



** Gifts * Collectables
* Small Estate Sales*

Mon.-Fri. Noon to 6pm
Saturday Noon to 4pm

302-588-9002

19200 Fruitport Rd.
Spring Lake

Drummond's Meat Processing Company

Custom Slaughter Processing
Beef & Pigs

in our 45th year



We do our own Smoking
Choice Beef & Pork - Halves & Quarters
Roasting hogs available - all sizes

**Fresh Beef Jerky & Beef Sticks
& Summer Sausage**

**Fresh Meat Market: Beef, Pork,
Smoked Meats-Bacon** (Meat Bundles Available)

1830 S. Slocum • Ravenna • 853-6200

Breakfast Specials

Mon. - Fri. starting at
\$4.75 includes coffee

Lunch Specials Dinner Specials

Mon. - Fri. \$5.49

Mon. - Fri. \$7.49

**Don't forget to enter our
free weekly meal drawing!**

A Local Family Restaurant

Cozy Corner Cafe

773-0011

3162 Hts. Ravenna Rd.

Hours: Mon. - Fri. 7am to 7pm
Sat. & Sun. 7am to 2pm



Sheila's Scrapping Studio

616-844-3015

**Scrapbooking made easy
Join one of our clubs**

281 N 3rd Ave. • Fruitport, MI 49415
www.sheilascrappingstudio.blogspot.com



fall bazaar 2018

Nov. 16th (Fri) – 9:00 am to 5:00 pm
& Nov. 17th (Sat) – 9:00 am to 12:00 pm

- Crafts
- Attic Treasures
- Baked Goods
- Quilts
- Rag Rugs
- Christmas Items



BBQ LUNCH

Friday 11:00 am to 5:00 pm
Includes chips, beverage and desserts.

First Congregational Church

3212 Pontaluna Road

(Across from Edgewood Elementary)

231.865.3822 or Lorene @ 231.773.8369

Heart & Sole 5K Honors Courtney Frazine



Fruitport Congregational Church was the venue for the inaugural Heart & Sole 5K last Saturday, October 6. The 5K run and walk originated as a memorial event for Courtney Frazine and fundraiser for her family and charities Courtney



Tabitha Johnson, Duane, Fynnley, Fletcher and Grant Sechen

held dear. Event organizer, Tabitha Johnson, wanted to do something to honor Courtney, her lifestyle transformation and support her family. Since running and membership to the Lakeshore Fit Body Boot Camp played a substantial role in Courtney's transformation, putting on a 5K run was the perfect event to accomplish this.



The winners: **Abby Snell** and **Kyle Snell**

years ago. Due to her weight and weight related health issues, Courtney decided to make significant lifestyle changes. Courtney began her journey by taking up running and September of 2014, she ran her first 5K run and was hooked. Shortly after, she wanted to add strength training to her lifestyle and joined Lakeshore Fit Body Boot Camp. As a result of her strong self-discipline, Courtney lost over 100 pounds. Courtney was incredibly selfless and had a huge heart and soul for helping others, especially children. December 9, 2017, Courtney, while out for a run, was tragically struck and killed by a vehicle and was unable to survive her injuries.

More than 200 participants from the running community, her school, family, friends and Fit Body Boot Camp came out to support Courtney



and her family. "This was a great turnout for our first year" acknowledged Johnson. "We anticipate



Daughter **Finnley** and her uncle **Carson Cooper**

this event to grow in future years". Support from participants, sponsors, Fruitport Congregational Church, Fruitport DPW and Fruitport Township Policy was overwhelmingly greater than hoped for.

Muskegon Lakeshore Home, Garden + DIY Show

Annual Sell-Out Show Opens Exhibitor Registration

The popular Muskegon Home, Garden + DIY show is returning to Fricano's Event Center March 8 and 9, 2019. Last year, booth spaces sold quickly, so interested businesses are encouraged to apply early.

The 2019 Muskegon Home, Garden + DIY show will feature over 50 exhibitors including everything from windows, siding, gutters, and painting to home décor, furniture, landscaping and much more! Back by popular demand, the Do It Yourself seminars will highlight floral design, furniture refurbishing, backsplash tiling, gardening and more!

In addition to exhibitors and seminars, the home show will provide fun kids activities, thousands of dollars' worth of prizes and discounted Fricano's Pizza with purchase of a \$5 home show admission ticket. Kids 12 and under are free.

"I am looking forward to the 2019 Home, Garden + DIY Show," says Home Show Event Director, Kristin Knop. "We are excited to bring in new and exciting elements this year. Watch for details on how we will be maximizing the space!"

Those interested in applying to exhibit are encouraged to visit www.muskegonhgs.org. Sponsorship opportunities are also available. For sponsorships or additional information about the show, contact Kristin Knop at 231.724.3182 or KKnop@muskegon.org.

Local healthcare forum for the community

What IS Palliative Care? – October 30

Explore how to manage healthcare related symptoms in a way that is consistent with your personal and family values. Could you benefit from Palliative Care services?

Muskegon, MI, October 18, 2018 – Harbor Palliative Care will be offering a local healthcare forum entitled "What is Palliative Care?" on Tuesday, October 30, 2018 from 4:00pm to 5:30pm at Sanctuary at the Park (570 S. Harvey Street, Muskegon).

This event will allow community members and healthcare professionals to hear more about the benefits of including Palliative Care with an advanced illness. Quality of life, pain and symptom management, a full care team for you and your loved one.

There is no cost for this event; however, seating is limited. To register visit www.eventbrite.com and do an event search for "Palliative Care in Muskegon, MI" and complete the online registration.

If you have any questions or for more information, contact Sanctuary at the Park at 231.672.2202 or Harbor Palliative Care at 231.722.0382.

A special thank you to Sanctuary at the Park, and Mercy Health VNS for partnering in this valuable workshop.