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ANGELS WREATHS



## FHS cross country team celebrates many successes

by Terrie Lahring

The Fruitport High School's Cross Country team's final meet at Spring Lake was for the conference title. The new Spring Lake course is a flat and fast 1.6 miles. The boys' and girls' teams came out fast and they finished with their best performance of the season.

The boys' team took first place overall with the most amazing team effort their coach has ever seen! The top five boys pushed to the limit and all came in within 30 seconds of each other. They used their speed training to beat opponents throughout the race. And in the last mile burned it up with sheer determined acceleration.

Congratulations goes out to the boys' team, with Sebastyn Brown leading the pack, followed by Dominick Flores, who followed by half a second. Then Ben Kramer, Cory Bussing and John Race, all finishing within 20 seconds. There were

62 boys in the race. Several other boys ran their personal best as well and they were Nicholas Potter, Kyle Winger and Jacob Clendenon, Alex Kendra, and Cody Moore, Luke Brown, Hayden and Kyle Binder and Dom Vela. Terrific performance!

The girls' team again placed third in the conference behind Spring Lake and Fremont. All the girls enjoyed the flat course as well, and reached their personal best times with Hannah Samlow finishing fifth in the conference and Kaylee Parisian in ninth, followed by Rebekah Shepard. Marissa Haasevort has been consistent in second place for Fruitport most of the season, but had been ill. However, she battled back and accepted the challenge, placing in the top five. The following girls completed the season with spirit and determination to improve: Jillian Welch, Dominique Brusven, Alyssa Self, Cassie Boltze, Holly Martin, Arionna Huffman, Jena Paquin and Brittany Schuitema. Still waiting for their personal best, the following girls also contributed to the success of the team: Alyssa Walker, Robin Benkert and Sabrina Giroux. •

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## Hot tips for cold weather driving

(Submitted by Michigan Department of State)

Secretary of State Terri Lynn Land encourages motorists to prepare their vehicles for winter driving so inconvenient or even dangerous situations can be avoided.

"Winter takes its toll on vehicles and demands extra caution by drivers," Land said. "Following a few basic steps now will help ensure that your car is primed to handle the extreme conditions that come with cold-weather driving. We want everyone to enjoy safe travels on our roadways as the seasons change. Winterizing your vehicle goes a long way in making sure you arrive at your destination without incident."

Freezing temperatures and slick roads pose a host of challenges to vehicles such as added stress on engines, drained batteries, and reduce tire traction. Generally accepted tips for winterizing vehicles include:

- Check the battery, which can lose half of its power in cold temperatures. Have it tested by a certified mechanic if it is more than three years old. It's also a good idea to clean the posts and connections of any corrosion.

- Pay attention to the tires. Maintaining proper tire pressure is essential year-round, especially in the winter when snowy conditions reduce traction. Keep in mind that air pressure in cold tires will drop because air is a gas, and gas contracts when it cools.

- Make sure there is a clear field of view. Replace the wiper blades if necessary. They can deteriorate after only a year or two. Effective wipers are a must in order to remove snow, rain, and road slush from the windshield. Also, fill the window-washer reservoir with cleaning fluid. Don't use plain water because it will freeze.

- Use the right oil. It should have the proper viscosity for winter driving. Oil thickens in cold weather. Oil that gets too thick won't lubricate the engine sufficiently.

- Inspect the belts and hoses. Cold weather can cause extra wear and tear.

- Avoid moisture in the fuel tank. When the temperature dips, it's a good idea to keep your gas tank filled. That helps to prevent moisture from forming in the tank. Moisture can cause an engine to run rough, or even prevent it from starting. Consider putting a bottle of fuel de-icer in the tank as well, to help keep moisture from the fuel line.

- Flush and refill the cooling system as recommended by the manufacturer. Check the coolant level and concentration periodically.

- Check the four-wheel drive system. If the vehicle is equipped with four-wheel drive, make sure it's in working order before the snow flies. Since most people don't use the system in the summer, it doesn't hurt to make sure the system engages properly and that all gear oil levels are correct.

- Carry an emergency kit. It should include items such as a flashlight, first-aid supplies, jumper cables, a blanket and warm clothes, paper towels, a snow shovel, a well-stocked tool box, and extra food and water.

"Reading your owner's manual is the best place to start," Land said. "Following the manufacturer's recommended service schedule and doing preventive maintenance go a long way in ensuring safe, hassle-free driving."

Visit [www.Michigan.gov/sos](http://www.Michigan.gov/sos) for information on Secretary of State services and office locations. ••

## Earn your high school diploma or GED at Fruitport Adult Education

(Submitted by Fruitport Adult Education)

**Classes start Monday, January 25, 2010**

Registration will be held January 18 through 22 in portable classroom #3 Monday through Thursday, 10:30 a.m. to 12:30 p.m. and Monday, Tuesday, and Thursday, 5:30 to 7:30 p.m.

If you are not able to come during these times, please come any time during normal hours of operation, Monday through Friday, 8:30 a.m. to 12:30 p.m. or Monday, Tuesday or Thursday from 5:30 to 9:30 p.m. You must be registered by February 10, 2010!

The high school diploma course is free. Classes are offered in English, social studies, math, business, computers, science, and life skills. Please bring your transcript when you come to register to help us determine your educational needs.

GED preparation classes are free. These classes will help you pass the GED tests. If you do not wish to study with us, you may take the test for the testing fee of \$50. There are five tests that you must pass to receive your GED. Total cost is \$250, or free if you take the classes with us.

Adult Basic Education (ABE) classes for improvement in reading, spelling, grammar, math, and life skills are free if you do not have a high school diploma.

Credit recovery: Night school elective classes are available to any senior high school student needing additional credit(s). Area high school counselors must refer the student to the class. A tuition fee of \$75 per ¼ credit, or \$150 per ½ credit will be charged upon enrollment.

Classes at Muskegon Area Career Tech Center are free for qualifying students who are 18 to 19 years old. Call (231) 865-4130 for a list of classes and times.

Classes start Monday, January 25, 2010 at the Fruitport Adult Education Center, portable classrooms 1 and 2, north of the Fruitport High School. Class times are Monday through Friday, 8:30 a.m. to 12:30 p.m. and Monday, Tuesday, and Thursday, 5:30 to 9:30 p.m. •

## Grand Rapids Ballet Company performances announced

(Submitted by the Grand Rapids Ballet Company)

*The Nutcracker*, the timeless holiday classic, will be presented on December 17-20 at the DeVos Performance Hall in Grand Rapids. Featuring dazzling choreography, stunning sets, and sparkling costumes, you will see over 100 community children join the professional dancers to present this perennial favorite.

The Peter Martin Wege Theatre, 341 Ellsworth S.W., is the venue for the performance of "Flickers," featuring the sets and scenes of many silent movie favorites of the unforgettable Charlie Chaplin. The performances are scheduled for January 29, 30 and 31 and February 5, 6, and 7.

The only professional ballet company in Michigan invites you to visit the performances and their website at [grballet.com](http://grballet.com) •

**SEASON'S GREETINGS**

During this holiday season and every day of the year, we wish you all the best.

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