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**Orchard Market's cake decorator is the area's biggest loser!**

By Grant Berry

Natalie Treat is in her second stint as an employee of Orchard Market in Fruitport. From 2002-2005, Natalie worked in various capacities including carryout, cashier, bakery merchandiser, and finally, cake decorator. In 2012, she returned to Orchard Market to resume her role as cake decorator.

Earlier this year, Natalie was selected to participate in a local "Biggest Loser" contest sponsored by Norton Pines Athletic Club. On a whim, she responded to a facebook posting about the contest and then quickly put it out of her thoughts.

"When they contacted me, I had forgotten that I'd even applied," she said. "So I was really surprised that I'd been selected."

On February 5<sup>th</sup>, Natalie and three other contestants had their initial weigh-in at Norton Pines, and were given full access to any equipment, classes and child care available through the club. Natalie took many of their spin classes. "It was some of the hardest work I've ever done," she said.

In addition to cycling on a stationary bike, she also spent a lot of time in the cardio room, utilizing the treadmill and the elliptical machines. "It was also a nice time to watch TV and have a little quiet time to myself. The child care provided by Norton Pines was invaluable," she said.

**Seniors invited!**

Every month on the first and the third Monday, a group of seniors gets together to enjoy fellowship and a potluck meal at the Crockery Township Hall.

Everyone is welcome to join the group from noon to 3 p.m. Following the meal, several people stay to enjoy the company and play cards.

For more information, please call Fran Cooley at (231) 865-3678. •

**HEALTHY Muskegon Project Announces Grant Awards**

Submitted by Revel Communication on behalf of Community Foundation for Muskegon County.

Families and children living in the City of Muskegon and Muskegon Heights will have many new opportunities to access healthy, local foods, thanks to \$240,000 in grants recently awarded by the HEALTHY Muskegon initiative. (HEALTHY is an acronym for Healthy Eating and Access – Local Teams Helping Youth). The three-year grants, administered by the Community Foundation for Muskegon County in partnership with Morse Marketing Connections, LLC, are supported by the W.K. Kellogg Foundation.

Grants were selected based on the goals of increasing access to healthy local food, improving health behaviors, and improving health outcomes for minority children living in Muskegon and Muskegon Heights. Projects were required to be collaborative in nature, and grantees will attend ongoing network meetings to coordinate efforts for improved results.

One of the grants was awarded to **Love Community Garden**. Using green technologies such as solar panels for electricity, a hoop house to extend the growing season, and an electric bicycle for transportation, Love Community Garden – in partnership with the **Fruitport Lions** - will harness the energy of the many children attending their summer evening recreation program to expand the garden. The garden is located adjacent to Nelson School in downtown Muskegon, and the increased produce yield will be sold to nearby neighbors. A portion of the harvest will be donated to Kids' Food Basket.

When Natalie was unable to make it to the gym, she continued her workouts at home with the support of her husband, Matt, and their two-year old daughter, Vivi. Matt is a full time student with a full time job. "I had to watch Vivi sometimes, so I was little more crunched for time than usual to get my homework done," he said. "But I didn't want to slow Natalie down because she went into this with a lot of determination. She really wanted to lose the weight, and this was great motivation for her."

On March 5<sup>th</sup>, the mid-way point in the competition, the competitors had their second weigh-in. At that time, Natalie had lost only eight pounds, so she increased her workload. "At first, I worked out almost every day," she said. "But at about half-way through, I worked out every day. And for the last few weeks, it was twice a day, either at Norton Pines or at home."

During her workouts, Natalie would often encounter fellow "Biggest Loser" contestant Eloise Carlson at the athletic club. "I saw her at the gym all the time," Natalie said. "She became a big source of motivation for me."

The final weigh-in was held on April 2<sup>nd</sup>, but the winner wasn't revealed until April 5<sup>th</sup> at the Muskegon Lumberjacks home game at the L.C. Walker Arena in Muskegon. "We had to endure three days of tortuous waiting to find out the results," Natalie said.

Natalie lost a total of 22 pounds with a weight loss percentage of 13.1. She barely edged out her rival, Eloise Carlson, for the title of "Biggest Loser." "I was so happy that all my hard work paid off because I put so much of my life on hold to focus on this contest," Natalie said.

As the area's biggest loser, Natalie won a one-year membership to Norton Pines athletic Club. In addition, her husband gave her a brand new pair of spin shoes as a gift for winning.

Natalie is taking full advantage of her Norton Pines membership. She works out almost every day, and continues to lose weight. She has now lost a total of 25 pounds.

At Orchard Market, Natalie continues to decorate cakes, but she refrains from sampling any of her sweet confections. "I found willpower in myself that I didn't know I had," she said. "Because I love cake. Who doesn't love cake?"

Natalie gives much of the credit for her success to her faith in Jesus Christ. "I knew I needed to make a change," she said. "I prayed for motivation, and from the time of my selection for Biggest Loser, I knew this was the opportunity that God had provided to make that change. I feel great and I'm happier than ever." •

**Concerts scheduled at Christian Reformed Conference Grounds**

(Submitted by Christian Reformed Conference Grounds)

The Christian Reformed Conference Grounds, 12253 Lakeshore Drive in Grand Haven, presents a "free will offering" concert series during the summer months. Concerts begin at 7 p.m. in their 1000 seat auditorium.

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|-----------------------|--|
| Monday, May 27        | The Taylors                            |
| Saturday, June 22     | Heralders' Quartet                     |
| Saturday, June 29     | The Browns                             |
| Saturday, July 4      | Calvarymen Quartet                     |
| Saturday, July 13     | Ron and Gary Matthews                  |
| Saturday, July 20     | Triumphant Quartet                     |
| Saturday, July 27     | Singing Crusaders                      |
| Saturday, August 10   | The Allens                             |
| Saturday, August 17   | GleeHandbellChoir of Japan             |
| Saturday, August 24   | Marilyn DeMatt, Judy Bouma and friends |
| Monday, September 2   | Travelogue – The VanPolens             |
| Saturday, September 7 | The King's Choraliers                  |

**Alice in Wonderland Ballet coming to Muskegon**

(Submitted by the Frauenthal Center for the Performing Arts)

Join Alice's adventure as the West Michigan Youth Ballet presents this Lewis Carroll children's classic on Sunday, May 19 at the Frauenthal Theater at 3 p.m.

Before the ballet, a special pre-show high tea is available from 1 to 2:15 p.m. Tickets for the pre-show are \$7 per person. The high tea includes crafts, refreshments and early seating for the performance.

Tickets for the ballet are \$14.00 for adults; \$8.00 for children 10 and under, general admission seating. Tickets are available now at the Frauenthal Box Office Monday through Friday, 11 a.m. to 5:30 p.m. or through Star Tickets, 1-800-585-3737.

For more information, visit www.frauenthal.org. •