



4th annual memorial weekend regulator run

(Submitted by the Fruitport Lions Club)

Saturday, May 28, 2011 is the date for the annual Fruitport Memorial Weekend regulator run. Registration begins at 11 a.m. at Pin Crest Lanes, 6571 Airline Highway. The run leaves Pin Crest at exactly 12:30 p.m.

Early registration is recommended! Well over 150 registered last year, and more are expected to join us this year!

The cost is \$10 per person, food included. Drink specials will be available, along with games, music, and a frozen T-Shirt contest. In addition, a burn out pit will be held with a prize awarded for the best burnout!

Proceeds will go to the Fruitport Lions Club.

For more information, contact Bryan at (231) 578-2516 or Roger at (616) 550-7409. •



Cabin fever or spring fever cure

(Submitted by Chariots of Fire)

If you have either cabin fever or spring fever, we are the answer to your getting out and around when no one else can take you. Chariots of Fire Transportation Company, now owned by Rich Edlund, has been doing that for four years now.

We have met many of you by taking you to doctor and other medical appointments. Did you know that many insurance companies provide for your transportation, but don't really tell you about that? You need to call them and ask about this service.

In addition, we have branched out to all other transportation needs you may have with private payment. We have a handicap lift van for those in wheelchairs, as well as clean, comfortable four-door sedans. Our vehicles are licensed, inspected, and insured; and our drivers have good driving records and background checks for your safety and peace of mind.

We are locally owned and operated. We are hoping to reach out to the working, adult children of senior relatives who need to get to appointments, shopping, or visiting. We know how difficult it is to take off work to take your loved ones wherever they need to go. That is when we can be especially helpful to you. We can also take individuals to special events and outings.

We are competitive with local cab companies. We consider our transportation service a privilege and ministry to all age groups and look forward to serving you in the near future. We can go anywhere in Michigan. Just call us a day or so in advance at (231) 799-4828 to schedule your pick up. ••

Saucy rutabaga-potato combo

By Judy Brandow

- 1 ½ C. cubed & peeled rutabaga
- 1 ½ C. cubed & peeled potatoes
- ¼ C. (softened) cream cheese with chives and onions
- ¼ C. milk
- ¼ tsp. salt
- 2 T. snipped parsley

Cook potatoes and rutabaga until tender. Drain. Remove from pan. Combine cheese, milk and salt. Heat, stirring until smooth. Add rutabaga, potatoes and parsley. Toss.

Makes 4 servings. •



This year's Super Moon was an awesome sight. The clouds were very heavy that night, but the size and brightness of the moon were incredible. (Photo by Harry and Heidi Wojahn.)

Taking aim at better health

By Dr. E. Kirsten Peters

If you're in the mood to address your fitness and likely improve your health in the process, there's a lot of good news. Medical science shows that moderate exercise benefits adults in a whole slew of ways. And we don't need to pretend we'll ever be tri-athletes to benefit a lot from a bit of reform.

What might you gain from exercise? Research has shown the list is long. You could help yourself avoid a whole range of maladies including diabetes, heart disease, depression, and, of course, obesity. Even if you already have developed issues in those areas, research shows you can improve your lot.

The bottom line is that medical science shows that while exercise may not be an actual fountain of youth, it's one of the most potent aspects of our daily lives that influences our health. Some doctors think it's actually the very most important part of what we do that influences longevity.

One modest set of goals for physical activity comes from the U.S. Department of Health and Human Services. Recommendations for adults state that adults can improve their health substantially by two and a half hours per week of what's called moderate aerobic activity or one and a quarter hours of vigorous aerobic workouts. The moderate level of aerobic workouts includes brisk walking and even ballroom dancing. Vigorous activity can include jogging, swimming, or jumping rope.

If you're a couch potato or have health problems, the government warns you should check with your doctor before you start a workout schedule. But, on the other hand, if you are in good shape and are already doing what was just mentioned, you can get more extensive health benefits by doing more. You could aim for five hours a week of moderate activity or two and a half hours of vigorous workouts.

Besides just doing more aerobics, you should consider adding some form of weight training twice a week to what you do. That could mean going to a gym, but it doesn't have to. Heavy gardening work and doing exercises like you used to do in school (sit ups and push ups) all count in this category.

For me, walking and swimming are easy enough and a real pleasure. I regularly do both, far more often than the government's basic standards. I think that's because there's something about the mesmerizing effect of aerobics that appeals to my peculiar mind.

But weight training is quite another matter. After all, it hurts! So that's where I could reform, increasing how often I suffer through the weight machines at the gym.

There are also those pesky details like flexibility, where some of us earn a clear "F." Only real diligence in 2011 is going to help me reach my toes again.

If you've got kids, you could also think about their physical activity levels. Playing outdoors and doing sports rather than succumbing to full days spent with electronics can help set up a lifetime of healthy habits.

If you think that some structure to your New Year's resolution might help you or your kids, you could check out the President's Challenge Program at <http://www.presidentschallenge.org>. In just six weeks, if you stay on the fitness wagon that's described, you'll qualify for the active lifestyle award. That might give you a great start on changing habits.

Oh yes. We can also make some real changes in our health by eating right.

Luckily, that will have to be a subject for another column.

Dr. E. Kirsten Peters is a native of the rural Northwest, but was trained as a geologist at Princeton and Harvard. Questions about science or energy for future Rock Docs can be sent to epeters@wsu.edu. This column is a service of the College of Sciences at Washington State University. •

Ham Caribbean

By Judy Brandow

- 1 ½ pound fully-cooked center cut (1" thick) ham slice,

- 1- 8 oz can pineapple chunks

- ¼ cup packed brown sugar

- 1 T. cornstarch

- 1/8 tsp. ground cloves

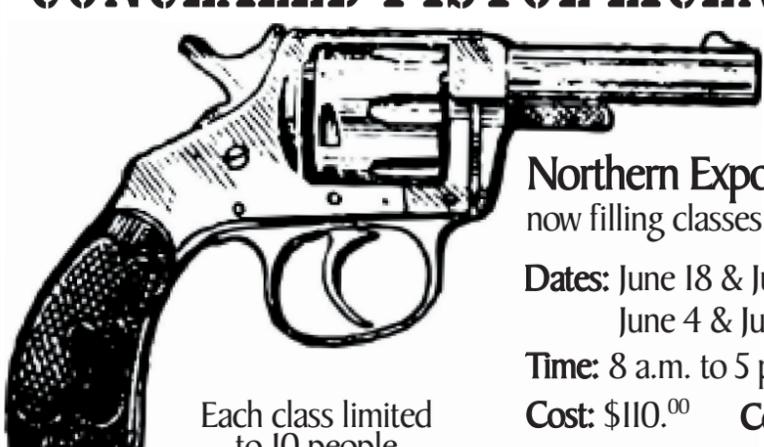
- 1/3 C. orange juice (or ¼ C. orange juice plus 2 T. rum)

- ½ C. light raisins

Trim fat from ham and slash the edges. Place it on a rack and bake at 350° for 30 minutes.

Drain pineapple, reserving 1/3 cup of the juice. In a saucepan, combine the sugar, cornstarch and cloves. Stir in pineapple juice and orange juice. Cook until thickened. Cook 2 more minutes and stir in pineapple and raisings. Spoon over ham. •

CONCEALED PISTOL LICENSE CLASSES:



Northern Exposure Firearms Training
now filling classes in Muskegon and Bitely, MI.

Dates: June 18 & July 16, 2011 (Bitely)
June 4 & July 30, 2011 (Muskegon)

Time: 8 a.m. to 5 p.m.

Cost: \$110.⁰⁰ **Contact Paul at (231) 670-3092 to register**

Each class limited to 10 people