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Muskegon County Fair FREE ADMISSION July 19-26, 2025

You can afford to take the whole family!

GRANDSTAND EVENTS & EVENTS TO NOTE:

- Sunday: Horse Open Speed Show
- Monday: Ag Olympics
- Tuesday: Tractor Pulls
- Wednesday: Flying Star Rodeo
- Thursday: Muskegon Mounted Unit Steak Fry
- Friday: Youth Dance/Entertainment
- Saturday: T-N-T Demolition Derby

PLUS:

- Petting Zoo
- Livestock Auction
- Shooting Sports
- Arts & Crafts Vendor Show
- Animal Judgings
- Fair Games
- Pancake Breakfast
- & so much more!

6621 Heights Ravenna Rd, Fruitport, MI 49415 www.MuskegonCountyFair.com for more information

Don't miss this great family event!

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
- 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.

Dixie Vander Wagen 1938 - 2025



Mrs. Dixie Vander Wagen, age 87, beloved wife, nurturing mother, cherished grandmother and greatgrandmother, passed peacefully on Tuesday, April 15, 2025 in Grand Haven, Michigan. She was born in

Muskegon, Michigan on February 20, 1938 to William and Glenda (Werley) Cox. She was a member of Fruitport Congregational Church. Dixie's illustrious 25-year career spanned positions in sales, real estate, and as the owner of a card and gift shop in Fruitport before her retirement in 1988. Her dedication ₹to her work was matched only by her love of travel, with favorite destinations including Alaska, Hawaii, Mexico, various Louisiana plantations, and haunted houses. She also enjoyed snowmobiling and spending time at their cabin in Irons, Michigan. Dixie will be fondly remembered for her nurturing personality, kindness, generosity, appreciation for a cold beer. On August 17, 1956, Dixie married Roger Vander Wagen and he survives her along with two children, Deborah (Tony) Klein and Kurt (Margaret) Vander Wagen; three grandchildren, Nathan (Amber) Vander Wagen, Ryan (Lauren Brooks) Vander Wagen, and Jillian (Christian Adame) Klein; four great-grandchildren, Adalyn Vander Wagen, Owen Vander Wagen, Emersyn Vander Wagen, and August Vander Wagen; and brother, Roger (Carol Ann) Cox. She was preceded in death by her parents and twin sisters, Janice and Janet Cox. VISITATION will be held from 5-7 PM Wednesday, April 23, 2025 at The Lee Chapel of Sytsema Funeral & Cremation Services, 6291 Harvey St., Norton Shores, MI 49444. A MEMORIAL SERVICE will be held 11:00 AM Thursday, April 24, 2025 at The Lee Chapel. Burial will be in Fruitport Pine Hill Cemetery. MEMORIALS in memory of Dixie may be directed to the Fruitport Community Church. You may sign her online guestbook at www.sytsemafh.com

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Free Government at Its Best

taken from remarks by Larry P. Arnn, Nov., 2024 President, Hillsdale College

The Homestead Act, signed by Lincoln in 1862, gave away ten percent of the land of the United States to anyone who would live on it and work it. That is the spriit of free government at its best.

Today, after more than 100 years of trying, the weakness of the progressive regime become apparent. At its core, it undermines the principle of consent of the governed. Over time it has become unable to hide its contempt for American citizens. Its leaders have called them deplorables and worse. It seeks to take children from their parents and prosecutes parents if they complain. It seeks to restrict speech to assertions that enjoy its sanction. These policies stifle the native strength of our country, which is the source of American greatness.

The country was founded with a beautiful Declaration that makes its mission clear, governed under the longest surviving written constitution in history, Americans built a society, a culture, and an economy of freedom from the ground up, under the shelter of political institutions that we made for this purpose and with the help of Providence.

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