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The hoops class at Beach Elementary for all ages!

Hooping it up at Beach Elementary

By Mary Weimer

Merri Davis is a special education teacher/speech therapist specializing in working with infants and toddlers. Although she has been teaching for 34 years, she has worked with special needs children in Fruitport for 27 years, and has coached Girls on the Run for five years

A second passion has evolved into a business for Merri Davis that aids everyone in getting more exercise. She is the owner of Hoop Happy, Hoop Healthy, LLC. She makes weighted, custom hula hoops for kids and adults. She teaches hooping classes throughout the area, and often donates hoops to families of special needs kids and to organizations. In fact, ten percent of all her sales go to charity. In the spring of 2010, Davis donated 27 hoops to Beach Elementary School. Her goal is that every gym class has a set of Hoop Happy padded hoops.

"Not only is hooping a physical activity which provides cardio and core body strength benefits, but it also provides laughter, teaches personal space, respect, and self-confidence," Davis said.

For the past two years, Merri has held free hooping classes at Beach Elementary. This fall, she will be offering paid classes at Beach, open to anyone who is interested. As she says, "Hoop girls don't have muffin tops."

The hoop used for exercise is a padded hoop for various fitness levels. But in addition, there are performance hoops, collapsible hoops, glowstick hoops and LED hoops.

In case you think hooping is just for kids, think again. Davis currently has more than 750 hoop sisters and brothers. And exercising with others is more fun! She is currently teaching six classes throughout the summer in various locations in Muskegon County, and she teaches in five schools, grades one through 12.

Merri offers dance and exercise classes and suggests using Hoop Happy as a great birthday party activity! She also has "make and tape" parties, and will be offering her hoops for sale at craft shows, including the Grand Haven Coast Guard Festival.

For more information, Merri can be reached by email at merridavis@aol.com, or by phone at (231) 557-1125. Visit via Facebook, "Hoop Happy, Hoop Healthy business group."



Merri Davis, owner of Hoop Happy, Hoop Healthy, LLC with a variety of hula hoops.



Pony rides, always a true favorite at the Old Fashioned Days Carnival, are being enjoyed here by Cohen and his mother Lisa. (Photo by Marilee Beck.)

Fruitport student places at leadership conference

(Submitted by Muskegon Area Career Tech Center)

Recently, four Muskegon Area Career Tech Center students qualified for the Business Professionals of America (BPA) National Leadership Conference held in Washington, D.C. in May. Brandon Ingalls, from Fruitport, qualified in the computer security category. Brandon is the son of Brian Ingalls.

Brandon Ingalls took seventh place in the Computer Network Technology category. •

Chamber Classic helps FORE-ge Muskegon's future

(Submitted by the Muskegon Lakeshore Chamber of Commerce)

The Muskegon Lakeshore Chamber of Commerce and Muskegon County's Silent Observer organization are excited to announce their partnership for this year's Chamber Classic golf outing, Friday, August 26 at Lincoln Golf Club, 4907 Whitehall Road.

Your support of this event will help these two organizations carry on their efforts to make Muskegon County the best place to live, work and play along the lakeshore!

This year's golf outing is designed for golfers and non-golfers with four opportunities to participate.

1. Promote your business with one of eight scholarship opportunities ranging from \$250 to \$1,500.
2. Register your four-some for either the 8 a.m. or 1 p.m. shotgun round of golf...or both rounds for true golf enthusiasts!
3. Promote your business by donating a raffle prize.
4. Not a golfer? Network with golfers as a volunteer on the day of the event.

For more information on the business networking event of the year, check out www.muskegon.org. •



No one can resist Gordy's Grill, including Jim Feldt, who asked his grandson Troy Olovson to please carry out some food for him as he drives the queen through the parade! We assume that the queen didn't mind waiting for Jim to get roadside service, but it seems that he must have driven our OFD queen with one hand while eating with the other hand. Luckily, this queen didn't send him to the gallows for his irresponsibility. (Photo by Marilee Beck.)

Lakeside Baptist Church is 130 years old!

By Pastor Josh Dear

Lakeside Baptist Church of Muskegon is celebrating its 130th anniversary as a church family this year.

As part of the celebration, we will be hosting some very special worship services on September 10 and 11, and all friends and neighbors of Lakeside Baptist Church are warmly invited to join us!

On Saturday, September 10, we will be hosting a special evening service at 6 p.m. with Dr. John M. Perkins, a widely-respected minister and civil rights activist from Mississippi, who will preach on the theme of "racial reconciliation within the Body of Christ." Following this service, we will have a brief book signing followed by a special pastor's reception with Dr. Perkins.

On Sunday, September 11, Dr. H.B. London, who recently retired as the vice president of Church and Clergy at Focus on the Family, will join us for both the morning (10:30 a.m.) and evening (6 p.m.) services. These services are free, but an optional love offering will be collected to help offset expenses.

Pastors, missionaries and other vocational ministry leaders are also invited to join us (for a small fee) for an additional prayer breakfast and ministry workshop with Dr. London on Monday, September 12.

Please begin praying for these special events now, and make every effort to join us as we celebrate this tremendous occasion in the life of our church!

For more information, please contact the church office via email at office@lbcmuskegon.com or by phone at (231) 755-1718. We hope you will be able to join us! •