



Empowered Kids CAMP

Howdy Friends! Time to Join us for We Are Amaz'n N Blaz'n Day Camp



A day of fun n horse'n around!

For ages 4-17.

All the fun:

- Chuck wagon lunch and snacks
- Rustle up some fun
 - Games
 - Crafts
 - Stir'n up some dust
- Cowboy Gospel
- Oh yeah, you'll do some horse riding too.

Learn about boundaries, safety, and how Amaz'n you are.

All done cowboy style. As the ranchers like to say, we are go'n a bit western this day.

Cost is only \$35 per child.

It takes a large team of wranglers (volunteers). If you'd like to volunteer give us a call.

Hosted by Love N Grace Healing Centers
Office: 2735 E. Apple Ave., Ste C, Muskegon, MI 49442
Love N Grace Healing Centers is a dba of Kingdom Homestead a 501C3

Wednesday,

July 12, 2023

8:30 a.m. – 2:30 p.m.

Muskegon County Fair
Grounds: Cattle Barn in the far-right corner.

6221 Hts. Ravenna Rd.

Fruitport, MI 49415

RSVP and Consent forms required.

Due 7-5-2023



231-767-3403

www.LoveNGrace.org

Gilbert Hegedus



Nunica - Mr. Gilbert George "Junior" Hegedus III, age 88, left this earth on Saturday, February 11, 2023 to be with his Lord Jesus Christ. He was born in Muskegon on August 12, 1934 to Gilbert and Eva (Pavlick) Hegedus and graduated from Muskegon Heights High School, class of 1953. Gil completed the U.S. Department of Labor Carpenters Apprenticeship program in 1959. He married the former Marilyn R. Kleeves in Muskegon Heights on November 15, 1952. Gil was a partner in Roberts Window Co. with his brother-in-law, Bill, and partner with his son, David,

in A Lasting Impression Inc. wood working. He was also a member of the former Home Builders Association of Muskegon. Gil excelled in carpentry and built numerous homes for family members in his spare time. He truly loved his craft, was blessed in the ability of helping others, and was a mentor to many. Gil was a longtime faithful member of Fruitport Congregational Church. He was a loving husband, father, and grandfather and will be remembered as an honest, generous, and fun-loving man. He will be deeply missed by his loving wife of 70 years, Marilyn; his three children, Deborah (Dave) Johnson, Leesa (Todd) Seabert, and David (Kathy) Hegedus; 11 grandchildren, Ryan (Lisa) Johnson, Nathan (Frannie) Johnson, Abby (Kyle) Snell, Jenna (Jason) Bergman, Jaric Pope, Austin Seabert, Jason Seabert, Ian (Joy) Hegedus, Emily (Jimi) Hegedus, Scott (Kerry) Koops, and Becca Koops; 12 great-grandchildren; and brother, Ronald (Darlene) Hegedus. He was preceded in death by his parents and one grandson, Matthew Koops. SERVICES took place Thursday, February 16, 2023 at Fruitport Congregational Church, with Rev. Donna Rick officiating. Burial took place in Fruitport Pine Hill Cemetery. MEMORIALS in memory of Gilbert may be directed to Fruitport Congregational Church. Arrangements by The Lee Chapel of Sytsema Funeral & Cremation Services. You may sign his online guestbook at www.sytsemafhl.com

Published in Legacy from Feb. 12 to Feb. 14, 2023.

A Thought for Today

by Connie Jarka, Mar. 1
Sun shine lifts us
Dark clouds remind us
Calm seas comfort us
and bring us peace;
Friends may need us
Prayer and love feed us
Prayer relieves us
and helps worries release.
as we go

A Thought for Today

by Connie Jarka, Jan. 21
Dark night,
No sound at all,
But then from somewhere outside
I hear an owl call
sounding close to our roof;
It was eerie as I lay listening but
comforting somehow to boot;
For it is kind of good to know that
someone in the world around us,
still gives a hoot.
Then I heard another one
like he was answering the first
one's call;
High pitch and then a lower one,
also good to know that that old
Owl
was not alone after all.
'Life and it's lessons still on the old
farm.'

A Thought for Today

by Connie Jarka, Jan. 31
Over the top of the snowbank
By the fence now buried in the
snow;
We make a plan to wrap up warm
And go where we need to go.
Only if we have to.

A thought for Today

by Connie Jarka, Jan. 26
The evening creeps into our life
The morning was busy and another
test;
Some will head out for work at this
hour
Some will take up their rest.

Some will protect us as we sleep
Some have put in their day;
Some will watch for morning in to
sneak,
And some will again then start their
own day.

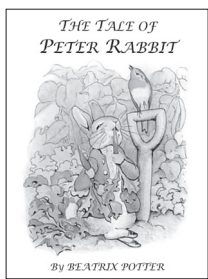
A Thought for Today

by Connie Jarka, Mar. 23
Sometimes the step seems higher
Longer to get to the top;
But one will conquer the endeavor
If only one does not stop.
as we journey

A Thought for Today

by Connie Jarka, Feb. 11
I started to pour my early morning
coffee
It started flowing out on the counter
all around;
It was dark not too smart not
turning on the light,
Also I did not turn the cup over
from upside down.
Life and it's little flubbers
Come great or small
But what might be more important
is,
How we survive it all.....
New poured cup best one of the
whole week.

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OUR MISSION:

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to equip students toward
personal excellence and the
pursuit of God's purpose
for their lives.

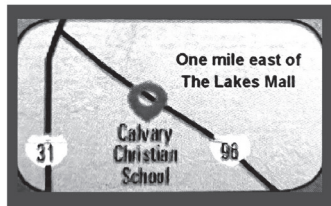
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accredited, academically challenging,
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emotionally in a conservative caring
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- ♦ Spacious and Secure Campus

Now accepting applications for all grades.
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231-865-2141



5873 Kendra Rd., Fruitport, MI 49415
www.calvaryeagles.org

AMERICAN INSTITUTE FOR CANCER RESEARCH 10 CANCER PREVENTION RECOMMENDATIONS

- 1. Be a healthy weight**
Keep your weight within the healthy range and avoid weight gain in adult life
- 2. Be physically active**
Be physically active as part of everyday life – walk more and sit less
- 3. Eat a diet rich in whole grains, vegetables, fruits and beans**
Make whole grains, vegetables, fruits and pulses (legumes) such as beans and lentils a major part of your usual daily diet
- 4. Limit consumption of "fast foods" and other processed foods high in fat, starches or sugars**
Limiting these foods helps control calorie intake and maintain a healthy weight
- 5. Limit consumption of red and processed meat**
Eat no more than moderate amounts of red meat, such as beef, pork and lamb. Eat little, if any, processed meat
- 6. Limit consumption of sugar-sweetened drinks**
Drink mostly water and unsweetened drinks
- 7. Limit alcohol consumption**
For cancer prevention, it's best not to drink alcohol
- 8. Do not use supplements for cancer prevention**
Aim to meet nutritional needs through diet alone
- 9. For mothers: breastfeed your baby, if you can**
Breastfeeding is good for both mother and baby
- 10. After a cancer diagnosis: follow our Recommendations, if you can**
Check with your health professional about what is right for you

- Not smoking and avoiding other exposure to tobacco and excess sun are also important in reducing cancer risk.
- Following these Recommendations is likely to reduce intakes of salt, saturated and trans fats, which together will help prevent other non-communicable diseases.