

The Diet Soda Dilemma

from the Grand Haven Tribune, 9/17

To the editor,

I just couldn't let this pass. I read with disbelief the Sept. 19 Tribune article "Is diet soda really that bad for you? Maybe not" by Karen D'Souza, a theater critic (of all things) in the Bay Area. First, she disqualifies herself from rendering an objective opinion by admitting that she herself "craves the snap and fizz of a can of diet soda getting cracked open." She then justifies them because they are not as bad as smoking or being a couch potato; plus wrongfully implies that because it's complicated, we can't know the dangers of diet drinks.

We lack space here to list published scientific articles that reinforce my assertions, but be assured that, if one looks objectively, there is an abundance of scientific data showing multiple detrimental consequences to consuming artificially sweetened food products.

Has this thought ever crossed your mind? "Oh, I had the diet drink. Yes, that pie looks pretty good." That's just the beginning. Fact: Diabetics on diet drinks have worse control of their blood sugar. Fact: Routine consumption of diet soft drinks is linked to the very diseases we are trying to avoid -- obesity, Type 2 diabetes, heart disease and stroke, as well as increased risk of neurological and behavioral disturbances like headache and depression. Fact: Non-caloric sweetened foods feed our craving for sweets so we end up choosing other calorie-rich foods. Fact: There are literally thousands of foods on the grocery shelves that contain artificial or real added sugar.

Good news: If you stop diet drinks and added sugars, your brain resets so you don't crave sweets as much. What to do? Choose wisely. Eat fewer processed and sugary foods and more real, whole, plant-based foods.

Dr. Norm Boeve
Grand Haven Township

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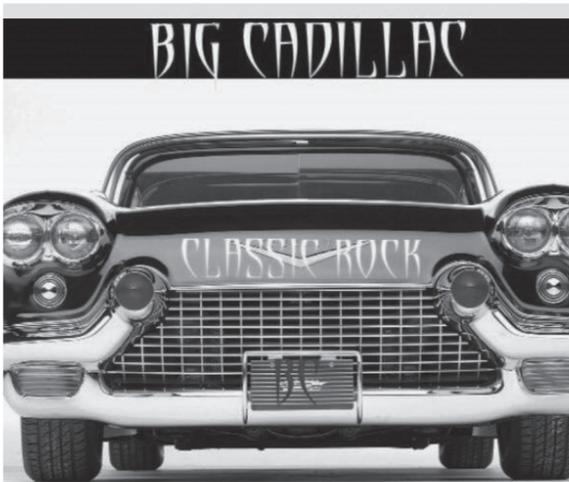
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Meet the Bands for Old Fashioned Days Free Concerts

submitted by Lion Heidi Tice

Friday night band – Big Cadillac



The band is made up of 5 members that live locally. The music they play covers 6 decades, from the 1950's to Present. Classic Rock, Country and Blues. The band has played at many different venues that includes clubs, festivals and private shows. They will start rock'n at 7:30 and end when fireworks go off at 10:30.

Saturday night band – Two Heded Chan

Two Heded Chan is a hybrid of two former



competing bands: 56 Tricks and Two Heded Chan. The bands combined forces for a more technical group in 2006. They have many original songs and play heavy rock-metal. Being a local band, they have played at many different events and have a wide range of fans, ages 18-40. They are a past favorite of Pope's Pub (when it was still Little Brown Jug) and the Landmark downtown. They have played at Fruitport Old Fashioned Days in the past and we are happy to welcome them back. Start time will be 6:30 pm and end at 10 pm.

Sunday night band – The Kathy Ford Band

The Kathy Ford band has been performing for



over 25 years, and was named "Best of the Best" band by the Lansing State Journal for 10 years in a row. They have performed for many dignitaries such as President Clinton, Secretary of State Hillary Clinton, Governor Granholm of Michigan, Governor Ann Richards, and many more. The Kathy Ford Band has performed at Festivals such as the Michigan Festival, The Balloon Festival in Battle Creek, Rib Festival, Blueberry Festival, Allegan County Fair, Michigan Convention, and many more. They have also performed at several private clubs throughout Michigan, Illinois, and Indiana, such as the Chicago Yacht Club, the Grand Rapids Country Club, Kalamazoo Country Club, Battle Creek Country Club, Jackson Country Club, and Harbor Springs Country Club. They have also performed at casinos such as Odawa Casino, Firekeepers Casino, Gun Lake Casino, Hollywood Casino, Four Winds Casino, Turtle Creek Casino,

and many more.

Additionally, starting with her first album in 1982, Kathy began recording several records, EP's and CD's in Nashville, Tennessee, at studios such as Music Mill, Fireside, and Studio by the Pond, all with national distribution and placements in Cash Box, Billboard and Indie music magazines. Kathy has also won categories in songwriting competitions, such as Mid-Atlantic song writing and Music City Songwriting competitions. The band has been the opening act for several artists such as Waylon Jennings, Vince Gill, Eric Burton, Tammy Wynette, Mel Tillis, Randy Travis, and many more. They will be performing from 7:30-10:30 pm.

That All May Read

by Sarah Mahoney



The Muskegon Area District Library for the Visually and Physically Disabled (LVPD) is a FREE library service administered by the National Library Service (NLS) for the Blind and Physically Handicapped, Library of Congress. We serve approximately 500 patrons in both Muskegon and Ottawa Counties, and many are persons with age-related vision loss, such as macular degeneration. Our location is next to the MADL administration office on Airline Road, and we have a large space for the community and programming. We have an assistive technology lab and a showcase of adaptive technology for patrons to try. The LVPD is also a full service public library with high demand books and DVDs, public computers, copy and fax services, and much more.



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