

**Dancing into Sunset 10th Anniversary, continued**



Please take note of the RAIN LOCATION: Fruitport High School Cafeteria at 357 N. Sixth - Fruitport, MI 49415. Watch Facebook closely to see if rain may change locations. Working together to bring some of the "alumni" back to the school when the weather does not cooperate brings back great memories for many. Those in attendance are so appreciative. Many thanks to Fruitport Community Schools for being a part of Dancing into Sunset Fruitport!

So happy to welcome the Harbor Trolley System once again to Fruitport. The trolley will be stopping at Norm's Ice Cream in Fruitport like last season. Then will make it's way to the Fruitport High School on Thursday evenings, the only parking lot where those attending Dancing into Sunset can park and jump on the trolley for a very nominal fee (seniors \$1.00 - see website for other ages) then will make its stop at Pomona Park on Thursdays and will return you back at the Fruitport High School parking lot. (Also this is only a one-time charge, so you won't have to pay twice to be picked up again and returned back to Norm's.) We must realize it takes approximately one hour for the trolley to do their loop to come back. This is

something new—we are trying to help with the parking situation around the park so please don't shoot the messenger, as they say, if things are a bit hectic the first few Thursdays. Be patient. I will welcome suggestions, not complaints, as we add this new feature to Dancing into Sunset to help with parking. Trolley brochures with map/website/phone numbers will be on site for the trolley.



**The Dancing Into Sunset Shuttle**

Now what you been waiting for! The band line up for each Thursday below:

Once again June and July we will start at 7:00 pm and end at 9:30 pm

- June 4, 2026 - Silverado Band – Country Rock
- June 11, 2026 - Carl Webb Band – Rock/Blues/Jazz/Latin/Folk
- June 18, 2026 – Bourne Bros Band – Classic Rock
- June 25, 2026 – The 6 Pak Band – Classic 60's
- July 2, 2026 – Silverado Band – Military Night
- July 9, 2026 – Carl Webb Band – Rock/Blues/Jazz/Latin/Folk
- July 16, 2026 – Two Dudes in Flip Flops – "Trop Rock for you Caribbean Soul"
- July 23, 2026 – Sea Cruisers –50's 60's & 70's
- July 30, 2026 – Chad Flores – New to line up – Country Rock

TIME CHANGE START 6:30 PM TO 9:00 PM

- August 6, 2026 – Todd Dunham North Bound Band
- August 13, 2026 – Lakeshore Big Band - Sounds of the big bands
- August 20, 2026 – Silverado Band - Wesco Popcorn night
- August 25, 2026 – TUESDAY - The Scottville Clown Band

**BUT WAIT** since Labor Day is still a week away we have two nights this week so mark your calendar for **Thursday AUGUST 27<sup>th</sup> 2026 – The Carl Webb Band will close out the Season with a surprise!**

Note the band line up comes from all your suggestions – It is then up to me to make contact with all and put in schedule. I think the community has great taste for who the majority would like to have play at Dancing into Sunset Fruitport year after year.

Watch for all the updates on our Facebook page: **Dancing into Sunset Dance Party Fruitport**. Still working my way around Facebook and hope to have help this season!

Until June 4<sup>th</sup>, stay warm, get those flowers and vegetable gardens planted as the days warm up. And we will see you at Pomona Park at 7pm sharp on June 4<sup>th</sup> 2026.

May tomorrow be a perfect day, May you find love and laughter along the way, May God keep you in his tender care until we meet again this season. I know I will be there.

**RETRACTION NOTICE FROM OCTOBER 2025 ISSUE**

In our October 2025 issue (Page 27), we printed two articles derived from emails that were part of a discussion between two individuals and not intended for publication. It was stated that Sue Halter authored these articles, which, in fact, was not the case. These articles took an anti-millage position on the November 4 Fruitport Schools vote, but Sue has been firm in her neutral stand on this issue for many years. She has confirmed with the paper that she did not write these articles. We are not sure exactly how this mistake was made, but the Fruitport Area News sincerely apologizes to Sue and to our readers for the oversight. We have removed both of the articles from the online paper (www.fruitportareanews.com) and have placed a correction notice instead.

**10 Habits for Better Pain Management With Arthritis**

**For more tips on living with arthritis, visit [arthritis.org](http://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."

**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.

**Get organized**



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

**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."

**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.

**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."

**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.

**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.

**Take supplements**



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

**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.

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**American Family Radio ..... 91.7 FM**

**Moody Radio ..... 89.3 FM**

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 Community Access Line of the Lakeshore

- A single dad wants to join a parent support group
- A nineteen year old college student seeks HIV testing
- A runaway teen needs a safe place to stay
- A working woman seeks adult day care for her elderly father and a caregiver support group for herself
- A senior citizen wants to volunteer
- A young family in financial crisis searches for budget counseling

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