



FINAL STADIUM PLAN

FRUITPORT COMMUNITY SCHOOLS  
FRUITPORT HIGH SCHOOL  
ATHLETIC IMPROVEMENTS

DESIGN TEAM:  
**TowerPinkster** FORESITE  
Architecture Engineering Interiors

## Update on FCS Summer Construction Plans

by Kate Holtrop

If you've gone by the Fruitport schools on Pontaluna Road lately, you've probably noticed a lot of construction going on back at the football field and tennis courts. Here's a brief update on the projects the School District has planned for the summer.

In May of last year, voters approved a zero mill increase bond to support upgrades to the Fruitport School District's facilities. The bond generated \$8 million.

This year, starting in March, part of that money is being used to upgrade athletic facilities near Fruitport Highschool. Grass on the football field is being replaced with artificial turf so that the sports teams and band can use the field more often without destroying the turf. The running track and tennis courts are also being upgraded. A new ADA parking lot for the disabled will be built closer to the athletic facilities. Construction of these areas of the school grounds should be finished and the new facilities should be up and running in September.

For the moment though, FCS schools will have to find different places to hold Track and Field, which is a summer sport.

According to Jason Kennedy, FCS Superintendent, "All track and field events have been scheduled to take place at away facilities, meaning that the District will not host any home events. Teams are still able to compete and complete a full track and field season."

Other sports shouldn't be too negatively impacted, since construction should be complete early in the fall season. "In the fall, there may be a need to schedule games and competitions at away facilities for the first week or two of the season. The District expects to host home fall athletic events at the newly constructed athletic facilities when school resumes," Kennedy said.

In April, work began on installation of air conditioning units at the new high school, which should be finished by the end of September.

More construction projects are being planned for next year as well. Once all the construction bids are received, leftover funds will be used to buy new school buses and equipment for the band.

## Seven Simple Steps for Better Digestion and Health

by Lisa Middlecamp-Lowder Ph.D.

Specializing in digestive wellness, I have to encourage people to eat the highest quality food they can afford. Yes, I'm aware that grass fed animal products and organic produce cost more. Yes, they are worth it. However, we can only purchase what we can afford. Do the best you can.

*Thrive*  
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My 7 Simple Steps, however, do not cost extra and they can be the difference to getting the most from our food/drink and taking in the vital nutrients we need to thrive. I could cite sources and scientific evidence for each step, but for this article I've chosen to stay simple. Trust me, these are activities that have been proven to be beneficial.

Ask yourself, do I...?

1. Say grace/bless my food/express appreciation for the food I am about to welcome into my body.

2. Eat at a table. Not in the car. Not walking around. Not at my desk.

3. Breathe while I eat. Try to enjoy the flavor of each bite.

4. Chew my food and don't rush my meal. (This mechanical portion of the digestive process sets the stage for the rest of your food to be broken down effectively.)

5. Don't drink a cold liquid with the meal...it puts out the digestive "fire".

6. If I am going to drink with a meal, limit the liquid to about 4 ounces, otherwise I dilute the acid in my stomach which is needed to break down food. (Lemon and water enhances digestion, by the way.)

7. Leave about 5-6 hours between meals if I can. (Snacking stresses the pancreas among other things.)

How many do you do?

## Letter to the Editor - We Need to Stop the Division.

Mandates vs Personal Choices, Liberal vs Conservative, Trump vs Biden, and the division continues. The rifts in our relationships are growing and need to stop.

I have learned so much working on Garrett Soldano's campaign for Governor. Garrett has impacted me by modeling three ways to improve relationships with people.

First, decry actions, not character. I can say, "I don't like what she did" instead of "she is evil."

Second, understand that people's beliefs developed from their upbringing, experiences, faith, and teachings from news (both real and fake,) friends, and family. I can provide information and step back to let them decide what to do with it and listen to their information as well.

Third, recognize and acknowledge our differences in opinion, values, and beliefs and then move on. I can be pro-life and someone else can be pro-choice. We can respectfully acknowledge our differences, even passionately different ones, and still work together on a different issue or project.

In government, this looks like checks and balances, people who represent us working together with others who have opposing views and goals. In a community, it means coming together to make our schools, library, and parks strong. Even if we disagree on our 2nd amendment rights, we can still build a playground together. On a personal level, this means finding common ground with our family, friends, and neighbors.

Garrett talks about his football team's locker room with a variety of backgrounds, races, political and religious beliefs. Heated discussions would stop when it was time to come together as one team with a common purpose on the field.

I am striving to develop these in myself and want to encourage our community to come together. The division has got to stop.

Julie Sanderson  
Fruitport.

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