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COME & SEE WHAT'S DIFFERENT!

Hey there...

I'm sure you would agree with me that there is a RIGHT way to enter our country... and it sure as hell doesn't involve paying off narcoterrorists and drug cartels.

Hi, my name's Joe Teirab and the border emergency ENRAGES me for 2 reasons:

1. My dad was born in Sudan – he learned English, waited in line, and became a proud American citizen the right way: LEGALLY
2. I deployed to Iraq to help wipe ISIS off the map – now the cartels are aiding and abetting an invasion in our backyard

After the Marines, I wasn't finished serving my country. I became a Federal Prosecutor to put cop-killers and fentanyl dealers behind bars. Now I'm doing something I NEVER thought I'd do – I'm running for Congress in an ultra-competitive swing district.

I'm taking on this challenge because the border emergency will never get solved if open-border Liberals - like my opponent – stay in office.

I'm the underdog in this race so I'm PRAYING this email reaches the right people.

I'd be honored to have your support.

God bless you,
Joe Teirab

Conservative for Congress
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BURNSVILLE, MN 55337

Muskegon's Parties in the Park Announces 40th Anniversary Season Celebration



Muskegon, MI - April 4, 2024 - Celebrating four decades of community spirit and summer fun, Muskegon's Parties in the Park is proud to announce its 40th Anniversary Season, proudly presented by Best Financial Credit Union and Michelob Ultra. Highlighted by eight spectacular Friday nights of family friendly entertainment at the beloved Hackley Park in Downtown Muskegon from 5pm -9pm. This landmark season promises to continue the cherished tradition that has become an integral part of Muskegon's summer identity. As always, Parties in the Park is free to attend for everyone.

The season kicks off on Friday, May 31st, with each Party benefiting a local non-profit organization:

- May 31: Muskegon Rotary Club
- June 14: Muskegon Motorcycle Club
- June 21: United Way of the Lakeshore
- July 12: Lakeshore Junior Lumberjacks
- July 26: JCI Greater Muskegon
- August 2: West Michigan Lake Hawks
- August 16: Women's Division Chamber of Commerce
- August 23: AgeWell Services

"As we hit this 40-year milestone, we're paying tribute to everyone who has been a part of this journey— our attendees, dedicated volunteers, and local sponsors. This is a year to celebrate the enduring connection between Parties in the Park and our supportive community," said Brennen Gorman, President of Parties in the Park.

Attendees can look forward to performances by the West Side Soul Surfers, Magic Bus, The Rhythm Project, and That Beatles Thing, a Beatles tribute band. A detailed schedule of performances will soon be announced.

Each Party will feature a rotating selection of local food vendors and an expanded "Kid's Zone" for entertainment suitable for all ages. Parties in the Park extends a warm invitation to one and all to partake in the festivities of this special anniversary. Whether you're a returning Partygoer or new to town, this FREE to attend summer series is an experience not to be missed.

Stay tuned for more details on the 40th Anniversary of Parties in the Park by visiting our website at www.partiesinthepark.com or by following us on social media.

About Parties in the Park: Since 1984, Parties in the Park has been a cornerstone of Muskegon's summer festivities, offering non-profit organizations a platform for fundraising and awareness. Over the past 40 years, the event has contributed over \$2 million to support local non-profits, embodying the spirit of community and cultural celebration.

10 Habits for Better Pain Management With Arthritis

For more tips on living with arthritis, visit arthritis.org

Sometimes small changes to our daily routine can make a huge difference in our ability to live with arthritis. We asked experts to help compile this list of habits that can help minimize pain.

Reduce your stress



"Stress exacerbates the symptoms of arthritis," says psychologist Robert H. Phillips, PhD. "To minimize stress, write down the stresses in your life. Ask yourself which ones you can change and jot down strategies for change."

Change your label



"When people see the world through their arthritis, they tend to refer to themselves as 'arthritis,'" says Phillips. "Don't let the condition define who you are."

Simplify housework



Spare your joints from pain by performing household chores more efficiently. For example, fill a basket at the bottom of the stairs throughout the day to avoid multiple up-and-down trips.

Be creative with exercise



Exercise can be fun! Play fetch with the dog, pop in a fitness DVD, organize the kitchen cabinets or try a fitness video game. These can be just as good for you as a walk around the block.

Get organized



Keep a notebook charting doctor visits, levels of pain and medications ... and bring it with you to every appointment.

Snack every three hours



If you haven't eaten for three hours, your blood sugar drops. You need to snack – it's particularly important if arthritis is sapping your energy.

Anticipate pain



"Many people have pain in the morning or after exercise," says Deborah S. Litman, MD. "So take a pain reliever before bed or before you exercise."

Take supplements



"Think about adding a daily multivitamin and supplements to your diet, with your doctor's approval," suggests Khaled J. Saleh, M.D.

Go barefoot



Kick off your shoes and let those feet relax. "Most shoes increase forces on the knees more than going barefoot will," says D. Casey Kerrigan, MD.

Eat breakfast at home



Rachel Brandeis, a registered dietitian, recommends a meal that combines protein, high-fiber carbohydrates and a little bit of fat to give you energy.



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