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Let us remember our nation's heroes this Memorial Day

By Senator Goeff Hansen, 34th Senate District

We owe so much to the patriots who answered our nation's call of duty to protect our lives at the cost of their own.

Memorial Day gives us the chance to stand together, give thanks, and pay tribute to the heroic servicemen and servicewomen who made the ultimate sacrifice in defense of our freedom.

First known as Decoration Day, this solemn observance began shortly after the Civil War as citizens honored fallen soldiers with flowers on their graves. Later, this annual tradition of remembrance was renamed Memorial Day.

Since our nation's founding, more than one million men and women have given their lives in service to our country. That's why it is so important to preserve the "memorial" in Memorial Day by honoring those who have died in the cause of freedom. There are many ways to commemorate their sacrifice, including:

- Attending a local ceremony or parade. I will be paying tribute to service personnel at several Memorial Day events planned in my district.
 - Viewing the annual Michigan Senate Memorial Day service. This special event honors Michigan residents killed in action over the previous 12 months. Live streaming of the ceremony is available online at www.senate.michigan.gov. The event will be held Thursday, May 23 beginning at 10 a.m.
 - Observing the National Moment of Remembrance. This observance asks Americans to pause in their daily activities at 3 p.m. on Memorial Day to honor those who laid down their lives.
 - Flying your flag at home or the office at half-staff from sunrise to noon.
- Let's take time to remember our country's fallen soldiers on this special day and make sure their legacy of sacrifice and service is never taken for granted or forgotten. •

32nd Annual Seaway Run adds half marathon

(Submitted by Mercy Health Partners)

The Mercy Health Seaway Run has added a half marathon course to its lineup, with a beautiful new course along the shores of Lake Michigan and Muskegon Lake. Half-marathoners will even be treated to an up close view of the USS Silversides as they run along the Muskegon channel.

"We are very excited to offer this new half marathon option," said event co-chair Don Martines. "This addition to our traditional 5k and 15k races gives runners the chance to push themselves to a new level each year!"

Co-chair Chris Burnaw adds, "We've also changed the Community Fun Walk to include both a three-mile and a five-mile option, and are making sure that our course routes are accessible to all. We want the Mercy Health Seaway Run to be a healthy event for everyone in our community to enjoy."

Mercy Health has expanded their sponsorship this year to include the Expo and has committed to Platinum Sponsorship of the event for multiple years. "Mercy Health is excited to continue their support of the Seaway Run and Expo," said Blair R. Moreau, director of heart and vascular for Mercy Health. "This healthy community event is a perfect match with our organization's wellness program for associates and with our mission to improve the overall health of our community."

Organizers are seeking additional sponsors for this community event. If you would like to show your support for the health of our community by becoming a sponsor, please contact Chris Burnaw at 557-4949 or via email cburnaw@cffmc.org for details. Proceeds from the event will support the work of 1 in 21 Healthy Muskegon County and the Muskegon Family YMCA in making our community a healthier place to live, work, learn and play.

The Mercy Health Seaway Run is one of Michigan's most scenic and most popular runs. With courses that take advantage of the beautiful shorelines of Lake Michigan and Muskegon Lake, it has been a favorite of runners from across Michigan and beyond for 32 years.

All timed courses begin and end near the Muskegon Family YMCA, with a finish along the Lakeshore Recreational Trail. The Community Fun Walks begin and end at the adjacent Rotary Park, looping northeast along the trail.

With its fun, family-friendly atmosphere, the Mercy Health Seaway Run celebrates healthy living and a healthy community with events for all ages and abilities. Participants in all events can register online quickly and easily at www.seawayrun.com.

New this year, the event's Healthy Lifestyle Expo is moving to an indoor location at The Watermark Center, 920 Washington — just up the road from the YMCA. The expo will feature local businesses and health providers whose products and services promote a healthy mind, body and spirit. It will also include health screenings, food samples, demonstrations, entertainment, kids' activities, giveaways and more. The expo will take place Friday, June 21, from 11 a.m. to 7 p.m. Businesses with products and services of particular interest to runners will also be at the YMCA on race day. The Healthy Lifestyle Expo is free and open to the entire community, not just race participants. So bring your family, friends and neighbors as we celebrate our community and learn more about healthy lifestyle choices. For more information on how to become an exhibitor at the event, contact Carla@cmfmarketing.com.

The 1 in 21 Healthy Muskegon County Schools Committee will once again be recruiting students and their families to participate in the race. There is a special rate of \$5 for kids aged 18 and under, making it more accessible for all kids to join this fun, healthy event. The 1 in 21 Business Committee is also encouraging businesses to promote the Mercy Health Seaway Run to their employees as a fun way for companies to work together to improve health.

For more information, please contact Chris Burnaw at (231) 557-4949, cburnaw@cffmc.org; Luke Seward at (231) 722-9322 (extension 239), lseward@muskegonymca.org; or Kelly Kurburski at (231) 672-4885, kurburski@trinity-health.org. •



HIGH PRAISES! CREATIONS

Submitted by Florence Drake

High Praises! Creations is a family-owned and operated business located at 3642 Henry Street, Muskegon. High Praises! Creations will be part of Fruitport's Old Fashioned Days this year. Please come and taste her fantastic Baklava. Owner, Lynn Edlund, has always enjoyed cooking for her family and friends for many years. Now, Lynn has ventured to share her great cooking ability and love of her deep Greek and Italian heritage with the Muskegon Community. Our culture has always influenced our daily lives and now, our joy of family and food defines our business. We use the finest ingredients and traditional methods to produce our exceptional baklava.

While we continually strive for innovation at High Praises! Creations, we will continue to make our baklava the way "my Poppy" made baklava. We will do our very best also to honor your special food requests for spanikopita, Dolmades and Cannoli with advance notice.

Lynn is married to Dr. Richard Edlund. They have lived in Fruitport for over 38 years. They have two children and 2 wonderful grandsons, Ethan and Alex. Her son, Richard lives in Muskegon and her daughter Lori and family live in North Carolina. Lynn is very appreciative of the support and help she has received from family and friends and especially from her mother, Vange Ortino, 92 years young and her sister Stephanie and brother-in-law, Kyle Kitleson.

Visit us at the downtown farmer's market on Saturdays between 9:00 and 3:00 and at the Coffee House on Friday nights. Our products are available at Toast & Jams, Wayne's Deli and Orchard Markets in Fruitport and Spring Lake. Visit our web site: www.highpraisescreations.org or e-mail: highpraises13@gmail.com

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Summer Reading Program at the Fruitport District Library

By Rachel Church

Special programs for the Summer Reading Program will be held on Wednesday, June 19 and 26 and July 10, 17, 24 and 31 at 1 p.m.

During the week of July 1-6, the library will provide a make-it, take-it craft for participants.

Teens can sign up to make a duct tape book bag on Thursday, June 27 at 2 p.m.

All of these programs are brought to you by the Muskegon Area District Library.

Watch for the fliers that will be coming home from school with your children so you can mark the dates on your calendar. •