

Heart Attack Signs in Women

by American Heart Association

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs such as breaking out in a cold sweat, nausea or lightheadedness.
- As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

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.

Fruitport District Library to Open New Shop at the Lakes Mall

by Kim Holtrop

The Fruitport District Library is planning to lease a new space in the Lakes Mall on Harvey Street sometime later in May or in early June, as an addition to the current library programming. They'll be moving most of the Book Nook, which is currently located in the Park Street location's basement, into the mall storefront, creating a space the librarians have decided to call BFF, or Books for Friends. While keeping their other classes in the library basement as usual, the library will be holding its chair yoga class, line dancing class, and Family Storytime with Miss Lesa at the mall storefront. Additionally, they will host the annual art gala at the mall this fall.

The library has received \$16,000 in grants from the Michigan Arts and Culture Council, \$2,000 from Molina Insurance Company, and \$1,000 from the Empathy Day Project, which will pay for both the lease on the space and the classes and events being held there. The library is not using tax money to fund this expansion.

For more information on the library, visit their website at fruitportlibrary.org.

AMERICA READS THE BIBLE

WASHINGTON, D.C. - President Donald Trump was selected to read 2 Chronicles 7:11-22 from the Oval Office as part of "America Reads the Bible," a nationwide event commemorating 250 years of the Bible in America. The pre-recorded segment was scheduled to air on a Tuesday evening, with the broader reading running April 19 through April 25.

For millions of American Christians, this is more than a ceremony. It is the sitting president publicly reading Scripture from the most powerful office in the world — and the verse at the heart of his passage has been prayed over American soil for generations during every season of national crisis.

Event organizer Bunni Pounds said the passage was intentionally set aside for Trump over a year ago. Nearly 500 leaders and 122 ministries participated, with the full Bible being read aloud from Genesis to Revelation at the Museum of the Bible. The chosen verse is one of the most famous calls to repentance in all of Scripture — a reminder that no nation rises above the spiritual condition of its people.

"If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land." — 2 Chronicles 7:14

A president bowing his head over God's Word is not a political moment. It is a spiritual one. Because healing does not begin in Washington. It begins on our knees.

Right to Life Michigan

condensed from Amber Roseboom, President of Right to Life Michigan

Last year, the nation's biggest abortion provider, Planned Parenthood, did 434,450 abortions and held 320,390 telehealth appointments nationwide.

Planned Parenthood affiliates now offer the abortion pill through telemedicine in 24 states, including Michigan. They are targeting women, couples, and young people in our communities with an abortion-only response to unplanned pregnancy.

Their report is titled, "Care Continues." You and I both know this isn't "care" at all. It is predatory! And they are pushing their agenda through online targeted advertising.

Planned Parenthood rushes in to tell a woman a lie when she's most vulnerable: You can't do this. Your baby and your future cannot both survive. They sell her a false promise of freedom under the deceptive mantra of "choice". Abortion isn't freedom, it is abandonment.

Life. The Other Choice. is an educational ad campaign from Right to Life Michigan that helps us reach millions of women who are facing or will face unplanned pregnancies right here in Michigan with the resources to make a choice for life!

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