

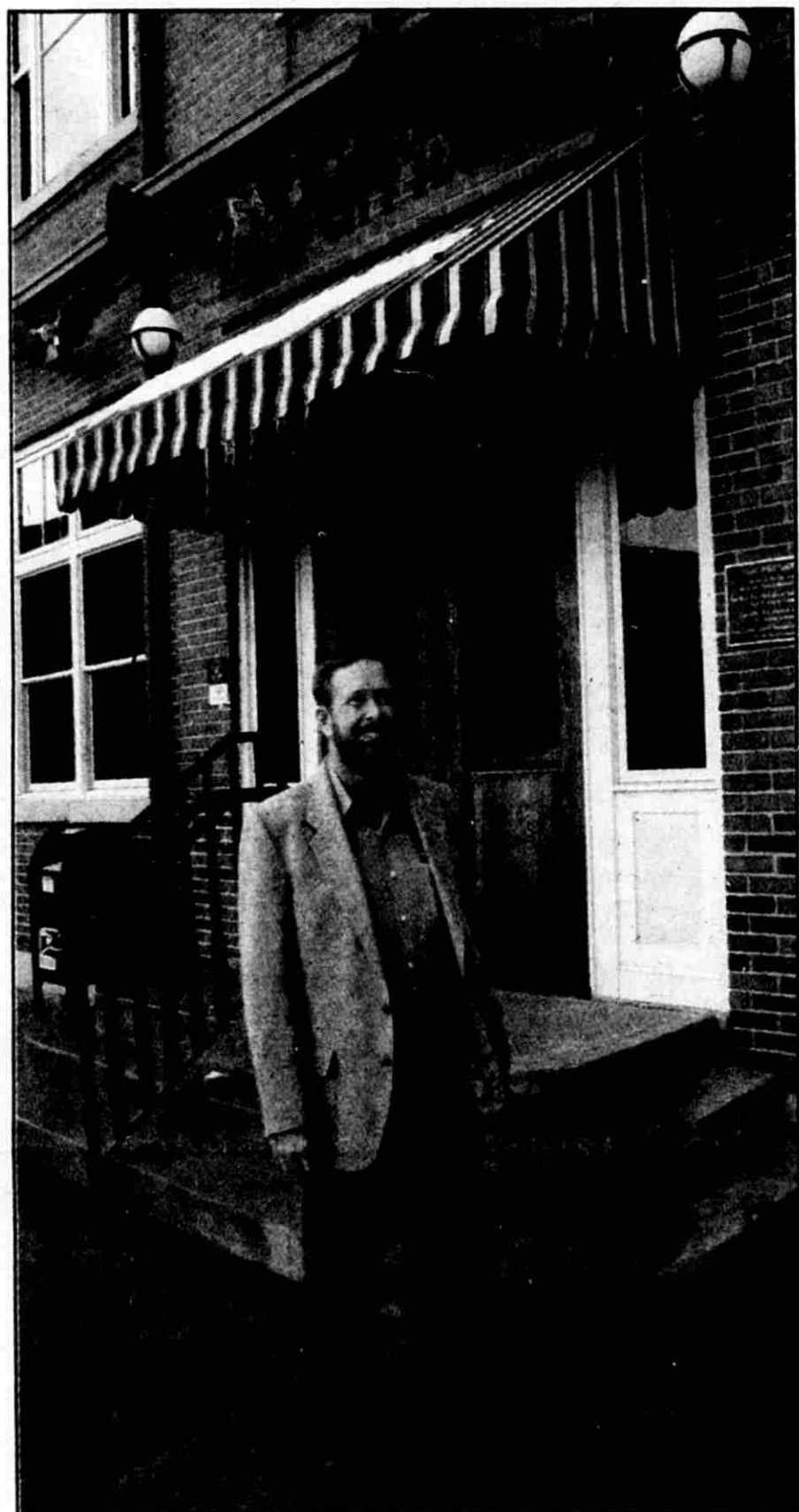
# The Lowell Ledger

Volume 38 Issue 6

Serving Lowell Area Readers Since 1893

Wednesday, January 7, 2009

## Community leaders look to 2009 with hope for a better year



Jim Hodges in front of City Hall.

by Emma Palova

Looking ahead to 2009, community leaders in Lowell expressed their hopes for a better year, while bidding farewell to a year full of upheaval.

A major change at the city council level took place in July of 2008. Mayor pro-tem Jim Hodges even recalls the exact date of July 26, when mayor Jeanne Shores was hospitalized and had undergone a major surgery. That was only the beginning of Hodges stepping in to fill Shores' mayor shoes for a long haul. Little did he know at the time of the interview last week that he would soon become the mayor of Lowell.

"You know as mayor pro-tem you're always ready to step in mostly in case of vacations," said Hodges. "You're always anxious about conducting that first meeting."

And at his first meeting in August, Hodges had a room full of cameras due to the controversy surrounding the establishment of the Cable TV fund, and its advisory board.

And although Hodges had anticipated he could become the mayor, it came as a surprise announcement to most at the Monday night meeting that Shores had resigned. But, Hodges didn't change any of his views or expectations just because of the change of the title.

Looking back at 2008, the council turned some major challenges into

accomplishments that will perpetuate into 2009, specifically the Cable TV fund and creating the North Washington Street park.

"It turned from controversy to accomplishments," said Hodges.

While these had the most impact on the public, the budget constraint remains a struggle internally.

"We need a strong tax base, strong businesses, houses and apartments with value," said Hodges. "Bad economy puts stress on our local businesses, some are hurting terribly."

Some anticipated projects into 2009 include Bowes Road, and further prep work for the 2010 downtown bridge replacement. The city does not have a lot of unfinished business lingering into the new year.

"We carried out

everything," said Hodges.

In spite of exploring alternatives to having a city police department, the council will look into hiring a permanent police chief, due to a vacancy after Jim Valentine.

"I am not in favor of disbanding the police department," said Hodges, "but it is a good lesson to study. Public safety is our number one responsibility. I am in favor of having our own police force."

In the fall of 2009, the city will have an election to fill three open seats. But for the time being, it is up to Hodges to fill the vacant seat after Shores.

"I hope that 2009 will be a safe enjoyable year for the citizens of Lowell and that opportunities for happiness will continue into 2010," said Hodges.

The city also had many

staff changes in various departments, as old timers said good bye.

General manager of Lowell Light & Power, Greg Pierce, replaced outgoing Tom Richards in November. Pierce, now, firmly leads the utility into a year full of challenges and changes in the energy industry.

"The economy will be slow," said Pierce. "We must be cognizant of our customers having a hard time. We have to help them through that by keeping rates and costs down."

The major goal for the utility is to promote efficiency and to help customers save on their electric bills, according to Pierce. The utility will be promoting compact fluorescent light for

Leaders look to 2009, cont'd., pg. 9



Greg Pierce is the new general manager at the Lowell Light & Power.

## LACC accepting nominations for Person of the Year

Person of the Year - this prestigious award has been a Chamber function since 1986. The Lowell Area Chamber of Commerce has continued the tradition every year since then. This special award is given out at the Annual Winter Gathering of the Membership held on February 19, 2009. The nominations are given to the selection committee and our Person of the Year is chosen. The selection committee is comprised of the last five years of recipients receiving the Person of the Year Award.

Recipients qualified for this honor can be nominated by the following guidelines.

Over time, the candidate has freely donated considerable time to the community, school district, church, or humanity. This is over and above the demands of their regular profession.

The community is a better place to live because of the efforts of the candidate.

The candidate positively promotes the community in both word and action.

The candidate possesses new and innovative ideas that benefit the community.

The candidate cannot be a Chamber Board/Foundation Board member at the time of nomination.

If you know someone who is deserving of this honor, please submit in writing your detailed nomination to LACC, PO Box 224, Lowell, MI 49331 or email to [info@lowellchamber.org](mailto:info@lowellchamber.org) or fax to 897-9101. Deadline is January 16, 2009.

## Longtime mayor steps down

by Emma Palova

In a surprise announcement Monday night, mayor Jeanne Shores resigned from her position due to extended illness.

"I recognize that the council requires five active men and women in order to meet the responsibilities of providing good government for our citizens," Shores wrote in her letter of resignation. "I believe it is best that I step aside from my duties as council member."

To honor Shores' years of

service, the council passed a resolution naming her mayor emeritus. The new title will allow her to retain membership on the city council until her term expires at the end of the year.

Mayor pro-tem Jim Hodges was appointed to fill the mayor's seat until the rest of the year, according to the city charter. Council member Jim Pfaller was named mayor pro-tem.

Shores has served on the city council since 1994; she held the office of mayor during the years 2001 to 2005

and in 2008. A new council member will be appointed to fill her seat.

The city will advertise to fill the seat as early as Jan. 20.

"I am saddened with the departure of mayor Shores," said new mayor Hodges. "We were good friends with Jeanne for 26 years. I appreciated her support and I applaud her for the decision to allow us to have five active people on the council."

City manager Dave Pasquale also expressed his

best wishes to Shores.

"Jeanne is a good friend," he said. "She loves this community, and the community loves her. We will miss her at the table."

Shores also served on the planning commission and on innumerable committees and boards.

"It has been a privilege to serve our citizens as a member of the planning commission and city council, as well as my time fulfilling the duties of mayor," she wrote in the resignation letter.

# Obituaries

## KAPUGIA

Betty J. Kapugia, aged 86, of Lansing formerly of Lowell, passed away December 29, 2008. She was preceded in death by her parents, Theo and Beatrice Bailey; her husband, Sgt. Frank Kapugia and her infant daughter, Barbara. She is survived by her children, Frank (Cathy) Kapugia of Grand Rapids, Tom (Windy) Kapugia of Florida, Carol (Bill) Yauch and Connie Kapugia both of Lansing; grandchildren, Tammy (David), Christine (Robert), Eric (Jessica)

Yauch, Jennifer Yauch, and Christopher Keck; seven great-grandchildren; uncle, John (Phyllis) Jones of Lowell; nephews, Bruce (Teresa) Phillips, Jerry (Sue) Phillips; nieces, Mary Kay (Dan) Nelson all of Lowell, Nancy (Dennis) Nead of Saranac; several great nieces and nephews; and many cousins. Upon her wishes cremation has taken place and a private graveside service will take place at the Bailey Cemetery at a later date.

## Local communities benefit from Harvest Gathering

Secretary of State Terri Lynn Land today announced that Department of State employees and customers donated more than 22,000 pounds of food and nearly \$3,000 to this year's Michigan Harvest Gathering campaign.

"It's wonderful to see how generous people have been in giving to Harvest Gathering," Land said. "Michigan food banks report increases of up to 40 percent in appeals for help this year. Department of State employees and customers have responded by opening

their hearts, pantries and wallets."

Harvest Gathering collection boxes were placed in Secretary of State offices and state office buildings. With most branch offices reporting to date, the Sparta and Grand Rapids N.E. branches rank first and second, respectively, contributing a total of nearly 11,000 pounds of food.

Harvest Gathering provides both public and private sectors with opportunities to donate. This year, more than \$651,000 and 207,000 pounds of

food were collected during the statewide campaign. These totals exclude the Department of State, which extended its campaign through Dec. 12. For information about Harvest Gathering, visit the Food Bank Council of Michigan web site at [www.fbcmich.org](http://www.fbcmich.org).

Harvest Gathering is

an annual event designed to support the state's nine regional food banks through food and monetary donations. The food banks in turn support food pantries, shelters and soup kitchens. The Department of State has been collecting food for Harvest Gathering in its branch offices since 1999.

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*We could never learn to be brave and patient, if there were only joy in the world.*

- Helen Keller (1880 - 1968)

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## VERGENNES TOWNSHIP NOTICE

All meetings are held at the Township Hall, located at 10381 Bailey Dr., at 7:00 pm. For further information, phone 897-5671, or visit the township web site at [www.vergennestwp.org](http://www.vergennestwp.org).

THE VERGENNES TOWNSHIP BOARD MEETINGS FOR 2009 ARE SCHEDULED AS FOLLOWS:

January 19	July 20
February 16	August 17
March 9	September 21
April 20	October 19
May 18	November 16
June 15	December 21

THE PLANNING COMMISSION MEETINGS FOR 2009 ARE SCHEDULED AS FOLLOWS:

January 5	July 6
February 2	August 3
March 2	September 7
April 6	October 5
May 4	November 2
June 1	December 7

The Zoning Board of Appeals meet as required or requested.

Mari Stone,  
Vergennes Township Clerk

## CITY OF LOWELL PUBLIC NOTICE SNOW REMOVAL

Whenever any snow or ice has fallen or accumulated, it must be cleared within twenty-four (24) hours. Property owners/occupants are required to clear ice and snow from their sidewalk. If no sidewalk exists, the owner/occupant must clear a path if their property is adjacent to a sidewalk.

### NOTICE TO SNOW PLOW OPERATORS

It is against the law to plow snow, ice or slush onto or across any roadway or highway.



Betty R. Morlock  
City Clerk

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## NOTICE LOWELL AREA RECREATION AUTHORITY 2009 MEETING SCHEDULE

All meetings will be held at 6:00 pm. Locations given are subject to change. For further information, phone 897-5671, or for a calendar of these and other events please visit the trails web site at [www.lowellareatrailway.org](http://www.lowellareatrailway.org).

THE LOWELL AREA RECREATION AUTHORITY BOARD MEETINGS FOR 2009 ARE SCHEDULED AS FOLLOWS:

January 14	Lowell Township Offices
February 11	Lowell City Offices
March 11	Vergennes Township Offices
April 8	Lowell Township Offices
May 13	Lowell City Offices
June 10	Vergennes Township Offices
July 8	Lowell Township Offices
August 12	Lowell City Offices
September 9	Vergennes Township Offices
October 14	Lowell Township Offices
November 11	Lowell City Offices
December 9	Vergennes Township Offices

## Coat drive to benefit Veterans

Please join the Veterans of Foreign Wars (VFW) and American Legion here in the Lowell area in collecting semi-new or used coats for our Veterans in the Veterans Home located in Grand Rapids. Here are a few questions you might ask yourself: Are your

closets too small for all your clothes? Are you constantly trying to find more room in your closet? Do you have an unused coat taking up space in your closet? Did you receive a new coat for Christmas and do not know what to do with the old one? If you answered yes to any

of these questions, maybe you can justify donating a coat to the Veterans. There are 60 women at the Veterans Home so ladies' coats are also needed.

Drop off locations are at the following places:  
The Lowell Area

Chamber of Commerce, 113 Riverwalk Plaza;  
Curtis Cleaners, 1410 W. Main St.;  
VFW Post #8303, 3116 Alden Nash (Tuesday and Thursday in January from 2 to 4 p.m.).

## Free classes being offered to those wanting to kick the habit of smoking in 2009

Many people made New Year's resolutions this year and over half of those made will involve our health such as losing weight or quitting smoking. There is data about the psychology behind keeping these resolutions and the key is in the preparation.

"Establishing genuine confidence that one can keep a resolution, despite occasional slips, seems to have the biggest impact on the success of the resolution," according to Dr. John Norcross, Psychologist and Distinguished University Fellow, University of Scranton. "We call this self-efficacy. That's not general self-confidence, rather it's a specific conviction that you can change the behavior."

"This is particularly true when quitting smoking," agrees Jodie Seese, a Tobacco Treatment Specialist. Another free class is coming to Lowell, which starts next Tuesday. "Preparation reinforces confidence. A class helps you focus on your own smoking habits, those that are unique to you and that allows you to create an individual plan to become smoke free.

The phrase 'knowledge is power' definitely applies to smoking." The same applies to losing weight. There's no one, right way that works for every person. What worked for your neighbor or co-worker may not be the best plan for you. In addition to preparation is readiness to quit. Maybe you have all the tools in front of you, but you're not ready to undertake the challenge.

In this case, Seese recommends taking smaller steps toward the goal. "Rather than say 'I should quit smoking this year.' You could say 'This year I'm going to research what would be the best way for me to quit.' That way you know what to do when you are ready." That could mean talking to your doctor about options including medications, going to a website for tips or considering phone counseling. Maybe you need to find people who will support you in this goal before you just jump in. "I tell clients now is a great time to be a smoker because you have more resources, more information and more

options than you did just three years ago." Free classes in Lowell begin at 6 p.m., Tuesday, Jan. 13 at Lowell Family Medical Center. The class runs for 6 weeks. Registration is encouraged, as seating is limited. Call 616-975-0123 or go to [www.tobaccofreepartners.org](http://www.tobaccofreepartners.org).

"Motivation is, scientifically speaking, a series of small behaviors that lead to success," says Norcross. "And there are ways to enhance your chances of success: Track your progress by recording or charting the behavior. Reward your success, reinforce yourself for each step or perhaps create a contract for yourself or with

a loved one to keep your focus. You may need to arrange your environment to help, rather than hinder you - limit your exposure to high-risk situations and create frequent reminders in your environment."

The ultimate answer to any behavior change, particularly one that impacts your life style like quitting smoking or getting physically fit is to just keep trying. Try a different approach, learn new strategies and build on past successes to keep moving toward success. The old phrase "Don't quit quitting" is true because that's how you finally achieve your goal.

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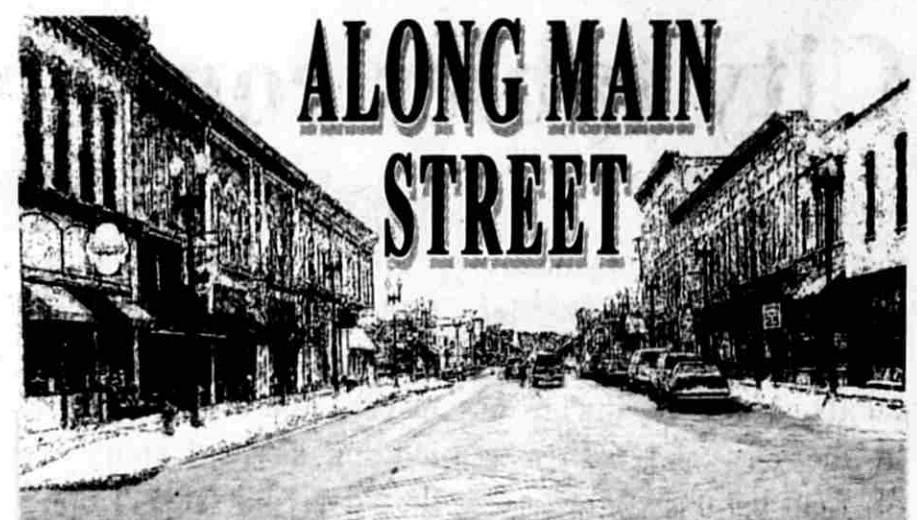
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**WEIGHT LOSS CHALLENGE**  
Lowell Takes It Off vs Greenville begins Wed., Jan. 7, 7 a.m. to 7 p.m. at Good Chevrolet-Buick in Lowell. Teams of four adults. Go to [www.lowellcommunitywellness.org](http://www.lowellcommunitywellness.org) for more information or call Patty at 616-340-7781.

**ANGEL FOOD MINISTRIES**  
Sign up at the First Baptist Church, 2275 Main St. on Fri., Jan. 9 from 4-6 p.m. and Sat., Jan. 10, from 10:30 a.m. to noon. Delivery is Jan. 24, 8-10 a.m. For info call IlaJean, 897-6609 or visit [www.angelfoodministries.org](http://www.angelfoodministries.org).

**ANGEL FOOD MINISTRIES**  
Sign up at the Nazarene Church, 201 N. Washington St., Fri., Jan. 9, 6-8 p.m. or Sat., Jan. 10, 10 a.m. - 12 noon. Regular box is \$30 and feeds a family of four approximately one week. Everyone welcome. Any questions call Esther 897-7395.

**CHRISTMAS TREE RECYCLING**  
The Christmas tree recycling event has been moved to Sun., Jan. 11 from 1-4 p.m. Trees can either be brought out the day of the event or dropped off at the Wittenbach Wege Center in the designated drop off area. Volunteers are still needed.

**TOBACCO FREE TO GOOD**  
FREE - Smoking Cessation Classes, start Tues., Jan. 13, 6-8 p.m. Lowell Family Medical Center, 2550 W. Main St. To register call 616-975-0123 or go to [www.tobaccofreepartner.org](http://www.tobaccofreepartner.org).

**LACROSSE PARENT NIGHT**  
Lacrosse High School parent night, Tues., Jan. 13, 6:30-7:30 p.m. at Cherry Creek cafeteria. This meeting provides important information about the spring lacrosse season. Player registration will be accepted at this time. The fee to play is \$150 per player, with a \$25 discount offered for the second player of each family.

**THEBES PLAYERS**  
Call for auditions for Nunsense, a musical comedy. They are seeking five adult female actresses. Dates of production are Mar. 20-29. Audition dates are Thurs., Jan. 15, 7-9 p.m.; Fri., Jan. 16, 7-9 p.m. and Sat., Jan. 17, 10 a.m. - 12 p.m. at the Lowell Area Arts Council, 149 S. Hudson St. For more information or to borrow a script call or visit the LAAC, 897-8545.

**PERSON OF THE YEAR**  
Lowell Area Chamber of Commerce is accepting nominations for Person of the Year. If you know someone who deserves this award, please submit in writing your nomination to LACC, PO Box 224, Lowell, MI 49331 or email to [info@lowellchamber.org](mailto:info@lowellchamber.org) or fax to 897-9101. Deadline is Jan. 16.

**LOWELL AREA HISTORICAL MUSEUM**  
The museum is opening its newest traveling exhibit entitled "Cutters to Corvettes," Wed., Jan. 21 at 6 p.m. at Good Chevrolet. This exhibit will provide a historical overview of the Lowell dealerships, gas stations and garages and how they impacted our community.

**LOWELL AREA HISTORICAL MUSEUM**  
Please join the museum for an informative program, about "Fur Trading - Yesterday & Today" in Michigan. This event will take place on Thurs., Jan. 29 at the Lowell Township Hall. Questions please call 897-7688.

**COAT DRIVE FOR VETERANS**  
Please join the Veterans of Foreign Wars (VFW) and American Legion in Lowell area in collecting semi-new or used coats for our veterans in the Veterans Home located in Grand Rapids. Drop off locations are: The Lowell Area Chamber of Commerce, 113 Riverwalk Plaza; Curtis Cleaners, 1410 W. Main St.; and VFW Post #8303, 3116 Alden Nash (Tues. and Thurs. in Jan. from 2-4 p.m.) Women's coats are also needed.

# City tables controversial ordinance amendments

by Emma Palova

The city council Monday night tabled controversial proposals that would allow hunting with bow and arrow in the city and operating off road vehicles on private properties.

The council with four members was evenly split on the issue with council

member Sharon Ellison strongly opposing the proposal to amend the ordinance.

"I don't want people hunting deer with archery in the city," she said. "I don't see a reason to change the ordinance. Let's deal with the problem, but not change the ordinance."

According to mayor pro-tem Jim Pfaller, deer in the city have been causing shrub damage. Also in favor of the proposal was resident Jim Reagan, stating that deer eat his newly planted trees. Council member Jeff Altoft said a deer got in his car three years ago causing \$2,300 in damage.

However, acting chief James Hinton strongly opposed the proposals due to concern for public safety.

If any changes are made to the ordinance, Hinton would like to see them only as an exception with a minimum acreage requirement.

The proposal to operate off road vehicles on private properties was tabled for the same reasons of difficulty to enforce and stipulation of lot sizes.

"The lot size is discriminatory," Ellison said. "I don't agree for the same reasons. I am not in favor of changing the ordinance."

Hinton said he doesn't like violations to the proposed amended ordinance handled as a nuisance.

"You'd need a decibel meter and enforceability becomes an issue," Hinton said.

Mayor Jim Hodges wasn't in favor of hunting in the city, although he sided with the ORV proposal.

"You give up some of these things when you live in the city," he said.

In other business, the city council set a public hearing for the civil infractions ordinance for Jan. 20, which is a Tuesday due to a holiday.

The civil infractions ordinance decriminalizes ordinance violations mainly in the area of zoning.

"It gives more ease of handling infractions," said city manager Dave Pasquale. "It eliminates a

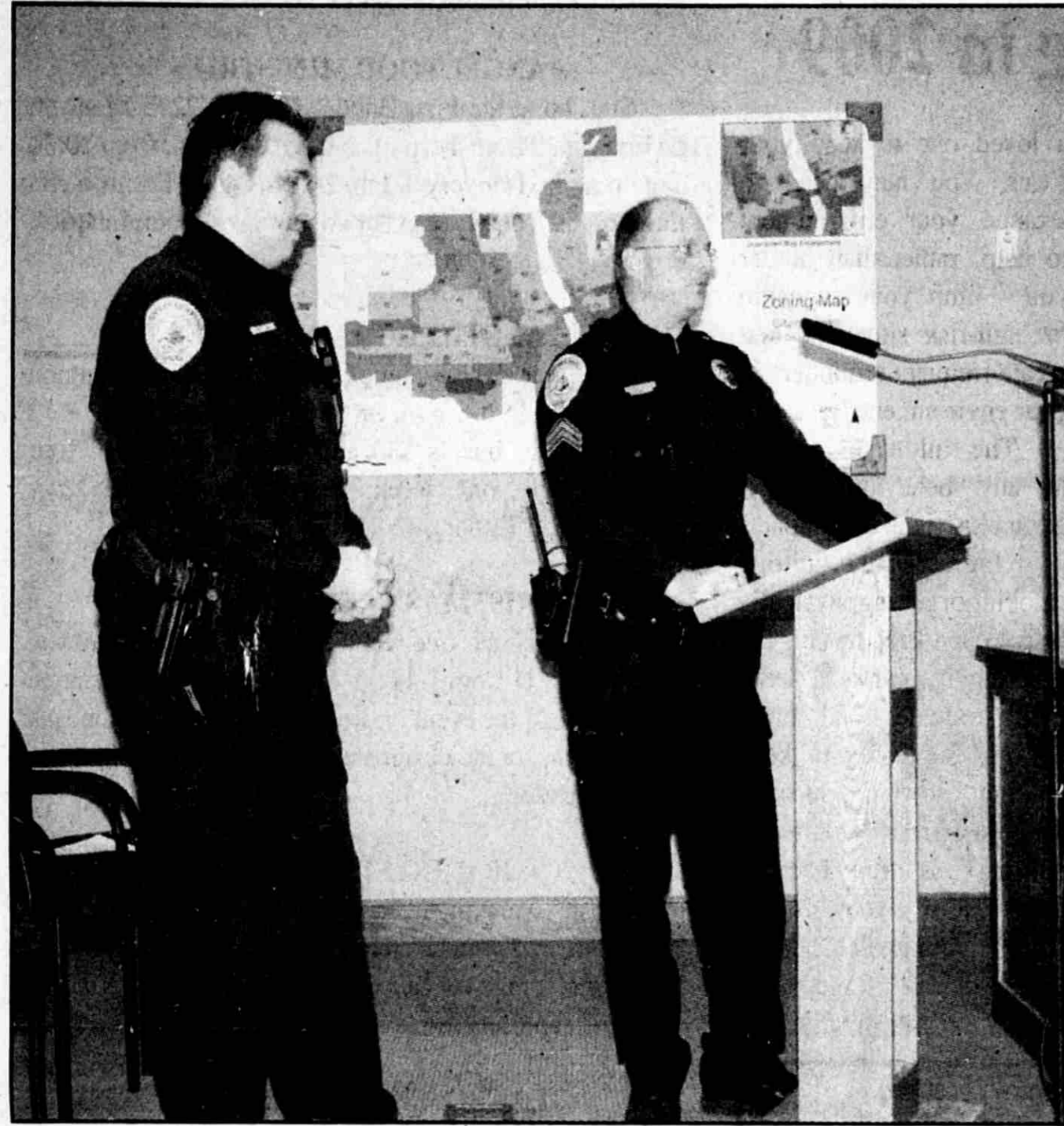
lot of problems. It is a much easier process."

If approved, the ordinance would become effective in March.

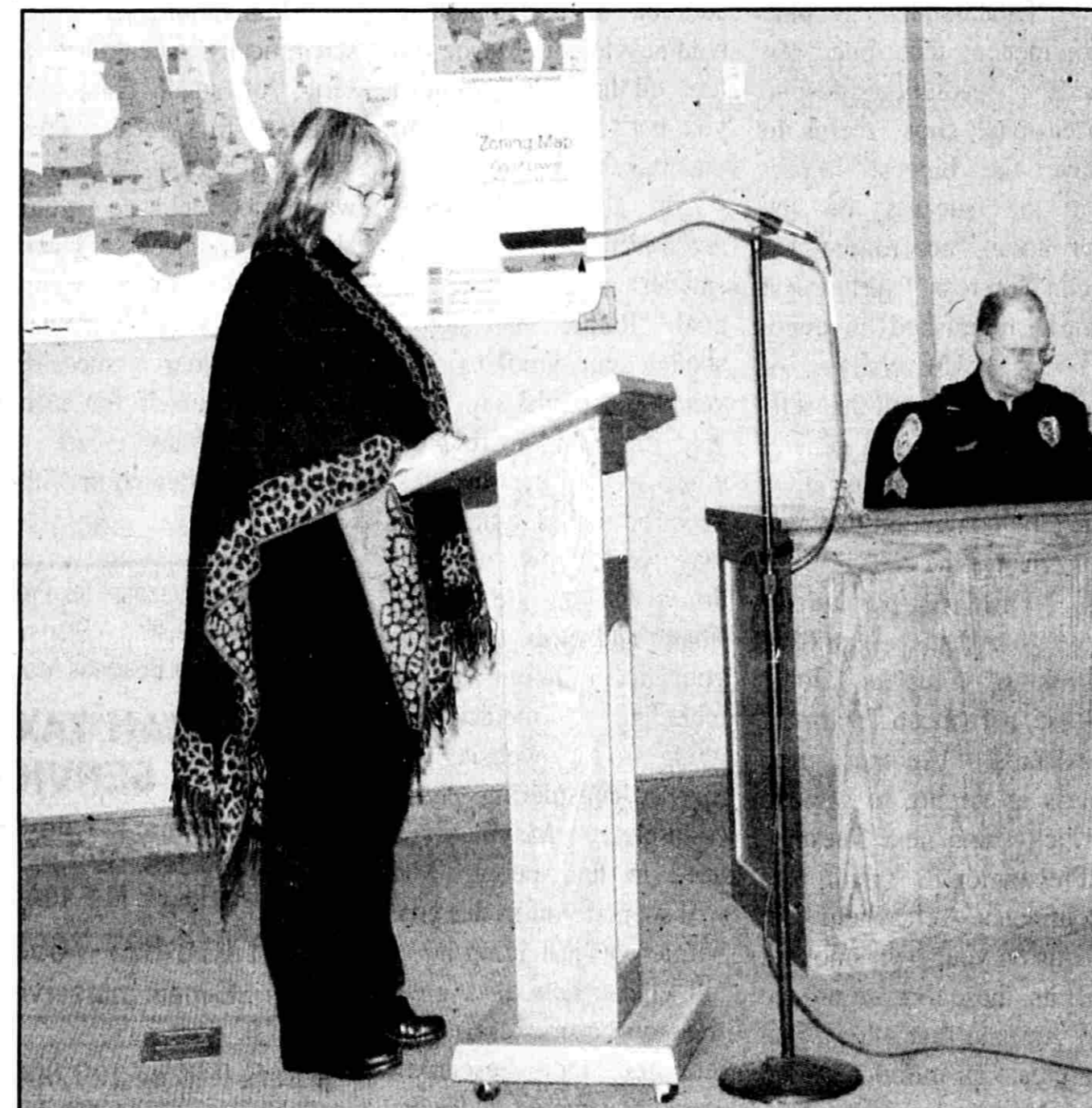
Hinton said the new process will not involve the city attorney, thus saving costs.

"It's a good fit for the community," he said.

In the on-going discussions about potential contracting of police services to the sheriff's department, Hinton calculated the cost would exceed the current costs of the city police department by \$27,000. The Lowell Police Department is using 32.5 percent of the general budget, while most police departments are at 39 percent, according to Hinton.



Acting chief James Hinton introduces new officer Gordon Lauren. Hinton opposed archery hunting and ORV amendments to the ordinance due to public safety.



Executive director Pat Allchin of the Lowell Area Historical Museum gave an annual report on the museum. The museum over the last year had a total of 19,000 visits, with 50 volunteers working more than 5,000 hours. Special exhibit that showcases Lowell's retailing past 'Cobblers to Tin Knockers' is still on until Sept. 15, 2009.

## Attention RNs and LPNs and CENAs:

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**Curiosity Corner Preschool Registration for the 2009/2010 School Year**  
Registration for current students, siblings of former students, or active TOTS Families begins on **January 12, 2009**  
Open registration for the community begins **January 19, 2009**  
Registration Sessions begin at 9:30 a.m. TOTS Family Resource Center  
Curiosity Corner Preschool Bright Beginnings Early Childhood Center  
300 High Street, Lowell, MI 49331 Phone: 987-2532

\*\*\*  
*The best and safest thing is to keep a balance in your life, acknowledge the great powers around us and in us. If you can do that, and live that way, you are really a wise man.*

- Euripides (484 BC - 406 BC)

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# Viewpoint

## Ask Kathryn

With Kathryn DenHouter Ph.D.



This is the second in the series of three articles on sleep. In recent years, a great deal of research has been done on both healthy and unhealthy sleep patterns. As a result, most hospitals have sleep clinics that address sleep problems in their patients. In the 1950's, two individuals, Kleitman and Aserinsky identified REM sleep. This is a normal state of sleep and is characterized by rapid movements of the eye. It totals about 20-25 percent of one's total sleep. This translates into about 90-120 minutes of sleep. The REM sleep typically is short at the beginning of the night, and longer towards the end of the night. With adults it constitutes about a quarter of their sleep time, but a newborn baby has about 80 percent of REM sleep. It has been found that vividly recalled dreams occur mostly during REM sleep. Also, it has been determined that many of our memories are consolidated during REM sleep.

Sigmund Freud in his semiole work, "The Interpretation of Dreams" published in 1900 postulates that

dreams allow the repressed parts of the mind to be satisfied through the fantasy. According to Freud, dreams are unconscious wishes to be interpreted. Bad dreams, let the brain learn to gain control over emotions. Nightmares most often are the repeated attempts to master a problem in real life. When the patient develops a strategy to overcome a problem while in a conscious state, and then, brings that into the dream state, most often the nightmare will discontinue. This has been a very useful strategy in therapy since it almost always alleviates the anguish of nightmares.

The interpretations of dreams in therapy can be extremely beneficial. The state of the client during the dream can present information about how they interpret reality. Knowing whether the patient is an onlooker, a helpless victim, or the aggressor in their dreams can provide valuable information about how they face conflicts in real life. AST (Activation Synthesis Theory) has researched the mechanics of the brain to gain an understanding of the dreaming process. This theory states that experiences are fabricated by the cortex to interpret chaotic signals for the pons, which is part of the motor area of the brain. So whether a Freudian or a neurological explanation of dreaming is used, it is clear that it plays a major part in keeping us healthy by helping us cope with life stresses.

Next month, the disorders of sleep will be addressed. Please send any questions that you might have to [kathryndenhouter@gmail.com](mailto:kathryndenhouter@gmail.com).



By Shelly MacNaughton

## 125 YEARS AGO THE LOWELL JOURNAL

No entry found.

## 100 YEARS AGO THE LOWELL LEDGER JANUARY 7, 1909

The hay barn of Orlando J. O'Dell of Vergennes was destroyed by fire Sunday night, and it is believed that the job was maliciously done, as attempts were made, evidently the same night to burn nearby Bailey school building, oil having been used in two places on the outside of the building, with tell-tale burned matches on the ground underneath. Further, tracks were found in the snow heading to and from the barn.

## 75 YEARS AGO THE LOWELL LEDGER AND ALTO SOLO JANUARY 11, 1934

Three meat canning demonstrations for Kent County folks will be held January 16-17 and 18. On Tuesday, Jan. 16th, the demonstration will be given at Mrs. Glen Sipple's home which is the first house east of the East Nelson schoolhouse and right across from the East Nelson Church. On Wednesday Jan. 17th, the demonstration will be held at the Alton church at Moseley and on Thursday, Jan. 18th at Bowne Center at the Ladies' Aid Hall.

Women are urged to come and stay all day. Pot luck dinner at noon.

## 50 YEARS AGO THE LOWELL LEDGER JANUARY 8, 1959

Many Lowell citizens and from the surrounding area were disturbed Saturday by explosions, one about 11:30 a.m. and two in quick succession about 1:30 p.m.

Investigation discovered that jet planes were observed in the area diving at speeds above the speed of sound. The noise breaking the sound barrier were the explosions heard.

One farmer, Adam Bailey of near Clarksville reported that one jet dove near to the ground over his farm Saturday, shaking buildings for miles around.

## 25 YEARS AGO THE GRAND VALLEY LEDGER JANUARY 11, 1984

In a somewhat surprising move Lowell City Council members voted councilman Jim Maatman into the mayor's seat for the coming year. Maatman who was just sworn into a new four-year term replaces Dean Collins as mayor.

Everyone is talking about the Ledger! Get your subscription today! 897-9261



## Financial Focus

With Christopher C. Godbold  
Edward Jones  
Serving Individuals Investors Since 1871

### MAKE YOUR NEW YEAR'S FINANCIAL RESOLUTIONS

If you're like many people, you've made some New Year's resolutions. Perhaps you've vowed to go the gym more often, or learn a new language or reconnect with long-lost friends. All these are worthy goals, of course, but at the same time, you don't want to neglect one of the most important areas of your life — your finances. So this year, why not make some financial resolutions?

Here are a few to consider:

- Stay calm. As you're well aware, 2008 was not exactly a stellar year for the stock market. What will 2009 bring? No one can say for sure, but it seems likely that we are in for some volatility in the months ahead as we slog our way through the recession. As an investor, your best move is to stay calm and remain focused on your long-term goals. Review your financial strategy to make sure it's still appropriate for your risk tolerance, family situation and time horizon.

- Increase your 401(k) contributions. Even though you might not have enjoyed looking at your 401(k)

statements during 2008, it's still a good idea to boost your contributions for 2009. Why? For one thing, you typically invest pre-tax dollars in your 401(k), so the more you put in, the lower your annual taxable income. And your earnings grow on a tax-deferred basis, which means your money can grow faster than it would if placed in an account on which you paid taxes every year. Furthermore, you can adjust your investment mix to reflect changes in your risk tolerance and your proximity to retirement.

- Build an emergency fund. It's a good idea to build an emergency fund containing six to 12 months' worth of living expenses, held in a liquid account. If you face an unexpected expense — such as a major medical bill or a costly car repair — you don't want to be forced into cashing out any stocks, especially if their price happens to be down.

- Diversify, diversify, diversify. In 2008, we witnessed something that's unusual, though not unheard of: a bad year for stocks and bonds. In the past, it has more often been the case that when stocks are up, bonds are down, and vice versa. That's why diversification makes so much sense: By spreading your dollars among an array of stocks, bonds, government securities, certificates of deposit and other investments, you can help reduce the impact of a downturn that primarily affects just one type of asset. Of course, diversification, by itself, cannot guarantee a profit or protect against a loss, but if you aren't diversified at all, you

Financial Focus, cont'd., pg. 7

## Writing to the editor ...

The requirements are:

- All letters must be signed by the writer, with address and phone number provided for verification. All that will be printed is the writer's name and community of residence.
- Letters that contain statements that are libelous will not be published.
- All letters are subject to editing for style, grammar and sense.
- Letters that serve as testimonials for or criticisms of for-profit businesses will not be accepted.
- Letters serving the function of "cards of thanks" will not be accepted unless there is a compelling public interest, which will be determined by the editor.
- Letters that include attacks of a personal nature will not be published or will be edited heavily.
- "Crossfire" letters between the same two people on one issue will be limited to one for each writer.
- In an effort to keep opinions varied, at times there may be a limit of one letter per person per week.
- We prefer letters to be printed legibly or typed, double-spaced. For e-mailed letters, please copy letter as part of the e-mail body and send to [ledger@lowellbuyersguide.com](mailto:ledger@lowellbuyersguide.com).

# Weddings

## Koepell/Stanford



Eric Levi and Justin Jean Koepell

Justin Jean Stanford and Eric Levi Koepell exchanged vows in late October in an outdoor ceremony at Boulder Creek Golf Course. Parents of the couple are Ron and Peg Stanford, Dave and Julia VanVeldhuizen, all of Lowell, and Antonio Boiles of Long Beach, Calif. Eric and Justin reside in Grand Rapids.

## Curtis/Drenth



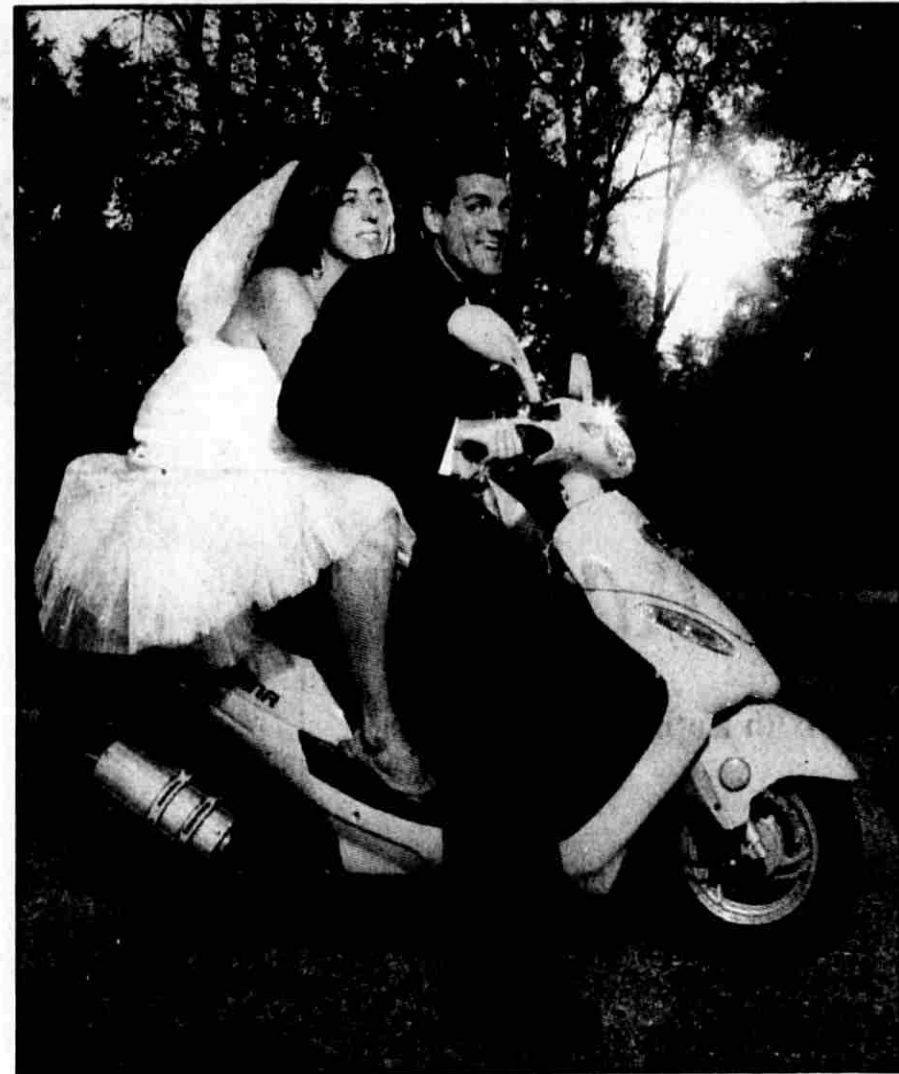
Ryan Thomas and Cori Lee Curtis

Cori Lee Drenth and Ryan Thomas Curtis exchanged vows in a wedding ceremony at the First United Methodist Church of Lowell on August 16, 2008.

The bride is the daughter of Tom and Carol Drenth and the groom is the son of Tom and Judy Curtis, all of Lowell.

Maid of honor was Jenny Cornacchione. Bridesmaids were Anne Beenen and Kirsten Leestma.

## McCracken/Koehn



Leslie and Joshua McCracken

The ceremony which united in marriage Leslie Koehn and Joshua McCracken was performed at Impact Church on October 10, 2008. Parents of the couple are Dave and Verlee McCracken, Deb and Greg Canfield, and Ed Koehn.

Mistresses of Ceremonies were Heidi Holdridge and Rachel Stadt. The couple honeymooned on Grand Cayman Island and currently reside in Lowell.

# Reflections of faith

by Rev. Randy Meyers  
Calvary Christian Reformed Church

Sometime last week between all the parties, I saw an opinion cartoon that showed a bedraggled Old Man 2008 crawling out of a door and an optimistic Baby 2009 crawling in the door. It seems like I saw a similar one last year. It seems like we see this same cartoon every year. Somehow the falling ball, the lights, the whistles, and the streamers try to blow out the old and bring in the new, yet in all these years they've failed to bring us a new cartoon.

When it comes to loving God and our neighbors there is not much new under the sun. In the Bible in the book of 1 John chapter 2 it talks about how these are old, very old practices. In fact John claims that they go back to the beginning and that not much has changed.

A peek back to the beginning reveals that Adam and Eve walked with God and that Cain was commanded to love his brother. Yet they all tried something new. Adam and Eve tried to walk alone, and they got their new wish. Cain tried to walk alone and he got his new wish, too. That year was probably the first year the Old Man and Baby New Year Cartoon was carved or painted inside a cave in the Middle East somewhere.

On a recent errand in downtown Lowell I bumped into a friend who asked me the same question he always asks, "Are you still talking to God for me?" "I'm still talking to God," I answered.

He followed up with a new inquiry though, "The older I get the more I hear from God, can this be?"

"Sure, it's better than hearing from him less." I chuckled, blending this new thought with the old one.

With age can come wisdom. Knowledge of history is important if applied properly. Old cheese is sometimes better than young cheese. Maybe when it comes to following Jesus "Old is the new, 'new'?" Err, wait, that isn't new either, I saw an article with a similar title this morning. In 2009, may God grant you a couple of the oldest feelings on the planet; that you are the desire of his heart and the courage to love your neighbor as yourself. Hopefully these will not be new feelings for you, but if they are, connect with someone you know and respect who goes to a church in Lowell and tell them about your new old feelings.

# In The Service

Navy Seaman Recruit Reuben J. Troyer, son of Margaret F. Hapeman of Lowell and David W. Troyer of Saranac, recently completed U.S. Navy basic training at Recruit Training Command, Great Lakes, Ill.

During the eight-week program, Troyer completed a variety of training which included classroom study and practical instruction on naval customs, first aid, firefighting, water safety and survival, and shipboard and aircraft safety. An emphasis

was also placed on physical fitness. The capstone event of boot camp is "Battle Stations." This exercise gives recruits the skills and confidence they need to succeed in the fleet. "Battle Stations" is designed to galvanize the basic warrior attributes of sacrifice, dedication, teamwork and endurance in each recruit through the practical application of basic Navy skills and the core values of Honor, Courage and Commitment. Its distinctly "Navy" flavor was designed to take into account what it means to be a Sailor.

Troyer is a 2004 graduate of Lowell High School.

# Happy Birthday

- JANUARY 7:** Lois Seese, Helga Wester, Bob Leyman, Karen Cummings, Troy Dilly.
- JANUARY 11:** Katie Plutschouw, Ian Blodger, Marian Guastavino.
- JANUARY 9:** Jordan Potter, Helena Guastavino, Andelkovic.
- JANUARY 12:** Judy Ellison, Stuart Sauber, Mike Vezino.
- JANUARY 13:** Jake Sterzick, Stephen Rutherford.

# Financial Focus, continued ... From Page 5

are inviting significant risk into your investment portfolio. Stick with quality. During turbulent times, quality investments are your best bet for "weathering the storm." If you're buying stocks, look for those companies that have long track records of profitability, strong management teams, competitive products and solid business plans. If you're considering bonds, find the ones that have received the highest ratings from the independent rating agencies. Finally, be patient, disciplined and forward-looking. The investment world has taken some knocks lately, but good investment opportunities are still out there.

*I have a problem about being nearly sixty: I keep waking up in the morning and thinking I'm thirty-one.*

- Elizabeth Janeway, Between Myth and Morning, 1974

# HEALTH

With Drs. Paul Gauthier, Jim Lang, Wayne A. Christenson III, John G. Meier & Tracy Lixie

### MENOPAUSE: WHAT YOU SHOULD KNOW

Menopause is when a woman stops having her period and her ovaries stop working. This means a woman can no longer become pregnant. The average age of menopause is 52 years, but it can begin any time from age 40 to 58. Menopause can happen over several years. A woman is menopausal if she hasn't had a period for one year.

Menopause affects every woman differently. Some women have few or no symptoms. Others may have irregular vaginal bleeding, hot flashes, and vaginal dryness. There are several ways the symptoms of menopause are treated. The doctor may have you start taking hormones. This may include estrogen or estrogen combined with progesterone. Hormone therapy can help with menopausal symptoms. However, it is not for everyone. Taking estrogen for a long time can cause problems like heart disease or cancer. Ask your doctor about the risks and benefits of taking hormones. If you cannot take estrogen, there may be other medicines that may help. Some people think that plant estrogens and herbal supplements are "natural," which makes them seem safer than hormonal therapies. However, there have been very few scientific studies to test this.

You should see your doctor during and after menopause. It is important to get regular tests to check for cancer of the cervix, colon, and breast. You should stop smoking, lower your blood pressure, exercise, and eat a healthy diet. This will help prevent heart disease, which is the leading cause of death in women. Taking calcium and vitamin D daily can help prevent osteoporosis, which causes weak bones that can break easily. Regular exercise with strength training and weight-bearing activities, like walking and jogging, can be especially good for you.

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# AREA CHURCH DIRECTORY

<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></p> <p>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.</p> <p>Nursery available at both services Barrier-Free</p>
<p><b>FIRST UNITED METHODIST CHURCH OF LOWELL</b> 621 E. Main Street • 897-5936 www.lowellumc.com</p> <p>WORSHIP.....8:30 &amp; 10:15 a.m.</p> <p>Rev. Rick Blunt Barrier-free entrance</p>	<p><b>CHRISTIAN LIFE CENTER (Assembly of God)</b> 3050 Alden Nash S.E. • 897-1100 • Staffed Nursery Robert W. Holmes, Lead Pastor John King, Youth Pastor</p> <p><b>SUNDAYS:</b> 10:00 a.m. - Worship &amp; Evening: LIFE home Groups &amp; "The Source" Youth <b>WEDNESDAYS:</b> Family Night: (for all ages) 7:00 p.m. "The Source" Youth: 7:00 p.m. Loving God... Loving People!</p>	<p><b>ST. MARY'S CATHOLIC CHURCH</b> Fr. Eugene Okoli 402 Amity St. • 897-9820 www.stmary-lowell.com</p> <p>Weekend Masses: SAT. 5 PM, SUN. 9:30 AM Weekday Masses: 7:45 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 WIGGINS 897-7915 SEE LOWELL CABLE CH. 48, ENTH FOR 24 HR. CATHOLIC BROADCASTING</p>
<p><b>GOOD SHEPHERD LUTHERAN CHURCH</b> 10305 Bluewater Highway (Missouri Synod) Halfway between Lowell &amp; Saranac on M-21 www.goodshepherdlowell.org</p> <p>Worship Service.....10:00 A.M. Sunday School.....9:00 A.M. (Nursery available) Joseph Fremer, Pastor 897-8307 All facilities are wheelchair accessible</p>	<p><b>FIRST BAPTIST CHURCH OF LOWELL</b></p> <p>2275 West Main Street • 897-7168 Internet: http://www.fbclowell.org Rev. David O. Sims &amp; Rev. W. Lee Taylor</p> <p>Sun. Worship Service.....9:30 A.M. &amp; 6:00 P.M. Sunday School Hour.....11:00 A.M. AWANA EXCITE - TEENS, 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. Vance Dimmick Jr.</p> <p>9:45 A.M.....Worship/Fellowship 11:15 A.M.....Sunday School <b>897-9863 or 897-9588</b> Nursery &amp; Children Worship Programs Provided</p> <p>A friend...a family...a mission!</p>

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Please visit our website [www.laurelhealth.com](http://www.laurelhealth.com) to learn more about Laurel Health Care Company and the Laurels of Kent.

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## Public reception to be held Sunday for new exhibits at LAAC

The Lowell Area Arts Council will be hosting a public reception on Sunday, Jan. 11 from 2 to 4 p.m., for My Ol' Man Exhibition and children's books illustrations by Lowell artists.

*My Ol' Man Exhibition* is an exhibition comprised of original art by Michigan native, artist, and author Patricia Polacco, who wrote and illustrated a children's book of the same name.

The story is about Polacco's father who, she says, "was a traveling salesman, a flimflam man, a dream saver, a wish keeper." Throughout the book, she recalls the many stories and tales her father shared from his wild travels. The exhibition is designed to demonstrate the artist's creative process used to develop this popular children's book, especially the visual narrative, and

includes sketches and a selection of final illustrations for the book. This exhibition is brought to the Lowell Area Arts Council by the Muskegon Museum of Art as part of their Traveling Exhibitions education outreach programs.

In addition, the Lowell Area Arts Council will feature children's books illustrated and written by Lowell artists. *The Floor is Not a Closet* is written by author Bonnie L. Grooters

put things away where they belong as well as the relaxing comfort we feel in having a clean space. With its vibrantly colored papers and clever text, this picture book can be used to teach children how to do chores." (Bonnie Grooters). Grooters will also be holding a book signing at Encounter Community Church on Saturday, Jan. 10 from noon to 1:00 p.m. The church is located at 105 East Main St. in Belding. This exhibition also



"My Ol' Man" by Patricia Polacco.



"I See The Moon" by Debra Reid Jenkins.

## Bushnell students demonstrate respect

Bushnell Elementary first graders practice the Lowell Area Schools character trait Respect.

The children pictured have demonstrated Respect during physical education.

Pictured first row, left to right: Natalie VanDyke, Ryan Sikkinga, Dominic Bristol-Seese, Zach Cardis, Jacob Scheid, Justin Suhan, and Alex Kleinedler. Middle row, left to right: Addison Karp, Jenner Willard, Madison Johnston, Brett Evink, Stephanie Bukala, Cypress Condon-Struble, Steven Moore and Lucas Cossar. Top row, left to right: Ronnie Fockler, Peter Alfieri, Hannah Diamond, Trinity Holst, Katie Johnson, Brecken Pawloski and Sierra Normington.



and illustrated by watercolor painter Jan Y. Johnson - both Lowell natives. Original artworks from this book will be on display. *The Floor Is Not a Closet* is a clever picture book that will remedy anyone's habits of dropping his or her clothes on the floor. "We are all guilty sometimes of leaving our clothes on the floor instead of hanging them up or putting them away. *The Floor Is Not a Closet* gives us a charming reminder that our clothes belong in the closet or the hamper but not on the floor. It reminds us of the pleasure we get when we

features children's books illustrated by Debra Reid Jenkins as well as books written and illustrated by Judith Thumser - both Lowell artists. The exhibit will run through the end of January. The gallery is open Tuesday through Friday from noon to 6 p.m. and Saturday from 1-4 p.m. Monday and mornings by appointment. It is located at 149 S. Hudson in Lowell.

For more information on this exhibition please contact the Lowell Area Arts Council (616) 897- 8545 or e-mail: info@lowellartscouncil.org.

## Leaders look to 2009, continued ... From Page 1

residences and for businesses, that can ultimately save up to 25 percent in electricity costs.

Lowell Light & Power has already positioned itself to use more renewable energy based on a state mandate. According to the mandate, 10 percent of energy has to come from renewables by 2015.

"We stepped forward in that area," said Pierce.

The utility purchased the rights to 1.4 MW of landfill gas powered energy from Granger company in Lansing. That already meets the 10 percent state requirement of renewable energy.

Also, the utility will continue to look for opportunities to add wind power to their energy portfolio. Currently, developers are exploring wind sites in Wyndot,

the community and main objective is to serve our customers."

Slow economy and escalating costs of energy will continue as challenges into the new year, as well as upgrades. The utility is 112 years old and it will require rebuilding and updating with new wires, new poles and new technologies.

"We are looking at new ways, configuring things that would be more efficient," said Pierce.

At the Lowell Police Department, Sgt. James Hinton took over as the interim chief replacing police chief Jim Valentine. Valentine has retired and he has accepted a director position at the Ionia County Central Dispatch.

Hinton sees as one of the challenges of the new year maintaining the same level

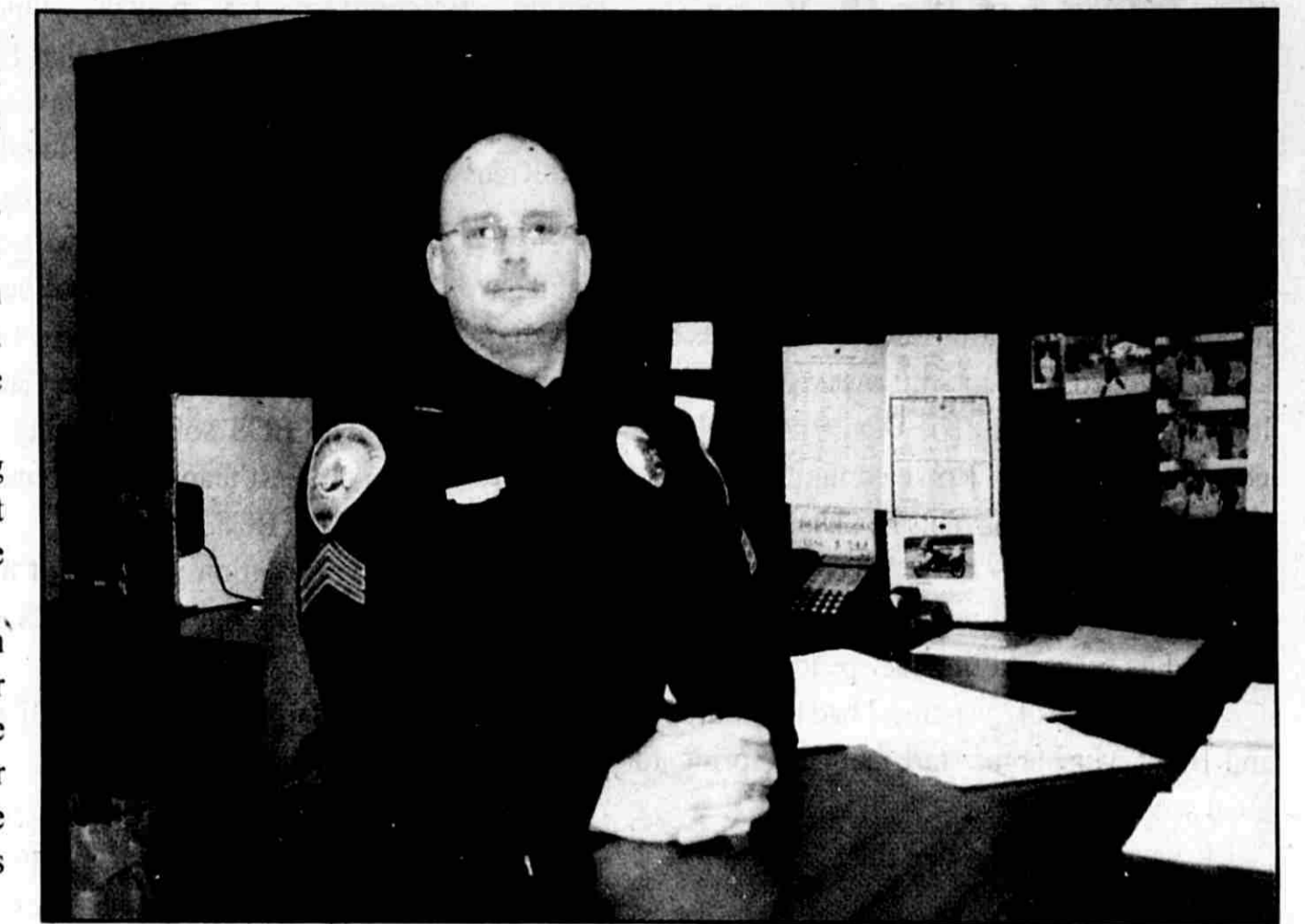
Safety Planning (OHSP). Lowell Police Department has been able to conduct additional OUI patrols.

"The community is backing us up," said Hinton. "Our officers have an ownership in this community. We feel responsible for the community."

Hinton's favorite saying is that the police department is only as effective as the citizens allow it to be.

As to additional changes in the department, a new officer has been hired to replace Valentine. To realize further cost savings Hinton will be serving in dual capacity as chief and sergeant.

Since, the department plans two years ahead of time, Hinton and Valentine were able to forecast out tough times. Hinton wrote a technology grant two years ago for \$40,000 from the



James Hinton is the new interim chief.

radio traffic and phone lines coming in. The police cars have been equipped with new computers and video cameras.

"Technology-wise we are all set," said Hinton. "I am really looking to this opportunity as interim chief to serve the Lowell community and the department members with the same integrity and leadership as chief Valentine has so often displayed."

The new fair board president Ron Wenger is facing an exciting year. For the third year in a row, the rodeo has won the title of Rodeo of the Year.

"We will keep on winning," said Wenger, "not only did we do something that people said that can't be done, but we do it well."

The rodeo has grown over the years, as well as most events such as the dog agility show. However, the fair could use more space, according to Wenger.

"The more you have to experience the better it is," he said. "I hope we can continue our growth with patrons and exhibitors to help kids showcase projects."

The fairgrounds have no space to have an antique tractor show, although there is interest in it.

Although the economic crisis has heavily pounded the financial system and

organized in conjunction with the Chamber will kick off the anniversary. There will be a demonstration of the fair's history. Wenger and the board are looking for old photos and other memorabilia from the fair's previous years. He encourages people to call the office at 897-6050.

"If anybody wants to have a commercial exhibit get a hold of us early," said Wenger.

And the fair is going strong into its anniversary year. For the third year in a row, the rodeo has won the title of Rodeo of the Year.

"We're not a credit scoring bank," said Lardie, "we look at each person individually. We have no risky products, we're old fashioned in what we do."

Lardie said the bank had money to lend in 2008 and it has money to lend now without taking any governmental aid.

"We're a well-funded bank," said Lardie. "Come on in and apply, we're still lending."

The term well-funded bank is based on how much money is in the reserves, according to Lardie.

However, a continuing challenge in 2009 will be fewer people applying for loans. The banks have started to notice the decline in borrowing in 2006, which became noticeable in 2008.

"People are concerned about their jobs, we have fewer loans to look at," said Lardie.

But, things may get better by 2010.

"My hope is that people will realize that it is important to deal with a community bank," said Lardie, "we may not be as flashy, but we know our customers."

Instead of a risky mortgage, a community bank like Firstbank will offer a standard 30-year mortgage.

"We live here, see you at the grocery store, in church," said Lardie. "We live and work with you."

Looking ahead to 2009, Lardie wants to see the continuation of being greener in businesses and doing business locally.

"I'd like to think we've hit the bottom and we will be heading up in 2009 and 2010," said Lardie.



Ron Wenger is the new fair board president.

Holland and Traverse City. Lowell Light & Power would either purchase energy from the sites or go into potential ventures with the other communities before the 2015 deadline.

"My hope for 2009 is that we will continue to build and foster excellent working relationships with the city and the customers," said Pierce.

Pierce said that one of the accomplishments of the past year was bringing a sense of unity between the city, the utility and other departments.

In the past, the utility was thought of as a separate entity, however that has now changed.

"We need to foster cooperation because we are a part of the city," said Pierce.

To prevent any past controversies in regards to tree trimming, every customer will get a personal visit and will have to sign off on a form prior to any trimming.

"We're trying to be better communicators," said Pierce, "we are owned by

of services while working with less resources.

"Our biggest thing is coming up with new creative ways to meet the community's expectations," said Hinton, "and to try to be pre-emptive and curtailing new crimes."

The police department is like many others facing a new wave of Internet crimes, although the overall crime rate in the city is low.

Among the new creative ways in tight budget times is seeking grant funding, as well as different scheduling for officers to keep the same standard level of service.

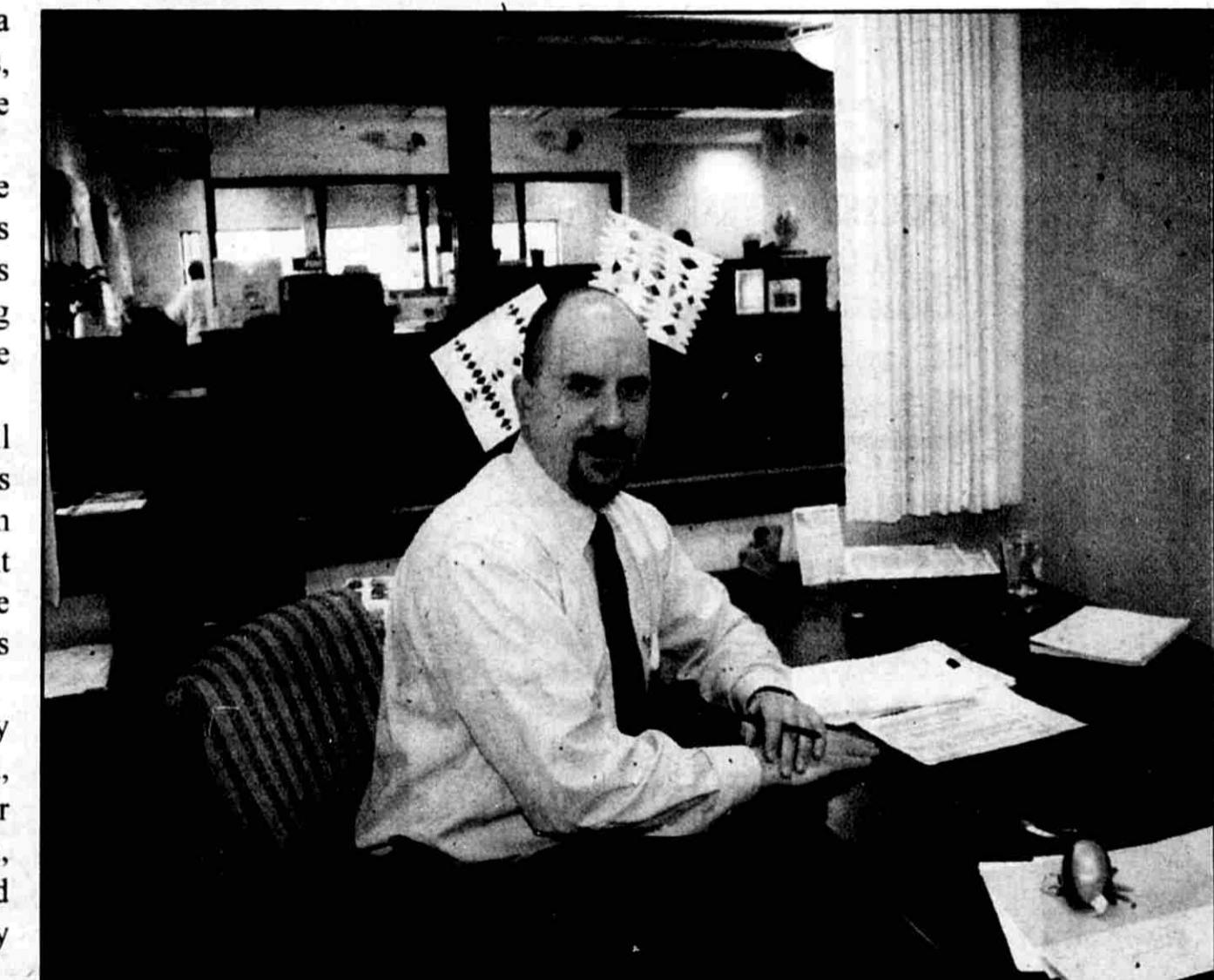
Recently, the city council has been exploring options of potential dissolution of the police department and contracting the police services with the sheriff's department.

"This is a great opportunity for us to shine through, to show how valuable our department is," said Hinton, "and how we restructured our budget so the community gets the most."

With the help of a grant from the Office of Highway

Lowell Area Community Fund.

So, now, the department has been completely upgraded with all new essential technology both in the office, as well as in the patrol cars. The new phone logger system records



Kurt Lardie is assistant vice-president at Firstbank.



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# OKAY - Someone Has To Say It ...

by Thad Kraus

With the bowl season now over.... Oh wait! We still have another week to wait for three more games to be played.

I watched, as I'm sure many of you did, USC pound lumps on Penn State. The Big 10 probably wishes it could get out of its Rose Bowl commitment. It's the league's annual trek west to have its head handed to it on New Year's Day.

USC started the year by manhandling Ohio State and finished its season killing the spirit of the Nittany Lion.

By half time of the game, I had to endure Kirk Herbstreit and Brent Musburger start their clamoring for a plus-one bowl scenario.

It went something like this, "Wouldn't it be nice if we

could have USC play the winner of Oklahoma and Florida." Nice, except for the fact that Texas will have already beaten Oklahoma and probably have dusted off Ohio State.

Then there's the Utes. In rolling Alabama on Friday, don't the undefeated Utes deserve to be in on the conversation?

That's what's wrong with the BCS and all the talk about how to tweak it and make it better.

There is always going to be the other team that is deserving of being in "The Game."

The BCS solves nothing. There is still debate about who the best team in the country is. Which is what we had before the BCS conception.

My solution is get rid of it all. So long BCS. Goodbye to stretching out the big BCS bowl games over 10 days in January.

Let's go back to what I grew up with and to what I looked forward to and loved.

Give me the Cotton, Rose, Sugar Fiesta and Orange Bowls on New Year's Day along with mom's pork, sauerkraut, mashed potatoes, green beans, homemade apple sauce and a recliner when I'm finished. The rest of the year can be spent debating who is college football's best team.

## Not all Trojans are Bad

I've grown up with a disdain for Southern Cal and its football program and everybody who represents the Trojans... John McKay, Anthony Davis, John Robinson, and the list goes on... I admit it has everything to do with my love for Notre Dame.

It hurts to admit, however, I may have to make an exception. After watching a 60 Minutes piece on Pete Carroll, it is hard not to like him.

After listening to the post game interviews New Year's Day and ESPN's rah rah boys trying to goat Carroll into saying that Southern Cal belonged in a plus-one game against the winner of Florida and Oklahoma; Carroll refused to bite. Instead he said he felt his club could play and beat any team in the country but didn't want to take anything away from Florida and Oklahoma and what those two teams have accomplished.

Basically, the system is set up the way it is and Oklahoma and Florida will be playing for the championship and he didn't want to say or do anything to diminish their moment in the spotlight.

## Now That's Class... Are You Listening Joe Pa?

Unlike Joe Paterno who mumbled angrily in his 82 year old gibberish that he didn't want to be interviewed prior to the game on his way up to the press box.

The grand ole man of college football, like his team, wasn't so grand on this day. In fact, he couldn't even show a little class.

Joe, if you've grown into some ornery old man who doesn't like what comes with being on the grand "Rose Bowl" stage and the interviews that come with it, then get out, go away, retire already!

# Oregon subscribers carry lineman legacy from Lowell

by Emma Palova

Being a lineman runs in the Rinard family that has dispersed all over the country. Joe Rinard works for Portland General Electric in Oregon, but he was trained by his own older brother John Rinard, both formerly of Lowell. Even brother Roy works as a lineman, also in Oregon.

Together with their spouses Diane and Vicki, the Rinard brothers graduated from Lowell High School in mid 60s and early 70s.

Joe left Michigan in 1981 looking for a job, because there was no work in the state. So, he landed in Oregon for years to come.

Now, due to recent inclement weather and the biggest storm in 40 years that left many Oregon communities without power, Joe wasn't able to celebrate Christmas on time. Monday, after Christmas presents were still under the tree unwrapped, even Joe's two sons, Josh and Matt, work as linemen.

"He put me through the ringer, but it was a good training," he said.

His sister-in-law Vicki, with Roy, live in the resort community of Rippling River at the base of Mount Hood. Now, after all the storms, they have three feet of snow, according to Vicki. She is proud of all the family members working as linemen in tough conditions.

"The guys have been working 16-hour days since like four days before Christmas," she said.

page news and pictures in the paper.

"It's pictures we can relate to," she said.

And how are the two communities of Rippling River and Lowell different?

In spite of development in both, Vicki says the Lowell community is still very much connected.

"In Lowell, there is an interconnection that we don't see here," she said. "There is always some kind of a triangle. We always connect when we come back."

Both Vicki and Roy miss the most, the people they went to school with. Often, the paper provides the only connection to them.

"We don't hear about some people until we read it in the paper," she said.

But, she may have missed the last Lowell Ledger because of intermittent mail service due to a landslide. The truck traffic has been closed off.

Vicki also misses the Showboat because there is no Showboat where she lives right now. She used to work at the Molly Wetman store close to the showboat.

"Lowell still has that small town atmosphere," she said.



Diane and Joe Rinard

Today, they homestead far from their little community. But they haven't lost touch, because they still get their small town paper that likes to profile local people.

"I get a kick out of Sound Off," said Joe.

But, Joe also follows sports as a former athlete for the Lowell High School. Joe played football, baseball and basketball. He misses most the old 100-acre farm south of town off Oberley.

"I like to see human interest stories about people who do good deeds," he said. "It's nice to stay connected."

But Joe, likes his dangerous job of working on high voltage power lines, climbing poles in a bucket and being outside. He'll have to work some more, because the family lost their savings in Enron, who previously owned Portland General Electric.

He plans on coming back to Lowell with his wife Diane for the 100th reunion of the Ellis family this summer.

"I miss my old farm," he said. Looking in retrospect at the tough training Joe got from his brother John, he admits it was good for him.

"We've had everything ice, snow and flooding."

Her brother-in-law Joe gave them the subscription to the Lowell Ledger as a Christmas present some time ago.

"It's a wonderful way to keep track of people," she said.

Roy and Vicki were high school sweethearts. Vicki hopes to visit Lowell this summer, although Roy doesn't know about it yet. The family hasn't seen the new high school yet.

"I want to show our two daughters where they lived," she said. Vicki loves the front

# CITY OF LOWELL PUBLIC NOTICE

The City of Lowell has a position available on the City Council. Registered voters within the City who are interested in serving on the Council should submit a letter of interest to City Clerk Morlock, Lowell City Hall, 301 East Main Street, Lowell, Michigan 49331 or email to [bmorlock@ci.lowell.mi.us](mailto:bmorlock@ci.lowell.mi.us) by 5:00 p.m. on Friday, January 16, 2009.

If you have any questions on this position, please contact City Clerk Betty Morlock.



Betty R. Morlock  
City Clerk

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Vicki Rinard

**DRAFT SYNOPSIS OF THE REGULAR MEETING OF THE LOWELL CITY COUNCIL MONDAY, JANUARY 5, 2009**

Motion to approve a Resolution recognizing C. Jeanne Shores as Mayor Emeritus.

Recognition of James W. Hodges as Mayor according to City Charter Section 5.2(C).

Motion to appoint Jim Pfaller as Mayor Pro Tem.

Motion to approve the agenda as submitted.

Motions to approve the Regular and Closed Session minutes of the December 15, 2008 meeting as submitted and the accounts payable were approved.

Motion to approve the resolution recognizing the Lowell Wrestling Club for Charitable Gaming License.

Motion to approve the annual authorization of signatures for City Bank Accounts and designation of depository banks as proposed.

Motion to collect the 2009 Summer property taxes for Grand Rapids Community College.

Motion to purchase two VCR/DVD combination player/recorders for Lowell Public Access (WLHS) in the amount of \$998.00 from the unallocated proceeds from the sale of Lowell Cable TV.

Motion to approve the 2009-2010 allocations of the Federal Community Development Block Grant funds as follows:

North Kent Transit Assistance to senior citizens and handicapped riders:	\$6,000.00
Unallocated:	14,552.40
	\$20,552.40

Motion to approve the Recreation Plan as submitted.

Motion to establish a public hearing for Tuesday, January 20, 2009 to consider a Civil Infractions Ordinance.

Motion to adjourn at 8:42 p.m. The next regularly scheduled meeting will be **TUESDAY, January 20, 2009.**

Complete minutes will be available after approved on January 20, 2009 on the City's web page at [www.ci.lowell.mi.us](http://www.ci.lowell.mi.us) or at City Hall.

Betty R. Morlock  
City Clerk

# Red Arrow SPORTS

## Lowell breaks from holidays with 37-9 win over Dutch

by Thad Kraus

It wasn't textbook by any stretch, but following a 20-point defeat at Mona Shores any win would do.

Lowell's girls basketball team struggled more from the holiday layoff than it did with the Dutch from Holland.

The Red Arrows posted a convincing 37-9 win over Holland.

Lowell's win improved its record to 3-4 overall.

"We started slow, but I thought our defense was good from the start and got even better in the second

half," said Lowell girls' basketball coach Dani Gallert.

Two points of emphasis going into the contest, for Gallert, were defense and offensive rebounding.

Gallert felt her club stepped up on both fronts.

"The girls played hard on defense and we grabbed 24 offensive rebounds," Gallert said.

Kara Rasch led all scorers with 14 points, 10 of those came in the first half.

Lowell struggled offensively as it tallied just 15 first-half points to take

a 10-point (15-5) half-time lead.

The pace quickened in the final two quarters as the Red Arrows tallied 10 third quarter points and 12 in the fourth-quarter.

"I think the holiday break helped to refresh and relax the girls," Gallert said. "I also believe that helped lift their intensity."

Lowell held Holland to just two baskets from the field for the entire game.

Lowell revisits league play on Thursday as it travels to Creston.



Kara Rasch scored 10 of her game-high 14 points to lead Lowell past Holland.

## CITY OF LOWELL PUBLIC NOTICE

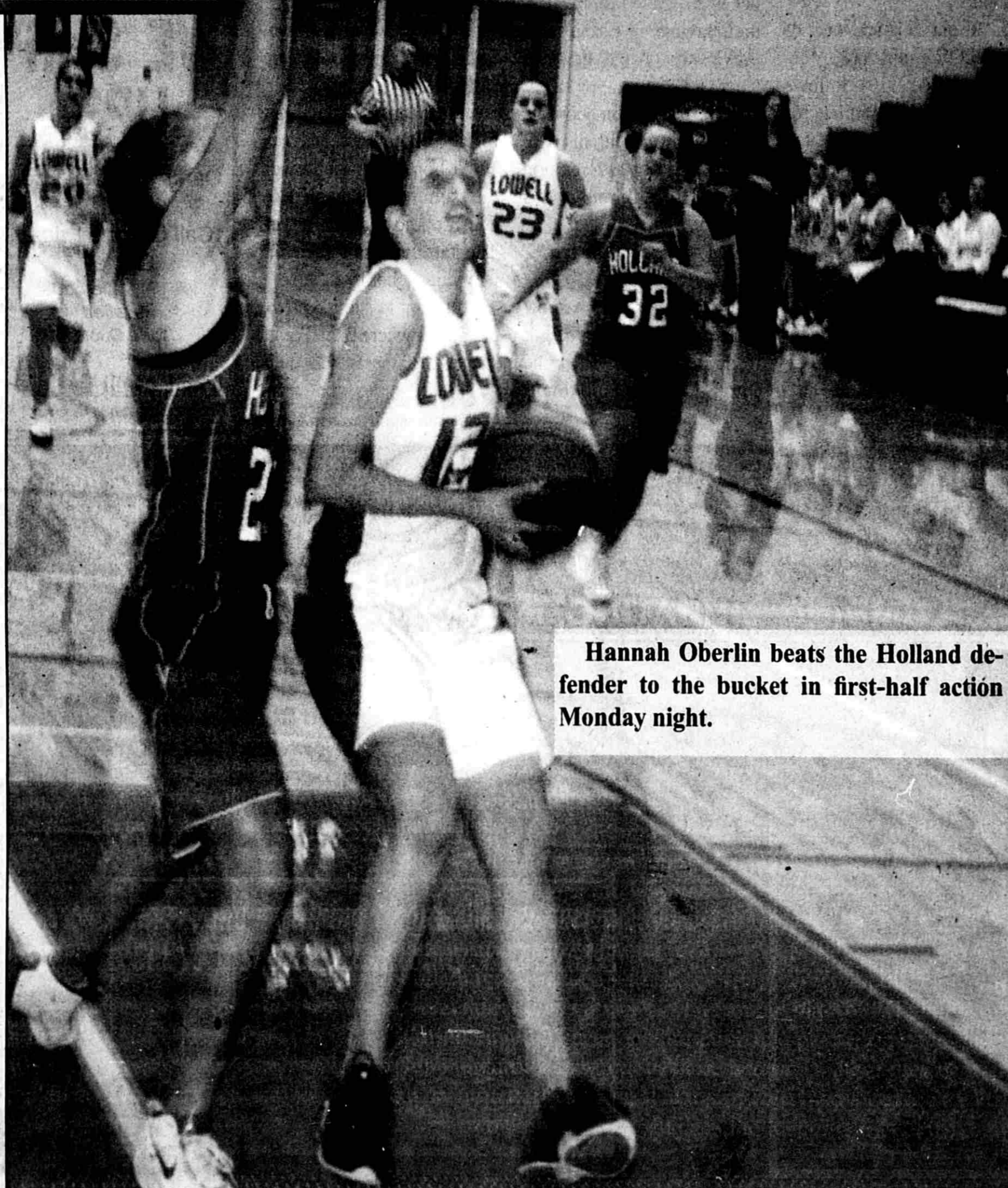
The Lowell City Council will conduct a public hearing at their regularly scheduled meeting on TUESDAY, January 20, 2009 at 7:30 p.m. at the City Council Chambers, Lowell City Hall, Second Floor, 301 East Main Street, Lowell, Michigan for the purpose of receiving comments from the public on the following:

An Ordinance to Amend Subsection (A) of Section 1-13, "General Penalty," of Chapter 1, "General Provisions," of, and to Add Chapter 27, "Municipal Civil Infractions," to, the Code of Ordinances of the City of Lowell.

A copy of the proposed Ordinance is available for public inspection during normal business hours at City Hall, the Englehardt Public Library or the City's web page ([www.ci.lowell.mi.us](http://www.ci.lowell.mi.us)) under public notices.

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



Hannah Oberlin beats the Holland defender to the bucket in first-half action Monday night.

# Red Arrow SPORTS

## Red Arrow grapplers finding rhythm for January run

by Thad Kraus

In its most challenging match of the Super Dual, Lowell wrestled its best.

That's progress Lowell coach Dave Dean takes pride in.

"During the months of November and December, there is no rhythm so its hard to see progress and to get a feel as to where a team is headed," he explained.

The Red Arrows will head into its biggest dual of the year against Greenville on the 14th of January with some quality wins.

The most recent was a 47-23 defeat of Richmond at the Super Duals.

The Spiders are ranked sixth in the state in Division III.

"It was a great day and we saw a lot of progress," Dean explained. "Richmond was a challenge. Our guys had to perform better than a number of their ranked wrestlers."

Heading up that list

were Red Arrows' Dan Fleet, Gabe Morse and Tim Gingerich.

Fleet won a tough match at 135 pounds with a 6-6-1 decision against Emery Pitcel.

"It was a match that had great intensity," Dean said. "Dan is showing progress and getting better. He showed some style."

Morse showed improvement against Richmond's Josh Rivard. Dean was impressed with the discipline Morse displayed in his 16-8 win.

Gingerich, bumped up to 171, impressed with a key pin against Roger Crump.

"Tim is a gamer. He wrestles wherever we need him," Dean said.

The Lowell Red team was 4-0 at the super dual defeating Richmond, Grand Ledge, Paw Paw and Zeeland East. Lowell's white club finished 2-2.

Over the weekend, at Main South High School in

Illinois, Lowell survived three strong challenges from Main South (39-24), Schaumburg (42-25) and Leyden (41-30).

The Red Arrows did it without four of its starters. "We've been battling the flu the last couple of weeks," Dean said.

Andrew Morse may have recorded the day's most impressive victory.

Morse earned a 6-

3 decision against an America at the Junior Nationals.

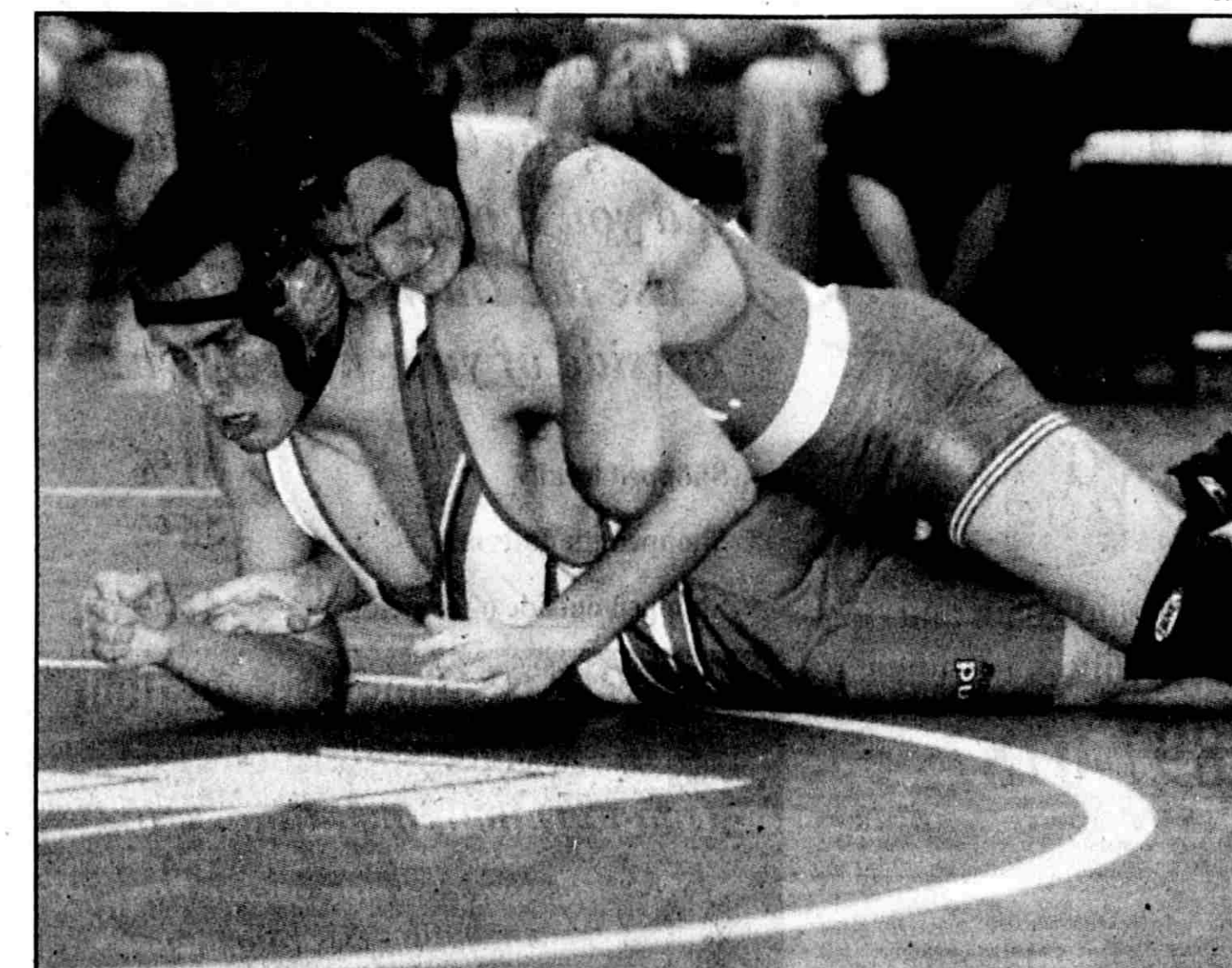
"Andrew turned a few heads Saturday," Dean explained.

Connor Kruse continued to make great strides.

Despite losing 3-1 to Main South, Dean said Kruse continues to improve and come into his own.

"This club is showing signs of being special," Dean said. "By the end of January we will know where we're headed. The stakes are raised."

Between now and then there is work to be done. The Lowell coach says that includes working better off the bottom, and creating more scoring opportunities on their feet.



Lowell wrestlers found their rhythm in an impressive 47-23 win over Richmond.

## Wrestling coach position a fitting role for Engadine's Harper

by Thad Kraus

He doesn't run anymore, but if you want to keep up you'd better put on your running shoes or grab a hold of his suspenders.

Tom Harper taught and coached in Lowell for 30 years. Harper and his wife, Carol packed up their bags and moved to Engadine 10 years ago.

"I have good memories here (Lowell), but I have moved on. I'm a Yooper now," explains Harper. "My first career was here my next 30 will be in the U.P."

He has replaced teaching with cleaning bathrooms and bedrooms, and washing dishes at their bed and breakfast. He also dabbles in plumbing, carpentry, and forging hunting knives.

What brought him back to Lowell over the holiday break? A love he hasn't been able to shake - wrestling.

Harper has been the varsity wrestling coach for the past three years at Newberry High School. He served as an assistant for seven years prior to that.

"I still enjoy being a wrestling coach," Harper said.

The former Lowellite isn't a sideline wrestling coach. At the age of 60 he is still able and fit enough to teach through example.

"I'm very lucky that I can still actively coach," Harper said.

As a high school wrestler and a college wrestler (Michigan Tech) Harper worked best from the bottom. Coaching has forged him into a more complete coach.

"Now, I have to look at the whole game, moving, scoring, and takedowns," Harper explained.

The Newberry experience also requires building a program.

"Gary Rivers was the builder down here, that's what we're working on in Newberry," Harper said.

Harper is building a high school program which is just now starting to benefit from a youth program started by assistant (Dean Parker) and his varsity predecessor.

Last year Harper's roster was seven wrestlers deep. This year it's at 19.

"We're improving. It's a slow process. This is my effort (Lowell Super Duals) for Christmas wrestling," Harper said. "Kids up there don't live to wrestle. They just wrestle in the winter."

It's all in the attitude and Harper is trying to tweak and stretch that attitude to include wrestling more throughout the year and not just Dec. through Feb.

Wrestling is a tough sport and if you're not winning it's not fun.

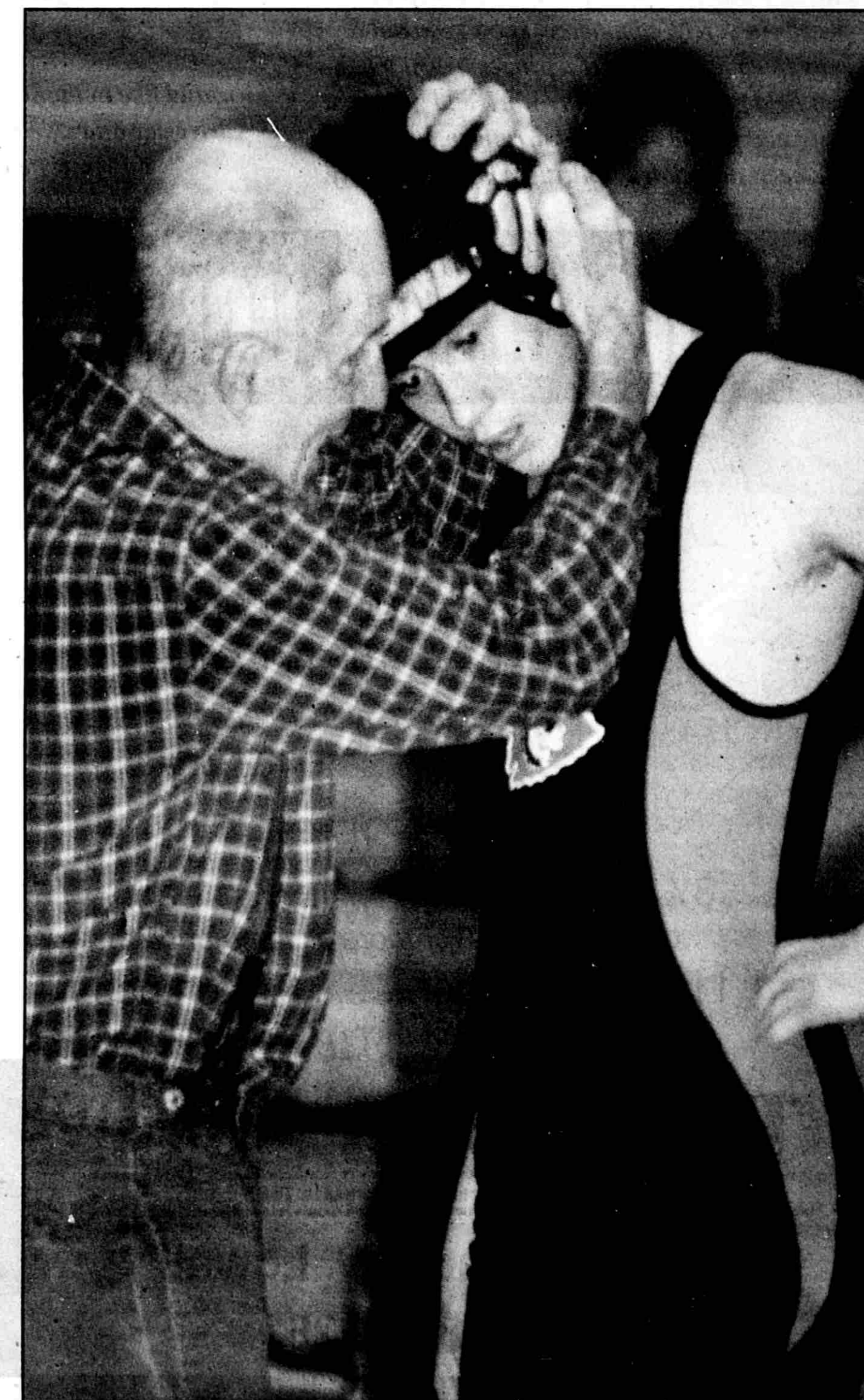
"You'd like to be at least .500 that gives you a little hope. It's no fun getting beat all the time," Harper explained.

The former Lowell teacher and coach knows about starting over and building. He was forced to do just that following a severe injury he incurred after falling out of a tree.

Harper spent months recovering from a busted pelvis. Much of that time was spent in a wheelchair.

"He's back in full swing now. Tom hasn't changed a bit. He probably still does all those pushups and sit ups," said friend and former middle school assistant Jim Fleet. "He's just a delight and such a positive influence and role model for kids. He was a good teacher for me in terms of coaching. Someone I've learned a lot from," Fleet said.

Tom Harper takes a moment with a Newberry wrestler following a tough defeat against Paw Paw.



# What peeves you? The Lowell Ledger is asking you to send them in and set your peeves free

by J. Boss  
I don't even remember what I forgot yesterday. That "peeves" me. You know memory is a strange thing. One of the things I remember is I can barely play along

during a conversation when someone says "you know" repeatedly. You know? That is a huge peeve of mine, but it is not a pet. Why would I keep a peeve for a pet? I have an adopted psychotic cat as a pet. No

need to add peeves to the mix. I'm well acquainted with several peevish subjects, people, places and things. I refuse to keep them as pets, but I will gladly expose them for the pesky little loiterers they are.

You know. You know. You know. If "I know," why are you telling me? I frequently want to ask the speaker this and sometimes do. The trouble with this kind of confrontation is the person will then run through

several predictable stages. First, a self-conscience giggle closely followed by the inevitable, "You know, I always say that." Then of course in illogical progression, "Oh! There I go again. It's a habit, I don't even KNOW I'm doing it! Then finally, "What was I talking about anyway?"

That sequence is sometimes followed by an angry retort that admonishes me for being "so critical". To quote Steve ?? whateverhisname is (I forget) "Excuuuuuuuuuuuuuse me!"

Back to that memory thing. Oddly, it comes up a lot lately. It seems everyone remembers to forget everything lately. All conversations seem to be interlaced with the words wherever, whatever, whoever or where was that again?

Post-a-notes, once an odd waste of paper, are now an essential part of my everyday routine. They are not, however, flawless memory-invoking tools. The theory is, you think of things you have to pick up at the store, or clever ideas come to mind and you jot them on a note, then simply stick it in a prominent place.

This obvious place soon becomes so littered with confetti that one soon learns to disregard them altogether.

Many people that know me will testify to the fact that I will put a note in my pocket. This works fairly well. YOU KNOW, if I remember to empty my pockets before changing my clothes, doing laundry or god-forbid wear the same slacks the next day. The last one merely serves as a reminder that I forgot to check my pockets at home and remember whatever was written on the note. It does reinforce the message that I forget a lot. You know what I mean?

A coworker writes on her hand to remember. The blurred message at the end of the day only reminds me to wash.

What I've been able to determine, is that forgetting has its place. If I didn't forget, I wouldn't learn to remember. If I didn't learn to remember... I'd forget why I started this whole thing.....

Wait! Pet peeves. Tell us yours. We want to set you and your peeves free during this New Year. Don't keep them as pets. Let them go! Write the Ledger, email, snail mail or drop them off at the office. We'll collect and compile them and when completed, publish them.

Send your "Pet Peeve" to:

Pet Peeve, c/o The Lowell Ledger, P.O. Box 128, Lowell, MI 49331 OR e-mail: ledger@lowellbuyersguide.com in the subject line: Pet Peeves.

We look forward to reading them. Remember, a new Pet Peeve of yours might be that your peeve will be published (at our discretion).

## Sound Off

The Ledger "Almost" Anything Goes Column

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The Lowell Ledger welcomes all "Sound Off" comments, but would like to remind readers of the nature of the column. "Sound Off" is meant to be a community notice board, a means for comments that can be regarded as helpful, congratulatory, thankful and informational.

Thanks Thad for speaking out against another bad decision by our town fathers (and mothers). The improper closing of the alley behind Larkin's has already proven to be a step backwards in safety, commerce, snow removal & convenience. Perhaps if a proper hearing had been held prior to the utility work and paving, a more acceptable easement arrangement could have been negotiated utilizing AT&T's property.

### ONLINE POLL RESULTS During the Christmas season did you mostly shop locally, use the Internet or shop outside of your hometown?

Shopped locally	31%
Shopped the Internet	46%
Shopped outside of hometown	23%

This week's online poll question: Are you going to watch the Inauguration on January 20? Be sure and vote online at www.lowellbuyersguide.com and participate this week!

A huge thank you to whomever anonymously dropped off a Christmas card, with money it, for our family. You have truly blessed us during this difficult time.

I would like to thank the guys that plow my driveway and side walk on Avery Street. I appreciate it very much.

- Ken & Michelle & family

- Thank you, Jean

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**SOUND OFF PHONE LINE 897-0787** Leave your message on the machine.

**LOWELL MOBILE HOME PARK** - Under new management. Nice 1, 2 & 3 bedroom trailers for rent. Rent from \$350 - \$550. For info call George at 616-754-0276 or 616-813-8041.

**COMMERCIAL BUILDING FOR LEASE OR SALE** - 1,200 sq. ft. Newly remodeled. 427 E. Main, Lowell, 616-307-0213.

**SARANAC** - large apartment, available Dec. 1. \$385. 897-7441 or 498-7441.

**LOWELL AREA** - 1 bedroom, 1 bath with hardwood floors. \$590/month, utilities included. Call 616-862-6712.

## The Lowell Ledger CLASSIFIEDS

TO PLACE AN AD  
In Person: 105 N. Broadway, Lowell  
By Mail: PO BOX 128, Lowell, MI 49331  
By Phone: 616-897-9261

Classified ad rates:  
20 words...\$4  
each additional word 10¢  
Bold \$1 each or Box \$2 each

**OFFICE HOURS:**  
Monday - Thursday 8 a.m. to 5 p.m.  
Friday 8 a.m. - 2 p.m.  
Closed Saturday & Sunday

**CLASSIFIEDS NOW POSTED ONLINE!**  
www.lowellbuyersguide.com

Everyone is talking about the Lowell Ledger!  
Don't miss out on all the news!  
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Credit Card required with phone order

### FOR RENT EVENTS

**SMALL FAMILY LOOKING FOR 2+ BEDROOM HOME TO RENT** - w/yard. Preferably in country setting. Lowell/Saranac area. We're quiet, tidy & have no pets. Willing to pay \$500-\$700/mo. References available. Call 616-318-3867.

**LOWELL** - 3 bedroom lake home. Newly remodeled ranch, sandy beach, boat dock. Lowell schools, Murray Lake Elem. Pet considered. \$850/mo. + utilities. 616-318-7570.

**HALL FOR RENT** - Lowell Veteran's Center, 3100 Alden Nash. Newly remodeled, smoke-free, private, great location & great rate! Call John at 299-0486 or 897-8303.

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

**SOUND OFF LINE 897-0787** Voice your opinion! (good or bad)

**EVENTS**  
REGISTRATION - for fall 2009-2010 classes at the Lowell United Methodist Preschool begins Monday, January 12, 2009 at 9 a.m.

**ALTO AMERICAN LEGION AUXILIARY** - meets the second Monday of the month at 7 p.m. at the Alto American Legion Post.

**PRESCHOOL PLAYGROUP** - Every Thursday from 9-10:30 a.m. at St. Patrick School. Stories, songs, crafts, games & a snack. Open to all. Come with your children ages 0-5 for a little adult interaction while your children make new friends. 691-8833.

**DIABETIC SUPPORT GROUP** - to start Tues., Jan. 6, 7 p.m. at Elmdale Church, located just 3.3 miles E. of M-50 on 64th St. Phone 868-7690 & leave a message if interested or if you would like to meet at another time or location.

### HELP WANTED SERVICES

**NOW HIRING** - and training for career positions with West Michigan's leading real estate company. Call Rick Seese, Greenridge Realty, Inc. for a confidential interview. 616-437-2576 or 616-974-4250.

**CUSTOMER SERVICE/CUSTOMER RELATIONS** - Over \$550 week to start. No experience necessary. Company take over by major investor has created immediate opening for dependable/energetic people. Several positions available: delivery, setup and customer service. No experience, company training provided. We have very flexible hours, bonuses and paid vacations are part of this attractive package. For one-on-one interview call 616-245-7677. No 3rd shift. Call between 10 a.m. & 4 p.m. Mon.-Fri.

**PART-TIME HELP FOR AFC HOME** - for seniors. Must be experienced in using gait belt & need to know how to cook. 897-2656 or 446-2882.

**GOVERNMENT JOBS** - \$13.64 - \$29.45/hr. Now hiring. Many positions available. For application & government job info, call American Assoc. of Labor, 1-913-599-8290, 24 hrs. emp. serv.

**ART GALLERY and CUSTOM FRAMING** - Fire and Water Art! 219 W. Main St., Lowell. Open Wednesday thru Sunday. 890-1879.

**BUSINESS CARDS** - For as little as \$28 for 250. (white card, black ink). Before you order your cards from somewhere else - check our rates! Call Lowell Litho, 897-9261.

**ALTO DAYCARE HAS 2 OPENINGS** - planned weekly art activities, fenced-in backyard, accepts DHS payments. Call 868-0752.

**CHAIR CANING** - Rushing, flat reed seat weaving. Karin Eldredge, 897-6315.

**NEED YOUR HOME CLEANED/ORGANIZED** - \$15 an hour. Call 616-897-7097.

**RISNER ROOFING** - serving you since 1961. Licensed & insured. Free estimates. New & reroofs. Ice & snow removal. Call Steve, 868-6015 or Terry, 897-7968.

**SPAY/NEUTER** - \$20 for dogs & \$10 cats owned by low income families. Call 897-8865 to setup an appointment.

**HELP US DELIVER THE PAPER...please DIG OUT around your newspaper tube, mailbox, steps, walkways & porches!**

**The U.S. Mail carriers and the folks who deliver your Buyers Guide would appreciate your help! Let's all try to HELP EACH OTHER survive the Winter.**

**WANTED**  
BUYING ANTIQUES - Collections, toys, games, advertising items, fishing & hunting things, jewelry & lots of other "stuff." Call 616-550-0521 today!

**IN MEMORIAM**  
THOMET, STEWART 4/15/40 - 1/12/08

In a quiet cemetery where the gentle breezes blow, lies a man we loved so dearly who left a year ago. His place of rest we visit, place flowers there with care, but no one knows our heartache as we turn and leave him there. His memory is our keepsake with which we'll never part. God has him in our keeping we hold him in our hearts. We love and miss you very much. Your loving wife, Pat; children: Debbie & Dave Galbreath, Steve & Ruth Thomet & grandchildren

**PAYROLL & BOOKKEEPING SERVICE** - by certified Quickbooks advisor. Call Kathy 897-6351.

**BRENDA'S DAYCARE HAS OPENINGS** - Christian home. We have lots of fun! Call today, 987-9351.

**SNOW PLOWING** - Does your driveway need a plow for a reasonable price? Call Mike at 616-822-1884. Rates for per time plowing.

**COPIES COPIES COPIES** - Color & black & white copiers! Excellent quality! Stop by our office, Lowell Litho, 105 N. Broadway.



# A Better Place ...

Fountain View

## The Place of Choice

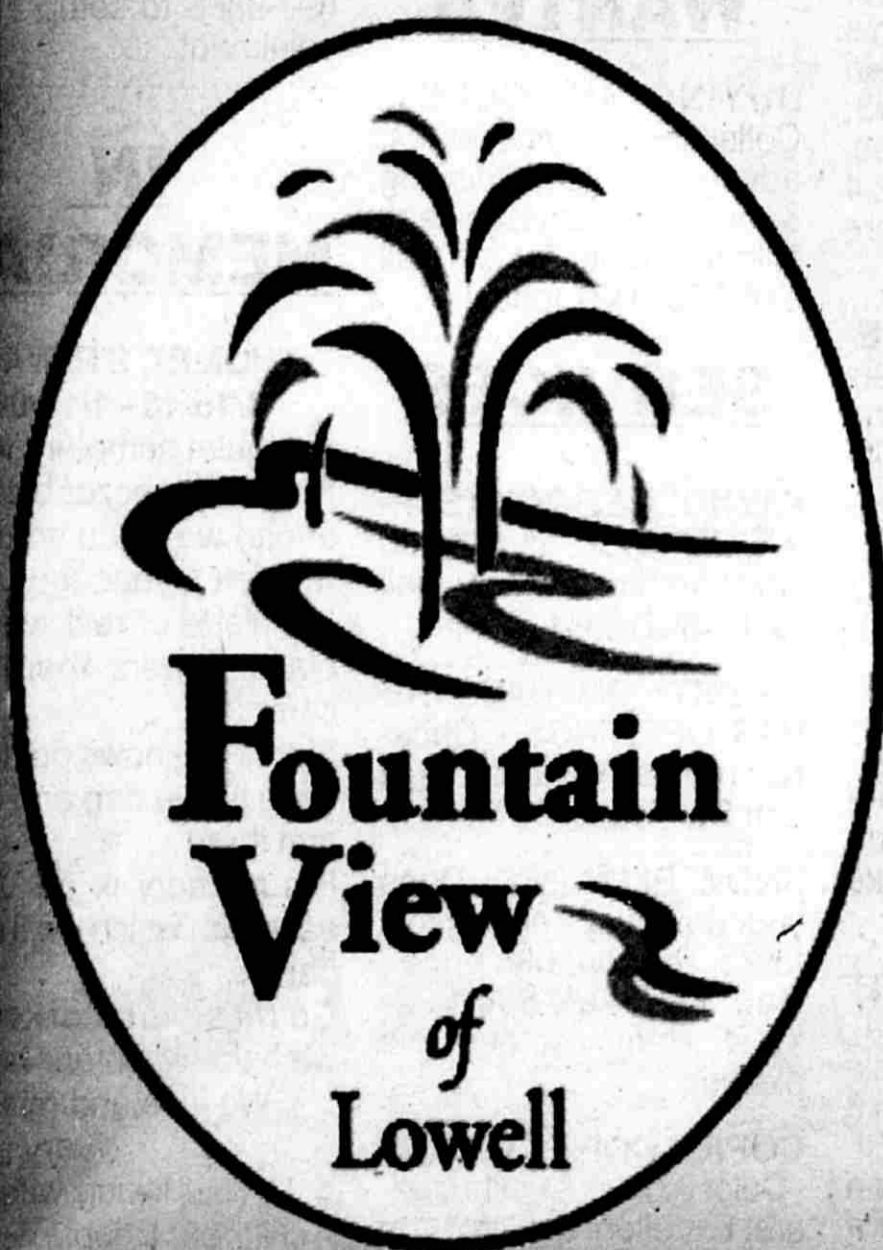
A couple of months after Mom's surgery, she was ready for more independence, but not quite ready to do everything on her own. I'm so glad she thought of Fountain View.

I had no clue we had such a wonderful resource here in Lowell!

The facility is beautiful, the staff is outstanding, and the other residents are delightful. Fountain View has been the perfect solution for us.

Mom has the independence she enjoys and we have peace of mind!

- Carla Stone and  
Jeanne Shores



### Fountain View Mission Statement

*It is the purpose of Fountain View to honor God by providing high quality senior lifestyle services that promote the value and dignity of every person.*

11535 E. Fulton • Lowell, MI 49331

(616) 897-8413

[www.leisure-living.com](http://www.leisure-living.com)