

The Lowell Ledger

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Wednesday, August 11, 2004

A Peek At The Fair



By Dan Schneider

The Kent County Youth Fair, this week, has been around for 70 years. For all of those years, it has kept its central focus on 4-H youth.

"We are one of the few truly youth fairs left in Michigan," fair president Ron Wenger said.

He added that there are no more than four or five other strictly-youth fairs in the state. Other fairs have events open to projects by all ages. They have grandstands and big-name country music and classic rock bands.

"This total focus on what's best for kids and what's best for families ... it's still a unique characteristic of our fair," Kent County extension agent Pat Dignum said.

The fair started in 1934 after the Depression caused the collapse of the West Michigan State Fair in Comstock Park. The county extension agent, Keats Vining, had connections with this city through one of

Youth fair, cont'd., pg. 10

Volunteers to help on first-stage cleanup for trailway next weekend

By Dan Schneider

The first opportunity to contribute volunteer work toward the Lowell Area Trailway will be Saturday, Aug. 21 at the Cooper Woodland Preserve.

The woodland is one of the natural attractions along the eventual route of the Lowell Area Trailway. The trailway is a community project: a multi-use, paved trail that will connect points of recreational interest in and around Lowell.

The Saturday volunteer cleanup will remove debris and brush left behind during logging operations that took place in the woods last November.

"The biggest thing is there is a lot of loose brush," project coordinator Al Halbeisen said. "There are some places where there's stuff that is lying

across what will become the trail."

The project will help beautify the woods and establish a hiking trail through it. This trail will become an accessory to the Lowell Area Trailway once it is established.

Organizers plan to have a tree shredder on hand to chip the brush. The resulting

woodchips will be spread along the trail. Brush will also be cleared along an easement to Foreman Road, improving access to the woodland. "If we can get some foot traffic in some of these areas, that will at least give people an oppor-

Woodland cleanup, cont'd., pg. 9



David Davis's "Two Guys Waiting for a Bus," a Prismacolor pencil drawing.

On display

By Dan Schneider

The walls of the Lowell Area Schools administrative offices at 300 High Street usually stay empty over the summer, waiting for students' art projects to arrive in the fall.

This year, the Lowell Area Arts Council, which curates students' works on

display in the building during the school year, decided to fill the place with works by local artists.

"They represent a sampling of artists living with the environs of Lowell," curator David Davis said.

His "Two Guys Waiting for a Bus" and other works are among those on display.

"We tried to keep it an

exhibit of how much art is produced in the community," Davis said. "We thought it was a good opportunity to show that."

Artists include Jan Johnson, Gerard Wood, Mary Bommarito, Rose Ripley, Kathleen Mooney, David Davis, Dan Rook, Susan Molnar and Nan Nickson.

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OBITUARIES

ANDERSON - Barbara Ann Anderson, aged 51, of Lowell, died Saturday, August 7, 2004. She was preceded in death by her father Louis Brouwer. She is survived by her husband Brian of 31 years, her children Tammy Anderson and Jennifer Anderson; her mother Jessie Brouwer of Allendale; brother Allan (Marilyn) Brouwer of Marne; sister Linda (Clayton) Van Riper of Dallas, OR; her mother and father-in-law Robert and Donna Anderson of Grand Rapids; brothers-in-

law Barry (Laraine) Anderson, Bruce (Carol) Anderson; sisters-in-law Susan Bjornson, Carol (Dave) Burgess and Joan Sjaarda; two grandchildren Kyle and Caiden Anderson. Funeral services were held Monday at Vergennes United Methodist Church, Rev. Nathaniel Johnson and Rev. Peter McGowan officiating. Interment Bailey Cemetery. Memorial contributions may be made to Hospice of Greater Grand Rapids.

FREDERICK - Danny L. Frederick, aged 59, formerly of Lansing and Perry, died Monday, August 9, 2004 in Lowell. He was born June 3, 1945 in Battle Creek, the son of Kenneth R.B. and Evelyn Wilma (Harper) Frederick. Danny was formerly employed with Motor Wheel for 20 years and currently was employed with Magna Donnelly in Alto. He was a wonderful husband to his wife of 28 years, Shirley; a wonderful father to four daughters Tassie (Marvin) McKenzie of Clarksville, Angela (Roy) Mathers of KY, Tracie DeGood of Lowell, Tammie (Darren) Partridge of Grand Ledge; one son Terry (Christy Huhn) Frederick of Lowell; eight grandchildren; his mother Evelyn (Don)

DeBolt of Eaton Rapids; three brothers John (Mary) DeBolt of Lansing, Donald (Pat) DeBolt Jr. of National City, Robert (Laree) DeBolt of St. Louis, MI; one sister Linda DeBolt of Lansing; mother-in-law Mary and Lou Helphrey; several nieces and nephews. Funeral services will be held Thursday at the Shelly-Odell Funeral Home, Eaton Rapids. Interment at Forest Lawn Memory Gardens, Dimondale. Visitation on Wednesday from 2-4 and 7-9 p.m. Those desiring may make memorial contributions to Hospice of Michigan, Grand Rapids.

KENNEDY - Richard W. Kennedy, aged 80, passed

away unexpectedly Sunday, August 1, 2004. He was preceded in death by his loving wife of 50 years, Evelyn; son Patrick R. Kennedy. Richard is survived by his children David Kennedy of South Haven, Keverne (David) Lehman of Grand Rapids, Brian Kennedy of Lowell, and Mary E. Kennedy of Kentwood; grandchildren Rebecca, Richard, Caroline Lehman of Grand Rapids; beloved sisters Marcia Dittmer and Georgia (John) Young. He will be deeply missed by many close family members including Angi Carpenter. After graduating from St. Simon's High School in Ludington, Richard attended Michigan State University. He was an Air Force pilot during WWII and was based in Foggia, Italy. After a successful career, Richard retired from General Motors Fisher Body Plant #2. A Mass of Christian Burial was held Thursday at St. Paul the Apostle Catholic Church with Monsignor Ernest Schneider as celebrant. Interment Woodlawn Cemetery. Memorial contributions may be made to the Ludington Public Library.

MARBLE - Mr. Lewis L. Marble, aged 74, of Wyoming, passed away on Friday, August 6, 2004. He was preceded in death by his wife Beverly. He is survived by his children Timothy (Mary) McMyler of Alto, Greg (Val) Marble of Sparta, Melissa Marble of Wyoming, Patricia (Rick) VerStrate of Grand Rapids, Kelly Marble of Wyoming; five grandchildren; brothers Delmar (Ruth) Marble of Ohio, Dale Marble of Texas. The funeral service was held Monday at Wyoming Park United Methodist Church with Rev. William C. Johnson officiating. Interment in Oak Grove Cemetery. Memorial contributions may be given to the American Diabetes Association.

MARKEL - Norbert Walter Markel, aged 50, of Lowell, passed away Friday, August 6, 2004. He was preceded in death by his father Claire Markel. He is survived by his wife Karen; his children Christopher (fiancée Amy Barton) Markel, Louis (fiancée Jody Seif) Markel, Ryan Markel, Angelique Nostrant, Geoffrey Nostrant; mother Geneva Markel of Marine City; brothers Franz (Kathy) Markel, Louis (Beth) Markel, Robert (Annette) Markel; sisters Rosemary Markel, Melanie (Bill) Kenney, Kimberly (Dan) Miller; one granddaughter Bryanna Clark. Funeral services were held Tuesday at the O'Brien-Eggebeen-Gerst Chapel, Grand Rapids, Rev. Steven Harduk officiating. Memorial contributions may be made to the American Cancer Society.

SWANSON - Doris (nee Walsh), aged 90, formerly of Lowell, passed away August 6, 2004. She was preceded in death by her husband Darrell; granddaughter Samantha Swanson and six siblings. She is survived by her children Darolyn (George) Burton of Jenison, Deanna Young of Cascade, Dorral (Anita) Swanson of California; four siblings; six grandchildren; 12 great-grandchildren. Mass of Christian Burial was held Tuesday at St. Mary Church, Lowell, Rev. George J. Fekete presiding. Interment Oakwood Cemetery. Memorial contributions may be made to the American Heart and Stroke Association.

Three Lowell candidates vie for state house seat

By Dan Schneider

Lowell resident Dave Hildenbrand won the Republican nomination for the 86th district house of representatives seat last Tuesday.



Dave Hildenbrand

Rapids, took 4,562 votes and Joel Bush of Walker took 548. "The Lowell community came out and supported me," Hildenbrand said. Hildenbrand won in all seven precincts in Bowne,

Lowell, and Vergennes townships and the city of Lowell. Creelman finished second in the region, making his best showing in Bowne Township. District-wide, there were 4,254 votes cast for Democratic candidate James Turner. Turner, also of Lowell, ran unopposed in the primary.

Libertarian candidate Bill Gelineau's name was not on the primary election ballot. Gelineau lives in Lowell, as well.

With the wildlife park and library millages on the ballot, and some hotly contested elections for township offices, voter turnout was high in the region for a primary election. It ranged from 31.9 percent of registered voters in Lowell Charter Township's second precinct to 49 percent in Bowne Township. County-wide voter turnout was 33 percent of registered voters.

With the primary election over, it becomes a more partisan race in the Nov. 2 general election. The 86th district, as apportioned in 2001,

encompasses a population traditionally considered to be heavily republican.

"I don't take anything for granted," Hildenbrand said of the republican tendencies of the district. "We'll do all the functions of a campaign. We're certainly not going to just sit on the sidelines and wait."



James Turner

Turner said this makes it all the more important that he expose the public to his name and ideas.

"Anyone who gets elected and is a Democrat in Kent County has to really get out and let people know who

he is, and I intend to," Turner said.

Gelineau also acknowledged the Republican-dominated nature of the 86th district.

"I think that's part of why people here become disinterested in the political process," he said.

Gelineau stressed the importance of his candidacy for putting different ideas in play in the election.

"I'm very serious about trying to give the people in the 86th district another choice, someone who is a small-government candidate," Gelineau said.

Hildenbrand talked about the importance of getting people to the polls.

"I think it's just important to get people involved in this process," he said.

Hildenbrand said the only way to attract independent voters is to "send out my views to them and hope they support me."

"If they believe in the same things I do, hopefully they will indicate their support in some way."

Independent voters have been repeatedly touted as the key to victory in swing states like Michigan in this year's presidential election. Turner believes these voters are a strong presence in the 86th district, as well.

"I think there's probably as many independents and



Bill Gelineau

undecideds out there as there are Democrats and Republicans," he said.

Turner said this was not reflected in the primary voting results, since voters gravitated toward the contested Republican ticket.

"You get a lot of independents who vote in the Republican primary because that's where they have a choice," Turner said.

He expects to be able to draw some of the voters who favored moderate Republican candidates, such as Eleveld, in the primary. Hildenbrand will also court votes from the other primary candidates.

"I will certainly be reaching out to those who supported my opponents in the primary," Hildenbrand said.

Gelineau talked about the importance of courting independent votes from an ideological perspective. A third-party candidate who can win a significant number of votes can force the major parties to include new ideas in their platform.

In the days following the primary election, a lot was made in the city press of the role of the Right to Life endorsement to Hildenbrand's campaign.

"It was very important but I think there were many groups, organizations and people who were important to this race," Hildenbrand said.

He said he also had the support of groups like the National Rifle Association.

"I think Right to Life was important," Hildenbrand said. "There were also all sorts of groups from the business community. The Farm Bureau, they endorsed me."

Gelineau said that while abortion generates emotion and mobilizes voters, it is not an issue that will be impacted from Lansing.

"To even make an argument that abortion is an important issue at the state level, that's a non-starter for me," he said.

Turner said now that the primary is over, he will put more effort into seeking endorsements. He already has the endorsement of the state AFL-CIO, the United Local Food and Commercial Workers Local 951, the United Auto Workers Community Action Program Council and Planned Parenthood.

Lowell area rejects zoo, passes library renewal

By Dan Schneider

The Kent County millage proposal to fund construction and operation of a new wildlife park fared the same in the Lowell area as it did county-wide.

Throughout Kent County, 54.8 percent of voters prevailed in rejecting the millage while 45.2 percent supported it.

Votes against the proposal outnumbered votes in favor, in all seven precincts which included the city of Lowell and the townships of Lowell, Vergennes and Bowne. The percentages were relatively similar to the county figures. In all seven precincts, votes against to-

aled 2,280 compared to 1,671 votes in favor. The widest margin of defeat was in Lowell Township's second precinct.

Voters in the Lowell area joined the rest of Kent County in approving the Kent District Library's millage renewal request, though the ma-

jority of voters in three of the seven precincts voted against the tax. The proposal's passage means the library system's operations millage will continue until 2013 at .88 mills. County-wide, voters rejected an additional .12 mill increase to improve services offered at the library branches.

Sizzlin' summer concert added

The River Rogues Jazz Band will perform at the Riverwalk Plaza in front of the showboat Friday, Aug. 20 from 7 to 9 p.m. The date makes up for their concert which was canceled June 24. The Rogues play a mix of modern, New Orleans-style jazz and old-time, danceable jazz. That evening, the Flat River Grill will sell pizza, beer and wine on the showboat from 6 to 9 p.m.

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New faces emerge in local government after election

By Dan Schneider

Bowne Township saw the most upheaval of township officers in last Tuesday's local election.

Chris Wenger reclaimed the office of Bowne Township supervisor with 482 votes compared to Pete Siler's 356. Vote numbers are based on



Chris Wenger

the county's unofficial results. The official results will not be available until Thursday. Wenger had served two terms as supervisor before losing the 2000 election to Siler.

"We just have to take things as they come," Wenger said about the next four years.

With more turnover on the board than has occurred in several years, Wenger said unity will be an important goal and he anticipates discussion at meetings.

"I don't think we should all agree, but we still have to get along and go forward," Wenger said.

Tammi Wingeier overcame incumbent treasurer Sally Johnson in a close race. Wingeier had 416 votes to Johnson's 411.

Sandra Kowalczyk held on to her clerk office, defeating Jeff Miller, 461 to 374.

Kim Culbertson won a trustee seat.

"Hopefully, what's next is a board that can work together and make wise decisions for the future of the township," Culbertson said.

David Fuss succeeded and Karen Kowalczyk-Hendrick failed in re-election bids for township trustee. Joyce Reynhout also fell short of winning a trustee seat.

In Lowell Charter Township, John Timpson held off a



Leslie Stougaard

challenge from Paula Blumm in the election for supervisor. Timpson had 625 votes to Blumm's 456. A current board trustee, Blumm stayed out of this year's trustee election to



Leonard Den Houter

run for supervisor.

Leslie Stougaard is the new Lowell Township treasurer. She ran unopposed in the election.

"I just think that planning and development need to be organized, and I hope that I can help that with the other officers," Stougaard said.

She said the nature of the township's current invest-

ments prevents any immediate changes.

"Right now a lot of the funds are tied up so it's not something that's going to change overnight," Stougaard said.

Linda Regan will serve another four years as township clerk. She also ran unopposed in the election.

Carlton Blough received the most votes in the trustee election with 639. He won re-election along with Richard Huver, who secured 620 votes. Leonard Den Houter (536 votes) and Clifford Bonn (463 votes) won the other two trustee seats.



Kim Culbertson

"I think we are going to need to make sure that our land use ordinances are up to date," Den Houter said. "Make sure the wonderful community we have here retains its charm and natural beauty."

Bonn issued a statement to the Ledger.

"I am looking forward to working with the board and handling the challenges that lay ahead," Bonn said. "I will work very hard to keep the confidence of the people that voted for me and hope to gain the confidence of the people who did not vote for me."

Gerald Persha (444) and Kurtis Parks (339) fell short in the trustee race.

There are no new officers in Vergennes Township. Trustee Vern Nauta was re-elected with 578 votes and Allan Baird with 504. Roger Odell fell short with 478 votes.

Tim Wittenbach, Mari Stone, and Jean Hoffman ran unopposed to win the offices of supervisor, clerk and treasurer, respectively.

New members appointed to LAS Education Foundation board

By Dan Schneider

The Lowell Area Schools Education Foundation has appointed two new officers for the 2004-2005 school year.

Patty Brechbiel and Kurt Lardie will fill vacancies on the board left after board chair Marsha Wilcox retired and

Dan Brubaker had reached his term limit.

New board chair Melanie Brim said the new members will bring fresh perspective and ideas to the board. "I think both of them participated in Lowell Leadership and will be bringing that experience to the board," Brim said.

The board will oversee an anticipated budget of \$38,000 this school year.

"We're kind of excited because we've come off a fairly successful last year," Brim said. "We're hoping to be able to provide even more funding for creative, innova-

tive projects we believe our students will benefit from."

In its eight years of existence, the Lowell Education Foundation has contributed more than \$163,000 toward an average of 17 special programs each year.

Lowell bride-to-be finalist in wedding story competition

Lowell resident Kristin Howerth and her fiancé, Ryan Vohs, have reached the top five in a wedding story competition. The Grand Rapids Press, the radio station 96, Simply Weddings and Events and the Circle Theater have sponsored the contest. The top five stories, including Howerth's, were published in Tuesday's Grand Rapids

Press. You can vote for your favorite story at 96.net, simplyweddingsandevents.com, and in the lobby of Circle Theater in Grand Rapids from Aug. 11 - 27. Howerth and Vohs will win a \$20,000 wedding and honeymoon package if their story is voted the favorite. In any event, they intend to move to a home in Lowell after their wedding.

The greatest happiness of life is the conviction that we are loved—loved for ourselves, or rather, loved in spite of ourselves.

—Victor Hugo

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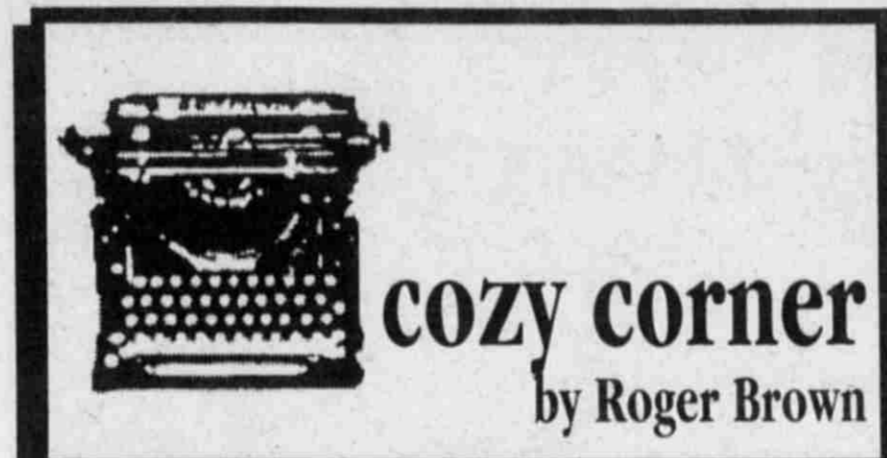
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—Chris Wenger

Viewpoint . . .



You may have noticed that there was no Cozy Corner in last week's Ledger. Here is my excuse.

My daughter is visiting the U.S. from her home in China. She has in tow her two children ... our grandkids. Jim (Madison) is seven and Boog (Zach) is five. She also brought along her housekeeper/nanny. These domestic helpers are called "Aiees" by the ex-pats that hire them. My spelling is just a guess. The pronunciation is a long "i" and a long "e." The word is Chinese slang for "auntie." As you might guess, these Aiees are like part of the family.

"Aiee" is just a little younger than my wife and me. She is in her early fifties and therefore a product of China's turbulent history under Mao and the dramatic changes since his regime. She has never traveled beyond her province, never flown on a plane and has had a restricted view of the world from what little government controlled media she has had access to over the years.

In the last two months she has flown halfway around the world. She has spent at least two weeks in Michigan, Arizona and Florida. She has seen the Grand Canyon, the Great Lakes and the Florida Keys. She has been to Cedar Point and Disney World. Sounds like she won a travel package on "The Price Is Right."

Aiee speaks almost zero English, so any meaningful conversation (even with my grandkids interpreting) is impossible. Given the language barrier, I'll probably never know, but I can't help wondering what in the world she must be thinking. I'd like to think she will return to China next week with a positive impression of the good ole U.S.A. Unfortunately, I'm not sure that's a "given."

The language issue is probably a good thing. At least she hasn't been subjected to our presidential election year politics that permeate television right now. I wish I could switch over to a foreign language for the next few months.

Back to my excuse for skipping last week's column. We were all at Disney World on a four-day, "park hopper" pass that allowed us to come and go between all four Disney theme parks. Sound like fun? Well, yes it was ... a tremendous amount of fun! However, it was more exhausting than we had counted on. The summer heat, large crowds and endless walking took their toll on all of us. We have been back home

for four days and we're still not fully recovered. That darned Mouse knocked our socks off!

I'm sure I'm preaching to the choir. That is, most everyone reading this has been to Orlando to "Feed the Mouse." It's tough to put a spin on the whole Disney World experience that you don't already know about. So, let's try looking at it from Aiee's point of view.

First, you are taken on an eight-hour drive and check into a motel. The next morning you get up early, wolf down something to eat and board a bus. It's 7:30 a.m. and already a steamy upper eighties. You are rushed through the gates for early entry day at Animal Kingdom. You are hustled to the popular Safari ride and get that out of the way before the line is unbearably long. Then it's a daylong scramble around the park using "fast-passes" to try and beat the lines on the bigger rides. Back to the motel for a swim and off to the Magic Kingdom for the evening.

Throughout all of this, Aiee must have been terrified of getting separated in huge crowds ten thousand miles from home and not knowing the language!

The next morning it's the same routine except it is early entry day at M.G.M. Aiee watched the kids (too short and too terrified) outside the Twilight Zone Tower of Terror as people lined up to plummet 13 stories in an elevator, screaming all the way down. The same goes for the Aerosmith Rockin' Roller Coaster where the rumble of the ride is drowned out by screaming riders. M.G.M. was by far our busiest park, with lots of things for the kids and adults to experience.

Late in the afternoon we went back to the motel for a swim and then off to the Magic Kingdom for the night parade and fireworks. We got to bed around midnight. I'm sure Aiee would have to have been thinking, "Are these Americans nuts, or what???"

Day three was more of the same, only this time it was Epcot. We stopped for a nice sit-down lunch in the China Exhibition. The waiters and waitresses were actually Chinese and for the first time in two months, Aiee had someone to speak to other than Jim and Boog. My grandkids are pretty sharp, but they are still only little kids. Even though they speak Chinese, I doubt their conversations with Aiee have much depth.

The fourth day was supposed to be a full day at the Magic Kingdom, but by mid-afternoon we just didn't have any gas left in the tank. Rather than spend another night in a motel, we left the park early enough to drive home.

That's it. That's why I didn't write a column last week. About the time I should have been working on it I was on a bus headed for M.G.M. At least I had the luxury of knowing pretty much what was in store for me for the day. That's more than Aiee knew. Like I said, I'm not at all certain she is going back to China with a totally positive view of our country. It may take her months to get over the trauma and even be able to talk about it.

TO THE EDITOR

To The Editor,

I was outraged to read of the vandalism done to the old headstones in the Oakwood Cemetery in Lowell.

I have five generations buried there (Mapes & Runciman), including my great-great grandfather buried in 1873.

I recently had his headstone cleaned up, and now it may be one of the ones damaged.

I would suggest that a reward fund be set up through your local Silent Observer or similar program, and then aggressively publicize it, especially in the local schools. I'm sure some of those involved have already bragged about their "conquest," and now it's time for them to pay for their crime.

Joe Mapes
Vicksburg

Dear Editor,

Now that the Primary season is over and the Bowne Township Board has been determined, I would like to address the Bowne Township Fire Department.

The fire department has hardworking, well-trained personnel. They have spent countless hours training to do their job and they do it well. Fortunately they only have a few real men in the department.

Unfortunately they have more boys that act like grade schoolers and they need to grow up.

You know who you are.
Respectfully,
Jill Miller

Dear Editor,

I am writing today to inform you of a crime I witnessed in our dear city yesterday.

While driving on M-21 from Meijer toward downtown

around 5 p.m. yesterday, I noticed a little Dachshund dog in the middle of M-21 by the movie theatre. Traffic was heavy and I had to swerve to miss the dog. I decided to stop and go back and try to help the dog. I did a quick turn-around, headed back, pulled into the business just west of NAPA Auto, jumped out of my van and headed towards the dog whistling for it. She was very frightened and wanted to come to me but it took some coaxing and after a few minutes, it came by me. The dog was frightened and didn't want me to touch it at first but then allowed me to hold it by the collar. It wouldn't let me pick it up and I needed to get a leash from my nearby van so I flagged down a guy who was kind enough to hold the dog while I fetched a leash and a couple dog biscuits out of my van.

After I got a hold of the little critter, I saw she had a tag and her name was Toot. After I got Toot on the leash she settled down and I decided I would drive back home, call the phone number on her tag and/or call my vet to see if they knew of the dog.

I pulled out onto M-21 going east and as I passed by NAPA Auto I noticed a couple of people in their parking lot looking around. I stopped and spoke to a man I would describe as a "biker dude." I said to him, "Did you lose your dog? Is your dog named Toot?" He said yes and stuck his hands into my open window and scooped up the dog. I was so relieved to think I had found Toot's owners and that Toot was safely back with his loved ones. Little did I know the horror I would witness seconds later!

As I turned around within 20 to 50 feet of the biker guys pickup truck, I looked over there only to see and HEAR him beating the poor dog. I could see his arm moving as he struck the dog around six to 12 times. I could hear his hand hitting the dog from 50 feet away. But the most horrifying thing was the dog screaming in terror while the man beat her. Then he threw Toot into the back seat of the pickup and the poor little thing continued to yelp and screech in terror for 15 or 20 seconds longer.

I was shocked. I didn't know what to do and I felt awful



By Priscilla Lussmeyer

Ledger Entries

of 125, 100, 75, 50 and 25 years ago

125 YEARS THE WEEKLY JOURNAL

AUGUST 13, 1879

Excellent eating apples are in the market. Peaches will be small and wormy this year - too much dry weather.

Frank Howard has opened a barber shop in the Huxley building on the bridge.

Grattan had a Friday morning frost.

"Chew Jackson's Best Sweet Navy Tobacco."

100 YEARS THE LOWELL LEDGER

AUGUST 11, 1904

Houk and Sons store is burglarized by smashing a side-light of the front door; shoes are taken.

Pres. Hopkins of the planned electric railway explains that many details must be worked out before construction actually begins, soon.

The Lowell Military Band will perform at Train's opera house next week on the 17th.

H.H. Weeks of Vergennes caught a 6 1/2 pound black bass on a small hook and rowed 3/4 mile to land it.

"Riley Ayers of Avon rides out in a new carriage lately."

75 YEARS THE LOWELL LEDGER AND THE ALTO SOLO

AUGUST 15, 1929

Lowell Schools will open the day after Labor Day this year; record-breaking enrollment at all levels is anticipated.

The Lowell Horsemen's Association will sponsor five races at Recreation Park on Saturday, the 20th.

Don't fly and smoke: four out of six cigarettes dropped from planes at 500 to 1000-foot altitudes are still smoldering when they hit the earth.

The editor calls for safer railroad crossings (signal flashers, no obstructions) in the wake of a Lake Odessa family tragedy last week.

Standard Oil builds a 15x50 foot sign near the Detroit Airport, tiled so air passengers can read it.

50 YEARS THE LOWELL LEDGER

AUGUST 12, 1954

The Paul Kellogg Vinegar Co. installs ultramodern generating equipment imported from Germany, the first of this type in Michigan.

A home run ends the 14-inning marathon softball game with the victory going to the Lear team over the Moose.

Fifty-five Lowell Loyalties (former Lowell residents) attend a reunion picnic at Fallasburg Park.

A full column of news about servicemen comes from Japan, Korea, Bavaria, the U.S. and the high seas.

Village Council members have flown to California and Minnesota in search of a good used engine for the light plant.

25 YEARS THE GRAND VALLEY LEDGER

AUGUST 15, 1979

Only three residents have filed for the fall elections for the three open Council seats.

Zeigler Ford celebrates the grand opening of its new Kalamazoo dealership.

Lowell Schools will open the day after Labor Day, Sept. 4.

Buck Matthews of WOTV writes a letter praising this summer's Showboat.

West's Apparel finds them in old inventory and offers ladies one-piece union suits for \$2.

Reflections Of Faith

Bob Roush, Pastor
Friendship Country Chapel

WALKING ON ICE

Life is short! There's no doubt about that fact. Mark Twain said the percentage of death is quite constant, one out of one people die. The Bible confirms that fact: You do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. Or how about this one found in Psalm 90:10? The length of our days is 70 years; or 80 if we have the strength; yet their span is but trouble and sorrow for they quickly pass, and we fly away.

I have developed a little philosophy about life and it goes like this. Life is like walking on a frozen lake. Every human being is born and starts life at the shore line of this "lake." Each day everyone takes a step from the shore towards the center of the lake. As a person moves further out on the ice it becomes thinner. Not one of us knows exactly how thick the ice under our feet is. That's the uncertainty of life. But there is one sure thing though: sooner or later the ice will give way, guaranteed.

Some people walk a great distance from the shore. I went to the funeral of a 97-year-old lady today. Others take only a few steps and fall through. I have performed the funeral for a beautiful baby who died of SIDS after only a few steps. The point is that sooner or later the ice will break through and you'll feel yourself sinking into the chilling waters of death.

The big question on the campus is this: "Is there anything out there?" Or is this all there is to life? As a Christian I have put my faith in the fact that the Bible is not only right about the brevity of life but that there is something "out there," that life doesn't end at the grave. Christianity teaches that when the ice breaks through for us, as it will, there is a life preserver found

in Jesus who died on Calvary in full payment for our sins, thereby providing for us a point of rescue at the hour of our death.

How wonderful it is to have that promise, to keep it close to our hearts as we daily walk on the ice together. This is the great promise I try to share with everyone I get a chance to, that there is safety on the ice found only in Christ's love for us.

Here's a little exercise I give people. Take a tape measure

and extend it to 80 inches, which represents the maximum age given in Psalm 90:10. Now locate your particular age and notice where you are on the tape. This is an indication of how far out on the ice you are. The ice seems a little shaky to me these days and I feel it cracking now and then. One day I will take that ultimate last step and then ... life. Hope you're resting in the promise of God. May you have a long and beautiful walk on the ice.

AREA BIRTHS

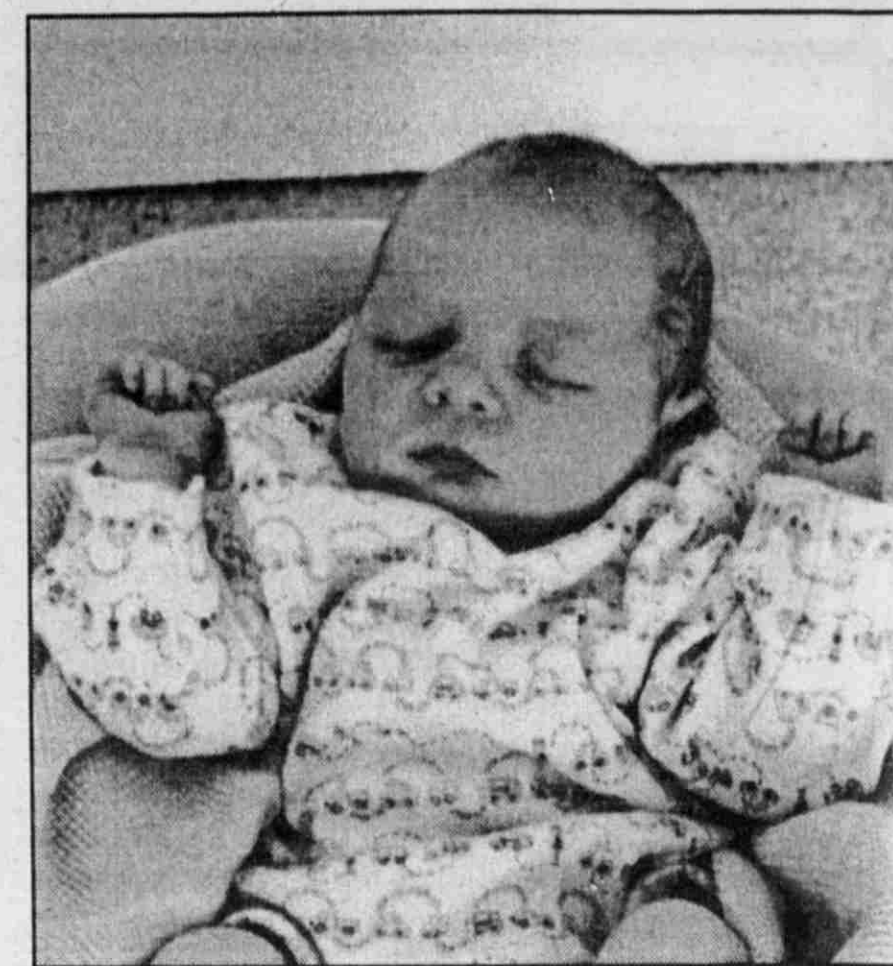


Aidan Wesley

Rachel Zalokar and Kevin Williams are happy to announce the birth of their son, Aidan Wesley, born June 25, 2004. He weighed 6 lbs. 3

oz. and measured 18 1/2 inches long.

Proud grandparents are Diana and Walter Batt, Karen and Jim Eckelstafer, Rick and Wendy Zalokar and Terry Williams. Proud great-grandma is Corrina Miller.



Carter Ryan

Ryan and Stephanie Peel of Lowell are happy to announce the birth of their son, Carter Ryan, born July 10, 2004 at 3:39 p.m. He weighed 7 lbs. 11 oz. and measured 20 inches long.

Proud grandparents are Shirley Peel of Lowell, Jeff and Diane Peel of Grand Rapids and Steve and Deanne Newell of Lowell. Aunts and uncles are Sarah Newell and Chris Rittersdorf of Lowell and Elisa and Isaac Aikey of Naples, Florida.

Health



NURSEMAID'S ELBOW

Nursemaid's Elbow is a term used to describe a radial head subluxation (or forearm dislocation). It's the most

common elbow injury in children. It most often occurs in children between the ages of one and four. While the condition is quick and easy for your physician to fix, it is also easily prevented.

A Nursemaid's Elbow occurs when the young child is quickly jerked, picked up, or swung around the room, by their wrists. The traction along the arm, along with a slight twist is all it takes for the radius to dislocate at the elbow. (The radius is the smaller of the two bones in the forearm). While this most always occurs on accident, the person causing the condition is usually a parent or caregiver who then feels terrible.

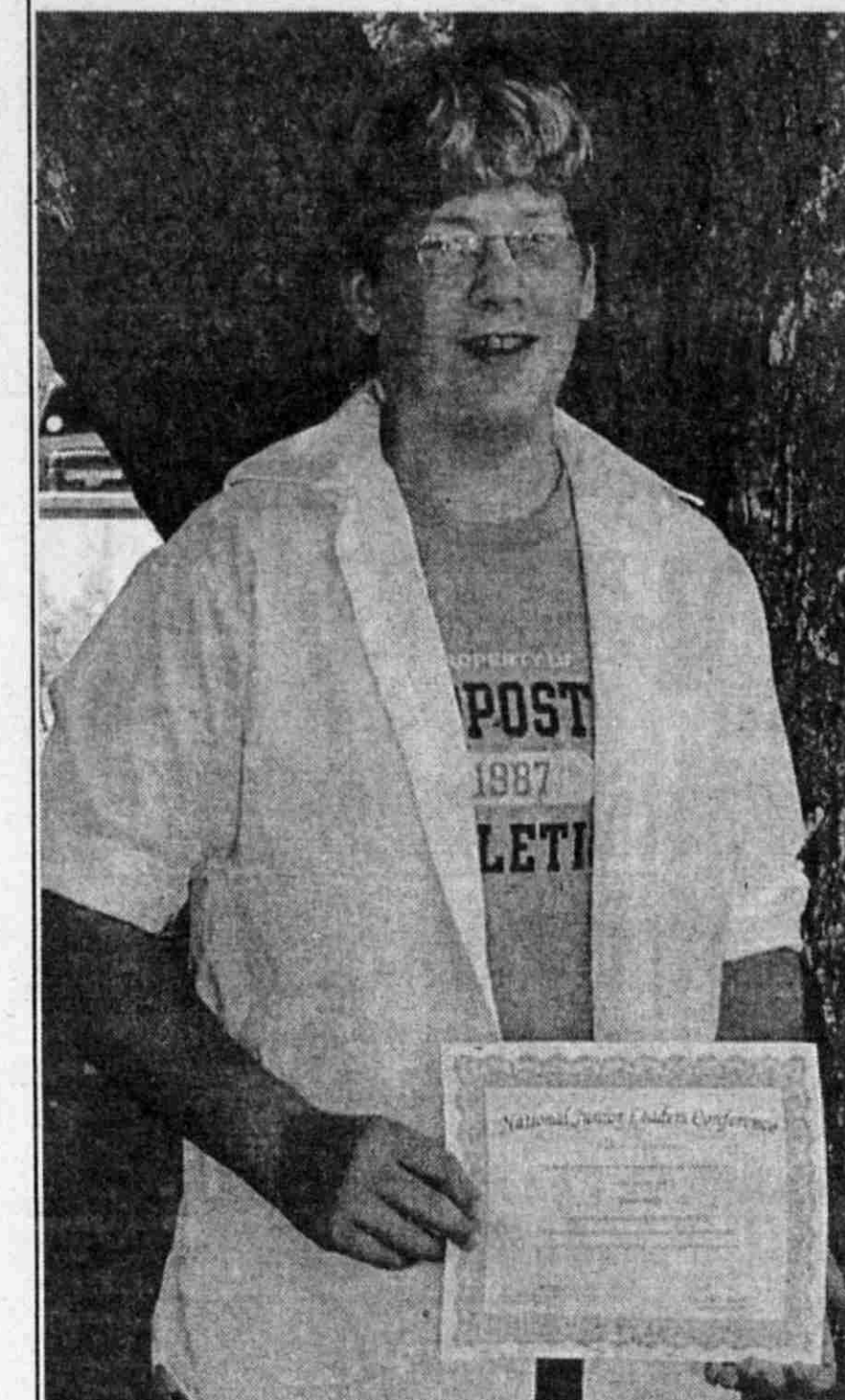
When this condition occurs, the child is usually scared and in pain. The child will typically have their hand resting across their abdomen with their elbow flexed to 90 degrees. There is

THE LOWELL LEDGER-WEDNESDAY, AUGUST 11, 2004 - PAGE 7
no obvious deformity to the arm, but the child will refuse to move it.

It is important that this condition be recognized and promptly evaluated by your physician. They will typically be able to fix the problem right then, providing the child instant relief. If treated promptly, this condition rarely causes any long-term problems. Treatment of a Nursemaid's Elbow requires proper training and should only be performed by a physician.

The key to preventing this condition is educating parents and caregivers to avoid the simple actions that cause it. They should avoid pulling or jerking a child up off the floor by their wrists or swinging them around the room by their wrists.

Student attends national leaders conference in D.C.



Travis Bergy

Travis Bergy, a freshman this fall at Lowell High School, attended Lead America's National Junior Leaders Conference July 18 - 27 in Washington D.C. He studied business management including leadership, costs, financing and competition. He formed a simu-

lated business with a team and competed against other teams. His team finished third out of four. Bergy was nominated to attend the event through the LAS gifted and talented program. He hopes the experience will help him to open his own architecture firm in the future.

'HARDT HAPPENINGS



USED BOOK SALE

The Alto branch will hold its annual fall book sale on Saturday, Sept. 11 from 9:30 a.m. - 1:30 p.m. The sale is part of the Alto Fall Festival and is sponsored by the Friends of the Alto Library.

COLLEGE NEWS

Some 1,500 students completed the requirements for certificates, associate's, bachelor's, master's and doctoral degrees at Ferris State University, Kendall College of Art and Design, and the College of Professional and Technological Studies during the winter semester that ended in May 2004.

From the Lowell area are: Amber S. Bolen, Dixie M. Eckman, Robert P. Ford, Sheriana Kasim, Nicole E. VanderWal and Dawn VanderZiel.

From the Alto area are: Carl E. Kurtz, Kelley A. Mesecar, Andrew D. O'Connor and Matthew G. VanVelsen.

BOOK DISCUSSIONS FOR ADULTS

The Englehardt branch invites adult readers to get together on Tuesday, Sept. 14 at 10 a.m. for a friendly, informal discussion on a great book. Visit the library to pick up a copy of the featured title or call 647-3920 for more information.

VOLUNTEER SPOTLIGHT

Shoppers, you are appreciated. Your July purchases at the Flat River Outreach Ministries Thrift Shop helped provide food for 67 families and emergency services for 33 families.

Celebrating their 50th wedding anniversary on August 14 are Charlotte & Dale Johnson of Alto.

They are the parents of Larry & Debbie Johnson, Mark & Peggy Johnson and Wendie & Michael McLouth.

They have eight grandchildren and three great-grandchildren.

They will be honored at an open house on August 22 from 2 to 5 p.m. at Cornerstone UM Church, 2045 68th St. SE, Caledonia, MI, given by their children.

The couple has requested no gifts please, only the presence of family and friends.

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AUGUST 12TH
Love, Greg, Hillary, Haley & Sean



HAPPY BIRTHDAY

AUGUST 12: Robin Briggs, Linda Uzarski, Betty Powell, Steve Martin, Sr., Gayle Heaston.

AUGUST 13: Robert Hewitt, Ryan Christenson, Ryan Roe, Mike Roth.

AUGUST 14: Adam Billingsley, Aaron Christenson, Betsy Brenk, Bob Wilczewski.

AUGUST 15: Ben Raymor, Lila Thaler, Bill Barber, Dena Baylis, Vivian Johnson, Donnie Shaffer, Barb Callihan, Kim Tubergen, Del Wright, Pam Kline.

AUGUST 16: Helen Vezino, Don Gasper, Trent Raab, Mike Mooney, Ryan Aksamitowski.

AUGUST 17: Brittany Essich, Jordan Harding.

AUGUST 18: Matthew D'Agostino, Sandy Dykhuizen, Sean Pawloski, Paul Reggie Owen, Paul R. Owen II.

AREA CHURCH DIRECTORY

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Worship.....9:30 A.M.
Children's Church.....9:30 A.M.

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Pastor Dean Bailey

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Morning Worship.....11 A.M.
Evening Service.....6:00 P.M.
Prayer and Praise - Wed., 7:00 P.M.
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(Barrier-Free)

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Impact Youth (Sunday's at the Pastor's home).....5 PM
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Evening Worship.....6:00 P.M.
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Morning Worship.....11:00 A.M.
Evening Praise.....6:00 P.M.
Wednesday AWANA.....7:00 P.M.
(Sept. - April)
Prayer and Bible Study.....7:00 P.M.
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AWANA/J.V.....Wed. 6:15 & 7 P.M.
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Evening Praise.....6:00 P.M.
Wednesday AWANA.....7:00 P.M.
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Financial behaviors among women have come a long way - still room for growth

Barbara Pietrangelo
Financial Planner

As their mothers did before them, today's women continue to be the principal hands-on managers in the household. From handling the monthly budget to serving as primary caregiver, women are still the "rock" of their families. But unlike the generation that preceded them, today's women face new financial challenges as a result of increased life expectancy and income requirements, more self-reliance, and a whole new range of lifestyle choices—not marrying, not having children—far less acceptable in years past.

But according to a recent survey by Prudential Financial, women—specifically from the Baby Boom generation—are

beginning to embrace those challenges. In fact, the study showed the financial role of women has expanded greatly and is evolving rapidly.

Some notable findings from the survey include:

- Women have adopted expanded financial responsibilities for growing and protecting wealth that include sole or joint responsibility for IRAs (66%), annuities (60%), life insurance (82%) and estate plans/wills (79%).
- 83% of women said they understand the amount of money needed for a secure retirement.
- 84% of women recognize securing long term care is important.

—Not Keeping Pace—

While the level of women's financial awareness has grown in recent years, the survey also revealed that this increased awareness has not translated into the action needed by women to keep pace with their financial needs. For example:

- A large majority of women (73%) believe that providing for the future of loved ones is important, but just 14% have conducted detailed financial planning.
- While 84% believe securing long term care is important, only 13% currently own long term care insurance.

—10 Tips to Take Charge—

Financial behaviors, cont'd., pg. 14

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School board discusses safety, new technology

By Dan Schneider

The primary subject at the beginning of Monday's school board meeting was student safety in the school walk zones within the city limits established for this fall.

On Aug. 26, at the "Meet the Teacher" nights at Bushnell and Cherry Creek elementary, a representative of the transportation department

will be available to answer questions. In a letter sent to parents and legal guardians living within the walk zones, Lowell Area Schools director of transportation Larry Mikulski encouraged people to walk to school with their children on this night. He encouraged school board members to do the same at Monday's board meeting. Mikulski reported that

LAS security director Al Eckman's recent bicycle safety class was well attended. TOTS director Kathy Cole reported on the upcoming Safety Town at Cherry Creek Elementary. She said there is still room in the class and the last day for registration is Friday.

Lowell police chief Jim Valentine reported that training was to begin Tuesday for

Lowell Light and Power and city of Lowell employees to help them participate in the state Childwatch program. The idea is that since both groups of employees make regular rounds of the city on their way to various projects, and wear recognizable clothing and drive recognizable

vehicles, they would be available to assist children in the walk zones. Valentine told the board that participants in the Childwatch program must not only complete training, but "submit to a criminal background check."

Mikulski said the transportation safety committee

will continue its work into the school year.

LAS superintendent Shari Miller gave the final construction update on the new Murray Lake Elementary. The asphalt is done,

School board meeting, cont'd., pg. 13

Woodland cleanup, cont'd...From Page 1

tunity to get out into the woodland," Halbeisen said.

Part of the purpose of the project is to rally a core group of volunteers, which will be essential throughout the development of the trail system. By the end of the summer, the Lowell Area-Trailway Committee hopes to have the Low-

ell Area Trail Agreement signed by the three municipalities through which the trail will run. This will allow work to begin on the first trail segment. That segment is likely to run from the Wittenbach Agri-Science Center to Cherry Creek Elementary.

Baby-sitting, lunch, water and first aid will be provided on the day of the Cooper Woodland cleanup. So will a portable toilet as well as bug spray though, according to Halbeisen, "the bugs haven't really been too bad."

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Youth Fair, continued...*From Page 1*

Lowell's prominent businessmen of the time, C.H. Runciman. The fair was brought here.

E.L. Phelps was 16 when he showed a jersey heifer calf at the first fair.

"They didn't have a lot of beef cattle around here at that time," Phelps said.

So the first fair was mostly dairy animals.

"It might have been 25, 30 dairy cattle and as I recall there was one beef animal and three horses," Phelps said. "They were draft horses, they weren't riding horses."

The fairgrounds looked quite different at that time.

"Originally, that was a race track around there and they had a barn there for the horses and that's where we put the animals," Phelps said.

The next year, the city and the fair built a quonset barn on the grounds. The fair used it for animal exhibition and the city used it to store equipment the rest of the year.

There were between

eight and 10 4-H clubs in the county at that time, according to Phelps. There was a softball diamond in the northwest part of the fairgrounds.

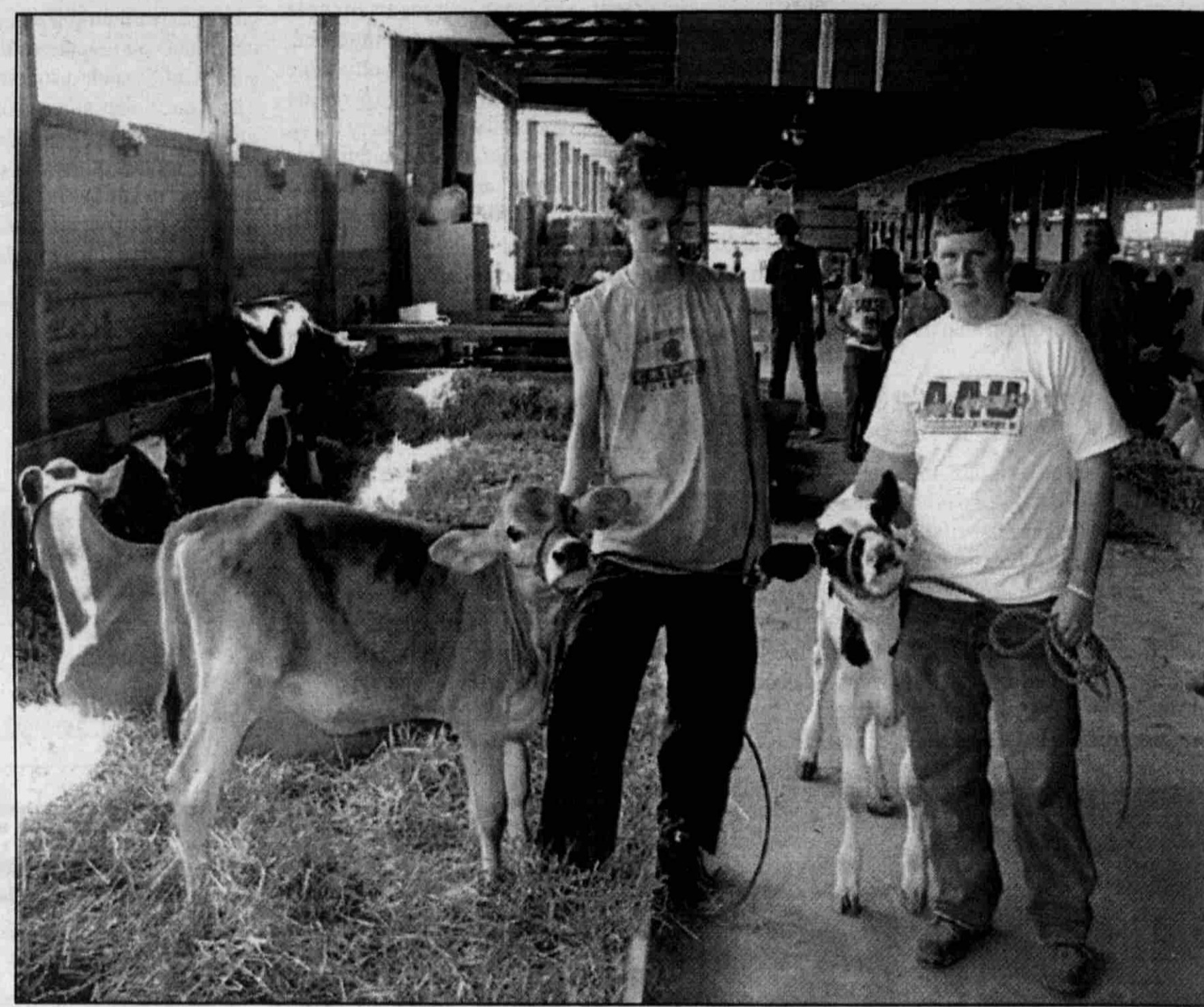
"Any club of any size had a baseball team, had a ball team, so we played a lot of ball," Phelps said. "Byron Center had one guy; by golly he could play ball. I remember if you played that team, you might as well quit."

Phelps showed at the fair until he was 19. Then he became a club leader for a few years until World War II broke out. While Phelps was in the infantry in the South Pacific, the fair continued back in Lowell.

"I've been told it didn't slow, but I don't know," Phelps said.

After the war, the fair started building show barns and other structures. The fair was settling in as a permanent part of the Lowell scene, making a financial investment.

"I've had my name on paper for borrowing money



Grady Drown, 15 (left), and Matt Francisco, 16, with their dairy heifer calves.

you wouldn't believe," Phelps said.

The fair required more exhibit space by 1950. A committee including Don McPherson and Ernie Reuhs began fundraising efforts. The committee raffled off a tractor and took in some sizeable donations. A barbecue chicken dinner raised the rest of the money needed to pay off debts on the fair's existing buildings. The fair board, endorsed by the Lowell Rotary Club, then built the exhibition hall currently known as the Foreman building.

About this time, Vining brought in cooks to make food for people at the fair. The first carnival also came to the fair, though it was a small one.

"I'd say probably in the early '50s they had a carnival there," Phelps said. "But all they had was a ferris wheel, a merry-go-round, and a bunch of sick kids."

Phelps was on the fair

board for 30 years, many of them as president. He is still an honorary member. Except for the war years, he hasn't missed a single fair since 1934. And his children and grandchildren have shown project animals in the fair.

Wenger has been president of the fair for 12 years and on the board 20 years total. In that time, the fair has continued to grow and change.

"We've doubled or

tripled anyway, probably

the fair has made additions to the horse barns, the service barn, the beef and swine barns, the office and the King building. Camping space has increased. The parking area was designated and has grown in size. The fair built a park area full of flowers and picnic tables, and added streets to the fair-ground.

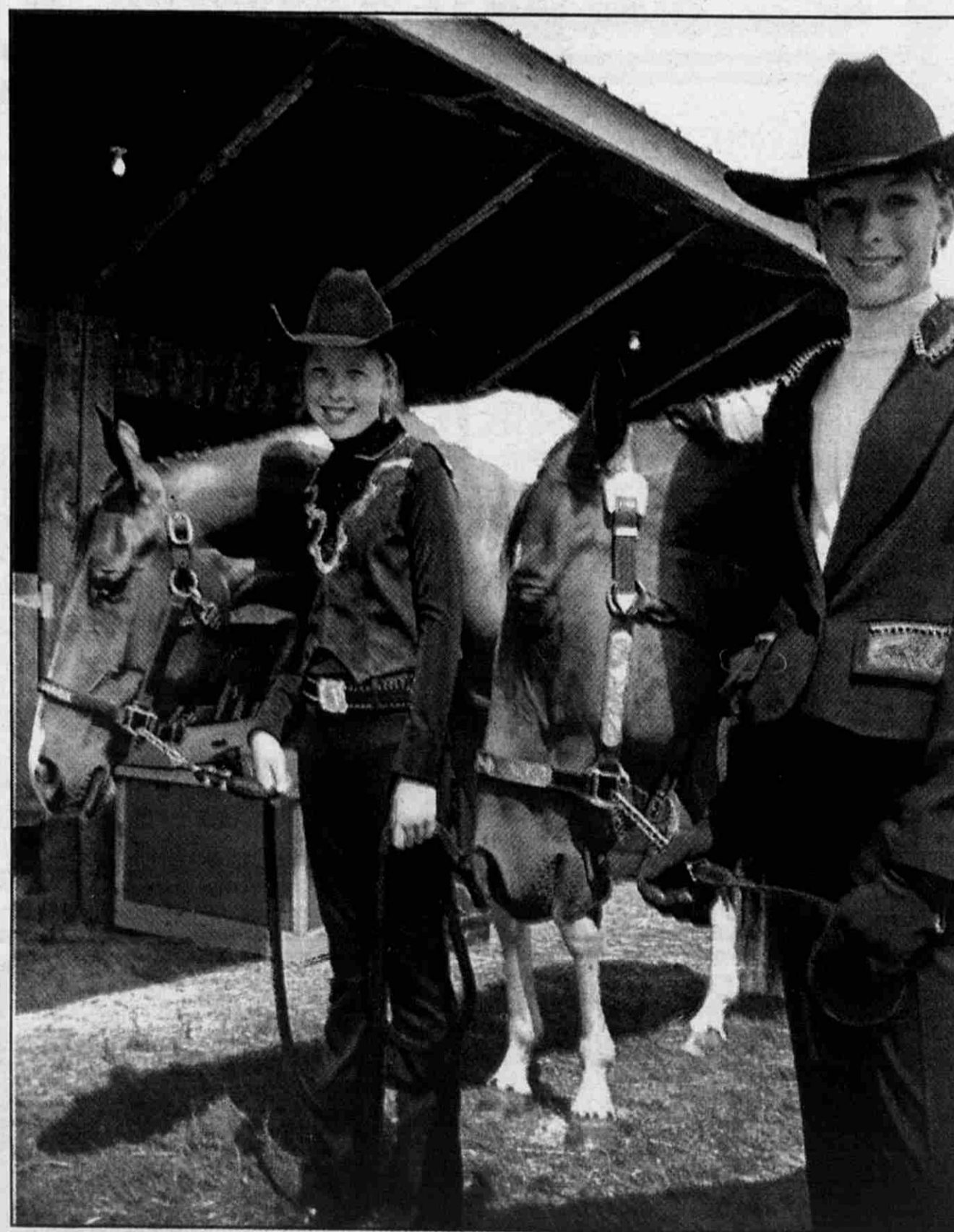
This year, the fair built a

new horse barn, upgraded its electrical systems, and added a wheelchair deck to the horse arena.

"I see just in the most recent years a resurgence—it's always been there—but a resurgence of pride and involvement by the families," Dignum said.

The fair, and 4-H in general, has adapted to accommodate participants' modern interests.

Fair, continued, next page



Brooke Mellema, 12, at left with her Paint horse, and Lindsey Watkins, 14, with her Pinto shortly before competing in a Western event. Both are members of the Bands, Braids and Barrels 4-H club.



Christopher Vickers, 10, shows his Angora goat.

Fair, continued...

"Now we have computers and graphic arts and new types of projects that keep up with what kids are involved in," Dignum said.

Still, the fair maintains traditions.

"Many of what we call the traditional life skills—cooking and sewing and things like that—you don't get that at school anymore," Dignum said. "For these kids,

these are unique things to learn. It's cool if you get someone to teach you to make jam or jelly these days."

New interest is now shown in animal projects, fueled by the people moving from the city and suburbs out into the country.

"We have, in this county, third and fourth generation 4-H'ers, but the new families who are interested in farm

animals ... you have new people who live out in the country who do animal projects because they didn't grow up with it," Dignum said. "People move to the country, they have a few acres and they want to learn about animals."

The fair has been attracting projects from the city as well. Kids from the Baxter Community Center and City

High School in Grand Rapids have been coming to the fair for years. Earlier this year, the second annual Urban Youth Fair took place in Grand Rapids. The Kent County Youth Fair board has served that fair in an advisory capacity both years of its existence. The fair board will continue in that capacity next year before the Urban Youth Fair continues on its own.



Jessica Reyburn, 10, and Rachel DeLeeuw, 10, holding Haley Brower's goat.



At right, Sherry Garrett judges a guinea pig while Mari-Megan Moore, 17 (left to right), Zoe Beloncis, 10 and Audra Augustine, 10, wait their turn.

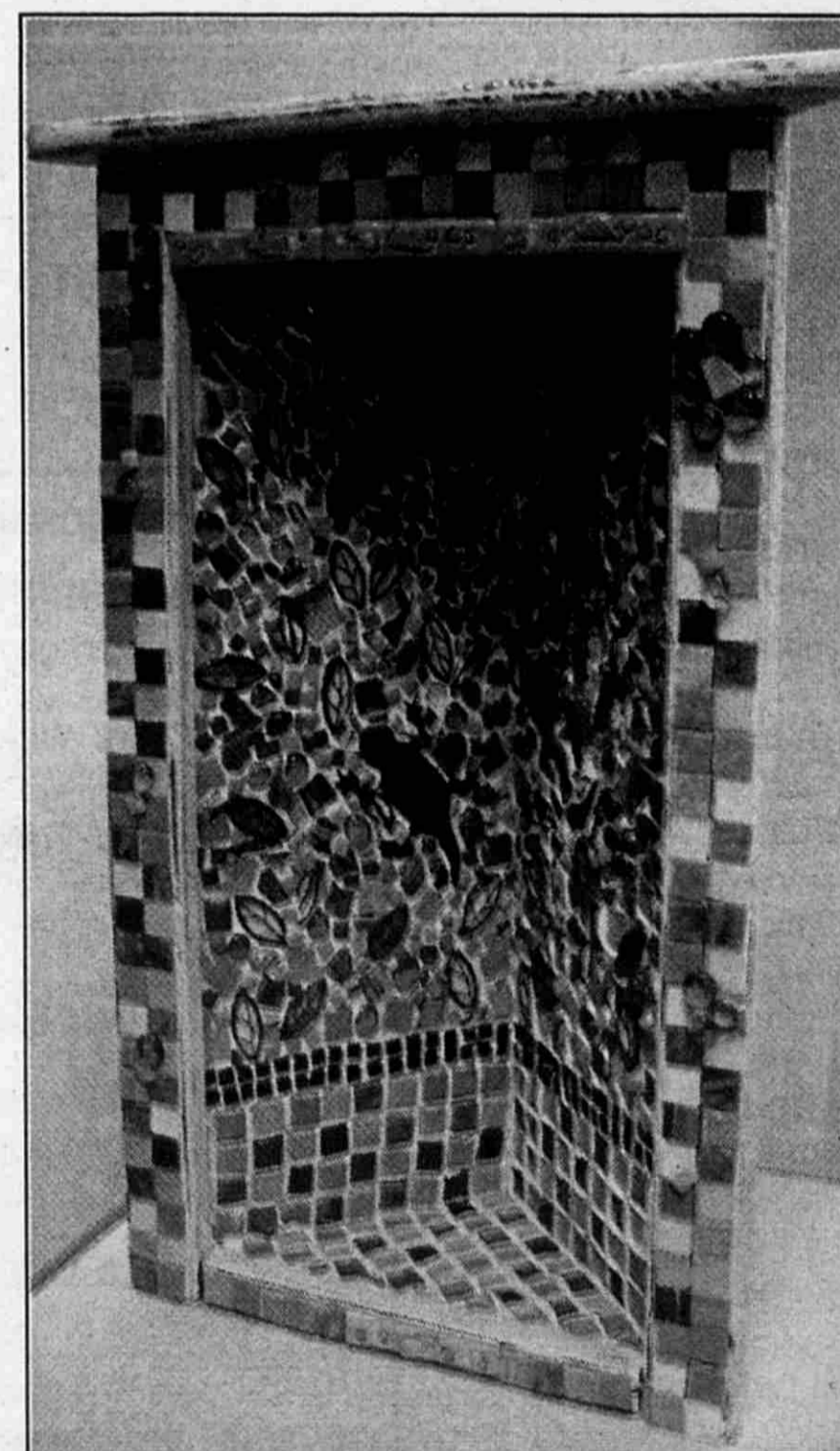
On display, cont'd... From Page 1

It is all recent work: collage, watercolor, constructions, photography, mixed media and glass. The work will be on display probably through September. By that time, students' works will likely be ready for the walls.

The public is encouraged to walk into the district offices and enjoy the exhibit.

"We love being an art gallery," LAS superintendent Shari Miller said.

Kathleen Mooney's contemplation cabinet, "Lizard," on display at 300 High Street.



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Dee Crowley - Varsity Girls Basketball Coach
Dani Gallert - Assistant Varsity Girls Basketball Coach
Roxanne Gallert - JV Basketball Coach
Phil Beachler - Middle School Coach
Varsity Girls Basketball Team

LOCATION: Lowell High School Gyms
WHEN: Saturday mornings beginning September 11
DATES: Skills and Drills Sessions
(Please be in attendance! Please bring a ball!): Sept. 11, 18, 25
3rd/4th grade 9 - 10:15 am • 5th/6th grade 10:30-11:45

GAMES:
Oct. 2, 9, 16
Practice times are available on Monday & Wednesday evenings at 6:30 p.m.

*If there are any questions, or if you are interested in coaching one of the teams, please call: 897-2893 (home) or 897-4125, ext. 514.

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Cost: \$40 (Please call for financial assistance if necessary)
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• At least one weekday practice per week

PLEASE REGISTER BY SEPTEMBER 1, 2004
Late registration is limited to availability

JOIN US!
Murray Lake Elementary School invites students, parents and community members to attend their Meet the Teacher Night and their Dedication Ceremony
THURSDAY, AUGUST 26
Meet The Teacher 6:00 - 7:15 pm
Dedication Ceremony - 7:30 pm
Refreshments provided following the dedication
The Murray Lake office opens Monday, August 16.
Please call 987-2775

COMING EVENTS

Notices in The Ledger's "Coming Events" are free of charge to any nonprofit organization in the Lowell, Ada, Alto & Saranac areas. We prefer such notices to be kept brief and to be submitted by mail, but will accept notices by phone at 897-9261.

SUNDAYS: Tri-town Conservation Club trap & skeet league, 5616 Dunn Rd. 12-5 p.m. Call Larry at 754-7104. Public welcome.

EVERY MON.: LHS Fellowship of Christian Athletes & Friends, 7-8:30 p.m. in members' homes. 676-1355.

EVERY MON.: Women's over 30 drop-in basketball, 7-9:30 p.m. at Cherry Creek Elementary. Call Dave (YMCA) 897-8445. Fee \$3.

3RD MON.: Fallasburg Historical Society board meetings at chamber of office or Fallasburg, 7 p.m. All invited. Call 897-7161 for info. or location.

2ND MON.: Lowell Board of Education meets 7 p.m. in Administration Building, 300 High Street.

2ND MON.: Bowne Township Historical Society meeting at Historical Museum, 84th and Alden Nash, 7:30 p.m.

MON. OR TUES.: Cub Scouts, boys in 1st - 5th grades, Alto or Lowell. Call school for more info.

4TH MON.: Clark-Ellis American Legion Post 152, 3100 Alden Nash S.E. at 7:30 p.m.

3RD MON.: Women of the Moose business meeting at 7:30 p.m.

1ST MON.: V.F.W. Post #8303, 3116 Alden Nash S.E. at 7 p.m.

EVERY MON.: Boy Scout Troop 102, 11 & up or completing 5th-grade, meets 7-8:30 p.m. at Scout Cabin. Call Terry 868-6481.

1ST TUES.: Grattan Historical Society meets in O'Brien Room of Grattan Township Hall, 12050 Old Belding Rd. Public invited.

1ST TUES.: Diabetic Support group, 9:30 Schneider Manor Community Rm., 725 Bowes Rd.

2ND & 4TH TUES.: MOPS - Mothers of Preschoolers ... because mothering matters. 9:15-11:30 a.m. at Impact, a Wesleyan Church, 1070 N. Hudson. Call 897-8304 for details.

2ND TUES.: G.R. Chapter of the American Sewing Guild, D.W. Richardson Center, 5255 Grand River Dr. 6:30 social time; 7 p.m. meeting & program. Olga, 975-9977.

EVERY TUES.: Take Off Pounds Sensibly Tops MI#372 meets at Key Heights Mobile Home Park Community Bldg. Weigh-ins 5:45 p.m.

EVERY TUES.: Flat River Woodcarvers meet at the LAAC from 6:30 - 8:30 p.m.

1ST TUES.: Adults with AD/HD at Calvin College, 7-9 p.m. Call Gary Engle at 897-6325 or 248-2423.

2ND & 4TH TUES.: Saranac Needlers, needleart/quilting bee meets 5-8:30 p.m. at 4 Health Wellness Center in Saranac. For all or part time; Anyone is welcome. Contact Bev or Melissa, 642-6466 for info. A light dinner will be provided.

2ND & 4TH TUES.: Knights of Columbus #7719 meets St. Mary School, 7:30 p.m.

2ND TUES.: Lowell Masonic Lodge meeting, 7:30 p.m., Masonic Center, 119 Lincoln Lake.

1ST & 3RD TUES.: Lowell Lions Club, 6:30 p.m., Look Memorial Fire Station, 315 S. Hudson St.

3RD TUES.: Saranac Scrappers, scrapbooking/journaling group meets at 4 Health Wellness Center, Saranac, 5:30-8:30 p.m. Light refreshments served. Bev or Melissa, 642-6466.

3RD TUES.: Parents of children w/AD/HD at St. Luke's Lutheran Church, 32156 4 Mile NE/ E. Bellline) at 7 p.m. Call Linda: 874-5662; teen group: Sarah 281-6588.

EVERY OTHER WED.: 6:45-8:45 p.m. G.E.M.S. Girls Club - Calvary Christian Reformed Church. Ages 8-13. 897-8694.

EVERY WED.: 8 p.m. ALANON meets at Lowell Congregational Church upstairs.

EVERY WED.: Rotary meets at noon at Lowell Masonic Temple, 119 Lincoln Lake Ave.

EVERY WED.: Lowell Church of the Nazarene Vacation Bible School, 5:30 - 7:30 p.m., ages 5-12 years. Call 897-8800.

EVERY WED.: Tri-town Conservation Club trap & skeet league, 5616 Dunn Rd. 6-10 p.m. Call Larry 754-7104. Public welcome.

2ND WED.: Kent County Youth Fair Board meeting at 7:30 p.m., King Memorial Youth Center at 4-H Fairgrounds. 897-6050.

2ND WED.: Lowell Women's Club meets at 12 p.m. in Schneider Manor Community Room, 725 Bowes Rd.

2ND WED.: Support group for Peripheral Neuropathy, 4 p.m. at St. Paul's Anglican Catholic Church, Grand Rapids. Call Dorothy 897-9794.

EVERY THURS.: Weight Watchers at Lowell Nazarene Church, 201 N. Washington St. 5:30 p.m. Register 1/2 hr. before the meeting. For information call 1-800-651-6000.

EVERY 2ND THURS.: Loyal Order of the Moose, men's meeting 7:30 p.m. - ? All members in good standing are invited.

EVERY THURS.: Saranac Area Musicians and Singers practice at Saranac High School Band Room. Choir: 6-7 p.m./band: 7-8. Call Kathy Maatman at 897-5981.

EVERY THURS.: Pottery classes at Franciscan Life Process Center, 6:30-8:30 p.m. Call 897-7842.

EVERY THURS.: St. Mary's Pregnancy Crisis Center, 402 Amity St., non-denominational help for pregnant women/adolescents at the school: 11 a.m. - 3 p.m.; Mondays: 5:30 - 8 p.m. 897-9393.

1ST THURS.: Michigan Hepatitis C Foundation support meetings, 7-8:30 p.m. at Spectrum Health Kent Community Campus Multipurpose Rm. 750 Fuller Ave. NE

1ST THURS.: 4-H drama club meeting, Lowell Middle School choir room. Call 897-1502 after 5 p.m.

2ND THURS.: Ada Historical Society at 7 p.m. Averill Historical Museum, 7144 Headley, Ada.

3RD THURS.: 4 Health Wellness Center in Saranac, Parent Support Group meets 7-8:30 p.m. Parenting issues, educational topics. Call 642-6466 for information.

LOWELL AREA HISTORICAL MUSEUM: Tues., Sat. & Sun. 1-4; Thurs., 1-8. Families: \$10; individuals \$3; 5-17 \$1.50; members free.

1ST & 3RD THURS.: Alto Lions Club meets at Annalaine's on S. Alden Nash Ave. at 7 p.m.

2ND THURS.: N.A.R.F.E. at 1:30 p.m. at Trinity Lutheran Church, 2700 E. Fulton.

3RD THURS.: Rubber stamping at Christian Life Center 6-9 p.m. Create scrapbooks, share supplies. Dawn 862-8841.

3RD THURS.: VFW #8303 Ladies Auxiliary, 3116 Alden Nash S.E. at 3 p.m.

3RD THURS.: Parents Supporting Parents group, Franciscan Life Process Center. 897-7842.

3RD THURS.: Royal Arch Masons, 7:30 p.m., Lowell Masonic Center, 119 Lincoln Lake. Dinner: 6:30 p.m.

3RD THURS.: LaLeche League of Ada, Cascade, Lowell 6:30 p.m. socializing; meeting 7 p.m. Support for pregnant/breastfeeding women; Ada church. 752-8300.

3RD THURS.: Parent Support Group meets 7-8:30 p.m. at The 4 Health Wellness Center in Saranac. Many educational topics related to parenting and parenting issues are discussed. Call Bev or Melissa at 642-6466 for more information.

2ND THURS.: Genealogy-Alto Fam. Tree Club, Alto Library 6:30 - 8 p.m.

EVERY FRI.: Arts/Crafts volunteers meet at Franciscan Life Process Center, 9:30 a.m.-12:30 p.m. Call Pat or Judy at 897-7842 to meet new friends, share your talent.

2ND SAT.: Lowell Amateur Radio Club, Lowell Airport, 730 Lincoln Lake NE. 9 a.m. social time; 10 a.m. meeting. LARC sponsors 145.27 MHz area radio repeater system.

SAT. ALL SUMMER: Open bowling at Lowell Lanes, 4-7 p.m. 1/2 offees for shoes & lanes go to Flat River Outreach Ministries food pantry.

FRI., SAT. & SUN.: Averill Historical Museum of Ada, 7144 Headley, 1-4 p.m. or by appointment. 676-9346.

LOWELL AREA HISTORICAL MUSEUM: Tues., Sat. & Sun. 1-4; Thurs., 1-8. Families: \$10; individuals \$3; 5-17 \$1.50; members free.

FLAT RIVER OUTREACH MINISTRIES THRIFT SHOP HOURS: Wed.- Fri. 12-6 p.m.; Sat. 10 a.m.- 2 p.m. 519 E. Main St. Call 897-2037.

ENGLEHARDT LIBRARY HOURS: Mon.-Wed., 12 - 8 p.m.; Thurs.-Fri.: 9:30-5 p.m.; Sat.: 9:30 - 2:30 p.m. 200 N. Monroe. Call 647-3920.

LOWELL AREA ARTS COUNCIL: Tues.-Fri.: 12 - 5 p.m.; Sat., 1-4 p.m. Monday and a.m. by appt. 149 S. Hudson. Call 897-8545 or www.lowellartscouncil.org.

LOWELL SERENITY CLUB MEETINGS: (AA) Mon., Wed., Thurs: 12-1 & 8-9 p.m.; Tues./Fri: 12-1, 4:30-5:30 & 8-9 p.m.; Sat./Sun.: 10-11 a.m. & 8-9 p.m.; (NA) Mon./Thurs., 6-7:30 p.m. 101 W. Main. 897-8565.

THURS., AUG. 12: Lowell Showboat summer concert features "Java Jive" and Reggae Boyz from 7-9 p.m. on Riverwalk Plaza. Next week is the final week for summer concerts.

DO YOU NEED CASH? Place an ad in the Lowell Ledger for your unwanted items & watch your money pile up!

LOWELL SENIOR NEIGHBORS CALENDAR WEEKLY ACTIVITIES 897-5949

MON.: 9:00 a.m. Walk at Woodland Mall. **THURS.:** 9:00 a.m. Walk/Shop at Malls; 9:30 a.m. Crafts; 1:00 p.m. Euchre.

TUES.: 9:00 a.m. Walk at Woodland Mall. **FRI.:** 9:00 a.m. Walk at Woodland Mall.

SPECIAL EVENTS

WED., AUG. 11: 8:30 a.m. Traveling Breakfast IHOP.

THURS., AUG. 12: 12:45 p.m. Saugatuck Shop and Boat Ride.

FRI., AUG. 20: 12 p.m. Birthday/Anniversary; 12:45 p.m. Bingo.

MON., AUG. 23: 12 p.m. Soup and Salad Lunch.

TUES., AUG. 24: 4 p.m. Pizza Party with Carol Clay.

WED., AUG. 25: 8:30 a.m. Traveling Breakfast Real Food; 12:45 p.m. Radio Bible Ministries.

THURS., AUG. 26: 12:45 p.m. Shop Horrocks Steak and Shake.

FRI., AUG. 27: 12:45 p.m. Bingo.

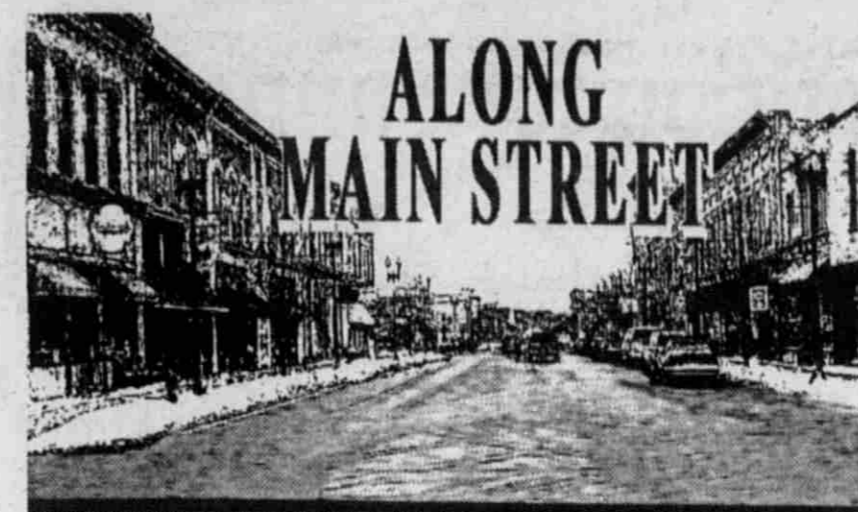
MON., AUG. 30: 4 p.m. Dinner at Brann's.

TUES., AUG. 31: 12 p.m. Potato Bar Lunch.

TUES., AUG. 17: Grattan Twp. Historical Society ice cream social at 6 p.m. at Grattan Roadside Park (M-44 & Nugent). Donation: \$1.50 adults; \$1.00 children. If rain, held at O'Brien Community Rm. at Grattan Twp. Hall.

TUES., SEPT. 7: TOPS MI 372 40th anniversary celebration held at Lowell First United Methodist Church, 6 p.m. All past members are invited.

SAT., OCT. 30: Crafters are needed for the 3rd annual Family, Friends and Neighbors craft show at the new Grattan Academy High School campus in Greenville. Call Dianna 691-6504 with questions.



CALL FOR ACTORS/AUDITIONS AUG. 17-19
The LAAC Thebes Players are seeking actors for "Murder by Natural Causes" (dinner theatre production Oct. 8-23). This play calls for four males and four females. Auditions are at the Lowell Area Arts Council August 17 - 19 beginning at 7 p.m.

MON., AUG. 16: Lowell Athletic Boosters regular meeting 7 p.m. at stadium concession stand. Concession training follows for new parent reps.

TUES., AUG. 17: Grattan Twp. Historical Society ice cream social at 6 p.m. at Grattan Roadside Park (M-44 & Nugent). Donation: \$1.50 adults; \$1.00 children. If rain, held at O'Brien Community Rm. at Grattan Twp. Hall.

TUES., SEPT. 7: TOPS MI 372 40th anniversary celebration held at Lowell First United Methodist Church, 6 p.m. All past members are invited.

SAT., AUG. 14: Drawing for '04 Honda quad runner & trailer at fairgrounds during Kent County Youth Fair. Tickets \$5; available at businesses in town or call 897-6050.

CONSTRUCTION CONTRACTOR
Owen Ames and Kimball will leave the site this Wednesday, returning to do minor repairs as necessary. The school's custodial staff is already at work in the building. They are being trained in the control and maintenance of the school's mechanical and electrical systems.

There will be a formal dedication of the new Murray Lake Elementary on Thursday, Aug. 26 at 7:30 p.m.

Improvements to Alden Nash have been made, and the sign out front is installed and in working order. Furniture has been delivered with the exception of a few classroom and cafeteria tables. The gym floor is installed and will have its lines painted by the end of this week. The computer lab has been installed. The playground lacks only woodchips, which should be in place this week.

Local students travel to Michigan Tech
Andrew C. Brim, of Lowell, and Edward A. Devoogd, of Alto, recently attended the weeklong Summer Youth Program at Michigan Technological University.

COLLEGE NEWS
More than 4,200 University of Kansas undergraduate students were named to KU's honor roll for the spring 2004 semester.

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Tuesday.....9 a.m. to 5 p.m.
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Thursday.....8 a.m. to 2 p.m.

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SUMMER CONCERT

This Thursday Java Jive and Reggae Boyz will perform at the Showboat Summer Concerts from 7-9 p.m. at Riverwalk Plaza.

TOTS PROGRAM

Lowell Area Safety Town is a week-long program designed to teach Young 5's, kindergarteners and first graders how to be safe at home, at school and at play. Class runs two hours Aug. 16-20 from 9:30 - 11:30 a.m. or 12:30 - 2:30 p.m. for \$25. Scholarships available. Call Kathy Cole at 897-1232 to register. Registration ends Friday, Aug. 13 at 5 p.m.

F.R.O.M. NEEDS FOOD

If you are able to help, the Flat River Outreach Ministries Food Pantry is in need of crackers, canned meats, canned fruits, fruit juice and baking mixes.

FUN WITH PRINTMAKING

Stop by the Lowell Area Arts Council, 149 S. Hudson, between 1-4 p.m. on Saturday, Aug. 14 and make a one-of-a-kind print with David Davis. Call 897-8545 for more information.

QUAD DRAWING

Tickets are still available at the Ledger and various businesses in town for the '04 Honda quad runner and trailer to be raffled Sat., Aug. 14 at the fairgrounds. Tickets: \$5.

ACCEPTING NAMES FOR L.I.V.E.

Lowell Leadership is looking for people who would like to participate in the eight-session program. Call Liz at 897-9161 or visit the chamber web site at www.lowellchamber.org to sign up to receive information and schedule for the October program.

ATHLETIC BOOSTERS FIRST MEETING

The regular business meeting of the Athletic Booster Club will begin the season at the stadium concession stand at 7 p.m. on Monday, Aug. 16. Following will be concession training for new parent reps.

FREE 8X10 Present this FREE 8X10 coupon for a FREE 8X10 PHOTOGRAPH at Reflections Photography
Call Kelli @ 987-4261 or 262-6911
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Successful cross country camp provides competition for runners

Cool weather and hard work provided excellent results for this year's Sandy Foot Cross Country Camp at Ludington last week. There were 35 runners and seven counselors who attended the camp which marked the seventh year under the direction of Michael Mull and Clay Vanderwarf. Besides three workouts each day, the week held four races.

In the Big Dune Challenge, runners run up and down a sand dune 50 meters high as many times as possible for 30 continuous minutes. Mitch Solon completed the course in a record time of 1 hr. 10:13. Eric Schumm finished second at 1 hr. 13:20.

In the girls race, Debiak was the race champion beating the old record by over three minutes in a time of 1 hr. 27:09. Abbie Debiak with 28 laps.

The Mohave, a 10-mile race through sand dunes and huge hills, was run during the middle of the week. This year's champion, Solon completed the course in a record time of 1 hr. 10:13. Eric Schumm finished second at 1 hr. 13:20.

Runner-up was Karen Judd, finishing in 1 hr. 32:02.

In the mile and a half Camper-Counselor Challenge, runners race for best average and bragging rights. For the third straight year, Steve Ellison was the overall winner in a record time of 8:03. Solon came in second at 8:17.

The girls' champion was Debiak at 9:56. Monica Fitzpatrick finished in 10:14.

The culmination of camp was the last day Sandy Foot 5K Trail Race. This year's boys champion was Schumm at 18:18, only 22 seconds off the all-time record. Runner-up was Solon at 18:32.

This year's girls champion was Judd, stopping the clock at 21:50. Debiak crossed the finish line second at 22:19.

Rookie of the Year awards went to Judd and Andy Mark. Most Improved Runner went to Elly Drain and Ben Ritzema. Most Valuable Runner awards went to Debiak and Schumm.

How diets work in the body

Low fat or low carbs? South Beach or Atkins? Weight Watchers or Jenny Craig?

Maybe you've tried them all. It's even likely they all worked at first, until suddenly you seemed to hit a wall. With the increasing prevalence of obesity in the United States, what's a dieter to do?

When you start a diet, your body changes the way it metabolizes nutrients, adjusting to the lowered carbohydrate intake or lower fat intake. If you're following a low-carb regimen, for example, the body finds its energy by metabolizing protein or fat instead.

thyroid hormone levels change, triggering a need to conserve energy. This slows down the rate of weight loss, which explains that plateau all dieters struggle through. The plateau can also be a sign that your resolve is flagging and you're starting to slip on your diet.

But what about those low-carb diets? Do they really work? Carb-heavy diets tend to make people hungrier, because carbs are absorbed faster than protein and fat. High-fat and high-protein diets, which are absorbed more slowly, keep people satisfied longer.

low-carb diets tend to feel tired. Carbohydrates provide a quick source of energy and you need energy for muscle metabolism. So your endurance may be decreased by low carbohydrate intake because the body has to use fat to provide energy for muscle contraction.

The idea behind limiting carbohydrates is that a high-carb diet may stimulate insulin secretion. Together with obesity, this may worsen insulin

How diets work, cont'd., pg. 17

New ACT website devoted to students

ACT launched www.actstudent.org, a new website for students taking the college admissions exam. The new site features information that changes according to the needs the student has during the school year.

"Students need clear information when preparing for college and for admissions tests," said Jon Erickson, vice president-educational services. "We have worked to make the information friendly and easy-to-find. We know this time is stressful for students and we want to make sure they have access

to information that will make the process as easy as possible. Questions like 'what kind of calculator can be used' - we've put the answers to these popular questions in easy-to-find locations."

ACT has organized the material on the website based on experience with students' website visits and knowledge of the questions they ask ACT staff. The information at www.actstudent.org will change, anticipating students' needs as they register for the test, prepare for the test and use the test scores after taking the test.

Services and information include:

- Online registration, early scores and score reporting
- Information about the ACT (test dates, deadlines, content of the test, etc.)
- Free test prep questions and information
- College search and online applications
- Financial aid need estimator
- The ACT Store, which features electronic and paper test prep products
- Additional college planning information, including

After a few months, the

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Jack Weeber, Jr.
Elyssa Whittum
Nathan Whittum
Matthew Woodhead
Ryan Woodhead
Charles Young

Financial behaviors, continued...From Page 8

When you consider the gap between knowledge and action highlighted in the survey, it's clear women need to do more in support of their own financial future. If you're trying to balance your job or the needs of your family with taking charge of your finances, keep these 10 tips in mind:

1. Collect all paperwork from the last six months that offers a glimpse into your financial picture. Whether it is investment statements, bills or credit card statements, these items will provide a snapshot of your financial situation.

2. More than simply collecting paperwork, you must actively understand how much money you make and where your money is being spent.

3. Learn how to budget. You shouldn't spend what you don't have.

4. Consider unexpected life events and special circumstances. Would you be able to survive financially if your spouse or loved one suddenly died? Are you a business owner, or a single mom trying to balance the need to work with caring for your children? Being prepared is pivotal.

5. Review your financial situation at least once a year. By reviewing your portfolio regularly, you can stay ahead of world events, tax laws and other life events that may impede financial growth.

6. Eliminate the unnecessary. Do you own credit cards you do not need? Or are you carrying credit card balances that could otherwise be drastically reduced or eliminated through effective planning?

7. Do not underestimate how much time you will spend in retirement. With longer life expectancy, you can expect to spend 15 to 20 years in retirement.

8. Empower yourself through continued education. When it comes time to take action, you cannot buy or invest in what you do not understand, and through education you will gain independence.

9. Find a financial professional you can trust, one who is genuinely concerned with your well-being and has the expertise to assess your needs, goals and financial situation.

10. Focus on yourself for once. You spend so much time tending to the needs of others that you often neglect your own. And, focus on the long term. Not just what your needs are today, but instead, where you'd like to be tomorrow.

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To The Editor, continued...From Page 5

for having given poor little Toot back to that bad man. I began to cry as I tried to drive away. I pulled over into Taco Bell because I couldn't drive. Then I got mad!!!

I decided I was going to try and get his license plate number and report him. He drove past me about that time and too fast to see it from Taco Bell. I followed him for about 1/2 mile, got right behind him and wrote down his license plate number, and a complete description of his vehicle.

I then proceeded to the Lowell police station and filed a complaint against him.

The guy also had two other dogs, a pit-bull and a golden retriever in the back of his pickup.

What is wrong with people? Why do people have pets or children, for that matter, if they are not going to treat them with love, respect and dignity?

So my fellow animal lovers and anyone out there who is decent and loving and respectful ... if you see a large biker guy driving a brand new black F150 Ford Supercrew, and he has a couple of dogs with him, watch him - you may witness a crime. Be on the lookout!

Respectfully submitted,
Holly A. Oudhoff

Dear Editor,

I have been a resident of the Lowell community for almost six years now and have enjoyed my subscription to the *Ledger* to keep me updated about events in the Lowell area.

With that being said, I feel that I need to comment on your "Sound-Off" section of the paper. What absolutely poor journalism to publish ramblings and sometimes pointed comments without validating with a signature. Most of the comments I have read are negative and do nothing to solve the problems the writer is complaining about. I have always been a supporter of our first amendment rights, but I have also learned that if something is worth saying, you should be willing to stand behind it.

This section of the paper reminds me of kids throwing rocks and then hiding behind a fence. I believe this feature degrades our community paper, is a poor example to our children as it relates to problem-solving skills, and I will not be renewing my subscription.

Thank you.

Amy M. Bush

To The Editor:

Letter to the Lowell Business Community.

For many years, as you know, Kent County 4-H has held a Youth Fair in Lowell. As you are reading this letter, the fair is in progress. The boys and girls that participate in this program need and want your support but may be too shy to ask. So I'm asking for your support, on behalf of the kids of 4-H and FFA. A little background is in order.

I'm not a farmer. I don't have a clue how to raise a steer or a hog or a chicken or a rabbit for auction at the fair. Before last year, I didn't know what a livestock auction was! In 2003,

Plenty of Olympic coverage on Lowell television this summer

Beginning this weekend, Lowell viewers will have access to more televised Olympics coverage than ever before. Starting with Friday night's prime-time opening ceremonies, the 17 days of the Athens games will provide 397 hours of Olympics viewing to Lowell Cable subscribers over WOOD TV, the USA network and Bravo.

WOOD TV (channel 8) will carry 226 hours of coverage including prime-time coverage each weekday, beginning with Friday night's 8 p.m. opening ceremony. Gymnastics, swimming, diving and track & field will be among the featured events on TV 8's coverage.

On the USA network

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(channel 23), Olympics programming will start Sunday, Aug. 15 with 49 hours of coverage including men's and women's basketball, cycling and tennis.

The Bravo network, channel 113 on Lowell's 'Choices Plus' digital service, will carry

a total of 122 hours of Olympics programming over 14 days. Bravo viewers will see a wide variety of coverage including tennis, equestrian, sailing, archery and track cycling.

"With coverage on three

NBC owned networks, now Lowell viewers will get to see more coverage of more of the Olympic events, including those with West Michigan competitors," said Tom Richards, Lowell Cable general manager.

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I attended my first auction at the 4-H Fair just for fun. A friend and I decided to go in together on the purchase of a steer. With the help of Jim Cook (the auctioneer, because I didn't know what I was doing), the steer was purchased at auction. The processing was handled by the seller (because he knew I didn't know what I was doing), and the packaged meat was delivered to my friend and me. It was a great experience. I never touched the steer, yet it was the best beef I've ever eaten. You just can't buy this quality in the grocery store!

Here's the point. 4-H and FFA are terrific programs. These kids learn a valuable work ethic (thanks in no small part to their parents and grandparents), it keeps them off the streets, teaches them money management skills, helps them save for college, etc. No downside. All upside. They're not asking for "donations." They raise a valuable product. They need to sell their product at a reasonable price so they can raise new product for next year. Pretty simple. And they need your involvement! You don't know how to go about it? Here's a suggestion. Please come to the auction Thursday, Aug. 12 and just observe. If you decide to participate in the auction, you'll need to register as a bidder, and many folks will be there to help you, myself included. You won't be disappointed and you'll be helping a great program!!! Feel free to call me at 897-5451 if you have any questions.

Jim Schafer

Letter to the Editor,

I want to commend Ellie Fitzpatrick for her fair project on Garlic Mustard. Not only did she do an outstanding exhibit but also a great community service.

I encourage anyone who owns property or is concerned about the environment to stop by the Foreman building, and check out her display.

Peggy Covert

VERGENNES TOWNSHIP PUBLIC NOTICE

There will be a meeting of the Vergennes Township Zoning Board of Appeals on **Monday, August 23, 2004, at 7:00 p.m.** at the Vergennes Township offices located at 10381 Bailey Dr., Lowell will hear the following variance applications:

Greentree Farms LLC is requesting a variance on property located on 4 Mile Rd., east of Alden Nash, west of Byrne Ave. Lowell in the NW quarter of section 3, parcel #41-16-003-100-009. The variance is requested to create two lots from an existing deep narrow piece of property that is less than 300 feet of continuous width. A front and rear lot is proposed and each would meet the 3 acre minimum. The variance is from the zoning ordinance section 201.304 (E).

Joseph Sejat is requesting a variance on property located at 11711 Foreman Rd., Lowell in the SE quarter of section 33, parcel #41-16-033-400-047. The variance is requested to permit the addition of horses inside of a 24 by 40-foot pole barn under construction. One side of the barn would be 64 feet from a side lot line where 75 feet is required for horse stables. The variance is from the zoning ordinance section 201.404 (B).

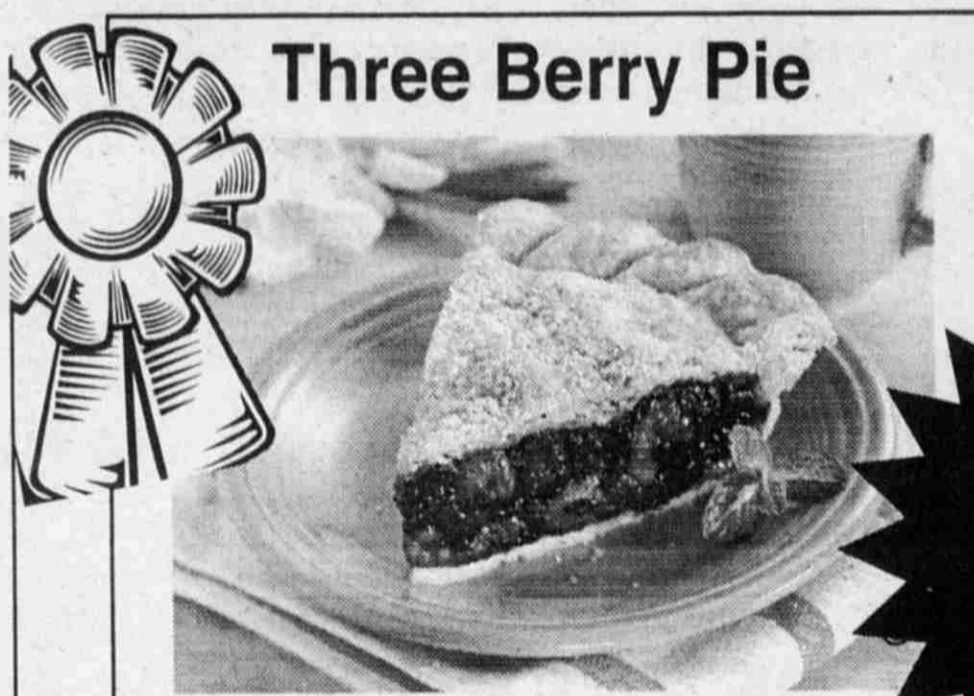
The complete applications can be reviewed at the Vergennes Township Hall from 9 a.m. to 3 p.m. on Mondays, Wednesdays and Fridays.

Public comments will be heard at the meeting. Written comments received by mail, in person or in the mail slot located at the office entrance will also be considered if received at the Township office prior to 7:00 p.m. on the day of the meeting. Comments may also be emailed to zoning@vergennewtp.org.

Vergennes Township ZBA

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Three Berry Pie

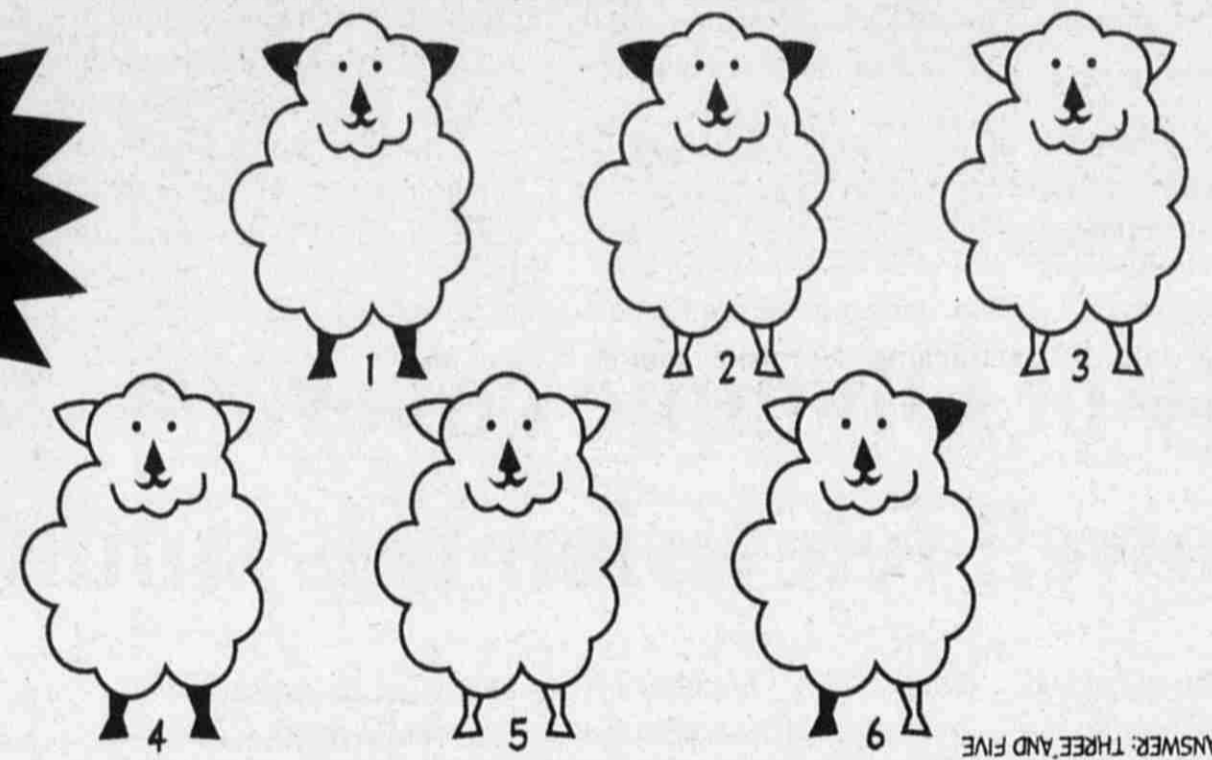
- 1 package (15 oz) Pillsbury(r) refrigerated pie crusts
- 1 1/2 cups sugar
- 5 tablespoons cornstarch
- 2 tablespoons quick-cooking tapioca
- 1/4 teaspoon salt
- 3 cups fresh or frozen (thawed & drained) blackberries
- 2 cups fresh or frozen (thawed & drained) raspberries
- 2 cups fresh or frozen (thawed & drained) blueberries
- 1 tablespoon milk
- 2 teaspoons sugar

Heat oven to 450°F. Make pie crusts as directed on package for two-crust pie using glass 9-inch pie pan. In large bowl, stir together 1 1/2 cups sugar, the cornstarch, tapioca and salt; gently toss with berries. Let stand 15 minutes. Spoon into crust-lined pan. Top with second crust; seal edges and flute. Brush crust with milk; sprinkle with 2 teaspoons sugar. Cut slits in several places in top crust. Place pie on middle oven rack; place large cookie sheet on rack below pie pan in case of spill-over. Bake pie 15 minutes. Reduce oven temperature to 375°F. Cover edge of crust with strips of foil to prevent excessive browning. Bake about 40 to 45 minutes longer or until crust is golden brown and filling is bubbly. Let stand 2 hours before serving. 8 servings.

Look For Answers On Page 18

FIND THE TWINS

WHICH TWO ARE EXACTLY ALIKE?



Word Scramble

TOCONT NCYAD
 EFRIAS EHLWE
 UOYTH IFAR
 AGOWN DSREI
 ZIPERS
 TELAPEHN ARES



SEEK AND FIND

FIND THESE WORDS IN THE PUZZLE BELOW.

- | | | |
|----------|-----------|-----------|
| CHURRO | ICE CREAM | PRETZEL |
| CORN DOG | LEMONADE | SNOW CONE |
| FRIES | PEANUTS | SODA |
| HOT DOG | POPCORN | TAFFY |

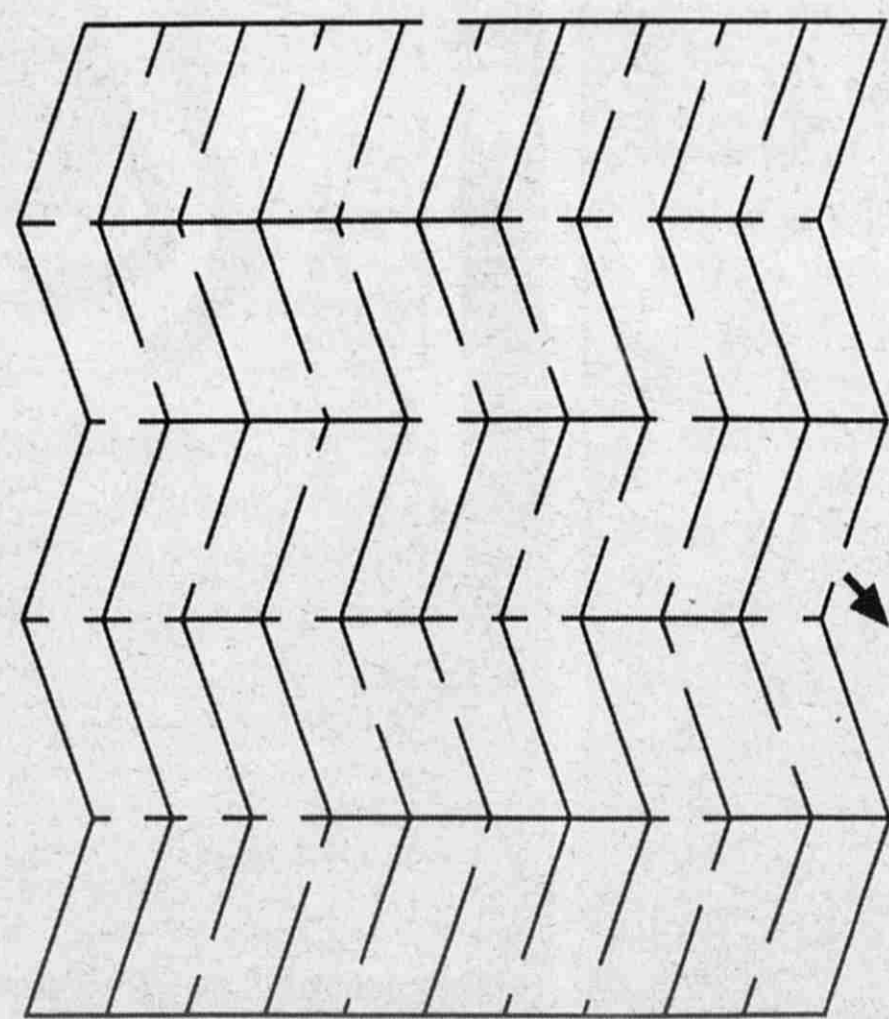
THE WORDS READ UP, DOWN AND ACROSS.

R P I P D P A S D K
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 L E M O N A D E A I
 M T U P I N P H F C
 F Z D C F U H O F E
 R E L O B T N T Y C
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MAZE

Start Here ↓



Cherry Creek Elementary's "Safety Town" still has room

There is still room for more students in the week-long "Safety Town" class at Cherry Creek Elementary the week of Aug. 16 - 20. The class is open to children beginning kindergarten, young five-year olds, DVK and first grade students. It includes topics such as how to understand

street signs and traffic signals, safe street crossing, avoiding "stranger danger," bicycle safety, car safety and how to avoid electrical danger.

"This is going to be our first in hopefully many safety towns in the future," TOTS director Kathy Cole said. "This could truly be one of the most

important classes a young person could take this year."

In the class, students will maneuver big-wheels through a miniature city. The city is complete with marked roads, signs, railroad crossings, working signals lights, and small buildings painted by local artists. All of this is

in the parking lot of Cherry Creek. The Lowell Area Fire Department will bring its smoke-escape house. D.A.R.E. officer Steve Bukala will be present for part of the class.

The class is targeted especially at students living within the school walk zones

of the Lowell city limits. But the class is open to all students in the district. The Lowell community wellness director will talk to the class about the health benefits of walking.

Tuition for the class is \$25 per child for 10 class

hours (two hours per day). The registration deadline is this Friday. Tuition assistance is available for those in financial need.

For more information, contact Cole at the TOTS office, 897-1232.

AARP warns of frauds - the "Seven Deadly Scams"

AARP is offering a free new brochure listing seven common frauds and scams, providing tips to consumers on how they can avoid becoming a victim of fraud.

"Consumers need to be aware that these common scams pop up regularly, like mushrooms after a storm," said Anita Salustro, AARP Michigan associate state director for Consumer Affairs. "When it comes to avoiding these scams, knowledge is power, and that's why AARP is making this brochure avail-

able to anyone who wants one."

The brochure, "The Top Frauds and Scams," is available at no charge by calling 1-888-OUR-AARP (1-888-687-2277), along with "Consumer Protection: A Guide to your Rights and Choices." Information is also available through the AARP website, www.aarp.org. "Top Frauds and Scams" describes common frauds and scams, and tips on how to avoid them.

According to AARP, the seven deadly scams are:

- **Internet Auctions** - Though thousands of legitimate transactions take place online each day, sometimes goods purchased never arrive or are less valuable than promised.

- **"Phishing"** - Con artists look to gather personal information by asking consumers to "update" or "validate" their billing information, including credit card and Social Security numbers.

- **Foreign Money Offers** - A "foreign government of-

icial" offers an opportunity to split a huge sum of money if he can just transfer funds to your bank account - and naturally, he needs your account information.

- **Sweepstakes** - Very common, this scam tells consumers they have won something, and they need only pay a fee for processing, taxes or delivery to claim their prize.

- **Charity Fraud** - This scam preys on the public's generosity in giving to reputable charities by soliciting

funds for disreputable or fraudulent ones.

- **Foreign Lotteries** - A call or letter tells consumers that they may have already won a big prize in a foreign lottery, obtainable merely by providing bank account or credit card information.

- **Work at home** - This scam offers great payouts for little work at home, telling consumers they need only pay up-front supply, training or materials charges - charges they rarely recoup.

How diets work, continued...From Page 14

resistance and cause the pancreas to secrete more insulin. A condition called metabolic syndrome results from insulin resistance and is associated with abnormally high cholesterol, diabetes and hypertension.

Low-fat diets, meanwhile, can prevent cardiovascular diseases from developing by lowering blood cholesterol and triglyceride levels. A low-fat diet may actually help reverse the build-up of plaques in the arteries that lead to heart attacks or stroke.

The theory behind a low-fat diet is that there are nine calories per gram of fat, compared to four calories per gram of protein or carbohydrate. So you're getting more calories in a small volume of food. By limiting fat intake, you can avoid eating as many calories.

No matter which diet you follow, when weight is lost, some of it is burned off as energy. If not enough energy is coming in, the body pulls it from the tissues in which it's stored.

Don't expect drastic weight change overnight. It's likely taken you years to gain weight; weight loss is best slow and steady as well. Losing three-quarters of a pound to two pounds a week, and no more than three pounds a week, is ideal. It's also important to set realistic goals.

Once you lose weight, maintaining that weight loss

is key. Working with a doctor or nutritionist to lose weight can help create a diet and exercise plan tailored to your health and lifestyle.

Consider the following: Restructure your meals, eliminating mindless eating, foods with no nutritional purpose, snacking and even alcohol.

Avoid eating in response to emotions, such as being lonely, sad, bored or stressed. Begin an exercise program. Focus on what you're eating. Don't eat and drive, and get rid of distractions such as TV.

Don't skip meals. Get your friends and family to support you.

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BOWNE TOWNSHIP ZONING BOARD OF APPEALS HEARING

THURSDAY, AUGUST 19, 2004 7:30 P.M.

Notice is hereby given that on Thursday, August 19, 2004 at 7:30 p.m. in the Bowne Township Hall, 8240 Alden Nash SE., the Bowne Township Zoning Board of Appeals will hold a public hearing for the purpose of hearing comments regarding proposed appeals of the Bowne Township Zoning Ordinance.

Request #1 - T&M Partners variance of Article 5 -Ag District To place a "private road" and erect 27 homes in Section 27. Parcel # 41-24-27-300-002.

Request #2 - Kim Culbertson requesting variance of Article 14.05 K regarding setbacks for an antique shop in an Agricultural zone (Special Land Use). Parcel # 41-24-27-200-002.

All written comments may be sent to Gloria King, Chairperson of The Bowne Township Zoning Board of Appeals, 8240 Alden Nash SE, PO Box 35, Alto, MI 49302-0035.

Gloria King-Chairperson
 Bowne Twp Zoning Board of Appeals

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Want to tell us how you feel? Did someone do the RIGHT thing for a change? Got a Pet Peeve To Get off Your Chest?

Sound Off

The Ledger (Almost) Anything Goes Opinion Forum

If I cannot do great things, I can do small things in a great way.

Do any of you people out there know what two yellow lines mean on the road? Think about it.

Not one picture from the Thursday night concert was in that darn paper.

Thank Softee Creme for the incredible gardens and the wonderful desserts.

Please come and be enlightened by whom you re-elected Aug. 16 at 7pm, at the township offices.

To the people complaining about the loud music - did ya think of getting the license plate # and turning it in??? duh... stop complaining in Sound Off and do something legal to stop it!!!

Off-road vehicles and fast traffic don't mix. Could be a deadly mistake.

I think Lowell Rescue deserves a big thank you. They're always there on time. Thank you.

I agree with that woman - people should change their answering machine.

To the owners of non-stop barking dogs!!! What are you-deaf????...Must you really be so inconsiderate of your neighbors' peace?

To the person with the beautiful flower garden on the top of the hill on N. Jefferson. Keep up the good work, you make Lowell look nice & healthy!

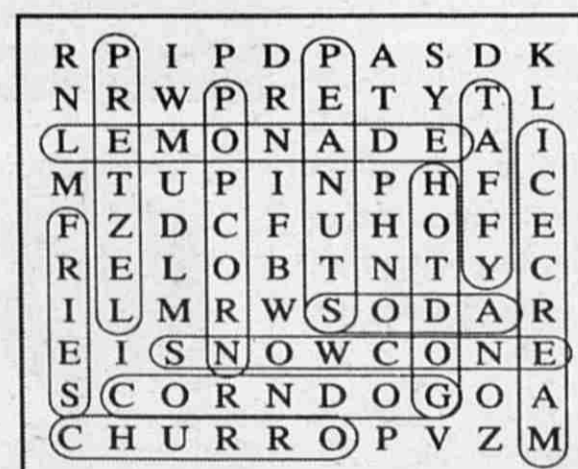
You people who are too chicken*##* to call in to Sound Off but won't put your name at the bottom really piss me off! - Anonymous

To the guy with the loud music - turn it UP!! People who complain are making a bigger deal about the loud music.

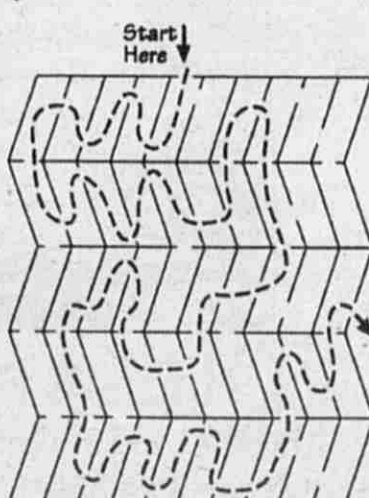
If they are not going to transport the children to school who live in town, why not start up a dial-a-ride?

Contact Sound Off at:
897-0787 or
www.lowellbuyersguide.com

ANSWERS TO FAIR FUN PAGE



MAZE



WORD SCRAMBLE

- Cotton Candy
- Ferris Wheel
- Youth Fair
- Wagon Rides
- Prizes
- Elephant Ears

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LAND WANTED - Developer looking to purchase vacant land. J.T. Scott Co., Broker, 616-540-8950.

STUDENT SEEKING BABYSITTING JOBS - Honor roll, experienced, reliable. Need transportation. Call 616-450-4389.

OLD LOWELL STREET PAVING BRICKS - needed to complete resident's walkway. Call 897-7371.

ROOMMATE WANTED - Home 3 miles N. of Lowell. Pool, large deck, washer/dryer, garage, bath w/loft, \$600/mo. + 1/2 utilities. Call Bob 560-5960.

SOUND OFF PHONE LINE 897-0787
Voice your opinion (good or bad) in our new column!

PROPERTY FOR SALE - 2.2 acre lots for sale. M-21 to Hayes Rd., Muir, North 1/4 mile. Lots are on West Side of road. Look for signs. For more information call eyes 269-367-4900. Phil Bishop.

427 ACRES - Greenville area, woods, creek & 316 tillable acres. 3 homes, several large farm buildings. Bill Stouten, 1031 INC., 616-915-1900 or 616-774-1031.

MATTRESS SETS - Brand names, large selection. Brand new, still in plastic. Twin & full, \$80, queen \$115, King \$150 & up. 616-682-4767 or 616-293-6160.

LOWELL - 2 NEW Homes off M-21 near parks, schools & shopping. All appliances & yard will be included w/full price offers: 717 Amity - 2 bedroom, 1 bath daylight ranch w/finished lower level family room, 2 additional bedrooms roughed in & 2nd bath plumbed in - \$139,900. 917 Bowes Rd. - 2 bedroom, 1 bath ranch, main floor laundry, 2 stall attached garage - \$124,900. **OPEN MON. AUG. 16 5-7. CALL SUE BOOGAARD,** (616) 633-3507, AJS REALTY.

\$100 AMISH QUEEN LOG BED - w/pillowtop mattress set. Bought, never used. Still in plastic. 989-227-2986.

MOBILE HOME FOR SALE - 1996 Dutch, 2 bedroom, 2 full bath, large master bedroom & nice size 2nd bedroom. All newer appliances included: washer/dryer, fridge, dishwasher, gas stove, central air. Wonderful clean home. Must see to appreciate! Need to sell! \$15,000 obo. Call 987-4402.

FURNITURE - From Parade of Home displays. Bedroom, dining, leather, living room, canopy beds & more. Call for items. 616-682-4767 or 616-293-6160.

FOR SALE - Singlewide mobile home. 2 bedroom, 1 bath. \$3,700 obo. Call 868-0298 or 634-4980.

PILLOWTOP MATTRESS SET - New, in plastic, queen \$110; king \$165. 517-719-8062.

FOR SALE - Maytag washer, Whirlpool gas dryer, weight bench with assorted weights, \$50 each. Call 897-7273.

DINING ROOM SET - Solid oak, butterfly leaf table, 6 chairs (2A 4S) new in boxes. Must sell, \$800. 616-682-4767 or 616-293-6160.

CHEAP - Maple, other trees. Ferns, bushes, wild flowers. Firewood/trees to cut for firewood. Call 897-8518.

25 BUNK BEDS - bought from university, 4 years old, very sturdy, solid oak, \$99/ set. Dennis Distributing, 989-224-4822.

FOR SALE - '94 Dodge Grand Caravan, 163K miles, \$1,000. Call 897-2775.

YAMAHA ALTO SAXO-PHONE & CASE - 3 years old. Paid over \$1,000, asking \$600. Call 897-9153.

AIRBED - Why pay mall price?? Dual chambers, remote control & warranty. Brand new, name brand. Queen at mall \$1,500, sell \$700; King \$950. 616-682-4767 or 616-293-6160.

'98 CHEVY PICKUP - Long box, 2 wd., new tires, brakes, etc. \$4,200. Call 897-1597 or 450-7910.

KENMORE WASHER - Heavy duty, full size w/warranty. Delivery available. \$75. Dennis Distributing, 989-224-4822.

MOBILE HOME - 2 bedroom, owner financing. New tile, carpet, paint. Try \$100 payment plus \$300 lot rent. We buy, sell, trade. Call McDermott's 897-5884.

MEMORY CELL MATTRESS - NASA developed, 20 year warranty. Brand new. Queen Cost \$1,800, sell \$650, king \$950. 616-682-4767 or 616-293-6160.

2001 JEEP CHEROKEE - 4x4, 60th anniversary edition, 55,000 miles, 4 door, black, loaded, \$9,700. Call 897-1597 or 450-7910.

\$150 KING PILLOWTOP SEALY MATTRESS - 1 month old, comfort return, still like new. Dennis Distributing, 989-224-4822.

MOVED TO HAWAII - Must sell! Like new sectional couch, \$900 obo. 874-3268.

\$150 BERBER CARPET - Beautiful oatmeal, 40 yards (new, still in plastic). 517-719-0451.

HONDA TIRE & RIMS (4) - 24x900-11, \$100 Sickle mower, self-prop., 48", 3 hp B&S. Jim 897-5149.

OAK TWIN BED - Solid. Includes mattress, very clean, \$69. Dennis Distributing, 989-224-4822.

NEW REPOS - 3 left. All 3-4 bedrooms, 2 bath. Most country setting, \$500 down. EZ terms. 1-800-615-1224.

APPLIANCES - Refrigerators, washers, dryers, stoves. Reconditioned, guaranteed, over 100 to choose from, \$59 and up. Dennis Distributing, 989-224-4822.

SICKLE BAR MOWER - 28 in. cut, Troy-Bilt, in great shape, \$600. Call 897-5910.

MEMORY FOAM BED - Mattress, box. Space age visco NASA foam. Tempurpedic style, queen, never used. New \$2,600, sell \$595. 517-204-0600.

GENERAL ELECTRIC WASHER/DRYER SET - 5 years old, runs great, large capacity, guaranteed. \$75 each. Dennis Distributing, 989-224-4822.

QUEEN BRASS BED - w/pillowtop mattress set. Floor model, new cost \$600, sell \$195. Dennis Distributing, 989-224-4822.

MATTRESS/BOX SPRINGS - Brand new, \$59/set. Twin, full, queen, delivery available. Dennis Distributing, 989-224-4822.

MEMORY FOAM MATTRESS SET - Floor model. NASA engineered, queen size. New \$1,300, sacrifice \$695. Dennis Distributing 989-224-4822.

FOR RENT
FOR RENT - 1 & 2 bedroom trailers \$1,000 - \$1,050 to move in. No dogs please. \$400 - \$420 per mo. plus 1/2 mo. rent deposit. Call 813-8041 or 616-754-0276.

HALL FOR RENT - with kitchen, seats 150. Call 897-6050.

OFFICE OR RETAIL SPACE Available immediately for Short-term Sub-lease in downtown Lowell next to North Country Trail Association Headquarters. Call 897-5987 for information.

DUPLEX FOR RENT - 1 bedroom w/washer & dryer & garage. Country setting, 1 mile from downtown Lowell, \$550/mo. 682-0138.

3 BEDROOM HOUSE FOR RENT - in Lowell close to schools, park, downtown. No pets, non smoking. \$675 per month plus utilities & one month deposit. 897-9331.

HELP WANTED
OPPORTUNITY HealthCare \$45/mol Guaranteed Acceptance! It's no wonder people from all over the nation are talking about this exciting history making company. Get up to \$5000 in protection. Medical, dental, vision, prescription. How? Join us Sat., Aug. 14 @ DeVos Place Convention Center 1-3 pm (Downtown Grand Rapids) Guaranteed Health Solutions National Kickoff Event! A New Billion Dollar Company is Emerging In This Trillion Dollar Industry. Protect your family and make a fortune in the next 24-36 months. Free Admission! Door Prizes Include Caribbean Cruise and more!
www.ghspartners.com or call 616-560-8863

DELIVERY DRIVER - CDL-A drivers needed. Looking for dependable customer service oriented person w/chauffeurs CDL-B, CDL-A license. Good working environment. Also hiring nights/weekends. 616-248-7729.

READY FOR A CHANGE? - Motivated Hair Designers Wanted! To join our team in our newly remodeled salon. Must be reliable, friendly & willing to learn & work well with others. Full or part-time. Call for more info. 616-897-7131, ask for Tammy or Brenda or apply within at: Brenda's Hair Designs, 1002 W. Main, Lowell, MI 49331.

TIMBERLANE FARM IN LOWELL - is looking for barn laborer for its 20 stall horse boarding training facility. Trading labor for lessons optional. Also looking for a full-time working student to work with owner/trainer. Call 868-0448.

COMPUTER REPAIR - If you have computer problems, I can help! Call Brian's Computer Repair, 616-581-2664.

ATTENTION - Local company needs men & women to fill many full time positions. \$1,600/month. Must start immediately. Call now for interview. 616-475-6603.

PLUMBER - Experienced. Residential, Service or New Construction. Reasonable rates. Call 897-2575.

CUSTOM FRAMING - Poortenga Builders, Inc. Licensed & Insured. 616-299-7160.

CEMENT WORK OF ALL KINDS - Cement work is my line, not a sideline. 874-7017, 318-2267.

DAYCARE - Clarksville area family looking for daycare provider to care for our two young children 4 days a week in our Christian home. M, TU, W & F 7:30 am - 5:30 pm. If interested, please call 693-2817.

TOWING - Servicing Lowell & surrounding areas. Flat bed & wrecker, Tire changes, Jump starts, Lock outs, 24 Hr. service. Call Lincoln Lake Autos 446-5909.

COMPANION - 25 years nursing - home care. Call 616-447-2992, leave message.

LICENSED ELECTRICIAN - No job too big or too small. Call Jason 987-9307.

ORCHARD HILLS DAYCARE - has 2 full-time openings (0-4 yrs.). Daily activities, large indoor and outdoor play area. Also before and after school care for Alto Elementary School. Call Stacie for an interview 897-5563.

MICKEY'S SALON - Hair & nail care. Call for an appointment. 897-4592.

JOHN DEBIAK HORSESHOEING & HOOF TRIMMING - Serving the Greater Kent/Ionia County area with 15 years of professional, full-time experience. Call 897-4290.

PAYROLL & BOOKKEEPING SERVICE - By certified Quickbooks advisor. Call Kathy 897-0686.

LICENSED DAYCARE OPENINGS - North of Lowell. Several openings. Craft activities planned. Lowell busing available. Call 897-3065.

WINDOW WASHING & HOUSE/DECK WASHING - Reasonable rates, insured. Call Randy at 616-693-2932.

EVENTS
PRODUCT - Healthcare \$45/mol Guaranteed Acceptance! Join us Sat., Aug 14 @ DeVos Place Convention Center 1-3 pm. Guaranteed Health Solutions National Kickoff Event! Protect your family and learn how to make money. Free Admission! www.ghspartners.com or call 616-560-8863

SERVICES
NOW SCHEDULING APPOINTMENTS - for senior photos. Portraits by Valentina Fleet. Great photos at great prices. Call 897-2587.

DAYCARE - Licensed home has 2 openings, any age. Lots of love. Excellent references. 897-5068.

LICENSED ELECTRICIAN - No job too big or too small. Call Jason 987-9307.

ORCHARD HILLS DAYCARE - has 2 full-time openings (0-4 yrs.). Daily activities, large indoor and outdoor play area. Also before and after school care for Alto Elementary School. Call Stacie for an interview 897-5563.

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\$11,783

1999 CADILLAC SEDAN DEVILLE
Fresh trade, fully loaded, very clean!



2003 DODGE RAM 2500
4x4, quad cab pickup-Hemi, 43,000 actual miles, Laramie SLT & loaded! Wow! Very clean!



2000 JEEP GRAND CHEROKEE LIMITED
V-8, leather, moonroof, fully loaded! Fresh Trade! Sharp!



2003 VW PASSAT
4 motion, station wagon, W-8, leather, auto., air, pwr. moonroof & more! Fresh trade!



2002 CHRYSLER SEBRING LX
4-dr., auto., air & more! Fresh trade! Must See!



2001 GMC YUKON XL
Fully loaded, leather, 3rd seat, 4x4 & more! Fresh trade! Must see!



\$7,847

1999 CARAVAN
SE, V-6, pw/pl, quad seats, 90k.



2002 CADILLAC DEVILLE DTS
Leather, moonroof, chrome wheels, and more! New car trade! Clean!



2002 DODGE DURANGO SLT
4x4, 17,000 actual miles, 5.9 V-8, leather, 3rd seat & fully loaded!



\$10,997

2001 CHRYSLER CONCORDE LXi
Auto., air, loaded!



\$14,247

1999 DOGE RAM 1500 4X4
Quad, p/u, 63,000 miles, V-8, auto., air & more! Fresh trade!



2002 DODGE RAM 1500 4x4
Quad cab, V-8, auto., air, 42k miles, new car trade & more! Very Clean!



\$16,995

2003 MITSUBISHI OUTLANDER
Auto., air, V-6, only 15k miles



2005 DODGE GRAND CARAVAN SXT
3400 actual miles, Stow-N-Go seats, r. air & more! Save!



2003 HYUNDAI SANTA FE LX
FWD, 3.5L, 6 cyl., auto., air, leather, pwr. moonroof & more! 23,000 actual miles! Fresh trade!



2002 CHEVROLET 1/2 TON
4x4, Ext cab pickup, 5.3 Vortec V-8, auto., air & more! New car trade!



1999 OLDS CUTLASS GL SEDAN
6 cyl., auto., air, alum. wheels & more! 46,000 actual miles! Very clean! A must see!



\$8,477

2000 PONTIAC TRANSPORT MONTANA
Quad seats, V-6, auto., air & more! New car trade!



2002 PONTIAC GRAND AM SE
29,000 actual miles, fresh trade, spoiler, chrome wheels, auto., air & more!



2003 MITSUBISHI MONTERO SPORT
4x4, 6 cyl., auto., air, tilt, cruise and more! 18,000 actual miles!



2002 CHEVROLET AVALANCHE
Z-71, 4x4, 4-dr., pickup, 5.3 Vortec V-8, auto., air, leather and more! Fresh!



2001 DODGE GRAND CARAVAN SPORT
V-6, auto., air, quad seats, front & rear air! New car trade!



1999 CHEVROLET TAHOE
4x4, LT, leather, loaded, V-8, auto., air & more. New car trade! Clean!

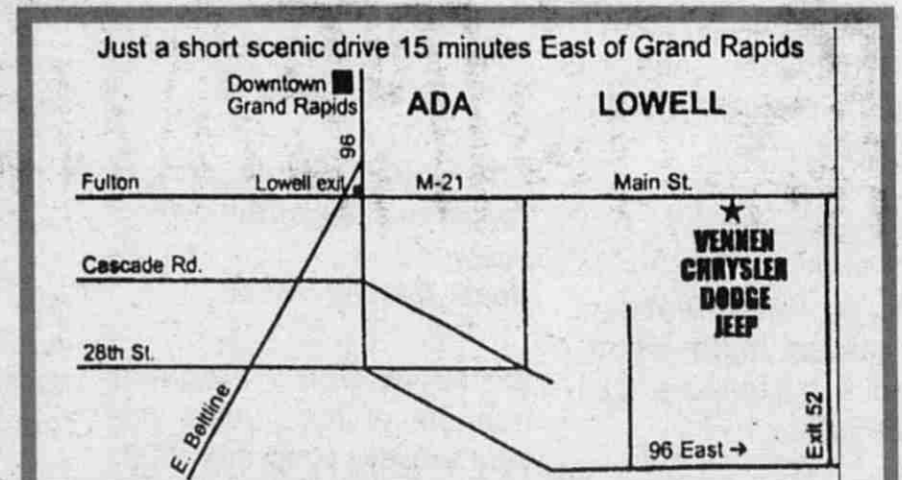


2000 FORD F-150 4X4
XLT, Ext. cab pickup, 5.4 V-8, auto., air & 55,000 actual miles! Wow!



2004 JEEP GRAND CHEROKEE
4x4, new car trade, very clean! Save thousands over new!

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