



## CALL FOR A TOUR!



5873 Kendra Road  
Fruitport. MI 49415

[www.calvaryeagles.org](http://www.calvaryeagles.org)  
231-865-2141

### WHAT MAKES CALVARY DISTINCT?

- PreK - 12th Grade Under One Roof
- Biblical, Christ-Centered Curriculum
- Christian Teachers and Staff
- Positive Peer Culture
- Quality Academics
- Spiritual Formation & Character Development
- Partnering with Families
- Diverse Student Body
- Active Community of Like-Minded Parents
- Spacious and Secure Campus
- Fostering Community Service and Outreach

## Patriot Journal

by James Conrad  
*Experts Wrong Again*

The March inflation report delivered a stark rebuke to economic pundits who've been warning that President Trump's policies would accelerate inflation. Instead, Americans are seeing the first meaningful relief in years.

March's data proves those skeptics wrong. Not only has the rate of increase slowed, but prices actually decreased - something many "experts" claimed was impossible. Remember when they told us this couldn't happen? The data represents a major political victory for Trump, validating his economic approach.

With fuel prices down, transportation costs falling, and overall inflation cooling, many households will feel the difference in their monthly budgets. Through challenges remain with food prices, the broader trend shows President Trump's promise to "make America affordable again" is being fulfilled through concrete results rather than theoretical predictions.

Sylvia Rhodea for Ottawa County Commissioner (Facebook Post)

One of my greatest joys as a county commissioner has been spending time with students at GVSU. Perhaps more than any other demographic, America's college students have experienced the real life effects of progressive policies and ideological indoctrination, including DEI.

In the 2024 presidential election, NPR reported in Michigan, "Latinos swung more than 30 points toward Trump, while voters under 30 moved more than 20 points in his direction, leading Trump to win both groups."

This context offers GVSU an opportunity to assess whether its DEI initiatives and progressive stance might be at odds with the perspectives of a significant portion of its student body, prospective students, and staff. Given that DEI was a key issue in President Trump's campaign --and the people of Ottawa County, our state, and our nation voted to elect President Trump--it is important for GVSU to consider how its policies align with the political and social landscape reflected in the recent election, and affect students and staff.

Since taking office, President Trump has signed numerous executive orders, fulfilling his promises to take action on behalf of the American people, including the following:

Executive Order 14151, titled "Ending Radical and Wasteful Government DEI Programs and Preferencing," issued on January 20, 2025

Executive Order 14173, titled "Ending Illegal Discrimination and Restoring Merit-Based Opportunity," issued on January 21, 2025

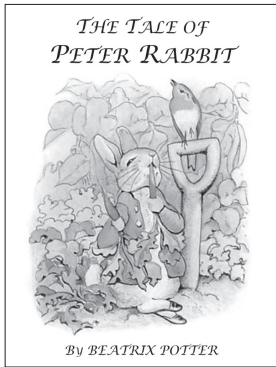
Executive Order 14201, titled "Keeping Men Out of Women's Sports," issued on February 5, 2025

Recently, the University of Michigan announced they are abolishing DEI. Today, I sent a letter to Dr. Mantella, President of Grand Valley State University, sharing the concerns I have heard from students, and urging GVSU to follow President Trump's executive orders.

I care deeply about the students and faculty of GVSU, and I encourage GVSU to cultivate a politically neutral campus--one where freedom truly rings and all students who love America can flourish.

SOURCE: NPR, "In this election, demographics did not determine how people voted," January 9, 2025. Link in comments.

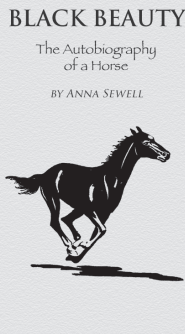
## FREE Printable Activities — Fun for the whole family!



### Read Books Online FREE! FREE Printable Versions of our books for offline reading!

Check out the children's classic, **"The Tale of Peter Rabbit"** with beautiful illustrations by Beatrix Potter!

ALSO: Read the well-loved classic chronicling the life of a horse, **"Black Beauty"**



**TEACHERS:** Take advantage of our FREE PRINTABLE VERSIONS for use in your classrooms!

[www.cybercrayon.net/readingroom](http://www.cybercrayon.net/readingroom)

## 10 Habits for Better Pain Management With Arthritis

For more tips on living with arthritis, visit [arthritis.org](http://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 arthritic," 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.

