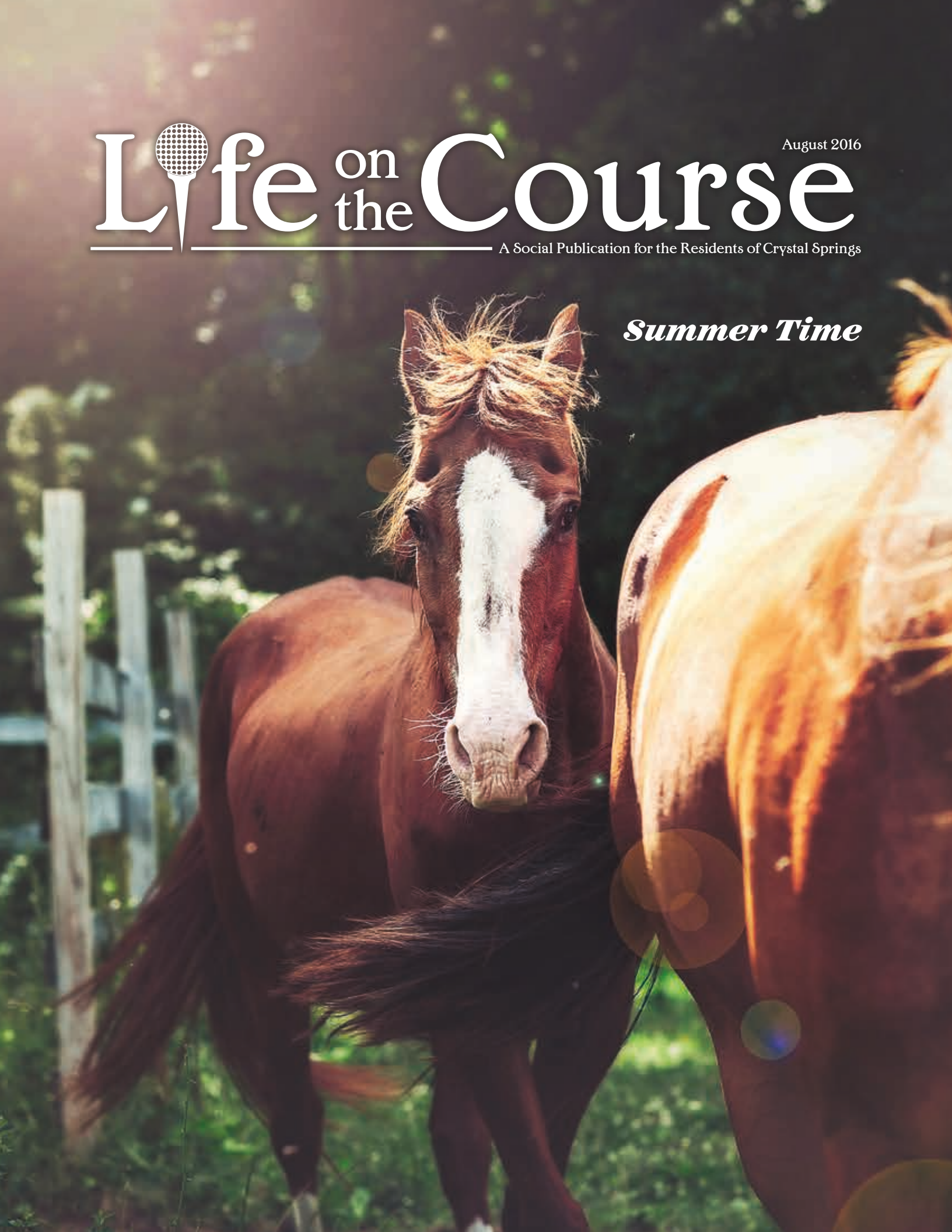

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August 2016

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Discovery Elementary:	871-1080
Legacy Christian:	455-3860
Cross Creek Elementary:	656-4000
Explorer Elementary:	554-0302
Southwood Elementary:	455-7230
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Brookwood Elementary:	455-0030
Challenger Elementary:	698-2524
Townline Elementary:	538-4120
Kentwood High School:	698-6700
Crestwood Middle School:	455-1200
Valleywood Middle School:	538-7670
Pinewood Middle School:	455-1224
Caledonia High School:	891-8129
Duncan Lake Middle School:	891-1380
Kraft Meadows Middle School:	891-8649

Convenient Telephone Numbers:

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Kent County Road Commission:	242-6900
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We are looking for residents to send us stories to share. No contribution is too small. Please email Karenjasongill@gmail.com or Naomi.riley@n2pub.com with your pictures, suggestions or requests.

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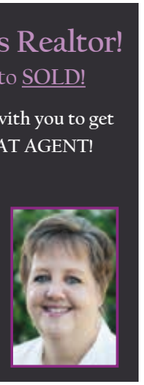

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Publisher Notes

The last month of summer is officially on us. I hope that you all have enjoyed the breathtaking outdoors as much as I have. If you have done something amazing this summer that you would like to share with ***Life on the Course*** readers, we would love to hear from you -- maybe a fun trip to an exotic land, a trip up north by the beautiful lakes of Michigan or simply boating or hanging around the campfire with friends. No contribution is too small. Please send us your stories! Also, if you haven't had a chance yet to check out some of our amazing sponsors, I encourage you to do so. These businesses show how much they care about community. If you are ever in need of a service, please consider using them. All businesses in our publications meet our quality of excellent standards and you can feel confident knowing that they are a trusted partner in the community. Thanks again for being part of a wonderful community! Have a great month!

Naomi Riley
Life on the Course
Area Director- Grand Rapids, Mi.
616-528-2222
naomi.riley@n2pub.com

Send any inquiries to
Karenjasongill@gmail.com

Has Your Home Been Featured As **HOME OF THE MONTH**?

If you're home has been or is chosen as home of the month then, congratulations! UBU furniture would like to offer you a free one-hour design consultation, as part of the feature. Please contact me at **naomi.riley@n2pub.com** or **karenjasongill@gmail.com** to set up your consultation. You can read about what to expect in our "Drab to Fab" article in the Home Matters section this month. If your home has gone through renovations or has had an awesome update, consider sharing it with us at Life on the Course. We would love to hear from you!

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We'd like to take a moment to thank our amazing sponsors! If you have used any of the services that are in our index of sponsors, please take a moment and send us an email of the service you had done, your experience and what you think about the goods received or services provided! It's a great way to thank the sponsors for their continued support to bring forth this great publication!

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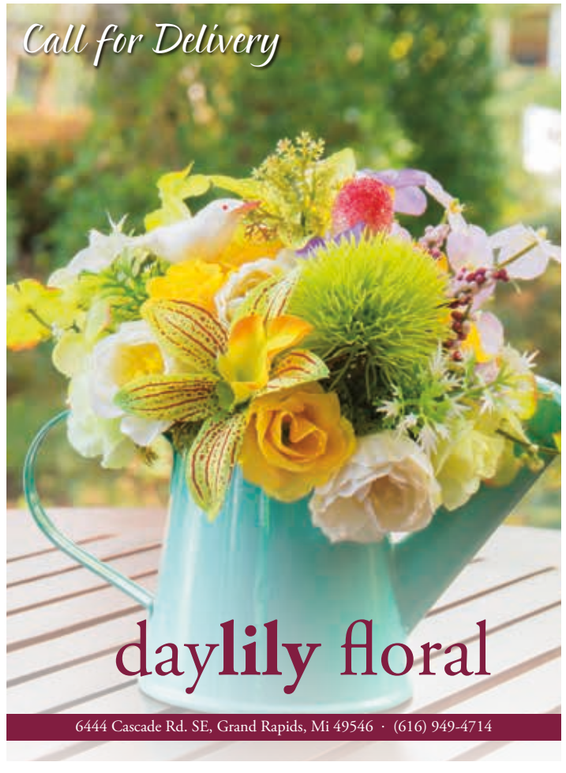

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Why Book SPRING BREAK NOW?

tour & travel

It seems counterintuitive but now is exactly when you should plan and book Spring Break 2017. Spring Break is the second most popular week of the year to travel -- between Christmas and New Year's is first. This means you are in competition with other vacationers for the most desirable travel arrangements. Waiting in hopes of a last minute bargain is not a wise strategy.

Travelers to Mexico and the Caribbean are eager to point out that there are thousands, even tens of thousands, of accommodations at beautiful resorts. This is very true but the big problem is "lift," travel professional slang for air seats. At Spring Break, everyone wants to fly over the same few days. Air availability is finite ... especially charter flights that can save you time and money. Most of the Spring Break charter flights became available in the past few weeks, so reserving your space now is wise. According to Tami Lemson, manager of Breton Travel, "It breaks my heart that every year I must disappoint clients who have waited too long to begin planning their dream Spring Break but I can't add more seats to an airplane."

A further consideration is the West Michigan tradition of families with high school seniors celebrating the Family Spring Break. Several families -- two, three or a dozen or more -- travel together for a final opportunity to create lasting memories. Rather than heading off to Daytona Beach for the wild times depicted in the movies, our seniors choose to share their rite of passage with families and friends.

As charming as this tradition is, planning a multi-family vacation is complicated. The advice and assistance of a travel consultant will prove invaluable. Their knowledge and years of experience will allow you to navigate through the myriad of options and select the vacation that best suits you and your friends. "It is much less awkward to have your travel consultant reminding friends about late payments and dealing with credit card problems," notes Lemson. She adds, "My job is to save you time and stress and to make your vacation fun and easy." Arranging a multi-family vacation takes plenty of planning and should be done as early as possible when your options are greatest.

Savvy travelers know, as availability goes down, prices go up. Now is exactly the time you should be planning and booking Spring Break 2017, so call your travel consultant soon.

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APPLE VACATIONS

Home Matters

Weekend Project

Have you ever thought about making the outdoor area of your home a little more comfortable and inviting? Are you needing a simple place to relax from the frenetic pace of everyday life? On nights where escaping from home to the lakeshore or up north just isn't an option, a backyard oasis is essential. With the wonderful scents of summer barbequing, this patio and fire pit will transcend you back to the good ole' days of camping or hanging out at the lake with friends. This landscape project from Little Bits Landscape Supply, was an easy weekend project to put together. Little Bits Landscape supply is built on honesty and integrity and puts the customer needs above all else. Little Bits is conveniently located on the corner of East Paris and 68th in Dutton, MI. They are committed to providing residents with the finest landscape products in the Grand Rapids area. With their knowledgeable and friendly staff, Little Bits can help turn your visions into a reality. This space used medium size boulders to help with a retaining wall, flagstone and a Rosetta Belvedere fire pit to finish off the project. Little Bits Landscape is a leading supplier of landscaping materials in the West Michigan area. This includes soil, sand, play sand, gravel, boulders, mulches, bark and much more. Little Bits will help load your truck or offers same day delivery. All of the products meet high quality standards. For more information, log onto littlebitssuply.com to view all of the products for your next landscape project.

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Business Beat

In February of 2010 Holly and Jason Freese lost a close friend to a three-month battle of Stage 4 Kidney cancer at the young age of 29. This young man was such an inspiration during his battle that he inspired the Freeses to start a Company in his honor. In May of that year they founded Expression Rings of Hope -- Bling For A Cause. They hand-make Cocktail rings that create Hope, inspire and lift spirits all around! A portion from each sale is donated to various cancer charities or individuals who are battling and fighting the disease. They hope to help make life a bit easier during a difficult time in need.

Before Expression Rings was founded, Holly was an Advertising Sales Representative in Chicago, Illinois. She took a leap of faith, quit her career and put her whole self into the Company and she is so glad I did! Holly has met so many amazing people who have been supportive. She continues to lift spirits and make people smile during a low time if their life.

She has met many amazing people along the way that have allowed her to attend the Sundance Film Festival in Park City, Utah. She's also attended the 2013 Golden Globe Celebrity Gifting Lounge in Hollywood. And has also had the chance to be on Fox 17 West Michigan to speak about the business. She hosted her first Golf Tournament at Thornapple Pointe in Grand Rapids where all of the proceeds went to Susan G Komen of West Michigan. Holly loves partnering with various organizations to help raise funds for their mission and cause. Holly views her life as so blessed and can't wait to see what's to come!

Meet The GAIER'S

Meet the Gaier Family of Glen Canyon. Dr. Lori is a Marketing communication manager for DK security. She is thankful that she has a job that is flexible and allows her to spend time with her kids and is able to volunteer time through the schools. Lori loves to spend her free time playing volleyball and golf. A favorite past time of hers is photography and she loves to take snapshots of her kids. Chad is an Aero-Space engineer for L-3 Communications. Chad loves to play softball in the summer on a couple different leagues and picks up the basketball from time to time in the winter. Chad also has his private pilot's license and enjoys taking trips around the state to try new restaurants with friends and family. The Gaiers have an adorable puggle named Lexi. Son, Weston, 13, enjoys cooking classes at the Downtown Market. He also enjoys tennis, reading and video games. He played middle school tennis for Crestwood this past year and is enjoying the summer tennis program through In the Zone tennis. He is going to be an eighth grader this year at Crestwood Middle School where he will finish out his last year of the PEAKS program.

Maddox, 11, loves baseball, basketball and using his imagination to come up with new games. He also plays piano and drums/percussion. He will be a sixth grader this fall at Cross Creek Charter Academy. He is very social, always wanting to be outside and hang with the neighborhood boys!

Cambria, nine, their daughter doesn't slow down. She loves competitive cheer! She will be attending Nationals at the end of July in Myrtle Beach with her Middleville Elite Champion Force team. She also has a love for volleyball. This summer she has decided to try out golf as well, taking part in the Tuesday morning clinics at Stonewater. Outside of sports, she loves music. She enjoys singing and taking piano lessons. She keeps us busy and has many friends in the neighborhood, always asking to have sleepovers with the neighbor girls. She will be a fourth grader at Cross Creek Charter Academy this year.

As a family they enjoy bike rides along the many trails that west Michigan has to offer -- White Pine trail is one of their favorites. We take advantage of hot summer days by spending time at the Stonewater pool. Each summer we also take a few long weekends to camp -- Ludington State park is at the top of our list.

They have met so many wonderful families in our neighborhood -- several we have become great friends with. The children love all the neighbor kids to play with, they have even been known to host a mean game of four-square or lightening/knock-out (basketball) in the driveway.

The family cheers on the Ohio State Buckeyes each football and basketball season. They think it's quite fun as the minority in the neighborhood, being surrounded by Michigan and Michigan State fans. It always makes for some fun competition and friendly banter. As far as professional teams go, they root on the Cincinnati Bengals and Detroit Tigers. Chad and Lori both grew up in Ohio -- Lori graduated from The Ohio State University and Chad from Wright State University. They decided to move to the Grand Rapids area and Crystal Springs 12 years ago. They came to Grand Rapids not knowing anyone or anything about the city. Never intending this to be a permanent place to settle down, they fell in love with West Michigan, the lakeshore, our neighborhood and all the city and state have to offer. Needless to say they have made West Michigan our "Home."

Thank you, Gaiers, for sharing your story and being our featured family!

Real Estate RESOURCE

Featured properties may not be listed by the office/agent presenting this brochure.
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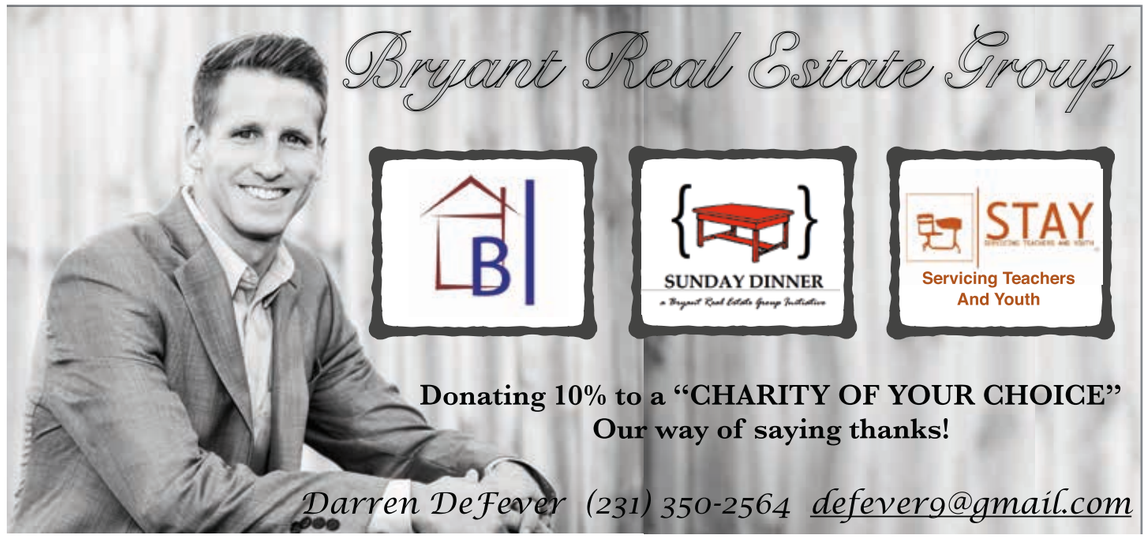
7283 Misty Morning Dr. SE	Crystal Springs	$279,900	$275,000	11/15/12	61	4	2.5	3629
7109 Misty Morning Dr. SE, 2	Crystal Springs	$249,900	$240,000		91	4	3.5	3076
1765 Spring View Ct. 24	Crystal Springs	$236,000	$236,500		2	4	3	2708
7369 Old Lantern Dr.	Crystal Springs	$258,900	$257,900		58	3	3.5	2615
7004 Fairway Vista Dr.	Crystal Springs	$237,000	$235,000	01/16/04	2	4	3	2708
1351 Penncross Dr. SE	Crystal Springs	$288,900	$270,000		3	4	3.5	3051
7451 Crystal View Dr. SE	Crystal Springs	$349,900	$340,000		15	5	3.5	3368
7435 Misty View Ct.	Crystal Springs	$249,900	$265,250	01/16/06	5	5	3.5	3044
7146 Misty Morning, 24	Crystal Springs	$239,900	$229,500		12	3	3	3296
1400 Crystalaire Ct. SE	Crystal Springs	$300,000	$300,000	04/16/01	9	5	3.5	3590
1415 Penncross Dr. SE	Crystal Springs	$292,000	$288,000		14	4	3.5	3360
7095 Summit Hill Ct.	Crystal Springs	$359,900	$354,900		11	5	3.5	3626
7361 Kings Crossing	Crystal Springs	$238,000	$256,660		12	4	2.5	3010
6907 Old Lantern Dr.	Crystal Springs	$288,000	$288,000		4	3	3.5	3283
7378 Crystal View Dr.	Crystal Springs	$278,000	$280,000		10	4	3.5	3800
1415 Crystalaire Ct. SE	Crystal Springs	$399,900	$375,000		174	4	3.5	4484
2087 Summit Hill Ct.	Crystal Springs	$274,900	$275,000	04/15/12	94	4	3.5	3440
1963 Crystal View Ct.	Crystal Springs	$299,900	$280,000		70	5	3.5	3989
1970 Crystal View Ct.	Crystal Springs	$270,000	$270,000	01/16/04	3	4	3.5	3212



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Why Community?

As a company, we are a COMMUNITY FOCUSED | COMMUNITY DRIVEN organization. We encourage and develop organizations through our "Sunday Dinner Initiatives", where our primary focus is bettering communities in an organic fashion. As REALTORS®, we want nothing more than to create long term relationships by developing and growing communities. Within our organization, we strive to cutivate organic, grassroot efforts towards community angled organizations.

What Is Sunday Dinner?

Sunday dinner is simply a concept that encompasses every way that we give back now and in the future as BRYANT| Real Estate Group. When the phrase Sunday Dinner is mentioned, thoughts and memories of our family's past, our enjoyment of the present and hopes for the future fill our mind. Each of our families are filled with the emotions of happiness, joy, peace, sorrow and pleasantries. It's is our goal to strengthen our community using Real Estate as a vehicle. We know that each real estate transaction is linked to those feelings, those life transitions, and to our family.

Whether we are assisting schools, contributing to food pantries, or assisting non-profits, the ultimate goal in providing a charitable donation is to allow our clients to express a commitment to a mission that matters to them.
This is the sole purpose for the development of our Sunday Dinner Initiative.
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golf tip of the month

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By **Scott Seifferlein**, Author, Speaker & PGA Golf Guru

Much of what I hear you saying is, "I want to hit more fairways and greens." When I ask how many, most golfers who are looking to break 90 say something along the lines of "half." But in reality, half the fairways and greens is what you need to hit to break 70. To break 90, you don't have to hit any fairways or greens ... Ever!

Take one of my 9-hole stretches last year at Sunnybrook for example. Playing holes 1 through 9, I hit two out of seven fairways, three out of nine greens in regulation, took one penalty stroke by hitting it into the water on #2 (I've played there for two years and didn't even know there was water on hole 2 until I pull hooked one 30 yards) double missed the same green by laying up on the third shot, double missed the third green by whop dudding a bunker shot and didn't hit any full shots close to the hole. Yet I still scored a one over par 37. How is that possible?

Here it is in three shots:

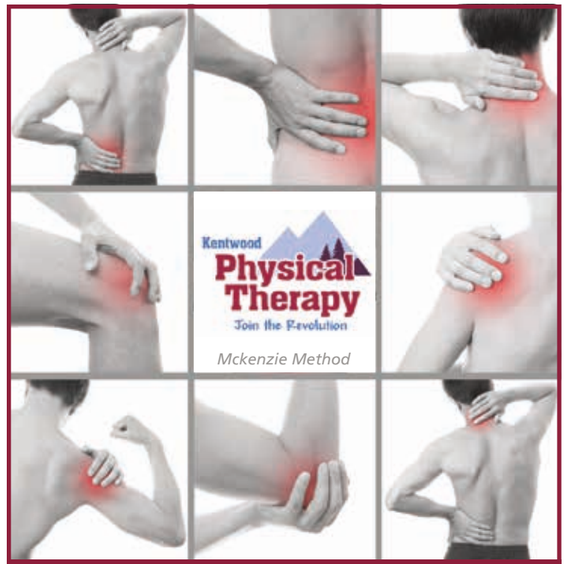
- **Hole 1 —** 35 yard wedge out of deep rough to 3 and ½ feet. Birdie.
- **Hole 4 —** 95 yard hooked sand wedge Bubba Watson style to 10 feet. Birdie.
- **Hole 9 —** 110-yard sand wedge to 13 feet. Par.

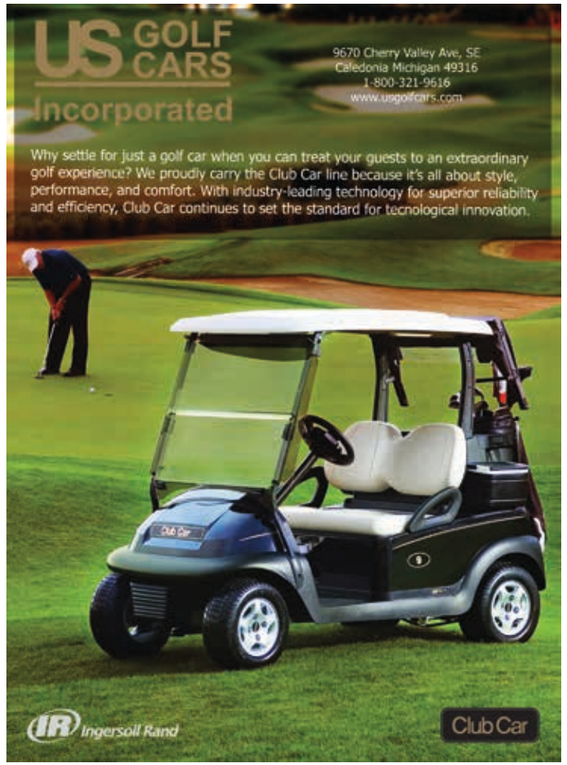
The putts following each of the above golf shots were all made. The other four one putts to save par were following up relatively simple chip shots around the green on 5, 6, 7, 8. Eleven putts total for the 9-hole stretch.

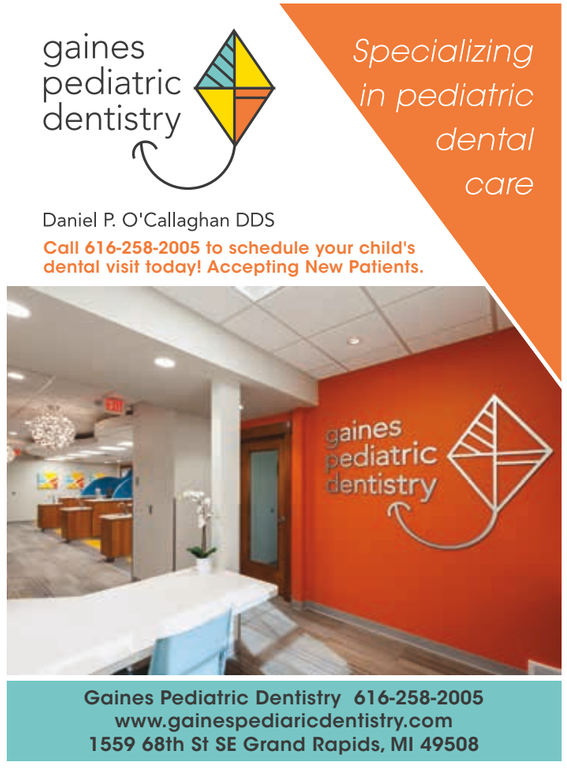
I share this with you not to brag but to bring about an important point. You do not have to stress about hitting half your fairways and half your greens. Simply keep the ball somewhere where you can hit it again most of the time and make good on the next shot following a missed green. Even with one ball out of play and double missing two greens, you can still break 40 as shown in the example above.

Now go out and have fun with your short game until you too are taking 12, 11 or even 10 putts over a 9-hole stretch!

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.**

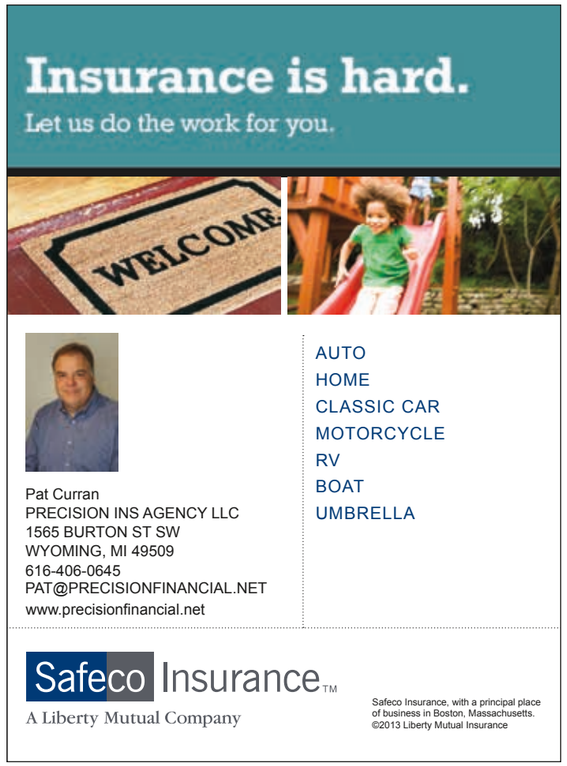


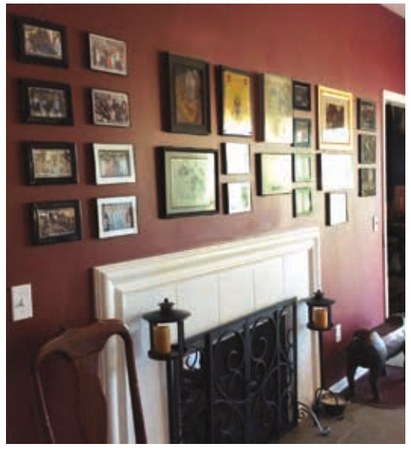




Pet Perspective

My name is Cricket and I was nominated for "Pet of the Month" by my neighbor, Kimberly Bento, who said I am an "outstanding canine citizen" and an "adorable representative" of our neighborhood. While all that is true, I am a relatively quiet little Pug who has lived with my mom and dad, Kelly and Don Tompkins, for six and a half years. I have a lot of friends who live outside. They include rabbits, squirrels and birds that I watch from my deck. We live happily alongside each other doing our own thing. Everyone in the neighborhood knows me and my favorite people are the kids ... and also our garbage man, as well as the mail carrier. When they go by, I try to get their attention in what my mom calls "a pitiful yodel sort of noise." When they see me, I am so excited and I think they are, too. Yes, life is good on Misty View Court. Come say "Hi" to me if you see me outside!





Design Input:

Multi-generational households have steadily become more popular among American families and a main issue they face is blending so many style preferences under one roof.

A great way to keep everyone happy is to create defined spaces. My Ly did a great job with this by providing a master suite for her parents on the first floor -- with a double door entrance, their space feels grander as they enter the bedroom, including a full bath and a bonus room. Another way to make everyone feel part of the home is to mix items on a collage wall where you can easily combine old and new memories. Just remember to work together to meld everyone's styles seamlessly.

Written by: Liberty Wheaton check us out at www.UBUfurniture.com

HOME Of The MONTH

Summer continues to sizzle and I was warmly welcomed into this beautiful home at 7429 Old Lantern Dr. by owner, My Ly. Built in 1998 she purchased this 3,800 sq. ft. home in July of 2014 chosen because of its soaring ceilings and extra-large kitchen. My Ly is a physician's assistant and with her sometimes long hours, loves to come home to the west facing backyard to enjoy beautiful sunsets off the deck with views of the pond and hole #17 from most of the windows. Her parents, Huy Ly and Ying Yang, soon joined her and the main floor family room, ½ bath and office were converted to a second master suite to comfortably accommodate them. Gardening and fishing brings her father his happiest pass times and both he and Ying are amazing cooks. They were so hospitable and very proud of their house. I enjoyed tea and Asian pears on the deck with My and Huy and am so delighted to have met them as they earned **August Home of the Month.**

SEE MORE ON OUR NEIGHBORHOOD FACEBOOK PAGE CRYSTALLIFEONTHECOURSE

Resident writer Karen Gill RE/MAX SunQuest

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GR Motor Car

partner profile

With 39 years in the automotive industry, Grand Rapids Motorcar's Tom Kilmer knows his stuff — especially when it comes to high-end vehicles with tricky fixes.

"We have a huge reputation for all auto repair but particularly for the hard-to-fix ones -- like Mercedes, BMW, Land Rover, Audi, Volkswagen," says Tom. Tom opened GR Motorcar's flagship location in Jenison back in 2005 before opening a second store on 29th Street in August 2013 to be in closer proximity to much of his clientele living in SE Grand Rapids' neighborhoods like East Grand Rapids, Cascade, and Ada.

"We have a very high skill level and very reasonable pricing and we've developed a very large clientele that way. Most of our sales clientele have come through from that direction," Tom says.

"I always liked to know what I'm selling and be able to put a little confidence behind it and know I'm selling something good to people."

The kind of strong and enduring relationships he has with customers, he says, are all built on a foundation of trust and maintained with a combination of good communication and a dedication to providing skilled service — which includes a lot of things, though probably one of the most important is a commitment to affordable and fair pricing practices.

"When people come to pick up their car from service and get to the cashier's window, they're never surprised or shocked," says Tom, adding that unexpected costs at checkout has proved to be one of the most consistently big issues for customers with vehicles sporting complicated mechanics.

"We're very careful not to sell unnecessary things and careful to communicate what is needed and have an agreement on how we're going to do it," he says. "That's our thing and we do it well. You want to go to somebody that, number one, you trust and, number two, that you feel absolutely sure has the skill level to work on it."

Tom and his wife run GR Motorcar together with his sister-in-law at the front desk and 16 employees total between the two locations ... and the family-run mentality doesn't end there.

"We don't focus on any one deal or repair, but we're very focused on building a great relationship with our customers," he says. "They trust us and that's why they come to us. We don't lose a customer. If you come here once, you'll come here forever."

For more information about GR Motorcar, visit www.grmotorcar.com or call (616) 333-2252.

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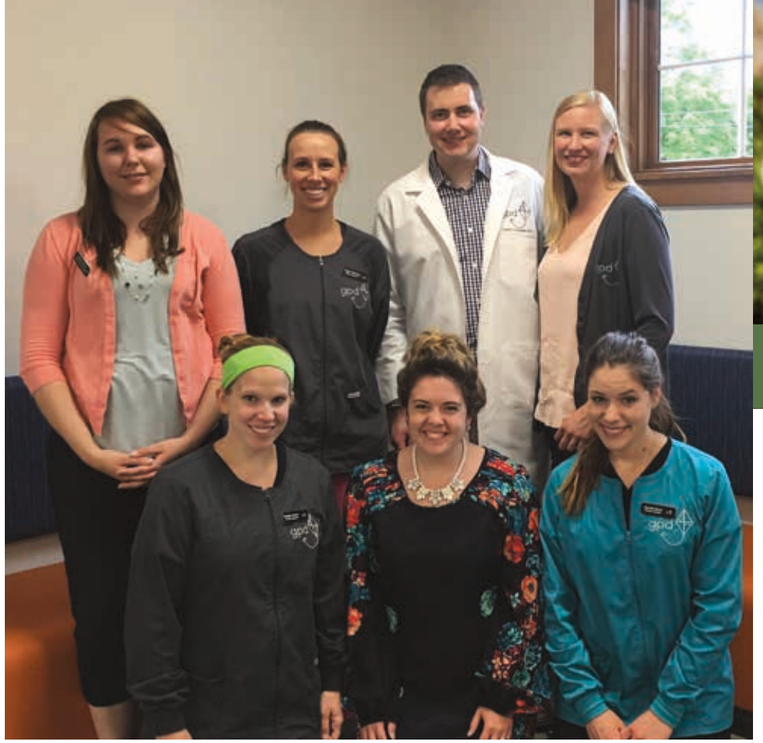


Where did you grow up? I grew up in Allegan, MI.

How long have you lived in the area? I attended dental school at Indiana University in Indianapolis. After dental school, I obtained my certificate in pediatric dentistry at Cincinnati Children's Hospital Medical Center. I graduated from dental school in 2012 and completed my residency in 2014.

Tell us about your family. I married my High School sweetheart and we are blessed with three kids – two boys and a girl.

What is your business and how/why did you start your business? My Dad is a general dentist. Growing up I respected his career and was impressed by his empathy for his patients. I was attracted to pediatric dentistry in particular, because I find it most rewarding to work with children. They always keep me on my toes and are full of surprises. I started Gaines Pediatric Dentistry after working in public health with the goal of providing specialized and comprehensive dental care to children. Interestingly, my Father-in-Law who is a farmer used to farm many of the fields around my current practice.

What is unique about your business (what sets you apart from the rest)? I think Gaines Pediatric Dentistry is most unique in its specialization. After dental school, I spent two years studying pediatric dentistry. In residency, I studied trauma management, sedation and childhood development. I consider it a privilege to work on children and to interact with their parents.

Given your business expertise and the nature of what you do, what advice (whether general or specific) can you offer to the residents? Dental cavities are preventable. Good habits and healthy diets start at an early age. I am dismayed that dental cavities are the most common chronic infections disease of childhood and work daily with parents to prevent or alleviate this disease in their children. I support the decade long recommendation of establishing a dental home for children beginning at their first birthday.

Business contact information (phone, address, website, email, etc.):
Gaines Pediatric Dentistry
1559 68th St SE; Suite A
Grand Rapids, MI 49508

www.gainespediatricdentistry.com

real estate tips

Get ready for the explosion of drones

We are about to see the sales and usage of drones EXPLODE EVEN MORE!

Up until now, the use of drones or UAS (Unmanned Aircraft System) in commercial/business applications was illegal. In order for companies to use drones they would have to apply for and get a section 333 exemption from the FAA (Federal Aviation Administration), which also required that a licensed pilot to be either piloting the drone or with the drone operator to be in compliance. If any of our readers have checked into getting a pilot's license they know that it's quite expensive -- upwards of $10,000 as you complete your mandatory flight hours with a rental rate of around $140 per hour for the plane.

- This high barrier has caused a couple of issues.
- Not a lot of competition for drone pilots so they are quite pricey to hire for projects.
- There have been many drone pilots and businesses operating illegally.

The new regulations for operating a UAS are more reasonable than the previous section 333 exemption. The person actually flying a drone for non-hobbyist reasons has to be 16-years of age or older and have a remote pilot certificate with a small UAS rating or be directly supervised by someone with such certificate. In order to obtain a remote pilot certificate, an individual must pass an initial aeronautical knowledge test at an FAA approved knowledge testing center. Also the TSA will conduct a security background check of all remote pilot applications prior to issuance of a certificate.

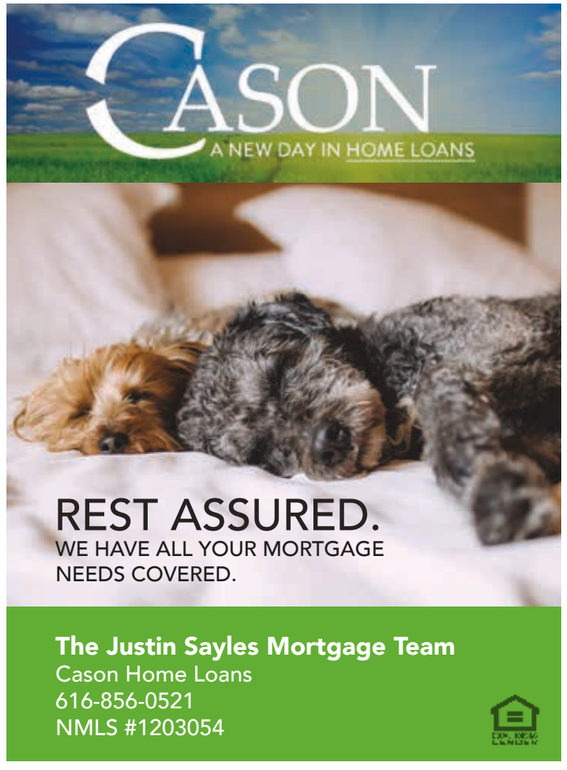
What does this mean and what does it have to do with real estate?

This is a great news for everyone as its opens up so many business opportunities, doesn't restrict trade as the previous rule and it gives us more options to highlight our listings and put them in the best light through our marketing efforts. There are so many great things that we can do as Realtors with the use of drones for showcasing all that our communities have to offer from a different perspective. It's only a matter of time before drones become a part of every agent's toolbox just like the smartphone in our pockets.

Imagine, at the beginning of a video the agent showcases Stone Water Country Club, the pool and golf course from a drone with a bird's eye view of the beauty. Then the drone flies to the backside of the listing and around the front before entering the home. This unique perspective will give the viewer a great perspective of what a *Life on the Course* really means.

I know I'm excited and can't wait until I get to take the exam later this month and take real estate videography to a whole new level!

Don Bass is a 20-year veteran of real estate with the last nine as an Associate Broker. Don uses cutting edge technology and tools to give his clients the best possibility of selling their home quickly, for more money and with as little inconvenience as possible. He also teaches new agents on how to successfully build a career in real estate and has been featured on National webinars sharing his knowledge. Connect with Don on Facebook, twitter, linkedin or at www.yourhomesoldin31days.com and check your Crystal Springs true market value at www.CrystalSpringsHomeValue.com.



healthy living

By N2 Staff Writer, **Elizabeth McCabe**

SHOULD I PROTECT MY EYES FROM BLUE LIGHT?

You've heard of ultraviolet light, black light and white light, but what about blue light? Blue light radiates from florescent and LED lighting, computer screens, flat-screen televisions, cell phones and tablets. With the demands of a digital society comes increased dependence upon technology for communication, translating into more exposure to blue light. According to a recent study by the Pew Research Center, 68% of American adults have a smartphone, which has almost doubled from 2011. The demand for tablets has also increased with up to 45% of adults owning these hand-held devices.

Blue light waves have shorter wavelengths than other light waves, creating a glare. If you're a power computer user, you may have noticed digital eye strain, which can affect clarity of vision and sharpness. Headaches and fatigue are additional common ailments reported.

While blue light does have benefits, such as heightening alertness, increasing reaction times, and even elevating people's moods, it has drawbacks too. Over time, the cumulative effect of blue light can damage the retina and is linked to age-related macular degeneration, as well as early cataracts. Furthermore, it can create problems in sleep by disrupting circadian rhythms. Even Apple has recognized that blue light can be problematic with a special Night Shift for the iPhone and the iPad.

Unfortunately, the natural filter of the eye does not filter out blue light. But that's where computer glasses can help. Optometrists recommend computer glasses for those who log hours behind a computer. These special glasses will reduce eye strain, damaging blue light, and protect overall eye health. According to one recent study, participants who wore a lens with a blue-light filter coating reduced eyestrain (including dry eyes, sticky eyes, and the feeling of grit in their eyes) and improved visual performance. Inexpensive glasses even exist to block 100% blue light, which can prove beneficial for those working after 5 p.m. on a computer.

Protection from blue light can also be aided by eye vitamins, such as lutein and zeaxanthin. These two supplements pack a powerful punch. According to the American Optometric Association, "Lutein and zeaxanthin filter harmful high-energy blue wavelengths of light and help protect and maintain healthy cells in the eyes. Of the 600 carotenoids found in nature, only these two are deposited in high quantities in the retina (macula) of the eye."

Consider taking supplements or eating green leafy vegetables or eggs (which contain these two nutrients) to improve your eye health. Taking simple steps today to preserve your vision will result in better vision for years to come. Be sure to consult your eye care professional annually for your ocular health.

Life on the Course

RESIDENT BUSINESS GUIDE

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

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Classifieds

To place a FREE classified, please email ***naomi.riley@n2pub.com*** *by the* ***3rd*** *of the month. Please include a detailed description of the item for sale, price, and contact information in 40 words or less.*

EXAMPLES

HOUSEMATE WANTED: A person who hates sugar to share a house with. Please call The Gingerbread Man at 555-9876

SUITS FOR SALE: I have outgrown many of my clothes. Would make great Halloween costumes. Contact Spiderman at 555-1111

NEIGHBORHOOD REEF SALE: Many of us on Coral Way will be having a reef sale on Friday. If you are interested in participating, find Nemo and let him know. No sharks allowed.

HOUSE SITTING: The Princess and I will be leaving the marsh next month and would like someone to watch over the place. If anyone is interested, call Shrek at 555-5555

BRIDGE FOR SALE: I've decided to retire from the business and sell the Brooklyn Bridge up in New York. Price negotiable, must pickup. Call Tony at 550-5000

FREE TO GOOD HOME: Skunk family raised from an abandoned litter in our backyard. Absolutely adorable creatures! Must take whole lot, glands still intact. Call 555-7772

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