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You have only so many years to prepare for retirement. That's why contributing to your Individual Retirement Account (IRA) is so important. Fortunately, you still have time to maximize your 2011 IRA contribution before the April 17 deadline.

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## FHS grad completes college program

Andrea Nichole (Allison) Rodrigo graduated with honors from Arizona State University on December 15, 2011. Andrea is the daughter of Craig and Lori Allison, the owners of Peppi's Pizza.

Rodrigo has also been accepted in the master's degree program, which she will begin in the fall. •



## FHS graduate completes basic training

By Mary Weimer

Levi Hunter, son of Don and Lori Hunter of Fruitport Township, recently completed basic training at Lackland Air Force Base in Texas. He left for the base on December 13, 2011 and graduated with 898 others on February 10, 2012.

Levi was in flight 150 of the 321<sup>st</sup> training squadron. There were 52 in his flight, who, all together won "beast excellence." His flight was a warrior flight, and Hunter received over 170 points.

His new home, Sheppard Air Force Base, is the site of his technical training in metals technology. Upon successful completion of the program he will be an e2 in June. •

## Five area CMU honors students named

(Submitted by Central Michigan University)

Four Fruitport residents were named to the Fall Semester honors list at Central Michigan University: Jeffrey Fisher, Brittany Nichole Houser, Lindsey Nickisch and Kathryn Pearl Samlow. Fisher and Nickisch are both juniors, Houser is a senior, while Samlow is a sophomore.

Nunica resident Tyler Jae Erhorn, a sophomore, was also named to the list. •

## Baker College announces honors students for fall

(Submitted by Baker College)

Fall quarter honors students named to the Dean's List: Fruitport residents: Christopher Allen Samantha Baldwin, Arthur Blackmer, Nancy Coon, Mia DeBruyne, Cheryl Eikay, Anita Flores, Karen Frazier, Jason Hoyt, Shelby Hutt, Suzanne LeMieux, Raelyn Perysian, Susan Poel, Michelle Ponce, Tate Reminder, Deana Richter, Clinton Rollins, Kayla Sabo, Michele Sauers, April Stewart, Russell Swanson, Miranda Tober, Steven Visscher, Tavra Wahr, Emilee Walbrink and Jessica Woodward. Nunica residents: Kyle Bross, Thomas Burns, Teri Crouse, Katherine Dunn, Leann Gould, Robert Griffis, Whitney Holmes, Christine Ingersoll, John Mellema, Stefanie Miller, Barbara Pellegrum, Dina Reedy and Isaac Sorensen.

President's List: Fruitport residents: Denise Christiansen, Samantha Dixon, Joni McCollum, Alex Sugarbaker, Nathaniel Tripp. Nunica residents: Tanya Brady and Tosha Wierenga. •

## GI illness increasing in Muskegon County, Norovirus circulating

(Submitted by Public Health — Muskegon County)

Muskegon County has been experiencing an increase in reports of gastrointestinal (GI) illness, some of which have been confirmed as caused by Norovirus. This increase is part of a recent statewide trend in Norovirus activity. Norovirus infections occur year around, but tend to increase in cooler months. Public Health — Muskegon County would like to ensure everyone stays healthy by sharing the following information.

Norovirus typically causes nausea, vomiting, diarrhea, and stomach cramping. Symptoms may also include low-grade fever, headache, fatigue and muscle aches. Symptoms may begin 12 to 48 hours after exposure. Symptoms last about one to two days and, in most cases, ill persons get better on their own. Sometimes people need to see a health care provider mainly due to dehydration, with the very young and elderly at highest risk. Those with severe diarrhea should drink lots of liquids.

Norovirus is very contagious and can be easily spread through food, person-to-person contact, or by contaminated surfaces, especially in group settings. People can reduce their chance of getting infected by frequent hand washing using soap and warm running water for a minimum of 20 seconds (alcohol-based hand sanitizers do NOT work against Norovirus.)

Preventing contamination of food, drinks and surfaces is critical to prevent the spread of Norovirus. Anyone with Norovirus must not prepare or serve food for others for three days after the symptoms have stopped. Spread of Norovirus can also be reduced through prompt disinfection of contaminated surfaces with household chlorine bleach-based cleaners and prompt washing of soiled articles of clothing. Since the virus is passed in vomit and stool, children should not go to daycare or school while they have diarrhea or vomiting. Persons who work in nursing homes, take care of patients, or handle food should stay out of work until at least two or three days after symptoms end. •

## NOCH offers adjustable Gastric Band Surgery

(Submitted by North Ottawa Community Health System)

North Ottawa Community Health System will be performing adjustable gastric band surgery as part of its growing Bariatric and Weight Management Program. NOCHS is the first and only lakeshore hospital to be performing this procedure.

Nationally renowned surgeon and NOCHS Bariatric Service Medical Director, Dr. James Foote, FACS, first began performing bariatric surgery at NOCHS in the spring of 2011. Dr. Foote is part of Grand Rapids-based Grand Health Partners, an independent surgical practice.

Compared to other, more involved, bariatric surgeries, the minimally invasive adjustable gastric band surgical option is for patients who are only carrying about 50 to 75 pounds of extra body weight. Since the FDA approved this procedure for lower BMI patients as potential treatment for diabetes and other weight related co-morbidities, there has been a steady increase in surgeries.

According to the CDC (Centers for Disease Control), nearly 35 percent of American adults are categorized as overweight, and that number is rising. The ripple effect of being overweight or obese on people's overall health, and the financial impact that has on society has made battling excess weight a high priority on the national agenda. More and more insurance companies are approving programs and services, including surgical options, to help patients achieve healthier lifestyles through weight management.

"I am pleased to be bringing the Adjustable Gastric Band Surgery option to the lakeshore at NOCHS because it has so many advantages," said Dr. Foote. "The main advantage is that the band doesn't permanently alter the patient's body — it is removable and adjustable. The other important advantage is that it's minimally invasive, so it has a low complication rate."

Patients can continue to lose weight for three years or more if they continue to work with the band. At three years, the average excess weight loss is around 50 percent. Patients must come back to the office for adjustments or filling of the band in order to maximize success.

Dr. Foote has performed more than 2,300 bariatric procedures. Most insurance companies cover bariatric surgery. Coverage will vary based on your insurance carrier and your specific plan.

NOCHS offers free monthly bariatric seminars. Contact (616) 607-8136 or visit noch.org for more information. •