

# The Lowell Ledger

Volume 35 Issue 6

Serving Lowell Area Readers Since 1893

Wednesday, December 13, 2006

## Still room on the shelves at pantry

Volunteer Peggy Knowles is shown filling empty shelves at Flat River Outreach Ministries food pantry. The pantry is currently in need of a variety of soups and canned vegetables, except green beans and corn. First United Methodist Church of Lowell will be distributing Christmas boxes on Dec. 16 from 9 a.m. to 2 p.m., as well as clothing and toys. The boxes will contain everything needed for a traditional Christmas dinner, including turkey and potatoes. Voyages Coffee Shop has an angel tree, sponsored by Flat River Outreach Ministries, for those who would like to contribute.



## Lowell police ask public to help identify littering suspect

By Emma Palova

Green fliers accusing two Ionia County Sheriff deputies of child pornography have recently appeared in the Lowell and Saranac areas.

The Lowell Police

Department (LPD) is asking for help in identifying the suspect who has been littering the area, while slandering the deputies.

The suspect may face littering charges, a misdemeanor with up to a \$500 fine.

Lowell police have been

investigating the incident since the fliers appeared Nov. 16 through Nov. 19.

"Various places within the city had postings," said investigating detective Steve Bukala. "Residents turned the fliers in. The allegations are false."

LPD took the fliers to

the Michigan State Police crime lab to attempt print identification.

A witness described a possible suspect driving an early '90s dark-colored two-tone Chevrolet pickup truck with a loud exhaust around the time the fliers appeared, said Bukala.

An additional witness described the suspect as a white male, approximately six feet tall, weighing 250 pounds with a stocky build. The suspect, wearing dark-colored clothing at the time the fliers appeared, was walking east along Main Street.

Shortly after that, the witness discovered the same flier on the door of his business.

"It remains unknown if these two are related," said Bukala. "Whoever the subject is, they are trying to destroy the reputation of two deputies publicly."

According to Bukala, the accusations have no merit. In the meantime, the Lowell police and Ionia County Sheriff's Department

continue to look at leads regarding these incidents.

"Unfortunately we haven't been able to identify this person at this time," said Bukala. "This could be said about any officer."

Bukala said he hopes people will not believe the accusations, although sometimes perceptions may become a reality.

"It's a character assassination attempt," said Bukala. "These two deputies must have upset somebody."

Bukala said most of the time police officers deal with a negative environment and they don't make people happy.

If you have any tips or leads, call the LPD at 897-7120.

## Weight-loss teams to challenge Greenville

By Emma Palova

Weight-loss teams in Lowell will compete against teams in Greenville in the third

annual community weight-loss challenge starting Jan. 10. And the community which loses the least will have to fly the victor's flag.

Organizers from Lowell Community Wellness are

hoping that the Lowell Showboat flag will fly in Greenville.

"We're very enthusiastic," said board member Teresa Beachum. "We hope the enthusiasm

trickles through our community to allow us to win this competitive event."

The goal of the 2007 weight-loss challenge is to lose 2007 pounds as a community, and to raise \$1,000 for Flat River Outreach Ministries.

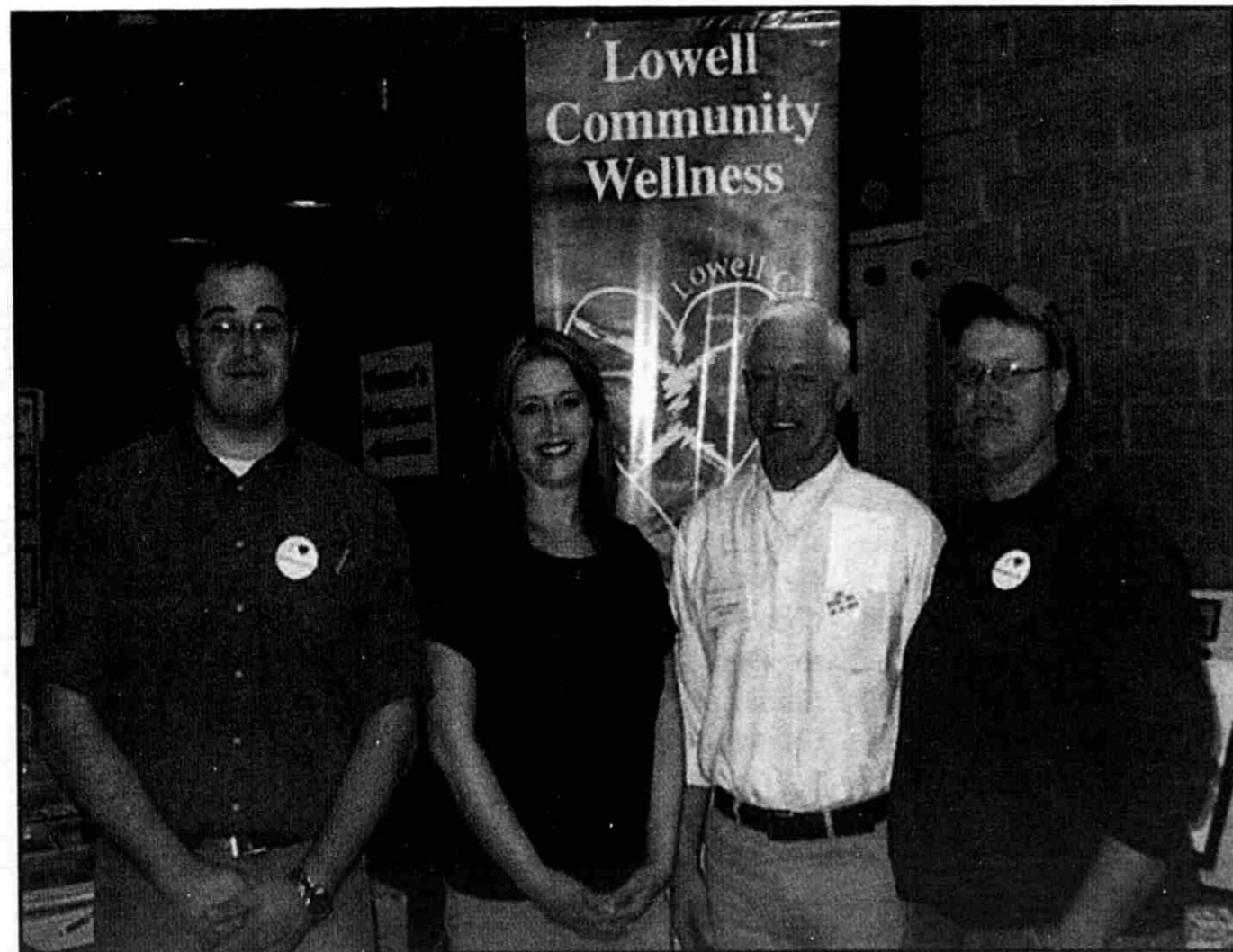
With the new competitive spin, community wellness director Patty Sellner is hoping to find the same energy in Greenville.

"We want to challenge each one of our schools, our bus drivers and individuals to participate in this rewarding program," said Sellner.

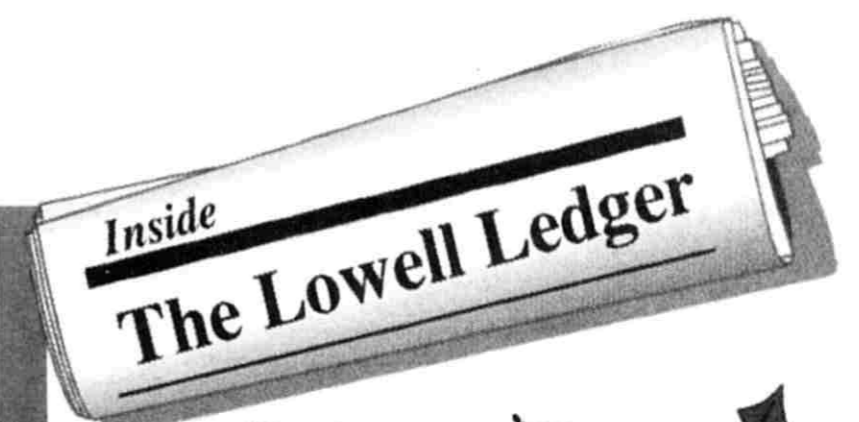
Although the weight-loss challenge is a competitive event, organizers want teams to work together toward healthier communities.

"It's something to look forward to ... adopting a healthier lifestyle," said Sellner.

The teams of four adults are encouraged to come up *Challenge, cont'd., pg. 6*



The winning weight loss challenge team of 2006 called Hovey Herbalite lost a total of 95 pounds. Pictured left to right are Matt Collins, Jill DeCator, Gregg Hovey and Don Videto.



Only 12 Days  
'til Christmas!



Fowl Control ... Page 4

Comic Book Author ... Page 10

FLPC Art Exhibit ... Page 11





# Reflections of faith

By Father George J. Fekete  
Saint Mary Church

Back in the 12th century the young abbot, St. Bernard of Clairvaux, was speaking to his community one day and made a remark that could startle us. He said, "There are more people converted from mortal (very serious) sins, to grace (good relationship with God), than there are religious converted from good to better."

What he said of the religious unfortunately is true in

all states of life, single, married and religious states. With a little thought, I think we have to agree. We seem to get into a "spiritual comfort zone" and do not put forth effective efforts with the grace of God, to grow spiritually.

St. Bernard was saying that there are more men and women who give up serious alienation from God, than there are people who give up small wrongs, deliberate lesser sins. And there are even fewer people who grow into heroic virtue and live as saints live. If we are saddened by this fact, we ought to be. Did we forget that Jesus Himself stated forcefully, "You must be perfect as your heavenly Father is perfect" (Matthew 5:48).

Anyone who truly loves another, i.e., real sacrificing love, in important matters, e.g., a husband loving his wife, would naturally go on to love her in smaller matters. He would stop being grouchy and harsh, and make real efforts at being kind, gentle, patient and forgiving. We would

expect the same behavior of the wife toward the husband. Similarly, a person who truly loves God would make real efforts to avoid all smaller offenses against Him: gossiping, laziness, overeating, as well as the offenses listed above and many other failings as well.

Last Sunday, for the Second Sunday of Advent, we heard in Luke 3:1-6, John the Baptist, quoting Isaiah 40:3 ff, telling us to "Prepare the way of the Lord, make straight his paths. Every valley shall be filled... winding roads shall be made straight, and the rough ways made smooth." He is exhorting each of us to fill in the valleys of sinfulness, to make smooth the way of the Lord coming more fully into our lives and with His grace make real progress this Season of Advent, at becoming perfect (holy) as our heavenly Father is perfect (holy).

God bless you and reward your efforts.

## Challenge, continued ... From Page 1

with funny names for themselves. Last year, teams such as the Chamber Chubbies, Super Duddies and Belly Busters participated.

Sellner said even if people from last year have gained some of their weight back, they should not stop trying.

"We can all reap the

benefits of being more active," said Sellner. "We can all dream up clever names."

Families, co-workers, schools, city officials and organizations can all form teams, which will weigh in on a giant scale at the YMCA before the kickoff.

The event will run from

Jan. 10 through March 21. Each person is asked to pay a \$20 participation fee. Cash prizes will be awarded to the three teams which lose the most pounds.

Sherri Steinbach, a registered dietitian and Healthy Living advisor with Meijer, Inc., will be available to hand out healthy snacks and bottled water.

Steinbach said she wants the community to know about the resources available to them through the Healthy Living program.

"We want to bring easy solutions for healthy weight," she said.

The goal of Lowell Community Wellness is to increase the number of teams this year.

"We want to create enthusiasm and change bad habits," said Beachum.

Last year, the community lost 1,875 pounds. Each year, the weight-loss challenge is bumped up by a pound.

"We hope Lowell takes it off," said Beachum.

In the spring, Lowell Community Wellness will participate in the annual 100-Mile Walk.

## Happy Birthday

**DEC. 14:** Chris Kropf, Bryan Robert Roth.

**DEC. 15:** Roger Brown, Karen Latva, Tammy Baird, Kathryn Duiven, Kristin Ellis, Danielle Brenk, Mareca Borg, Kimberly Kline.

**DEC. 16:** Timmy Buechler.

**DEC. 17:** Bill Ellison, Jerry Scott.

**DEC. 18:** Danielle Anchors, Hillary Graves, Cliff Walling.

**DEC. 19:** Lori Moore, Carol Chamberlain.

**DEC. 20:** Ed Mohr, William Henry Burr, Jackie Spencer, Rob Lombardo.

**REMEMBER...**  
Our deadline is 4 P.M. ON FRIDAY!  
Call us if you can't make it until Monday.  
If we can, we'll help you out!  
The Lowell Ledger • 105 N. Broadway  
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## Apple queen visits St. Patrick School

Ashley Wright, the Michigan Apple Queen for 2006, visited St. Patrick School to present a lesson about apples. She read a book about apples to the kindergarten, first and second grade students, and even brought apples for tasting.

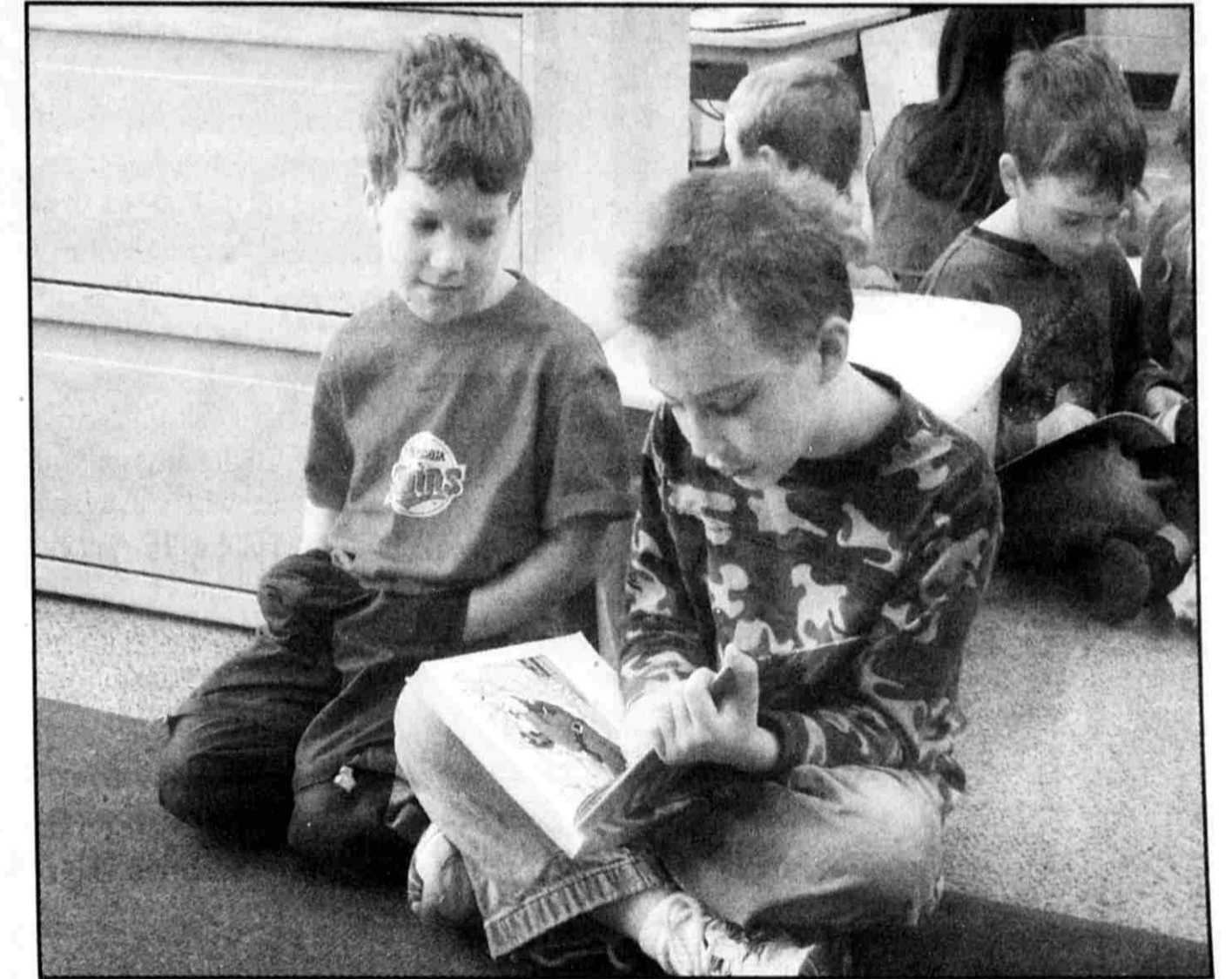
Wright is a former student of St. Patrick School and a member of St. Patrick Parish. The runners-up for Michigan Apple Queen, Sarah Heffron and Jessica Rasch, are also former students of St. Patrick School.



## D.E.A.R. kids love to read



Each month Alto DEAR (drop everything and read) takes on a new theme. For the November DEAR day, upper Alto Elementary students paired with lower elementary students and took turns reading to each other. For example, a fifth grade classroom teamed up with a kindergarten classroom; the younger students enjoyed showing the older students their reading skills.



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**Worship Sunday 10 AM & 6 PM**

Our Sunday School Kids  
Christmas Program is  
Sunday, December 24 • 10 AM

Our Christmas Worship  
service of Carols is Christmas Day  
December 25 • 10 AM

An open house is planned to celebrate 50 years of marriage for **GEORGE AND PATRICIA (POTTER) RAIMER** of rural Lowell from 6-9 p.m. on Dec. 22, at the Saranac High School Cafetorium.

George and Pat were married Dec. 22, 1956. Their children are George and Sue Raimer, Rick and Lori Raimer and Gary and Lesa Raimer. They also enjoy their 10 grandchildren and five great-grandchildren.

Please don't bring any gifts.  
Just plan to share an evening of memories with all of us.

**Birthday Wishes To A Special Girl!**  
**MADISON MINIER**  
Turns 7  
on December 18!  
**HAPPY BIRTHDAY**  
"JELLY"  
and hope it is a great day!  
Love you forever and always!  
Grandma "Peanut Butter"  
& Grandpa "Go Blue Buddy" Minier

**MADISON MINIER**  
Happy Birthday  
Daddy's Girl!  
Hope your day is full of fun!  
Love Dad & Mindy

**LEGAL NOTICE**

LSTATE OF MICHIGAN PROBATE COURT COUNTY OF KENT

NOTICE TO CREDITORS Decedent's Estate

FILE NO. 06-182-295-DE

Estate of HELEN CAROLINE KITS deceased

Date of Birth: 01/03/1925

presented to KENNETH A. KITS, named personal representative, or proposed personal representative, or to both the probate court 180 Ottawa Ave. NW, Grand Rapids, MI 49503, and the named/proposed personal representative within 4 months after the date of publication of this notice.

**TO ALL CREDITORS:** Craig A. Bruggink P.L.C. P29358 429 Turner NW Grand Rapids, MI 49504 616-456-5048

**NOTICE TO CREDITORS:** The decedent, HELEN CAROLINE KITS, who lived at 824 Andover Ct., Kentwood, MI 49508 died 08/03/2006. Creditors of the decedent are notified that all claims against the estate will be forever barred unless

Kenneth A. Kits  
14530 Country Club Lane  
Orland Park, ILL 60462  
708-460-8876

*In loving memory and celebration of the lives of Jim & Ellen Fox, Tom Fox, Mary O'Connor and Jay O'Connor, Phil Anible, Bobby Schafer and Johnny Wilson who wait for us with Jesus.*

Those we love don't go away  
They walk beside us everyday  
Unseen, unheard but always near  
Still loved, still missed and still very dear

May we all walk with Jesus  
By our side in life  
So we can sit beside him in death.

Carol Fox & Family  
Kathy & Jim Schafer & Family  
Katie Wilson & Family  
Bob & Pattie Harberts  
Dorothy Anible & Family  
Dale & Bobbie Minier & Family

**RUTH THOMPSON**  
July 29, 1916 - August 19, 2005

Great-Grandma,  
You are very missed by everyone.  
It's hard to believe that you have been gone a year. Life is much sadder without your smiling face around. Christmas was hard without you last year, we're still not used to not coming over for Christmas at your house.  
We miss the popples you offered to all the kids that came to brighten up your day!  
Once we stepped foot into your warm house you made all of us smile.  
I know that now you are happy to be with Great-Grandpa again, since you've been apart for almost 14 years. I know that you both will take good care of Grandpa now that he has joined you. I can feel your smiling faces looking down on me all the time!  
Thanks for caring for everyone who you loved. I'm happy with the impact you made on all of our lives! Just keep smiling, and looking down on us!  
We will forever miss you, and love you!  
Love your great-grand children, grandchildren, children and other family.  
- The Towne Family

# AREA CHURCH DIRECTORY

<p><b>ATTENTION: BIBLE BELIEVERS</b> If you would like to attend a church where the King James Bible is held up as the perfect, preserved word of God with all the words of God for all English speaking people, then give us a visit at: 901 W. Main, Lowell Across the street from the Vermont Dodge dealership. 897-6284 or 485-4195 10am Sunday School; 11am Morning Service; 6pm Evening Service; Wed., 7:30pm Prayer Meeting.</p>	<p><b>ALTO UNITED METHODIST CHURCH</b> Kirby and Harrison Alto • 616-691-8011 Worship.....9:30 A.M. Children's Church.....9:30 A.M.</p> <p><b>OPEN HEARTS - OPEN MINDS - OPEN DOORS</b> Pastor Dean Bailey</p>	<p><b>DAY BIBLE CHAPEL</b> 9305 Centerline, Saranac 897-6332</p> <p>Worship.....9:45 A.M. Sunday School.....11:00 A.M.</p> <p>Nursery &amp; Jr. Church Provided Rev. Frank Lattimore, Pastor "A Nondenominational Ministry With A Blended Word Centered Service!"</p>	<p><b>CALVARY CHRISTIAN REFORMED CHURCH OF LOWELL</b> Rev. Randy Meyers - 897-7060 1151 West Main Street, Lowell, MI Morning Worship.....10:00 A.M. Sunday School.....11:20 A.M. Evening Worship.....6:00 P.M. Nursery available at both services Barrier-Free</p>	<p><b>APOSTOLIC LIGHTHOUSE UNITED PENTECOSTAL CHURCH</b> SUNDAY SERVICES 10:00 A.M. SUNDAY EVENING SERVICES 6:00 P.M. WEDNESDAY BIBLE STUDY 7:00 P.M. 119 Lincoln Lake, Lowell CALL FOR FREE HOME BIBLE STUDIES Pastor Robert L. Hubbard Phone: (616) 897-1267 website www.aplighthouse.com</p>
<p><b>FIRST UNITED METHODIST CHURCH OF LOWELL</b> 621 E. Main Street • 897-5936</p> <p>Worship Services.....8:30 &amp; 11:00 a.m. Sunday School.....9:45 a.m.</p> <p>DR. MICHAEL T. CONKLIN, PASTOR Nursery &amp; child care available at both services Barrier - Free Entrance</p>	<p><b>ALTON DEAN CHURCH</b> Lincoln Lake Ave. at 3 Mile Road 897-5648</p> <p>Sunday School.....10:00 A.M. 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. Pastor Ken Ford (Home) 897-6418 YOU ARE WELCOME!</p>	<p><b>CHRISTIAN LIFE CENTER (Assembly of God)</b> 3050 Alden Nash S.E. • 897-1100 • Staffed Nursery Robert W. Holmes, Senior Pastor Dave Noonon, Asst. Pastor John King, Youth Pastor <b>SUNDAYS:</b> Worship: 10:00 a.m. - LIFE Home Groups &amp; "XL" Youth Sunday evenings <b>WEDNESDAYS:</b> Family Night (For All Ages): 7:00 p.m. "XL" Youth: 7:00 p.m.</p>	<p><b>ST. MARY'S CATHOLIC CHURCH</b> Fr. George J. Fekete 402 Amity St. • 897-9820 www.stmary-lowell.com Weekend Masses: SAT. 5 PM; SUN. 9:30 AM Holy Day Masses: 9 AM &amp; 7 PM Saturday confessions: 10-10:30 AM Prayer &amp; adoration each Wed. 8:15 AM - 8 PM RELIGIOUS EDUCATION, CHILDREN TO ADULTS - CALL PETER HINGAN 897-7915 SEE LOWELL CABLE CH. 48, EWTN FOR 24 HR. CATHOLIC BROADCASTING</p>	<p><b>FIRST CONGREGATIONAL CHURCH OF LOWELL</b> (United Church of Christ) 865 Lincoln Lake Ave. SE • 897-5906</p> <p>Sunday Worship.....10:00 A.M. Church School.....10:15-11:15 A.M. Thursday Faith Alive Worship.....7:00 P.M. Dr. Roger LaWarre.....Pastor Shannon Hanley.....C.E. Director Barrier-Free.....Nursery Provided Come Join Us For Praise &amp; Worship</p>
<p><b>GOOD SHEPHERD LUTHERAN CHURCH</b> 10305 Bluewater Highway (Missouri Synod) Halfway between Lowell &amp; Saranac on M-21 www.goodshepherdlowell.org Sunday School.....9:00 A.M. Worship Service.....10:00 A.M. (Nursery available) Joseph Fremer, Pastor 897-8307 All facilities are wheelchair accessible</p>	<p><b>FIRST BAPTIST CHURCH OF LOWELL</b> 2275 West Main Street • 897-7168 Internet: http://www.fbclowell.org Rev. David O. Sims &amp; Rev. W. Lee Taylor Wayne Haines, Youth Pastor Sun. Worship Service.....9:30 A.M. &amp; 6:00 P.M. Sunday School Hour.....11:00 A.M. AWANA CLUB J.C. Wed. 6:15 &amp; 6:30 P.M. Contact Church Office For Prayer Meeting Times Nursery Provided - Barrier Free</p>	<p><b>SNOW UNITED METHODIST CHURCH</b> 3189 Snow Ave. SE, Lowell Rev. Thurlan Meredith 9:45 A.M. ....Worship/Fellowship 11:15 A.M. ....Sunday School 897-9863 or 897-9588 Nursery &amp; Children Worship Programs Provided A friend...a family...a mission!</p>	<p><b>LOWELL CHURCH OF THE NAZARENE</b> 201 N. Washington • 897-8800 Sunday School.....9:30 A.M. Morning Worship.....10:40 A.M. Sunday Evening.....6:00 P.M. Wednesday Family Ministry.....7:00 P.M.</p> <p>PASTOR MICHAEL RHODABARGER Staffed Nursery Provided Barrier-Free Entrance</p>	

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**On The Wild Side**

With Ranger Steve Wittenbach/Wege Center Director

**BIRDS**

Winter is a fun time to be exploring our doors. There are many things to discover on short or long outings. A friend taught me cross country skiing skills while I taught her how to identify trees based on twig characteristics. Snowshoeing is an activity that is a great group activity and, like migrating geese, it helps to take turns as leader. The leader has the hardest challenge in deep fresh snow so it is good to trade positions.

Interestingly, many insects can be found in winter and some are even active. Mammal tracks are most evident in winter and there are fewer distractions to divert your attention to other things.

During the holiday season a tradition was started over 100 years ago and it has grown stronger annually. The Christmas bird count is held throughout the continent and data is compiled for public and scientific review.

Your family can join the activity to recognize winter

birds found in our area and learn how to identify them. The tree sparrow has a reddish cap and a black spot on its gray breast. Its appearance is somewhat like that of the field sparrow but the field sparrow has a pink bill and no spot on the breast. The field sparrow also leaves our area for the winter. A bird that is common here in winter but absent in summer is one I refer to as the Easter egg bird. Its proper name is dark-eyed junco but, to me, it looks like someone dipped the bird in charcoal coloring except for its belly. The junco primarily feeds on the ground, while other species may search tree bark, bird feeders, tree branches or other choice locations.

Many Eastern bluebirds and American robins stay in our area throughout the winter. They tend to spend more time in shrubby swamp areas where they feed heavily on berries. Not much food is available in the meadows for bluebirds

On The Wild Side, cont'd., pg. 12

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**BUSINESSES SERVICES**

## Lowell author publishes comic book collection

By Emma Palova

Lowell author Nick Myers recently published a comic book collection called "Oasis Omnibus."

Myers has worked on the collection for more than five years. It is a graphic novel, which he both illustrated and wrote. The story is a mix of science fiction and fantasy, incorporating technology and magic. It is about an average person who gets into conflict over power and control. Oasis is the name

of the city where the story takes place. Omnibus stands for "all inclusive." Myers derived the name of the character, Patrick Nicholson from his own name, and partly based the story on his own experiences.

"There was my message in a bottle," he said. "They all pushed me to finish." When he completed the project, he was overwhelmed by the reality of creating something tangible. "Patrick has been evolving since high school," he said.

While working at McDonald's during his high school years, Myers was inspired by his co-worker, Scott Elve.

In his comic book, Myers created Bob, the guy with the fish head, based on his friend Elve. Together they wrote and illustrated progressive short comic books at the time.

Sam is Patrick's pet dragon, and they travel together in the story. Myers likes to compare the story to Homer's Odyssey, and the main character to Odysseus.

"Things just keep happening to them," Myers said. "The character keeps discovering himself through trials and tribulations."

The author faced many challenges in the process of working on the comic book, one being the cost of paper for illustrations.

"The biggest challenge was the actual completion," he said, "getting over that hump and not being afraid of the result."

But his wife Megan, friends and family, have always supported him. "She kept me going," Myers said. "I needed to finish it because the story illustrates what I felt for myself."

Myers, who considers himself an isolated creative person, found a way to reach out in his comic book. He is employed at Foremost Insurance and does freelance illustrations.

The author is currently working on a futuristic story which will explore what the world would look like after a climactic experience. "Patrick may come back as an advisor, but the main character will be different," he said.

Myers, who grew up in Lowell, is a 1995 graduate of Lowell High School. He has a bachelor's degree in visual communication from Kendall School of Art and Design.

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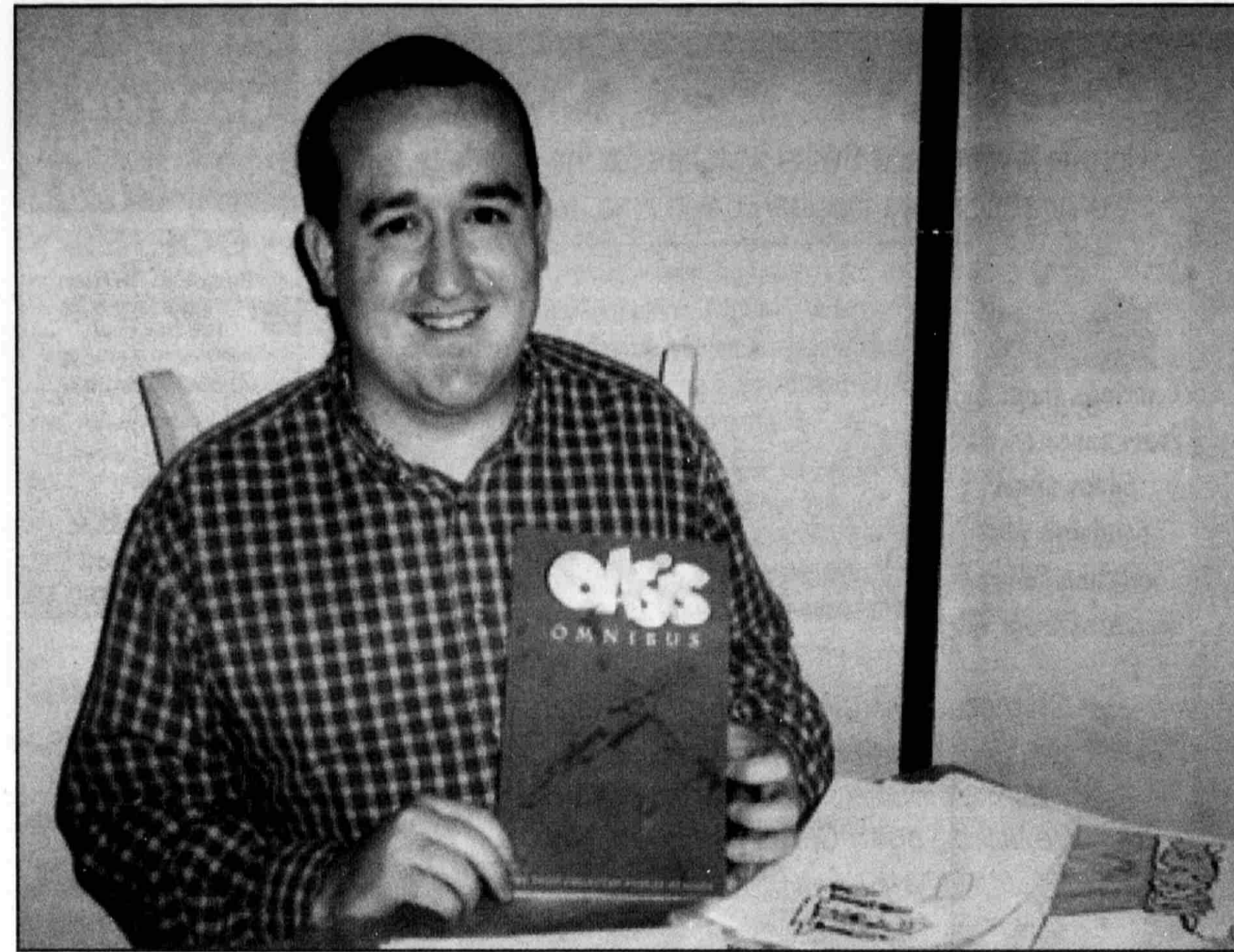
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Nick Myers, of Lowell, has published a comic book collection called "Oasis Omnibus."

## Exhibit triggers imagery of new life

By Emma Palova

Pastels of a transformed woman through spirituality titled "Believing Lies" and "Beauty From Ashes" exhibited at the Franciscan Life Process Center.

Rockford artist Connie Kuhnle painted the portraits of herself two years ago after going through a time of growth and healing.

"That's how I saw myself over a long period of time," she said about the first painting.



John Knight, director of visual arts at the Franciscan Life Process Center, with winning artwork of Connie Kuhnle.

The second painting shows how Kuhnle views herself now. She has spoken about the paintings at women's retreats and to a number of smaller groups.

"My story is a spiritual awakening with God," she said, "through counseling and spirituality. The transformation took place over a long period of time."

John Knight, director of visual arts at the Franciscan Center, said the pastels best reflect the theme of the exhibit.

"It just grabs you," he said. "It's very emotional."

And although the show is small with only a few entries, it is high quality, according to Knight.

The main purpose of the exhibit, on display through Jan. 5, is to show the promise of a restored world. Knight said while last year's theme "Never Alone" focused on alienation, the 2006 exhibit is filled with hope of new life.

"Beauty From Ashes" should trigger imagery of morphed individuals and a restored creation," said Knight, "the promise of a new life to come."

All selected works of merit received equal cash awards. These included Kuhnle's self-portraits as well as "Crimson Love Arising" by Suzanne Christensen and "Palm Sunday" by Peter Gordon.

Entries were judged based on originality of interpretation and artists' skills. They included photography, sculptures, pottery, ceramics, drawings, paintings and poetry. Knight is hoping for a bigger show next year that will include artwork from students of Lowell Area Schools.

"We want to challenge local high school students," he said. Knight also entered the exhibit with his carbon pencil drawing "Life Cycles" and acrylic "Trinities", a painting of St. Adalbert Church in Grand Rapids as it celebrates its 125th anniversary.

"We're hoping for entries from young people next year," he said.

## CITY OF LOWELL PUBLIC HEARINGS

The Lowell City Council, acting as the Zoning Board of Appeals, will conduct a public hearing at their regularly scheduled meeting on Tuesday, January 2, 2007 at 7:30 p.m. at the Lowell City Hall Council Chambers, Second Floor, 301 East Main Street, Lowell for the purpose of receiving comments from the public on the following:

315 S. Hudson - front yard variance for Ambulance addition to the Look Memorial Fire Station. In order to accommodate needed space for the Ambulance, a 2170 square foot addition to the Fire Station has been proposed. The site plan has met all zoning requirements except for a 43.6' front yard setback where 50' is required. Thus, a variance was petitioned.

The Lowell City Council will also conduct a public hearing at this same meeting for the purpose of receiving comments from the public on the following:

An Ordinance Amendment Section 8.04 of Chapter 8, "R-3 Residential District" of Appendix A - Zoning Ordinance of the Code of Ordinances of the City of Lowell.

Copies of the proposed Ordinance are available for public inspection during normal business hours at City Hall and the Englehardt Public Library.

Interested persons may submit written comments to City Hall, 301 East Main Street, Lowell, MI 49331 prior to the meeting or appear in person.

Betty R. Morlock  
City Clerk

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11 a.m. - 1 p.m.

Moose Rec Hall  
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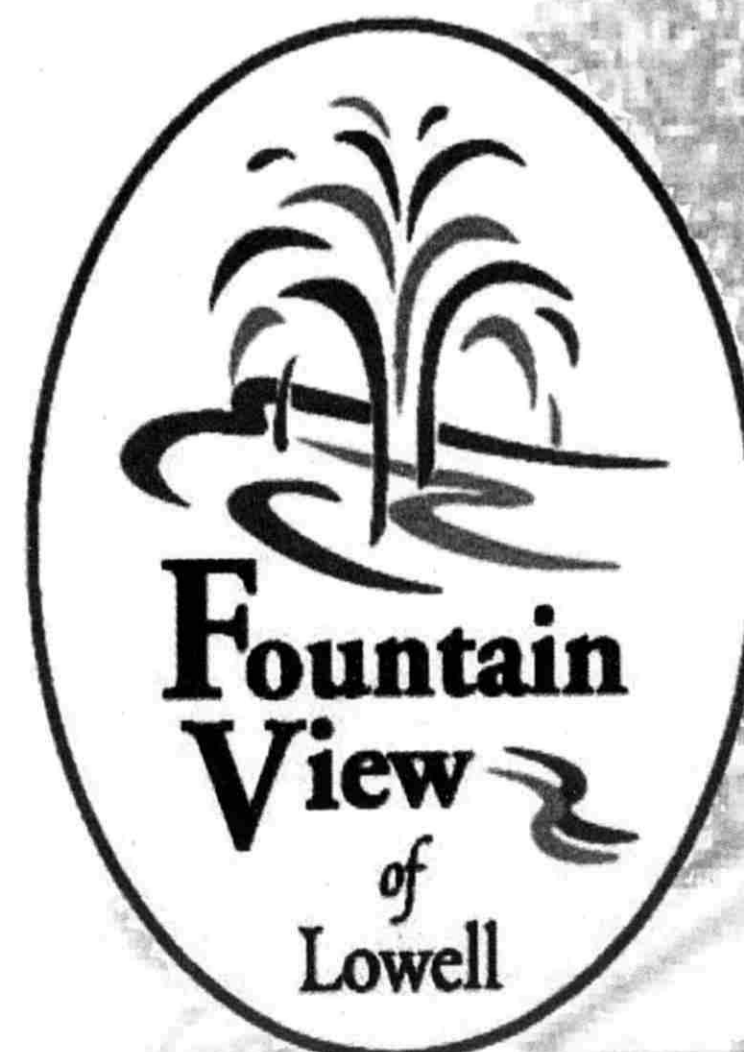
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# Winter Guide *to fun*

**Lowell YMCA**

YMCA Mission Statement We put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

## LOWELL YMCA

(a branch of the YMCA of Greater Grand Rapids)

**MONDAY-FRIDAY: 5:30 A.M.-9:30 P.M.**  
**SATURDAY: 7 A.M.-5:30 P.M.**  
**SUNDAY: 11 A.M.-4 P.M.**

**WINTER SESSION 1:  
 JANUARY 8-FEBRUARY 24**

**897-8445**

Visit us at [www.grymca.org](http://www.grymca.org)



## Preschool & Youth Programs

### INSTRUCTIONAL BASKETBALL

Age 4-Pre-K (boys & girls)  
 This program will introduce your child to this exciting sport. We will teach the basics of the game including shooting, dribbling, and passing. The focus will be on peer-to-peer interaction and the development of motor skills. Playing games and having fun is most important in this class.

Tuesdays: 6:00-7:00 p.m.  
 January 8-February 24 (7 classes)  
 Guarantee Deadline: Jan. 10  
 Location: Murray Lake Elementary  
 YMCA Member: \$27 • Non-Member: \$50

### INSTRUCTIONAL BASKETBALL

Kindergarten (girls)  
 This program continues to build on skills to improve a child's fundamental knowledge of the game. Youth will learn proper shooting, passing, and defense techniques. Children will begin to apply these skills for game situations. We will do some scrimmages to teach spacing and strategy. Our goal will be to have fun and enjoy the game.

Saturdays: 12:00-1:00 p.m.  
 January 8-February 24 (7 classes)  
 Guarantee Deadline: Jan. 10  
 Location: Murray Lake Elementary  
 YMCA Member: \$27 • Non-Member: \$50

### INSTRUCTIONAL BASKETBALL

1st & 2nd Grade (girls)  
 This program will continue to build on skills and techniques in greater depth and challenge youth to implement techniques they have practiced. The first 3 classes are purely instructional and the last 3 classes consist of a half hour practice with a half hour game.

Saturdays: 12:00-1:00 p.m.  
 January 8-February 24 (7 classes)  
 Guarantee Deadline: January 10  
 Location: Murray Lake Elementary  
 YMCA Member: \$30 • Non-Member: \$54  
 COACHES MEETING: Jan. 8, 6:30-7:30, Teen Center

### ROKEN KARATE FOR BEGINNERS

Ages 6+ (Must be 6 by start of the program)  
 Learn basic karate punches, kicks, blocks, and moves - you work at your own pace.

January 9-February 22 (7 weeks)  
 Tuesday: 6:00-7:00 p.m.  
 Thursday: 6:30-7:30 p.m.  
 Location: Church of the Nazarene, 201 N. Washington  
 YMCA Member: \$45 • Non-Member: \$112

### ROKEN KARATE FOR ADVANCED

Ages 6+ (Must be 6 by start of the program)  
 White Belt/Black Stripe and sponsorship from Sensei, you are introduced to new skills and more difficult routines.

January 9-February 22 (7 weeks)  
 Tuesday: 7:10-8:25 p.m.  
 Thursday: 7:40-8:40 p.m.  
 Location: Church of the Nazarene, 201 N. Washington  
 YMCA Member: \$45 • Non-Member: \$112

### ROKEN KARATE FOR ADULTS

Ages 12+  
 White Belt/Black Stripe and sponsorship from Sensei, you are introduced to new skills and more difficult routines.

January 9-February 22 (7 weeks)  
 Tuesday: 8:30-9:30 p.m.  
 Thursday: 8:50-9:50 p.m.  
 Location: Church of the Nazarene, 201 N. Washington  
 YMCA Member: \$45 • Non-Member: \$112

### KINESTHETIC KIDS

Ages 3-4  
 This is a 45-minute class designed specifically for 3 and 4-year olds. Kids will work on developing basic skills such as hand-eye coordination, ball handling, kicking, agility, and balance. This class will also help kids to develop their social skills such as teamwork, following directions, and sharing.

starting January 11 (7 weeks)  
 Thursdays: 9:30-10:15 a.m.  
 YMCA Member: \$40 • Non-Member: \$55


### PRESCHOOL TUMBLEBUGS

Location: All classes meet in the Lowell YMCA Teen Center  
 Cost for All Tumblebug Classes: YMCA Member: \$30 • Non-Member: \$60

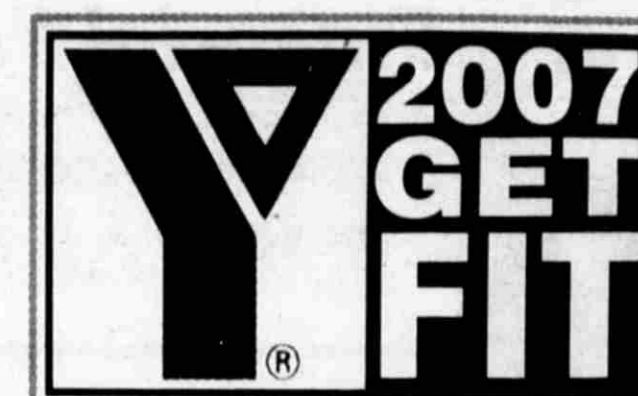
**Ages 24-36 months**  
 January 9-February 22 (7 weeks)  
 Tuesday or Thursday: 6:10-7:00 p.m.  
 Requires a parent or caregiver to participate. Parents work with their children on basic motor development at adventure stations to develop balance, coordination, and confidence using basic gymnastic skills and positions, building a strong foundation for your child to develop a sense of athletic achievement, self-esteem, and social skills.

**Ages 3/Young 4's**  
 January 9-February 20 (7 weeks)  
 Tuesday: 7:10-8:00 p.m.  
 Introduction to the magic of gymnastics. Children learn how to deal with the physical, mental, emotional, and social aspects of childhood in a playful, creative, and stimulating environment. We focus on balance, body awareness, and coordination in addition to specific gymnastics skills.

**Older 4's and 5's**  
 January 11-February 22  
 Thursday: 7:10-8:00 p.m.  
 Children will begin participating in specialized activities that are geared toward building strength, flexibility, and individual skills in gymnastics. Children begin to relate gymnastics to vocabulary with the skills they learn. Dress your child to participate... a leotard for girls; shorts and a t-shirt for boys.

 The "V" symbol indicates that volunteers are needed for this particular program/activity. For more information, contact the YMCA at 897-8445 to be directed to the appropriate department.

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-------------------------------------------------------------------------------	----------------------------------------------------------------------------------	---------------------------------------------------------------------	-----------------------------------------------------------------	----------------------------------------------------



## Teen Programs

### HEALTHY U

Grade 6-8 (Next Session starts in February.)  
 This after school program teaches you how to eat right and improve your skills to help you live a healthy life! FREE YMCA Youth/Teen Membership! Check with the YMCA or the middle school counselors for further information.

Monday & Wednesday after school, at the Middle School  
**FREE! SPACE IS LIMITED. FIRST COME, FIRST SERVED.**

### TEEN CENTER DROP-IN

Hang out with friends after school, play games, skate, and surf the internet!

Fridays 2:30-6:00 p.m.  
 YMCA Member: FREE • Non-Member: \$3

### LEADERS CLUB

Grades 6-12  
 Leaders Club is one of the YMCA's most intensive and comprehensive teen programs. Young people meet on a weekly basis in small groups, working closely with their peers and a counselor on skill- and character-building activities, as well as on planning and organizing club projects. This program provides a safe haven for young people to become confident and competent adults with a sense of belonging in their community.

Tuesday 3:30-4:30 p.m.  
 YMCA Member: \$20 • Non-Member: \$30

### TEENS PICK

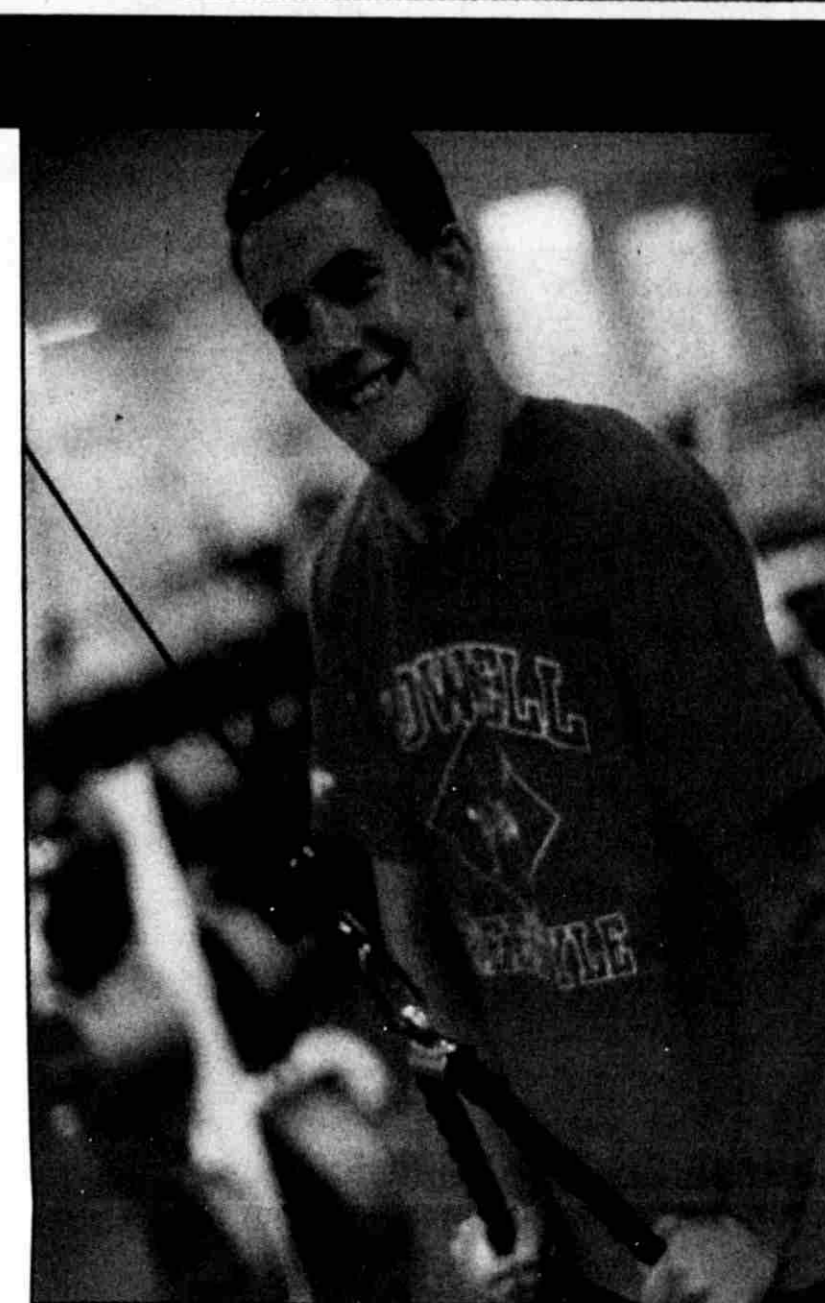
You pick the date! You pick the activity! Everyone has fun! Let Ryan know what you would like to do.  
**Call him at 897-8445.**

### POSSIBLE DATES:

January 12, 19, 26, February 2, 9, 16, 23

### ACTIVITY SUGGESTIONS:

- Dancing
- All-Nighter
- Swimming
- Skate Night
- Rock Climbing
- Video Game Tournament
- Board Game Tournament
- Movie Marathon



## Adult/Fitness Programs

### TAI CHI CHUAN

This new and exciting addition is now at the YMCA! Tai Chi creates balance, flexibility, and calmness with an emphasis on deep breathing. Tai Chi integrates your body, necessary in centering and grounding.

begins January 13 (7 weeks)  
 Saturday 8:15-9:15 a.m.  
 YMCA Member: \$49 • Non-Member: \$65

### WOMEN ON WEIGHTS (WOW)

Age 18+  
 Women on Weights is a group setting with a personal coach. Functional movements that are safe and effective for all levels of group fitness are taught in this class. This 7 week program will help you break through to the next level. Sign up today.

starting January 8  
 Mondays & Wednesdays: 8:00-9:00 a.m.  
 YMCA Member: \$50 • Non-Member: \$75

### PERSONAL TRAINING

A one on one session with a certified Personal Trainer. Includes a body composition assessment and a specialized program. Gift Certificates available.

YMCA Member: \$50 • Non-Member: \$60

### FIVE SESSION PACKAGE

YMCA Member: \$180 • Non-Member: \$280

### TEN SESSION PACKAGE

YMCA Member: \$360 • Non-Member: \$540

### BUDDY TRAINING (ONE SESSION)

YMCA Member: \$65 • Non-Member: \$75

### MASSAGE THERAPY (Gift Certificates available)

Therapeutic massage offers a range of health benefits for the entire body. New clients receive \$5 off first visit with mention of this ad. Schedule an appointment with Jenn, our certified massage therapist.

YMCA Member: \$30/30 min. • Non-Member: \$35/30 min.  
 YMCA Member: \$50/60 min. • Non-Member: \$60/60 min.  
 YMCA Member: \$75/90 min. • Non-Member: \$95/90 min.

## Child Care

**MONDAY-FRIDAY: 6:00 a.m.-6:00 p.m.**

### CHILD DEVELOPMENT CENTER

at Runciman Elementary School, 300 High St.  
 Lowell, MI 49331  
**(616) 987-2535**  
 Serving families of children 6 weeks-Kindergarten



### CHERRY CREEK ELEMENTARY

SCHOOL-AGE CHILD CARE  
 12675 Foreman • Lowell, MI 49331  
**(616) 897-2688**  
 1st-5th Grade

### MURRAY LAKE ELEMENTARY

SCHOOL-AGE CHILD CARE  
 3279 Alden Nash • Lowell, MI 49331  
**(616) 987-2780**  
 Serving families of children in K-5th Grade

### GENERAL PROGRAM REFUND POLICY

Class/program cancellations are accepted up to 72 hours prior to the start date of the class/program. Refunds will not be given after the start of class except for documented bereavement or medical reasons. We will refund 100% of the cost of the class/program if cancellation has been requested 72 hours or more in advance of the start date of the class/program. In the event that you must cancel your registration less than 72 hours prior to the start of a class/program, you will receive a credit voucher to apply towards a future class/program. Please contact the member service desk or a program director for more information. This policy applies to all programs except Camp Manitou-Lin, Child Care, and Extreme Fun Club.

### FINANCIAL ASSISTANCE

Confidential financial assistance is available to those who qualify. Contact Marta at 897-8445 for more information.





## Financial Focus

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### THIS YEAR, GIVE A GIFT THAT LASTS

The holidays are upon us, which means that it's time, once again, to search for those "perfect" gifts. This year, why not add financial gifts to your shopping list? They can make a big difference in the lives of the people you care about.

What types of financial gifts should you consider giving? Let's look at a few possibilities:

- Contributions to Section 529 plans - If you have a child (or grandchild) that will be headed off to college in a few years, you may want to contribute to a Section 529 college savings plan. Your contributions may be tax deductible if you are participating in your own state's plan. Plus, your earnings and withdrawals will be exempt from federal

taxes as long as the money goes toward paying college costs. (However, withdrawals used for expenses other than qualified education expenses may be subject to federal, state and penalty taxes.)

- Contributions to an IRA - If you know a loved one has an IRA, consider making a contribution. Many people don't fully fund their IRA each year - so any help you can give toward that goal will be important.

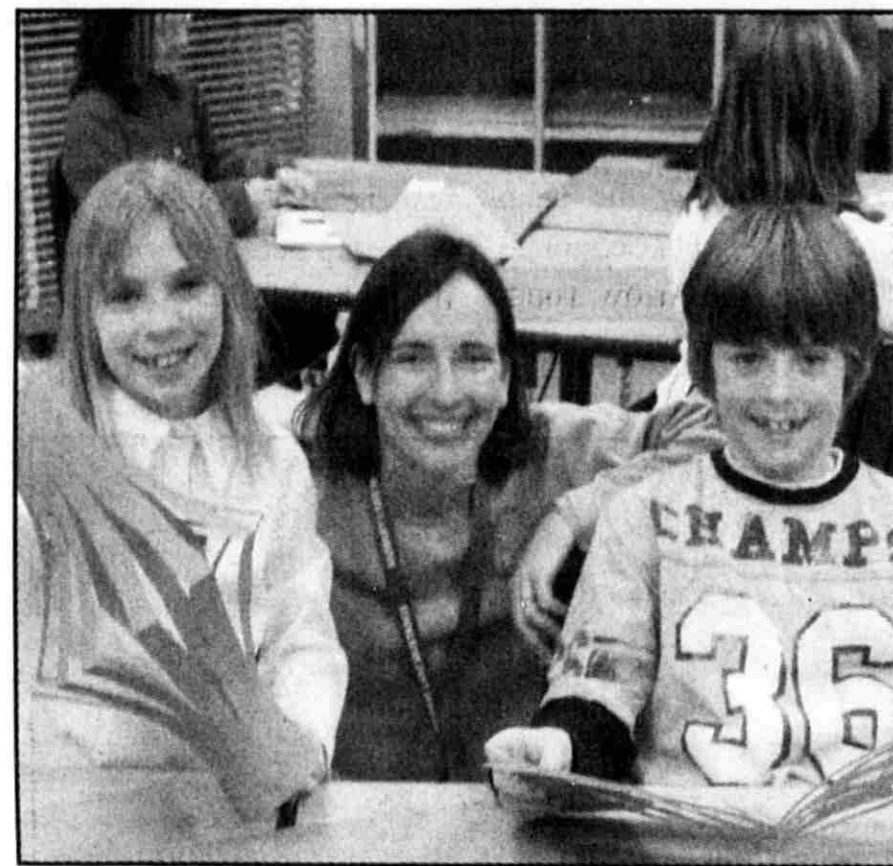
- Stocks - Consider giving shares of a company that produces products or services that are used by your intended recipient. If you're going to give away some of your own shares, you'll need to know what you originally paid for the stock, how long you've held it and its fair market value at the date of the gift. Recipients of your gift will need this information to determine gains or losses if they decide to sell the stock. You'll also need to determine if you have to pay gift taxes. You can give up to \$12,000 per year, free of gift taxes, to as many people as you want; over your lifetime, you can give up to \$1,000,000 without incurring gift taxes.

- Zero-coupon bonds - These types of bonds can make nice gifts if you know that your intended-recipient would like to achieve a specific financial goal - such as a new car, a dream vacation, etc. - in a given number of years. You

can buy a zero-coupon bond - usually issued by the Treasury under the name of STRIPS - at a deep discount; when the bond matures, you - or in this case, the recipient of your gift - collect the full face value. In other words, the accrued interest is paid at maturity, so you - or the recipient - won't receive periodic interest payments. Keep in mind, however, that these "phantom" interest payments will still be taxed as ordinary income each year until the bond matures. Also, market prices of zero coupon bonds tend to be more volatile than bonds that pay interest regularly.

- Charitable gifts - You may want to make a financial gift to an organization in the name of a loved one - especially if this person is an enthusiastic supporter of the charity. Your generosity will be appreciated, and you'll get some significant tax benefits. First, you may get an immediate tax deduction for your gift. Second, you'll avoid paying capital gains taxes by donating appreciated assets, such as stock or real estate. And third, you'll be removing an asset from your taxable estate.

A financial gift can brighten a loved one's holiday season - and your thoughtfulness will be felt long after the holidays are over.



## Coffman Named Staff of the Month

Art teacher, Lori Coffman, was named Murray Lake's Staff Member of the Month for November. She teaches art at Murray Lake, St. Pat's, and Dutton Elementary School.

Staff members nom-

inated Coffman for her great attitude and rapport with students. Fellow teacher, Sue Wilterink said, "She is wonderful and patient. She delivers the art curriculum with joy and enthusiasm. She is a team player; always

cooperative if you need to change your art schedule."

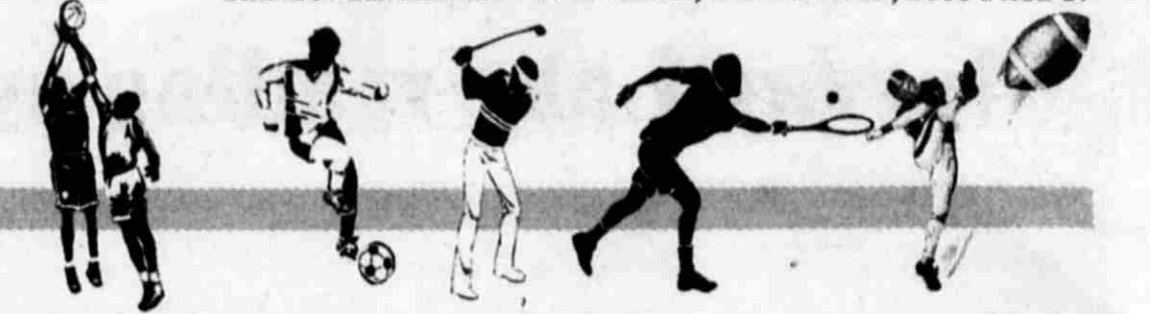
Coffman was born and raised in Sandusky, Ohio. She and her husband Jim have two daughters, Samantha (8) and Sydney (6). Coffman is the youngest of five children. "We are all diehard Buckeye fans, much to the chagrin of our neighbors, friends and my principal. Even though we are out of place as Buckeye fans, we love living in West Michigan."

She worked for a year in Ohio before moving to Michigan. Coffman has worked at St. Pat's for eight years, and has been at Murray Lake since it opened in 2004.

"I enjoy my work as an art teacher. The kids are great and are very hard workers. I love seeing their creativity and the excitement they show when sharing their work."

Pictured is Lori Coffman flanked by third grade students, Anna Barnes and Nick Kloosterman.

# RED ARROW SPORTS



## EGR 0/Red Arrows 75 - Lowell's wrestling season has begun

By Sean Garner  
Contributing Writer

The latest season for the Lowell High School wrestling team has begun, and as with all Red Arrow wrestling seasons, this one begins with much promise.

Lowell began its season Thursday night with a 75-0 win over OK-White foe, East Grand Rapids. Head coach Dave Dean knows that this is simply a small step in the right direction

and admits that it would be difficult to judge the team by their performance against the Pioneers, who were only able to fill seven of the 14 weight classes. "It was hard to gauge. We weren't really challenged," Dean said.

Perhaps a better test of the Arrows' talent will come Thursday when Lowell travels to Greenville to face the defending OK-White champions. The Yellow Jackets return five state

qualifiers and are off to a strong start, having won their own six-team dual meet invitational the first week of the season and finished second to powerhouse Rockford this past weekend at the Kent County Classic.

"It was really hard to see our issues tonight. When you face a team like Greenville, you see your issues," Dean said. "They have many great wrestlers and they force you to wrestle your best."

The Arrows return three state qualifiers in their own right in seniors' Rob Karasewicz and Alex Fleet, and junior Zach Baum. Fleet, who placed fourth at 189 pounds last year, took a forfeit at 215 pounds against East Grand Rapids.

Dean, who left his previous job as an assistant coach at Michigan State University, came to Lowell prior to last season, understanding the

storied tradition of Red Arrow wrestling. Dean has embraced this tradition and feels it motivates the wrestlers, as well as the coaches.

"The kids really have a tremendous amount of pride in the tradition here," Dean said. "We still have guys from the very first Lowell wrestling teams back in the sixties coming back. We have generations

of wrestlers coming through the program. The pride in our tradition really helps us in our preparation and in gathering support for the program."

Following the Arrows' showdown with Greenville next week, they host Division 4 power, Hesperia Dec. 22. Six days later, the team will host the Lowell Super Duals.

## Grapplers weekend at Warren Woods

By Tim Stencel  
Contributing Writer

With a day of practice on Friday, the Lowell Red Arrows left Saturday morning for Warren Woods.

They found themselves in a first round match with Troy High School and advanced to the second round by defeating Troy 62-12. The second round went almost the same way as the Red Arrows had their way with Algonac High School, defeating them 75-0. Meeting Fraser in round three, Lowell defeated them

66-9 to advance to the fourth round. This would set up a match against Warren Woods Towers High who is a power house in Division Two.

Warren Woods demonstrated their power early on but Lowell came back and showed their determination. The Arrows advanced to the championship round with a win over Warren by the score of 45-27.

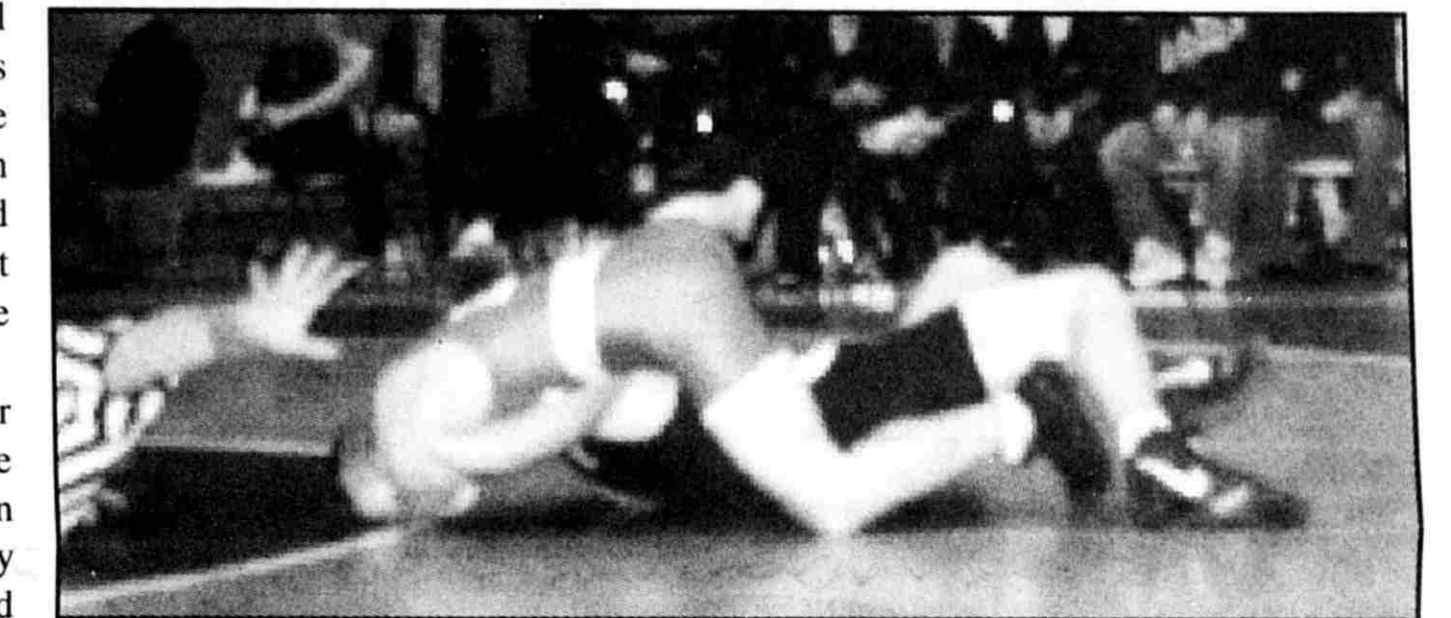
In the finals, Lowell matched up against L'Anse Creuse who made it to the finals by defeating Hazel Park, another Division

Two power. Lowell took home the tournament championship by defeating L'Anse Creuse 53-12.

"Overall I am happy with the day," said Lowell coach Dave Dean. "I was worried a little bit at the beginning of the fourth match, but the team stepped up and showed me what their hard work in practice has done for them."

"We were in better condition and more aggressive," said Dustin Cichocki, also a varsity coach at Lowell. "We stayed off our backs and did not

give up any pins." The Red Arrows have a match against Greenville on Dec. 14, another Division Two state contender.



Zach Baum is shown pinning an opponent.

Last Sunday the team went to the high school to watch the Red Arrow Youth Classic. Even on a day of

rest the team could not get wrestling out of their minds. It's a lifestyle.

## Boys basketball starts the season with a win over Red Hawks

By Sean Garner  
Contributing Writer

Lowell basketball coach Jeff McDonald knew exactly what his team needed to do, and it revolved around containing one player.

The Red Arrows won their season-opening contest with Cedar Springs, 33-31, in no small part because of their efforts to prevent star Red Hawk, Austin Thornton. Thornton finished the game with 13 points, a

little more than half of his last season average of 25 points per game. McDonald forthrightly admits limiting the damage of Thornton was a key part of the game plan.

"The kid is outstanding," McDonald said. "He's one of the top 15 players in the state. The biggest thing we wanted was to be there on every shot and contest every shot. If great players like Austin get easy baskets, it's an energizer, it's a momentum

builder. I don't know that he had an easy basket." It was not only Thornton who had trouble putting the ball in the basket. Despite shooting only 29 percent, the Arrows actually outshot the Red Hawks, who only managed to convert on 22 percent of their field goal attempts.

"We had lots of opportunities to lose it and hang our chins," McDonald said. "We kept our chins up and we had heart. We had a

lot of trust in one another. That's what you need."

While McDonald concedes that the victory wouldn't score very high in the aesthetic category, his team followed the game plan and did what they needed to do to win.

"We had three number one points of emphasis: defense, rebounding and tempo," McDonald said. "I am so proud of our guys for limiting the number of

offensive rebounds that they got... our goal in every game is to contest every first shot and don't give up a second. You're going to win a lot of games if you contest every first shot and don't give up a second."

Kory Stevens and Ryan Magnuson led the Arrows with 9 points each. Stevens brought the nearly-packed home crowd to its feet with a 3-pointer with less than

30 seconds remaining. In such a tight ball game, the advantage of the crowd may have made the difference.

"Any time you have a sixth man like that with the Red Rowdies, it makes a big difference," McDonald said. "I thank them a lot for coming out, and I think if we continue to play our guts out, then they'll continue to come out and support us."



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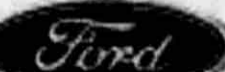
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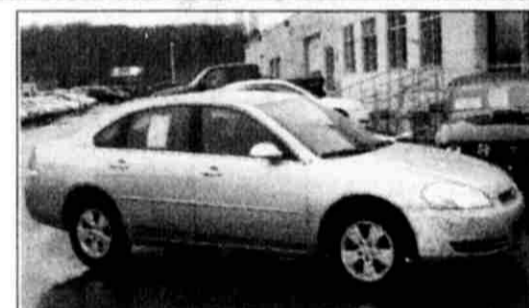
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