

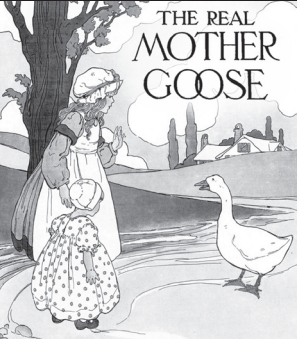
LISTEN TO THE ‘REST OF THE STORY’

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FREE Printable Activities — Fun for the whole family!



Read Books Online FREE!

Check out selected rhymes from “The Real Mother Goose” with wonderful illustrations by Blanche Fisher Wright !

ALSO, READ: the well-loved classic by Charles Dickens, “A Christmas Carol”

A Christmas Carol



www.cybercrayon.net/readingroom

Hale Christian Krueger
1939 - 2025



Hale Christian Krueger, 85, of Fruitport, passed away Thursday, August 14, 2025.

Hale was born November 8, 1939, the son of Adolf and Laura Krueger. He enjoyed fishing, hunting, riding motorcycles and playing his trumpet. He enjoyed sharing his pond and property with friends and especially his great grandchildren. The month leading up to his death he could be found in the pond with his great grandchildren, picking blueberries, eating ice cream, and enjoying time with those he loved. He enjoyed pig roasts, making others laugh and having a good time. Hale was a unique, excentric, adventurous, strong-willed, one of a kind legend until the very end. He will be deeply missed by all those who were blessed to have known him.

‘Fly high’ with the angels, Dad, Grandpa, Great Grandpa. We can hear you singing “How Great Thou Art” loud and clear.

SURVIVORS

Children, Cheri (Samuel) Eberly, and Christine (Terry) Edlund; grandchildren, Joshua (Stephanie), Hunter (Kimberly), Landon (Jessica), Laura (Zachary), Anna (Cullen), Adrielle, James, Alex, Gabrielle, Joseph, and Aaron; 17 great-grandchildren; brother, Alan Krueger; former wife and friend, Betty Lou; and his dog, Abby.

He was preceded in death by: his parents, brothers, Noel and Carl; and grandson, David Goodrich.

AMERICAN INSTITUTE FOR CANCER RESEARCH
10 CANCER PREVENTION RECOMMENDATIONS

- 1. Be a healthy weight**
Keep your weight within the healthy range and avoid weight gain in adult life
- 2. Be physically active**
Be physically active as part of everyday life – walk more and sit less
- 3. Eat a diet rich in whole grains, vegetables, fruits and beans**
Make whole grains, vegetables, fruits and pulses (legumes) such as beans and lentils a major part of your usual daily diet
- 4. Limit consumption of “fast foods” and other processed foods high in fat, starches or sugars**
Limiting these foods helps control calorie intake and maintain a healthy weight
- 5. Limit consumption of red and processed meat**
Eat no more than moderate amounts of red meat, such as beef, pork and lamb. Eat little, if any, processed meat
- 6. Limit consumption of sugar-sweetened drinks**
Drink mostly water and unsweetened drinks
- 7. Limit alcohol consumption**
For cancer prevention, it's best not to drink alcohol
- 8. Do not use supplements for cancer prevention**
Aim to meet nutritional needs through diet alone
- 9. For mothers: breastfeed your baby, if you can**
Breastfeeding is good for both mother and baby
- 10. After a cancer diagnosis: follow our Recommendations, if you can**
Check with your health professional about what is right for you

- Not smoking and avoiding other exposure to tobacco and excess sun are also important in reducing cancer risk.
- Following these Recommendations is likely to reduce intakes of salt, saturated and trans fats, which together will help prevent other non-communicable diseases.

10 Habits for Better Pain Management With Arthritis
For more tips on living with arthritis, visit arthritis.org

Sometimes small changes to our daily routine can make a huge difference in our ability to live with arthritis. We asked experts to help compile this list of habits that can help minimize pain.

Reduce your stress



“Stress exacerbates the symptoms of arthritis,” says psychologist Robert H. Phillips, PhD. “To minimize stress, write down the stresses in your life. Ask yourself which ones you can change and jot down strategies for change.”

Change your label



“When people see the world through their arthritis, they tend to refer to themselves as arthritic,” says Phillips. “Don’t let the condition define who you are.”

Simplify housework



Spare your joints from pain by performing household chores more efficiently. For example, fill a basket at the bottom of the stairs throughout the day to avoid multiple up-and-down trips.

Be creative with exercise



Exercise can be fun! Play fetch with the dog, pop in a fitness DVD, organize the kitchen cabinets or try a fitness video game. These can be just as good for you as a walk around the block.

Get organized



Keep a notebook charting doctor visits, levels of pain and medications ... and bring it with you to every appointment.

Snack every three hours



If you haven’t eaten for three hours, your blood sugar drops. You need to snack — it’s particularly important if arthritis is sapping your energy.

Anticipate pain



“Many people have pain in the morning or after exercise,” says Deborah S. Litman, MD. “So take a pain reliever before bed or before you exercise.”

Take supplements



“Think about adding a daily multivitamin and supplements to your diet, with your doctor’s approval,” suggests Khaled J. Saleh, M.D.

Go barefoot



Kick off your shoes and let those feet relax. “Most shoes increase forces on the knees more than going barefoot will,” says D. Casey Kerrigan, MD.

Eat breakfast at home



Rachel Brandeis, a registered dietitian, recommends a meal that combines protein, high-fiber carbohydrates and a little bit of fat to give you energy.

COSTCO OPENS IN FRUITPORT
WEDNESDAY, OCT. 29

FRUITPORT, Mich. – Costco will open a membership warehouse in Fruitport Wednesday, Oct. 29, at 8 a.m. The 152,000-square-foot warehouse is located at 6110 S. Harvey St., between E. Sternberg and E. Pontaluna roads. Previously, residents of the area had to drive approximately 35 miles southeast to Wyoming, 43 miles southeast to

Grand Rapids or 84 miles southeast to Kalamazoo to shop at Costco.

“Costco’s arrival into this area is a win for the community,” said Warehouse Manager Mark Zuerner. “We promise to

bring good jobs to the residents of the area, while also offering the immediate benefit of quality goods and services that Costco members have come to trust.”

Like other Costco locations, the Fruitport warehouse will offer quality, brand-name and private-label merchandise at incredible values. Costco helps businesses save money on supplies and on items for resale, plus provides a wide range of products and services for personal use.

The Fruitport Costco location will feature a variety of convenient specialty departments, including a Gas Station, Fresh Bakery, Fresh Meat, Fresh Produce, Fresh Deli with Rotisserie Chicken, Optical Department with Independent Doctor of Optometry, Pharmacy, Tire Center, Hearing Aid Center, Food Court, and Fine Wine, Beer and Liquor. Members also can save on Costco Services such as Travel and Auto Buying.