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# Senior Perspectives

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SEPTEMBER | OCTOBER 2022

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### EDITOR & PUBLISHER

Michelle Fields  
michelle@seniorresourceswmi.org  
231-733-3523

### GRAPHIC DESIGN

Jay Newmarch  
CRE8 Design  
CRE8creative@gmail.com  
269-345-8845

### COPY EDITOR

Bonnie Borgeson



**ON THE COVER:**  
National Award Winning  
Glenn Rutgers  
gmrutgers@yahoo.com

### WRITERS

Nancy Abiade  
Gil Boersma  
Dr. Tyler Claveau  
Joel Dulyea  
Michelle Fields  
Janet Hasselbring  
Dick Hoffstedt  
Cindy Hogg  
Holly Lookabaugh-Deur  
Clif Martin  
Jerry Mattson  
Louise Matz  
Tricia McDonald  
Jay Newmarch  
Keith Sipe  
Joe Stapel  
Cathay Thibdaue  
Lisa Tyler  
Vonda VanTil  
Christine Wistrom



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**Michelle Fields**  
Editor and Publisher of Senior Perspectives  
231-733-3523  
[michelle@SeniorResourcesWMI.org](mailto:michelle@SeniorResourcesWMI.org)

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Return to: Senior Perspectives, I Spy, 560 Seminole Rd., Muskegon, MI 49444

**JUNE/JULY WINNER: KRIS HAARA OF MUSKEGON**  
The firework was found in the Janet Glaser story on page 30.



## 2021 top 10 Halloween candies

It's almost time for Halloween, and not just any old treat will do for those of you with a serious sweet tooth. Check out the Top 10 Halloween candy list from a survey by candystore.com.

### 1. Reese's



### 2. Skittles



### 3. M&M's

### 4. Starbursts



### 5. Hot Tamales



### 6. Sour Patch Kids



### 7. Hershey Kisses



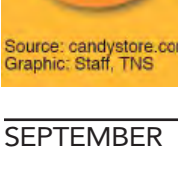
### 8. Snickers



### 9. Tootsie Pops



### 10. Candy corn



Source: candystore.com  
Graphic: Staff, TNS



## Letter from the Editor

# Trick-or-Treat



BY  
MICHELLE  
FIELDS

I love Halloween. I always have. As a child, I remember the excitement of picking the perfect costume, school Halloween parties, and trick-or-treating. That was the best part, running up to strangers' doors and yelling "Trick-or-Treat" at the top of my lungs. The anticipation of what mysterious treat was going to be given at each house was the best part. Yes, there were the occasional unwanted apples, pennies and stickers, but other than that, we usually made a huge candy haul!

Decades later, the Halloween spirit has not been lost on me. Halloween at our home resembles a scene from The Addams Family complete with hanging bats, jack-o-lanterns, a cemetery and dancing skeletons. When

Halloween evening rolls around, I can hardly wait to see the neighbor children dressed in their Halloween costumes going door to door in search of trick-or-treat goodies. Because you know, the "treats" are what it's all about.

I recently came across a survey (at left) rating the top Halloween candies in the United States. According to this national survey conducted by [www.Candystore.com](http://www.Candystore.com), Reese's Peanut Butter Cups are the fans' favorite at #1, followed by Skittles and M&M's. I wanted to see how this national survey compared to the confectionary tastes of those in West Michigan. I asked fifty of my adult family and friends, "What is your favorite Halloween candy past or present."

I found out that not all candy is loved equally. While there will always be a Nerds nut or a popcorn ball odd-ball, most people fall into one of two candy loving categories. There's the chocolate

fanatics and those who like the fruitier, chewy candies. As it turned out, the chocolate fanatics swept my top five placements. Looking at my results, it was obvious there's power in the classic originals.

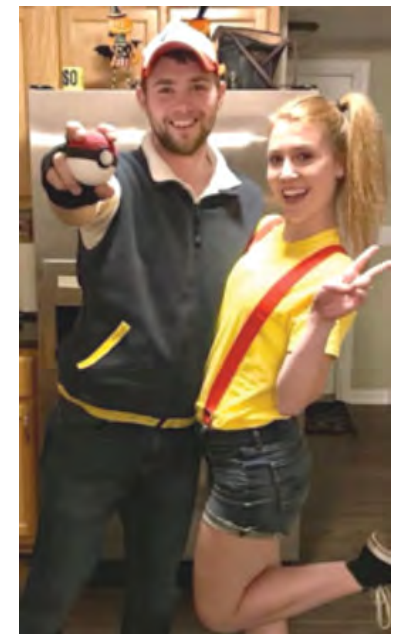
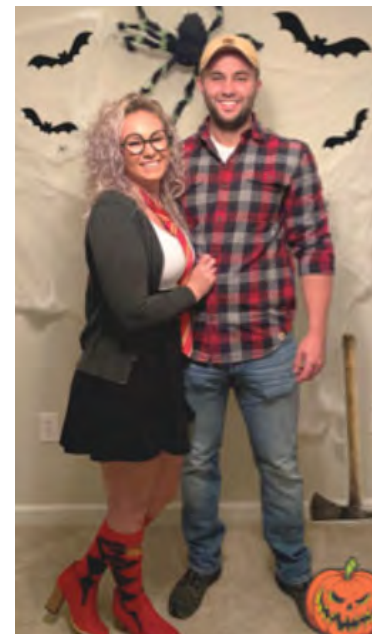
- #1 Snickers
- #2 Reese's Peanut Butter Cups
- #3 KitKat Bars
- #4 M&M's Plain
- #5 M&M's with Peanuts

I am one of those people in the fruity, chewy treats category such as Starbursts, Skittles and Laffy Taffy. Unfortunately, all of these

ended up towards the bottom of the list.

I hope this information wasn't taken too seriously but might have helped you decide what to hand out for trick-or-treating in October. Whatever you do decide, take the advice given by my friend Andrea, "Stay away from raisins, toothbrushes and pencils, not a kid's favorite."

*Michelle Fields is the Editor and Publisher of Senior Perspectives newspaper. She has been with Senior Resources for 13 years.*



I must have done something right. My sons and their wives still celebrate too!

Top, left: Tricia and Jake.  
Top, right: Zach and Dana.  
My twin sister Marsha and me in 1976.







BY JACKIE LINDRUP RDH, M.Ed.

# The Jury Trial

A jury notice came in the mail. It was the first time I had been called since I retired twelve years ago and I had plenty of time to do it.

I didn't really read the fine print that said something like "if you are over 70 you are off the hook" and so I filled out the paperwork and returned it to the County Clerk and showed up at the courthouse with 50 other potential jurors to learn about the process.

We signed in on an electric monitor, putting our juror number and our name in while Nancy Waters, our County Clerk, told us about the importance of being on a jury. Judge Pitman stopped by to thank us for our service and tell us

we were an integral part of the process. They gave us some rules about being on a jury, including the process of jury selection and what we could expect. We were all to listen carefully when questions were asked of those sitting up in the jury box, as we would be asked the same questions in the form of, "Were there any questions that made you feel that you would not be able to fulfill your responsibility as a juror?" if our name was called to be questioned as a potential juror.

We spent the morning beginning the process of jury selection and then recessed for lunch. We continued in the jury selection process until the end of the day and by 5:00 p.m. we had a jury and I was on it. Thirteen people were selected, and then a name card would be drawn and one person would be dismissed before the end of the trial to bring the jury number to twelve.

The case was a difficult one, and the evidence we could consider was only the testimony of the defendant and the witnesses for the prosecution. The judge

told us to "Use your common sense" a number of times, which was so useful in our deliberations. Many times we had to ask ourselves "Wait a minute. Does that make sense? What would you think if that had happened to you or someone in your family?" The jury was composed of half women and half men. We had many lively discussions and drew on our past experiences to converse and make our points. At the end of day two we were at a stalemate. I looked up "hung jury" at home that night and learned that when a jury cannot come to a unanimous decision it is called a "hung jury" and the trial may have to be tried again.

The third day we asked the judge if we could hear again the testimonies from several of the key witnesses so we could clear up some misunderstandings, and to benefit those of us who had trouble hearing some of the testimony. Luckily it had been videotaped so we watched the testimonies again, alone in the courtroom for several hours. Then we returned to the jury room to discuss our thoughts. We were finally able to come to a compromise that we all could agree upon. We went back to the courtroom and gave the judge our verdict and unanimous decision. It was something we could all live with and a result that felt right after hearing all the facts.

Before we were released after the trial, the Prosecutor and the Defense Attorney came to the jury room to answer any questions we had. It was a good ending to three days of hard work. And when I got a check in the mail for \$144.00 right before a trip to Mackinac Island, it was even better!!!

*Jackie Lindrup lives in Muskegon with her husband Tom and enjoys traveling, painting, golfing and putting on dental seminars. She can be reached at jackielindrup111@gmail.com .*



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# Seniors Stay Safe on the Internet



BY  
JOE  
STAPEL

During 2020 in the United States alone, internet crimes against seniors aged 60 and over cost them about \$1 billion in losses. This was a 30% increase from 2019. In 2020 the FBI received over 800,000 complaints to their Internet Crime Complaint Center. Two hundred thousand of those were from Seniors age 60 and older.

Listed below are the most common online threats that Seniors are dealing with currently.

**1. Data Breaches.** This is the release of personal information (such as email addresses, usernames, passwords, and even credit card and Social Security numbers) to the general dark web servers. Recent high profile data breaches have affected millions of Facebook and LinkedIn users.

**2. Scams.** Hackers are constantly coming up with ways to deceive users into giving away their personal information and money, by using scam emails, text messages, websites, social media accounts, and on-line dating profiles.

**3. Identity Theft.** This is using another person's personal information (e.g. name, SS number, credit card number, etc.) without that person's approval.

A lot of these attacks can be prevented by a few simple tips. Here are a few things that you can do to protect yourself.

A. Downloading a good antivirus software is the easiest way to stay safe on the internet. The best companies include malware protection to block viruses before they can run. Anti-phishing programs block scam websites. There are several products on the market. One suggestion is Norton Antivirus as it is really easy to use and provides a lot of automatic programs that keep all of your devices safe.

B. Change the passwords on important accounts (credit cards, banks, frequently used retailers, and so on.) Make your passwords "pass phrases" -- a random combination of words, numbers, and symbols, to make them impossible for the crooks to guess.

C. Record your passwords in a highly secure password manager system or write them in a book you hide at home. Never keep passwords in a list on your computer.

D. Take ALERTS about potential data breaches from online organizations seriously. If you get a message about one involving your information, IMMEDIATELY review your account and CHANGE the password.

E. Purge your social media accounts of any personal information you would not want a stranger or thief to have. Such information could range from your home address to photos of vacations and birthday celebrations.

## Other ways to fight back to keep from being scammed.

1. Set up your digital accounts to require Multi-factor Authentication.
2. Freeze your credit at the three major credit bureaus. Do the same for your dependents' credit. That helps prevent a scammer with your information from making any major transaction in your name or the name of a dependent.
3. Do not save credit card numbers online with merchants or service providers.
4. Activate biometric locks (facial recognition or fingerprints on your phone or devices to safeguard data if the device is lost or stolen.)
5. Use antivirus software and perform recommended cybersecurity updates on your phone or devices.
6. Because your phone number is increasingly being used to identify you, REMOVE IT from as many online accounts as possible. You may need to use your phone number to open some accounts, but go back and remove it later.

Remain alert.

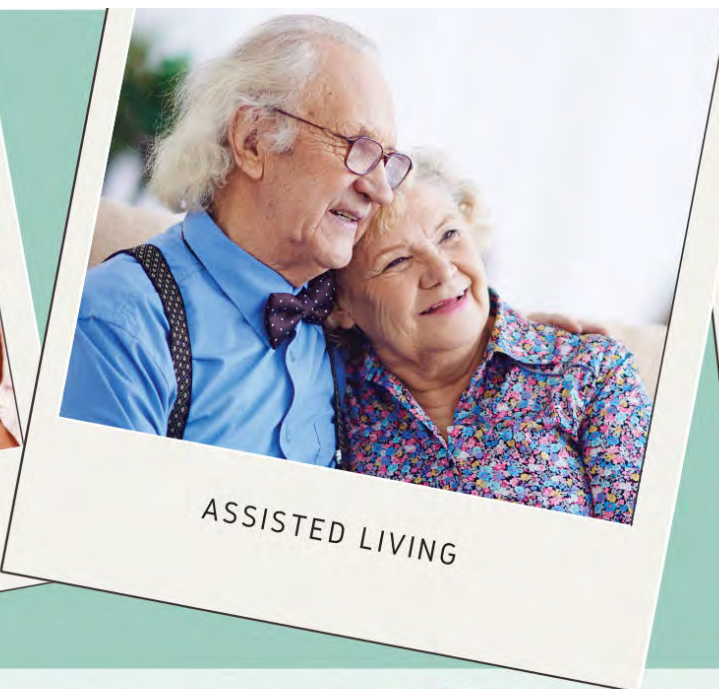
*Joe Stapel has a degree in Criminal Justice from Ferris State University. He has worked full and part-time as a police officer for three different agencies in Muskegon County. He also was a Licensed Private Investigator in the State of Michigan for 9 years.*

*Joe worked for the Meijer Corporation Loss Prevention Department in Grand Rapids for 28 years as a Security Officer and as the company's first Safety Specialist. He worked for Baker College of Muskegon as the Campus Safety Director for 11 years with a staff of 27 armed officers and 8 dispatchers. Joe held the position of Ordinance Enforcement Officer for Laketon Township in Muskegon County for 3 and 1/2 years.*





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BY  
DICK  
HOFFSTEDT

# Three Amigos

Since 1975 there has been a program for seniors called "Elderhostel" which was renamed "Road Scholar" in 2010. A wide variety of interesting topics and activities are available in all 50 states and over 100 foreign countries.

As I approached retirement, a friend handed me an Elderhostel catalog. In 1996, a program in Florida appealed to me. It involved canoeing three rivers during the day with evening lectures on a wide variety of topics. I signed up quickly.

Arriving at the campground in Florida which was to be my home for the coming week, I was greeted by about 30 other seniors from various parts of the U.S. We were all anxious for the canoeing to begin.

My lodging was in the main building, where a somewhat small room was assigned to me along with two other men that I had never met before. One was Tony Buechner from Baltimore, Maryland, and the other was Richard Mack from North Brunswick, New Jersey.

We introduced ourselves, and the spark was almost immediate. We were close in age, had served in the U.S. Army at about the same time, and we were all married with families. We shared a love for books, movies, the theater and many other common interests.

The week went by quickly, and we said our goodbyes while exchanging addresses and phone numbers and vowing to stay in touch. Everybody says that but nothing ever happens. We were different. We started writing to each other using the regular mail. No emails for us. We actually started planning the program we would like to do the next year. This led to our doing one every year. Everyone we tell this to at these programs say that they have never heard anything quite like our story. They started referring to us



some sightseeing, meaning we were together for about two weeks each year.

Some programs were quite active, such as canoeing, kayaking, hiking, biking and sailing. As we got older, we began to do more classroom programs such as learning about music, art, and the various sciences. The people we met were inquisitive and eager to learn and participate. The three of us would stay up late just talking and were joined many times by others in the program.

as the "three amigos." We liked that nickname and continued to use it.

Each program has been unique and included exceptional hosts, speakers and activities. We've chosen things that were off the beaten path and put us into corners of the U.S. and Canada that we wouldn't have visited on our regular travels.

We also would arrive three days before our program and stay three days after it was over. As long as we were in the area, we would get in

So, all you seniors, look what's out there for you. Go on line and get the latest Road Scholar catalog. The variety is incredible. Also keep this in mind: you might run into the "Three Amigos."

*Richard Hoffstedt was born to Swedish immigrants in 1934 and raised in Chicago. He is a U.S. Army veteran. He has been married to Shirley for 67 years. Richard has six children, five grandchildren and five great grandchildren. Richard is an engineer by profession. His interests are music, reading, travel, riding his adult tricycle, Mark Twain and John Steinbeck.*

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## Martin's Meanderings

BY  
CLIF  
MARTIN

# Intro-Extro

You will get an argument if you identify as an introvert or extrovert. Nobody agrees on what those words mean. The most common understanding is that introverts are shy and don't like people, while extroverts want to party all night. Wrong! That is not how it works. Those terms were invented by the Swiss psychiatrist Carl Jung. I can't ask him about it because he's dead. But you can get a pretty good idea from his writings. He did say that a person who is totally introverted or extroverted would be certifiably nutty.

Jung also had a lot to say about small talk, talking for the sake of talking to avoid dreaded silence. Extroverts do it easily and spontaneously. It sends introverts up the wall. They mentally edit their thought before they speak. The extrovert says "Talk to me. Say something." The introvert says "Stop talking at me."

The introvert performer is especially interesting. There's a long list of them, big stars. The stage or the TV cameras do wonderful things for them. Robert Young, our favorite father who knew best on TV, was plagued by all kinds of demons. He said he was an introvert in an extrovert profession. And radio is a perfect medium for introverts. The microphone can turn them in glib talkers.

This is such an interesting subject that I might do a series of columns about it. If you have nothing to do for the rest of your life you can read my "Introverts are interesting" blog going back to 2013.

If you don't know what a blog is, you didn't read my column in the previous issue of this fine publication and you are in big trouble. So straighten up and fly right, OK?

*Clif's next column will be about introverts and extroverts. Stay tuned for that if you identify as one or the other.*

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## You are never too old to try something new!

### Try This

## Gas power

*Yeast is used in baking to make bread "rise," and here is what that means.*

### You'll need

- Packet of dry yeast
- 1 cup (250 ml) very warm water
- 2 tablespoons of sugar
- Large balloon
- Empty small (16 oz. to 1 liter) water bottle

Source: Exploratorium  
Graphic: Helen Lee McComas, Paul Trap



- 1 Mix yeast and sugar in cup of water; pour mixture into bottle
- 2 Stretch balloon by blowing it up several times; snap it over mouth of bottle
- 3 Put bottle in a warm place and check it every 5 to 10 minutes

### What happened?



**After a few minutes, the balloon starts to inflate**

Yeast is a tiny living thing; your packet contained many millions of them

Yeast fed on the sugar and made carbon dioxide, an invisible gas, and it blew up your balloon

*In bread, yeast makes small bubbles of gas; the bread "rises" and becomes light and soft*

Graphic: TNS

If you try this experiment, take a photo and send it to [SeniorPerspectives@Seniorresourceswmi.org](mailto:SeniorPerspectives@Seniorresourceswmi.org) to be featured in a future edition.



# Senior Perspectives Cooking Corner



BY JACKIE  
LINDRUP  
RDH, M.Ed.

## Swiss Oatmeal

Ingredients:

1/2 c. old fashioned oatmeal	defrosted
Dried cherries or raisins	Quarter of an apple, chopped
Water to cover	2 heaping Tbsp vanilla Greek yogurt
1/2 c. frozen blueberries,	

Directions: Place oats and cherries into a largish bowl, cover with water, and microwave for 2 minutes. The taller sides of the bowl help it not bubble over while cooking. Stir in blueberries and their liquid from defrosting if any, the yogurt and apples. Enjoy!!!



## Beer Chili



BY  
CATHAY  
THIBDAUE

Ingredients:

2 Tbsp. olive oil	2 (15 oz.) cans of diced or crushed tomatoes (NOT drained)
1 onion, diced	1 (15 oz.) can of pinto beans (drained)
2 green bell peppers, diced	1 (15 oz.) can of black beans (drained)
1.5 lb. ground meat	1 (15 oz.) can of kidney beans (drained)
3 garlic cloves, minced	Cheddar Cheese for topping (optional, but highly recommended)
1 package of chili seasoning like McCormick Seasoning Mix	
1/2 tsp. salt	
1/2 tsp. pepper	
12 oz. beer	
1 (6 oz.) can of tomato paste	

Directions: Start by heating the olive oil in a large pot. Add the onions and peppers, and sauté for about 5 minutes until they soften. Add the ground meat and allow it to brown for about 8 minutes. Then add the garlic, chili seasoning, salt, and pepper and cook for two additional minutes. Then, add the beer and allow it to deglaze the pan while you scrape up the bits off the bottom of the pan. Let this cook for 5 minutes while the alcohol cooks out of the beer. Add all the remaining ingredients and stir. Bring the mixture to a boil, reduce it to a simmer, and cover. Simmer for at least 20 minutes. When you're ready to serve, remove it from the heat.

Cathay Thibdaue is the Network Manager at Senior Resources of West Michigan.

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# PTSD and Memory Loss



BY  
CHRISTINE  
WISTROM

Memory loss and difficulty concentrating are symptoms often overlooked when talking about the more common symptoms of post-traumatic stress disorder, or PTSD. Our attention is more likely to be drawn to symptoms such as flashbacks or the tendency to isolate rather than the ability to recall memories.

Studies have found that chemical changes occur in the brain when you have PTSD that affect how memories are stored. This includes both short-term and long-term memory. Many people don't know that PTSD can affect your ability to be organized, to concentrate for long periods of time, to follow directions, or to manage conversations with others. In some cases, this loss of memory or concentration can be so severe that it may appear more like dementia.

There is a part of the brain called the hippocampus that actually shrinks in individuals with PTSD. The hippocampus regulates emotions and works in helping you store and sort memories. With PTSD, you may have difficulties recalling lists or facts that you feel are right on the tip of your tongue. You may find it difficult to recall what

you did at a certain time. When the portion of the brain that stores memories is affected, you may find flashbacks and nightmares are more realistic and seem more life-like.

Part of your brain's job is to link your memories with your emotions. With PTSD that may not happen, and as a result, you may have a hard time identifying how you feel about things, or recognizing what others are feeling. You may find you are unable to recall recent events or little facts you thought you'd never forget, even forgetting significant dates and events that are important to you. You may find it difficult to speak clearly or understand others. You may struggle looking for the right words to express yourself or say something completely different from what you intended to say.

Fortunately, memory loss with PTSD can be treated successfully, so you can recall memories that are important to you and make new memories. Cognitive behavioral therapy, also known as "talk therapy" is one form of treatment, but there are many others. Progressive muscle relaxation, journaling, yoga, mindfulness meditation, medications and other stress reduction techniques are all tools you can use to cope with PTSD and memory loss.

Work with your doctor to decide which way of coping will work best for you, and if one way isn't effective, try another. PTSD is treatable, and with the support of family and friends, you can find joy in life again.

*Chris is an Independent Living Specialist at Disability Network/Lakeshore in Holland, Michigan. Please contact DNL for more information on creating your own emergency preparedness plan.*



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BY  
JAY  
NEWMARCH

## The Graying Globetrotter

# North of the Border

Raise your hand if you were excited when Canada opened their border to us again. I grabbed my passport, dusted it off and headed north on a Michigan Radio tour called the Best of Eastern Canada.

Our tour included three cities across two provinces. Our first stop was Ottawa, Canada's national capital. We arrived at about 10:30 at night, so we got our first view of Ottawa by street lights.



Ottawa is a great jumping off point and a nice blend of French and Canadian influences. In fact, Ottawa borders the province of Quebec. It's just across the river. If you want to practice your French, you're free to do it. But, you'll also feel quite comfortable staying in your lane with English.

As Ottawa is the national capital, it's a bit like visiting Washington, DC. We visited the Prime Minister's residence (he doesn't actually live there), saw numerous embassies and visited the Parliament buildings. There's also the beautiful Art Gallery, which unfortunately was closed while we were there. And, of course, the beautiful Rideau Canal that was right

across from our hotel and runs through Ottawa. The canal was created to connect the Rideau River with Cataraqui River. This opened river commerce between Ottawa and Kingston and created a great way for Ottawans to get around in the river. It becomes one long ice skating highway.

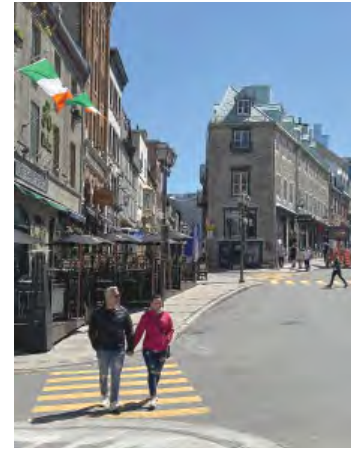
The water, the woods, the name, it all reminded me a bit of Michigan. And, we just happened to be there during their tulip festival. Canada played a big part in the liberation of the Netherlands during World War II. The Dutch feel a great kinship with the Canadians. In fact, the Netherlands' Queen Wilhelmina's daughter Juliana, who would become Queen, lived in Ottawa in exile during World War II. The youngest royal, Margriet, was born in Ottawa in 1943. Tulips

continue to arrive in Ottawa to brighten their spring. However, I still think we do it better! Nonetheless, Ottawa is a great mix of old and new and there is so much to see and I want to see it again!

We next made our way to the capital city of the province of Quebec. I had always referred to Quebec City as Quebec. I learned that Quebec is a province; Quebec City is its

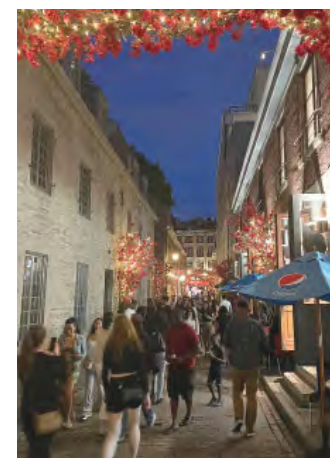
capital.

The city of just over 500,000 is a combination of old and new. Put on your walking shoes and take in this wonderful city step by step. Most impressive is the part of the city that lies within the old ramparts. Wandering the winding streets within the walls definitely evokes a feeling of old European cities.



The narrow streets of the lower town, next to the St. Lawrence River, are filled with shops, cafes and quaint residences. We had a wonderful tour guide, Ovette, a French Canadian who regaled us with stories as we wandered through the cobblestone streets. So much history to take in. I really want to return and see this beautiful cobblestoned area adorned in its Christmas finery.

Towering above in the upper part of the city is the large and imposing Chateau Frontenac hotel. Opened in 1893, it is a wonderful example of the grand railway hotels that dotted North America (our Grand Hotel on Mackinac Island is another example right here in our country). We wandered below and around the hotel, but finally made our way to the hotel itself. It is a don't-miss destination. We wandered through three levels of the 18 floors and had a snack and drink in one of its lounges. It's worth it just to take a look at the many, many old photos that line the walls and showcase the long history of the hotel. Other notable sites are the boardwalk high above the St. Lawrence River, the



St. Jean Gate, The Citadel, Parliament Hill and the Plains of Abraham. And, why climb the hill from the lower city to the upper when you can take the Quebec City funicular, a vertical cable car that offers a great view and a fun ride!

Then it was off to Montreal. With a population that is more than three times that of Quebec City, and a metropolitan population

of over four million, it's big city. From the shops, hotels, restaurants, business and just plain feel, it was the commercial and population capital of Canada until

Toronto took the top spot in the 1970s.

Montreal hosted Expo 67. The World's Fair was held on islands in the St. Lawrence River. You can still see a few of the remaining structures, but most of the space is used as park land and recreation. You can still see Habitat 67, a model community developed for the Expo. The apartment cubes, literally cubes, are stacked in "random" fashion

atop each other. It is quite a sight. Montreal also hosted the Olympics during the summer of 1976. You can still see the tower of the Olympic Stadium on the city's skyline.

Take a trip to the Mount Royal Park above the city for a great view and a great walk, too. Also on the list are Old Montreal

and the Old Port of Montreal, Notre-Dame Basilica, St. Joseph's Oratory, and the Botanical Garden, just to name a few.

Way too soon, we were winging our way back to the States. Our week racing through just a tiny portion of Canada was truly "The Best" as advertised.





# 95 and Going Strong with a love for Glenn Miller's Music



BY  
LISA  
TYLER

Bill Paulson turned 95 in July, was drafted twice (at the end of World War II and the Korean War), taught school for 25 years, has been married to wife Erika since 1955 – and recently received recognition as a huge Glenn

Miller fan.

Bill has attended the Glenn Miller Festival in Clarinda, Iowa (birthplace of Miller) annually since 1995, with the exception of 2020 and 2021 when the COVID pandemic canceled the festival.

When he returned this year, he received a Glenn Miller Birthplace Society lifetime membership award – the top honor presented by the GMBS, given to a loyal Glenn Miller fan.

He won an award for dancing, too. Pretty good for someone who never played an instrument, can't read music, and doesn't sing. "I'm a pretty good listener," he said of his musical abilities, but he does dance. And he was recognized for that at the festival, too (more on that later).

Glenn Miller was born March 1, 1904, in Clarinda, Iowa, and was presumed dead Dec. 15, 1944, when his plane went missing over the English Channel. He was a renowned trombonist, composer, and bandleader in the era of swing music. Some of his recordings include "In the Mood," "Chattanooga Choo Choo," "Little Brown Jug," and many more. In four years, Miller had 16 number one records and 69 top 10 hits – more than The Beatles and Elvis Presley had in their



careers. He had a well-known civilian band and later enlisted, had a weekly radio broadcast, and later formed the Army Air Force Band, which gave hundreds of performances.

In 1976, the Glenn Miller Festival began in Clarinda, honoring their favorite son. It is now held in early June and includes scholarship competitions for vocal and instrumental music. The festival includes a simulated radio show, performances by winners of the scholarship competitions, a performance by the Glenn Miller Orchestra, and dancing.

Bill has been a Glenn Miller fan for many decades, but he never was able to see him perform in person. When he was 13 he went to Chicago and just missed seeing

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Miller. He did have a consolation prize – he saw Tommy Dorsey, another famous trombonist and bandleader, who had just hired a new singer: Frank Sinatra. “I saw Frank Sinatra before he became famous,” Bill recalled. “I said to myself, ‘This guy is good; he’s going to be famous.’”

Bill first heard of the Glenn Miller Festival in 1995 when a friend told him about it; it had been going for 20 years by then. He attended by himself the first five years and after his wife Erika retired, she joined him. This year his son David helped drive Bill to the festival.

During the stage show on the second day of the festival, the lifetime membership award was presented. Bill had no idea he would receive the honor. “After 26 years, I got it. I was very surprised. I got a life membership. For me, that’s not a long time. At 94, I probably won’t be around 20 more years,” he said with a chuckle.

While the award was certainly a highlight, there was still another to come. During the weekend, Bill befriended the parents of the

winner of the vocal competition, a 19-year-old female student from California. They had heard there was a swing dance competition the third night, and they wanted a partner for her. “I was the only one available, according to them,” Bill said. “They persisted; my son was in on the conspiracy. I relented. I’ve danced before; I learned in ninth grade in 1942 at Central Junior High in Muskegon.”

Bill said his main worry was that he may fall while dancing. “I did not fall down,” he said. “I did better than I thought I would do. I had a ball!” They danced to several songs. When they presented various awards for the contest, Bill and his partner Oliviana won “cutest young couple.” He smiled at that one. “I’m 94 and she’s 19 and we won that category. She wanted to dance all the time. I’ve never had anyone ask me to dance so much. That night was just unbelievable. For 94, I did the best I could. You cannot find better dance music than Glenn Miller.”

In addition to the Glenn Miller Festival, Bill has attended the New Orleans Jazz and



Heritage Festival for 28 years, since 1992. There is a variety of music – blues, Zydeco, gospel, rock and roll, and of course, jazz.

He dances at that festival, too.

Despite never playing an instrument on his own, music remains a vital part of Bill’s life. He’s had collections of records, cassette tapes, and CDs of Tommy Dorsey, Woody Herman, Duke Ellington, Count Basie, Cab Calloway, and others, and he and Erika encouraged their children to play instruments. Listening and dancing to music never go out of style.

“Every year, I get up and dance,” Bill said. “Between New Orleans and Clarinda, I love it.”

*Lisa Tyler is the Communications Director for Senior Resources. She and her husband Aaron are the proud parents of Hannah, a senior at Hope College, and Nicholas, a graduate of MSU. Lisa is also an alumnus of MSU, loves scrapbooking and travel, and being involved in her community. She is secretary of the Muskegon Area Intermediate School District Board of Education, past chair of the Kids’ Food Basket Muskegon advisory committee, board member for CALL 2-1-1, and a member of the Muskegon Rotary and Greater Muskegon Service League.*



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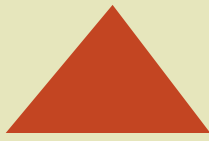
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Game Page  
Answers  
on  
Page 35



INSTRUCTIONS: Find as many words as you can by linking letters up, down, side-to-side and diagonally, writing words on a blank sheet of paper. You may only use each letter box once within a single word. Play with a friend and compare word finds, crossing out common words.

### BOGGLE POINT SCALE

- 3 letters = 1 point
- 4 letters = 2 points
- 5 letters = 3 points
- 6 letters = 4 points
- 7 letters = 6 points
- 8 letters = 10 points
- 9+ letters = 15 points

### YOUR BOGGLE RATING

- 151+ = Champ
- 101-150 = Expert
- 61-100 = Pro
- 31-60 = Gamer
- 21-30 = Rookie
- 11-20 = Amateur
- 0-10 = Try again

By David L. Hoyt and Jeff Knurek



10-31-21

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Find AT LEAST EIGHT METALS in the grid of letters.

_____	_____
_____	_____
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PAR SCORE 255-265

BEST SCORE 325

FIVE RACK TOTAL \_\_\_\_\_

TIME LIMIT: 25 MIN \_\_\_\_\_

DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition. SOLUTION TOMORROW

For more information on tournaments and clubs, email NASPA - North American SCRABBLE Players Association [info@scrabbleplayers.org](mailto:info@scrabbleplayers.org). Visit our website - [www.scrabbleplayers.org](http://www.scrabbleplayers.org). For puzzle inquiries contact [scrgrams@gmail.com](mailto:scrgrams@gmail.com)

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# JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

PSTAN

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DRAAEP

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CNUDIT

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Answer here: “ 

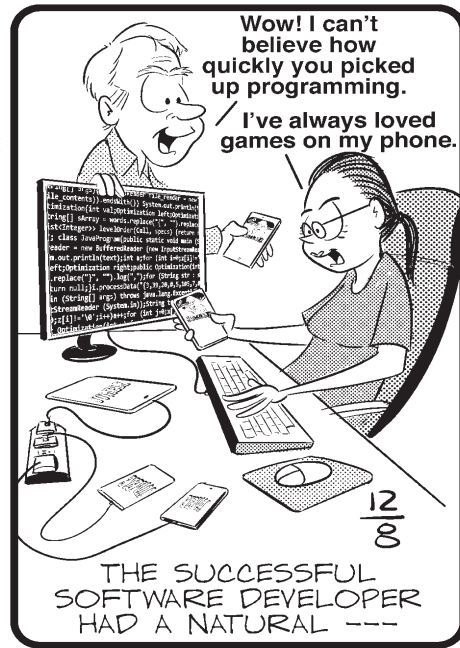
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## THAT SCRAMBLED WORD GAME by David L. Hoyt and Jeff Knurek

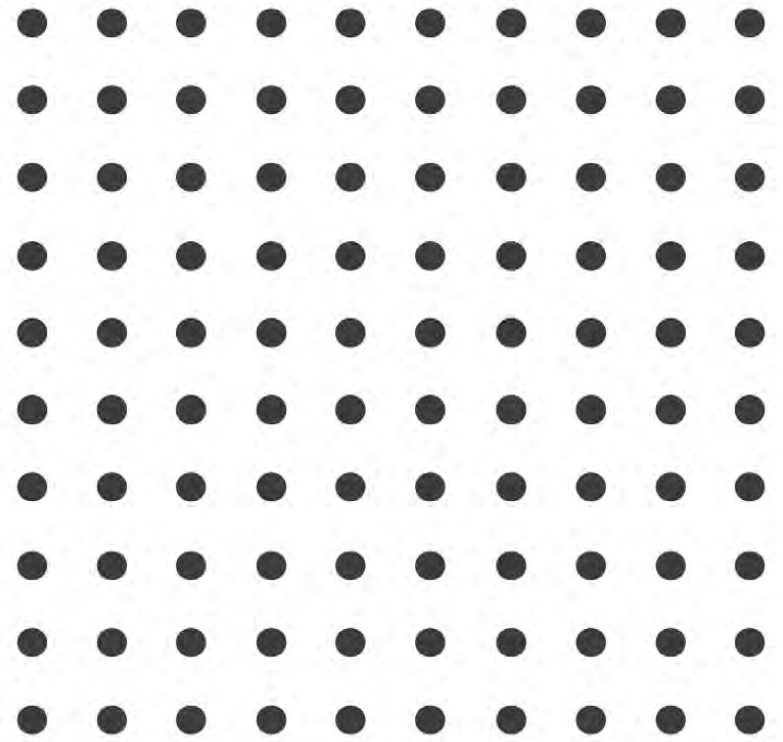


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Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

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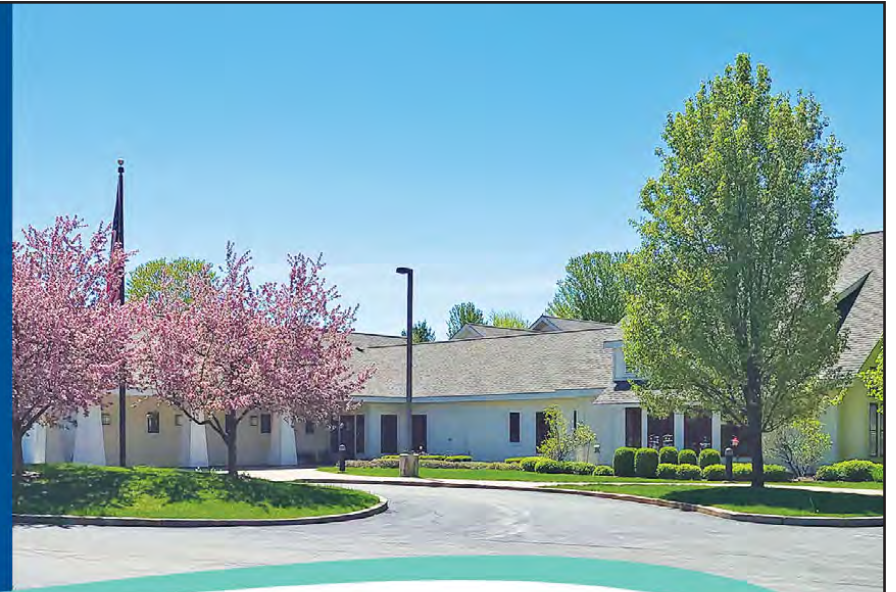
# DOTS and BOXES



Dots and boxes is a simple game with a simple goal: whoever “owns” the most boxes at the end of the game wins. You and your opponent take turns drawing horizontal or vertical lines to connect the boxes. When someone draws a line that completes a box, you write your initial inside to win the box.

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# Pickleball – It's a Big "Dill!"



BY  
JANET  
HASSELBRING

Okay, I admit it. I'm a pickleball junkie. I'm addicted to a wacky hilariously funny game. Admitting this is a bit jarring; perhaps I should tone my passion down a bit and describe my love for the game as

ardent, fervent, keen, zealous, avid, or earnest. An aficionado? Nope! None of these adequately express my absolute total obsession for this zany game.

In other areas, such exuberance would trigger alarms: in fitness training, I'd be considered vain; with alcohol, I'd be a drunkard; food, a binge-eater; drugs, an addict; video games, a gamer, a couch potato, or a nerd; in politics, an activist, and in religion, a fanatic (sadly, I realize that exuberance for sharing my faith pales in comparison with that for pickleball), but here, it's okay! Fellow players nod and smile; non-picklers are clueless.

Pickleball helped me weather the pandemic. Where were you in March 2020 when our country shut down? I was on the pickleball court, not surprising, since that's where you'll find me most days. With indoor venues closed, we were forced outdoors. Like hoodlums wearing hoodies, masks, and plastic gloves, we whooped and hollered about the court, relieving our stress over lockdowns and 6-foot rules by whacking plastic balls with holes.

As a longtime tennis player, I appreciate the stark contrasts between the games; legend has it that pickleball was designed to be as different from tennis as possible: the court is roughly 1/4 its size and contains a "kitchen," or non-volley zone, the net is lower, the ball is plastic, you play with oversized ping pong paddles, score only on your serve, and play to 11 points.

Pickleball is a mash-up of tennis, badminton, racquetball, and table tennis. It's fast-paced, friendly, enjoyable, easy on the body, relatively easy to learn, and despite the smaller court size you can break a sweat. It develops eye-hand



coordination, hones reflexes, and like chess, rewards patience and strategy. Wily dinkers always outplay aggressive bangers!

Pickleball enlarges our vocabulary with words like dink and pock, and gives enhanced meaning to existing words and acronyms, e.g., kitchen, pickled, banger, and OMG (one more game).

A rare trend in sports, pickleball started with older folks before seeping into the general population. 60 percent of players today are 55 plus. A fellow pickleballer, Stan, turns 91 in December. "I'm pickled

to be pickling," he quips. ("Pickled tink," Stan?)

An oldie myself, I invited my children and grandchildren to try pickling. My son-in-law was hooked after just one game!

Pickleball could be just another court game, where I get exercise and connect with friends; however, it's become much more - a raison d'être.

As in most games, pickleball brings out one's personality, demonstrating how you deal with competition, winning, and losing. How you react when your dink gets poached, or your partner steps in the kitchen on a volley, tells whether being a good partner and worthy opponent are more important than winning.



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To negative partners I say, "Just 'dill' with it!"

Pickling keeps me humble and makes me laugh. If Norman Cousins, who stared at death and chortled himself back to life and health, is right, that laughter is the best medicine, then pickleball is helping me live better and longer; however, as important as pickleball is to my physical and mental health, I'm trying to keep it in perspective.

In 1965 Joel Pritchard and Bill Bell returned home from a game of golf on Bainbridge Island, WA, to find their families bored and wanting something to do. Using a grassed-over badminton court and ping pong paddles, they found a plastic ball and starting whacking. Voila! Pickleball was born!

With a few tweaks, pickleball gained official status later that year. It's named after Pritchard's dog, Pickles, who was sweet and loved stealing the ball!

Sorry, got to run! I'm late for a game! "I won't be gone long. You come too." ("The Pasture," Robert Frost)

### Did you know?

1. Pickleball is one of the fastest-growing sports in the country.
2. Today 4.2 million U.S. players compete on nearly 35,000 courts with approximately 70 venues opening each month.
3. Last April the U.S. Open Pickleball Championships in Naples, FL, drew 25,000 spectators. Average age of competitors was 52.
4. Pickleballs have between 36 and 40 holes.

*Janet lives in MI with her husband, Don and Welsh terrier, Snack. Jan drags herself off the tennis and pickleball courts occasionally to write. Her writings include Tales from Pelican Cove, a series of books featuring wild shorebirds from FL and beyond, Country Dairy, which describes life on her family farm, in west MI, in the 1930s, when her parents lived and worked on the land, and Tweets, A Twitter Feed of Short Stories and Articles. Her piano gets lonely because she chooses to whack fuzzy yellow balls and popping pickleballs instead of tickling its ivories.*

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# It's Not All in Your Head



BY  
NANCY  
ABIADÉ, LMSW

Just before the pandemic I noticed that I was not able to hear everyone in our team meetings, and got my hearing checked. I was shocked to find I have 40% hearing loss and got hearing aids the day before the shutdown began. They have been a godsend, since I would never have understood people with masks in place.

I have also noticed vision changes and found that I have the start of cataracts, not severe enough yet for removal. Intrigued, I began to research sensory changes

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that come with aging, and the research from the National Institute on Aging proves what I was noticing in myself.

**Vision:** At age 60 we need double the light of a 20-year-old and at age 80 three times as much. Glare, cataracts, and glaucoma can make night driving very difficult. Startling to me was a connection in women between vision loss and cognitive function. It makes regular eye exams even more important.

**Hearing loss** is prevalent, with 30 – 50 % of older adults experiencing some degree of hearing loss. This can lead to withdrawal, isolation, and depression. Some studies even correlate the loss of hearing to an increase in dementia due to the lack of social connection.

**Taste:** Seventy-four percent of older adults experience an impaired sense of taste. Many of my patients lament that food no longer tastes good, and they eat because they know they should.

**Smell:** Twenty-two percent had an impaired sense of smell. In the community, this could make it more difficult to detect a gas leak, smoke, spoiled

food. In a facility, it can lead to lack of awareness of bodily odor and possibly resistance to bathing.

**Touch:** Seventy percent experienced an impairment of touch, which makes it difficult to do some fine motor tasks. My grandmother developed neuropathy in her fingers and had to give up quilting because she could no longer feel the needle.

Fully 67% of older adults have two or more sensory deficits, so I am clearly not alone. So, what are the implications? As the Builders and Boomers comprise a greater percentage of the population, rather than being embarrassed by our sensory impairments, we can educate others on our needs. Further, we can sensitize ourselves to the impairments of others. In my work as a Harbor Hospice Social Worker, many of the patients I see live in facilities and have some degree of dementia. I try to determine first if I can be heard and understood, particularly with the mask preventing lip reading and visual facial clues. I have ordered personal amplification devices for patients who would lose hearing aids. Residents are often cold, and I offer a sweater. I bring my own portable chair so that

I can sit directly in front of the residents to make eye contact. I encourage families to bring favorite treats. I would love to see facilities decorate each wing with different vivid colors so that the residents with vision and cognitive deficits could easily locate their hallway by color.

Simple changes and accommodations can enhance our own and others' lives significantly. I like the current slogan, "Just Be Kind" and I would add, "Just Be Sensitive."

*Nancy Abiade, LMSW, has been a social worker for Harbor Hospice serving the Poppen Residence, assisted living, skilled nursing facilities, and home patients and families for over 9-1/2 years. She previously worked as a skilled nursing facility, hospital, and geriatric day care social worker. She is retiring on September 30 after more than 40 years as a social worker specializing in elder care. Harbor Hospice and Harbor Palliative Care is committed to alleviating patients' symptoms and providing choices to help the patient achieve optimum well-being.*

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# Let's Take a *Road Trip*



BY  
LOUISE  
MATZ

Are you thinking about taking a road trip? Early this year my husband and I decided to gather all our years of road

trip education and experience and attempt another trip to the Florida Keys. For whatever it's worth, here are a few tips from our wealth of experience.

First, of course, is to plan the trip route. Which big cities will we travel through and when? It's always best to travel through the big cities during low traffic time, and certainly not during rush hour. Another thing we've learned is to go directly through some big cities and not take the bypass. In particular, this applies to Atlanta. Reasoning here?

The trucks are forced to take the bypass, so we are truck-free driving straight through.

Number two, check the weather. We were planning to depart Michigan in February. That makes the weather forecast pretty important. We have years of experience driving in bad weather and have learned the hard way. We don't need to do that again!

Next item: where will you spend the night? Location, location, location – how far off the highway do you want to drive to save a few bucks? If you make the same road trip year after year, it's a good idea to make a note of the motels you've used and whether or not you'd want to stay there again. Do you want one with a "free" breakfast? One caveat: if



you're planning on a motel for breakfast, be aware they might cancel it "because of Covid." Yes, it happened to us.

Just like picking a motel, it's a good idea to pick a favorite gas station, a chain that you trust to have a decent price and clean restrooms. Believe me this one piece of advice will save you time and frustration and make for a more enjoyable trip. The same is true for restaurants. However, we've found that asking the motel staff for a recommendation works well, too.

Another lesson we've learned: No matter how well you know your route, use your GPS!!!! We use CarPlay, but I think they are all pretty similar. Here are several good reasons to use your GPS:

1. It will tell you to move into the proper lane before an upcoming turn.
2. It will warn you when a speed zone (police car) is ahead.
3. It will warn you if there is an accident or any other delay ahead.
4. It will tell you if you are still on the best route or offer you an alternate route.

Speaking of alternate routes, we expanded our road trip education this year when we elected an alternate route. Both of us were

thinking alternate routes are maybe five to twenty miles around or alongside our main route. WRONG! We took an alternate route coming home that turned out to be 200 miles!!! What a surprise! Initially, we were convinced that we made a bad turn. But, as it turned out, we did rejoin our main route and enjoyed 200 miles of different scenery. In addition, we moved along with no delays and made better time.

Not a new lesson, but one that bears repeating: Every driver has a different idea about turn signals. Some, obviously, think they are worthless and never use them. Others

use them religiously and you can depend that they will turn or change lanes, although you may still have to guess exactly where or when. When it comes to highway driving, BEWARE the truck driver's turn signal. He means business!



When that turn signal goes on, you can be sure he will change lanes immediately and you need to move out of his way!

As we've aged, we've made a couple more discoveries. We prefer to travel in the daylight even if it means an extra night on the road. Visibility is so much better. It's a good idea to stop more often to get out and make sure all those stiff joints are still flexible. It's better for your body and it's refreshing for your mind. We've decided first priority for the driver should be full attention on the road. The co-pilot's job is to handle all other chores, such as finding the road music, controlling the temperature, retrieving the snacks, and answering the phone.

Now you are set. Let's take a road trip.

*Louise has been writing for Senior Perspectives for over ten years. She enjoys family time, reading, walking, biking, and golf. Pickleball and mahjongg have been added to the list since retirement. She also loves to join her husband for turkey hunting and fishing in the Florida Keys.*

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# Hammertoes: An All-Too-Common Problem



BY  
DR. TYLER  
CLAVEAU

*“Doc, I’ve been told I have hammertoes. What even is a hammer-toe?”*

One of the most common conditions we see patients walk into our office complaining of is pain in their

toes due to them bending in the wrong direction. When a contracture occurs in the toes that make them no longer straight, we call this a hammertoe deformity. Often, because of the bend in the toes, new pressure points will develop, causing pain and calluses.

*“Is it something I need to get treated? Will it get worse?”*

Hammertoes do generally get progressively worse over time. In the early stages, hammertoes may be flexible, and the symptoms may be treated with conservative measures. However, if left untreated, hammertoes will become rigid, and they will need to be treated surgically.

*“Well, what’s causing this hammer-toe in the first place?”*

Hammertoes develop when there is an imbalance of muscles to your toes causing them to bend in the wrong place. This imbalance can be caused by foot structure, trauma, or even from the wrong pair of shoes. It’s not uncommon to find hammertoes accompanying very flatfeet or feet that have very high arches.

*“How do I know if I am wearing the wrong shoes?”*

The best thing to do is to avoid shoes

with pointed toes, shoes that are too short, or shoes with high heels. Any shoes that force your toes to scrunch up at the front can aggravate them and lead to worsening hammertoes. Instead, try to wear shoes with a deep toe box and heels no higher than two inches.

*“Are there any benefits to the hammertoe correcting devices I see on TV and in ads?”*

Many of the hammertoe correcting devices will not return the toe to its original shape. However, devices such as toe spacers and toe sleeves can prevent toes from rubbing together or on the top of your shoes. These types of devices work well for preventing worsening of calluses. Also, orthotic devices placed in your shoe can work to change the muscle imbalance in the foot and may help prevent the hammertoes from getting worse.

*“What if I have tried all that you’ve mentioned, and I am still getting pain with my hammertoes?”*

Unfortunately, some hammertoes that become very rigid and bent may not respond to conservative therapy. Luckily, podiatric foot and ankle surgeons are highly trained to treat this condition surgically. If this sounds like you, I recommend making an appointment with your foot and ankle surgeon so they can discuss if you would be a good candidate for hammertoe correction.

*Dr. Tyler Claveau is trained in both forefoot and rearfoot reconstructive surgery, correcting conditions such as bunions, flatfeet, and traumatic injuries. He is a physician at Shoreline Foot & Ankle Associates with his office in Ludington. [www.shorelinefaa.com](http://www.shorelinefaa.com)*

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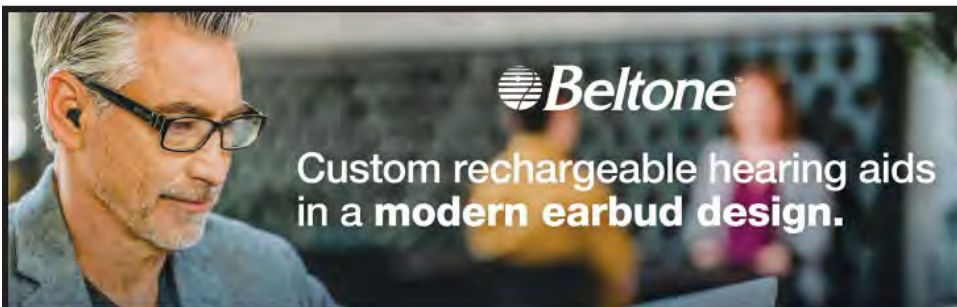
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BY  
JOEL  
DULYEA

# Nurtured Days

Merijo and I were returning home from North Muskegon when she stopped for the traffic light behind a line of vehicles at the corner of Whitehall and River Road. It was a beautiful blue and sunny day, short-sleeve weather, like that in which we used to drive our 1971 sky-blue convertible Chevy Impala with its white top down. Merijo now sat behind the steering wheel of our 2010 Toyota while I watched a procession of vehicles in the parking lot at the opposite end from Lombardo's restaurant. The line of cars nudged forward, bumper to bumper, waiting to obtain marijuana or one of its derivatives from the drive through. The view of that queue seemed out of place, like a hole in the knees of blue jeans. Not long ago, one could go to jail for possession of cannabis. Life has morphed since 1971. Enormous changes have taken place, both good and not so good, depending on one's perspective. But there is a question that never seems to change. It's the question that each generation asks the previous generation, "How different is life today compared to the time when you were young?" The question sometimes troubles me because of what has been lost. Perspective reminds me everyone suffers loss, but we are a resilient species.



I am ill-equipped to tackle the extensive list of global change, so I'll address simpler subjects like cell phones, vaccines and consumerism from my little perch. I think growing old is a good thing. It brings perspective, grey hair and grandchildren, which disguises me with an aura of wisdom -- which can disappear quickly with foot-in-mouth disease. Grandchildren carry boundless joy and give grandparents reasons to pray in hope they will flourish in the future. Heaven knows the rain falls on the good and the not so good as seasons rotate.

Cell phones loom large over social interactions. Thankfully, the days of party lines, when multiple people could listen in on your conversations, are long gone. On the other hand, is it rude for someone to answer their phone to converse while at the dinner table in a restaurant? Is it a good thing that a tsunami of unknown calls flood us with solicitations to buy the same items we shopped for earlier? When someone asks, "How did I live without a cell phone?" I wonder how we'll live with one. How about caller ID?

As a child I received a sugar cube to prevent an infection of polio. The work to develop a vaccine took decades before it was administered. The COVID vaccination seems miraculous in com-



parison. Initial polio vaccinations were dangerous, yet my parents exhibited trust in the medical establishment. Vaccines today may arrive quicker, but a cube full of sugar is no guarantee that it will help the medicine go down.

A tyranny of choices inundates store shelves with infinite tubes of toothpaste. Zillions of fishing poles are stocked in sporting goods stores. So much stuff is on display that it's difficult to choose without a coupon in hand. Meanwhile, I pay each month for three television channels (bundled with eighty-five more) that once broadcast for the cost of a black and white television. Every day a firehose of information blasts us with the cure for conjured needs and wants. Must we listen to it?

Merijo and I were on the bike trail yesterday. There was clear-blue-short-sleeve weather. We talked along the way and agreed; no one except grandparents can understand the joy of being a grandparent. Thankfully, this can't be bought or sold. It must be nurtured.

*Joel Dulyea is a United States Army retiree who loves to sing with his wife Merijo, spend time with his daughter and son-in-law, and dote on his granddaughter.*



## Keith's World

# The Early Years



BY  
KEITH  
SIPE

Over the years I have enjoyed the history of the western side of the state, but especially the Muskegon area. I have read many books of the area and have found some fantastic stories of our history. It is most interesting to say the least.

Our area in Western Michigan was a pretty tough place to live in the beginning, as it was in many other places. Thinking back, the people it attracted must have been the hardest and most enterprising of American fortune seekers! Many of these people were the Northern European immigrants. They were people from all classes that ranged from the rough and tough to highly educated men and women. Their energy level and enthusiasm must have been of the highest level one could have imagined. These people must have had the greatest level of faith and vision anyone could have possessed. These are the people who first laid the foundation of our towns and villages. They survived the trials and misfortunes of their past and continued to grow and prosper over the years that followed.

I include and admire the Native Americans as

well as the new frontier people who first lived in the Western Michigan area. I cannot imagine how difficult it was here back in the early days, for there were no modern conveniences whatsoever. No grocery store where you would run to get your food. No electricity to light up your home. No furnace where you could turn heat on with a flick of your finger. The water you drank would come from a nearby river or lake. Your food would come from what you hunted for or trapped or from plants that you found or grew to eat.

These early times were extremely hard for the first settlers -- both the heat of the summer and the cold of the winter months. I must say that young adults of today would not make it much more than a week. Actually, I find it hard to believe that many of them would be able to storm the beaches as their ancestors did during World War II.

I think of what the area must have looked like in the early days. For example, the trees, the tall white pines reaching toward the sky, must have been a sight to behold. The crystal-clear lakes and rivers that flowed to Lake Michigan would take your breath away. The white sand dunes on the shoreline must have seemed like mountains reaching towards the heavens. The abundance of fish and wildlife would be beyond your imagination. For this area was inhabited by just a few people.

The quietness of western Michigan, with only the wind blowing through the trees and the occasional

sounds of the wolves, must have been amazing. Not like today with the noises we have grown accustomed to -- the fire truck and ambulance sirens speeding by and the sounds of trucks and motorcycles. It is difficult to imagine the wild animals that roamed the wooded area, like bears and wildcats. Sit by the lake shoreline and watch the ducks and swans leisurely passing by you and imagine yourself back then. It must have been an amazing time to live.

The first white men to come to this area of solitude were the French missionaries and traders. When they came to Michigan they found tribes of Native Americans, like the Chippewas, the Ottawas and the Pottawatomes. There were many similarities among these three tribes -- they were more like brothers in their languages, traditions and habits of life. You might have called them "The Three Brothers." The Chippewas were the oldest of the three. The Ottawas were the second oldest and lived in the valleys of Muskegon and Grand Rivers. The Pottawatomes were the youngest and they lived in the valleys of the Kalamazoo area. It is thought that these Indians came to the area about 1500-1600 AD from Canada, where they lived along the Ottawa River.

The Muskegon of today is much different from what it was back in the 1800s. The way of life back then was much more difficult than our way of life today. I think we are fortunate to be alive today, but the peace and serenity of those past times might be very tempting.

*Keith may be reached at [rightseat625bg@gmail.com](mailto:rightseat625bg@gmail.com) Please drop him a note, he loves the attention, well, he would love to hear from you. Keith enjoys writing, photography, flying, cooking, history, biking and lives in downtown in Muskegon.*

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# CBD for Beginners

## Frequently Asked Questions



*Note from Editor: Not knowing very much about CBD, I asked Liz and Rod to give us an introduction tutorial. I hope you find it as interesting as I did.*

BY  
LIZ AND ROD  
GLUPKER

If you're just taking an interest in CBD, you might

want some information on CBD for beginners. As more research is being done on CBD and its potential to treat various conditions, more people are becoming interested in trying it. But, figuring out where to start, what kind of CBD to take, and how much to take can be confusing. There are so many CBD products on the market, how do you know which one you should try or how to use it? We've put together some answers to the most frequently asked questions beginners have.

### What is CBD?

CBD (or cannabidiol) is a non-psychoactive component found in the sativa cannabis plant. It is extracted from the hemp plant, which is a relative of the marijuana plant. CBD products are not made from marijuana and are not made

from the THC component of marijuana. As researchers learn more about CBD, they are discovering more potential uses for CBD. According to the World Health Organization, CBD has been shown to be an effective treatment of epilepsy and there is evidence that it may be a useful treatment for various other medical conditions.

### How does CBD work?

CBD works with a natural biological system that's inside your body called the endocannabinoid system. Researchers have only recently discovered the endocannabinoid system and are still learning more about how it works. CBD attaches itself to receptors in the endocannabinoid system that are responsible for transmitting neurological signals in the brain.

The endocannabinoid system plays a role in how your body regulates appetite, sleep, and mood. It also affects the body's hormone regulation and immune response. Researchers believe that CBD may help with various health conditions because of how it attaches to receptors in the endocannabinoid system which are responsible for many

biological functions within the body.

### Common types of CBD include:

- Oils and tinctures: CBD oils and tinctures are essentially the same thing. They are CBD in oil form. You place a dropper of the oil under your tongue, and it is absorbed sublingually into your bloodstream.
- Capsules or pills: You can also purchase CBD in capsule form. Some people prefer CBD capsules because they are easy to take, and you don't have to taste the oil underneath your tongue. However, because capsules need to go through your digestive system first, they may take a little longer to get absorbed into your system.
- Edibles: Edibles are one of the easiest ways to take CBD, and many CBD users favorite way to consume CBD. You can purchase CBD gummies, coffee, or even CBD popcorn. People love edibles because they are convenient, taste great, and you don't have to swallow pills or taste any oils.
- Creams and lotions: CBD creams and lotions are topical forms of CBD. Massaging CBD cream into your skin may help alleviate muscle aches or pains. However, it is absorbed through the skin, so you might want to use creams and lotions in conjunction with an oil or capsule.
- CBD isolate: CBD isolate is the purest form of CBD. The CBD is extracted (or isolated) from the cannabis plant, removing all the other components so that CBD is the only component in the iso-

late. It can be mixed with liquids, added to soaps, lotions or other products.

### How do I know which CBD to use?

First and foremost, if you have a health condition you should consult your doctor before you use CBD. Although CBD is a totally natural product it can have cross-drug reactions that you may not be aware of. Decide on which form of CBD would be easiest for you to fit into your routine. If you want a fast-acting CBD, an oil or concentrate might be the best option. If you just want to supplement with CBD on occasion, you might want to start with CBD gummies.

Whatever type of CBD you choose, always start with the lowest recommended dosage. Some people will see improvement in symptoms right away. If you don't see improvement, you should increase your dosage gradually. Everyone has different pain thresholds and body chemistry so follow the instructions given with your purchase. As always, check with your doctor before starting anything new.

*Liz and Rod Glupker are both certified with the Cannabis Training University and Alternate Medical, and have spoken at seminars across the United States. They are members of the US Hemp Authorities and iHemp Michigan as well as three local Chambers of Commerce. Rod is a board member of the Fremont Downtown Authority, the National Baby Food Festival and United Way of the Lakeshore. They love staying involved with their community.*



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BY  
TRICIA  
McDONALD

## Authors of West Michigan Writing Eases Grumpiness

As a self-described introvert, author Albert Bell realized writing was his outlet. He became hooked when a teacher in high school read Albert's humorous essay to the class. When the students laughed at the spots where he meant them to laugh, he knew he had found his passion for writing.

His first book was a novel, published in 1988 under the title *Daughter of Lazarus*. The story was prompted by a poem written by the Roman poet Martial, about a little girl who died just before her sixth birthday. Albert's book was the story of how that came about. It was republished a few years ago as *The Flute Player*.

Born in South Carolina, a teaching job at Hope College (Holland) brought Albert to Michigan in 1978. He stayed "because the town where I live is a pleasant place, as promised in the state's motto," and just recently retired. Albert has enjoyed mysteries "for as long as I can remember, all the way back to the Hardy Boys and Nancy Drew."

Having studied and taught about the ancient world, especially Rome, for his entire academic career, it was natural he wrote mysteries set in that era. Pliny the Younger, a historical person who witnessed the eruption of Vesuvius, became the main character in his mystery series of eight books, *Cases from the Notebooks of Pliny the Younger*. If Albert were to have a favorite among his many books, *The Blood of Caesar*, the second Pliny book, "rates pretty high." He states it was a difficult book to write, although *Library Journal* called it one of the five best mysteries of 2008.

When writing, Albert feels that knowing the ending is essential; however, he does not follow a detailed outline as plot points often change during the process. He also does not have a writing routine, as much as a time for writing which may vary depending on where he is in a project. However,



now that he is retired, he treats his writing as his day job. His wife, a retired psychologist, states that if he goes a few days without writing, he is "grumpy and unpleasant to be around." The couple has two sons, two daughters, and three grandsons.

Albert read to his children when they were younger, and ideas for stories of his own developed. He has published three middle-grade books, one of which won the Evelyn Thurman Young Readers Award.

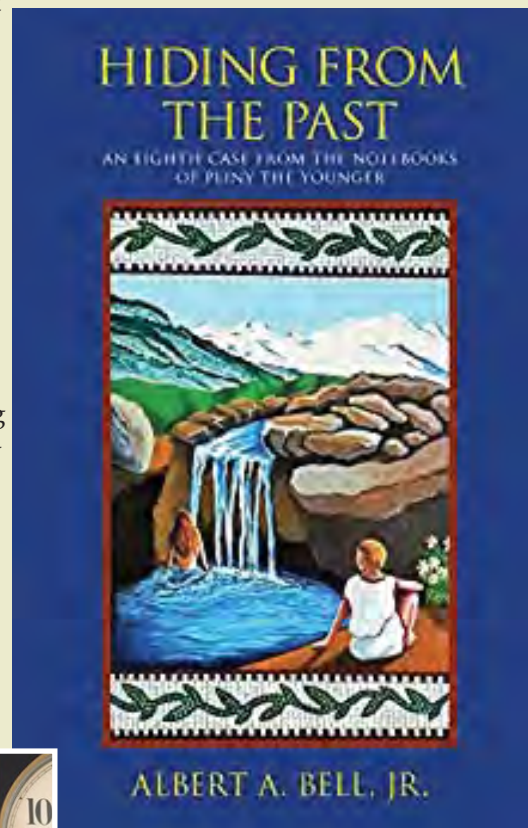
Albert writes historical and contemporary mysteries, cozies, middle-grade fiction, and some non-fiction. His book, *Exploring the New Testament World*, has been used in several college and university classes.

Writing the mystery *Death by Armoire* was enjoyable to Albert as it took him back to his father's antique store in his small Southern hometown. The mystery won the Writer's Digest's Self-Published Book Awards in the Genre Category in 2018.

Albert is working on the sequel to

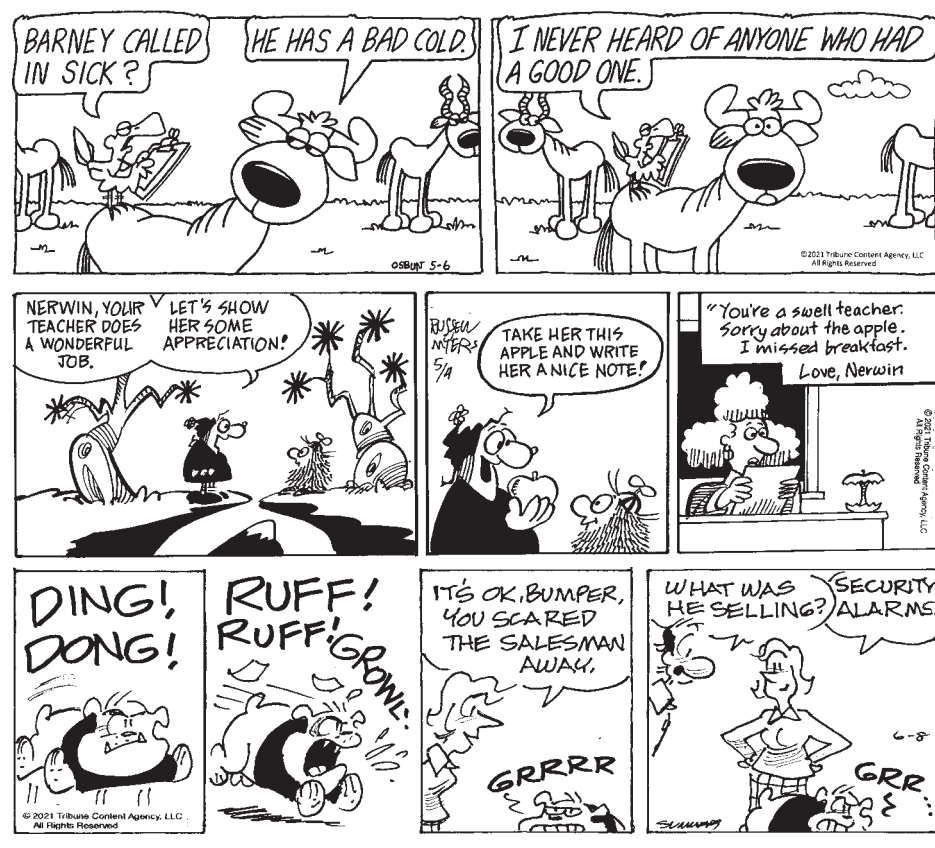
*Murder My Love*, a contemporary romantic mystery. It is proving to be "devilishly difficult to finish."

Tricia L. McDonald is an internationally published author, public speaker, and writing coach. Her middle-grade book, *The Sally Squad: Pals to the Rescue*, was published in 2020. Her *Life with Sally* series (four books) is a compilation of stories chronicling life with her miniature bull terrier, Sally. *Quit Whining Start Writing* is a guide to help writers put away the excuses and get the writing done. *The Bookman* is excited to continue featuring authors living in Western Michigan. Contact *The Bookman* to purchase and read this author's book.





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# It's All in the Hips!



BY HOLLY  
LOOKABAUGH  
-DEUR

A universal concern as we age is a fear of falling and what might follow – a serious injury, dependence on others, and an inability to do the things we love to do. When injury slows us down, the

overall aging process is accelerated with more aches and pains, decreased endurance and reduced functional independence. Research has identified significant risk factors for falling: slow walking speed, impaired sensation in feet, limited range of motion of toes and ankles, poor hydration, vestibular dysfunction, and many other factors. But which risk factor can we change that reduces fall risk the most?

Preventing falls, even a small percentage of them, would save millions of dollars, prevent undue suffering, allow adults to age gracefully in their homes, and even prevent premature death. New evidence published in 2021 (Rogers, et al, 2021) provides important guidance in prioritizing fall prevention efforts. Hip strength and muscle control is critical to preventing falls as well as other conditions such as knee pain, low back dysfunction, and urinary incontinence.

The hip joint moves in six primary directions. 1) Adduction: Moving the leg towards the body midline; 2) Abduction – moving the leg away from the body – like you were doing a jumping jack or angels-in-the snow. 3) Internal rotation – rotating the leg so the toes are directed inward; 4) External rota-

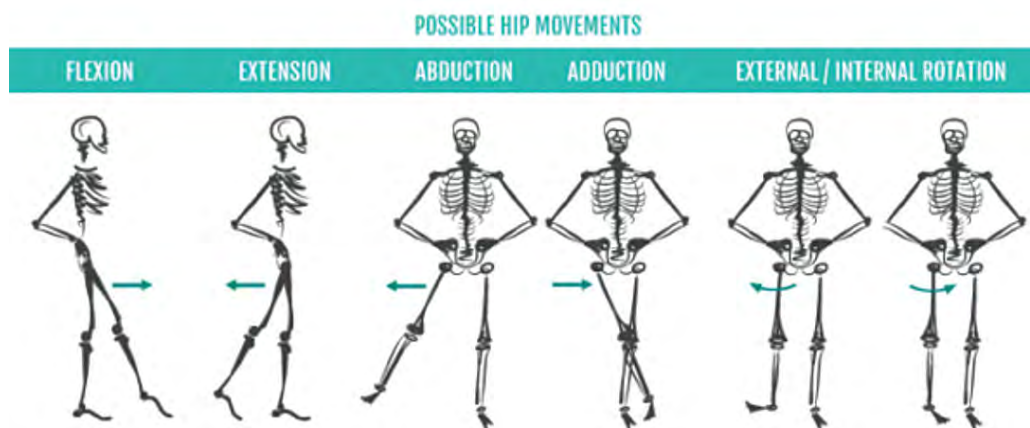
tion: rotating the legs out, like a duck walk; 5) Flexion: bring the leg forward – like a kicking or knee to chest movement and 6) Extension – moving the leg behind you.

Different muscle groups control each movement. As we age, the muscles that ABDUCT the hip, bringing the leg away from the body, are especially important to preventing falls. These muscles – the gluteus medius and some tiny stabilizing muscles – control the pelvis when we are standing on one foot, like when we take a step forward and backward, or when we climb stairs. When someone is weak in this area, they may take smaller steps or shift their trunk from side to

side when walking, like a waddle, to compensate for the weakness.

So how can we isolate this muscle group and make it stronger? The remarkable thing about hip strengthening for older adults is that it is relatively easy! These muscles can be strengthened in sitting, standing, and lying down positions. Here are a few important tips to help you get the most of your “Healthy Hips” program.

- 1) Warm up: Gently swing your leg back and forth while holding on to the back of a chair or the countertop – 8-10 times is adequate.
- 2) Side stepping is a great technique – go as wide as you can and still feel in control. To kick it up a notch, once you step sideways, try a mini squat position before bringing legs back to center.
- 3) We all tend to move at one speed during exercise. What really matters with fall prevention is our POWER – the ability to move quickly. When you are doing exercises, try to vary the speed – short bursts of 5 partial repetitions, then 5 slower repetitions. Changing speeds helps recruit ALL muscle fibers and create a lasting strength benefit.
- 4) Stepping up and down SIDEWAYS on a stair is incredibly effective for



strengthening if you can do it. You are exercising at the right level if your muscle is tired between 8 – 12 repetitions.

- 5) Ranking 10 exercises easiest to most challenging:
  - a. Easy – lying on your back, move leg out the side (snow angels)
  - b. Easy – sitting, wrap elastic around your knees and spread legs apart against the resistance
  - c. Moderate – standing, lift leg out

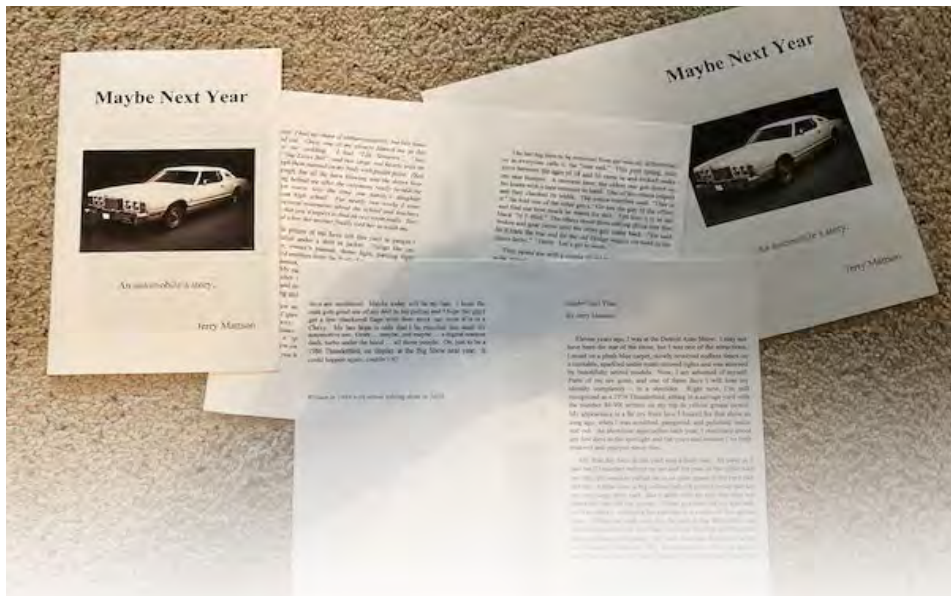
- d. Moderate – side steps with mini squats
- e. Moderate – lying on side, lift top leg towards the ceiling. Stay in alignment, toes pointed forward
- f. Moderate - lying on side, knees bent - “clam shell.” Add band when 12 is super easy
- g. Harder – side stepping up and down a stair sideways
- h. Hardest – sidestep on stair, then lift leg out to the side
- i. Challenging – elastic/TheraBand around ankles or knees and side stepping
- j. Challenging – only when you are ready: band around knees, standing in semi squat, tiny jump and separate legs, land; then tiny hop back to center.

Strengthening and power (strengthening at different speeds) training should be done with a day of rest between sessions. A comprehensive hip exercise program can be done within 5-15 minutes. Ideally, 8-12 repetitions result in muscle fatigue, and then the next exercise can be done after a 1-2-minute rest. The goal is to truly transform the muscle to its peak performance level, preventing falls by controlling the trunk and pelvis, and responding to changes in balance and center of gravity. With a little effort, hip strength and power can be improved within 4-6 weeks, reducing risk for falls significantly.

It's all in the Hips!

*Holly Lookabaugh-Deur is a practicing physical therapist with over 40 years experience, a board certification in geriatrics and a certification as an Exercise Expert for Aging Adults. She is passionate about advocating for older adults and changing lives through education.*





# Write It Down



BY  
JERRY  
MATTSON

“You should write a book.” Have you ever said that to someone, or been told that by somebody? Those words were probably spoken after a person heard an interesting story or an incident was related.

Writing a book is not easy, so most people answer with a, “Yeah, maybe I should,” but never do. Now, writing a zine may be the answer. Zine is not short for magazine, but is defined as a self-published, non-commercial print-work that is typically produced in small, limited batches. They are created and bound in do-it-yourself ways, usually homemade and

photocopied. The pages may be “bound” with staples, string, or yarn.

Hackley Public Library is promoting the creation of them for a Muskegon County Community Zine Collection. There is no fee for this, but submissions are limited to those aged 18 or older. Submitted zines will be copied and stored digitally for future access by the public. A hard copy will be pinned to a bulletin board in the library for use by patrons.

Zines can touch on a variety of topics from music and art to poetry, humor or personal memoirs. Their content may be written, printed, drawn or any other form of combining words and imagery. There are guidelines that must be followed for the zines, but the goal of the collection is aimed at reflecting the people and showcasing the talents of Muskegon County.

This is an opportunity to share what someone thought should be in your book. This could range from a series of “one-liners” to a story of several hundred words. How I shot my first buck at age twelve (or 67). A success, or disaster, in the kitchen. Interest-



ing events from school, work, vacation or your dreams. Fiction, non-fiction, photos, cartoons, sketches or anything that conveys a message or feeling are all welcomed.

A submission form is available at the main library’s front desk as well as at White Lake Community Library, Fruitport District Library, and Muskegon Area District Library locations. It can also be found online at: [hackleylibrary.org/local-history-genealogy/zines/](http://hackleylibrary.org/local-history-genealogy/zines/)

Mary Ruge, Adult Services librarian at Hackley, is the person who came up with the idea of the zine collection. She is excited to be getting early submissions. She is also the moderator of the library’s Left to Write writing groups. They meet monthly the first Wednesday at 3:30 and the fourth Tuesday at 5:30. She plans to collect written works from participants who volunteer it, put them in a booklet and publish them quarterly.

One way to publish a zine for submission to the collection, or just to share with friends, is to do what I did. (I wasted some paper getting it right.) I typed the information in the computer, then clicked the Layout tab. Next, under columns, I selected two. After printing my story, each column, now a page, was numbered by hand and separated. I made a blank-page booklet by folding paper in half with the pages I needed and numbered them. Then, I pasted my printed pages to the matching numbered pages in the booklet. Print (maybe both sides), fold, assemble and bind. That’s it.

Write it down. Publish a zine, or a few, and share your creativity with the community. Everyone benefits.

*Jerry, a retired manufacturing engineer from Ford Motor Company, has not had a lot of experience with foreign cars. He only owned one; a 1966 VW beetle bug, for a short time.*

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BY  
CINDY  
HOGG

# Let There Be Light(houses)!

*Well, hello there.*

I had just climbed the 230 spiral stairs leading to the top of the Big Sable Point Lighthouse, where I was greeted by a sight that took my breath away: golden sands surrounding the lighthouse melting into the blue, green, and teal waters of Lake Michigan, the tips of hundreds of little waves kissed by golden sunshine.

Who else greeted me? A woman with a warm smile and snow-white hair who proceeded to fill me in on the history of the lighthouse, give me a sticker for my

shirt, and invite me to venture out further on the deck for a better view.

*Okay, but who are you?*

It turned out she was one of the volunteers for SPKLA—the Sable Points Lighthouse Keepers Association—who make it possible for the public to tour four lighthouses throughout the summer months. The four lighthouses SPLKA manages along the west coast of Michigan represent the longest stretch of contiguous Michigan lighthouses open to the public. When she described her duties,



my imagination was captured in a wink and I immediately put this volunteer

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opportunity on my bucket list for retirement. This past summer, fully retired and trained, I couldn't wait to jump in.

My first gig was in Ludington at the North Breakwater Light, where I volunteered for a week with a couple from Minnesota (Larry and Andrea) and a younger guy (Scott) from Ohio. We lived in a three-bedroom, two-bathroom cottage in the state park, worked at the lighthouse from 9:30 to 5:30 and then had plenty of free time to hang out with each other, play games (they taught me how to play cribbage!), and enjoy all the other lovely sights in the area. It was so much fun!

Here is where SPKLA would want me to remind you that whether you sign up for a week, two weeks, or even just a day (it is possible to be just a "day keeper"), this is a job, involves real work, and is not a "vacation." While true – we were all quite tired by the end of each day! – the enjoyable aspects cannot be denied.



So, what exactly is the life of a volunteer lighthouse keeper like? To be honest, it lacks some of the romance of the original lighthouse keepers. We don't do anything to actually operate the lights; they are all automated now. On the other hand, I suspect the romantic view of an old-time lighthouse keeper's life is largely a myth anyway. In reality, their lives consisted of

isolation and loneliness, and dangerous and backbreaking hard work. We modern keepers do some cleaning, painting and upkeep of the lighthouses, sell items in the gift shop and tickets for climbing the structures, and give historical tours for the public. Not on the same scale of hard work, but important nonetheless.



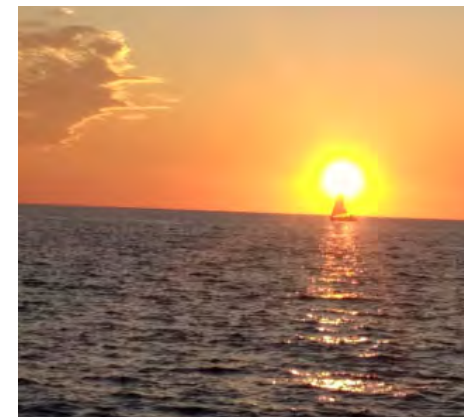
You do have to like history and talking to people for this job. It also helps to have a sense of adventure. You never know for sure what your day might bring! On opening day at the North Breakwater this year, we had to close two hours early because the waves were getting so high. By the time we hiked the half mile back to shore, we were quite soaked – but not swept away! At other times, you may find yourself coaxing freaked-out visitors back down the ladder. The top of North Breakwater is reached by a series of four ladders – straight up! But the view is definitely worth it.

I have visited the four SPKLA lighthouses many times and have now worked at three of them. Being a mother of five and grandmother of ten provides a good approach for the lighthouses. You simply can't have a favorite! Each is unique and has its own charm. Big Sable Point is the only one with the original lighthouse keeper's quarters still preserved at the base of the lighthouse, where volunteer keepers can stay during their two-week shift. (My goal for next summer!) Unless

you hit one of a handful of "bus" days, it can only be reached by a two-mile hike along the beach or through the sand dunes. The North Breakwater, with its green light, is the only one that actually sits out in the water and must be reached along a half-mile concrete breakwater. Little Sable Point in Silver Lake, with its unique red brick exterior, is the easiest to access. White River Light Station in Whitehall has other historic buildings on its grounds, plus an extensive museum. You really need to experience all four!

I love Michigan and her lighthouses and am so happy to be part of their preservation. We bill ourselves as "the lighthouse state" and it's true. Our 129 lighthouses are more than any other state in the union. Only a fraction are open to the public, however, so hurry for SPKLA and the work they do!

Standing atop North Breakwater Light, the wind whipping my hair, I watch the



sailboats, barges – and S.S. *Badger!* — slip through the multi-hued waters of Lake Michigan and decide this must be one of the loveliest volunteer jobs ever. Definitely not a bucket list item to experience once and then check off. Can't wait until next summer!

*Cindy Hogg is a freelance writer who splits her time between her homes in Grand Rapids and Ludington. Her passion is travel, especially with her grandchildren. She is the founder of the blog skipgentravelguru.com.*

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## Soul Food



BY  
GIL BOERSMA,  
M.DIV., B.C.C.

# Pray for our students and our schools!

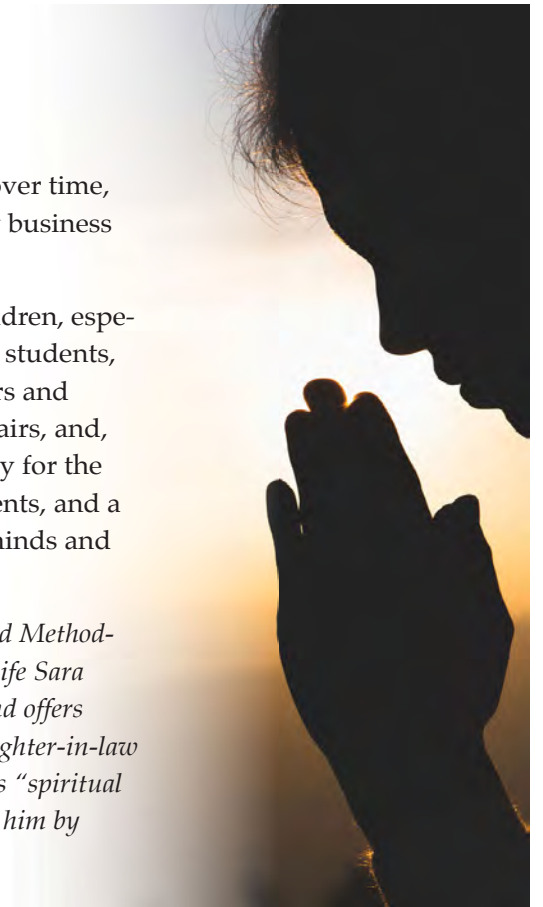
September marks the beginning of the ecclesiastical year in the Eastern Orthodox Church. It is also the start of the academic year in many countries of the northern hemisphere, when children go back to school after the summer break.

Throughout today's modern world, I cannot think of a profession more influential than teaching or training. Before the growth of industrial countries, individuals and families had to find a way to plant gardens, fish for a living, or start a meat-producing farm; you name it! Your family history may have real stories to share of how they passed along the skills needed

to provide for their children and adults, and how, over time, individuals may have been hired to help the family business grow.

When you think of all the hopes and dreams of children, especially as schools open for another year, pray for the students, their teachers, and let's not forget the administrators and parents! Investments in buildings, desks, books, chairs, and, of course, libraries, are all important. However, pray for the atmosphere the teachers offer, the hopes of the parents, and a presence of counselors, who together nurture the minds and confidence of students who will build the future!

*Rev. Gil Boersma, BBA, MDIV, is an Elder in the United Methodist Church, and a retired board certified chaplain. His wife Sara is retired from Muskegon Community Mental Health and offers counseling privately, part-time. Their two sons, one daughter-in-law and four grandchildren also live in Muskegon. Gil offers "spiritual direction" for those who have interest. You may contact him by email: boersmagil71@gmail.com*






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## ANSWERS FOR GAMES ON PAGES 16 & 17

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

### SCRABBLE GRAMS SOLUTION

I <sub>1</sub>	N <sub>1</sub>	S <sub>1</sub>	T <sub>1</sub>	A <sub>1</sub>	N <sub>1</sub>	T <sub>1</sub>	RACK 1 =	<u>57</u>
L <sub>1</sub>	E <sub>1</sub>	I <sub>1</sub>	S <sub>1</sub>	U <sub>1</sub>	R <sub>1</sub>	E <sub>1</sub>	RACK 2 =	<u>57</u>
F <sub>4</sub>	I <sub>1</sub>	R <sub>1</sub>	E <sub>1</sub>	L <sub>1</sub>	I <sub>1</sub>	T <sub>1</sub>	RACK 3 =	<u>68</u>
J <sub>8</sub>	U <sub>1</sub>	G <sub>2</sub>	U <sub>1</sub>	L <sub>1</sub>	A <sub>1</sub>	R <sub>1</sub>	RACK 4 =	<u>80</u>
E <sub>1</sub>	M <sub>3</sub>	B <sub>3</sub>	R <sub>1</sub>	A <sub>1</sub>	C <sub>3</sub>	E <sub>1</sub>	RACK 5 =	<u>63</u>
PAR SCORE 255-265							TOTAL	<b>325</b>

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Answers - Boggle Game:  
TIN LEAD IRON GOLD ZINC  
SILVER SODIUM PLATINUM

Answers - Jumble:  
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