



Cascade Life

JUNE 2016

A SOCIAL PUBLICATION EXCLUSIVELY FOR THE RESIDENTS OF WATERMARK, MANCHESTER HILLS, TAMMARRON, CASCADE ACRES, CASCADE LAKES, CASCADE FARMS & TALL PINES

Welcome baby
Beckett Bryce McCarthy
of Watermark

Photo by Jacee Beck

For him Titanium
Tungsten
Gold
Custom

vanderberg Jewelers
Fine Gems & Jewelry Since 1923

Theirs or
Yours!
Custom Wedding
& Engagement Rings

Mention this ad and Cascade Life readers will save 50% on watch batteries.
Installed while you wait!

www.vanderbergjewelers.com | **616.285.6059**
6779 Cascade Rd. SE, Grand Rapids, MI 49546

Complete Family Dentistry

- Crowns in one appointment -
- Free Exam for Dental Implant Consultation -
when you mention this ad.

D. J. Edgerle, DDS, PC
Committed to Excellence
(616)949-2720
Fax (616)949-9320
751 Kenmoor SE, Suite G • Grand Rapids MI 49546
www.drdjedds.com • email: dj@dredgerledds.com

Carpet, Upholstery, &
Ceramic Tile Cleaning

White Glove Cleaning
616.534.6739 | wgcmteam.com

When you can't be with your loved one...we can

• Transportation • Companionship • Personal Care

ACTi-KARE[®]
RESPONSIVE IN-HOME CARE

*First Visit Free!**

Call Now For a **FREE** Consultation!
616-710-3187
www.grandrapids.actikare.com
kkampfschulte@actikare.com

*Call for details.

IMPORTANT PHONE NUMBERS

Cascade Township Officials 616-949-1500

| | |
|-----------------------|--|
| Supervisor Rob Beahan | rbeahan@cascadetwp.com |
| Clerk Ron Goodyke | rgoodyke@cascadetwp.com |
| Treasurer Ken Peirce | kpeirce@cascadetwp.com |
| Trustee Tom McDonald | tmcdonald@cascadetwp.com |
| Trustee Fred Goldberg | fgoldberg@cascadetwp.com |
| Trustee Jack Lewis | jlewis@cascadetwp.com |
| Trustee Jim Koessel | jkoessel@cascadetwp.com |

Forest Hills School District

Thornapple Elementary School (K-4): 493-8920
Central Woodlands School 5 & 6 Grade: 493-8790
Central Middle School 7 & 8 Grade: 493-8750
Central High School: 493-8700

Convenience Telephone Numbers

Burning Permit... (2nd & 4th Sat./mo., 8 am – 6 pm): 949-1320
Cascade Library... Hours: M-Th. 9:30-8:00, F & Sat. 9:30-5:00,
Sun. 1:00-5:00: 647-3850
Cascade Township Office: 949-1500
Kent County Road Commission: 242-6900
Consumers Energy Company: 1-800-477-5050
DTE Energy: 1-800-477-4747
Miss Dig (Buried Cable Locating Service): 1-800-482-7171
Allied Waste Services (Garbage Pickup and Recycling Info): 1-800-882-9565
Comcast (Cable): 1-800-824-2000

EMERGENCY PHONE NUMBERS

| | |
|-----------------------|-------------------------------|
| 911 | Fire Department, Emergency |
| 949-1320 | All Others |
| 911 | Sheriff Department, Emergency |
| 336-3113 | All Others |
| 911 | Emergency Unit |
| 1-800-222-1222 | Poison Control Center |

DISCLAIMER: Any articles included in this publication and/or opinions expressed therein do not necessarily reflect the views of N2 Publishing but remain solely those of the author(s). The paid advertisements contained within the *Cascade Life* magazine are not endorsed or recommended by N2 Publishing or the publisher. Therefore, neither N2 Publishing nor the publisher may be held liable or responsible for business practices of these companies. NOTE: When community events take place, photographers may be present to take photos for that event and they may be used in this publication.



www.n2pub.com
© 2016 Neighborhood Networks Publishing, Inc.

AREA DIRECTOR Leigh Hunt
616-862-4567
leigh.hunt@n2pub.com

EVENTS COORDINATOR Kathleen Buzzitta
616-308-1646
kathleenswanson@hotmail.com

PHOTOGRAPHERS Sara Buzzitta
Tricia Murray Donovan
Nicole Siembor
Avery Wedder

CREATIVE TEAM Grant McGugin Eric Sykora
Cayla Rickard Tanya Wright
Heather McClrath

EDITORIAL CONTRIBUTORS Scott Seifferlein Judy DeLapa
Payton Field Anya Zentmeyer

We are always looking for residents to follow up on leads, find great stories and send us ideas. Let's celebrate the great things happening in Cascade! No contribution is too small. Please email leigh.hunt@n2pub.com with your pictures, suggestions or requests.

West Michigan's most
trusted home improvement
professionals since 1955.

Godwin
GODWIN'S GOT IT
GodwinPlumbing.com 616-243-3131

HARDWARE • PLUMBING SERVICES • HEATING & COOLING
WATER TREATMENT • DESIGN CENTER



This section has been created to give you easier access when searching for a trusted neighborhood vendor to use. Take a minute to familiarize yourself with the businesses sponsoring Cascade Life.

These local businesses are proud to partner with you and make this magazine possible. Please support these businesses and thank them for supporting Cascade!

ADULT CARE SERVICES

Comfort Keepers
(616) 942-9770
www.comfortkeepers.com/office-592

APPLIANCES / HOME THEATER

Bekins
(616) 957-2333
www.bekins.us

ASSISTED LIVING / MEMORY CARE

Emerald Meadows
(616) 954-2366
www.providenceliveservices.com/emeraldmeadows

AUTO REPAIR- EUROPEAN, DOMESTIC & TIRE

GR Motor Car
2735 29th Street
Grand Rapids, MI 49512
(616) 333-2252
www.grmotorcarservice.com

BRICK & MASONRY

Belden Brick & Supply
(616) 459-8367
www.beldenbrickandsupply.com

BUILDER/CUSTOM HOMES

Insignia Homes
(616) 940-1703
www.insigniahomesmi.com

CARPET & UPHOLSTERY CLEANING

White Glove Cleaning
(616) 534-6739
wgcmteam.com

CHIROPRACTOR

The Chiropractic Doctors
(616) 432-3103
www.thecascadechiropractor.com

CLEANERS ALTERATIONS TUX RENTAL

Afendoulis Cleaners and Tuxedos
(616) 459-9169
www.afendoulistuxedos.com

COSMETIC & FAMILY DENTISTRY

Mark Tournell, DDS, Family Dentistry
(616) 942-0840
www.tournellfamilydentistry.com

COSMETIC & PLASTIC SURGERY

Elite Plastic Surgery
(616) 459-4131
www.eliteplasticsurgerygr.com

CREDIT UNION

Adventure Credit Union
(616) 243-9970

DRY CLEANING - PICK UP & DELIVERY

Curtis Laundry & Dry Cleaners Inc.
(616) 897-9810
www.curtiscleaners.com

ESTATE PLANNING / ELDER LAW

Cottrell and Jacobs, PLC
(616) 682-5574
www.wmepc.com

EYE CARE/SURGERY/LASIK

Grand Rapids Ophthalmology
(616) 949-2600
www.seeitclear.com

FAMILY DENTISTRY

D.J. Edgerle, DDS
(616) 949-2720
www.dredgerledds.com

FINANCIAL ADVISOR

Modern Woodmen Fraternal Financial
(616) 446-6088
www.modern-woodmen.org/rep/bdigenero

FINANCIAL CONSULTING

Argus Financial Consultants
(616) 949-8300
www.eyeargus.com

FLOORING

Bear Creek Wood Floors
(616) 748-8080
bearcreekwoodfloors.com

Century Cabinetry Flooring Cleaning
(616) 988-4524
www.century-gr.com

FLOORING, CARPET & HARDWOOD

Flooring by Design
(616) 534-6500
www.flooringbydesign1.com

GOLF CARS

US Golf Cars
(800) 321-9616
www.usgolfcars.com

GREENHOUSE AND FARM MARKET

Bos Greenhouse
(616) 949-0407
www.bosgreenhouse.com

HEATING / COOLING & GEOTHERMAL

B & B Heating and Cooling
(616) 887-1290
www.myhvacguys.com

HOME CARE & ASSISTANCE

Acti-Kare Responsive In-Home Care
(616) 490-4615
www.grandrapids.actikare.com

HOME FURNISHING / INTERIOR DESIGN

Standale Interiors
(616) 453-8201
www.standaleinteriors.com

INSURANCE

Lake Michigan Insurance Agency
(616) 234-6983
www.lmciu.org/insurance/personal/

INSURANCE AGENT

Farm Bureau Insurance-Mike Curtis
(616) 421-8505
mikecurtisagency.com

JEWELRY STORE

Vandenberg Jewelers
(616) 285-6059
www.vandenbergjewelers.com

KITCHEN & BATH

Starlite Kitchens
(616) 583-9304
www.starlitekitchens.com

LANDSCAPE MAINTENANCE AND DESIGN

Katerberg VerHage Landscaping
(616) 949-3030
www.katerbergverhage.com

LASER & EYE INSTITUTE

Keil Lasik Vision Center
(616) 365-5775
www.keillasik.com

MATTRESSES

Sleep Doctor Mattress Store
4020 28th Street
Kentwood, MI 49525
(616) 977-5780
sleepdoctormattress.com

MEDICAL SUPPLIES AND EQUIPMENT

All Things Medical, Inc.
(616) 940-1577
www.allthingsmedicalinc.com

MEN'S GROOMING

Lux
(616) 521-2135
lux-gr.com

PERSONAL TRAINERS

DBM Strength Training
(616) 901-6247
www.dbmstrengthtrain.com

PHOTOGRAPHER

Nicole Siembor Photography
(616) 890-6455
www.nicolesiembor.com

PLASTIC & AESTHETIC SURGERY

Advanced Plastic Surgery
(616) 323-3102
www.apsgr.com

PLASTIC SURGERY

Partners in Plastic Surgery of West Michigan
(616) 464-4420
www.pipsmd.com

PLUMBING SERVICES

Godwin Plumbing
(616) 243-3131
www.godwinplumbing.com

POOLS, SPAS & OUTDOOR LIVING

Acme Pure Blu
(616) 677-7665
www.acmepureblu.com

PROPANE DELIVERY COMPANY

Altogas
(616) 868-6242
www.altogas.com

REALTOR

K Cooley Properties
(616) 575-0115
www.karolcooley.com

Marie Hillery-Bettendorf
(616) 940-6625
cbgreatlakes.com

REALTORS

Lucas Howard Group
(616) 893-6478
www.lucaswardgroup.com

**RESIDENTIAL /
COMMERCIAL
CLEANING**

Clean Corners, LLC
(616) 644-7991
www.mycleancorners.com

RESTAURANT

Vitale's of Ada
(616) 676-5400
www.vitalesada.com

RETIREMENT LIVING

Porter Hills
(616) 949-4975
www.porterhills.org

SENIOR LIVING

Heather Hills
(616) 942-1990
www.heatherhills.com

TRAVEL AGENCY

Breton Travel
(616) 942-0300
www.bretontravel.com

TUTORING

Kumon Math & Reading
Center
(616) 977-0729
www.kumon.com/cascade

TUTORING SERVICES

Ada's Cool School
(616) 644-6753
www.adascoolschool.com

Mathnasium

(616) 956-5600
www.mathnasium.com

**VETERINARY
HOSPICE**

Heaven at Home Pet Hospice
(616) 498-1316
www.pethospicevet.com

**VETERINARY
HOSPITAL/GROOMING
& BOARDING**

Cascade Hospital for Animals
(616) 949-0960
www.chfa.net



Give your pets the comfort they deserve.

**Heaven at Home
Pet Hospice**

**Pet Hospice
In-Home Euthanasia**

Dr. Laurie Brush, DVM
Heaven at Home Pet Hospice
www.pethospicevet.com
616-498-1316

**NEW PATIENT SPECIAL
FREE WHITENING**
A \$360 VALUE - CONTACT US FOR DETAILS

**Mark Tournell, DDS
Family Dentistry**

P: 616-942-0840
5010 Cascade Rd SE
Grand Rapids, MI 49546

tournellfamilydentistry.com

**LUX
SALON FOR MEN**

**1894 Breton Rd
616.551.2135**
Breton Village Mall,
Outside Entrance

lux-gr.com

KATERBERG VERHAGE
CREATE. GROW. PRESERVE.

Happy Spring!

Spring is upon us. Plan ahead for your spring and summer projects!

Contact us today to see what our team can do for you!

(616) 949-3030
www.katerbergverhage.com

**All THINGS
Medical INC**

Living Well at Home

- Aids For Daily Living
- Bath Safety
- Compression
- Incontinence
- Maternity
- Mastectomy
- Mobility
- Orthotics
- Pain Management
- Pediatrics
- Post Surgical
- Wound & Skin Care

Specializing in innovative products, education, personal service and support.

Located at 820 Forest Hill Avenue
Suite A, Grand Rapids, MI 49546
Call 616.940.1577

**YOUR OUTDOOR
OASIS AWAITS**

Customize your home with a cozy, welcoming outdoor living space. Visit our showrooms for inspiration.

Belden
GRAND RAPIDS | KALAMAZOO | SAGINAW
BELDENBRICKANDSUPPLY.COM

publisher's note

I couldn't resist the opportunity
to share the attached photo!

For anyone brave enough to have stayed in town during spring break this year, this picture says it all. While the kennels were full, Cascade was a virtual ghost town, providing the opportunity for effortless weekend grocery shopping and dining out at popular Cascade restaurants without the need for reservations. But that was then, and this is June. It's time to get serious about why we live where we do! For three months out of the year at least, Michigan truly is the happiest place on earth.

As you head out to those graduation parties, weddings and backyard barbeques, not to mention summer cottages and eagerly awaited summer road trips, don't forget to take pictures. And when you do, take a moment to send a few of them to *Cascade Life*. We love hearing more about you and the special people and places in your life and are happy to help you share summer with your Cascade friends and neighbors!



Cascade's Gina Kastner relaxing poolside during spring break. Pure Michigan!

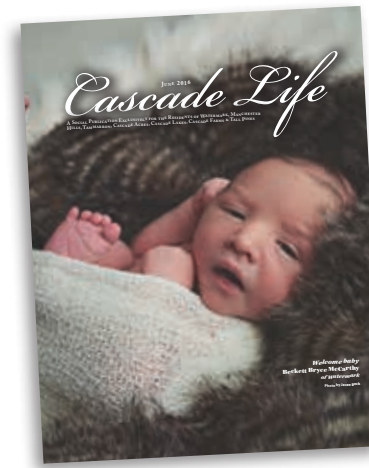


Leigh Hunt
Cascade Life Area Director
616-862-4567
leigh.hunt@n2pub.com



about our advertisers

If you're enjoying this publication,
PLEASE SUPPORT AND THANK
OUR LOYAL ADVERTISERS!



It is their investment in *Cascade Life* that makes this possible. We are able to offer this publication completely free to *Cascade Life* residents because of the businesses who partner with us to sponsor it. These businesses have undergone an extensive screening and selection process and are locally owned and operated. It means a lot to our valued business partners to be involved in the publication, so please let them know you saw their ad in *Cascade Life* when you do business with them and tell them how much you enjoy reading the publication each month and are grateful for their support of it! Please email **leigh.hunt@n2pub.com** to share your positive experience with our publication partners and to recommend your favorite business!

See every moment.

Complete Eye Care
We offer a full menu of services for a lifetime of eye care for your entire family.

Routine Eye Care
Eye Exams | Complete Optical | Contact Lenses

Medical and Surgical
LASIK | Cataracts | Diabetic Exams | Pediatric Eye Care
Glaucoma Treatment | Eye Injuries | Corneal Treatment
Retinal Laser & Surgery | Correction for Crossed & Lazy Eyes
Cosmetic & Reconstructive Eyelid Surgery

GRAND RAPIDS OPHTHALMOLOGY
Eye Care | Surgery | Laser Correction
seeitclear.com 616.949.2600

East Beltline | Walker | Grandville | 68th St. | Rockford
Caledonia | Holland | Ionia | Greenville

Hardwood Floors Made Easy!

Flooring by Design

3270 28th St. SW
Grand Rapids, MI
616-534-6500

www.flooringbydesigngr.com

Comfort Keepers® Celebrating 10 years

Thank you for placing your trust in Comfort Keepers® for the past 10 years and allowing us to provide compassionate in-home care that helps seniors live safe, happy, independent lives in the comfort of their own homes. We're excited to see what the next 10 years will bring!

SERVICES

- Companion Care • Light Housekeeping
- Personal Care • In-Home Safety Solutions

Contact Us Today
(616) 942-9770

Comfort Keepers®
a sodexo brand

5075 Cascade Rd., Suite H • Grand Rapids, MI 49546
Most offices independently owned and operated. © 2015 CK Franchising, Inc.

ComfortKeepers.com



Amber, Carson and Terrence enjoying time together in the weeks leading up to Beckett's arrival.

meet baby BECKETT BRYCE MCCARTHY of Watermark

Photos by **Jacee Beck**

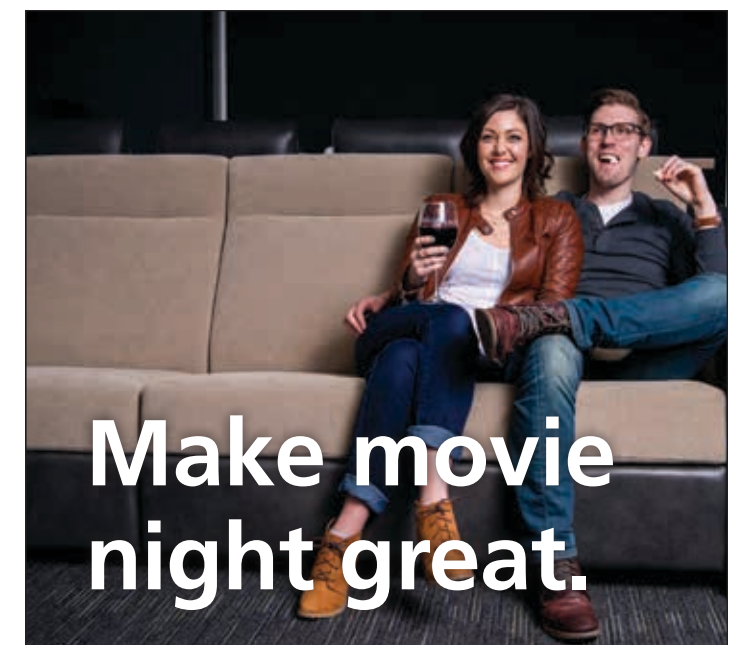
On February 14, 2016, at 7:54 a.m., Watermark residents Amber and Terrence McCarthy, along with big brother Carson Cruz McCarthy, welcomed the newest addition to their family. Beckett Bryce entered the world at 20 inches, weighing 8 pounds and 6 ounces. Welcome to Cascade, Beckett!

If you or a neighbor you know are graduating, getting married, expecting a baby/grandchild, planning a special anniversary or retiring, please contact leigh.hunt@n2pub.com. We love to highlight Cascade Life families and their milestones.

The McCarthys moved to Watermark in 2014. When asked about their favorite part about living in the neighborhood, they answered, "The location and convenience, the golf course, pool and school district. We love the sense of community and the people. And it is close to everything."



Beckett with big brother, Carson



Make movie night great.



Classic sounds.
Modern systems.

classicstereo.us

(616) 301-3388



6275 28th St SE
Grand Rapids

[i](#) [f](#) [p](#) [t](#) [+](#)

wellness tips

Why Do So Many Professional ATHLETES & A-LIST CELEBRITIES See A Chiropractor?

From Michael Jordan to Tom Brady, Leonardo Dicaprio to Jennifer Aniston what do these people all have in common? Besides being A-list celebrities and super star athletes at the top of their game, they are all under regular chiropractic care. Why would people with an exorbitant amount of disposable income, access to the world's best medical doctors, personal trainers, dieticians and nutritionists, be seeing a chiropractor regularly? Do they all have back problems? Are they in pain all of the time? Far from it actually, they are seeing a chiropractor regularly for what I like to call the two Ps, performance and prevention.

It's not just coincidence that the all-time winningest baseball team in the history of the MLB, the New York Yankees, have their own team chiropractor on hand at all times. Anybody that wants to maximize their human potential and perform the best they possibly can understand that every single function their



young achievers

Troup 345 Eagle Scouts Nick Doyle, Brenden Koop, Ryan Mulder, Jon Pearcy, Calvin Mast and Seth Yonker

Introducing New Eagle Scouts From Cascade's TROOP 345



Cascade Life congratulates the most recent group of young men from Ada/Cascade's Troop 345 who have earned the rank of Eagle Scout. They include Nick Doyle, Brenden Koop, Ryan Mulder, Jon Pearcy, Calvin Mast and Seth Yonker.

Eagle Scout is the highest achievement or rank attainable in the Boy Scouting program. The designation Eagle Scout has a long history since its founding over 100 years ago. Only four percent of Boy Scouts are granted this rank after a lengthy review process. The requirements necessary to achieve this rank take years to fulfill. Since 1987, 102 young men from Troop 345 have become Eagle scouts.



We love to highlight residents and their involvement in the community. Please contact leigh.hunt@n2pub.com for more information.



GOT PAIN?

INTRODUCTORY OFFER!

Detailed Consultation, Examination (Ortho,Neuro,Sensory,Motor) Digital Motion Study Filmography, Follow up Doctor's report and massage at Design One Salon and Spa. Call to schedule your appointment and get to the cause of your problem! \$420 Value for just \$40!



TheChiroDocs.com
616.432.3103

5747 28th St SE, Grand Rapids, MI 49546

Offer may not apply to Medicare or Medicaid.



body carries out is controlled and coordinated through the central nervous system. From swinging a golf club, to winning an Oscar, to something as common and every day as digestion, proper nervous system function and coordination is a must for the body to perform its daily tasks in perfect harmony. Just like a precision musical instrument or a high performance automobile needs regular tuning and adjustment, the human body is no different. Elite level athletes and celebrities understand this concept and elect to fine tune their body regularly for performance in all areas of their lives.

Prevention is another reason adjustments are necessary, especially for those wanting the best for themselves and the ones they love. In order to function at the highest level on a daily basis (longevity) forward thinking is required in terms of prevention. To maintain an elite level of performance for a sustained period of time, professionals get adjustments to prevent injury, sickness and disease. Their health, like my health and your health, is our most important asset and so investing in their most important asset on a regular basis just makes sense. Everyone sitting here reading this right now brushed your teeth today (I hope) you didn't do it because they hurt or had a cavity. You brushed your teeth today to prevent tooth decay and cavities, the same way those like Arnold Schwarzenegger, Denzel Washington and Jerry Rice get adjusted regularly to prevent spinal decay and nervous system dysfunction leading to sickness, disease and injury.

Chiropractic care is not only for pain relief, but also for those who want to maximize both performance and prevention in their lives.

Specializing in custom and prefinished hardwood floors for homeowners who value old world craftsmanship and quality

- Dust Controlled Refinishing -



BEAR CREEK
WOOD FLOORS

340 East Garfield,
Zeeland MI 49464
bearcreekwoodfloors.com
616-748-8080

URBAN | PLANK
Custom Prefinished Floors
Made in Michigan

Quality you can stand on.

escorted Family Tours



tour & travel

Escorted tours designed exclusively for families are growing in popularity. Family excursions visit worldwide destinations providing quality family time, engaging cultural, sightseeing and educational experiences, and fun for all ages. Your travel with like-minded families moves at a pace calculated to keep everyone both happy and stress free.

Some travel companies like Tauck Bridges and Adventures by Disney exclusively offer family vacations. Others like Trafalgar have a few family friendly options. While the details of each escorted family journey vary by destination and tour operator, they generally have a few characteristics in common. A knowledgeable and friendly tour director will choreograph every detail making sure you can be fully present on your family vacation. You will stay at centrally located, kid friendly accommodations which often include pools and game rooms. Meals will make provisions for picky eaters. To ensure non-cranky travelers, early mornings are avoided where possible; and the pace is a bit more leisurely than a typical escorted tour. Also, there is usually some built in free time for families to explore and enjoy on their own.



Book Your Holiday Travel NOW! Your Breton Travel Consultant & Delta Vacations will help you create the memories of a lifetime. Call 616-942-0300 or 616-957-5055

Breton Travel **DELTA VACATIONS**

©2015 MLT Vacations, LLC 01/2015B

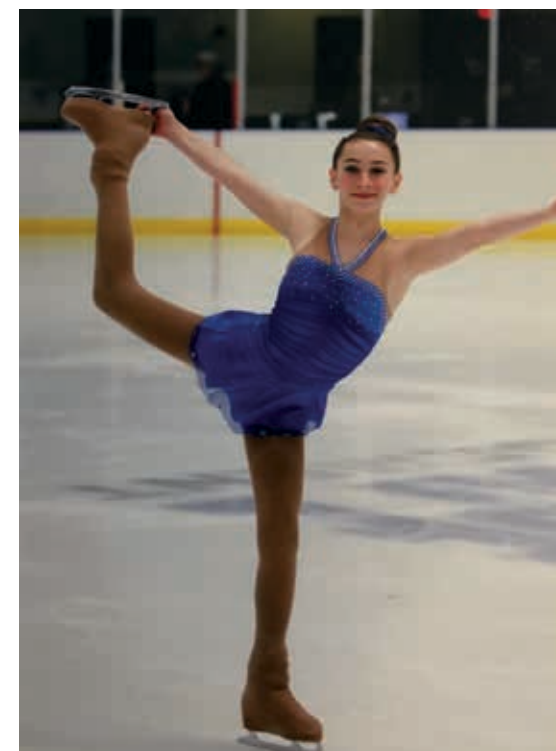
Engaging family pursuits for all ages feature authentic hands-on experiences that include adventurous activities, awe-inspiring sights, meeting fascinating locals, and spotting wildlife. Special care is taken to provide interaction with local culture. For example, you may have lunch with real cowboys, learn to make your own pizza in Florence, pan for gold in Alaska, or learn to waltz in a Viennese palace. Moderately adventurous activities can include such things as biking, horseback riding, whitewater rafting, kayaking, ziplining, off-roading, fishing and archery to name a few.

Family escorted tours span the world, but there are a few extra popular destinations: the West- National Parks and cowboy country; Europe and Great Britain; and the exotics- Africa, Machu Picchu, Galapagos and Costa Rica. The newest hot ticket is European river cruises designed especially for families.

What are the benefits of a multigenerational escorted family vacation? Kids love spending one-on-one time with their parents and grandparents. Tours organized and managed by experts in family travel allow you to be on vacation, too. Traveling with other families reduces a lot of the pressure of traveling with children. While your kids are enjoying the vacation of a lifetime, they will be learning about the world through first-hand experience, always the best teacher. You are creating memories your family will revisit for the rest of their lives.



MEET Lara Seledotis *of Tall Pines*



Lara Seledotis of Tall Pines

When 11-year-old Lara Seledotis was younger, she was always eager to go to the ice arena.

“Not to skate, but to have a pretzel, play with other kids, and watch Saturday morning cartoons,” said her mother, Diana Seledotis, of Cascade’s Tall Pines neighborhood.

She says Lara would watch her older brother, Brett, at Patterson Ice Arena, a young hockey player learning to stand up on the ice by pushing a big metal triangle for support, and found her own place in the rink one day when she saw a few figure skaters gliding along the ice.

For Lara, learning to figure skate was not an easy process. Although Diana says there were times when Lara thought about quitting, she persevered, not wanting to lose the budding friendships with other figure skating hopefuls she shared the ice with each week.

“She’s grateful for the coaches who did not give up on her even though she frequently ‘hung around the boards’ instead of venturing out on the ice,” Diana said. “She has learned through her coaches the art of disciplined practice and she realizes how lucky she is to have such a lovely and warm ice rink in her neighborhood.”

Now almost 12 years old, Lara doesn’t think about quitting any more, and answers to a 7 a.m. wake-up call each Saturday morning for practice. Figure skating has added a new dimension to Lara’s life, bringing her treasured friendships, sleepovers, Valentine parties, beautiful costumes, and unforgettable road trips to competitions.

“Saturday morning cartoons can still be fun,” she said. “But not as much fun as watching Gracie Gold float across the ice.”

athlete of the month

By Anya Zentmeyer



Do you know of a student athlete that would enjoy being featured as our next Athlete of the Month? Contact leigh.hunt@n2pub.com.



Tammarron North resident Dr. David Barrett and Cascade Lakes residents Colleen Mulder and Dr. Marcus Muallem, all of Grand Rapids Ophthalmology

making a difference

Grand Rapids Ophthalmology's 29th Annual Drive For Vision Is June 20

For over a quarter of a century, more than 80,000 people in our community have received much needed low or no cost vision care through the efforts of Grand Rapids Ophthalmology and the Grand Rapids Lions Club. This has been made possible through the annual Grand Rapids Ophthalmology Drive for Vision Charity Golf Outing. This year's event will take place June 20 at the Quail Ridge Golf Club. All proceeds provide needed services to our community through support to the Association for the Blind & Visually Impaired (ABVI) and the Grand Rapids Lions Club Vision clinic at Cherry Health.

In the past, over 140 golfers have participated and many sponsors have contributed to the success of the event, including Grand Rapids Ophthalmology's Dr. David Barrett of Tammarron North and Dr. Marcus Muallem of Cascade Lakes. Sponsorships are provided by the practice's vendors and other sources as well. The staff of Grand Rapids Ophthalmology also volunteers. Lunch and registration begin at 11:30 a.m., shot gun start at 1 p.m. **To learn more and be involved this year, call 616-560-2164 or email info@driveforvision.com.**



Dr. Dennis Hammond • Dr. Andrea Van Pelt • Dr. Melissa Kath

SPECIALIZING IN:

- Breast surgery
- Body contouring
- Facial enhancement
- Dermal fillers and injectables
- Skin care
- Hair removal

Let the team at Partners in Plastic Surgery put their experience and personalized care to work for you. Now is the time!"



CALL TODAY TO SCHEDULE
A CONSULTATION
616-464-4420
WWW.PIPSM.COM
4070 LAKE DR., STE 202
GRAND RAPIDS, MI 49546



Modern. Fun. Timeless
Capturing your memories one click at a time
www.nicolesiembor.com
creative@nicolesiembor.com
616-890-6455



CALL FOR TAKE OUT OR DELIVERY!
VISIT US FOR HAPPY HOUR MONDAY-FRIDAY 3 P.M. - 6 P.M.

VITALE'S OF ADA
400 ADA DR SE | 616-676-5400



The Mike Curtis Agency protects all your life's moments.



616-421-8505
mcurtis@fbinsmi.com
MikeCurtisAgency.com

Custom Home Building and Remodeling



**Insignia
Homes**

614 First Street Grand Rapids, Mi 49504 | (616) 940-1703
InsigniaHomesMI.com

LOOK ON THE *Bright Side*



By Dr. Ewa Timek, M.D.

The sun is the source of energy that sustains life, but accumulated exposure without proper protection has negative consequences. The main types of rays that damage our skin are UVA and UVB. This damage manifests itself in the appearance of fine lines, wrinkles, laxity, and discoloration, but the most dangerous consequence is a higher risk of skin cancer. According to various studies, 90 percent of premature aging is caused by environmental damage.

To adequately shield skin from the sun, sunscreen needs to be a part of every daily skincare routine. Options include physical UV-reflecting ingredients, chemical UV-absorbing ingredients, or a combination of both. The most important thing to look for on a label is the term broad spectrum, which indicates full coverage from the entire spectrum of UVA and UVB radiation, whereas



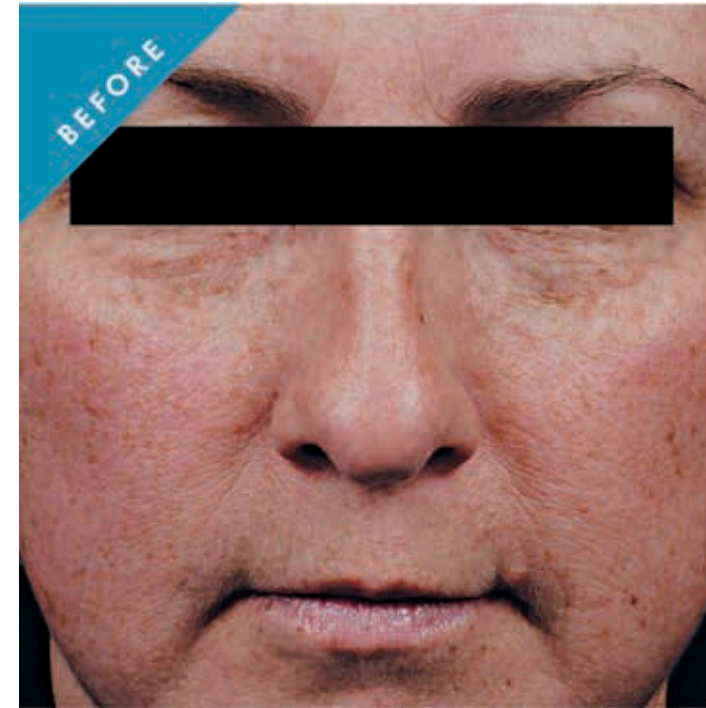
SPF only measures the length of time one is protected from the UVB rays responsible for sunburn.

Research has shown that sunscreen alone may not provide adequate protection from environmental damage. A key finding shows that sunscreens may only block 55 percent of the free radicals generated by UV exposure. Pollution depletes natural antioxidants and exhausts natural antioxidant defenses in the stratum corneum (the outer most layer of skin) by creating free radicals, which damage vital cell structures, essential in maintaining skin elasticity. Free radicals disrupt the natural cycle of collagen and elastin production in the dermis to cause fine lines and wrinkles. Additionally, environmental offenders activate inflammatory pathways in the epidermis, which can lead to inflammatory skin diseases and cancer.

GOOD VS. BAD OZONE?

Interestingly, ozone is both protective and detrimental to humans. Ozone (O₃) is a gas molecule composed of three oxygen atoms. Ozone occurs naturally in the Earth's upper atmosphere – 10 to 30 miles above the Earth's surface – where it forms a protective shield against the sun's harmful ultraviolet rays (good ozone). However, near ground level, ozone is created when volatile pollutants emitted by cars, industrial refineries, and chemical plants, react chemically with sunlight. Ground level ozone, also known as smog, is carcinogenic and aggressively attacks tissue on contact. Ozone depletes natural antioxidant defenses, oxidizes cell lipids and proteins causing accelerated skin aging and increase in skin pathology.

For broad range protection against all sources of environmental skin aggressors, it's imperative to use a topical antioxidant in conjunction with a daily sunscreen. Medical grade skin care products containing antioxidants, such as active vitamin C offer a range of antioxidant products that have been clinically proven to neutralize damaging free radicals induced by UV radiation and pollution. It is recommended that mechanical protection of daily sun screen containing either zinc oxide or titanium dioxide be combined with a daily antioxidant treatment that does not only protect against environmental skin injury but can also reverse signs of aging restoring skin glow, reducing wrinkles, and improving skin elasticity.



24-week clinical study conducted on 35 Caucasian female subjects ages 35-65 years old (USA, 2008). Phloretin CF® applied once daily in the morning. For controlled results, subjects used SkinCeuticals Gentle Cleanser and a sunscreen daily.



Enjoy Your Beautiful Self!

Advanced Plastic Surgery is a cutting edge plastic surgery practice in Grand Rapids specializing in a broad spectrum of cosmetic, reconstructive, and non-surgical procedures involving face, breast, and body. Dr. Ewa Timek is a Stanford-trained board certified plastic surgeon who uses an evidence-based approach to best determine the optimal option for each patient. This provides the more effective and satisfying long term results.



ADVANCED PLASTIC SURGERY

www.apsgr.com

4551 Cascade Road SE • Suite D • Grand Rapids, MI 49546

P: 616.323.3102 | F: 616.323.3061



Connect with us.



In 2007, with a firm foundation established in the residential floorcoverings market, Century Floorspace branched into kitchen and bath cabinetry design. Since then, Century has provided an exceptional, full service approach to guide you through the decisions and selections of your new construction or remodel project. *At Century, every job, large or small, is sealed with excellence.*

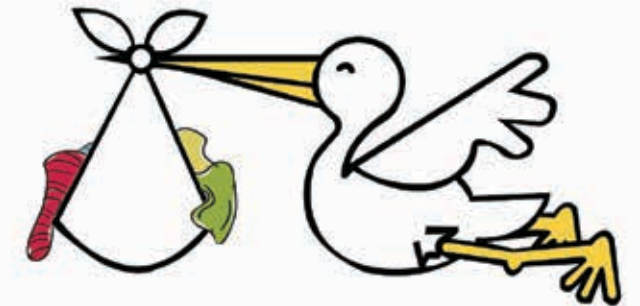


CENTURY

FLOORING • CABINETRY • CLEANING

616.988.4524 . CENTURY-GR.COM

afendoulis cleaners
proudly announces the birth of



Special Delivery Wednesdays!!

After 70 years, our family is growing to include the convenience of Pick up and Delivery! Every Wednesday we will be in your neighborhood to grab your precious bundle of clothes. Sign up today at afendouliscleaners.com!

“what’s up cascade?”



By Payton Field, Junior Editorial Contributor



Bella Patterson of Cascade Farms



Bella and her family moved to Cascade from Zurich, Switzerland, in 2015.

MEET BELLA PATTERSON

Picture this: A deep blue river runs through a valley of green luscious grass and tall breathtaking mountains. The light blue sky is clean and the air is crisp. It’s a perfect postcard view.

For new sophomore student, Bella Patterson, this was her reality. For the past 10 years, up until now, Bella lived in Zurich, Switzerland.

“When I first moved to Zurich, I was only 6 years old,” Bella said. “Even though I was far away from the rest of my family, it was a lot easier to adapt to everything around me.”

In Zurich, the customs and traditions are very different than they are here. Each day Bella’s school schedule would be constantly changing. At the beginning of the week, she would be provided with a weekly schedule (instead of a daily schedule). She had an hour and a half lunch break and during that time period, Bella could go wherever she wanted.

According to Bella, the school days at FHC are not as entertaining and interesting as they were back in Zurich. The days would go by faster, each Wednesday was a day off, and throughout the breaks, she could leave and go wherever.

“Living in Zurich, I had a lot more freedom,” Bella said. “People would go out and take the unique and amazing public transportation such as trams, trains, and boats. It was also very safe there. I could go into the city by myself and not have to worry about anything happening to me.”

Her school was six floors high and each room had a window overlooking a beautiful view.

Once moving back to Michigan, the adjustment from her old life to her new life was clearly challenging. Bella says that moving back to Grand Rapids was harder than moving to Zurich due to the fact she was traveling to a foreign country.

“Most of my life was spent there [in Zurich] and it was very hard to come back and fit in with everyone,” Bella said. “It has taken so much longer to adapt and I am still adapting to things here.”

One of the few things Bella enjoys about living in Grand Rapids is being closer to her family. She has 6 siblings, all older than her, and because she lives here now, she can spend more time with them. “Of course I miss things from Zurich, but living here, I enjoy being closer to my family and being able to drive!” Bella said.

Whether Bella is learning in the beautiful city of Zurich or in the city of Grand Rapids, her perky, intelligent, and gracious personality will catch the hearts of all and take her down the road to success.

“Living in Zurich taught me to be independent, but now living here, I am learning to try new things and adapt to change,” Bella said. “That is what being a part of FHC and GR has taught me.”



Hey kids! We’d love to get to know the kids on your block. Do you know a family that would enjoy being featured in “What’s Up Cascade?” Contact leigh.hunt@n2pub.com and we will do the rest.



Golden Doodle Zoey lives in Cascade Farms with the Field family. She is pictured here with sisters Payton, Ellie and Clare Field.

It’s a perfect summer day. The sun is shining down on the luscious green grass as the clouds migrate across the deep blue sky. The freshly cut lawn is pristine and undisturbed, while the sound of laughter echoes throughout the neighborhood. Suddenly, a blonde whirlwind of spastic energy darts across the lawn, interrupting everything in its path. The creature has a long tongue, hanging to the side, and it sits in a stance, teasing and ready to dash off again. Who is this loopy creature you might ask? Please give a warm welcome (or bark) to golden doodle puppy, Zoey Field.

Zoey is a golden doodle puppy, which is a mix of a golden retriever and a poodle. She has long, wavy, blonde hair with a messy beard, usually wet with water or tangled with bits of food. Her tongue is abnormally long and is always hanging off to the side of her mouth. She has a fierce bark and whenever anyone opens the door, they are greeted with a warm howl.

At just 2 years old, Zoey is full of energy, sass, and spunk. Some of her everyday activities include spastically chasing after a tennis ball, playing with her owners, and greeting everyone with a friendly howl of hello. She often enjoys playing soccer with one of her owners, Clare. Together, the two crazy kids chase after each other, fighting to gain control of the ball. Even though she is a dog, Zoey is one of the best defenders and will usually grasp the soccer ball between her teeth and run away. Zoey also enjoys rough housing with one of her other owners, Ellie. The two can be heard from miles away, barking and howling. And although she may be crazy, she can also be affectionate and loving. She enjoys curling up for a nice nap on the bathroom floor and cuddling with the rest of her family members.

Zoey has made some pretty memorable and humorous memories with her Cascade Farms family, the Field’s. Whether she be running away with a soccer ball, howling at her peers, stampeding after a tennis ball, or hanging out with her family, her loopy and friendly personality is one that cannot be forgotten. Woof.




Cascade Life knows how much you cherish your pets. We welcome the opportunity to introduce them to the neighborhood and would love to feature them. Please send high-resolution photos of your furry friends to leigh.hunt@n2pub.com, and we will include them in the next available issue.

precious pets



Meet Zoey OF CASCADE FARMS

By Payton Field



What does financial security mean to you?

Financial security is having the money you need at all stages of life. With Modern Woodmen of America, I can provide financial solutions to help you achieve it. Call me - let's talk about your plan for life.

Brian DiGennaro, FIC
4880 36th Street S.E.
Grand Rapids, MI 49512
B 616-446-6088
brian.digennaro@mwarep.org

Modern Woodmen
FRATERNAL FINANCIAL

Touching lives. Securing futures.™

MEAG0312 Registered representative. Securities offered through MWA Financial Services Inc., a wholly owned subsidiary of Modern Woodmen of America. Member: FINRA, SIPC.

sponsor spotlight

Acme Pure Blu

By Anya Zentmeyer | Photos by Avery Wedder

With warm summer days on the horizon, Acme Pure Blu wants to help Cascade residents take the stress out of summer fun with its full line-up of everything from pool and spa services and maintenance to retail products, and a brand new line of spas.

“We see a real opportunity to focus on the ongoing care of pools, spas, and outdoor living spaces,” said Josh Van Manen, co-owner of Acme Pure Blu. “People invest a lot in their backyards and have all the excitement of a new pool the first year, but that investment needs to be taken care of and too often the excitement turns into work or frustration. No one wants to do this great thing for their family and then have it turn into a headache ... The essence of our mission is to simplify the fun, luxury, and relaxation of pools, spas and outdoor living.”

Josh, who is from the southwest side of Grand Rapids, graduated with a degree in finance and entrepreneurship from Baylor University and worked in finance for several years. He left the banking industry in 2014 to launch Elevest LLC, a serial entrepreneurship firm focused on investing in small businesses and working with founders and owners on succession and/or growth plans.

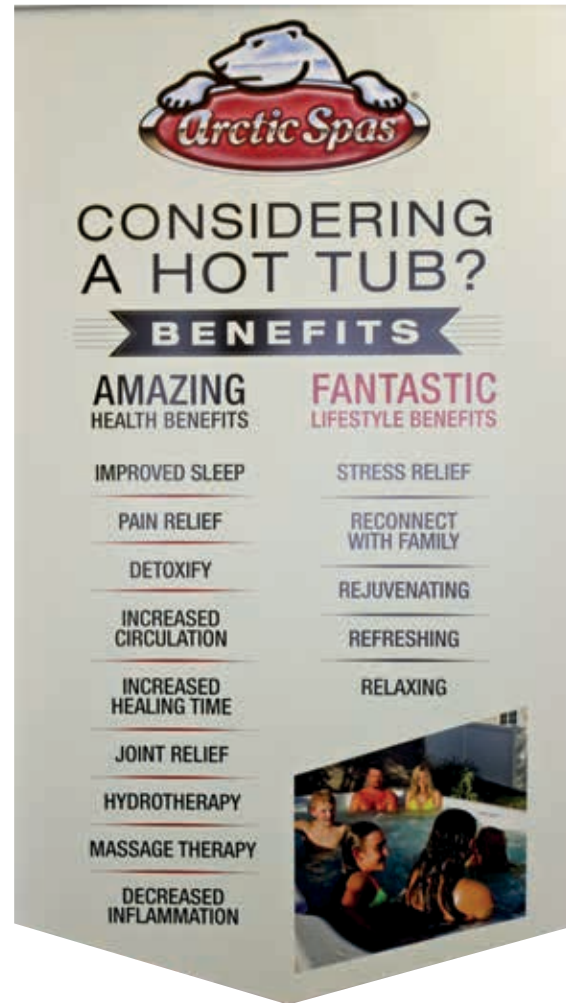
Shortly after Josh founded Elevest LLC, Jamie Rynbrandt, a west Michigan native and Calvin College graduate with a background in business in marketing, approached him with an opportunity to acquire the service and retail parts of the family-owned Acme Pool Construction as the firm’s first major investment. While the over 30-year-old Acme Pool Construction is still owned and operated by its second-generation owners, Pete and Kim Folkringa, its sole purpose is now in pool construction and remodeling. Acme Pure Blu was created to focus on service and retail offerings.

The business had a strong team, which has only been added to in the last year. Service manager Shane Gerard has been working in the industry since he was 14, and pool and spa specialist Mitch Price has over 28 years of experience in the industry.

“We recently moved Tara Warnes into a customer care specialist role,” said Josh. “She has incredible water care knowledge, but also a really good innate ability to listen to a customer and zero in on their needs and the best solution. I could continue with many more individual examples, but it’s really not about any one of us. It’s about the team we’re assembling and what we ultimately deliver to our customers. It’s a cliché, but a value we truly live by; our people are our only sustainable competitive advantage, so we treat them as such.”

Josh said aside from investing in top-notch knowledge in the field, Acme Pure Blu’s most uniquely valuable offering is something simpler – some piece of mind.

“I’d say that we truly understand that pools and spas can be complicated and even confusing,” he said. “We hate to see people stressed or frustrated by that; especially when there are so many ways we can help to take away the stress. It can be as simple as a session of pool school in their backyard or as involved



as us completely managing the care of their pool or spa including opening it, balancing the water, cleaning it every week, maintaining the equipment and closing it. We love any opportunity, big or small, to help simplify things and hope that people don’t hesitate to call and tap into our expertise and help.”

Acme Pure Blue is located at 13745 Ironwood Drive NW, and although customers are welcome to visit their showroom, most of Acme Pure Blu’s business involves going to the homes of customers. “We have many, many customers in Cascade,” said Josh, “so if a customer needs something, chances are we will be in the area and can easily deliver products or perform a service.”



Acme Pure Blu’s inside staff includes (left to right) Shane Gerard, Jamie Rynbrandt, Josh Van Manen, Mitch Price, Amanda Folkringa, Tara Warnes and Kelli Tillman. The company also employs five service technicians. “It’s about the team we’re assembling and what we ultimately deliver to our customers,” said co-owner Josh Van Manen. “... Our people are our only sustainable competitive advantage, so we treat them as such.”



To learn more about Acme Pure Blu, visit www.acmepureblu.com or call 616-677-POOL.

FINISHING WELL

your ideal life



Cascade Farms resident and owner of High-Impact Coaching & Consulting, Inc., Judy DeLapa is a Certified Independent Leadership & Lifestyle Coach and member of the John Maxwell Team.

By Judy DeLapa Some time ago I read an account of a man and his elderly father who traveled cross-country just to spend some precious father-son time together. As they drove west their conversations often turned to family friends the son remembered from his youth – some living, some deceased. The son's final question to his father about each was "Did he finish well?"

Let me ask you, "What does it mean to finish well?" We each get to define this in our own way just as we get to define integrity in our own way. Here's a broad definition of integrity I like: when your talk, actions, values and allocation of resources are all in alignment. When you walk the talk and support the things you profess to believe in with your time, money and talent, you're living a life of integrity. I might add: you are also at peace with yourself.

Most of you reading this article – high-achievers in particular – want to finish well. What then sets high-achievers apart from others? Characteristics I've noticed in many of my coaching clients, most of whom are high-achievers:

- They are passionate about what they do.
- They are self-starters.
- They are lifelong learners.
- They are driven to excel.
- They continually raise the bar on their own performance.
- They welcome new challenges.
- Time is their co-pilot.

High achievers – like anyone else – can wander outside the confines of their professed values, dabble in greed and violate their own definition of integrity. Think about your concept of integrity – open it up for discussion with friends, students or co-workers at least 20 years younger – or 20 years older than you. See where it takes you. Whatever your definition of integrity, think of it as a lifelong prescription for a life well-lived. Think of it as a prescription for finishing well.

"Stay hungry. Stay foolish."

"Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma – which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary." –Excerpted from Steve Jobs' commencement address at Stanford 2005, as reprinted in Fortune September 5, 2005

In addition to small group and personal confidential coaching, Judy is also a certified John Maxwell Speaker & Mastermind Leader on topics related to leadership and personal growth. For more information, please contact Judy at 616-949-5013, jdelapa@high-impact.com or go to www.high-impact.com.



As the amount of daylight increases, along with the daily temperature and the length of our grass, we look toward summer. During this time of year, we celebrate Memorial Day, Flag Day and the 4th of July, and as we honor each of these holidays, one can't help but think about how veterans play such a large role in our freedom. We owe our countless freedoms, many of which we take for granted on a daily basis, to the brave men and women who have risked their lives to preserve our country and our values. There are over 9 million veterans in the United States that are over the age of 60. With the growing number of veterans becoming senior citizens, it is more important than ever to offer continued and ongoing support to those who have made sacrifices to serve our nation, keeping us free and safe. We proudly honor and support those who have risked so much for us, and we would like to ask that you join us in our ongoing efforts to provide comfort, care and services to our veterans.

Paws for a Cause – For over 25 years Paws for a Cause has been helping veterans across the United States by providing trained canine assistants. Right now, there are roughly 31 veteran clients on the waiting list for an Assistance Dog. They hail from: California, Colorado, Florida, Illinois, Indiana, Kansas, Massachusetts, Michigan, Missouri, Montana, North Carolina, Nebraska, New York, Ohio, Oklahoma, Pennsylvania, Tennessee, Texas, Virginia, Wisconsin and Wyoming. Paws for a Cause has 36 active PAWS Teams in service across the country, with one placement in Michigan, which originated last summer.

West Michigan Veterans Assistance Program – Operated and managed by volunteers, this program provides everything from help with financial organization to giving housing and shelter to veterans and their families. Last year, they were able to raise \$80,000 to assist 300 veterans and 215 families in 5 counties. Through their work, West Michigan Veterans Assistance also operated food pantries and worked to provide transitional housing for the veterans. This is a very noble, providing no monetary compensation to its workers.

Come join Heather Hills on June 22 from 11 a.m. to 4 p.m. to converse with both of these fantastic organizations serving our veterans. Donations will be welcomed and appreciated.



senior lifestyles

honoring OUR VETERANS



Heather Hills invites you to the 2nd annual
Health & Wellness Fair

honoring our veterans

June 22, 2016
11am - 4pm

Not shall their glory
be forgot while fame
her record keeps

Food • Giveaways • Games • Entertainment • Raffle

Heather Hills is hosting a 2nd annual Health & Wellness Fair to show the community how fun a healthy lifestyle can be. This event is for all ages. Visitors will showcase their products and services. Proceeds will benefit veterans through West Michigan Veterans Assistance Program and Paws With A Cause.

For more information contact Kristin Madendorp
(616) 974-5303 or kmadendorp@heatherhills.com
1055 Forest Hill Ave. SE, Grand Rapids, MI 49546
Design by Sallie Allen Creative

HEATHER HILLS Edward Jones Walgreens Health Care Associates Community Care Services

event review

Photos by Avery Wedder



FUNCTION *is* FASHION SHOW & LUNCHEON

At Watermark Country Club
With lululemon athletica & EmbodyGR



Manchester Hills residents Sarah Clay Shattuck and Jeanne Eyde-Sayers are very involved with EmbodyGR and have both contributed much time to the organization.

Who would've ever thought yoga could be so beneficial, empowering and life-changing to whole body healing? Well, it serves to be true, with a great real life story that unfolded at Watermark Country Club, which hosted close to 200 beautiful ladies and a few gentlemen to learn about the truths of a very special woman's heart wrenching journey to finding health, peace and happiness. Dana Christian Lee, founder and executive director of EmbodyGR, delivered a powerful message on how she had hit her deepest, darkest days through her post-partum depression.

Dana emphatically says, "Seek the highest first, in every human being that you see; you see a sense of goodness, and you start from there."

Through Dana's great sense of isolation, depression and pain, she turned the corner with Yoga, and made a physical and mental connection that started toward her healing process. The depression started to melt away. Through her journey, she saw a need to teach as a Certified Yoga Teacher to the underserved, those who have fallen on hard times, that Yoga should always be available to people that cannot afford it. Thus, EmbodyGR was born with currently 400 people serving throughout Grand Rapids, with over 7,500 hours of Yoga and 2,000 hours of volunteer service. Free Yoga is provided at Fountain Street Church every Wednesday and includes free childcare so all are able to participate. For more information, please visit their website at: feelbetterdogood.org.

"It's our responsibility to make a difference," said Dana. "Yoga has changed my world, and it is my mission and vision for it to reach as many people as possible."



Natalie Bauss of Keeki Pure & Simple, was one of the event's supporters.



Guests enjoyed lunch while learning about the newest lululemon athletica fashions and participating in a live auction which included Peace Painting provided by artist Pamela Troyer.



This was truly one of our community's best fundraiser events offered - Friday, April 29, a beautiful day for the Function is Fashion Show & Luncheon held, and sponsored by EmbodyGR with lululemon athletica Breton Village. Attendees received goody bags with lotions, coupons and promotional items from local businesses. The Daling family (Tim, Nancy and daughter Chey-




Luxury and Relaxation Simplified

Yes, a spa really can be this relaxing
Automate your water care with Spa Boy and relax more
Just one of the innovative features only available on Arctic Spas

13745 Ironwood Dr., Grand Rapids, MI 49534 • (616) 677-7665 www.acmepureblu.com



EmbodyGR's founder and executive director Dana Christian Lee leads a Wednesday night Yoga class at Fountain Street Church. Yoga and childcare are both free to all who attend.

•••

enne) all spoke about how Yoga and EmbodyGR changed their lives. A musical performance by Hannah Rose Graves, accompanied by Dutcher Sneeder, was a special treat. Additional entertainment was provided by DJ Jay Vee. Other nice touches included a photo booth, hand massages, mini manicures, and both silent and live auctions, along with a lululemon fashion show during the live auction. The goal was to raise \$75,000 to fund EmbodyGR's vital work in the Grand Rapids community. And we cannot fail to mention the wonderful sponsors of Thoroughbred Fulfillment, Catholic Charities of West MI, Hungerford Nichols, Griffin Properties and Olsson Investment Group.

I personally believe that through adversity, there is always an advantage ... if you seek it.



KATHLEEN BUZZITTA
Yours in the spirit of good health
Special Events Coordinator
(Kathleen and her family live in Manchester Hills)



WEST MICHIGAN ESTATE PLANNING CENTER



At WMEPC, we represent clients in the areas of:
Estate Planning (living trusts and wills);
Incapacity Planning (durable powers of attorney and medical powers of attorney); Asset Protection; Probate and Trust Administration; and Elder Law (Medicaid and VA Benefits).

A good estate plan is one that allows you to: Maintain control of your property while you're alive; Take care of you and your loved ones if you're disabled; Give what you have to whom you want, the way you want, and when you want; and Protect your assets for generations.



Catherine Jacobs
616-682-5574
6739 Fulton Street East, Ada, MI
info@cottrelljacobs.com



WE MAKE YOUR SMART KID EVEN SMARTER!

KUMON MATH & READING CENTER OF CASCADE
6810 Old 28th Street S.E.
Grand Rapids, MI 49546
616.977.0729
kumon.com/cascade

KUMON

Ada's Cool School
Millie Curtis S.L.P. M.A - Experienced therapy
Specialized tutoring using "Strategies that change MINDS"

speech/ language
reading /auditory processing
Fastforward/math(elementary) programs

Millie Curtis
www.adascoolschool.com
Successful Strategies LLC.
mickjag@comcast.net
cell 644-6753

Here Comes The Sun!

Get immediate, on-the-go sun protection with this Colorescience self-dispensing powder sunscreen brush. It's ideal for women, men and children.

Its non-greasy, water resistant and chemical free formula makes sun protection applications simple, even reapplying over makeup.

Never tried Colorescience?
Call us for a complimentary application. For the month of June, **Buy 2 brushes, Get 1 Free** when you mention this ad.



For appointments, call one of our two convenient locations:
Byron Center 616-301-0240
Downtown Grand Rapids 616-459-1907



William Cullen, MD | Shannon Armstrong, MD | Matthew Martin, MD
Dawn Ford, BSN, RN, CANS and Licensed Aestheticians on Staff.

What We Do at Emerald Meadows

- ✓ **Cozy Assisted Living**
- ✓ **Sensitive Memory Care**



EMERALD MEADOWS
Assisted Living & Memory Care
6117 Charlevoix Woods Court SE | Grand Rapids, MI 49546
(616) 202-6699
www.providenceliveservices.com/EmeraldMeadows
A PROVIDENCE LIFE SERVICES COMMUNITY


Providence Life Services does not discriminate on the basis of race, color, religion, national origin, sex, or handicap.



US GOLF CARS
Incorporated

9670 Cherry Valley Ave., SE
Caledonia Michigan 49316
1-800-321-9616
www.usgolfcars.com

Why settle for just a golf car when you can treat your guests to an extraordinary golf experience? We proudly carry the Club Car line because it's all about style, performance, and comfort. With industry-leading technology for superior reliability and efficiency, Club Car continues to set the standard for technological innovation.



IR Ingersoll Rand **Club Car**

Do you or someone you love...

... need a little extra help with meals, tasks, or housekeeping?

... require assistance with medication or help with dressing?

Why not give us a try?
Receive two (2) free hours of personal care when you schedule and complete four (4) hours of new service.

PORTER HILLS Home Care

To schedule an appointment please call

616-949-5140

www.porterhills.org



golf tip of the month

7 Essential GOLF TIPS from your spouse YOU SHOULD COMPLETELY IGNORE



By **Scott Seifferlein**, author, speaker & PGA golf guru

Scott Seifferlein is a local Celebrity Golf Ambassador and founder of the Business Golf Mastermind Group. He is a featured contributor to Donald Trump's book, *The Best Golf Advice I Ever Received* and four-time publisher himself including, *The Game of Golf & The Art of Business*. Scott is the coach to many successful and well known West Michigan business

leaders and is often seen and heard on television and radio celebrating the vibrant and popular game of golf. Connect with Scott and download your free golf gifts at www.GrandRapidsGolfLesson.com and www.Breaking90Golf.com.

My good friend from high school is coming to visit and I am reminded of a few years back when my wife and I played a couple's match against him and his wife. We were not even half way down the first hole and he was already giving his wife advice on how to aim. In *Champion Success Strategy*, I highlight why it is not a good idea to take advice from your spouse.

Excerpted from *7 Essential Golf Tips from Your Spouse You Should Completely Ignore*, you can download the full publication at www.grandrapidsgolflesson.com/learning-programs-nav/tools.

Manly golf advice #3: aim over there.

Really, you'd take advice on aiming from a man? This is classic man advice for his spouse when she is not hitting them straight down the middle of the fairway. You know the drill. He stands behind where you are hitting, dramatically closes one eye and points to try and determine where you are aimed.

There is an inherent problem with taking advice on aim. Golf is not a face on sport. It is a side on sport where you stand various distances from the ball depending on the length of club you are using. This variance and side on positioning continually changes your perception of where you are aimed. Thus, the common conversation heard on the golf course between you and your spouse ...

Him: "Honey, you are aimed too far to the right."

You: "No I'm not! I am aimed right down the middle."

Him: "What do I know?"

You: "That's right. What do you know?"

Regardless of who is right or wrong on this topic, it is simply a lose-lose scenario. Only when you truly understand the vision tricks used by the top golfers will you begin to understand how to position your eyes to see correct alignment from a side on viewpoint.



Looking out for you.



Kenneth Jansen
Phone: (616) 234-6983
Kenneth.Jansen@lmcu.org

If we spot a lower price for your coverage, we'll tell you!

Lake Michigan Insurance Agency is an independent agency. Let us compare your coverage with our 16 different carriers to make sure you're getting the best price possible.

That's the value of Lake Michigan Insurance Agency!

Go to LMCU.org/Insurance to get started today.



Amanda Hesselsweet
Phone: (616) 234-6973
Amanda.Hesselsweet@lmcu.org



5550 Cascade Rd. SE
Grand Rapids, MI 49546

Auto | Home | Life | Health | Business



DEBBIE B. MARTILLOTTA

certified personal trainer

616.901.6247 • bougmart@aol.com

www.dbmstrengthtrain.com

Strength Training With Debbie

6090 E. Fulton, Suite B - Ada, MI 49301

national association for therapeutic exercise

"The first step towards getting somewhere is to decide that you are not going to stay where you are! Give me two 30-minute sessions of your time per week and I will assist you with reaching goals. Get stronger, leaner and more confident!"



Summer Special

Clean Corners
"We Don't Cut 'em, We Clean 'em!"

Let us clean your home this summer so you can relax poolside or with the sand between your toes. Your fifth general clean is free if you schedule 4 weekly or biweekly cleans with us.

Good only for new clients. Must be on the schedule by June 30th.

616.431.4670

Commercial & Residential Cleaning
Insured & Bonded
www.myclearcorners.com



pet tips

TICK TIME

In Michigan



Veterinarians have a general disdain for most parasites. The feeling is especially strong when it comes to the creepy crawly tick. Ticks cause blood loss. They transmit diseases, including Lyme Disease, Anaplasma, Ehrlichia and Babesia. They can even cause a fatal toxicosis. Yikes! Tick control is indeed important for the health of you and your pet.

The numbers keep growing! Tick populations have increased over the past few years, causing an abundance of health problems for us. The increase in tick populations is likely due to many factors, in particular the recent upsurge in deer and wild turkey populations. Other causes may include a declining use of pesticides and other lifestyle patterns. More and more people choose to live in landscaped areas that mimic a rural environment. With the wildlife in our backyards, we are more likely to see this type of parasite.

The best mode of protection against ticks involves avoiding areas where ticks are known to reside, although this measure is becoming increasingly more difficult each year. Multiple varieties of tick control products are available, with varying levels of effectiveness and safety. Talk with your veterinarian to find out which product is best for your pet.

If you or your pet is bitten by a tick, prompt removal of the tick is the best way to prevent problems. Several tick detachment devices are available. However, a pair of fine tip tweezers will work well also. Do not use your bare fingers. Take hold of the tick with gauze or a tissue if you have no other options. Grasp the tick as closely to the skin surface as possible. Pull the tick straight up with steady, even pressure, until the tick releases. Take care not to twist, jerk or crush the tick during removal as this could cause part of the tick to remain under the skin and increase risks of disease transmission. Clean and disinfect the site of a tick bite afterwards to help prevent infection.

Some tick species are more problematic than others. A common concern in our area is Lyme Disease, transmitted by the Deer Tick. However, many species have expanded their ranges significantly, so ticks that we typically have not seen in Michigan have arrived. The Lone Star tick isn't just in Texas anymore. Rocky Mountain spotted fever is actually more common in North Carolina than Colorado and has made its way to Michigan. If you find a tick and need help with identification, place the tick in a small jar of alcohol for preservation. Expert tick identification is available at a number of state agencies.

cascade life
house of the month

5948 TALL PINES COURT SE,

Cascade Life's
June House Of The Month



Do you or one of your neighbors have an eye-catching home or yard? Don't let it go unnoticed! Contact leigh.hunt@n2pub.com to be featured in an upcoming issue.



"Big Enough to Serve You, Small Enough to Care"



- 24 Hour Emergency Service
- Preventative Maintenance Contracts
- Quick Service
- Boilers
- Furnaces
- Air Conditioning
- Heat Pumps
- Water Heaters
- Gas Lines
- Zoning Systems

Experts in High Quality HVAC Systems

616-887-1290

www.BBHeatandCool.com

Experience the Difference!



If your pet walks, flies, crawls, slithers, hops or swims, we are here to help.

*Full Veterinary Hospital
Rehabilitation & Fitness
Exotic & Avian Specialist
Grooming & Boarding
Doggie Daycare
Pet Dental Care*



Offering 2 Convenient Locations

Cascade Hospital for Animals
6730 Cascade Rd. S.E.
Grand Rapids, MI 49546

Breton Village Animal Clinic
at Breton Village Mall
1852 Beton Rd. S.E.
Grand Rapids, MI 49506



616-949-0960

www.chfa.net



Exceptional Medicine...Compassionate Care

Classifieds



To place a **FREE** classified, please email leigh.hunt@n2pub.com by the **25th of the month**. Please describe the item, the price, and include the appropriate contact information in 40 words or less.

PIANO LESSONS IN YOUR HOME: Lessons for all ages and levels provided by an experienced masters degreed music educator. Openings are now available. Contact Betsy at 616-667-7564 or at betsyleete@yahoo.com. Website: eleetemusic.com

CUSTOM LACROSSE STRINGING: Experienced lacrosse stringing ready in one day. You provide the mesh and strings and I'll do the rest. \$10 for any type of mesh and pocket style. Text: 616-822-8495 (pick-up and delivery available for additional \$2).

LAKE CHARLEVOIX RENTAL: 5-bedroom, 3-bath home on beautiful Lake Charlevoix. Close to Boyne, great for skiing and snowmobiling. Boat and jetski accommodations for summer fun. Pictures, availability and more info at VRBO.com #431231.

HANDMADE BOWS – Survival Kids: These bows are handmade in Cascade by kids for kids. High quality, great gifts only \$10.00. Order at: survivalkidscascade@gmail.com.

Youth Classifieds

To place a free youth classified, please email riameleca@gmail.com by the **25th of the month**. Please describe the item, the price, and include the appropriate contact information in 40 words or less.

MOMMY'S HELPER: Newly licensed, just starting out, young girl can provide babysitting while you work around the house or yard. Great with kids. Transportation provided. Contact Giana at 616-307-8445 or riameleca@gmail.com.

THIS WAY
FORWARD



ADVENTURE

CREDIT UNION

800.323.2129 · adventurecu.org

Formally Option 1 CU

BOS
GREENHOUSE & FARMS

1674 Spaulding
Grand Rapids, MI 49546
www.bosgreenhouse.com

Make your Patio "Party Ready" for Summer
by shopping our Greenhouse. -&-
Pick up fresh strawberries while you're here!



JUNE, 2016 Hours:
Monday-Friday: 9a.-6p.
Saturdays: 9a.-5p

JUNE local events

Friday, June 10

truTV Impractical Jokers "Santiago Sent Us"

Where: DeVos Performance Hall

Description: The Tenderloins are a New York-based comedy troupe whose four members - Joe Gatto, James Murray, Brian Quinn and Sal Vulcano - are the creators, executive producers, and stars of truTV's hit series, Impractical Jokers. Their highly successful tour, the "truTV Impractical Jokers" Santiago Sent Us Tour starring the Tenderloins, is a mix of stand-up, never-before-seen hidden camera videos, stories and insight.

For more information: <http://thetenderloins.com/tour/>

Sunday, June 12

Celtic Woman: The Destiny Tour

Where: DeVos Performance Hall

Description: Multiplatinum Irish music sensation Celtic Woman presents DESTINY, an enchanting new show and world concert tour. This unforgettable live concert experience features all new stage designs, stunning wardrobes and magnificent arrangements with superb choreography. On the heels of their successful 10th Anniversary World Tour that captivated millions of fans, come join Celtic Woman as they begin the next chapter of their musical journey - a true destiny to be shared by all!

For more information: <http://www.CelticWoman.com>

CURTIS CLEANERS • LAUNDRY

We have four locations, but our most convenient is your front door

Free Pick Up & Delivery – Call 307-0544
CurtisCleaners.com

Tuesday, June 21

First Anniversary of the Japanese Garden Celebration

Where: Frederik Meijer Gardens

When: 9:00am-9:00pm

Description: Celebrate the 1st anniversary celebration of The Richard & Helen DeVos Japanese Garden with us! Immerse yourself in the culture of Japan while you watch martial arts demonstrations, hear music performances, enjoy kids and family activities and more! Additional information will be posted as it is confirmed.

For more information: <http://www.meijergardens.org/>

Tuesday, June 21 – Sunday, Jun 26

Broadway Grand Rapids presents the Book of Mormon

Where: DeVos Performance Hall

Description: The New York Times calls it "the best musical of this century." The Washington Post says, "It is the kind of evening that restores your faith in musicals." And Entertainment Weekly says, "Grade A: the funniest musical of all time." Jon Stewart of The Daily Show calls it "a crowning achievement. So good it makes me angry." It's THE BOOK OF MORMON, the nine-time Tony Award® winning Best Musical from the creators of South Park.

For more information: <http://www.broadwaygrandrapids.com/shows/1516/book-of-mormon/>

Friday, June 24 – Sunday, June 26

JAFAX 2.0 Reboot

Where: Devos Place and DeVos Performance Hall

Description: Join us for a weekend celebration of Japanese media and culture! JAFAX features industry guests, a diverse vendor hall and Artist Alley, contests, game shows, panels, anime showings, and more!

For more information: <http://www.jafax.org/>

Saturday, June 25-Sunday, June 26

Spring Rose Show

Where: Frederik Meijer Gardens

Description: Enjoy a variety of rose blooms including hybrid teas, miniatures and floribundas, all locally grown and carefully prepped for this judged show. Vote for the most fragrant rose and see lovely rose flower arrangements. Grand Valley Rose Society members will be available all weekend to answer your questions and provide tips on growing roses.

For more information: <http://www.meijergardens.org/>

Tuesday, July 5

Tuesday Evening Music Club

Where: Frederik Meijer Gardens Amphitheater

When: 7:00pm-9:00pm

Description: Quickly becoming the summer's best family entertainment value, the Tuesday Evening Music Club brings talented local and regional musicians to the Frederik Meijer Gardens Amphitheater stage Tuesday evenings—free to Meijer Gardens members—throughout July and August.

As an added bonus, all of Meijer Gardens is open to visitors until 9 pm on Tuesday concert nights. Guests may bring picnic food during the shows or enjoy the Taste of the Gardens Café and amphitheater concessions. Chairs of all heights are welcomed.

For more information: <http://www.meijergardens.org/>

home matters

SUMMER home IMPROVEMENT IDEAS

create the perfect outdoor space

By N2 Staff Writer, Megan Weatherly Lynn

Summertime is perfect for spending warm nights grilling out by the pool with family and friends. Need to get your outdoor spaces ready for entertaining? These are a few summertime projects to make your home the hot spot for backyard barbecues.

1. build a deck

Nowhere to set up your grill? Build a simple platform-style deck on-grade. You'll only need basic tools, lumber and a few concrete piers, plus whatever stain or paint you choose.

2. create an outdoor kitchen

Speaking of that grill, consider bringing in a designer to help plan out the perfect outdoor kitchen. Many home improvement stores also offer pre-designed outdoor kitchen sets. With a sink, refrigerator and bar top, you'll be ready to host your first summer party in no time.

3. buy new patio furniture

With all of the time you'll be spending outside, be sure to invest in some high-quality patio furniture. Consider a dining set with an anti-corrosive finish and weather-proof fabric to ensure that it will withstand the elements and changing seasons.

4. build a raised garden

Warm weather is perfect for growing your favorite fruits and vegetables right in your own backyard. Build a raised garden bed

with stones or simple 2x4s purchased from your local home improvement store. Fill with soil and start planting your tomatoes, lettuce and peppers.

5. add landscape lighting

Nothing adds evening ambiance like accent lighting. Complement the fireflies in your backyard by installing some exterior lighting to pathways, decks and pools. Your family and friends will thank you for making your outdoor spaces easy to navigate once the sun goes down.

6. install a fire pit

While some summer nights may be too warm for sitting around a fire, this is the perfect time to install a brand new fire pit. Whether you choose to build a custom structure or purchase a pre-assembled one, a fire pit will make your outdoor space livable well into the autumn months.

7. add a screen

Are pesky mosquitoes keeping you from enjoying your back porch to its full potential? Add new posts and screening to create a barrier. This will allow you to enjoy the sunsets and breezes while minimizing the uncomfortable bug bites.

COME HOME to NEW.

FLOORING

ACCESSORIES

DESIGN

Standale Interiors LOCAL

StandaleInteriors.com 453 8201

healthy living

SUMMER SMART SUN SAFETY

Break Out The Sunscreen, Sunglasses And Sun Hat!

Written by N2 Staff Writer, Elizabeth McCabe

To tan or not to tan? That is the tantalizing question that sun worshipers face. It is hard to resist basking in the sun to achieve that bronze, sun-kissed glow. But what else is the sun doing to your skin in the process?

Unfortunately, the harmful rays of the sun can result in wrinkles, premature aging and even skin cancer. Instead of turning to Botox and anti-aging remedies, all you really need is a bottle of sunscreen. According to the Skin Care Foundation, a staggering 90 percent of visible aging comes from the hours you spend in the sun (not your age) -- shocking, but true.

Another misconception is that sunscreen is only necessary when the sun is shining. Unfortunately, ultraviolet rays come with cloud cover too. Protection is needed on all days; the sun's rays know no mercy. If you think you are safe because you have a dark skin tone, think again. Those with darker skin are more likely to get more serious kinds of skin cancer when diagnosed; all the more reason to lather up when going outside. Fair-skinned people aren't immune from the UV rays of the sun either. They are more likely to develop skin cancer when exposed to the sun's damaging rays.

Summer smart sun safety is paramount for children and adults alike. According to the American Academy of Dermatology, everyone should wear sunscreen daily, regardless of skin tone. Apply sunscreen at least 30 minutes prior to sun exposure for the best results to allow the product to be fully absorbed into the skin.

While you're at it, don't forget to break out the sunglasses and the hat. Protect your eyes from sun damage by purchasing sunglasses that shield against UVA and UVB rays. Wearing sunglasses without UV protection is a no-no. Darkened lenses cause the pupil to let in more light, allowing more UV light into the back of the eye. Sun hats are another form of protection from skin cancer. With every extra inch of hat brim, reduce your risk of skin cancer by 10%. It's worth it!

Enjoy the summer but not without summer smart sun safety. Slather on the sunblock, don a pair of UV-blocking sunglasses, and invest in a sun hat. Your skin will thank you later!



Travel unscripted.

Here at KLVC we want you to make the most of your summer!

Swim longer. Climb higher. Run farther.

Be free and experience the Keil Lasik difference.

Call to schedule a FREE Lasik exam!

p. 616.365.5775 www.keillasik.com

Keil Lasik Vision Center



Math Help | Math Enrichment | Test Prep | Homework Help

Score Big with Mathnasium This Summer!

We make math make sense.

Now Enrolling for Summer

Mathnasium of Grand Rapids
616-956-5600
mathnasium.com/grandrapideast
6080 28th Street SE
Grand Rapids, MI 49546

Free Delivery & Exchange OF GAS GRILL 20LB. PROPANE TANKS!

Altogas

Tired of lifting and lugging your heavy, empty 20lb propane tank into the car, then driving someplace for a new one only to turn around and haul home a fuller, heavier one 20lb gas grill propane tank?

Where most facilities make you do the work and then charge you more when you're done, Altogas will save you time and money with lower prices, reliable service, and clean, green, energy.

It's convenience in a tank and it's simple and easy to get.

1. Order your 20lb gas grill propane tank below for your home or business.
2. Tell us where and when to pick up your empty 20lb propane tank and we'll deliver a full Altogas filled 20lb gas grill propane cylinder for about the same price or less than one of those exchange places.

As a locally owned, family-run company whose been serving Kent County for over 30 years, we understand how valuable your time is. That's why we want you to spend more of it relaxing. Let us do the lifting, lugging, driving, and heavy hauling, so you can enjoy the simple things in life!"

ALTOGAS.COM | 616-868-6242

Brought to you by your local advertisers.



For advertising info visit

www.n2pub.com

n2 publishing™

Should You Retire In “Stages”?

Article Provided By Edward Jones.com

For many people, the concept of retirement can be scary, both emotionally and financially. If you, too, feel somewhat anxious about what awaits you, you might feel more comfortable in knowing that, depending on where you work, you might be able to retire in stages.

As its name suggests, retiring in stages typically involves reducing one’s work hours from full-time to part-time, and then, eventually, to complete retirement. If you enjoy the social relationships of work, and you define part of your identity with what you do at your job, this type of gradual transition may be easier for you to accommodate than the abrupt transition from “worker” to “retiree.”

As for the financial aspects of such a move, you will want to plan ahead. A “phased-in” retirement can affect your investment and income strategies in several areas, such as these:

SOCIAL SECURITY – You can start collecting Social Security as early as age 62, but your monthly payments will only be about 75% of what you’d get if you wait until you reach 66 (assuming that 66 is your “full” retirement age). And the payments get larger from there, until they “max out” at 70. So, if you had planned to retire at 62 but instead retired in stages, you could possibly afford to delay taking Social Security until your checks were bigger. You could work and receive Social Security, but if your earnings exceed a certain amount, some of your benefits may be withheld, at least until you reach full retirement age – after which you can earn as much as you want with no withholding of benefits. However, your Social Security could still be taxed based on your income.

REQUIRED MINIMUM DISTRIBUTIONS – During your working years, you may well have contributed to tax-deferred retirement accounts, such as a traditional IRA and a 401(k) or similar employer-sponsored plan. But once you turn 70½, you must start taking withdrawals (“required minimum distributions,” or RMDs) from these accounts. You can’t delay taking these payments, which are taxable. But if you did retire in stages and continued to work part-time, past when you expected to completely retire, you may be able to stick with the required minimum withdrawals at least for a while, rather than taking out larger amounts immediately. In this way, you could potentially keep more of your retirement funds growing in your tax-deferred accounts.

INVESTMENT MIX – If you planned to retire at a certain date, you might have created a specific mix of investments designed to provide you with sufficient income to last your lifetime. But if you continue to work, you may not have to rely so heavily on your portfolio – that is, your IRA, 401(k) and all investments held outside these retirement accounts – to help you meet your income needs. Consequently, during these extra years of work, you may be able to withdraw less from your portfolio, thus potentially having more assets to provide for your income needs down the road.

As you can see, a “phased-in” retirement could help provide you with options in making a variety of financial decisions. So, plan carefully before you exit the workforce – a gradual departure may be a good way to say “goodbye.”

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

Cascade Life

RESIDENT BUSINESS GUIDE

Attention Cascade Residents: Do you own or run a business? To have your business featured free in the resident business guide in an upcoming issue of *Cascade Life*, please send an e-mail to leigh.hunt@n2pub.com. This is open to residents of Cascade only.

ASIAN MARKET

Asian Delight Marketplace
Nancy Tuohy
(616) 827-1828
www.asiandelightmarket.com

AUTO

Harvey Automotive
John Leese
(616) 949-1140
www.harveyautomotive.com

BAKED GOODS/DESSERTS

Carla's Cookies LLC
Carla Ford
(616) 340-9065
www.carlascokies.com

CHIROPRACTOR

Balanced 4 Life Chiropractic & Wellness Center
Lindsay Rademacher
(616) 309-7531
www.balanced4lifechiropractic.com

CLEANERS/ALTERATIONS/TUXEDO RENTAL

Afendoulis Cleaners & Tuxedos
Becky Trierweiler
(616) 459-9169
www.afendoulistuxedos.com

DENTIST

Beltline Family Dentistry
Matthew Hudson DDS
(616) 957-4700
www.beltlinefamilydentistry.com

Stephen Mulder Family and Cosmetic Dental

Stephen Mulder DDS
(616) 447-1700
www.mulderdental.com

DJ/ENTERTAINMENT

Ptak Entertainment
Scott Ptak
(616) 485-8588
www.ptakdj.com

EXECUTIVE COACHING

High Impact Coaching & Consulting
Judy DeLapa
(616) 949-5013
www.high-impact.com

FINANCIAL ADVISORS

Discovery Financial
Angela and David Muilenberg
(616) 957-9999
www.discoveryfinancialllc.com

FLOORING

Century Cabinetry Flooring Cleaning
Trent Schutte
(616) 988-4524
www.century.gr.com

FROZEN YOGURT

Spoonlicker's
Dianna Darling
(616) 682-5784
www.spoonlickers.com

FURNITURE & DESIGN

Portobello Road
Rene' Growney
(616) 975-3002
www.portbelloroad.us

INTERIOR DESIGN

Jennifer Butler Interior Design
Jennifer Butler
(616) 240-0680
www.jenniferbutlerinteriordesign.com

LASIK AND COMPLETE EYE CARE

Grand Rapids Ophthalmology
David Barrett MD
(616) 949-2600
www.seeitclear.com

Grand Rapids Ophthalmology

Marcus Muallem MD
(616) 949-2600
www.seeitclear.com

PACKING & SHIPPING

PakMail Cascade
Kris Rewa
(616) 285-4622
www.pakmail.com

PHOTOGRAPHY

Alyssa Albers Photography
Alyssa Albers
(773) 391-6634
www.alysaalbersphotography.com

PIANO LESSONS

Eleete Music
Betsy Leete
(616) 667-7564
www.eleetemusic.com

REALTOR

K Cooley Properties
Karol Cooley
(616) 813-2945
www.karolcooley.com

Keller Williams Grand Rapids

Michael Kooistra, CRS
(616) 575-1152
www.michaelkooistra.com

Marie Hillery-Bettendorf

Marie Hillery - Bettendorf
(616) 940-6625
www.cbgreatlakes.com

VETERINARIAN

Forest Hills Veterinary Clinic
Michael Knowles DVM
(616) 949-7420
www.foresthillsvet.com

WEB DESIGN/INTERNET

MARKETING Web Traffic Partners
Chris Thomas
(517) 775-0089
www.webtrafficpartners.com

ARGUS

FINANCIAL CONSULTANTS



For more information follow our blog

A. Christopher Engle
LUTCF, CFP®, ChFC®, AEP®

616-949-8300

www.EyeOnArgus.BlogSpot.com

Securities offered through LPL Financial, Member FINRA/SIPC.



Real Estate RESOURCE



Featured properties may not be listed by the office/agent presenting this brochure.
Source Multiple Listing Service. All information herein has not been verified and is not guaranteed.
Information left blank indicates pending information.

Listing information provided by K Cooley Properties (616)813-2945

| Address | Neighborhood | List Price | Beds | Baths | SqFt |
|--------------------------|------------------|-------------|------|-------|-------|
| 6648 Farms End Dr | Cascade Farms | \$518,000 | 4 | 3 | 2,734 |
| 2330 Cascade Lakes Cir | Cascade Lakes | \$449,900 | 4 | 4 | 3,606 |
| 6714 Cascade Lakes Ct | Cascade Lakes | \$479,900 | 5 | 4 | 5,468 |
| 5665 Manchester Hills Dr | Manchester Hills | \$675,000 | 5 | 4 | 3,969 |
| 5837 Manchester Hills Dr | Manchester Hills | \$850,000 | 5 | 5 | 4,911 |
| 5711 Manchester Hills Dr | Manchester Hills | \$889,000 | 4 | 3 | 3,607 |
| 5700 Manchester Hills Dr | Manchester Hills | \$1,495,000 | 4 | 4 | 3,879 |
| 5705 Manchester Hills Ct | Manchester Hills | \$1,150,000 | 4 | 5 | 4,837 |
| 6540 Donnegal Ln | Tammarron | \$535,000 | 5 | 4 | 4,455 |
| 1215 Ballybunion Ct | Tammarron | \$899,900 | 4 | 4 | 4,089 |
| 2029 Talamore Ct | Watermark | \$559,000 | 3 | 3 | 3,001 |
| 2019 Craftsman Ct | Watermark | \$559,000 | 3 | 3 | 3,001 |
| 1698 Watermark Dr | Watermark | \$689,950 | 5 | 4 | 8,240 |

Starlite KITCHENS 200 Years Of Design Experience

Design that inspires.

StarliteKitchens.com • (616) 583-9304 • 365 84th St. SW, Suite 1



SOLD

Sold Before Broadcast

6680 Cascade Farms Court, Grand Rapids, 49546 (MLS #: 16020969)

This charming 4 bed/ 3 bath Forest Hills home SOLD before Broadcast! With over 35 years of real estate experience, Karol Cooley and her team work hard to get our client's homes SOLD. Let us work hard for you, call us today!



Office: 616-575-0115 Email: karolcooley@kw.com
Karol: 616-813-2945 Website: kcooleyproperties.com



Experts in European Imports
Family owned and operated for over 10 years
Service hours 7:30 am - 6:00 pm
Loaners available

**2735 29th Street
Grand Rapids, Mi 49512
616-333-2252**

Cascade Life

PRSR STD
US POSTAGE PAID
WILMINGTON NC
PERMIT NO. 40

MI_Cascade



SLEEP DOCTOR
ADJUSTABLE
MATTRESS STORES

The Most Highly Recommended Bed In America

Michigan's **TEMPUR-PEDIC**
HEADQUARTERS

COME SEE WHY
SLEEP DOCTOR IS MICHIGAN'S
ONLY **TEMPUR-PEDIC** ELITE DEALER

UP TO \$300
BONUS BUCKS

STORES LOCATED: GRAND RAPIDS • GRAND HAVEN • HOLLAND
KALAMAZOO • MUSKEGON • PORTAGE

Shop Online:
www.SleepDoctorMattress.com

10 ACRE SANCTUARY IN FOREST HILLS EASTERN



7290 Knapp Ave. NE, Ada

So peaceful and private. Amazing 10 Acre property with park like landscaping and wooded rolling terrain. Custom built walkout ranch with 4 Bedroom, 3.5 Bath. Open floor plan, vaulted great room with fireplace. Main floor master suite, expansive 4 season room, finished lower level with family room with 2nd fireplace. Attached 2.5 car garage plus outbuilding. Beautiful master gardener's perennial gardens, pathways, gazebo, fire pit. Located across the street from Egypt Valley Country Club off the walkway connecting Cascade, Ada and Knapps Corner. Close to theaters, stores, restaurants, yet tucked away and nestled into its own quiet world. \$499,900



Marie Hillery-Bettendorf
Associate Broker, ABR, CRS, GRI, SFS, RMM
Email: mariehillery@grar.com
Coldwell Banker AJS Schmidt



Cell: 616 291 2758
Office: 616 940 6625
cbgreatlakes.com/marie.hillery