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Travels with Tom

October and November flew by this year, partially because I wasn't sure what time zone I was in! I spent the first two weeks of October in Germany working. I was home for about a week before Nancy and I packed up and flew to California to attend our nephew's wedding in Carmel-by-the-Sea. After the wedding, I had about a week before I headed back to Germany for another two week rotation followed by ten days at Peter and Mikelle's in Ansbach. I was one of the first to learn that their baby was to be a girl! I'm sitting at their dinner table writing this while they are at work. Sue Wolfe saved you from October in Velburg last month when she volunteered to write the article about Jerry Hall's retirement. With so many options, I decided to write about our time in California rather than another story about Germany.

On the evening we got there, we rendezvous with my brother, Rich, and his wife, Anne, at Clint Eastwood's old restaurant the Hogs Breath Inn. He reportedly hangs out there at times but he wasn't there the night we got there. Food was very good and nice atmosphere. Apparently, when he first proposed the restaurant, the planning commission turned him down. He then ran for and was elected mayor. He then turned out the planning commission and appointed a new one. Needless to say, his proposal passed that time!

Since we didn't have a part to play in the wedding, we had a good deal of free time to explore. One of the places we visited was Salinas. There were a number of ways to get there from Carmel and we, I, chose one that went east up a canyon a number of miles and then followed what must have been a goat trail at one time over the top of the ridge to the north; the type of road Nancy doesn't care



Steinbeck's house.

travel. As we crested the the top. Salinas valley stretched out flat as billiard table in all

directions as opposed to the rugged terrain of the Monterey Peninsula where Carmel is located. The road followed along the east edge of what had been Fort Ord and is now a national monument. Our destination was John Steinbeck's boyhood home. Hence the title, Travels with Tom for those that remember his book Travels with Charley.

Many of his books were centered on the Salinas valley and nearby Monterey where he grew up working on the farms and struggling to make ends meet as a young writer. At his house, we first went to the gift shop in the basement where two lovely ladies were excited to tell us about the house and tidbits of his life. A couple of items stood out, one was the number of first edition books they had for sale at what I thought was a reasonable price and pencils.

Apparently, authors, artists and composers are fussy about their pencils and the premier pencil is the gray Blackwing 602, first introduced by the Eberhard Faber Pencil Company in the 1930s. Discontinued in the 1990s, available stock was selling for up to \$40 per pencil to those that appreciated the pencil that prided itself on its motto of allowing the writer to use "half the pressure, twice the speed." The pencil was reintroduced by California Cedar Products in 2012 and now sells for \$27 per box of 12. We bought some to give as gifts but I have not indulged myself as of yet to see if it lives up to its motto. As a side note,

Steinbeck thought yellow pencils were distracting.

The main floor of the house is now a restaurant run by volunteers. Much of it has been restored to the original condition. The second floor was not open to visitors. We had a light lunch and then headed on back to Carmel via the coast.

We also made a trip around the Monterey Peninsula and looked around the city a bit. We didn't do the aquarium as you had to get tickets ahead for a fixed time. We drove down Cannery Row, which inspired the title of one of Steinbeck's books, now it is just a few blocks of shops and restaurants in the old cannery buildings.



Another point of interest we visited was Point Lobos. It is a large park only a few miles from town with

stunning views of the sea, massive headlands, crashing waves and a place for sighting whales and other marine mammals. We didn't see any whales but we did see a colony of sealions covering a large rock outcrop.

Ryan and Whitney held their rehearsal dinner of fire-baked pizza on the beach where we watched a beautiful sunset while getting trounced in a game of corn hole. Their wedding was outdoors overlooking a pasture full of sheep with the sea in the background, very picturesque to say the least. It was on another Clint Eastwood property, Mission Ranch.

We had a great, relaxed time with family and each other. A getaway everyone needs now and again!

From "Hear"... ...and There



Alpha Family Center

Press Release

Alpha Family Center is truly thankful for many things this year. First and foremost, we are thankful that we are able to serve the local communities with the truth and love of Jesus Christ. We are blessed by the generous support from local churches, businesses and individuals that allow us to serve families and individuals faced with an unexpected pregnancy with resources and encouragement.

On Saturday, October 23, we held a dedication ceremony for our new medical area that houses our ultrasound machine. Father Lam Le from St. John Paul Il blessed the ultrasound machine and led a dedication ceremony. The Knights of Columbus were represented both at the local level by Leonard Kogut and at the state level by Ed Strach, the State Culture of Life Director.

We are looking forward to providing an answer to the life changing question women are confronted with, "Am I really pregnant?" with the use of our newest service of limited obstetric ultrasounds.

(Continued on page 12)

Marching Red Hawks Ford Field

By Tom Noreen

The Cedar Springs High School Marching Red Hawks did it again on November 6 at Ford Field marching in the State finals. This year they placed ninth in their flight with a score of 78.9.

Congratulations on a job well done!

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Christmas at the Kent

By Perry Hopkins

The Annual Kent Theatre Christmas Music show is Saturday, December 11 from 3 PM to 5 PM. there will be live Christmas music performed by the Tri County Jazz Band, Teah Ader, 17 Degrees South, and Porter Kenyon. Cost for admission is \$3.

The Annual Kent Theatre Christmas Dance show is on Sunday, December 12 from 3 PM to 5 PM. There will be a variety of local dancers (Olga Smelik's dance students and Synergy Dance students) and entertainment. Cost for admission is \$3.

December Events at the Kent Theatre

Movies*

Polar Express 3-5

11-12 Kent Music and Dance Shows 18

Comedian Andy Gross

24-26 Closed

*Titles and dates may be changed by the movie distributor.

Movie tickets: \$3

Movie Times:

6 PM Fri:

Sat: 3 and 6 PM

Sun: 3 PM

See article above for more information on the Kent Theatre Music and Dance shows. An article on the Comedian Andy Gross is below and to the right.

Check Kent Theatre Facebook page for current information.

The Rustic Roof (616) 788-0039 therusticroof 15 @gmail.com dawnmariesministry Ogmail.com dawnmariesministry.com

A Cedar Springs Christmas 2021

Press Release

The Cedar Springs Area Chamber of Commerce is planning the following activ-

Downtown Shop Hops on Dec 2, 9, & 18 from 5 to 7 PM

A Cedar Springs Christmas Mingle with Kris Kringle on Dec 4

- 9 AM Noon Cedar Springs Library Polar Express Christmas Open House
- · 2 PM Storytime with Mrs. Claus at Perry's Place
- 3 to 5 PM Cedar Springs High School Cheerleaders will be at the Christmas Tree in the Heart of Cedar Springs.
- 4 PM Kris Kringle Parade line up starts (If your business, club or organization would like to be in the parade, it's free to join!)
- 4 PM Kris Kringle parade starts! Parade route is Cherry Street by the White Pine Trail > east to 2nd Street > North to Maple > West towards the staging area
- 4:45 PM Nativity Story
- 4:50 PM Christmas Tree Lighting Ceremony in the Heart Of Cedar Springs
- 5 PM Mingle with Kris Kringle and get your picture taken inside the Cedar Springs Public Library. Santa leaves when no children are waiting for pictures. Pease don't wait until the last minute to come see him.

Cedar Springs Christmas Carriage Rides on Dec 9 from 4 to 8 PM

Kent Theatre Christmas Music Show on December 11 from 3 to 5 PM. Admission \$3.

Kent Theatre Christmas Dance Show on December 12 from 3 to 5 PM. Admission \$3.

Kent Theatre Presents Comedian Andy Gross

Press Release



One night only... Comedian, ventriloquist, magician, and illusionist Andy Gross is coming to the Kent Theatre on December 18 at 7 PM. Get your tickat https:// ets py.pl/9fihwGftrKM

for \$25 (plus a \$2.24 service fee) or at the door. Tickets are a great gift idea!

CS Women's Club Commemorates Veterans Day

by Sue Harrison

The Cedar Springs Women's Club held their November 4 meeting at Cedar Fields Community Building. Each member brought her own lunch and the Hostess Committee provided cider, apple slices with yummy dips and toppings, cookies and cake. After lunch, the Community Focus and Program were focused on the theme of Veterans Day.

Sue Harrison presented the Community Focus on her upcoming trip to Hawaii to sing with the Grand Rapids Chorus of Sweet Adelines. The chorus was invited to represent Michigan at the 80th Anniversary Commemorative Celebration in Pearl Harbor, Hawaii from December 4-9, 2021.

Shortly after the attack on December 7, 1941, President Franklin Roosevelt spoke to Congress and the nation in a now famous radio address and called December 7 a date that "will live in infamy". Every year on December 7, Pearl Harbor survivors, veterans, and visitors from all over the world come together to remember the service members and civilians killed and injured in the attack.

The theme of this year's Pearl Harbor celebration is Valor, Sacrifice, and Peace. The Grand Rapids Chorus will sing at the USS Arizona Memorial and at the Pearl Harbor Aviation Museum. Sue said extra activities for the chorus include an authentic Hawaiian Luau, a sunset beach BBQ, visit to Diamond Head and visit to the Hawaiian Army Museum.

The Women's Club Program speaker for the day was **Margo Forrester**, a member of the American Legion Auxiliary from Grand Rapids. Margo has been involved in many Auxiliary programs and fundraisers notably the Poppy Program. She read the poem "In Flanders Fields" by Canadian surgeon Lt. Col. John D. McCrae written in 1915. It became one of the most popular and frequently quoted poems about World War I. The red poppy in the poem became a symbol for soldiers who have died in combat.

The speaker, Margo Forrester, became very interested in the story of poppies and has collected poppies from many different countries. She displayed two shadow boxes of her collections and told stories about some. She also showed a signed copy of the book *The Poppy Lady* written by Molina Belle Michael and Her Tribute to Veterans. At the end of the

presentation, **Mary Yuncker**, also an American Legion Auxiliary member and member of Women's Club, handed out poppies to each Club member. It seemed a fitting close to the program about Veterans Day.

In addition to our next meeting on December 2, the Women's Club invites you to join us for a fun day at Gun Lake Casino December 14. A chartered bus departs from the Cedar Springs Meijer at 8:30 AM and arrives at the Casino at 9:30 AM. Play until 2 PM when the bus departs for Cedar Spring Meijer. Cost is \$10, which includes a \$10 food voucher, and \$10 Slot Play. We would love to have you join in on the fun. Call **Brynadette Powell** at 616-835-2624.

Edward Jones Annual Toy Drive

Press Release

The 2021 Toys for Tots campaign runs from now through Friday, December 10, so please feel free to drop off new, unwrapped toys during that time.

We will have a table outside our office upon which toy donations can be placed Monday through Friday between 9 AM and 5 PM. **Dina**, **Kim** and **Seth** will happily wave at you through the window and then bring the donations inside when you are a safe distance away. If the donation table is not set up outside, please do not leave donations on the sidewalk. We don't want anything to be damaged by inclement weather or stolen.

3,030 pounds of food were collect during our food drive! Thank you all!

Meijer Simply Give

By Tom Noreen

Our Cedar Springs Meijer is running its Simply Give program from now until January 1, 2022 in support of the Cedar Springs Community Food Pantry. Pick up a Simply Give card at the check out and Meijer will match every \$10 you donate with \$10. Saturday, December 11 will be Double Match Day. For every \$10 you donate, Meijer will donate \$20.

Rotary Red Flannel Chicken Dinner

By Tom Noreen

The Cedar Springs Rotary Club would like to thank everyone that helped make our fundraiser a great success. We had an amazing response. We sold 500 chickens between 11 AM and 2:39 PM. We can't thank the community enough for their support.

We'd also like to thank Meijer for their gift, CSPS Food Service for their help in ordering food, Wesco for ice, Cub Scout Packs 3220 and 3222, and ScoutsUSA Troop 222 for their help and support.

Funds raised will be used to support community organizations such as the Cedar Springs Community Library, Food Pantry, ScoutsBSA Troops 222B and 222G, Life Leadership scholarships, Queen Pageant scholarships and more.

If you are interested in Rotary, please check out our website at www.cedarspringsrotary.org to learn more and join us for a meeting. Meeting times are listed in our calendar. You can also contact me, Tom Noreen, at tomnoreen@aol.com.





The Interpretive Center is open on the weekends again. The grounds are open every day from dawn to dusk. Please take the opportunity to enjoy nature at its best!

Holiday Wreaths

Purchase a handmade grapevine wreath to take home and decorate – and add a bag of trimmings to your order. We'll have a variety of ribbons,

natural trimmings and holiday ornaments to choose from. Order your holiday wreath kit from now until December 19 at the Interpretive Center on Friday, Saturday, and Sunday from 12–4PM.

Cost: Wreath – \$5 (Members) and \$10 (Non-Members)

Wreath and trimmings – \$15 (Members) and \$20 (Non-Members)

Kids' Craft Day

Saturday, December 11 at 1 PM Bring the little ones for an afternoon of fun crafting gifts for their family and friends

Cost: \$5 nonmembers/\$3 members

Winter Break Day Camp

December 27-30 from 10 AM to 2 PM Bring your lunch and dress for the outdoors!

Cost: \$10/day

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Creative Technologies Academy Announces Update on CTA Brand

Press Release

Creative Technologies Academy (CTA) recently announced that it has completed a collaborative process of updating its brand. The recent initiative keeps the traditional CTA blue and lightning bolt logo that embodies the term used to describe the community of 'CTA Chargers.' The logo design concepts were sent through an extensive focus group and voting process resulting in a collaborative decision made by students, teachers, board members, and community members. The 2021 brand initiative entails an updated logo, updated website, and new social media initiative.

"This collaborative process has allowed us to connect with all our stakeholders, collect their input. We are excited to share with the community a consistent logo and brand that people will recognize and associate with our school," said **Autumn Mattson**, CTA Superintendent. "For the past 23 years, CTA has provided a choice for parents and students to partner together and support students as they grow, learn, and become world changers. This update continues to show the innovation that has been a core value at CTA as we partner with families."

CTA offerings academic courses with built-in character education, small class sizes, technology, fine arts, and athletic programs.

Visit www.ctachargers.org for more information on CTA.





Our Mission

Creative Technologies Academy is a preschool through grade twelve community of learners committed to changing our world by developing students in character, scholarship, and leadership.

HS Drama Update

By Nancy Noreen

It was great fun to watch the Cedar Springs High School production of *Bloody Murder* last month.

Rehearsals are now underway for the musical *Into the Woods* which will be presented February 3, 4 and 5 in the high school auditorium.

Director Rebecca Casavant cast the parts as follows:

Baker- Dominic Pellerito Bakers Wife- Josie VanderMeulen Jack- Dominic Vanderhyde Jack's Mother- Mary Cousar Cinderella- Quinn Priolo Cinderella's Father- JR Nulph Cinderella's Mother- Madison Golliver Cinderella's Prince-Tristan Frasier Florinda- Brielle Tate Lucinda- Josephine Vanderhyde Stepmother- Tori Reynolds Granny- Alex Vanderhyde Little Red Riding Hood- Josie Kenyon Narrator- Carly Dreyer Mysterious Man- Joseph Brazier-Powers Rapunzel- Ellie Noorman Rapunzel's Prince- Hunter Torrey Sleeping Beauty- Avery Jennings Snow White- Madi Geene Steward- Lucas Smith Witch- Rayne Evans Wolf- Eddie VanMalsen **Ensemble Members:** Alyssa Wilcox, Elijah Shaw, Leah Ram-

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FFA Takes the Gold **Nationally Ranked Forestry Team!**

By Morgan Merlington

In August, Eli Kleynenberg, Sam Kleynenberg, Trevor Marsman, and Gideon McConnon, eliminated half of their competition in the first round of the National FFA competition for Forest Equipment Identification, Forestry General Knowledge, and created a Michigan specific forestry issue presentation around the topic of forest pests and how to control them. It was announced that they would continue on to compete and represent the State of Michigan on October 27 at the National FFA Convention in Indianapolis, Indiana. Cedar Springs High School's FFA Advisor Brent Willett said, "I am extremely proud of what this team has accomplished thus far. It was extra special for me to be working alongside my brother Trevor in his last ever FFA career development event.'

On October 26, the Cedar Springs Forestry Team travelled to the National FFA Convention. The team settled in nicely and awaited instruction with their Coach and FFA Advisor, Brent Willett. The team was instructed that they would be in the afternoon group to compete on Wednesday, October 27. After a team steak dinner, the men prepared Wednesday morning with a final practice. The men represented the team well competing in Compass and Pacing as well as Forest Product Identification. The team members competed as individuals in Tree Identification and Timber Cruising, which added to their team's total points. Willett commented, "These men put in hours of extra time, in-





The Forestry Team: Gideon McConnon, Trevor Marsman, Eli Kleyneberg, and Sam Kleynenberg

cluding weekend practices. You can give kids everything they need to succeed, but it takes heart, determination and a community of support to make it all come together. These men did just that." The Team excelled taking 8th in the Nation with Gold Honors! A big congratulations to Sam Kleynenberg, who was recognized on the big stage for placing in the Top 10 in the Nation. He received Gold and placed 8th in the Nation individually within the Forestry Career Development Event. Marsman. Trevor Gideon McConnon, and Eli Kleynenberg all received Silver Honors!

A big shout out to Cedar Springs High School's Vice Principal, Mr. Verwys, as he joined the team on their road to victory. Verwys, who does not have a background in FFA, shared his thoughts with FFA Reporter. Morgan Merlington. about the amazing experience to see what FFA is all about: "My favorite part of being at the FFA National Convention was seeing CSHS students compete and succeed on a national level". Verwys also mentioned that he is "more convinced than ever that CSHS needs to not only continue, but grow our support and participation with FFA. The bottom line for me is that the FFA is simply good for kids. The more students that we can encourage to participate, will benefit each individual and our school and community as well".



Cedar Springs **Education Foundation** Happy Holidays!

Sam Kleynenberg is part of the graduating class of 2021 and returned for nationals along with his class and teammate Trevor Marsman, who now wrestles for Cornerstone University. Kleynenberg had a few words to say on behalf of his time and experiences while participating in FFA, "FFA really does attract the best kinds of students: ones that aren't only interested in the words inside of a textbook, and the ones that aren't afraid to get their hands dirty". Kleynenberg also mentioned that he "can't express how thankful he is for the experience that he's had with the Cedar Springs FFA". Marsman expressed a similar sentiment after his five year journey with FFA, which started in 8th grade, "FFA has helped me gain so much knowledge about agriculture and natural resources, but it has mostly impacted me by teaching me how to handle situations that are not always the easiest and how to overcome struggles in life." Marsman remarked about the challenges of the competition when he stated, "you have to persevere and get out of your comfort zone, that's what FFA is about! As a team we had to learn the non-native species to Michigan and understand how they had value in other states, while they have little in ours."

While their teammates competed at the National Convention, seven other FFA students traveled to the National Convention to attend the Career and College Expo and several General Sessions. During the opening session, students heard Keynote Courtenay DenHoff. Speaker DenHoff used storytelling, fashion, and the Fancy Lady Cowgirl brand to bridge the gap between urban and rural cultures. At the Career and College Expo, students met with professionals industry learning about agriculture products and how students can be a part of the future of agriculture and natural resources. After achieving all that they did at the National Convention, the students were able to unwind and celebrate another successful year of FFA at the Brett Young Concert and the World's Toughest Rodeo. Students also took an educational tour

(Continued on page 7)

Our Town

Cedar Springs Area Mail Carrier Concludes her 38-Year Career

By Sue Wolfe

December 31 will not only conclude this calendar year, but it will also mark the end of **Laurie Fifield's** thirty-eight-year career of serving Cedar Springs Area residents as a United States postal carrier. Fifield has mixed emotions but knows "it's time". She is the last of the original Cedar Springs carriers who transferred to working out of the Rockford US Mail Distribution Center 12 years ago.

Fifield joined the US Postal Service in 1983 on a part-time basis. After subbing for 13 years, she began her fulltime responsibilities on Route #1, now known as Route #31. The current route requires navigating 70 miles a day with 581 stops through rain, snow, wind, or bumpy roads. It encompasses an area running east of the Cedar Springs city limits to Lincoln Lake Road and south of 20 Mile Road to M57. What used to be considered a "letter delivery service" now includes several packages of all shapes and weights.

Many things within the US Mail System have significantly changed over the last 38 years. "Back when I started, carriers had multiple responsibilities including working inside the post office. When needed, I would help then Postmaster **Ben Downer** before or after my duties as a carrier," said Fifield. "We sorted our own mail into boxes and stacked them into our own vehicles." Fifield has gone through six personal vehicles over the 38 years. Her current car's odometer shows 185,000 miles and it too is ready for retirement.

After overcoming a 9-year battle with lung disease, Fifield is now in remission and looking forward to retirement. When asked what retirement looks like she said, "My husband **Chip** and I will head for the Keys in Florida, visit our daughter in Ne-



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vada, pick blueberries in the summer, camp and pontoon at Bear Lake, and then spend more time working our hobby farm."

She will deeply miss the many friends she has made along her route over these 38 years. "I consider my route as a service to my people. I am grateful for my job and have really enjoyed it. My mom always told me to smile and find the good in each day. I hope I have done that for my patrons," said Fifield.

For those along Route 31, there is still time to thank Fifield for her faithful service and wish her well as she transitions onto a new route of her life journey.

Family Promise North Kent Connect

Press Release

Home, to most of us, is a word that suggests safety, warmth, comfort, and security. After a long day, we all want to go home. It is contentment ... it is where we can just "be."

Calling someplace home is something many of us take for granted. And yet, so many of our neighbors struggle to keep a roof over their heads when more than 50% of their take-home pay goes toward rent or mortgage.

Finding an affordable home is the number one problem facing the people we serve in northern Kent County. Last month, there were at least 70 homeless



RANDY BAKER, CIC

BAKER INSURANCE GROUP 14 SOUTH MAIN PO BOX 340 CEDAR SPRINGS, MICHIGAN 49319 P-(616) 696-9440 & F-(616) 696-1760 Randy@bakerinsgroup.com students in northern Kent County, but those are just the school-aged children the administrators know about. We know there are many more younger siblings moving from home to home or living out of the family car. We want to put an end to that

The solution to homelessness is not complicated - it is housing. At North Kent Connect we spent more than \$80,000 last year keeping people in their homes. We opened our Family Promise Day Center this fall, and our case managers connect families to nutritious food, clothing, and more.

Meet Alicia. Homeless for eight months after losing her job and her house, Alicia and her then nine-year-old daughter stayed with friends while her two toddlers stayed with relatives. Finally, after a month in a shelter, a call to 2-1-1 (Heart of West Michigan United Way) led Alicia to Family Promise, and to Amanda, a case manager there. Two years later, Alicia is in the Welcome Home Program, building her life back in her own home. She lights up sharing her experience. "They're life coaches," Alicia remarks. "They pump you up and say, 'See, I knew you could do it!"

Alicia's story shows us the transformative power of having a home. At North Kent Connect, it is our mission to provide access to basic needs and promote economic independence – it is at the core of everything we do, and why we are here. Ending homelessness may seem like a daunting challenge, but we are not backing down.

Your financial gifts are critical for us to continue our work of keeping families secure in their homes and well nourished. Will you consider a generous gift this holiday season to fund our important mission in northern Kent County?

With heartfelt gratitude,

Michael Bohnsack
Board President

Claire Guisfredi
Executive Director

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Outdoor Magic

By John Gunnell



I was pleasantly surprised on my last trip out to deliver my monthly "Bugle piece" to the

Noreen residence, when near the once "Edgar Phelps Farm" a rooster pheasant scooted across the road ahead of my pick-up. Only as recently as the 1940's has it been a common occurrence to sight a pheasant on a regular basis in northern Kent County. Sighting the single ringneck pheasant triggered my recall of longago memories from my teen years and numerous encounters with the wily ringneck. Even though it was convenient to hunt close at home in northern Kent County for pheasants, our preference was to journey east to Greenville and then north where significant acreage lay fallow near ad-Pheasant, parjoining croplands. tridge, woodcock, quail and even ducks using the numerous water pockets became the source for scent for our bird dog. Such a variety of wild table fare furnished the "Gunnell Family" with many gourmet meals long before we knew what gourmet meant.

The excitement I experienced for hunting the birds as mentioned, behind our different bird dogs over the years heightened and broadened my appetite for hunting. Watching a bird dog work and "rode up and hold point allowing us to walk in ahead of the dog in order to flush the bird, was magic in motion." My early encounters with pheasants at about 12 years old were often frustrating for me; upon firing my 16 gauge in the direction of the flying bird only to have Dad or one of my brothers knock the bird out of the air. I remember Dad's words to me; I must first put my eyes on the bead located at the muzzle end and then move the gun to position its "bead" on the target to hit the bird in Such a simple process of fliaht. course meant staying calm and realizing all this time that the loud "report from the gun when fired would never be a factor in putting the pheasant on our dinner table." The bird "when flushed" also contributed to my inaccuracy and caused me to forget Dad's advice.

I remember to this day the "first pheasant I ever downed, over near Vickeryville with Dad's memorable first question asked of me, "Did I aim?" I remember running to the location where the bird fell to find no bird. I searched franticly for the pheasant and was about ready to give up when out of the underbrush came our dog with the rooster in his mouth. With only occasional success with my 16-gauge, Dad and I came across a 12-gauge double barrel LeFever shot gun at the Sparta Hardware Store; that reguired me to surrender my entire \$13 savings toward the purchase price of \$40.00 for the gun. I remember Dad grimacing as he paid the other \$27. Please understand that no other source of income existed for Dad beyond that which he carried in his wallet; and only later in life did I come to realize the sacrifice he made for my pleasure. Even with the new used gun I never achieved perfection as a "wing shot" and still to this day when I rush my shot "I can hear Dad's questions about aiming."

Attempting to tell it like it was also must include telling about successful hunts. One particular hunting recollection causes me to chuckle to myself yet today. With our bird dog "Duke" in the backseat of my old car, I stopped at the Crane Farm only to be greeted by Mose Crane working out in his shop. I asked his permission to hunt pheasant on his 80-acre farm and I was surprised when he even accepted my invitation to join me. With our dog "Duke "chomping to start the hunt I let him out of the car while Mose collected his shotgun. We walked only a short distance behind Moes' barn when "Duke" went on point right in front of Mose. As we walked in closer to the dog, I glanced over at Mose just as a rooster pheasant flushed. The bird flew straight away from Mose with Mose never raising his gun and appearing "startled." Without my first intending to shoot. I decided to take a long shot as the bird was

about to be "out of range." The pheasant was dropped at about 25 yards to my surprise. Our dog retrieved the pheasant and promptly carried it over to drop it near Mose. I could never forget such a perfect sequence of events. From that day forward, so many years ago I realized "that hope sprang eternal only for those who aimed."

Land making up the Crane Farm back then and yet today is still owned by Mose and Grace's extended family. When I have occasion to drive by The Old Crane Farm today, nostalgia creeps into my recall. I see scenes in my head reminiscent of times past when people were all a greater part of the land they relied upon for their sustenance.

FFA (Continued from page 5)

around Indianapolis Motor Speedway where they participated in the tradition of kissing the bricks!

The team deserves a round of applause for all the hard work they put into placing 8th in the nation. This achievement was made possible because of all the continued support from the community, including former FFA Advisor Mr. Larry Reyburn, Max Schrimpf, Principal Ron Behrenwald, and Vice Principal Jeremy Verwys. With ongoing support, the FFA program will continue to help better and strengthen Agriculture Education at Cedar Springs High School.

If you would like more information about Agriculture, Food & Natural Resources Education at Cedar Springs Public Schools, please visit FFA's website: https://sites.google.com/csredhawks.org/cedar-springs-ffa/home.



CPCS Bond Work Continues

CSPS Website

Cedar Springs Public Schools continue to see big changes on their campus as bond work stays on track, and in some cases ahead of schedule.



Footings of new multimedia center.

High School

The footings and foundations of the new addition are complete. The footings and foundations for the new multimedia space (next to the cafeteria) have also been poured (ahead of schedule).

Mr. Willett's room served as a "demo" room for the new floor refurbishing. This was completed in late September and Mr. Willett returned to his classroom.

On Thursday, October 21, contractors closed the media center area and began work to convert it into the new administrative offices and counseling center. Demolition of floors, ceilings, heating/cooling system, electrical and interior walls, and required fire separation from the rest of the building.

The plan is to have the addition built in the coming four to six weeks. This will allow contractors to spend the winter months on the interior of the new classroom addition and office/counseling center.

Paradette Powell - Associate Broker - Notary Public Cell 616.835.2624

Brynadette@gmail.com www.Brynadette.com

Arthur K. Eggerding Realter Inc. 3345 Remembrance Rd. Walker Mi 49544 Office 616-453-7655 Fac 616-263-9375



Red Hawk / Cedar View

Renovation work at these locations will be bid in November and begin in 2022. The district plans to order the HVAC equipment in November due to supply chain issues. The pre-purchase will ensure that our summer 2022 projects stay on schedule.

Polar Express Comes to the Library

By Cassie Hall

All aboard! Come to the Polar Express Christmas Open House at the Cedar Springs Public Library on Saturday, December 4 from 9 AMNoon!



There will be Polar Express Storytimes offered every 20 minutes, get a picture taken with Santa, indulge in cookies and hot cocoa.

Kids will have the opportunity to make an assortment of crafts and NEW THIS YEAR the Library will be offering train rides outside!

All ages are welcome and everything is free - sponsored by Meijer and Rite Aid!

The Cedar Springs Public Library is located at 107 N. Main St.

Moving?

Please send us your change of address so that delivery of your Bugle will not be



Bugles are available at Copies Plus and the Cedar Chest

Nelson Township Library

Bethany Metivier Branch Librarian

Welcome to winter and its delights! Nelson Township Branch of Kent District Library is excited to be bringing you all some fun programs to help avoid the winter blues.

This year KDL is assisting Toys for Tots with their annual toy drive. While Toys for Tots is a national program, the toys donated at KDL branches are distributed to area families. Please drop off new, unwrapped toys in the box by December 13 if you would like to participate.

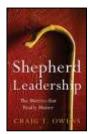
Santa Day is coming again at the Old VFW Hall, 10 Lake St., Sand Lake, Join us for carriage rides, crafts and cookies on Saturday, December 11 from 9:30 to 11:30 AM. We are excited to be hosting Tun-Dra Kennels on Saturday, December 18 at 10:30 AM for a Sled Dog program (and demonstration, weather permitting). We'll start handing out Gingerbread Lane building kits on December 18, while supplies last. Family Storytime will return in January, but to keep kids reading and singing, we will have Winter Wonder Stories on Tuesdays, December 21 and 28 at 10:30 AM. And we'll close out the year with a Countdown to Happy Noon Year on Friday, December 31 at 11:30 AM so that our tiniest friends can celebrate the end of 2021 and the joy of beginning 2022.

Please keep an eye on Facebook at facebook.com/KKDLNelsonTownship, for any changes and closings as we move into the winter months. Stay warm and stay safe!



Pastor Craig Owens Book Signing

By Donna Clark and Tom Noreen



In early November, fifteen people came out to the Cedar Springs Community Library for a very special night, the launching of Pastor Craig Owen's new book, Shepherd Leadership, the Metrics that Counts.

Craig is well known to us in Cedar Springs, sporting many titles...Pastor of Calvary Assembly of God. director of the En Gedi After School program, coordinator for the Cedar Springs Hand2Hand food program, co-host of the Craig & Greg Show podcast, and former Cedar Springs Planning Commission Chair among others.

Pastor Craig shared his journey down the path leading him to discover meaningful road marks along the way. On his webpage, Craig says, "This book will set you free! Far too many churches and non -profit organizations have felt unsuccessful simply because they are using the wrong metrics, but this book takes us back to the freeing basics that Jesus taught us."

It was so natural the way he shared...he's a true Bible student, genuine listener to the Master's Voice...engaged with God, his flock, his family, his environment, and community.

Attention playwriters! By Nancy Noreen

Cedar Springs Community Players are hosting a One Act Play Festival in the spring of 2022!

This is an opportunity to share your theatrical creativity. Optimal scripts will have less than 6 actors, few props, a flexible set, and 20 minutes or less performance time. Kids are welcome to submit plays as well!

Selection of submitted plays begins in January with performances March 4, 5, and 6 at the Kent Theatre.

Get your creative juices flowing and turn an embarrassing moment, first date, poignant family event, school/work experience or topic of your choice into a oneact comedy or drama. Be sure your final play is in PDF format and sent by January 3, 2022, to cscommunityplayers@gmail.com with "One Act Play Submission" in the subject line.

Projects Around Town

By Tom Noreen



The new Rockford Ambulance substation is fully roughed and ready to side. Work can also begin on the inside. The parking lot is paved and the windows are now installed.



Site prep continues as does initial cement work. Because of supply line challenges for steel in particiular, once the site prep and basic concrete work is completed work will be paused for the winter months in hopes that the steel will be available in the spring.



The addition to the CS High School authorized as part of the bond project, is under construction along with a new media center off the cafeteria. See article on page 8.

Mobile Food Pantry

By Tom Noreen

The next Mobile Food Pantry is scheduled for January 15. Registration starts at 4:30 PM. The food pantry is open to all. Distribution will be in the new Cedar Springs Fire Station on Elm Street. Everyone is welcome. Help spread the word or we may lose this asset.

If you'd like to volunteer, please come at 4 PM. Leftover items will be given to City Impact's Grocery Garage, which is open on Thursday mornings

Versiti Blood Report November

CS United Methodist Church

Goal 24 Registered 9 Collected 9

Potential Lives Saved: 27

Milestones

No new milestones.

First Time Donor

Madison Welch

The next drive will be Tuesday, November Dec 21 from 12:30 to 7

St John Paul II Catholic Church

Goal 16 Registered 20 Collected 17 Potential Lives Saved: 51

Milestones

Brenda Kaminski 5 Gallons Ann McMath 1 Gallon

First Time Donor Yamilet Reyes

The next drive will be Thursday, January 6, 2022 from 2-6 PM.

SL Resurrection Lutheran

The next drive will be Monday. December 13 from 2-6:30 PM.

Courtland-Oakfield UMC

Goal 15 Registered 12 Collected 12 Potential Lives Saved: 28

Milestones

Kelly Longcore 7 Gallons

First Time Donor

No first time donors

The next drive will be Sunday, January 9 from 8:30 AM to Noon.

The Meeting Minder



- American Legion Women's Auxiliary meets at 7 PM on the 2nd Monday of each month at the Legion Hall.
- Boy Scouts meet at 6:30-8 PM at the Scout Hut in Morley Park on Tuesdays during the school year.
- Cedar Rock BNI meets 7-8:30 AM every Wednesday morning at the Algoma Township Offices. For more information, please call 616.874.1116.
- Cedar Springs Area Chamber of Commerce meets the third Friday of the month at 8:30 AM at Perry's Kin of Hope.
- Cedar Springs City Council meets at 7 PM at City Hall on the 2nd Thursday of the month.
- Cedar Springs Community Players meets at 9 AM on the 2d Saturday at the Cedar Springs Public Library
- ♦ Cedar Springs Education Foundation meets at 7 PM on Jan 12. Location to be determined.
- Cedar Springs Garden Club meets
 7 PM on the 2nd Monday, at the Cedar Springs Library.
- ♦ Cedar Springs Historical Society Museum in Morley Park is open Wednesdays from 10 AM to 5 PM. Call 616-696-3335.
- Cedar Springs Library Board meets on the fourth Monday of every month at 7 PM at the CS Public Library.
- ◆ Cedar Springs Lions Club meets at 6:30 PM at the North Kent Senior Center on the 1st Tuesday of each month.
- Cedar Springs Public Schools Board of Education meets at 6:45 PM on the second Monday at the Hilltop Board Room. Other additional meetings are scheduled as needed, call 696-1204 for updates.
- ♦ Cedar Springs Rotary Club Check our website at cedarspringsrotary.org

Meeting Minder

Not all organizations update their schedule so please contact the organization to see if the meetings will happen.

To post a meeting time, please call 696-5186 or email tomnoreen@aol.com.

for our schedule. We meet the third Tuesday at the CS Brewery at 5:30 PM

- Cedar Springs Theatre
 Association meets the last Tuesday of the month at 6:30 PM at the Kent Theatre.
- Cedar Springs Women's Club meets at noon on the 1st Thursday in the Cedarfield clubhouse.
- ♦ CS Community Building
 Development Team (CBDT) meets
 in the community room of the library
 or amphitheater. Check their
 Facebook page for dates and times.
- En-Gedi Board meets the 2nd Thursday of each month at 7:30 AM at CS Manufacturing on Cherry Street.
- Men and Ladies of Honor meet each Thursday after school at Red Hawk Elementary.
- Nelson and Solon Twp Boards meet at 7 PM on the 2nd Tuesday at township halls.
- North Kent Community Enrichment Board meets at 6 PM the first Monday at the North Kent Community Enrichment office in Hilltop.
- Red Flannel Festival Committee meets at 6:30 PM on the 3rd Tuesday at the Red Flannel Festival Office at 21 E. Maple St.
- Sons of the American Legion meets at 6:30 PM on the 3rd Wednesday of each month at the Legion Hall.
- Sons of the American Legion hosts Bingo at 6 PM each Tuesday night at the American Legion Hall in Cedar Springs.
- Spencer Twp Board meets at 7:30 PM on the 3rd Tuesday at the township hall.
- Versiti Blood Center of Michigan draw is from 12:30 PM to 7 PM on the 3rd Tuesday at the CS United Methodist Church.

Deadlines for Contributions...

Please have your input submitted by the 20th of the month prior to publication. Send to tomnoreen@aol.com or call 616.696.5186. We would like to hear from you!



Health Snippet

Long-Covid...This is something I felt many of you might appreciate right now, again from Dr. Mark Hyman, MD, who I've referenced often in this column. Dr. Hyman recently presented "The Key to Healing Long-Covid with Functional Medicine" on one of his podcasts (which is similar to the radio shows or broadcasts, from the past, but available to listen to through your computer or cell phone, and is available through Youtube by searching for Dr. Mark Hyman, and "fix your gut"). Long-Covid refers to the lingering effects of the virus once you are past the initial illness. Dr. Hyman interviewed Dr. Leo Galland, MD, a prominent Functional Medicine Doctor, and internist, who graduated from Harvard University and New York University School of Medicine, and has an active practice in New York City. Dr. Galland pointed out that a 40% increase in our intake of vegetables, leads to a 72% decrease in moderate to severe Covid. (Remember the Snip-it a few months back??) The long Covid symptoms that people are experiencing include: high blood pressure, insulin issues, and brain inflammation (brain fog, etc., which is the scariest symptom of all of them). Dr. Galland mentioned that in the UK, they have a data bank of over 40,000 brain scans that were done before Covid. They have taken over 1000 scans of those with Covid, and compared their scans, noticing loss of brain matter, which affects higher cognitive function, as well as the area of the brain that affects taste and smell. Dr. Hyman mentioned that there are many people who had very minimal symptoms of Covid, but are experiencing profound long-haul Covid symptoms (meaning the after effects are worse than the illness itself). They also mentioned a new study by the University of Arkansas (you can google search to

(Continued on page 12)



Obituaries

Dulyea, Raymond H., age 81 of Cedar Springs passed away November 3. He was born December 26, 1939 in Byron Center, the son of William and Arlene (Hopkins) Dulyea. He worked as a trimmer at Wolverine World Wide for 40 years. Ray was an outdoorsman who enjoyed fishing, hunting and camping. He loved being with his family. Surviving are his wife, Sharon, whom he married on September 29, 1961; daughters, Laura (Jeffrey) Vaas, Lisa (James) Long, Stacey Peterson; grandchildren, Kirsten (Steven) Baas, Kelsey (Noah) Vaas-Hausmen, Tyler (Shannon) Long, Brittany Long, Robert Peterson III, Christopher Peterson; siblings, Ronald Dulyea, Sandra Dulyea; half-brothers, LaVern (Jill) Smith, Larry Smith; sisters-in-law, Carrol (Art) Orton, Marcia (Curtis).

Fockler, Theresa Regina, age 50 of Cedar Springs died November 14. Theresa was born October 29, 1971 in Ocean Springs, MS the daughter of John and Dorothy (Seymour) Bang. She loved her grandbabies, fur babies and Mountain Dew. She had a large key ring collection. Theresa enjoyed writing out her favorite bible passages. Surviving are her loving husband of 10 years Roland; mother, Dorothy Frost; children, Shelby Brown, Dorothea (Daniel) Yarrington, Mary Brown, Johnny Bang, Christine, Cody and Cayleeanne Fockler; grandchildren, Adain and Nathan Yarrington, Blake Bang; brothers, John (April) Bang, Perry Bang; mother-in-law, Janice Wilson. She was preceded in death by her father John Bang and step father Lyle Frost.

Merlington, Russel C., age 80 of Cedar Springs passed away November 6. He was born July 21, 1941 in Sand Lake, the son of Robert and Ruth (Madison) Merlington. Russel graduated from Sand Lake High School in 1959, he then attended Michigan State for 2 years. He had a 40 year career as a foreman for the Kent County Road Commission, retiring in 2000. He was a member of the Sons of American Legion Post 287 for 41 years. Russel became detachment commander in 1987 and was the Americanism chairman for 25 plus years, winning the National Americanism Award. He had many hobbies which included avid deer hunting, loved going up to Bitely, fishing and trapping everything from muskrat to squirrels and the squirrels became pets as he fed them. Russ was a great beekeeper for over 50 years and loved it as he loved his family. He is survived by his loving wife Patricia of 60 years doing things they loved together; children, Debra (Bob) Cumings and Jenifer Smigiel; sister, Rosalyn Wall. He was preceded in death by two brothers, Ronny and Rex Merlington; sister, Roseanne Morris and two grandchildren, Marcus and Amanda Empie.

Misner, Susan (Pritchard) Lynn, age 68, of Sand Lake, passed away November 26. She was born on August 13, 1953. Sue was a-born-again Christian and had a personal relationship with Jesus Christ, our savior. Sue loved people and was loved by many in return. Sue loved helping people in any way she could. Many found her to be a source of comfort and support. Family meant the world to Sue. She is going to be deeply missed by many. She is survived by her father, Charles (Laverne Smith) Pritchard; mother-inlaw, Linda Misner; husband, Orville E. Misner: children. Koadi (Jeannie) Pritchard and Drew Preston; stepchildren, Jillian (Mike) Glowacki; brother Steve (Valerie) Pritchard and sisters, Joni (Scott) Quinn; Kathy (Tim) McGee: Ann (Mark) Balczak: sister-inlaw, Jill Misner. Sue was preceded in death by her mother, Joyce Pritchard, twin sister, Sandra Pritchard, sister, Linda Everhart; father-in-law David C. Misner and brother-in-law, Danny Everhart.

Moore, Ellen L., age 73 of Cedar Springs, died November 5. Ellen was born March 16, 1948 in East Orange, NJ the daughter of Charles and Jeannette (Lanning) Lindner. She had worked for Kent County Farm Bureau as an administrative assistant for 35 years and was part of Pine Border Farm. She served on the Solon Township Planning Commission, was a member of the Cedar Springs Women's Club, WSAM, Cedar Springs Band Boosters, and Michigan Farm Bureau. She was an avid reader, enjoyed history, movies, music, crafts, and Michigan State football and basketball. Surviving are her husband, Carl whom she married on March 27, 1971; daughters, Kristina (Michael) Kornoely, Katharine (Christopher) Judge; grandchildren, Rachael, Jacob, Henry, Caleb and Tyler; brother, Charles Lindner; sister, Ledingham. She was preceded in death by her parents and a granddaughter, Audrey.

Patterson, Paul Ezra, died November 13. Paul was born in Altoona, PA, January 13, 1928. He was the son of Rev. Ezra and Anna Patterson. Paul was a retired United Methodist minister of the gospel. He graduated from Juniata College in Huntingdon, PA, in 1950, and from Garrett Biblical Institute at

Northwestern University in Evanston, IL, in 1955. He and Beverly Baldwin, of Albion, MI, were united in marriage in 1955 at the First Methodist Church, Albion. Together they served United Methodist churches throughout Southwest Michigan from 1955 until 1990 to include Cedar Springs in the late 50s to early 60s. He was also known for his interest in music, and especially as a pianist. Paul was preceded in death by parents, wife in 2016, and brother and sister-in-law, Rev. H.H. (Pat) and Esther Patterson.

Raymond, Darcey D. Sr., age 77 of Cedar Springs, ran to Jesus's open arms on November 23. Darcey was born August 19, 1944 in Cadillac, the son of Farrand and Wanda (Ryan) Raymond Sr. You will be very much missed and you will be loved very much and missed so dearly. We have pictured our Lord embracing you with open arms at heaven's gate. Love you Father. Surviving are his fiancé and special friend, Anna Truman; children, Darla (Ricki) Myers, Cleo Shanendoah Beck (Billy), Julia Morgan; step children, John (Monica) Benton; and sisters, Patricia Asplund, Suzanne Raymond. He was preceded in death by his parents; wife, Sandra; sons, Darcey Jr. and Jesus Dale; brother, Farrand Raymond III. Dad, you are a loving, caring man, full of life, joy and faith.

Richer, John W., age 74 of Cedar Springs, went home to be with his Lord and Saviour on November 21. John was born September 15, 1947 in Grand Rapids, the son of William and Peg (Phenix) Richer. He served in the U.S. Army 4th Infantry, Charlie Company in the Central Highlands of Vietnam from 1967-68. He received the Army Commendation Medal and the Vietnam Service Medal. He was very active in Resonate Church, Newaygo, enjoyed his Men's Bible Study and was also a loving step father and step grandfather. Surviving are his wife, Rosalee; sisters, Denise (Wayne) Slooter, Beverly Richer.

Smith, Elizabeth Mae, age 89 of Cedar Springs, passed away on November 4. She was born November 13, 1931 in Colorado Springs, CO, the daughter of Frank and Elsie (Millard) Smith. Elizabeth graduated from Cedar Springs Public Schools in 1949 and the evening school of Baptist Bible Institute of Grand Rapids in 1959. Liz worked at Davies IGA, Charbonneau Industries, and then Keeler Brass for many years. She was active in Campus Crusade for Christ and volunteered alongside her sister in the Cedar Springs Public Schools and for Red Flannel Day activities. Liz was very

(Continued on page 12)

Obits (Continued from page 11)

active at Snow Bible Church, praying, giving, sending cards of encouragement, decorating for events, and helping to publish the weekly church bulletin. Previously she was a long-time member at Cedar Springs Baptist Church. She served on committees, as church secretary and Sunday School superintendent. She was Aunt Beth to Paul (June) Brace, Esther Rapa, Timothy Brace, Rhoda (Hans) Nielsen, Nathan (Mary Beth) Brace, Rachel (Marcus) Dibble, and Sarah (Conner) Smith. Elizabeth was preceded in death by her parents, her sister, Isabelle, and brother-in-law, Charles Brace.

Wesche, Sharon "Shari" Michelle, age 64 of Cedar Springs passed, November 27. She was born on May 31, 1957 to Carl Alvin and Janet Joyce (Call) Olmsted in Grand Rapids, Ml. A lifelong resident of Cedar Springs, Shari was the proud owner of Shear Pleasure, a hometown hair salon. She enjoyed serving others and cherished the lifelong friendships that she made. She touched the heart of many through her gifts. Shari was devoted to her family, an active church servant, an accomplished baker. a school youth soccer and basketball volunteer and active community member. She was the loved wife of Phillip Andrew Wesche Jr.; mother of Andrew Scott Wesche, Eric Carl Wesche and daughter-in-law, Stacey. Shari's grandchildren brought much joy to her life, Jade Robert Miller, Christian Richard Miller, Ella Grace Thompson, Lena May Wesche and soon to arrive, Carl Phillip Wesche. She will be deeply missed by brother, Scott (Joni) Olmsted; mother-inlaw, Beverly Wesche; brother-in-law, Steve (Jill) Wesche; sister-in-law, Cindy (John) Wolfe. She was preceded in death by her parents and father-in-law, Phillip Andrew Wesche Sr.



Küsterer Brauhaus

By Tom Noreen

One of the long term goals of Cedar Springs Brewing Company's Dave Ringler was to open a German style beer hall or Bierstube. Primarily a Bierstube serves beer and fellowship. The Brauhaus will also have snacks and deli -like fare. This project has been in the works for over two years. Due to COVID related issues of supply chain challenges and backlogged contractors, the opening of the Küsterer Brauhaus at 642 Bridge Street has been delayed for over a year. The delivery of the threebarrel brewing system, containing two 100-gallon tanks, by Fronhofer Design from Glens Falls, New York completed the last major hurdle.



Brewing system being offloaded.

The Brauhaus is a tribute to the Grand Rapids pioneer German brewer, Christoph Küsterer.

Küsterer, who founded a multi-

generational brewing tradition in 1847, less than a mile from the site of its namesake. In 1849, Küsterer bought out John Parnell's brewery forming the City Brewery. After Küsterer's death in 1880, his son, Charles, ran the company until 1893 when it joined with five other breweries to form The Grand Rapids Brewing Company of which Charles was president. Grand Rapids Brewing Company continued the tradition until it was forced to close in 1920 by prohibition. The Küsterer Brauhaus will join New Holland Brewing Company, Harmony Hall, Jolly Pumpkin Artisan Ales and the Arktos Meadery on Bridge Street. One can enjoy a leisurely pub crawl all within a few blocks!

Follow the Küsterer Brauhaus on its Facebook page at facebook.com/ GRBrauhaus.

Alpha (Continued from page 2)

We hope to be able to begin providing this new service no later than the first of January, 2022. A positive pregnancy test can verify that a woman is pregnant. But an ultrasound image can confirm a viable intrauterine pregnancy. By providing an answer to this one question women are empowered to make a medically informed decision. The use of ultrasound also serves as a means of creating a bond between mother and child at the earliest stages of life.

Part of going medical is training RNs to perform ultrasound scans. That training includes the use of volunteer models that are pregnant in their first to second trimester. We currently have one RN we need to train. We hope to begin training after the first of the new year. We are also seeking more volunteers who are medically qualified to perform pregnancy tests and limited O.B. ultrasounds once a week for 3 hours during our business hours. If you are interested in helping us with either of these needs, please call the center at 616. 696.HELP (4357) for more information.

Along with our new medical service, we are excited to announce our new name, Alpha Pregnancy Center, which better reflects the new services. "What's in a Name?" In this case it may be the difference between life or death of an innocent human life. We need to be approachable to women when they are seeking an answer to their question "Am I really pregnant?"

Some things aren't changing at Alpha Pregnancy Center. We will still provide all the same services we have before advocate support for our clients through educational and referral support, parenting classes, childbirth classes and material items. We will continue to provide support studies for those who have experienced miscarriages, and one for post abortion healing.

Snippet (Continued from page 10)

find it), that indicates a deficiency of ACE2 in a person during a Covid exposure, can actually lead someone to experience autoimmune-type difficulties in the months ahead. They are seeing issues in the entire body, even though Covid 19 is primarily a respiratory disease. My own experience with Covid follows their findings. In September, I had one day of a headache, followed by a few days of a stuffy nose and fatigue, followed by a periodic, tickly cough. Although I didn't get tested, I think it may have been Covid because it followed similar symptoms that my son had (and his test was positive, even though we were not near each other at all during the 48-72 hours before his symptoms began). I also lost my sense of smell and taste after about two weeks. Neither of us had a fever at all. (We were careful, and wore masks before and after our sickness and quarantine.) To be continued...:-)

To your health!!

Cindy Patin Natural Health Advisor 616-696-6121