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**Are you ready for some football?**



The Cedar Springs Red Hawks take on the Comstock Panthers in Comstock Park tonight (Thursday, August 28) 7 p.m. The photo above is from the last time they played them in 2011.

The Cedar Springs Red Hawks hit the gridiron this week for the first football games of the year. The varsity will take on last year's OK-Blue champ Comstock Park, on the Panther's home turf, Thursday, August 28, at 7 p.m., in the first of four non-conference games.

This game should be a great matchup between two highly competitive teams. An Mlive.com article predicted that Cedar Springs will finish second in the OK-Bronze behind Forest Hills Northern, and that Comstock Park will finish second behind West

Catholic, which moved from the OK-Bronze to the OK-Blue.

The Wyoming Wolves were moved into the OK-Bronze to take the place of West Catholic.

The Red Hawks have played the Panthers 26 times since 1950, for a record of 11-15. They competed against them regularly when they were both part of the OK-Blue between 2005 and 2011, and as non-conference rivals between 1998-2002. They also competed yearly between 1960 and 1969, when they were both in the Tri-River Conference, and 1950-1953 in the Kent-Ot-

tawa Conference.

The Red Hawks, under Coach Gus Kapolka, will need to be at the top of their game from the first whistle. In their first four games, the Red Hawks will face four teams that all made the playoffs last year—Comstock Park, Sparta, Belding, and Grand Rapids Catholic Central. Last year Comstock Park went 12-1, losing to South Christian in the Division 4 semi-final game.

Head out Thursday night, August 28, and support your Cedar Springs Red Hawks at Comstock Park. Game time is 7 p.m.

**City Police Chief retires**

By Judy Reed



The City of Cedar Springs will lose one of its most respected and well-liked employees this week, when Police Chief Roger Parent retires after a 40-year career in law enforcement.

His last day is Friday, August 29. Parent came to Cedar Springs 6-1/2 years ago, after a 33-1/2-year career with the Kent County Sheriff Department. He grew up in Alpine Township, graduated from Sparta High School, and joined the KCSO in 1974. He spent 20-plus years on road patrol in the northern area of Kent County, and worked on the E-unit out of the north substation. He became Lieutenant of Support Services, and then for the last year he was employed there, he was Lt. Commander over road patrol at the central sector and north substation, overseeing six sergeants and 20 patrol deputies.

But when the opening came here in Cedar Springs for a chief, Parent was ready for the challenge. "I've really enjoyed being the Chief in Cedar Springs," remarked Parent. "It was busier than I thought it would be. A Chief has to take care of every aspect of the department. That was a change, but it goes with the position of being a Chief in a small city. It was a great choice and I've never regretted it."

Parent said the thing he felt most pleased about was the knowledge and expertise he was able to bring from the KCSO to Cedar Springs. They converted to doing more things electronically, such as gun permits, and electronic crash reporting. And when he passed out memorandums to officers on the way he wanted to do things, he said many of the officers were already on board. "The officers were seasoned and they made my job easier. They just needed new leadership," he explained.

City Manager Thad Taylor had high praise for Parent's leadership skills. "Roger has a unique ability to bring a high level of professionalism, background experience, and skills and make it work in a small community," explained Taylor. "He knows the job. He is professional, ethical, and has high standards. He is an effective communicator, a people person. He treats people correctly. He's done a fabulous job for our community."

Treating people right is one of Parent's goals. He always tries to take their concerns seriously. "I believe in customer service. I'm not afraid to come out to the front counter to just sit down with people and give advice, even if it's not a criminal situation," Parent explained. "I've always told my officers to treat people the way they would want their parents to be treated. I've tried to treat people well throughout my career."

Parent said that what he will miss most is his  
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**Brewery approved for downtown location**

It's been a longtime coming, but the Cedar Springs Brewing Company has finally purchased the property at 95 N. Main (corner of Main and W. Maple) to build a full-menu restaurant and outdoor biergarten that will be both family and community-friendly, according to owner David Ringler.

When the Cedar Springs City Council officially approved the purchase last Thursday, the entire room erupted in applause. "The final approval was both a relief and thrill," said Ringler. "The culmination of a long process and



the start of another."

Ringler said it's been a 25-year dream to have this brewery. "I started home-brewing and became involved in hospitality and the brewing industry when I was in college,"

explained Ringler. "I lived in Germany for nearly four years, where I apprenticed as a brewer, before returning to Michigan where I remained in the brewing industry for several years and took the

brewing course at Seibel Institute of Brewing Science in Chicago. Despite leaving the industry for a while, I had friends and family in Cedar Springs who encouraged me to take a look if I was still thinking about starting a brewery. We started this current process in December 2013 and have been working towards this final approval since then, as there have been moving parts behind the scene, both in Cedar Springs and the State of Michigan."

He said the brewery would produce a full range of craft beers, focusing on German styles, and  
BREWERY - continues on page 2

**City continues discussion with Sheriff Department**

By Judy Reed

The Cedar Springs City Council voted 7-0 last Thursday, August 21, to direct the City Manager to continue discussions with the Kent County Sheriff Department regarding them taking over law enforcement for the city.

But it's not a done deal. The council wants to see a contract before they decide.

Councilor Bob Truesdale

said he was disappointed in the rumors going around, and that no officers had come to him to complain. He also said that they had never questioned the police department's work.

Councilor Patty Troost angrily asked Truesdale whether he had ever asked the officers how they felt about the change. "You need to go to them, not wait for them to come to you," she said. She also noted the

number of domestics in our community, and said she feels that the city needs the level of care our current officers provide. "As an impoverished community, we may need more officers, in my opinion," she said.

"There are a lot of emotions [on this issue] and rightly so," said Councilor Jerry Hall. "We need to see hard numbers. I won't make a decision until we

do." Mayor Mark Fankhauser expressed similar sentiment. "I know we have a fine police force here. It doesn't discredit them to look at outsourcing. We need to have the manager move forward with discussions to get solid facts."

Councilor Ashley Bremmer seemed hesitant to endorse the plan. "Even if the decision is  
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# The Post travels to Schroon Lake



The Post traveled to Word of Life island in Schroon Lake, New York, with 12 teens and seven leaders from Maranatha Baptist Church, located at 12786 Algoma Avenue. The teens spent six days camping on the island, while the leaders stayed at the word of Life Inn and family campground. The teens were also participating in "Teens involved" during the week (which is now called Engage). If you want to learn more about Engage, call the church at (616) 696-3560.

Thanks so much for taking us with you!

*Are you going on vacation? Take the Post with you and snap some photos. Then send them to us with some info to news@cedar-springspost.com or mail them to Post travels, PO Box 370, Cedar Springs, MI 49319. We will be looking for yours!*

# Area churches stand United

Nine area churches suspended regular Sunday services and united for a joint worship service together at Morley Park, in Cedar Springs, on Sunday, August 24. This is the 6th year the churches have held the joint service, which they call "United."

About 500 people attended the event, which included contemporary worship music, a sermon by Pastor Craig Owens, of Calvary Assembly of God, prayer, lunch, and a worship concert.

Churches attending included Calvary Assembly of God, Cedar Springs United Methodist, Crossfire Ministries, Grace Evangelical Free, Hillcrest Community, North Kent Community, Pioneer Christian Reformed, Solon Center Wesleyan, and The Springs Church.

To learn more about this event, visit <http://united-cedarsprings.com>.

Post Photos by J. Reed.



# Clarification

In an article last week, The Post ran a story about a two-vehicle accident at the intersection of Main and Cedar Streets. Police reported that a 17-year-old driver pulled out of Cedar Street in front of a southbound car driven by an 18-year-old. The 17-year-old driver was not technically pinned in, but was extricated because she complained of back and neck pain. "We felt it was safer to pop open the driver's side door rather than try to get her out the passenger side," explained Fire Chief Marty Fraser. She was taken to the hospital with non-life-threatening injuries.

Police Chief Roger Parent noted that people need to look north twice at that intersection before pulling out. Neither victim was ticketed.

# Brewery

...continued from front page

other drinks as well. "We will also serve our own spirits and wine, for guests who prefer, and create a few craft sodas and soft drinks for both the young and young at heart. Our chef and head brewer will be announced as we get closer to opening and we will utilize local and sustainable ingredients whenever possible."

Ringler will be meeting with the design and construction teams the next two weeks, and they hope to break ground once paperwork and permits are in place. They plan to demolish the current building and build a new one. He said construction will depend somewhat on the weather, but he hopes the brewery will be open early next year.

"We've been encouraged by the wonderful support we've received from everyone in



town," remarked Ringler. "If the community supports us once we open, I certainly believe that this project can serve as a catalyst for future growth, development and jobs and can help draw commerce from outside the community to Cedar Springs. We're excited to be a part of that."

Check out their Facebook page to keep updated on progress. Their full website at [www.cedarspringsbrewing.com](http://www.cedarspringsbrewing.com) will also soon be launched. It will feature a live camera of progress, club membership information, and promotional items such as t-shirts and hats from a local supplier.

# New branch manager at Sand Lake/Nelson Township Library

By Tom Noreen

On June 18, Craig Bruno joined the staff of the Nelson Township Library as the Kent District Library Branch Manager. Craig started as a circulation assistant for KDL at the Gaines Township branch. He comes to us from the Cascade branch, where he was the adult librarian offering programs for all ages. Most of his programming for adults has centered on teaching computer classes and performing outreach to senior centers and retirement homes. Craig has hosted several author talks at Cascade.



Craig Bruno

Craig was born in Sheffield, England and grew up in Pickney, Michigan. He has a Masters of Library and Information Science degree from Wayne State. He and his wife, Danielle, live in Grandville and have two yorkiepoop puppies. Craig follows English football, does genealogy, enjoys folk music and brews his own beer.

Stop in and see him at the library at 88 Eighth Street, Sand Lake.

# OUT OF THE ATTIC

## The R.M.S. Railway Mail Service

By D.M. White, Cedar Springs Historical Society

I was one of the federal employees who worked and guarded the U.S. Mail on the trains. We carried all the Federal Reserve cash and registered mail. We handled all the revenue from the Mackinac Bridge each week and it was no small amount!

Here is an example of how the mail service used to work. We lived on R.R. #1-Rockford and when my mother mailed a penny postcard on a Monday morning to Sears Roebuck in Chicago for an item, the item would be delivered to our house on Wednesday—two days later, every time!

After I entered the mail service in 1957, I found out how this speedy response was possible. In 1957, there were 82 employees in the Grand Rapids office. We had our own office separate from the regular post office. Our civil service exam was different from the regular postal workers and on a different pay scale, as our jobs were considered hazardous. We were required to carry a .38 caliber pistol and to qualify every six months with the gun. In 1957, there were also highway post offices that did the same things as the railway post offices.

Our runs out of Grand Rapids at that time were as follows: Grand Rapids to Cadillac, Grand Rapids to Ludington, Grand Rapids to Saginaw, Grand Rapids to Fort Wayne, Grand Rapids to Detroit, on the C&O Railroad, three times each way daily; Detroit and Muskegon two times each way daily; Port Huron to Chicago three times daily; Grand Rapids to Potosky, Jackson to Bay City, Detroit to Mackinac twice daily; and Detroit to Saginaw and Grand Rapids to Chicago, twice daily.

My favorite run of the day was the Detroit and Mackinac. One problem with that was it never got to Detroit or Mackinac. It terminated on each end at Bay City and Cheboygan. As you can see, it was easy for my mother's order to Sears Roebuck to have reached Chicago so fast with all these daily runs.

An interesting part of the R.M.S. was when we caught the mail on the fly. Smaller towns on the run were not stopped at but we would catch and dispatch the mail at 60 miles per hour, more or less.

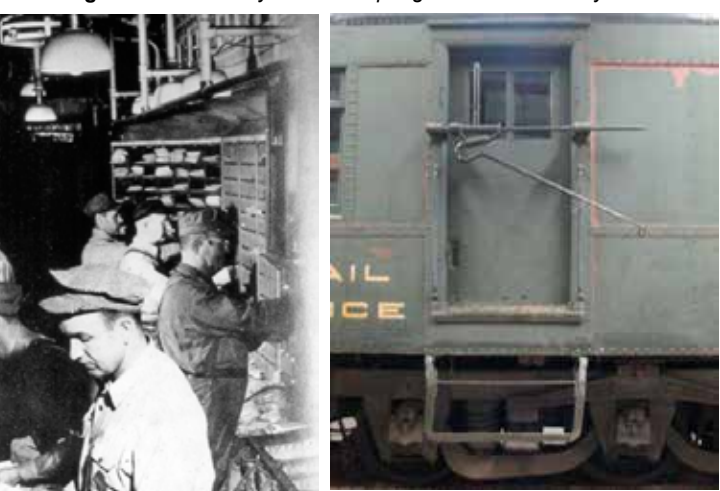
A device called the mail crane was owned by the railroad and was on a pole alongside the train tracks. The postmaster would hang a catcher pouch on it. The catcher pouch was a heavy canvas bag that was re-enforced with leather and steel. This hanging bag would go from 0 to 60 mph instantly as we grabbed it and, at the same time, we would dispatch a pouch containing their mail. The complete transfer technique (tossing out the outgoing mail a second before grabbing the catcher pouch) required much skill and potentially could cause harm or even death for those not trained properly or anyone near the passing train.

One funny mishap occurred on a cold icy winter day in Valparaiso, Indiana. Freezing rain had turned everything to ice. The local clerk knew the dispatched pouch had to hit something or it would never stop on that ice. As we approached, we saw that the mail messenger was hiding behind his car, so we threw the pouch and it slid under the car. It hit the messenger, and the pouch and the man went sliding down the street together.

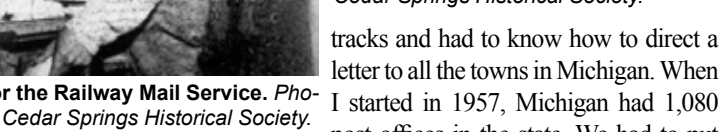
We stood and sorted mail as the train was running down the



Post office clerk in a mail car ready to make an outgoing-incoming mail exchange. Photo courtesy of Cedar Springs Historical Society.



Detailed view of the mail hook on CBQ 1926, a RPO preserved at the Illinois Railway Museum. Photo courtesy of the Cedar Springs Historical Society.



Sorting mail for the Railway Mail Service. Photo courtesy of the Cedar Springs Historical Society.

up an exam for each state we worked in. I had to know Indiana, Michigan, and New York. I don't remember how many post offices Indiana had, but New York had over 2,000. There were no zip codes then so we had to know the towns in each state. We were required to score 95 percent on each exam to keep our jobs. To explain why we were not robbed is easy—nobody knew we carried this valuable cargo—nobody.

We were issued four items that were to be protected no matter what. One was an L.A. key. This opened all first class mail pouches. Number two was a registered key that opened all registered mail pouches. Each time it was opened, a dial, like an odometer, would record this opening. Each time this locked pouch was transferred to another unit, it was accompanied by a bill bearing these numbers, and the signature of the man who dispatched it. Number three was your pistol, and number four was your badge. You were inspected regularly. If any of the above were missing, or in bad shape, you were in real trouble.

With large shipments of cash, the post office Detroit or Chicago would notify the police and they would escort the truck down to the depot. They in turn would alert the Grand Rapids police to meet the train and escort it to the post office. I have a comical story about what happened to me one dark night during this

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# The POST

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 New rate due to POSTage increase.....\$35 per year

event. Ask me and I'll tell you about it sometime. Like the man said, "you gotta stop sometime."

If you would like to visit the Cedar Springs Historical Museum or get a group together to visit, I would love to tell you more of the story and give a demonstration. Just call the museum to make arrangements at 696-3335.

Visit the museum Wednesdays from 10 a.m. to 5 p.m., and other times by appointment to see the Railroad Mail Service exhibit.

Article and photos used courtesy of the Cedar Springs Historical Society.

# Education Foundation awards grants

By Tom Noreen

Each year the Cedar Springs Education Foundation reinvests the dividends it earns on its investments back into the schools. This year the foundation returned over \$15,000. Of this, over \$5,000 was used to provide each of the 205 teachers with a \$25 gift card from Schuler's Books. The other \$10,000 was divided up among the individual schools based on student enrollment for projects, programs, and equipment selected by the staff and faculty of each school. The grants awarded are listed below.

**CEDAR TRAILS—\$1,900**  
 Benefits 625 students. Purchase additional Mentor and Grade Level Text books to support Reading and Writing Workshop

**BEACH—\$1,500 of \$1,700 fee**  
 Benefits all 520 students. Subscription to Raz-kids.com website, a personalized on-line reading support program that challenges all students at their reading level.

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**CEDAR VIEW**  
 4th Grade—\$750  
 Benefits 270 students. Purchase leveled American Revolution books for students use in researching "Museum of Knowledge" writing project. Also purchase tri-fold boards and other supplies for project.

**5th Grade—\$750**  
 Benefits 260 students. Purchase math manipulatives to complement Everyday Math curriculum. Purchase current book titles to enhance literacy instruction.

**RED HAWK—\$700**  
 Benefits 250 students. Purchase books that emphasize visual literacy and present same core concepts for varying reading levels that align with social studies and science units.

**MIDDLE SCHOOL—\$1,500**  
 Benefits all 520 students. Materials for Science, Technology, Engineering and Math (STEM) inventions which allow students to take theoretical

# Host an Exchange Student Today!



**Victoria from Australia, 17 yrs.**  
 Enjoys spending time with her family and younger siblings. Victoria plays volleyball and is excited to learn new sports while in America.

**Giorgio from Italy, 16 yrs.**  
 Loves to play baseball and spend time with his dogs. Giorgio also plays the guitar, and his dream is to join a drama club at his American high school.

Call Cathy at (616) 893-0646 or  
 Amy at 1-800-677-2773 (Toll Free) [host.assc.com](http://host.assc.com) or email [info@assc.com](mailto:info@assc.com)

**ASSC**  
 INTERNATIONAL STUDENT EXCHANGE PROGRAM  
 Founded in 1976  
 ASSC International Student Exchange Program is a Public Benefit, Non-Profit Organization.  
 For privacy reasons, photos above are not photos of actual students.

**White Creek Lumber's annual Sidewalk sale!**

**SIDEWALK SALE** September 4, 5 & 6

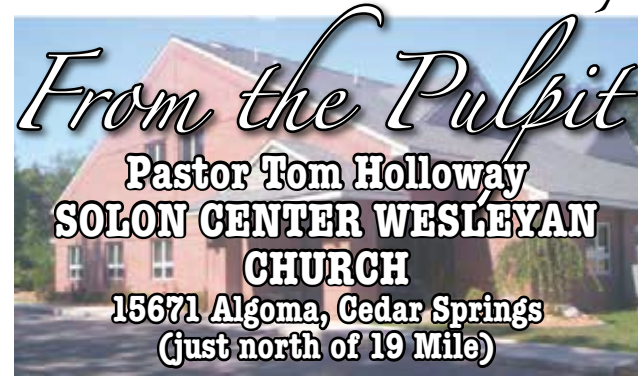
**End of summer, overstocked items, and close out sales up to 60% off!**

Locally Owned • Customer Friendly  
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[www.whitecreeklumber.com](http://www.whitecreeklumber.com)  
 1-616-696-0010 • 1-800-696-1009



# Church Connection

spiritual notes • announcements • memories



## “COULD THAT HAPPEN HERE?”

As I look at the events that are taking place in Ferguson, Missouri, it makes me ask the question, “Could that happen in Cedar Springs?” Have you thought about that? Or do you just assume that something like that could never happen here? I think it would be foolish of us to think that something like that couldn't happen here; but at the same time, I believe that the things our community is doing is building in safeguards so that those kinds of things won't happen here.

What are the safeguards in our community? The first is that we are truly a *community*. We are a group of people that values a greater sense of purpose. The idea is that there is something larger than our own personal interests. The fact that 8 or 9 churches can come together on a Sunday morning and forego their own offerings and take one large offering and give it to the Cedar Springs Ministerial Association to help the hurt, and needy in our community is proof. Think about that for a second—that's like taking your family's paychecks for the week and giving it away to someone or something other than your own needs. Yet, the cell phone bill still comes, the groceries need to be bought, the lights need to stay on, the mortgage payment still needs to be paid, and for the churches the staff still needs to be paid.

That is enough to make church people and leaders squirm and to not get involved in something bigger. But after six years of doing “United,” the churches continue to close their doors to meet in the community. If you've never been a part of a church then you might not see that as a big deal, but it shows that there is a common unity and a trust in this community that isn't prevalent in a lot of other communities.

The second safeguard that we have in our community is a sense of leaving Cedar Springs better than we found it. I don't know about you, but I want to leave our community better off than it is now. I want to know that when I'm dead and gone that I helped make our little corner of the world better than I found it. Do you know that we have a Community Building Development Team? What is their goal? To make the community better by working together with the current resources, and to remember the past by honoring it, and also building community buildings that will be the highlight of the community.

Why are they doing that? Is it to put their name on a building, or to get a pat on the back? Not at all. They are doing it because they know that an investment in the community that builds community will enhance living in Cedar Springs, which will lead to more families choosing Cedar Springs over other communities. Which also means more of a tax base, more resources to spend at the local stores, more students to help build more and better schools, and more and better athletes that will enhance our already great sports teams.

When many people are in a time in their life where they can just sit back and relax, those people are seeking to develop the place where we live. When we see that others truly care about a larger purpose, it builds trust when others would seek to divide us.

The final safeguard that I believe is in place is simply the Lord. In a time in the world when it's not popular to claim the name of Jesus, I believe that our community is proud to claim His hand on us. I have seen so many times that God has had His hand on our community it blows my mind.

Jesus was asked what the most important law was and He told them that it was twofold. The first was to love God, and the second was equally important. Love your neighbor as much as you love yourself. In other words, we need each other in order to be right with God. It's more than just living your own life, and doing all of the right things. It's much bigger than that. There is a larger purpose in mind.

The original question was, “Could what happened in Ferguson happen to us?” I believe if we in Cedar Springs continue to love and serve our God, who has been so generous to us, and to put others ahead of ourselves, it can't happen here. But it's up to us individually, and also collectively. So the next time you are tempted to think bad about someone or their actions, trust that they have your best interest at heart. It's up to you!

## Keeping the Faith



By Ronnie McBrayer

### KEEP IT SIMPLE

The Old Testament Law contains 613 individual commandments. Such a corpus of legal code is incredibly lengthy. Yet, the oral tradition that supplements the Law is also extensive.

Translated into English, it is a multi-volume set of more than seven thousand pages.

So it's no surprise that Jesus was once asked this pertinent question: “Which is the most important commandment in the Law?” Jesus answered: “Love the Lord your God with all your heart, soul, and mind. He then added, “The second most important is similar: Love your neighbor as much as you love yourself.” If only practical faith could stay on this level of holy simplicity.

Christians are a verbose group. We always have something to say, prove, defend, attack, clarify, protect, or explain. As if elaborate statements of faith will improve upon our Founder's humble words. Complication and baggage just seem to naturally collect like barnacles attaching themselves to a ship.

It requires vigilance—the closest, most careful attention—to keep faith concentrated along the lines of which Jesus spoke. To do otherwise, to let faith go where it will, seems to lead to more words, more demands and commands, and more impediments to actually practicing the way of Christ.

I like the personal story told by Jim Wallis when he was a teenager. Young Jim picked up a girlfriend to take to a movie, an act strictly forbidden in the church culture of his youth. As Jim and his date prepared to leave the house, the girl's father stood in the doorway blocking their exit. He said to the couple, tears in his eyes, “If you go to this film, you'll be trampling on everything that we've taught you to believe.”

While the shaming was over the top, the man's conviction is honorable, in a curious sort of way. He was begging those he loved to stay true to the path. I have similar convictions when it comes to simplicity. Thus, I have lost count of the times over the years when people wanted more—more words, more dogma, more doctrine, and more rules. At such times, I firmly grip the doorframe and say, “No, let's keep it simple.”

FAITH - continues on page 5

**maranatha BAPTIST CHURCH**  
12786 Algoma Ave Cedar Springs www.MBC-Cedar.com 696-3560

Sunday Worship 10:00 AM  
Family Bible Hour 6:00 PM

Word of Life Clubs  
Wednesday 6:30 PM  
Adult Bible Study  
Wednesday 7:00 PM

**Mary Queen of Apostles Church/St. Clara Mission Roman Catholic Church Community**  
Mary Queen of Apostles Church - One W. Maple, Sand Lake | 636-5671  
Mass Times: Saturdays at 4:00 pm • Sundays at 8:00 am  
Sacrament of Reconciliation: Saturdays at 3:00 pm  
St. Clara Mission - 4584 N. Bailey Rd. in Coral. Sunday Mass at 9:30am  
Father Lam T. Le | frlle@grpriests.org

**PILGRIM BIBLE CHURCH & ACADEMY**  
West Pine Street • 696-1021 • Rev. Mike Shiery  
SUNDAY SCHOOL 9:45  
WORSHIP 10:45 AM and 6:00 P.M.  
MIDWEEK SERVICE • WEDNESDAY 7:00 P.M.

**Pioneer Christian Reformed Church**  
Services at Cedarfield Community Center  
3592 17 Mile Rd. NE (Next to Metjor)  
Phone: 696-9120 Web: www.pioneercre.org  
Sunday Services: 10AM, 6PM  
Pastor: Jim Alblas

**Rockford Springs Community Church**  
Pastor David Vander Meer  
5815 14-Mile Rd. (3 miles east of 131) • 696-3656  
www.rockfordsprings.org  
SUNDAY WORSHIP  
9:30AM • 5:00PM

**SAND LAKE UNITED METHODIST CHURCH**  
65 W. Maple St. • Sand Lake • 616-636-5673  
Rev. Darryl Miller  
Worship Service 9:30 am • Children's Church 9:30 am  
Family Night - Thursdays 5:30-7pm

**Church Connection**  
is online @ [www.cedarspringspost.com](http://www.cedarspringspost.com)

## Church Directory

**SCWC Solon Center Wesleyan Church**  
soloncetw@cedarspringspost.com  
Senior Pastor Tom Holloway  
15671 Algoma Ave., Cedar Springs - Just N. of 19 Mile Rd.  
Summer Worship - 10AM June thru August  
616-696-3292

**the SPRINGS free methodist church**  
135 N. Grant St. (Corner of Grant & Oak)  
616.696.2970  
www.thespringschurch.info

**St. John Paul II Parish Roman Catholic Faith Community**  
3110 17 Mile Road | Cedar Springs, MI | 696-3904  
Mass Times: Saturdays at 5:30pm • Sundays at 10:00 am & 5:00 pm  
Sacrament of Reconciliation Saturdays at Noon & Sundays at 4:00 pm  
jp2cedarsprings.org | Father Lam T. Le | frlle@grpriests.org

Worship Every Sunday at 10:30am  
810 17 Mile Road, Cedar Springs  
at the corner of 17 Mile and Old Lakes  
www.cscalvary.org  
(616) 696-8708  
Pastor Craig T. Owens  
http://craigowens.com

**CHURCH OF THE FULL GOSPEL**  
(Since 1916) Non-Denominational  
Pentecostal Grace  
180 E. Lake St. Sand Lake (1 block E. of Traffic Light)  
Sunday School ..... 10am / Sunday Morning ..... 11am  
Sunday Night ..... 6pm / Wed. Bible Study ..... 3pm  
Pastor Gary Giddings (616) 799-0331 - Pastor Verna Giddings (616) 636-5628

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10295 Myers Lake Ave.-1.5 Miles South of 14 Mile Rd.  
Pastor: Robert Eckert 866-4298  
SUNDAY WORSHIP: 10 AM  
Bible Study: 11:15 AM Monday  
Enhance Fitness: 10 a.m. M/W/F  
www.coumc.com

**Cedar Springs Christian Church**  
Pastor Ryan Black: SERMONS ONLINE  
Non-denominational  
SUNDAYS: 10:30 A.M.  
MONDAYS: OPEN PRAYER 7-8 PM  
340 W. Pine St. on CIA property Cedar Springs 616.696.1180  
\*NFI affiliated with Creative Technologies Academy (CTA)  
www.cedarspringschristianchurch.org

**Cedar Springs United Methodist Church**  
140 South Main, Cedar Springs (616) 696-1140 www.cedarspringsumc.org

SUNDAY SCHEDULE:  
10:00 a.m. WORSHIP  
SUPERVISED NURSERY CARE PROVIDED  
11:00 a.m. Coffee Fellowship downstairs

Pastor Steve Lindeman

**FIRS baptist church of cedar springs**  
233 S. Main Street 696-1630  
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Sunday Morning Worship 10:45am  
Sunday Evening Worship 6pm  
Wednesday Youth Group 7:00-8:00pm  
Nursery provided for all Sunday Services  
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# Church Connection

spiritual notes • announcements • memories

## Obituary

### ERWIN D. FOX



Erwin D. Fox, 87 of Sand Lake, died Monday, August 25, 2014 at his home. Erwin was born July 19, 1927 in Comstock Park, Michigan the son of Leon and Thelma (Geer) Fox. He served his country in the U.S. Army during the Korean War. He was a mechanic and worked many years for C.H. Wallace Pontiac. Erwin enjoyed hunting, fishing, dancing, snowmobiling and chopping wood. He was a member of the North Kent Snowmobile Club. Surviving are his wife, Marjory; children, Dennis (Laura) Smith, Linda (Don) Vandenberg, Carolyn (Greg) Wagner, Kurt Fox, Susan Fox; 13 grandchildren; 28 great grandchildren; one great great grandson; sister, Yvonne Brownell; brother-in-law, Donald Seaborn. He was preceded in death by two sisters and one brother. The family will greet friends Thursday, August 28 from 12 noon until time of service at 1:00 pm at the Bliss-Witters & Pike Funeral Home, Cedar Springs. Pastor Tuttle officiating. Interment with military honors at Solon Township Cemetery. Memorial contributions may be made to the family to help with final expenses.

Arrangements by Bliss-Witters & Pike Funeral Home, Cedar Springs

## Obituary

### WILLIAM PAUL GUNUNG

William Paul Genung age 82 of Sand Lake passed away at home on Wednesday August 20, 2014. He was born in Dowagiac Michigan on December 25, 1931 the son of Merle T. and Nora (Franklin) Genung. Bill was retired from Packaging Corporation of America in Wyoming with 34 years of service. He was a veteran of the US Army serving in Korea and receiving a purple heart for disabling wounds, but never was limited in giving for his country and his work and family. He was a member of the VFW Post 3306 in Howard City and the American Legion of Comstock Park. He loved camping and feeding his birds. He enjoyed delivering the Cedar Springs Post for many years. He was preceded in death by his brothers Fred, Larry and Glen Genung, his son Tom Boden and his daughter Deb Russo. He is survived by his wife of 32 years, Rosalyn Genung , his children; Daphne “Candy” Boden, Roger (Pam) Boden, Mike (shelly) Barrett, Bill (Peg) Barrett, Tom Barrett, Lori (Dave) DeYoung, Karen (Kevin) Clark; 27 grandchildren, 45 great grandchildren and 9 great great grandchildren, and nieces and nephews. Memorial services were held on Monday August 25, 2014 at 1 PM from the VFW Post # 3306 in Howard City (1001 S. Ensley). Memorial contributions may be given to the American Heart Association. Messages of condolence may be sent via [hurstfuneralhome.com](http://hurstfuneralhome.com).

Arrangements by Hurst Funeral Home, Greenville.

## Bliss-Witters & Pike

Bliss-Witters & Pike Funeral Home is family owned and operated by Kevin and Janet Pike. Our barrier free chapel is located one-half mile south of downtown on Northland Drive. We are available to serve you 24 hours a day, 7 days a week.



Kevin Pike - Manager, Janet Pike Assistant

## Obituary

### JANET L. RIGGLE



Janet L. Riggle, 90 of Cedar Springs, passed away peacefully from this life and entered into the presence of her Saviour on Saturday, August 23, 2014 at Metron of Cedar Springs. Janet was married to Howard “Slim” Riggle on April 6, 1942 and together they raised a family. Early in their marriage, they owned and operated a Sunoco gas station and restaurant in Edmore, Michigan. In 1953, they moved to Cedar Springs after they bought the business known as Hough's Dairy. She went to work with Slim, delivering milk, eggs and bread to area businesses and homes. In 1959, they purchased Hough's Dairy Bar, changing the name to Janet's Dairy Bar. She operated that business until it was sold in 1969. She became the Treasurer for the City of Cedar Springs in 1973 and worked there ten years, retiring in 1983. She dearly loved being a mom was awarded the title, “Most Fun Grandmother” by her grandkids. Janet was always up for an adventure and loved to travel, visiting England, Scotland, Florida, Texas and Colorado during her lifetime. She was an avid gardener and also enjoyed oil painting and ceramics. She was an accomplished seamstress, sewing clothes for her husband and kids. In her later years, she started knitting sweaters, hats and mittens, and she started making quilts, many of which are still being used and enjoyed by all her family members. She could dance a mean polka and her bark was often worse than her bite. Janet is survived by her children; Lee Ann Eary of Boyne City, Debbi (Lohryn) Gates of Howard City, Terri L. Riggle of Cedar Springs, Howard David (Cyndi) Riggle of Cedar Springs; 13 grandchildren; 17 great grandchildren; 3 great great grandchildren; brothers, Eugene Crosby; Roger (Barb) Crosby; and Charles (Mary) Crosby; many nieces and nephews. She was preceded in death by her husband, Howard “Slim” Riggle, son, Craig S. Riggle; great granddaughter, Piper L. Gates; son-in-law, Robert F. Eary. The family greeted friends Monday, August 25 from 6-8 pm at the Bliss-Witters & Pike Funeral Home, Cedar Springs. The service was held Tuesday 11:00 am at the United Methodist Church, 140 S. Main St., Cedar Springs. Pastor Steve Lindeman officiating. Interment Elmwood Cemetery, Cedar Springs. Memorial contributions may be made to Hospice of Michigan, 989 Spaulding SE, Ada, MI 49306

Arrangements by Bliss-Witters & Pike Funeral Home, Cedar Springs

## Anniversary

### 50th Anniversary



### JIM & VERNA SMIGIEL

Open House - Jim and Verna Smigiel will be celebrating their 50th Anniversary on September 7th at the Village of Pierson's hall at 90 Grand St. from 2 to 6 pm. Jim and Verna were married in Sand Lake by the Justice of the Peace on August 28, 1964 with Betty Hilbrands, Wanda (White) Wagner and Jerold Magoon attending. Celebrating with them will be their children, Gayle Smigiel, Emily Woolf, Aaron and Jennifer Smigiel and Darrin and Melba Smigiel; and grandchildren, Destiny, Liberty, and Kaylee Smigiel and Brandon and Tiffany Empie.

## Faith

...continued from page 4

If we can learn to love God and love our neighbors (no easy task), it will be enough. It will be more than enough. For “shattering and disarming simplicity,” said the great C.S. Lewis, “is the real answer.”

Ronnie McBrayer is a syndicated columnist, pastor, and author. His newest book is “The Gospel According to Waffle House.” You can read more at [www.ronniemcbrayer.me](http://www.ronniemcbrayer.me).

### Sorrow looks back. Worry looks around. Faith looks up



*Fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.*  
Hebrews 12:2 (NASB)

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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.

### Auditions for Fall Production

Sept. 2: Actors del Arte Ensemble will be presenting the fantasy, adventure, mythology, "Way of the Wolf." Auditions will be held September 2nd from 6 – 8:30 pm at the Rockford Reformed Church, 4890 11 Mile Rd., Rockford. Looking for men, women and teens to fill roles. The show is set for November at the Kent Theatre in Cedar Springs. For details call 616-874-5264. #35

### Chicken BBQ and Rummage Sale

Sept. 5: Courtland Oakfield United Methodist Church, 10295 Myers Lake Rd., Rockford, is having their annual Chicken BBQ, Rummage and Bake Sale. The rummage and bake sale is Friday, September 5 from 9 am to 4 pm, Saturday, September 6, from 9 am to 7 pm. BBQ Chicken will be available on Saturday, September 6th from 4 to 7 pm. Half chicken and fixin's, dine in or carry out. Vegan option available. \$8.95. #35,36p

### Hope Community Church Yard Sale

Sept. 5:6: Hope Community Church Yard Sale, 7000 Myers Lake Rd., Rockford, MI September 5th (Friday) from 9 to 5 pm and September 6th (Saturday) from 9 to 1 pm. There will be a really good variety of clean merchandise available at this sale. Stop on by! For info call Judy at 616-340-2820. #35,36b

### Mystery Dinner Theatre

Sept. 6: The Springs Church will present a mystery dinner theatre to support a mission trip to Columbia on September 6th from 6 to 8 pm. Tickets can be purchased at The Springs Church, 135 N. Grant (corner of Grant and Oak, Cedar Springs) Monday through Thursday, 9 am to 4 pm or by calling: Sally Nulph at 616-696-8974. Childcare is available during the activities for \$5 per child (pizza and activities provided). Please purchase tickets prior to September 3rd. #35

### Walk to End Alzheimer's – Montcalm County

Sept. 6: Montcalm County's Walk to End Alzheimer's will be on September 6th at the Greenville Area Community Center, 900 East Kent Rd. Registration is at 9 am with a ceremony at 10 am and the walk will begin at 10:15 am. The walk is 1-1/2 miles long. Although there is no registration fee, we need participants to raise funds. Please help us reach our goal of over \$17,500. Contact alz.org/walk or 616-459-7567. #35

### Lakeview annual Alumni Banquet

Sept. 7: All Lakeview School Alumni (this includes any former Lakeview School student and guest from 2014 and earlier) and retired teachers are invited to attend the annual Alumni Banquet, to be held at Lakeview High School on Sunday, September 7, 2014. The cost is \$13 per person with open house at 11 am and dinner served at 1 pm. Reservations must be made prior to August 30 by sending payment, your name, maiden name (if applicable) and year of graduation to: Maureen Jaquays, 13952 Coral Rd., Coral, MI 49322, phone 231-354-6506. Questions may be directed to President Pat Hadrich, 616-984-2938. Come join the fun and you

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may be a lucky winner of some great door prizes. Please spread the work to out-of-town classmates. #35p

### One Book Discussion in Howard City

Sept. 8: A book discussion for the One Book One County Montcalm selection, "Me Before You," by Jojo Moyes, is September 8 at 1:30 pm at the Timothy C. Hauenstein Reynolds Township Library in Howard City. Visit www.montcalm.edu/one-book or call 989-328-2111. Ext. 334 for more information. #35

### MCC's Philharmonic Orchestra Seeks Musicians

Sept. 8: Rehearsals for Montcalm Community College's Philharmonic Orchestra begin September 8 and are from 7 to 9 pm on Mondays through October 27 in the Greenville Middle School Band Room. The cost is \$15 per person, which is payable at the first session or by registering online at www.montcalm.edu/careerdevelopment. The orchestra will perform "Music of the Seas" with MCC's Alumni & Friends Choir on November 2 at 3 pm in the gymnasium in the Activities Building in Sidney. Contact Philharmonic Director Jeff Ayres at ayresj@greenville.k12.mi.us or 616-894-1071 or MCC Performing Arts Coordinator Valerie VanderMark at valv@montcalm.edu or 989-328-1218 for more information. #35

### Register Now For Free Hunter Education

Sept. 9: To register for firearm Hunter Safety Classes at the Red Flannel Rod & Gun Club, call Jim Pope at 231-834-5545 after 6 pm. Classes at the Club, 7463 18 Mile Rd. Cedar Springs, will be Tues. September 9th from 6-9 pm, Thurs. September 11th from 6-9 pm, and Sat. September 13th from 8 am-4:30 pm. Class size limited to 40 students. #35,35p

### Red Flannel Day Talent Show Tryouts

Sept. 10,17: Looking for talented kids of all ages. The Red Flannel Talent Show is searching for singers, vocal groups, dancers, instrumentalists and variety acts for the Red Flannel Day Talent Show on October 4th. Come in and show us what you got. Tryouts on Wednesdays September 10 & 17 at 7:00 pm at the Kent Theatre, 8 N. Main St. Cedar Springs. So, get together with friends and family and plan your act now. If you have any questions, or can't make it on tryout day, please contact Len by email, len@laphoto.com or 231-750-2337. #35,36p

### Free Movie Night

Sept. 12: An En Gedi 5th Quarter Special Event will include an outdoor movie of the Princess Bride (PG). This is for high school students as well as all the community members on Friday, September 12 immediately following the first home football game or approximately 9 pm. Presented on the north end of the football stadium. Bad weather location is the high school auditorium. Bring a chair or blanket. Concessions (popcorn, candy, coffee and drinks) will remain open during the movie. Everyone will be admitted free after the 3rd quarter of the football game. Check us out at Facebook or www.EnGediYouthCenter.com. #35,36p

### Tri County 50th Class Reunion

Sept. 12: A reunion for the class of 1964 will be held on September 13 at the Edgar Farm located at 11681 W. Howard City-Edmore R. on M-46 between Amble and Lakeview. A lunch/brunch will be served at 1 pm. Make your reservation by contacting Janet Howe Boezwinkle by August 30th. Call 616-696-2252 or email djboezwinkle@aol.com. #35

### Heaven Is For Real presented.

Sept. 13,14: The Cedar Springs United Methodist Church is showing the movie Heaven is for Real in our fellowship hall. This movie is based on a true story. Bring a friend and join us for any of the following showings. Saturday, September 13th at 3 or 7 pm or Sunday, September 14th at 3 pm. We are located at 140 S. Main Street. Admission and popcorn are free. Soda and bottled water will be available for purchase. #35-37p

## Youth soccer challenge

The Sand Lake Knights of Columbus will be hosting a special competitive soccer event on Saturday, September 6th from 9am to 10am at the Sand Lake Soccer Fields. Kids in the community are encouraged to come out and enjoy a free opportunity to test their skills at a penalty kick competition. Each participant will be given 15 penalty kicks and points will be awarded depending upon the area of the scoring zones through which the ball passes.

Contestants will be recognized for their participation and will have an opportunity to move on to compete in district and state level competitions. All boys and girls ages 9 to 14 (as of September 1st) are eligible to participate. Registration will take place the morning of the event at the fields. Written parental consent is required.

For more information about this event or the Knights of Columbus contact Frank Sylvester, Soccer Challenge Chairman, at (616) 636-8151.

# JOKE of the Week

## The Substitute teacher

Walking through the hallway at the middle school where I work, I saw a new substitute teacher standing outside the classroom with his head against the locker.

I heard him mutter, "How did you get yourself into this?"

Knowing he was assigned to a difficult class, I tried to offer him moral support.

"Are you ok?" I asked. "Can I help?"

He lifted his head and replied, "I'll be fine as soon as I can get this kid out of his locker!"

### This Joke of the Week is brought to you by



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## Travel to Stratford with MCC on Sept. 19

Montcalm Community College offers a one-day cultural trip to Stratford Ontario, Canada, on Sept. 19, to see Shakespeare's "King Lear."

Buses depart from MCC at 6 a.m. and return about midnight. Buses also stop at Meijer in Ionia to pick up and drop off participants.

Student registration is available now and the cost is \$30. Non-students may register for the trip starting Sept. 5, and the cost is \$65. Registration includes the cost of the bus trip and the theater ticket. Participants are responsible for buying their own meals. Student costs are partially underwritten by the MCC Foundation and the Student Activities Fund.

Anyone planning to participate in this trip must have an enhanced driver's license, United States Passport or Passport Card that is valid through October 2014.

Visit www.montcalm.edu/careerdevelopment for course details or to register online, or call 616-754-7706 or 1-877-328-2111, Ext. 610, for more information.

Contact MCC Performing Arts Coordinator Val Vander Mark at valv@montcalm.edu or (989) 328-1218, MCC Visual Arts Coordinator Carolyn Johnson at cjohanson@montcalm.edu or (989) 328-1248, or MCC Language Arts Instructor Joel Brouwer at jolb@montcalm.edu or (989) 328-1267 for more information.

## Military Retiree Appreciation Day Sept. 20 in Selfridge

A military Retiree Appreciation Day will be held Saturday, September 20, at Selfridge Air National Guard Base, Mich. Retirees from all branches of the armed forces and their family members are eligible to attend. The event will run from 7:30 a.m. to 3 p.m.

Retiree Appreciation Day is an opportunity for all armed forces retirees, spouses, widows and/or guests to receive updated information about retiree entitlement programs.

Photo identification is required for all personnel to access the installation.

Pre-registration is required and must be accomplished by Sept. 10. The registration form, available online at

http://www.mcco.y.army.mil/Services/ACAP\_Documents/2014\_RAD\_REGISTER.PDF, contains detailed information about the event. Direct any questions to 586-239-5580.

The registration form also contains a complete listing of Retiree Appreciation Day events being held throughout the Midwest.

# HEALTH & BEAUTY

## EarthTalk®

E - The Environmental Magazine

*Dear EarthTalk: Is it true that much of our food—including cereals and snacks eaten by children—is actually over-fortified with excessive amounts of vitamins and minerals that can be dangerous to our health?*

-- Diane Summerton, Waukesha, WI



According to a report by the Environmental Working Group (EWG), nearly half of American kids aged eight and under consume potentially harmful amounts of vitamin A, zinc and niacin because of excessive food fortification. Photo by Andy Melton, courtesy Flickr

Added nutrients in the processed foods we eat could indeed be too much of a good thing, especially for kids. According to a report from non-profit health research and advocacy group Environmental Working Group (EWG), nearly half of American kids aged eight and under "consume potentially harmful amounts

of vitamin A, zinc and niacin because of excessive food fortification, outdated nutritional labeling rules and misleading marketing tactics used by food manufacturers." EWG's analysis for the "How Much Is Too Much?" report focused on two frequently fortified food categories: breakfast cereals and snack bars.

Of the 1,550 common cereals studied by EWG, 114 (including Total Raisin Bran, Wheaties Fuel, Cocoa Krispies, Krave and others) were fortified with 30 percent or more of the adult Daily Value for vitamin A, zinc and/or niacin. And 27 of 1,000 brands of snack bars studied (including Balance, Kind and Marathon bars) were fortified with 50 percent or more of the adult Daily Value for at least one of these nutrients. EWG researchers based their analysis on Nutrition Facts labels on the various food items' packaging.

"Heavily fortified foods may sound like a good thing, but it when it comes to children and pregnant women, excessive exposure to high nutrient levels could actually cause short or long-term health problems," says EWG research director Renee Sharp, who co-authored the report. "Manufacturers use vitamin and mineral fortification to sell their products, adding amounts in excess of what people need and more than might be prudent for young children to consume."

Sharp adds that excessive levels of vitamin A can lead to skeletal abnormalities, liver damage and hair loss, while high doses of zinc can impede copper absorption, compromise red and white blood cells and impair immune function. Also, too much vitamin A during pregnancy can lead to fetal developmental issues. And older adults who get too much vitamin A are at more risk for osteoporosis and hip fractures.

EWG suggests it's time to overhaul our food labeling system to better account for how ingredients may affect children as well as adults. "In other words, when a parent picks up a box of cereal and sees that one serving provides 50 percent of the Daily Value for vitamin A, he or she may think that it provides 50 percent of a child's recommended intake," says EWG researcher and report co-author Olga Naidenko. "But he or she would most likely be wrong, since the Daily Values are based on an adult's dietary needs."

EWG is working on the U.S. Food and Drug Administration (FDA) to update its guidelines for Nutrition Facts to better reflect how foods affect children as well as adults. In the meantime, parents might want to consider scaling back on fortified foods for their kids in favor of so-called whole foods (unprocessed, unrefined fruits, vegetables and whole grains) that deliver the right amounts of nutrients naturally.

"Research consistently shows that the nutrient amounts and types found in whole foods provide optimal nutrition as well as least risk," says Ashley Koff, a registered dietitian and a former ad executive for kid's cereals and snack bars. "We owe it to parents and kids to make it easiest to choose better quality foods."

See EWG's "How Much Is Too Much?" report, www.ewg.org/research/how-much-is-too-much.

EarthTalk® is written and edited by Roddy Scheer and Doug Moss and is a registered trademark of E - The Environmental Magazine (www.emagazine.com). Send questions to: earthtalk@emagazine.com.

## Fly & Remember

*Celebrating the lives of those we've lost*

Even though Judy Fleming's father died three years ago, she takes comfort knowing he lived a good life and died a peaceful death in his home with family around him. While she has made peace with his death, she often finds herself missing him and looks for an opportunity to remember and feel connected.

"Even after we learn to cope with the grief of losing a loved one, there is no promise we will stop missing them," said Karen Monts, director of grief support services at Hospice of Michigan. "And for some of us, we don't want to. In fact, people often say the fading memory of those we love can be the hardest things to cope with."

To offer the bereaved an opportunity to remember and celebrate the legacy of their lost loved ones, HOM will hold nine community-wide Fly & Remember memorial events throughout Michigan in September. Attendees at these free annual events have the opportunity to personalize a kite in memory of their loved one and then to fly it in that person's honor. Anyone who has experienced a loss is welcome to attend, not just those who died under Hospice of Michigan care.

"Fly & Remember is an uplifting event that provides people with time to remember their loved ones and reflect on their life in a positive and productive way," Monts explains. "Memorializing loved ones who have passed allows the bereaved to keep the essence of their loved one alive. It is important to remember that coping with grief isn't about forgetting your loved one, it's about getting to a place where you can find peace with the loss and happiness in the memories you once shared."

In an effort to keep the memory of her father alive, Fleming has attended Fly & Remember each year since his death. She also brings her mother, who is looking for ways to hold on to memories of her husband of 65 years.

"Instead of typical kite decorations, my mom and I write a letter to my dad on the kite," Fleming said. "When we fly it, we feel like we're sending him a message."

"The Fly & Remember event has become a wonderful day to remember and celebrate my father," Fleming adds. "When I fly the kite I feel connected to him and a sense of peace falls over me. I'm reminded that he's gone to a better place."



Each September, Hospice of Michigan encourages families across the state to decorate and fly kites during community events to celebrate the lives of those who have died.

Fleming says that in addition to memorializing her father, there is an overwhelming feeling of support by those who attend. "The event is very welcoming. I see many of the same people attend each year, and I've become friends with some of them," Fleming recalled. "There are people there that I can talk to and even cry with; and they understand where I'm coming from."

Each community hosting a Fly & Remember event plans to partner with other organizations and offer unique activities, such as live music and reading of poems. Events will be held:

- Saturday, Sept. 6, in Manistee
- Monday, Sept. 8th in Boyne City
- Friday, Sept. 12, in Lake City
- Saturday, Sept. 13, in Gaylord
- Saturday, Sept. 13, in Royal Oak
- Tuesday, Sept. 16, in Ann Arbor

FLY - continues on page 13

## Officials urge residents to vaccinate against whooping cough

As Michigan continues to see new pertussis cases this year, the Michigan Department of Community Health (MDCH) is reminding residents during National Immunization Awareness Month of the importance of being up to date on all vaccinations including pertussis, also known as whooping cough. Through the end of July, Michigan has seen 546 cases, about 45 percent more than in the same period of 2013. Several other states, including Ohio, California, and Florida, are reporting similar increases.

"Children are routinely recommended to receive a series of pertussis vaccine doses in infancy and early childhood," said Dr. Matthew Davis, chief medical executive of MDCH. "Adolescents and adults should receive a booster dose of the vaccine. In addition, pregnant women should get a booster in the third trimester of each pregnancy to help protect newborns, who are most vulnerable to the illness in the first few months of life."

Pertussis is a respiratory infection caused by a bacterium that results in a prolonged illness. Severe coughing episodes.

VACCINATE - continues on page 13

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## School Starts September 2nd!

### Healthy lunch and snack ideas for back to school

(BPT) - If schools and parents received report cards on the lunches they're serving kids, most wouldn't receive a passing score. Many lunches, whether served at school or brought from home, are made with bleached flour, artificial sweeteners, food coloring, high-fructose corn syrup, artificial preservatives, hormones and trans fats. Studies have shown that these ingredients are linked to weight gain, defects in insulin and lipid metabolism, hyperactivity, increased risk of tumors, cancer, digestive issues, asthma, premature heart attacks, diabetes, and overexposure and resistance to antibiotics. Some of these ingredients are even banned in other countries.

As a parent, what can you do to keep your child healthy? Life Time - The Healthy Way of Life Company, suggests checking in with your child's school to learn where foods are sourced, the nutritional values and ingredients in order to make informed decisions.

"The more highly processed foods are, the more likely they are to contain the seven unsavory ingredients. Meaning they are foods it's best to find alternatives for," says Laura Burbank, a registered dietitian with the Life Time Foundation.

"We encourage parents to speak with school nutrition directors and cafeteria managers about reducing the amount of highly processed and artificial items served in their lunch rooms, in favor of wholesome, real foods, and we're able to help parents throughout that process," Burbank says.

Until changes are made, Burbank advises actively engaging kids—starting when they're young—in packing lunch at home. "Getting kids involved in packing their lunches makes them more likely to eat and enjoy them," says Burbank. "They feel helpful and they're learning along the way." She says it's important to include a protein, whole grains, fresh fruit, veg-



etables and healthy fats with every meal, and provides some ideas below.

**Lunch box option one:**

\* Lunch: turkey or ham sandwich with avocado and spinach on whole grain bread. Look for meat that is free of hormones, antibiotics, nitrates, artificial preservatives and other additives.

\* Snack: orange slices and string cheese.

**Lunch box option two:**

\* Lunch: grilled chicken breast, avocado and roasted bell pepper or shredded carrots in a whole grain pita with a Greek yogurt based dressing or pesto.

\* Snack: apple slices and almond butter. If your child's school has a strict nut-free lunchroom guideline, include Greek yogurt with vanilla and/or honey.

**Lunch box option three:**

\* Lunch: a wholesome PB&J made with almond butter and

100 percent fruit preserves on whole grain bread.

\* Snack: hard boiled eggs, cherry tomatoes, cucumbers with Greek yogurt based vegetable dipping sauce, or pita chips and peppers with hummus.

**Healthier lunch room choices**

Burbank notes that sometimes making lunch at home isn't a viable option. If that's the case, she suggests parents discuss healthy lunch room options with their kids, as studies have shown that in addition to nutritional benefits, healthier diets also associate with higher academic performance. Things to consider include:

\* Choose a salad when available to include more vegetables in the meal.

\* Choose white milk over chocolate milk to cut down on sugar intake.

\* Choose 1 percent milk over skim or non-fat milk, the higher fat content is more satiating.

\* Choose whole grain pasta over bread that may contain bleached flour and preservatives.

\* Choose red pasta sauce (vegetable-based) over cream sauce (high in fat).

\* Choose fresh fruit over canned fruit which may contain artificial colors, preservatives and sweeteners.

Parents should also be encouraged to talk to the nutrition directors and cafeteria managers about reducing the amount of highly processed and artificial items in the school meals. The Life Time Foundation is a great resource for more information on this.

The Life Time Foundation partners with schools to help them remove highly processed and artificial ingredients from school meals by providing resources and assisting with menu development. For more information on how your school can get involved, visit [www.lifetimefoundation.org](http://www.lifetimefoundation.org).

# SPORTS

## CS tennis wins Sparta invitational



Red Hawk tennis team with first place trophy.



Doubles team Jon Baculy serving the ball and Ethan Brown ready for a return from the opposing team.

The Cedar Springs boys' varsity tennis team took first place at the Sparta Invitational on Wednesday, August 20.

Singles and doubles team

members played matches against Sparta, Coopersville and Fremont to gain their first place finish. According to scores reported at MLive.com, Cedar finished with 17

points, Sparta came in second with 15, Coopersville, 12, and Fremont, 3.

Taking wins in the finals for Cedar Springs were Nick Fennessy, #2 singles;

Drew French, #4 singles; and #2 doubles Jon Baculy and Ethan Brown.

This year's tennis team, coached by Katie Unsworth and Assistant coach Mike

Garipey, consists of 12 players: senior Nick Fennessy; juniors Ethan Brown, Jesse Empie, and Blake Fisk; sophomores Jon Baculy, Carson Dingman, Drew

French, Dylan Kolasa, Jared Liggett, Austin Nielson, and Tim Shovan; and freshman Nick Hibbs.

## Rule changes for fall high school sports

Each year, the Michigan High School Athletic Association seeks to improve the safety of high school athletes. Below are some rules changes in fall sports.

**Football**

Rules were added restricting targeting of opponent and illegal helmet contact with defenseless players, with both resulting in 15-yard penalties. Targeting is defined as taking aim at an opponent with the helmet, forearm, hand, fist, elbow or shoulder to initiate contact above the shoulders and with an intent beyond making a legal tackle or block, or playing the ball. A defenseless player can be considered one no longer involved in a play, a runner whose progress has been stopped, a player focused on receiving a kick or a receiver who has given up on an errant pass, or a player already on the ground.

Roughing-the-passer fouls now will result in an automatic first down in addition to the previous 15-yard penalty.

On kickoffs, the kicking team must have at least four players on either side of the kicker, and no kicking team players except for the kicker may line up more than five yards behind the free-kick line. These changes were made to improve safety by balancing the kicking formation and shortening the potential run-up by kicking team players heading down the field to tackle the ball carrier.

A number of significant rules changes will go into effect for other fall sports:

**Cross country**

In cross country, the ban on wearing jewelry has been lifted (and also for track and field in the spring). The National Federation of State High School Associations

deemed the ban unnecessary in these two sports because there is little risk of injury with minimal contact between competitors. Elimination of the rule will allow officials to further focus on the competition.

**Soccer**

In soccer, Michigan has adopted the National Federation rule stating home teams must wear solid white jerseys and socks, with visiting teams in dark jerseys and socks (dark defined as any color contrasting white). Also, officials may now wear green and blue shirts in addition to red and black as alternates to the primary yellow shirt with black pinstripes.

Also for soccer, both field players and goalkeepers must now leave the field when injured and the referee has stopped the clock. Previously, an injured goalkeeper was not required to

leave the game when the referee stopped the clock; going forward, the keeper must be replaced.

**Swimming and diving**

In swimming and diving, one change affects the beginning of races and another impacts a specific event. The use of starter's pistols is now prohibited; starters must use an alternative sounding device to start races. Additionally, in the backstroke, a swimmer may not submerge his or her entire body after the start except for during turns. The swimmer must remain on or above the water surface on the finish, eliminating the abuse of submerging well before touching the wall. This change also applies to the finish of the backstroke leg of the individual medley.

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# Bloomin' SUMMER

## Build a lasting memory with your backyard project

(BPT) - There are regular backyard projects and then there are those special backyard projects that bring families closer together, both during the construction and while enjoying the finished piece.

If you want to improve your backyard with a special project for your family this year but you're not sure what to build, here are a few fun ideas.

\* Wood raised-garden planter. If anyone in your home has a green thumb, this is a great idea. A raised planter bed keeps the soil warmer longer, which will extend the gardening season. Your plants will also enjoy better soil conditions because the soil won't be walked on. Finally, raised beds make it easier to protect your plants from hungry woodland animals.

\* Wood treehouse. One of the iconic mainstays of childhood: If you have young children at home, they will love it. Incorporate extra elements into your tree house (ladders, slides, climbing wall, etc.) for prolonged enjoyment and consider putting walls on the structure. This will allow your children to play inside longer into the year.

\* Wood swing set. Build it as an attachment to the treehouse or as a standalone project. In either case, a swing set is sure to be popular. Basing the posts into the ground and building your set from quality treated lumber means it will be ready for your children - and for any full-grown kid who wants to swing away nostalgically.

\* Wood sandbox. Another iconic childhood toy. Building a sandbox with higher side walls will reduce the amount of sand that spills over the side, and adding a base means this section of your yard won't be filled with sand forever. You may also consider building a wooden cover for your



Color-treated lumber keeps your backyard project from becoming a faded memory.



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child's sandbox to hide toys from sight and from the elements.

\* Picnic table. Not every project has to be designed just for the kids. A picnic table provides that at-the-park feeling right in your own backyard. Before you start your picnic table project, however, determine what style table you want (square, rectangle, hexagon, etc.) as well as the size of the table. If you have a large family or frequent guests, you may want to build a bigger table (but remember that this table will be harder to move around). If your table will only be used by a couple of people, a small, portable table is probably the better option.

When it's time to choose a building material for your backyard project, consider pressure-treated lumber, which is both affordable and easy to use. Additionally, some brands of treated lumber give your backyard project a professional-grade look. When using treated lumber, be sure to check the end tag as it identifies the treatment type. Look for the ProWood end tag, because it's an indicator that tells you it's building code approved and treated for your intended use. ProWood MCA (Micronized copper azole) treated lumber has a lighter, fresher appearance compared to other current or previous treatments. MCA pressure-treated wood is the logical, safe choice - it's completely safe for people and pets.

To learn more about ProWood MCA treated lumber and to find inspiration for your next project, visit [www.ProWood-Lumber.com](http://www.ProWood-Lumber.com).

## Fresh Market

Beans, one of the Three Sisters

(part two of a three part series)

by Vicki Babcock



Native Americans speak of the "Three Sisters," referring to corn, beans, and squash that were grown together. The following is another legend about the sisters.

Long ago there were three sisters who lived together in a field. Each sister was very different from the others, both in looks and temperament. Each had their own interests. They were bound by love for each other and they always stayed together. But a crow came one day and talked to the horses and the other animals. The sisters watched this behavior and, shortly after, the youngest sister disappeared. This left the two remaining sisters very sad. The crow returned to gather reeds at the water's edge and the sisters watched. That night, the second sister disappeared. This left the eldest sister all alone to grieve. When the crow saw her sadness, he brought the sisters together again and they continue to be together to this day. The eldest stands tall as she always did watching out for the crow. They find strength together and each sustains the other. These three spirit sisters are represented in the crops themselves.

Native Americans used this form of "companion planting" for their three major crops, which they believe were gifts from the Creator. The corn provided a pole for the beans, which, in turn, nourished the soil. The squash provided cover to keep the soil moist and to deter weeds. Eaten together, the three crops provided a balanced diet.

Beans are one of the oldest known cultivated plants, dating back thousands of years. Ancient Egyptians left the beans with their dead to sustain them through their journey and mention was made of beans and chickpeas cast on the threshing floor in the *Iliad*, written in the late 8<sup>th</sup> century BCE. According to Wikipedia, the oldest-known domesticated beans in the Americas were found in Guitarrero Cave, an archaeological site in Peru, and dated to around the second millennium BCE.

Beans from the New World include lima beans and common beans such as Navy or Pea Bean, Red Kidney, Pinto, Great Northern, Marrow, and Yellow Eye. Also included are our string beans (now *stringless*) and snap beans. Varieties you might find at farmers markets today include such interesting names as Dragon's Tongue and Trail of Tears.\*

Beans were an important source of protein for Native Americans. They are comparable to meat when it comes to calories. Unlike meat, however, they have a high fiber and water content which helps you to feel fuller faster. Adding beans to your diet will help you cut calories without feeling deprived. One cup of cooked beans provides about 12 grams of fiber, nearly half of the RDA recommended for women and about one-third for men. Fiber means that beans are digested slower, helping stave off hunger longer. In addition, beans are low in sugar, which prevents insulin in the bloodstream from spiking and causing hunger (*Beans, Protein-rich Superfoods* By Jenny Stamos Kovacs *WebMD, the Magazine*).

Beans are high in antioxidants, which help to control cell damaging free radicals in the body. According to Kovacs, free radicals have been implicated in everything from cancer and aging to neurodegenerative diseases such as Parkinson's and Alzheimer's.

In a study by the U.S. Department of Agriculture of the antioxidant content of over one-hundred common foods, three types of beans made the top four: small red beans, red kidney beans and pinto beans.

Nuff said? If you haven't done so already, do your body a favor and add these powerhouses to your diet. You'll be glad you did.

\*Dragon's tongue and Trail of Tears can be found at Solon Market when in season. Please check for availability.

### O-Beans! Oatmeal Chocolate-Chip Cookies

Beans in cookies? You bet! Try these for a healthy choice! Makes 3 dozen

Ingredients

Cooking spray

1 cup old-fashioned oats

1 1/2 cups flour

1/2 tsp. baking powder

BEANS - continues on page 13

# OUTDOORS

Ranger Steve's Nature Niche

By Ranger Steve Mueller

## Missing feathers

Finding pretty feathers in the yard is something most of us have collected when we were children. It has been fun and challenging to identify who lost them. Blue Jay feathers are quite distinctive as are robin breast feathers. Many feathers can be quite challenging.

At this time of year I notice crows flying over with noticeable gaps in their wings. Two Mourning Doves passed without their long tail feathers. Some birds are looking rather beat up because they are missing feathers. It is molting season.

Most birds experience a complete molt where they lose all feathers after breeding season and before migration. It requires a lot of energy to change wardrobes but it occurs twice a year. The spring molt prior to migration or breeding is a partial molt where only some feathers are replaced.

When birds fly over missing noticeable feathers, it is the flight feathers we notice missing. If birds lost all three their flight feathers at once they would be grounded. That would spell death for many. They would starve before they could replace them. They also would not be protected from the weather. Feathers are important for flight and body feathers for insulation to maintain proper temperature.

Molting is orderly starting with primary feathers. These are the largest and most noticeable flight feathers. They are lost in succession from wingtip inward. As one is lost and replaced, the next one in succession is lost and replaced. When the primary feathers have been replaced, secondary feathers are replaced in the opposite direction. Secondaries are smaller flight feathers closer to the body. They are lost from close to the body outward toward the primaries.

It is ecologically important that most birds lose feathers in succession so they do not become flightless. They depend on flight for feeding mobility. Some birds lose all their flight feathers at once and cannot fly for weeks. One might think this would surely cause starvation or vulnerability to predators.

Ducks, geese, swans, grebes, and loons lose their flight feather at one time. They feed by diving or tipping bottom up to feed on the bottom in shallow water. Tipping end up to feed is known as dabbling. There are dabbling ducks like the mallard and diving ducks like the bufflehead and scaup that dive deep to feed. They become flightless for several weeks when molting but are able to continue feeding. When threatened they run across the water but do not become airborne.

It requires tremendous energy to molt. When birds migrate there energy needs increase 7 to 15 times over resting energy levels. They cannot afford to molt, migrate, or raise young at the same time. Each must be done separately and they have adaptations to survive in their unique nature niche. Loons molt after migration and ducks before migration. Some birds have a partial molt before migration, stop molting for migration and complete molting afterwards. It is typical for most land birds to complete molting before the fall migration.

Details of life are uniquely special and worth observing near our homes.

*Natural history questions or topic suggestions can be directed to Ranger Steve (Mueller) at the [odybrook@chartermi.net](mailto:odybrook@chartermi.net) Ody Brook, 13010 Northland Dr, Cedar Springs, MI 49319-8433.*

## Include hunter education as part of your back to school plan

Michigan parents who have children interested in learning to hunt should consider making enrollment in a hunter education class part of their "back to school" plans. Now is the best time to enroll in a class so that new hunters are ready to hit the woods this fall.

"Right now is the best time to enroll because class opportunities are plentiful," said Department of Natural Resources hunter education program supervisor Sgt. Tom Wanless. "With summer winding down, the focus is on getting kids ready for school. Parents should plan on enrolling their youth hunters in hunter education now. Waiting until the last minute to enroll sometimes makes it difficult to find an available class."

Wanless said classes are held year-round, but April, HUNTER - continues on page 12

## Osprey chicks outfitted with satellite backpacks

Nearly absent from much of the state due to the effects of DDT and other pesticides and habitat loss, ospreys continue to rebound in Michigan. In southern Michigan, monitoring efforts are tracking the revitalization of this species.

This year, six osprey chicks from area nests were outfitted with "backpack" satellite and GSM telemetry units. These units—funded by grants from DTE Energy, Huron Valley Audubon, photographer Lou Waldock, U.S. Department of Agriculture Wildlife Services and American Tower Corporation—will help scientists track the young birds' daily movements and seasonal migration patterns.

In 2013, three osprey chicks were given GPS backpacks in southeast Michigan. One chick banded near Estrel Beach migrated to Cuba. A chick from Kensington Metropark ventured to Colombia, and one from Pinckney found good fishing sites on a golf course in Miami.

Unfortunately, all three chicks with backpacks perished in 2013. Approximately 60 percent of the osprey chicks hatched each year do not make it to their second birthday. Factors that commonly cause mortality in young chicks include predation by great horned owls, collisions with buildings and other structures, weather, and illegal shooting of birds in Central and South America.

"We are very excited to have this opportunity to place GPS units on several ospreys this year," said Julie Oakes, Michigan Department of Natural Resources wildlife biologist. "This will provide the DNR with not only information on what migration routes the birds take, but also insight into what perils they must endure on their migration."

The exciting part is that anyone can follow along and find out where the birds have been, just by looking at the Michigan osprey website [www.michiganosprey.org](http://www.michiganosprey.org). Move the cursor along the route to see GPS coordinates and time and date information for each leg of the osprey's journey. The youngsters will begin their migration in early to mid-September, so wildlife enthusiasts can log on to watch their journey.

In 1998, the DNR began to relocate ospreys to southern Michigan. The program, supported by donations to Michigan's Nongame Wildlife Fund, removed chicks from active nests in northern Michigan and reared them in man-made towers in southern Michigan, a process called "hacking." Relocation efforts occurred over a span of 10 years. In 2013, the DNR identified at least 56 active nests in southern Michigan—an incredible increase from the single active nest reported in 2002.

"This is a true wildlife success story," said Oakes. "Each year we have new nests, and we have already exceeded our original goal of 30 active nests by 2020. We have been able to remove ospreys from the threatened



Cutline: The Michigan DNR's Julie Oakes and USDA Wildlife Services' Brian Washburn outfit an osprey chick with a GPS "backpack" at Kensington Metropark.

species list to a species of special concern, which means their population is much more secure now. In addition, they now nest across much more of the state, which provides for insurance that the population will not be endangered by a localized natural disaster like a large hail and wind storm."

Historically, osprey chicks have been banded each year as part of a national effort to monitor the species. Banding continues this year as a cooperative venture of the DNR, Huron Clinton Metroparks, the Detroit Zoological Society and Osprey Watch of Southeast Michigan.

Because ospreys often nest on cell phone towers, staff from cell phone tower companies are invaluable partners in osprey monitoring. Their staff members alert the DNR and Osprey Watch of Southeast Michigan to osprey nests, assist with the retrieval of chicks during the banding process and delay tower repair projects until after the nesting season.

Other partners in this monitoring project include the Huron Valley Audubon Society, Michigan Audubon, volunteers from Osprey Watch and the U.S. Department of Agriculture Wildlife Services.

Anyone who observes a nesting pair of ospreys in southeast Michigan is asked to contact Osprey Watch of Southeast Michigan online at [www.michiganosprey.org](http://www.michiganosprey.org).

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# Awards

...continued from page 3

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To learn more about the Cedar Springs Education Foundation, visit them online at <http://www.csredhawks.org/csef>.

# Sheriff

...continued from front page

something I don't want to do, we have to do what is in the best interest of the city," she said.

Councilor Dan Clark said he doesn't think the city would get as good of coverage going with the KCSD, but questioned whether we could afford to continue running our own department. "I think we have a great department, and Chief Parent has done great. But as a community, just out of poverty, can we afford to spend as much as a [more affluent] community like Charlevoix? Can we afford that?"

"Our officers do a lot of social work," remarked Councilor Ken Benham. "But we have dipped into our fund balance the last few years. At this rate, it will be gone, so we need to look at this."

Chief Roger Parent said that there are pros and cons to

the change. "Most of these officers took the job here because they wanted to do small town policing," he said. "And they have stayed because they like it."

He said that even though they may get a raise as soon as hired into KCSD, it would still affect them. "They will have higher co-pays, and their vacation will probably start at about a week, when some of the officers are already at 3 weeks here," he noted.

"What the officers are getting is good. It's not the best, but it is good. It will work as well as it has in other communities. And Sheriff Stelma, being a resident, will make it work," remarked Parent. "Our officers will adjust."

Once the City Manager brings back a contract from the KCSD, the Council will vote on whether to make the switch.

# Retires

...continued from front page

interaction with his co-workers—both City Hall workers and the officers. "You make friendships, and share things. I will miss that. You can keep in contact through social media, but it's not quite the same," he noted. "The other thing I will miss is—well, it's the ending of a whole 40-year career."

While Parent stays busy at City Hall—he is a working Chief, who also takes calls—he said he wouldn't have any trouble relaxing at home, and is looking forward to spending time with his twin preschool grandchildren. And he has two more twin grandchildren on the way. "I'll adjust fine," he said with a chuckle.

The Post asked Parent what advice he would give to either a new police chief or the Kent County Sheriff Department—whoever takes over law enforcement for the community. He didn't hesitate. "Keep our level of service to what it has become," he said. "They would have to connect with the businesses and the schools. The schools know we are to work with them and the relationship has been great."

He also added that they should continue to go to private property accidents and help motorists with lock out. "We do about 50 lockouts a year," he explained. "We have the tool, so why not do it?"

There is a possibility that Parent will come back in civilian clothes as a consultant, a couple of days a week, if the City votes to go with the KCSD for policing. If that happens, he will come back to help dissolve the police department, doing the behind the scenes work to make that happen.

In the meantime, Officer Chad Potts, a 14-year veteran with Cedar Springs Police, will become acting Chief. "He will do a great job," said Parent.

The Cedar Springs Post wishes Chief Parent the best in his retirement and we hope to see you in our neck of the woods again soon!

# Fly

...continued from page 7

- Tuesday, Sept. 16, in Grand Rapids
- Thursday, Sept. 18, in Traverse City
- Saturday, Sept. 27, in Alpena

"These events offer something for all members of a family," Monts explained. "In addition to the spiritual healing it offers adults, it offers kids a healthy way to remember those they've lost and creates an opportunity for them to open up and talk about it."

Fly & Remember registration information and location specifics can be found on <http://hom.convio.net/site/Page-Server?pagename=FLY> and Remember.

For those who can't attend, HOM is also offering families the opportunity to make a donation and fly a virtual kite in memory of a loved one. The virtual experience also gives friends and family an opportunity to post messages of support and share memories of the deceased.

Fly & Remember, which was first held in 2009, is just one of many ways that HOM works with patients and patient families to offer support, strength and guidance through the emotional challenges of loss. For more information on HOM grief support and memorial events, visit [www.hom.org](http://www.hom.org).

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# Vaccinate

...continued from page 7

sodes are often accompanied by vomiting and difficulty breathing. In some cases, a characteristic "whooping" noise is heard as the afflicted person tries to catch their breath. Once extremely common, vaccines developed in the US starting in the mid-1940s and helped drive down the occurrence of pertussis. But in recent decades, pertussis has been making a comeback.

"Part of the challenge," Davis explained, "is that immunity to pertussis wears off, so getting a booster vaccine dose later in life can help extend the protection. Our primary focus is on preventing the disease in babies; they have smaller airways and less developed respiratory systems, which puts them at higher risk for severe cases as well as hospitalization and death from pertussis."

Babies get a first dose of the vaccine at two months of age, but they are not optimally protected until completing the series of several more doses over the next year and half. MDCH strongly recommends that adults or adolescents who will be around infants receive the recommended pertussis booster vaccine dose, and that all residents receive their vaccines on time.

If you are uncertain about whether you or your children have had all recommended vaccines and doses, speak with your doctor or contact your local health department. For more information about pertussis, or any recommended or required vaccine, visit [www.michigan.gov/immunize](http://www.michigan.gov/immunize).

# Hunter

...continued from page 11

Michigan has three types of hunter education courses: traditional classroom, home study and online. Anyone born on or after Jan. 1, 1960, is required to complete the course before buying a Michigan hunting license or taking an out-of-state hunting trip. Exceptions are made for youths under the age of 10 who are hunting under a Mentored Youth Hunting license or hunters older than 10 who are hunting with an apprentice hunting license. Hunters can hunt under the apprentice program for two years before they are required to take hunter education.

The traditional classroom course is a minimum of 10 hours and includes both classroom and field work with an instructor. The fee for the class is \$10 or less to cover expenses.

The home-study course features a workbook to complete classwork. A field day is required with the home-study course and must be scheduled with an instructor prior to starting the course.

Michigan also offers three approved online hunter education courses, [www.hunter-ed.com/Michigan](http://www.hunter-ed.com/Michigan), [www.huntercourse.com](http://www.huntercourse.com), and [www.hunteredcourse.com/state/michigan](http://www.hunteredcourse.com/state/michigan).

# Beans

...continued from page 10

- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 2-3 tsp. cinnamon
- 3/4 cup Great Northern beans, drained, liquid reserved
- 3 tsp. butter, softened
- 2/3 cup firmly packed light brown sugar
- 1/3 cup white sugar
- 2 large eggs
- 2 tsp. vanilla extract
- 12 oz. pkg. semi sweet chocolate chips

Heat oven to 350°F. Lightly spray baking sheet with cooking spray. Combine oats, flour, baking powder, baking soda, cinnamon and salt in a bowl. Process beans and 2 tsp reserved liquid in a blender until smooth. Combine bean puree, butter, sugars, eggs, and vanilla in a separate bowl and beat well. Stir in flour mixture. Stir in chocolate chips. Drop by tablespoons onto baking sheets. Bake 15 to 17 minutes until centers are firm and edges are lightly browned. Transfer to wire rack to cool. Store in an airtight container.

Unlike most cookies which are best fresh from the oven, these are better the second day. Best served at room temperature.

Fresh Market is brought to you by Solon Market located at 15185 Algoma Avenue. For more information call 616-696-1718. Like us on facebook for updates.

Students who opt for the online course complete their classwork online and then have a field/skills day with an instructor and take a written exam. The field day must be scheduled with an instructor prior to starting the online course. The online courses have varying fees, but are all priced under \$25.

For more information about hunter education or to find a class in your area, go to [www.michigan.gov/huntereducation](http://www.michigan.gov/huntereducation).

# LEGAL NOTICES



## PUBLIC NOTICE Summary of the Regular Meeting of the Cedar Springs City Council Thursday, August 21, 2014

Cedar Springs City Hall  
66 S. Main St.  
Cedar Springs, Michigan

The Meeting was Called to Order by Mayor Mark Fankhauser at 7:00 p.m. The Pledge of Allegiance was recited. All Councilmembers were present. Eleven citizens addressed the Council during the Public Forum.

Public hearing was held regarding an amendment to the City's Brownfield Plan for Cedar Springs Brewing Co. LLC's Redevelopment Project. The agenda and consent agendas were approved. Correspondence was offered.

The following were approved: Ordinance No. 188, Signs; a \$10.00 Outdoor Seating Permit Fee; a mayoral appointment to the CS Areas Parks and Recreation Board; an amendment to the City's Brownfield Plan; a purchase agreement for 95 N. Main St.; a street sweeping bid; the purchase of a new sewer jet trailer; the purchase of street marking paint; the purchase of water meters; the purchase of ISI Viking Air Bottles for the Fire Department; the purchase of portable radios for the Fire Department; a stipend for the Acting Police Chief and to pursue a contract for police services with the Kent County Sheriff's Department.

The following resolutions were approved: Nos. 2014 - 20, approving a pass through agreement for the proposed redevelopment of 95 N. Main St. and 2014 - 29, approving the CS Friends of the Library's request to be recognized as a nonprofit organization operating in the community for the purpose of obtaining charitable gaming licenses. A request for reconsideration of water and sewer tap in fees was denied.

The City Manager's and monthly department reports were heard. The Council adjourned to Closed Session to discuss a written, legal opinion of the City Attorney.

The Council returned to Open Session. A new employee contract with the City Manager was approved. Council comments were offered.

The Meeting adjourned at 10:20 p.m. A complete copy of the minutes is available in the office of the City Clerk and will be published on the City's website [www.cityofcedarsprings.org](http://www.cityofcedarsprings.org) upon approval.

Dated: August 21, 2014  
Linda Christensen  
City Clerk  
616.696.1330



## Township of Nelson County of Kent, Michigan PUBLIC NOTICE

PUBLIC NOTICE is hereby given that the Planning Commission of the Township of Nelson, Kent County, Michigan, will hold a public hearing on Wednesday, September 17, 2014, at 7:00 p.m., at the Nelson Township Hall, 2 Maple Street, Sand Lake, Michigan, on proposed amendments to the Zoning Ordinance of the Township of Nelson. The principal provisions of the proposed amending ordinance can be summarized as follows:

1. **Section 1, Definition of Storage Building for Personal Use.** Section 1 of the proposed ordinance would amend Chapter 2 to provide a definition of a new term "storage building for personal use" which would be defined as a fully enclosed structure used for storage of the property owners' (or lessees') personal property, which is located on a parcel which does not contain a principal building and which does not meet the definition of an accessory building.

2. **Section 2, Amendment to Chapter 3 - Storage Buildings for Personal Use.** Section 2 of the proposed amending ordinance includes regulations which would apply to storage buildings for personal use which would be added to Section 3.2.5 of the Zoning Ordinance. The regulations include limitations on who would be allowed to use the personal storage buildings and prevent personal storage buildings from being used for commercial purposes or as a dwelling unit. The regulations would further require the storage buildings for personal use to meet certain maximum total floor area and setback requirements, and also contain provisions to ensure that a storage building for personal use could be converted to an accessory building if a principal residence were later added to the parcel.

3. **Section 3, Amendment to Section 3.2 - Accessory Buildings.** Section 3 of the proposed ordinance would repeal existing subsections J and K of Section 3.2, which pertained to accessory buildings, in order to avoid a conflict with the new regulations.

4. **Sections 4 and 5.** These sections of the proposed ordinance would add storage buildings for personal use as permitted uses in the AG and SFR-L Districts.

5. **Section 6.** This section would regulate the effective date of the amending ordinance.

Copies of the proposed amending ordinance may be examined at the offices of the Nelson Township Clerk, 2 Maple Street, during Township office hours. All interested persons may attend the public hearing and comment on the proposed amendments. Written comments concerning the amendments may be submitted to the Township office, at the above-stated address, up to the time of the public hearing.

Dated: July 18, 2014  
PLANNING COMMISSION OF THE  
TOWNSHIP OF NELSON



## PUBLIC NOTICE City of Cedar Springs

The City Council has approved the adoption of Ordinance No. 188, an ordinance to amend Chapter 40, Signs, of the City of Cedar Springs' Code of Ordinances.

Numerous changes have been made to the ordinance including: the addition of an intent section; updated definitions; revisions to signs that are exempt, permitted and not permitted; revised dimensional standards; updated nonconforming standards and revisions to the Administration, Appeal and Violation and Penalties sections.

A complete copy of the ordinance is available at City Hall and will be published on the City's website: [www.cityofcedarsprings.org](http://www.cityofcedarsprings.org)

This ordinance will go into effect September 4, 2014.

Dated: August 28, 2014  
Linda Christensen  
City Clerk  
616.696.1330



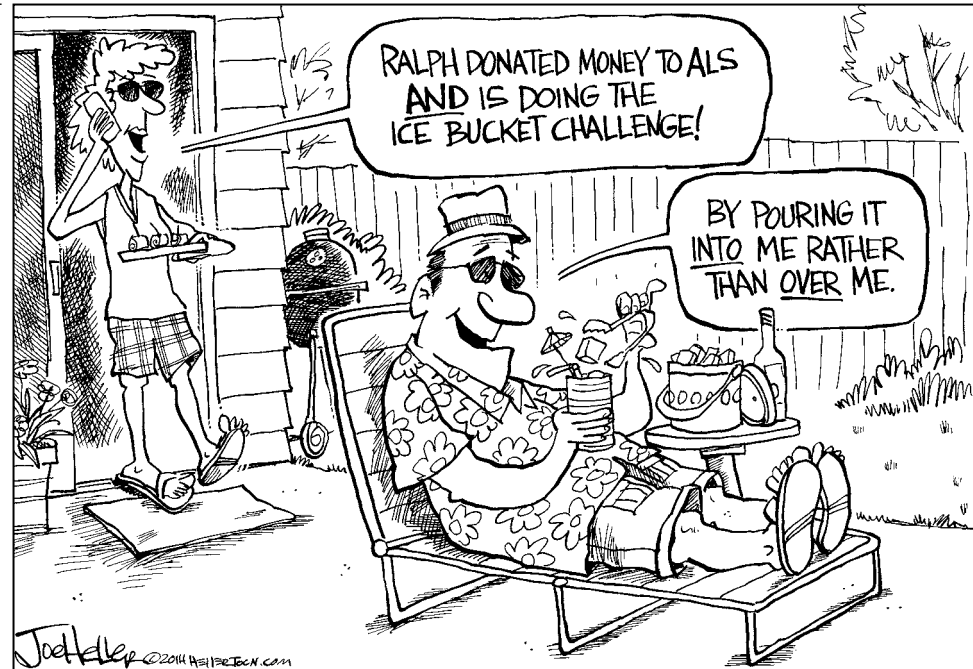
## Township of Nelson County of Kent, Michigan Summary of Nelson Township Board Meeting 2 Maple Street Sand Lake, MI 49343 Nelson Township/Sand Lake Hall Tuesday, August 12, 2014 7:00 PM

Present: Noreen, Hoffman, Mahoney, Austin, Armstrong. Absent: None

**Board Approved actions:** amend general fund budget centers 191-701 and 400-825; amend library fund budget center 271-810; declare September 19, 2014 as POW/MI Recognition Day; appoint Barb Veenstra as township representative to the Cedar Springs Park & Recreation board; approve Ben Mourer to be paid per diem to supervise township cleanup September 13, 2014; Reappoint Kevin Grifhorst and Tim Covell to the planning commission for a three-year term; conduct interviews on August 18, 2014 for Building Inspector position.

**Board discussed:** Complete copies of the minutes are available at the Township Hall during regular business hours Monday - Thursday 9 AM to 3 PM.

Dated: August 28, 2014  
Laura Hoffman  
Nelson Township Clerk



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Cedar Springs, MI 49319  
616-696-3655

## AUCTION

Auctions: Friday, August 29 at 6 pm. Antiques, collectibles & housewares. Items can be viewed at auctionzip.com, ID# 31095 or from 2 - 6 pm on Friday. Located at Peddlers Market, 420 N. Lafayette, Greenville. We are always taking consignments and buying estates. Call Rick at 616-302-8963. #33-36b



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## CHILD CARE

Learn Play & Grow Day-care is taking pre-enrollments and deposits for fall. We will have 3 openings at the end of August. Call 616-255-7624. Check us out at www.LearnPlayandGrow.com. #30-35p

## CLASSES/LESSONS

Piano Lessons - Beginner to early Advanced: Cedar Springs, Sand Lake area. Three major recitals a year. Christmas recital will be "Frozen" Call 616-696-4505 or email mdamsgaard@yahoo.com. #35p

## FOR SALE

On Sale: Rocks 50% off, crushes asphalt \$31.00/yard. 616-225-3425 for delivery options also. Ziggy's Rock N Dirt, 11661 Harvard. #34,35p

## GARAGE/YARD SALES

Plan Ahead and SAVE! Run your sales ad for TWO weeks and the 2<sup>nd</sup> week is 1/2 off! Call THE POST for details 616-696-3655. Expires: Sept. 8, 2014

### THIS WEEK:

Multi Family - 3 canopies full! 10095 Grange Ave. NE. Aug. 28, 29 & 30, 9 am to 5 pm each day. Hunting, fishing, camping equipment, campers - large and a motorcycle camper, tools, small freezer, furniture, 4 tires on rims, lots of new fabric, finished baby quilts, catering items, table cloths, chair covers, dishes. Many miscellaneous items. #34,35p

Yard Sale/ Fund Raiser for H & H Rescue Ranch, located at 6722 Whipple, Cedar Springs. Saturday, August 29 and Sunday, August 30 from 10 am to 6 pm. #35p

3355 - 15 Mile Rd., Thursday, Friday, Saturday from 9 am to 6 pm. Vintage items, Tupperware - new & used, housewares, electric dryer, décor items, books, Christmas décor, electric fireplace insert, glass ware/old bottles, lawn/ beach chairs, lamps, lots of stuff! #35p

Yard Sale: August 30, 9 am to 5 pm. Mostly guy stuff. Project remains, nearly new router, weed wacker. No clothes. Priced to sell. 15008 Cedar Springs Ave. #35p

**small ads**  
**make cents**  
**Call The POST**  
**616-696-3655**

## HELP WANTED

Weekend workers needed for Assembly and Plastic Injection Molding in Newaygo. Must be able to work Saturday and Sunday from 7:00 am to 7:00 pm. High school diploma or GED required. Apply today at Workbox Staffing! 8235 Mason Drive Newaygo 231-303-9000. #34,35b

Graphic Designers: The POST is looking for a part time graphic designer. Must be familiar with Creative Suite (Adobe, Indesign, Photoshop). Please send resumes to design@cedarspringspost.com



**Holland**  
Holland is hiring in Grand Rapids! The Recruiter will be at the terminal on Sept. 4th & 5th from Noon to 5pm 4600 Clyde Park Ave S.W. Grand Rapids 49509 taking applications for FT local & Regional drivers. 21 yrs old, having a CDLA w/ hazmat & tanker w/ 1 yr or 50k miles experience. Apply on line at www.hollandregional.com/careers.  
EEO/AAE Minorities/Females/ Persons with Disabilities/ Protected Veterans

## FOR RENT

Sub-leasing in Fitness Center: Do your classes here. Barre, yoga, sports training. Call Michelle at 248-701-0863 for more information. 4625 - 14 Mile Rd., Rockford. #34,35b

## APARTMENTS FOR RENT

Meadowcreek Apartments 1, 2 and 3 bedrooms available, appliances furnished, cathedral ceilings. 300 Oak St. Cedar Springs. Call 616-249-1682. www.meadowcreekapts.us. #fnb

For Rent: 1 bedroom apartment in Cedar Springs. Rent of \$650/mo. Includes all utilities and free laundry. Deposit required, weekly rent if preferred. Call 616-696-1229 for inspection. #33-35p

## HOMES FOR RENT

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Expires 08/29/2014

## LOST AND FOUND

Lost: Zip lock baggie with 3 camera cards. Lost the last week of July or first week of August, possibly in the Morley Park area. Call 616-799-0075. #35

Found: Camera Memory Card found at the sunflower field on 20 Mile Rd. on August 2<sup>nd</sup>. Call 616-696-1246. #32

## HOMES FOR SALE

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A TO Z Trash will pick up your trash weekly. One-time hauls available. Call Bryan at 616-696-2938. #fnb

Garage Doors: Spring repairs. Sales, service and installation of garage doors and electric openers. Lowest prices guaranteed. Free Estimates. 616-334-3574. #35p

**Narrow Your Search**  
use the Cedar Springs Post Classifieds

## CRITTER CORNER

**Kittens:** 6 weeks old. Rehoming fee of \$10.00. 2 female calico and one male white with black markings. Have not been to vet. Call 616-648-6939. #34-35f

**Lost:** Black male cat about 10 years old, neutered, missing one bottom fang. Lost on July 26<sup>th</sup> on 18 Mile between Simmons and White Creek. Call 616-446-9511. #33

**Lost:** Dog - female Beagle. Lost near 16 Mile and Northland Dr. around the middle of July. Her name is Arrow (age 7) and is brindle color with an arrow on the back of her neck, white stripe down her nose and weighs about 25 lbs. Contact Patrick 616-299-3933. #33

**Lost:** Cat - black & gray tabby, neutered male, 1 year old. "Gus" was lost on July 26 in the area of Hanna off 17 Mile Rd. Call 616-696-0502. #32

**Found:** Female dog wearing a collar. Medium sized German Shepherd mix. Found on August 10 at Kelly's Restaurant in Cedar Springs. Call 616-696-0620, ask for Kevin or Sarah. #33

**Free to good home:** Pomeranian dog, 9 years old, male, fixed. Comes with blanket, some food & snacks. Does good with elder people or single people, also good with older children. Call 616-696-2696. #34

**Free:** Cats and kittens - kittens 6-8 weeks old, assorted colors, including Siamese. Also some adult cats. Good for farmers. Call 616-696-2625 ask for Ruth. #34

**Free:** Cats and kittens: Assorted colors. Located at the corner of Solon and Hanna. Call 616-696-3888. #34

**Free to good home:** Cats. A male orange tiger cat (long hair) and a female all gray cat (short hair). Both are fixed. Owner is going through divorce and needs to find homes for these two lovable cats. Call 616-822-1260. #34

**Free to good home:** cats - 9 yr. old male orange tiger cat named "Tiger" and a 9 yr. old grey female cat named "Shadow" Both are fixed. Owner is going through a divorce and can not take care of them any longer. Please help find these cats new homes. Call 616-822-1260. #35

**LOST • FOUND • FREE**



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## PETS of the WEEK



Hi, I'm **Dawn!** I'm a two-year old tan and white Retriever Labrador Mix. I'm searching for my forever home. I like to go on walks and play in my kiddie pool. I am looking for a friendly and active family that will love to play fetch with me. If you are looking for a fun and lovable friend, come to Humane Society of West Michigan and ask about me!

Michigan and ask about me!

Hi, I'm **Iroh!** I'm an 8-week-old American/mini rex mix looking for a forever home to romp around in. I'm a high energy bunny who loves to hop around and explore every place I end up. I get along well with other rabbits and people. Come and meet me today at the Humane Society of West Michigan!



For more information on the Humane Society of West Michigan, call (616) 453-8900 or visit them at 3077 Wilson NW, just 1/2 mile north of Three Mile Road during adoption hours or visit www.hswestmi.org.

**Adoption Hours:**  
Sunday and Monday: Closed  
Tuesday - Friday: 2pm-7pm, Saturday: 10am-4pm

## CLASSIFIEDS

**Deadline: Monday by 5:00 p.m.**

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# AUTO LIFE

## Treat Yourself To A Healthier Car Ride

(NAPS)—Allergies are nothing to sneeze at. Fortunately, your car can protect you from the pollen, dust and pollutants that are drawn inside through air-conditioning and ventilation systems.

The cabin air filters clean the incoming air, removing allergens. For your part, you should replace these regularly.

**Expert Advice**  
"A dirty or clogged cabin air filter can cause contaminants to become so concentrated in the cabin that passengers actually breathe in more fumes and particles when riding in the car than when walking down the street," explains Rich White, executive director, Car Care Council—the source of information for the "Be Car Care Aware" campaign promoting the benefits of regular vehicle care, maintenance and repair.

A restricted cabin air filter can cause musty odors in the vehicle and impair airflow in the heating, ventilating and air-conditioning (HVAC) system, possibly causing interior heating and cooling problems. Over time, the heater and air conditioner may also become damaged by corrosion. In addition to trapping pollen, bacteria, dust and exhaust gases, the cabin air filter prevents leaves, bugs and other debris from entering



Replacing your car's cabin air filter is a simple way to be sure you and your passengers can breathe easier while driving.

the HVAC system. Cabin air filters should not be cleaned and re-installed. Instead, they should be replaced every 12,000 to 15,000 miles or per the owner's manual. Most filters are accessible through an access panel in the HVAC housing, which may be under the hood or in the interior of the car. An automotive service technician can help locate the cabin filter and replace it according to the vehicle's owner manual. Some filters require basic hand tools to remove and install the replacement filter while others just require your hands.

**Free Guide**  
To learn more about cabin air filters, view the Car Care Council's Car Care Minute video or free digital "Car Care Guide" at www.carcare.org. There, you can also order a free printed copy of the guide.

There, you can also order a free printed copy of the guide.

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<b>2003 TOYOTA 4RUNNER LIMITED</b> 4X4, 4.7L V-8, AUTO, PWR MOON, HTD LEATHER, NICE LOCAL TRADE <b>\$9995</b>	<b>2004 AUDI A4 CONVERTIBLE</b> 73K MILES, AUTO, HTD LEATHER, PWR EVERYTHING, EXTRA SHARP! <b>\$10495</b>	<b>2011 FORD FUSION SEL</b> 77K MILES, HTD LEATHER, SYNC, LOADED, ALLOYS, SHARP 1-OWNER <b>\$12995</b>
<b>2003 CHEVY SILVERADO 1500 HD CREW CAB</b> 4X4, 6.0L V-8, AUTO, PWR EVERYTHING, TOW PKG, NICE 1-OWNER! <b>\$13495</b>	<b>2009 JEEP GRAND CHEROKEE LAREDO</b> 4X4, 4.7L V-8, ONLY 56K MILES, PWR SEATS, TOW PKG, CLEAN! <b>\$13995</b>	<b>2010 FORD F150 SUPERCREW PICKUP</b> 4X4, 5.4L V-8, ONLY 46K MILES, FULLY LOADED, TOW PKG, SHARP! <b>\$25995</b>

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From Downtown Cedar Springs Corner Of 17 Mile & Main St., North 1 Mile To Cedar Springs Ave., Slight Left 1 Mile To Auction. Mr. Cloud has sold his home and is moving. He liked to repair lawn equipment and tinker. Large pole barn is packed full! Household is nice and clean and needs a new home. 2 auctioneers selling so bring a bidding buddy. 10% buyer's premium applies to all purchases.

(3) Riding Mowers; Push Mowers; Weed Whips; Leaf Blower; Limb Trimmers; Lawn Cart; Lawn Roller; De-Thatcher; Horse Drawn Hay Rake & McCormick #7 Sickle Bar Mower both W/Steel Wheels; 60gal. Upright 6hp Air Compressor; Table Saw; Coleman Generator; Pressure Washer; Drill Press; Hand Tools; Ryobi Chop Saw; Snow Blower; Portable Air Compressor; Floor Safe; Dremel Scroll Saw; Avon Cape Cod Royal Ruby glassware, 50 Year Collection; Pocket Watches; Mantel clock; Other Antiques/Collectibles; Admiral Side By Side Refrigerator; 30" Elec. Range; Dell Laptop Computer; Washer/Gas Dryer; Dining Table & 6 Chairs; Knee Hole Desk; Beds- Queen, Full, Twin; Oak Commode; More Household; Savage Model 67H 12ga Pump; Trolling Motors; Daisy Red Ryder BB Gun; Large Variety Of Golf Clubs; Set Dumbbells; Turkey Fryer; & Much More!

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<b>SPARTA</b>	General Laborers Machine Operators Mechanic Maintenance with PLC Experience
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**USDA INSPECTED**

**5<sup>99</sup>**  
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**Primo Bratwurst or Italian Sausage**  
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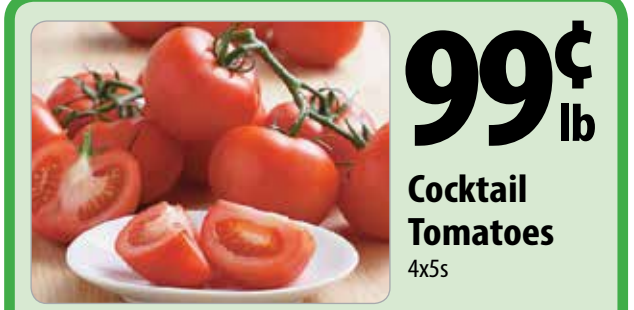
**Fairgrounds Jumbo Hotdogs**  
16 oz

**99¢** ea



**2<sup>29</sup>** ea

**Coburn Farms Sliced Cheese**  
6 oz assorted varieties



**99¢** lb

**Cocktail Tomatoes**  
4x5s



**1<sup>29</sup>**

**Yellow Onions**  
3 lb bag



**J. Higgs Potato Chips**  
10 oz, Assorted Varieties

**1<sup>49</sup>** ea



**Kurtz Ketchup**  
24 oz

**89¢** ea



**Kindle Charcoal Lighter Fluid**  
32 fl oz

**2<sup>79</sup>** ea



**Kindle Charcoal Briquets**  
16.6 lb bag

**5<sup>99</sup>** ea



**2<sup>99</sup>**

**All Gallon Milk**  
Excludes Chocolate

STORE COUPON • VALID 8/29/14 - 9/1/14



**Save *a lot* food stores**

**Head Lettuce ONLY 50¢**

Valid at participating Save-A-Lot stores only. Coupon must be presented at time of purchase. This coupon has no cash value and cannot be reissued or exchanged for cash. Limit one coupon per household. This offer may not be used in conjunction with any other coupon or promotion. Coupon is void if copied, transferred and where prohibited by law. **Coupon valid through 9/1/2014.**

STORE COUPON • VALID 8/29/14 - 9/1/14



**Save *a lot* food stores**

**FREE Ginger Evans Marshmallows** 10 oz

Valid at participating Save-A-Lot stores only. Coupon must be presented at time of purchase. This coupon has no cash value and cannot be reissued or exchanged for cash. Limit one coupon per household. This offer may not be used in conjunction with any other coupon or promotion. Coupon is void if copied, transferred and where prohibited by law. **Coupon valid through 9/1/2014.**



**1<sup>99</sup>** ea

**Ginger Evans Apple & Cherry Pie filling**  
21 oz



**1<sup>69</sup>** ea

**Granny Ella's Honey Grahams**  
14.4 oz



**Hershey's Milk Chocolate**  
6 pack bars 6-1.55 oz bars

**3<sup>99</sup>** ea



**1<sup>59</sup>** ea

**Aunt Millie's Hotdog & Hamburger buns**  
12 count



**2<sup>300</sup>** for 3

**Soft N Good White Bread**  
22 oz



**2<sup>99</sup>** ea

**Kiggins Big Bag Cereal**  
Assorted Varieties 28 oz



**4<sup>99</sup>** ea

**Sure Soft 100% Natural Pellets**  
40 lb bag

**Save *a lot* food stores**

**Cedar Springs, MI**  
14301 White Creek Ave NE  
Mon-Sat 7am-9pm | Sun 8am-8pm  
We gladly accept EBT, WIC, MasterCard, Visa & Discover  
(616) 696-5212  
www.facebook.com/CedarSpringsSaveALot

All prices effective Friday, August 29th to Monday, September 1st