

Muskegon County Garden Club schedules events

(Submitted by the Muskegon County Garden Club)

The Muskegon County Garden Club will meet in February and March at St. Luke's Lutheran Church, 1655 W. Norton Avenue in Muskegon. The social time begins at 11:30 a.m. with lunch following at noon. Cost to attend is \$6 per person.

The presenter on February 15th will be Mr. Mike Monterusso, owner of Red Mountain Design. His topic will be "What you need to know about pest and disease control."

On March 15, the presenter will be Carol DeVries, president of the Grand Valley Daylily Society, whose topic will be "All about Daylillies." A business meeting will follow.

The club welcomes new members and visitors. For more information, call (231) 798-7626 or (231) 759-7031.

The Muskegon County Garden Club is a member of the Michigan Garden Clubs, Inc. and the National Garden Clubs, Inc. •



Fruitport football players, Caleb Gilbert (son of Janice); Zach Goldman, whose mom is a cancer survivor; and Ryan Sanders, whose mom organized the fundraiser.

Fruitport football team comes together to raise funds

By Jeanie Medendorp

Janice Gilbert, who is mom to one of the Fruitport football team's junior varsity players, found herself battling cancer again. To help offset her medical expenses, the football players hosted a "pink out" game. The players wore pink socks and pink decals on their helmets, and the club sold pink T-shirts through the schools and at home games. All the proceeds went to Janice and her family.

T-shirts bore the slogan, "Fruitport Trojans...Let's Tackle Cancer Together," and the sale of the shirts generated over \$2,000 for the Gilbert family.

As a club, the teams, coaches and community were surprised to learn how many lives had been touched by cancer — from parents to grandparents, to siblings, to best friends. It was great to see the community come together.

Plans are already underway for a "purple out" for this coming fall's football teams. All of the Lakes 8 football teams are on board for a conference-wide cancer awareness game. We are going to make our primary colors purple and white. The color purple covers all cancers; not just one — as pink does for breast cancer. The four home schools will wear purple jerseys with white numbers, and the four visiting schools will wear white jerseys with purple numbers. The school name will appear on the front of the jersey, while the shoulders will display the Lakes-8 logo.

Family and community members can "sponsor" a jersey, and you can put the name of a cancer survivor/victim on the back. After the game, the jersey will be yours to keep. We will again sell T-shirts through the schools and at the games, so that the stands can be filled with purple.

If you have any questions or would be willing to help with this great venture, please call Jeanie Medendorp at 773-4723, or email jeanie.medendorp1@comcast.net. •

Fatty foods linked to depression

(Reprinted from North Ottawa County Council on Aging Monthly Highlights)

"A recent London study of 3,486 people with an average age of 55 found that a diet heavy in processed and fatty foods increases the risk of depression. Conversely, the study also found that a diet including plenty of fresh vegetables, fruit and fish could help prevent the onset of depression.

"Participants were divided into two groups; one ate a diet largely based on "whole" foods, while the second group ate primarily fried food, processed meat, high-fat dairy products and sweetened desserts. Taking into account other indicators of a healthy lifestyle, such as not smoking and physical exercise, those who ate the whole foods had a 26 percent lower risk of depression than those who ate mainly processed foods.

"Researchers believe the high level of antioxidants in fruits and vegetables could have a protective effect. Foods such as fish that contain high levels of certain polyunsaturated fatty acids, which stimulate brain activity, may also protect against depression. In addition, the study indicates that a whole food diet helps protect against depression due to the combined effect of consuming nutrients from many different food types, rather than the effect of one single nutrient." •

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