan to place flashlights or lanterns in rooms where you may need to be able to see in an emergency. The idea is to give everyone in the family the ability to illuminate their path and move safely through the house no matter where they are when the lights go out.

Part of your preparation should also include restocking your first-aid kit. Some items in the kit, like ointments and medications, can expire so you'll need to replenish anything you've used and double-check that the contents are still safe to use. If you don't already have them, be sure to add a battery-operated radio and a portable power bank so you have access to news updates and can charge a low phone battery.

Take inventory of your non-perishable food items to ensure you have plenty of options on hand in the event power stays off through one or more meals. You may also want to stockpile some books and board games for convenient access to entertainment while your power is down.

Make power plans. Because power outages are a near certainty during severe weather season, reliable electricity is a necessity for powering work, school and daily life. An appropriately sized standby generator can ensure your home power doesn't miss a beat when faced with seasonal storms. Because standby generators are fueled by natural gas or liquid propane, the tank doesn't require regular refueling with gasoline which means no last-minute trips to the gas station when your generator runs out of gas.

"Standby generators can power an entire home, and because they are wired to the home's electrical system so there is minimal interruption," said Brian Northway, Briggs & Stratton field service manager. "When a storm knocks out power, the generator automatically takes over to deliver power, allowing you to take care of family and accomplish what you need to rather than worry about the power outage."

Generators with a smart power management system, such as the line of units offered by Briggs & Stratton, can help manage high-wattage appliance priority. These power management technologies allow a homeowner to prioritize the power they need during an outage at a lower upfront acquisition cost.

Learn more about standby power options at powernow.com.

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#20T280

2020 SILVERADO 2500 LTZ DIESEL CREW CAB 4X4

Duramax Diesel, Allison 10 Speed Transmission, Heated and Cooled Leather Bucket Seats, Navigation, Bose Audio, Wireless Charging, Rear Sliding Power Window, Led Lighting in Durabed, Head Up Display, Bed View Camera, Z71 Package, Snow Plow Prep. 3476 Demo Miles

MSRP \$73,055

**SPARTA DISCOUNT: \$5,353
NCC REBATE: \$4,250
SALE PRICE: \$63,452**



#20T176

SILVERADO 3500 LT CREW CAB 4X4

Remote Start, Keyless Open and Start, HD Rear Vision Camera, Hitch Guidance w/ Hitch View, Advanced Trailering System, Power Driver Seat, Heated Seats, Power Sliding Rear Window, Chrome Assist Steps.

MSRP \$53,790

**SPARTA DISCOUNT: \$3,299
NCC REBATE: \$1,750
SALE PRICE: \$48,741**



#20T272

2020 SILVERADO 3500 LTZ DIESEL CREW CAB LONG BOX

Duramax Diesel Engine, Allison 10 Speed Transmission, Gooseneck/5th Wheel Package, Heated and Cooled Leather Bucket Seats, Power Sliding Rear Window, Power Up/Down Tailgate, Navigation, Bose Audio, HD Surround Vision with Trailer Camera Provisions. Z71 Offroad Package.

MSRP \$76,430

**SPARTA DISCOUNT: \$5,123
NCC REBATE: \$4,250
SALE PRICE: \$67,057**

No Hidden Fees or Charges; just add tax, title, plate and doc fee. Must take delivery by 06/30/2020. Lease payments may include lease loyalty. All payments require qualified credit. Vehicles may not be exactly as pictured and are subject to prior sale. Some residency or other restrictions may apply, see us for complete details. We have made every effort to assure accuracy and reserve the right to amend and/or correct any errors. Some incentives require qualified credit and financing with G.M. Financial. Should rules or rebates change, neither customer nor dealer will be obligated to consummate deal. Due to other special offers which may be available, YOUR PRICE MAY ACTUALLY BE LESS THAN ADVERTISED; please ask us for details. Thank you for shopping at Sparta Chevrolet.



	TRAILBLAZER 21T004	TRAX 20T145	EQUINOX 20T221	BLAZER 20T427	SILVERADO 20T395
MSRP	\$25955	\$24290	\$32245	\$37840	\$46430
Term	36-mo./10K yr.	36-mo./10K yr.	36-mo./10K yr.	36-mo./10K yr.	36-mo./10K yr.
Down Payment	\$0	\$0	\$0	\$0	\$0
Security Deposit	\$0	\$0	\$0	\$0	\$0
Amount Due at Start	\$299	\$0	\$326	\$354	\$0
Total of Payments	\$10764	\$8050	\$11772	\$12762	\$13826
Excess Mileage	.25	.25	.25	.25	.25
L.E.V.	\$15313	\$13845	\$19669	\$22704	\$29251

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