

## Free weight management classes offered at Curves

(Submitted by Curves at the Pointes)

Curves at the Pointes Plaza is offering free weight management classes to teach its proven method for losing weight and raising metabolism. Classes are open to Curves members and non-members.

Classes include a start up class (90 minutes) for first-time participants. A 30-minute phase 3 class teaches the last and most important stage of the Curves program and the secret that makes the plan work. And special topics classes (30 minutes each) are also offered.

Classes will be taught by Curves' registered dietitian, Nadia Rodman, and facilitated by weight management coaches. Participants will be encouraged to make a weekly appointment to weigh-in with their weight management coach, who will provide accountability.

Curves' products are available for purchase, but no purchase is required to attend classes.

"We're excited to be offering free weight management classes," said Susan Kesteloot, owner of the Curves location. "This dynamic program and the book are brand new and packed with cutting-edge information and lots of practical advice that women can use immediately. Every woman who is even thinking about losing weight should definitely check out the free classes."

Classes will take place at the Big Game Room (the store next to Curves) at the Pointes Mall, (corner of Sternberg and Grand Haven Road) the last Saturday of every month at 9 a.m.

For more information and to register for the class, contact Susan Kesteloot at (231) 798-9811 or susanscurves@comcast.net.

## Lulu seeking a new forever home

(Submitted by Christine Beamer)

Lulu is a little mini rex bunny who wants to sit on the couch with you. She loves to eat corn chips; although she should only have one or two, she'd prefer eating the entire bag.

Lulu is potty trained and is very friendly. She knows her name and comes when called. She will also "dance" for a piece of banana. She weighs only four pounds.



She is a very special little bunny, having come by way of being left in a cardboard box that had a name tag on it. Left with Lulu was a 24-inch iguana. Sadly, the iguana did not make it because of the cold temperatures outside.

Lulu might have been one of the bunnies bought and given as an Easter present. In the months following Easter, local humane societies and rabbit rescues are flooded with rabbits, former Easter gifts whose "owners" no longer want them. The unlucky ones are dumped outside where predators, cars, illness, and injury virtually guarantee an early death. Please recognize that outside domestic bunnies are not "free" bunnies. They are dead bunnies!

On Easter, please agree to say, "Make mine chocolate."

Call Critter Café Rescue at 865-6021 or email Crhistinelea1@yahoo.com. You can see more adoptable pets at [www.CCCandR.petfinder.com](http://www.CCCandR.petfinder.com) or [www.myspace.com/CritterCafe](http://www.myspace.com/CritterCafe) and rescue.

## Muskegon attorneys helping to stop foreclosures

(Submitted by NACBA)

Muskegon attorneys Stephen Corwin and Thoa Du will be joining fellow members of the National Association of Consumer Bankruptcy Attorneys (NACBA) from around the country as they meet in Washington, D.C. to help families save their homes.

Corwin said, "We are going to our nation's capitol to promote the one solution to the mortgage foreclosure crisis that we know will work: Keep families in their homes, preserve neighborhoods, and cost taxpayers nothing. Everyone admits that proposals that rely on mortgage holders to voluntarily modify loans have failed to stem the tide of foreclosures that grows greater every month. As long as there are more and more foreclosures dumping more homes on the housing market, prices will continue their tailspin, making the financial crisis even worse."

The law would allow bankruptcy judges to modify mortgages on a homeowner's principal place of residence, as is currently allowed on vacation homes, boats, commercial real estate, vehicles, and farms. Modifications could include reducing the interest rate and lengthening the repayment time. The modifications would help homeowners avoid foreclosure; provide stability to the housing market; save neighborhoods; and, as a result, boost the economy.

## Muskegon Y's Club fundraiser

(Submitted by the Muskegon Y's Club)

The Muskegon Y's Club will hold a swiss steak dinner fundraiser for the Muskegon YMCA and Camp Pendalouan at the Masonic Temple, 396 W. Clay, on March 28 from from 5 to 7 p.m. Take-outs are also available.

Tickets are \$9 (12 and under are \$5) and are available from club members and at the YMCA front desk.

For more information, call the YMCA at 722-9322 or the Y's Club at 727-9900.

Fruitport Area News • 231-865-3151 • March, 2009 • Page 9

# Look

**TANDEM**  
**ELECTRIC** LLC  
Residential - Commercial

~ A newer, local and full service electrical contractor

~ Get those projects done with our spring promotions. Mention Fruitport Area News and receive 10% off estimate if work is done in the months of March and April or any work now take \$5 off hourly rate

~ Call for your **FREE ESTIMATE AND NO HASSLE CONSULTATION**

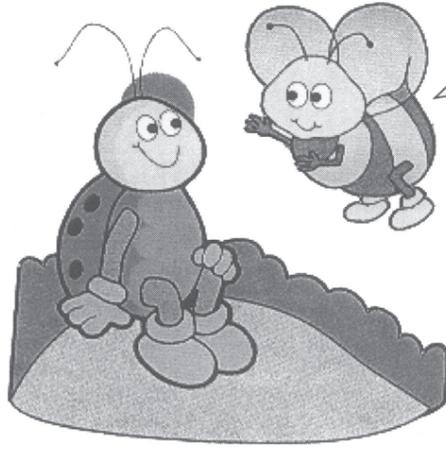
**CALL NOW**  
**231-638-1033**

**Tandem Electric, LLC**

Where service, quality, and affordability is our priority



Travis Nadeau  
Owner



**KINDERGARTEN ROUND-UP**  
**WEDNESDAY, APRIL 1**  
**THURSDAY, APRIL 2**  
**9:30 AM ~ 11:00 AM**

**Sign Up Today! Call (231) 865-2141**

Calvary Christian Schools  
5873 Kendra Rd. off I-96 - Fruitport  
[www.calvarychristianschools.org](http://www.calvarychristianschools.org)

### Your child will...

Meet Mrs. VanTine  
Participate in round-up activities  
Visit the kindergarten classroom

### Parents will receive...

An introduction to CCS  
Curriculum review  
Enrollment information

## Riverboat ride with The Polka Towners



2-Hour  
Ride

Ox Roast  
Lunch  
Optional

## Fruitport Old Fashioned Days

Rain or  
Shine

**Thursday, May 21, 2009**

Music, Dancing, and 2-Hour Ride for \$15.00 per person

**Lions' Ox Roast Sandwich Lunch Available on Board**

Sailing Times: 6:45 - 8:45 p.m. & 9:00 - 11:00 p.m.

Limited Capacity...

Get your tickets before they're gone!

Available at: **Copies & More,**  
420 N. Third in Fruitport Village

**Order Tickets by Mail:**

Call (231) 865-6370 for advance tickets,  
and use your credit card for payment  
(plus \$1.00 to cover postage and handling).

**GRAND LADY RIVERBOAT**  
**at Fruitport Pomona Park**

