

the lowell ledger

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50 CENTS



Great turnout for annual Christmas Through Lowell tour

by Emma Palova

From Julie's "New Girlfriends" design earrings and pendants to sleighs and cutting boards, this year's Christmas Through Lowell tour flaunted variety. The jam packed tour got off to a great start with people roaming the streets of Lowell steadily from Friday morning and well into the weekend.

"This is our seventh year on the tour," said Chimera's owner Cliff Yankovich. "We actually opened for the first day of Christmas through Lowell tour seven years ago."

But, there were also newcomers on the tour like

the Grand Volute ballrooms with owner, Kent McKay.

"Last year we didn't advertise, so we only had five vendors," he said.

However, this year the ballrooms were packed with crafters of all sorts and from all over. Penelope Holland came from Muskegon after finding out about the tour on the Internet. She was peddling hats and jewelry. "I like it fine," she said. And McKay expects a greater turnout next year with close to 80 vendors.

Chef Kim Chase whipped up some white chili, bisque and wraps. Many stations served food and

beverages. At St. Patrick's Church in Parnell, soups and breads were available.

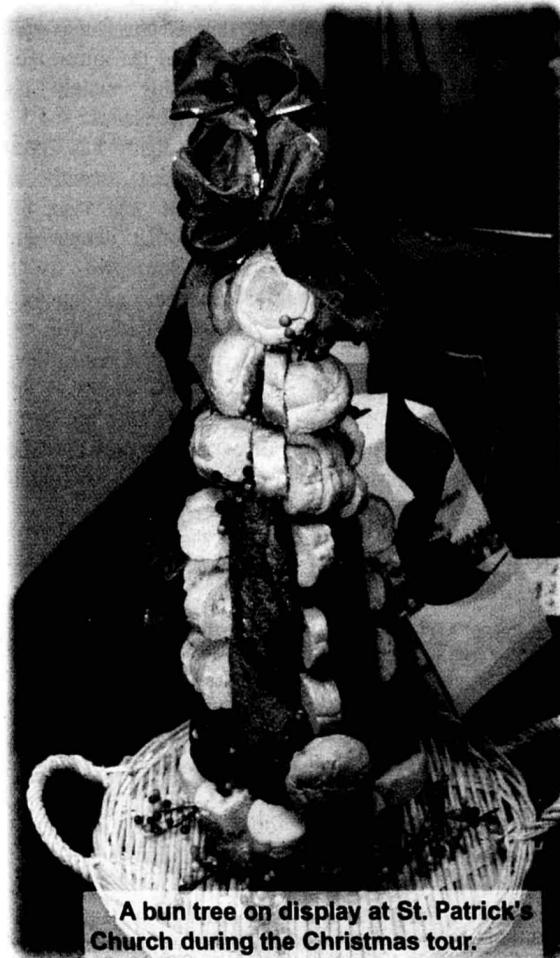
The stations were decked out for Christmas. Mistelle Quiggle opened her home in downtown to the tour for the first time.

"I have friends who do it," she said. "I thought I'd give it a try."

Quiggle had etched glass and marshmallow pipes, sleighs and other arrangements.

The chamber of commerce organizes the tour and provides signage and advertising for the vendors.

Christmas tour, continued, page 3



A bun tree on display at St. Patrick's Church during the Christmas tour.

High speed chase nabs woman with stolen vehicle

by Emma Palova

With speeds exceeding 100 mph, the Lowell Police Department (LPD) pursued a woman in a 1999 Chevrolet Impala last week. The police car chase ensued after officer Erika Evans attempted to pull over the car for speeding. The car took off on Grand

River Drive, headed through Saranac and then eastbound on M21 toward Ionia. As the police, assisted by Michigan State Police, were getting ready to set up spike strips to prevent the driver from going into Ionia, Annie May Gray, 48, finally gave up west of Ionia on M21. The

police found Gray, a Grand Rapids' resident, was driving a stolen vehicle out of Fort Wayne. Gray is facing felony charges of fleeing and eluding 3rd degree, receiving and concealing a stolen vehicle, possession of a stolen license plate, driving with a suspended license

and a habitual offender. The charge of a habitual offender enhances all the possible penalties according to police chief James Hinton. Gray faces up to seven and a half years in jail. She is currently in Kent County jail with no bond posted due to state

charges of violating the law while on parole. And although pursuits are not that uncommon, police chief James Hinton said this one was different. "Typical pursuits are drunk drivers in the middle of the night," he said.

Gardner-led Vikings stand in way of Lowell's third state title

by Thad Kraus

If the name Devin Gardner doesn't conjure up any football images for you, allow me to help.

Picture Marc Catlin. Only picture a faster, quicker, bigger and more talented Catlin.

Scary, you bet. And that's the challenge awaiting Lowell when it arrives at Ford Field on Saturday to battle Inkster

"Devin is a blue chip, 6-4, 225-pound football player who has committed to the

University of Michigan." Lowell football coach Noel Dean explained. "While he imposes serious issues on our defense, what's important to remember is he's a very good football player but not the only player Inkster fields."

Defensively, the key will be knowing when to pick the right stunts, blitzes and coverages.

Offensively, the script on how Lowell will approach the game will be similar to the Muskegon, Portage Central and Brother Rice games.

"You will see a lot of the sledge hammer approach. I don't care about style points or anybody's ego. I just care about the team's ego and figuring out a way to win the game. That is our only objective."

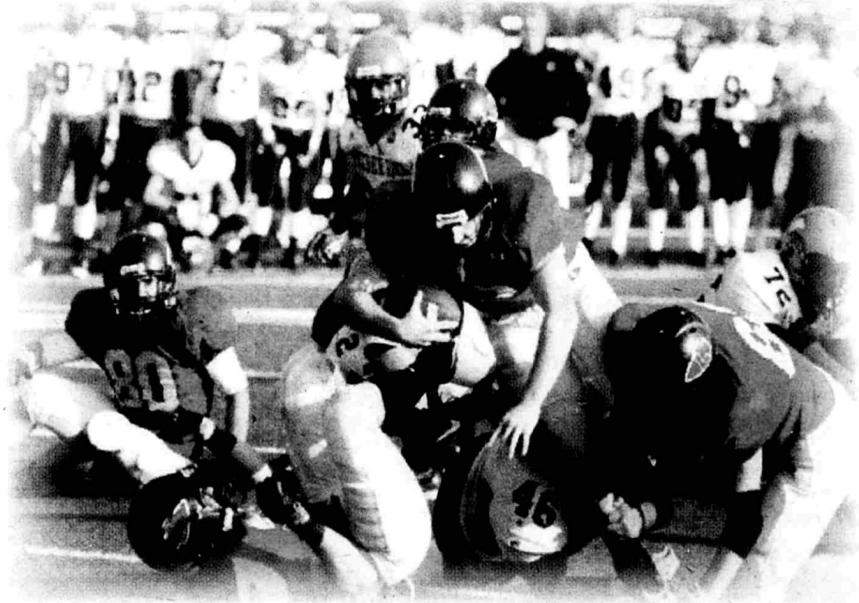
For coach Greg Carter and his Inkster Vikings, this will mark the third visit to the championship game. The previous two ended in losses to East Grand Rapids and Detroit Novell.

Carter knows the serious issue facing his defense is the veer.

"We will need to be disciplined. Lowell runs a fantastic veer. They will run you to death," Carter said. "The key will be discipline. Our players will need to know their responsibilities and trust their teammate to know theirs and to do their job."

On the offensive side of the ball, Carter points to controlling the Red Arrow pressure.

"Lowell is aggressive and does a real good job of harassing you and throwing off your timing," Carter explained.



Gabe Dean dives over the line for a short gain

Getting to Ford Field:

Take I-96 East to I-275 South (to continue on I-96 East). Take I-96 East to I-75 North (Fisher Freeway) and exit Gratiot Ave. South. Sharp right turn on Gratiot. Continue on Gratiot and Ford Field will be on the right.

Traffic light hit by two trucks

by Emma Palva

A green traffic light at the intersection of Grand River Drive and Alden Nash was dangling low from the semaphore Friday after it was hit by two trucks coming down the hill and by Belding resident Forrest Hulliburger. According to Hulliburger, the light was already hanging low because someone hit its supporting pole. "I just hit it further," he said. Police chief James Hinton said someone drove over the guide wires causing the pole to lean inward, which in turn lowered the light.

"It happened because of someone's action of hitting the guide wires," he said.

Overall, the intersection is confusing because there are two sets of lights in the southbound direction.

One light is for the railroad crossing, the second one is for the actual intersection. Although there is only one light in the northbound direction, all hazardous haulers and busses have to stop at the intersection and at the railroad crossing as well. Hinton said the intersection is confusing mainly for commercial haulers.

The light has been installed just recently as part of the prep work for the upcoming detour due to the downtown bridge replacement project. Westbound traffic will be detoured via Grand River Drive and through the intersection. The light is to be permanent even after the project is completed by fall of next year.



Secretary of State offices still accepting donations

Secretary of State Terri Lynn Land reminds Michigan residents that they still can donate nonperishable food items at local Secretary of State branch offices to benefit needy families.

Land spoke at a luncheon that honored Michigan Harvest Gathering participants and recognized state of Michigan employees for 10 years of donations as well as others who have worked to reduce hunger. The event also was attended by Don Koivisto, Department of Agriculture director and state appeals Judge Bill Schuette,

a founder of Michigan Harvest Gathering, among other dignitaries.

"Secretary of State offices are ready to accept your food donations," Land said. "Food banks do an incredible job of helping feed Michigan's less fortunate, and the need this year is stronger than ever. Your generosity is needed now like never before in recent years."

Donated items can be dropped off at any Secretary of State branch through Friday, Dec. 11.

The campaign is coordinated by the Food Bank Council of Michigan, which supplies the state's regional food banks through donations of food and money. The regional food banks serve food pantries, soup kitchens and shelters in every Michigan county.

People are asked to donate food items such as canned meats, dry beans, soups, beef stew, pasta products, peanut butter and tuna. Envelopes are available for mailing cash donations, which are used to cover the cost of collecting and distributing the food. Donations may also be made online to Harvest Gathering's "Fill Michigan's Fridge" food drive at www.feedmichigan.org

In 2008, Michigan Harvest Gathering collected more than 242,000 pounds of food and \$679,000. The 2009 goal is 300,000 pounds of food and \$650,000.

18th Annual Christmas 'Round the Town CRAFT TOUR

Friday, Nov. 27 (9 AM - 6 PM)
Saturday, Nov. 28 (9 AM - 3 PM)

In Clarksville, Lake Odessa, Sunfield, Woodland
Featuring 14 Area Homes & Businesses!

Tour maps available at local businesses in the four communities. Unique, affordable gifts for everyone on your shopping list.

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Kids with character

Pictured are Murray Lake Elementary's Character in Action award winners. These students were nominated by staff and or students for putting October's character trait (Responsibility) into action on a daily basis.

along main st.

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ANGEL FOOD MINISTRIES

Sign up at the Nazarene Church, 201 N. Washington St., Fri., Dec. 4, 6-8 p.m. and Sat., Dec. 5, 10 a.m. - noon. You may also order online using your debit or credit card. Go to www.angelfoodministries.com Any questions, call Esther 897-7395.

SENIOR TRIP

Lowell High School seniors - it is not too late to sign up for the senior class trip to Chicago. Fundraisers available and ongoing. Check our website at LHS10seniortrip@gmail.com or lowellschools.com

COOKIE TIME!

The wives of the Lowell American Legion and VFW invite the community to join them in a homemade cookie shower for our veterans who are in the Grand Rapids Veterans' Home. Bring your cookies to the American Legion/VFW Veterans' Center, 3115 Alden Nash, at noon on Sat., Dec. 5. The cookies will be delivered directly to the Veterans' Home. If you have questions, call Jan Thompson at 897-2533.

FROM FOOD PANTRY

The pantry is presently in need of cereals, soup, crackers, boxed potatoes and hamburger and tuna helper. Your help is very much appreciated.

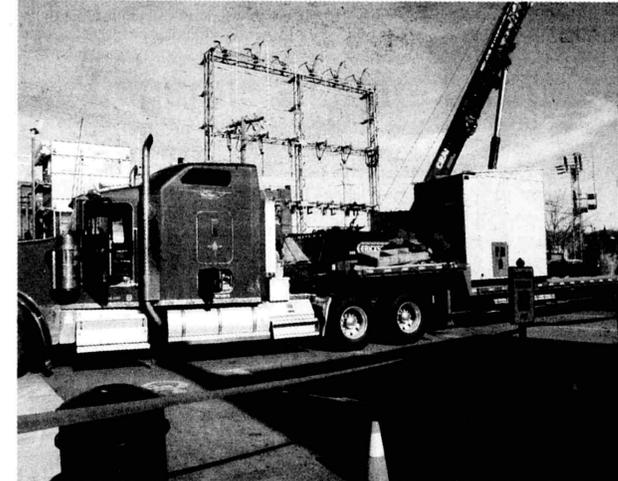
Feel free to send your event information to the Ledger for Along Main St. All submission requests for Along Main St. are subject to space limitations and The Ledger makes no assurances that they will appear in print. To ensure that an event notification will appear in the Ledger, it is best to place a paid advertisement. All efforts will be made to place suitable items in the Along Main St. column but they are printed at the discretion of the publisher. For profit events, church services, yard sales and the like, will not appear in this column.

Lowell's historical museum hosts annual Christmas dinner

The Lowell Area Historical Museum will be hosting its annual Victorian Christmas dinners in the Museum's beautiful victorian dining room on December 3, 9, and 15. Start your holiday celebrations by enjoying a scrumptious dinner while immersed in a bygone era all dressed with beautiful holiday decorations. The evening will begin at 6:30 p.m. with two scrumptious appetizers followed by a wonderful holiday salad, a main course featuring a 14 oz. slow-roasted prime rib with aged white cheddar mashed potatoes and asparagus. A delicious dessert of cream brulee and berries will cap off this holiday feast to be catered by the Flat River Grill. The cost is \$50 per person with a portion of the money going to assist with the museum's operating expenses; this portion is of course tax deductible. What better way to start the holiday season than having an elegant dinner out with family and friends? This dinner would be the perfect gift idea for that hard to buy for family member on your Christmas list. At the same time, you will enjoy knowing you are supporting your local museum located at 325 W. Main Street.

Seating is limited to ten each night, so make your reservations early to guarantee your place at the table. If these dates do not fit in your hectic Christmas schedule, you may also rent the museum's exquisite dining room and parlor for your own private gathering. These rooms can accommodate a party of sixteen and can be catered by the Flat River Grill. Contact the Lowell Area Historical Museum at 897-7688 for a complete menu and to make your reservations, or email history@lowellmuseum.org for more details.

Upgrading the substation



The Lowell Light & Power (LLP) continued its project to upgrade the Bowes Road substation while getting rid of the old substation by the building last week. The project is being done by Wolverine and is slated for Dec. 1 completion. It will improve the esthetics of the LLP building according to employee Mark Droog. Both the substation upgrade and the utilities relocation on the bridge added to the overall chaos in the downtown, foreshadowing the things to come during the bridge replacement project.

Christmas tour, continued

The tour is a great kick-off to the holiday shopping season, said chamber director Liz Baker.

The tour is two-fold, with both businesses and private home owners participating. This year, the event featured more than 200 artists and crafters in downtown Lowell and greater Lowell area.

"The turnout was very good and most people were just a little below last year's sales, and some even higher with a lesser amount of visitors," said Baker.

More Christmas festivities are scheduled for Dec. 5 including Rogue River artisans holiday market place at the Lowell High School. Festivities will be centered in historic downtown Lowell starting in the morning with the Flat River Freeze Ice Sculpture challenge, Santa visits and pictures on the Showboat, "A Cup of Christmas Tea" at the Lowell Area Historical Museum, lighting of the town Christmas tree at 5:45 p.m. and the annual Santa Parade along Main Street at 6 p.m.

Rogue River Artisans show slated for December 5 at Lowell High School

Artisans, over 110 in all from around the state, will gather for the 27th annual Rogue River Artisans show. Original artists, as well as new, will display their work at Lowell High School, 11700 Vergennes (just east of Ada) on Saturday, Dec. 5 from 9 a.m. until 4 p.m.

"We encourage people to come and see what's available. All the gifts are made in Michigan by Michigan artists," said Rogue River Artisan event coordinator Robin White.

The event is a juried show where artists are evaluated for quality and beauty of work.

The \$1 admission will benefit Red Arrow special activities and the Class of 2012.

The many gifts on display will include pottery, glass, painting, photography, wearables, holiday arrangements and theme work, primitives, children's toys and clothing, jewelry, metal and copper art, birdhouses, woodworking, soaps lotion, weaving, leather, wildlife art, furniture and more.



Summer Moore places a poster at LHS.

Our American values are not luxuries but necessities, not the salt in our bread, but the bread itself. Our common vision of a free and just society is our greatest source of cohesion at home and strength abroad, greater than the bounty of our material blessings.

Jimmy Carter (1924 -)

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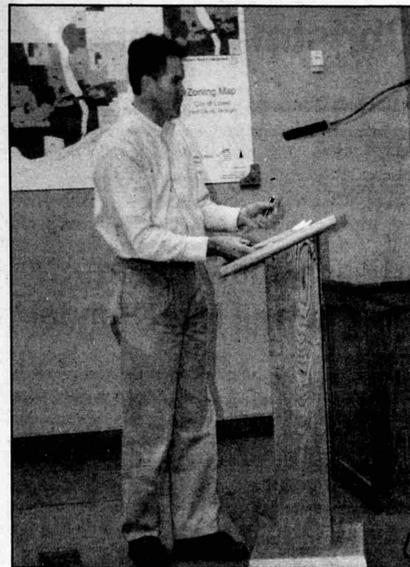
CITY OF LOWELL

THANKSGIVING HOLIDAY NOTICE

Lowell City Hall, Department of Public Works, Police Office and Light and Power will be closed on Thursday, November 26 and Friday November 27, 2009 in observance of Thanksgiving.

City of Lowell residents who use orange refuse will have their refuse and yard waste picked up on Friday due to the Thanksgiving holiday.

Betty R. Morlock
City Clerk



Opposition against temporary garages emerges

by Emma Palova
In an ongoing saga, the planning commission, Monday, discussed the issue of temporary garages in residential districts. Under the current ordinance, soft-sided garages or structures are not allowed.

A proposed amendment would allow these structures with certain size limitations. And even though the issue has been on the planning commission's table for a year now, the resistance has been mediocre except for Monday night.

Residents, Steve Doyle and Chris Fleszar, opposed the amendment. Doyle called

Steve Doyle voices opposition against temporary garages.

the wording 'temporary garages' misleading since there is no time limit on these structures if they stay in good repair.

"We stayed away from having a time limit," said commissioner Maryalene LaPonsie.

The structures are called temporary because they're not permanently affixed to a base. The wording may be changed to 'soft structures' in the future.

Fleszar suggested the commission should be thinking about the impact of temporary garages on the neighborhood and keeping

the quality of life in mind. "It's all about smart planning," he said. "This does not make the city a better place to live. It degrades property values."

The planning commission received two anonymous letters in regards to the issue.

"Write a letter and sign it," said mayor Jim Hodges.

The commission discussed the sizes of soft-sided structures since there is nothing in place to regulate a structure between 200 and 600 square feet.

"I don't want to have 500-square-foot soft structures in the city," said LaPonsie. "We need more discussion on it." Soft-sided structures or

temporary garages will be up for discussion again at the work session on Dec. 14. Also, another public hearing will be held in the near future.

"We want to make sure that all the views are represented," said LaPonsie, "so far, it has been one sided."

In related business, the commission approved a site plan for the office building at Schneider Manor contingent upon the approval of a front yard variance.

According to a new state law, the planning commission may now meet only four times a year. This will also be discussed at the Dec. 14 work session.

Animal enrichments are used to keep zoo animals engaged

How do you get an 800-pound bear to exercise? Dab a little honey way up high on the walls of his exhibit! This is just one little trick John Ball zookeepers use to ensure that their animals stay interested in their surroundings, alert and, in fact, busy! With a lot of thought (and a little scheming) John Ball

zookeepers, along with zookeepers around the country, devise ways to recreate the natural conditions that the animals might encounter in the wild. This is called animal enrichment and Saturday, December 5, from 10 a.m. to 2 p.m., John Ball Zoo is hosting an event all about it.

Animal enrichment is a combination of many techniques. To encourage foraging, a zookeeper might introduce small branches, or a pile of hay or leaves into the animal environment. To encourage exploration, a zookeeper might change an animal's habitat by adding ropes or a new log, or by

just moving things around. New smells like spices or perfumes can keep a snow leopard engaged for hours. Sometimes keepers use different textures like straw, blankets, or burlap to pique an animal's curiosity. Colors and mirrors work for visual stimuli, but the most common form of enrichment is food

based. The chimps think they are getting something very special if the keeper freezes oatmeal inside a Kong toy.

Each year, John Ball zookeepers ask the community for enrichment "presents" for the animals. This year, any guest who makes a donation of one or more animal enrichment

items will get their admission to "Christmas for the Animals" absolutely free. "Christmas for the Animals" also offers a free visit with Santa and his reindeer and the animals will be receiving enrichment so people can see how it works. Without a donation the event admission is still only \$3.50.

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viewpoint

sharing the vision



Superintendent Greg Pratt

Coming Together... Superintendent's Community Forums on School Funding

As you know, the media and our school district have been talking a lot about the state budget and the decline in the school aid fund. To help our community understand this decline in state funding for public

education, what it will mean to Lowell Area Schools, and how we are preparing for it, I would like to personally extend an invitation to you to attend a community forum. For your convenience, I have scheduled two evenings:

Letters To The Editor:

The Lowell Ledger welcomes your Letters to the Editor. Letters are required to bear the author's signature, phone number and address (for verification purposes only, not for publication). Letters will be published at the discretion of the publisher. All letters are subject to editing for length and grammar. Thank you letters, advertising or personal attacks will not be printed.

Letters may be submitted via email to: ledger@lowellbuyersguide.com ("to the Editor" in subject line) or dropped off or mailed to: The Lowell Ledger, 105 N. Broadway, Lowell, MI 49331. Also, our website, www.lowellbuyersguide.com has a link to submit emails on the left side of the page.

Wednesday, December 9, 2009, 7:00 p.m., Cherry Creek Elementary School
Thursday, December 10, 2009, 7:00 p.m., High School Freshman Commons

I am incredibly thankful and relieved that she was not seriously injured. It is those events in life that shake us, cause us to reflect, and realize what is truly important. Spending time with your family and friends is irreplaceable. At some point in life, we have all commented that, "It seems like just yesterday an individual was a child, and now you look into their eyes as an adult."

As young people move through their formative years, they become more influenced by the involvement of an adult, more than any other time in their lives. Sharing time, energy, and interest helps keep children focused and connected. Education is not a race; rather it is an ongoing journey that we should take with our children. Please take time to be involved in the studies, work, or activities of a child. "Coming together" is important. This

Thanksgiving, let's all take time out of our busy lives to connect with those who are important to us. Let us "come together" and be present with our loved ones, not thinking about what happened yesterday, or what

we will do later. Let us "come together" in thankfulness for the blessings of life. May your home and heart be filled with love, gratefulness, and the smell of turkey.

financial focus



Christopher C. Godbold

Everyone wins when you make charitable gifts

It's Thanksgiving time again. Like everyone, you have many things in your life for which you are thankful. And you may want to show your appreciation for what you have by making a gift to a charitable organization. If you do, both you and the charitable group can come out ahead.

real estate. If you've held these assets for a long time, their value may have risen considerably, despite the volatility of the financial and real estate markets the past couple of years. If they have appreciated and you wanted to sell them, you'd have to pay capital gains taxes on your profits. But if you donate these assets, you can avoid the capital gains liability while still claiming the tax deduction.

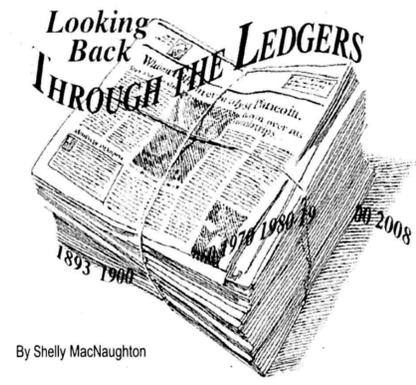
Of course, it's no secret that 2009 has been a pretty rough year, with most of us feeling the effects of the recession in one way or another. Consequently, you may feel that you can't really afford to make charitable gifts right now. But there's probably never been a more urgent need for these gifts as the distressed economy has led to a decline in contributions for charities across the country. Furthermore, your charitable gift can provide you with some distinct economic advantages.

You can remove assets from your taxable estate. In 2010, the estate tax is repealed, but it will be back in 2011. Estate taxes can be heavy, and if your heirs aren't prepared for them, they may have to sell assets to pay them. To possibly help avoid this problem, you may want to reduce the value of your taxable estate. One way of doing this — and of also receiving an immediate income tax deduction — is to donate assets, such as investments and property, to a charitable group. If you want to still enjoy the benefits of these assets while you're alive, you could transfer them to a charitable remainder trust, which can then sell them and reinvest the proceeds, out of which you could receive an income stream for life. Upon your death, the charity you have designated will receive the remainder of the trust's assets. (To properly establish this type of trust, you'll need to work with a qualified legal advisor.)

Specifically, by making charitable contributions, you can gain these tax benefits:

You can take an immediate tax deduction. If you itemize your taxes, you can deduct your contributions to charitable organizations, as long as they are "tax qualified." (Be sure to ask the organization if it has tax-qualified status.) Your tax deductions for charitable contributions are generally limited to 50 percent of your adjusted gross income. (If you want to claim a deduction for the 2009 tax year, you'll need to make your contribution before Jan. 1.)

You can avoid capital gains taxes. If you want to support a charitable group, you're not limited to making cash contributions — you can also donate other assets, such as stocks or



By Shelly MacNaughton

125 Years Ago The Lowell Journal November 26, 1884

A great many young people are moving into the state of matrimony this fall. They sometimes have awful big blizzards in that state.

J. McPherson, the Bazaar man, announces that he has had an interview with the king, that old annual visitor, Santa Claus, who has ordered a fine stock of holiday goods sent to the Bazaar. See McPherson's advertisement and then see him.

100 Years Ago The Lowell Ledger November 24, 1909

The first time I saw where Lowell now stands was in October 1843. It was natural then with not a building to obstruct the view. I have known it since and have done what little I could for its advancement. I moved to Lowell in April 1864 and owned the building now known as the McCarty building, sold groceries and bought everything, even peach pits, for N. P. Husted. In 1866 I sold the building to N. McCarty. There he first started the McCarty grocery business which still exists. There was not a brick building in Lowell at the time when Edmond Lee built the first brick

block (now the Pullen block). We were proud of it and it was fine for that time. Lowell is my home as it has been for the past 45 years. So, move ahead Lowell and never say give up. — Yours truly S. B. Kaapp

75 Years Ago The Lowell Ledger and Alto Solo November 29, 1934

Edwin Fallas, Civil War veteran and well-known Lowell citizen, reached his ninetieth birthday the 19th of this month and some sixty relatives, neighbors and friends, several formerly from Lowell, called at his apartment at 220 S. Catalina St., Los Angeles, during the afternoon and evening to congratulate him on his good health and long life and wish him many happy returns.

50 Years Ago The Lowell Ledger November 26, 1959

Coach Norm Gotschall's basketball squad opens its home season next Tuesday, December 1, when the Red Arrows play host to Sparta.

The Arrows looked good against Ionia, but a few "football muscles" must still be adjusted to the sport of basketball. The starting five of Jim Lawrence, Allen Seeley, Don Dilly, Fred Wissman and Frank McMahon consists of only two seniors and three underclassmen.

25 Years Ago The Grand Valley Ledger November 28, 1984

At the November 19 City Council meeting, Lowell city manager Ray Quada outlined the status of the city's efforts to improve and expand the parks system. Beginning with Richards Park, Quada described how the park has been transformed from an active park with much baseball and football activity to a more passive park where walking, sitting and small children playing on the beams are the primary uses. Quada said that ball playing at the park caused serious safety concerns because of the moderate to heavy traffic on adjacent Hudson Street.

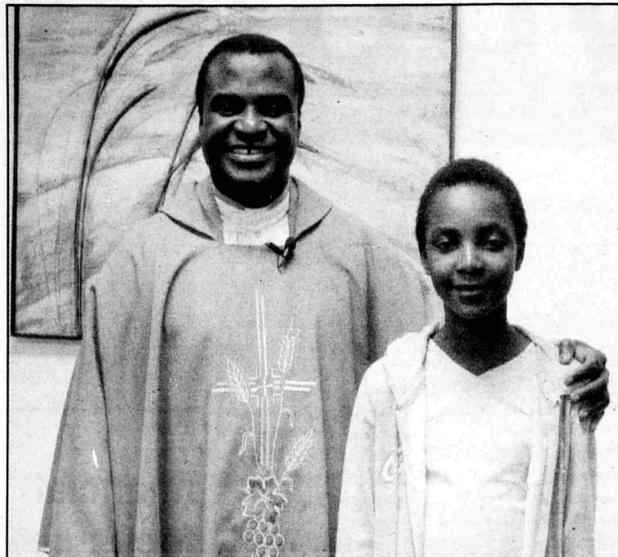
"Getting to know Nigeria"

St. Mary's Church and Fr. Eugene Okoli will be hosting a "Getting to know Nigeria" dinner Friday night, Dec. 4 at 5 p.m. The evening celebrates Blessing Okoli's successful heart surgery. It is a gathering in thanksgiving to God and in appreciation for support of friends and people of goodwill.

The evening will also provide an opportunity to say goodbye to Blessing, Fr. Eugene's 14-year-old niece. She has been in the country since July and will be returning to Nigeria in January.

Blessing Okoli came to the U.S. to undergo heart surgery which involved the repair of two valves. The surgery was a success. She has been staying with Eddie and Laurie Garcia, of Lowell, and is being home-schooled with their family.

Chef Robert Shultz will present a tasting of various authentic Nigerian dishes with some culinary guidance by Fr. Eugene. Two examples of dishes that will be served are Moi Moi and Jollof Rice. The Moi Moi is a savory bean pudding uniquely prepared using the traditional Nigerian



Fr. Eugene Okoli with his niece Blessing.

method and the Jollof Rice includes a blend of tomatoes, onions, peppers and garlic paste. These two dishes are favorites of the people of Nigeria.

Friends and members of the Nigerian community from east and west Michigan

will be on hand to lend their support and grace the occasion.

The function will include displays and presentations, by St. Mary's Youth Groups, highlighting the culture and interesting facts about

Nigeria. Blessing Okoli will also perform a dance representing her homeland.

The Lowell community is invited. Call St. Mary's Church at 897-9820 for more information.

health



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



Temporomandibular joint (TMJ) Pains

The TMJ connects the upper and lower jaw bones. This joint allows the jaw to open wide and move back and forth when you chew, talk, or yawn.

There are many causes of TMJ pain. Repeated chewing (ie. with gum) and clenching your teeth can cause pain in the joint. Grinding your teeth during sleep also induces pain. Some TMJ problems have no obvious cause.

There are many things you can do to help your pain get better. When you have pain:

- Eat soft foods and stay away from chewy foods.

- Try to use both sides of your mouth to chew.
- Don't chew gum.
- Don't open your mouth wide.
- Don't bite your cheeks or fingernails.

- Lower your stress and worry levels - exercise works well for this.
- Over-the-counter medicines - Tylenol or Motrin may help.

If these measures don't help, consultation with your dentist may help. Perhaps a bite splint to wear during sleep may help.

happy birthday!

NOVEMBER 25
Pat Vezino, Melissa Peterson, Amy Swift, Shawn Ayres Hazel, Megan Hewitt, Lorri Myers.

NOVEMBER 26
John Erickson.

NOVEMBER 27
Bonnie Vezino, Kim Harding, Marty Chambers, Chad Uzarski, Elizabeth Roudabush, Heather Burrows, Aaron Rittersdorf, Josh Spencer, Aiden Malone.

NOVEMBER 28
Shelly Hildenbrand Richmond, Lee Miller.

NOVEMBER 29
Gail Thomet, Kelly Sauber, Scott Swanson, Tara Propst.

NOVEMBER 30
Jason Craig, Todd Ryder, Joe Kiczanski, April McClure.

DECEMBER 1
Travis Briggs, Nate Schoen, Deb Anchors, Denny Brenk II, Joyce Watrous.

The moment a little boy is concerned with which is a jay and which is a sparrow, he can no longer see the birds or hear them sing.

- Eric Berne (1910 - 1970)

college news

Devon Collins, Robert Damuth, Tonja, Killingham, Jean Kimberlin, Gary Rowen, and Elizabeth Westemeyer, all of Ada; Amanda Anderson, Ashley

Jenkins, and Jessica Wenger, all of Alto; and Mary Pyle, of Lowell; are 2009 summer graduates of Western Michigan University.

area churches

FIRST CONGREGATIONAL
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www.OurBigChurch.org
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Church School.....10:15-11:15 a.m.
Thursday Faith Alive
Casual Worship.....6:30 P.M.
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(Assembly of God)
3050 Alden Nash S.E. • 897-1100 • Staffed Nursery
Robert Holmes, Pastor
SUNDAYS:
Worship: 10 a.m.
WEDNESDAYS:
Family Night (for all ages): 7:00 p.m.
"The Source" Youth: 7:00 p.m.
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FIRST UNITED METHODIST CHURCH OF LOWELL
621 E. Main Street • 897-5936
www.lowellumc.com
WORSHIP..... 8:30 & 10:30 a.m.
SUNDAY SCHOOL.....9:30 a.m.
Rev. Rick Blunt
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ALTO UNITED METHODIST CHURCH
Kirby and Harrison
Alto • 616-691-8011
Worship.....9:30 A.M.
Children's Church.....9:30 A.M.
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Pastor Dean Bailey

FIRST BAPTIST CHURCH OF LOWELL
2275 West Main Street • 897-7168
Internet: http://www.fbcloowell.org
Rev. David O. Sims & Rev. W. Lee Taylor
Sun. Worship Service.....9:30 A.M. & 6:00 P.M.
Sunday School Hour.....11:00 A.M.
AWANA/EXCITE • TEENS, Wed. 6:15 & 6:30 P.M.
Contact Church Office For Prayer Meeting Times
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Fr. Eugene Okoli
402 Amity St. • 897-9820
www.stmary-lowell.com
Weekend Masses: SAT. 5 PM; SUN. 9:30 AM
Weekday Masses: 7:45 AM
Holy Day Masses: 9 AM & 7 PM
Saturday confessions: 4-4:45 PM
Prayer & adoration each Wed. 8:15 AM - 8 PM
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201 N. Washington Lowell, MI • 897-8800
Pastor Wes Hershberger
Sundays - Christian Education.....9:15 a.m.
Celebration.....10:40 a.m.
Wednesdays - Kid's Service, Teen's Service, Adult Bible Study.....7:00 p.m.
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10305 Bluewater Highway (Missouri Synod)
Halfway between Lowell & Saranac on M-21
www.goodshepherdloowell.org
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Worship Service.....10:00 A.M.
(Nursery available)
Joseph Fremer, Pastor 897-8307
All facilities are wheelchair accessible

CALVARY CHRISTIAN REFORMED CHURCH OF LOWELL
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

SNOW UNITED METHODIST CHURCH
3189 Snow Ave. SE, Lowell
Pastor Dr. Mike Conklin
9:45 A.M.Sunday School
10:30 A.M.Fellowship
11:00 A.M.Worship
897-9863
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Thankful Leaders

Doug Dickerson
Executive Director,
Management Moment
Leadership Services

This week we will congregate with family and friends to celebrate Thanksgiving. Millions of Americans will gather around the table to feast on turkey and all the fixings and to tune in to one of the traditional Thanksgiving Day football games.

The celebration of Thanksgiving is one of remembrance and gratitude for the blessings of life we enjoy. In his Thanksgiving Day proclamation in 1789, George Washington offered a blueprint as to how the day ought to be remembered.

In part, the proclamation read, "Now, therefore, I do recommend and assign

Thursday, the 26th day of November next, to be devoted by the people of these States to the service of that great and glorious Being who is the beneficent author of all the good that was, that is, or that will be; that we may then all unite in rendering unto Him our sincere and humble thanks for His kind care and protection of the people of this country previous to their becoming a nation..." As our nation's first president he had a keen understanding of the origins of our blessings.

Washington's proclamation touched on themes that are worthy of another look. The themes are guiding principles for every generation of leaders. Here are a few observations for consideration.

Thankful leaders are devoted to service. Washington proclaimed the day be "devoted by the people of these States to the service of that great and glorious Being who is the beneficent author of good." Our highest calling as leaders is to serve.

The most tangible form of service to "that great and glorious Being" is found in service to our fellow man. Frank Warren said, "If you wish to be a leader you will be frustrated for very few people wish to lead. If you aim to be a servant you will never be frustrated." One of the most defining qualities of a leader is not in who serves him, but in whom he serves.

Thankful leaders are sincere and humble. "...

that we may then all unite in rendering unto Him our sincere and humble thanks..." Washington said. Leaders are grateful not so much for their position (the weakest form of leadership) but for the blessings that the position offers. With the position comes great responsibility to do good.

John Ruskin wisely said, "I believe that the first test of a truly great man is his humility. I do not mean by humility, doubt of his own power. But really great men have a curious feeling that the greatness is not in them, but through them. And they see something divine in every other man and are endlessly, foolishly, incredibly merciful."

A leader comfortable in his own skin is sincere and humble. He is not self-absorbed by a sense of self-importance, but understands that it is through humility, sincerity, and service to others that his greatest contributions are made.

Thankful leaders are unifiers. Later in the proclamation Washington said, "And also that we may then unite in most humbly offering our prayers and supplications..." Like Washington, leaders today understand the significance of what happens when people come together for a common purpose.

Washington understood

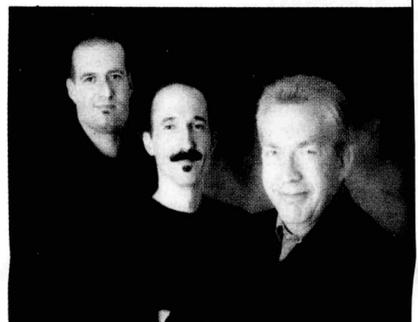
the struggles of the past and he knew the importance of the future. In order to move forward in unity of purpose he knew it was only possible through unity of heart. Washington called upon Americans to pray to "beseech Him to pardon our national and other transgression" and asked that we be enabled "to perform our several and relative duties properly and punctually."

Thankful leaders unite people around causes greater than self. With all the challenges that we face today, and all that we have to be thankful for, can we do any less?

Happy Thanksgiving!

MacNaughton Boulevard brings jazz to the holidays

The ensemble MacNaughton Boulevard, lead by Roger MacNaughton, adds a musical twist to the holidays by performing jazz-inspired carols, Jazz Vespers, at Grand Rapids' First United Methodist Church on Dec. 19. Musical selections at the 6 p.m. service include traditional favorites "Angels we have heard on high," "Away in a manger," and "The Holly and the Ivy." Joining pianist MacNaughton are Charlie Hoats (bass), Mike Hyde (guitar) and Steve Anzivino (drums). Additionally, Grand Rapids Symphony cellist and Lowell resident Steve VanRavenswaay joins



The members of the group, MacNaughton Boulevard

MacNaughton as the piano/cello duo MacRaven who will perform "Christmas Eve" from their first CD release Winter Canvas.

First United Methodist Church is located at 227

Fulton Street. Parking is free in two church lots located off Barclay Avenue NE at the corner of 227 Fulton St. A free-will offering will be taken.

Jake and Peg (Margaret) Hoover Celebrate their 60th Wedding Anniversary



Jake and Peg married at St Mary's Church, Lowell on November 26, 1949 They immediately moved into their residence on Whites Bridge Rd and have never left. They have 4 children: Jake and Sharon Hoover (Grandville); Vince and Lucy Hoover (Ada); Matt and Kathy Hoover (Lowell) and Doug Brown and Judy Hoover-Brown (Lowell); and 8 grandchildren and 3 great-grandchildren.

Their many travels bring fond memories of the Rockettes at Radio City Music Hall, so in celebration the family attended the Rockettes performance at the Van Andel Arena on November 23rd.



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Nancy,
Joe & Randi,
Diane & Joe



Alto Elementary fourth grade photography project

Alto Elementary art student teacher Emily Westphal has designed a course unit creating photography accordion books for our fourth grade students. Students are asked to take five photographs at home with the help of their family. Photos will have a predefined theme. Students are asked not to take random shots, but think about design and how they will work together in an accordion book, using different orientations and arrangements. In class, students are going on a photography scavenger hunt. As a group, their mission is to take a photo to match each of nine different descriptions, such as orientation, portrait or landscape, centered or off centered arrangement, an example of letter photography, a group photo, a portrait of Westphal, an angle shot and a free shot and get creative.

Pictured is one of Westphal's favorite shots of the first day.

NOTICE OF ORDINANCE ADOPTION LOWELL CHARTER TOWNSHIP

PLEASE TAKE NOTICE that at the regular meeting of the Lowell Charter Township Board held on November 16, 2009, Ordinance No. 05-2009 Ag-1 Lot Splits was adopted. A summary of the amended ordinance is as follows:

1. Define an "original parcel" as a parcel in the AG-1 Zone which is of record on the effective date of this proposed amendment;
2. Allow one building permit for a single family dwelling to be issued for all original parcels in the AG-1 Zone which are vacant and which are less than 80 acres in size. The original parcel may be divided to create a new lot for a new dwelling but the new lot must meet the lot size requirements of the AG-1 Zone. A building permit for a new dwelling will not be issued for any other lots created from the original parcel;
3. Allow two building permits for single family dwellings to be issued for an original parcel in the AG-1 Zone which is vacant and which is 80 acres or more in size. The new lots created for the two dwellings must meet the lot size requirements of the AG-1 Zone. A building permit for a new dwelling will not be issued for any other lots beyond these two created from the original parcel;
4. Authorize the Township to establish a system to monitor the land divisions in the AG-1 Zone;
5. Reduce the minimum road frontage requirement for a new parcel in the AG-1 Zone from 300 feet to 200 feet;
6. Amend the minimum lot size and road frontage requirements for other permitted uses in the AG-1 Zone;
7. Delete the definitions of "Agricultural Dwelling" and "Non-Agricultural Dwelling";
8. Delete the term "Agricultural Dwelling" as a permitted use in the AG-1 and AG-2 Zones.

This ordinance shall become effective December 2, 2009. A copy of the complete text of the ordinance can be obtained at the Lowell Township offices, 2910 Alden Nash SE, during regular office hours or by calling 897-7600.

Linda S. Regan, Clerk

Murray Lake names their staff member of the month

Murray Lake Elementary named Maria McGovern Staff Member of the Month for October. McGovern teaches kindergarten at Murray Lake. McGovern and husband Michael are the proud parents of three boys. She is a graduate of Illinois State University and received her Master's degree from DePaul University.

Fellow kindergarten teacher Karla Byrne was one of the staff members who nominated McGovern. "I think part time teachers can be easily overlooked for their hard work and dedication. It is not easy juggling being a mom and a teacher. Maria always shares her new ideas with her colleagues and puts 110 percent into her classroom each and every day," commented Byrne.

"I enjoy being part of Murray Lake because of the wonderful families and outstanding staff. Everyday I come to work knowing that I have the best co-workers and principal anyone could imagine. They are helpful, encouraging, and fun to be with. The children and parents are also the best. Working together with them makes my job so much easier and we are able to accomplish so much," said McGovern.



Maria McGovern

McGovern enjoys spending time with her family when not teaching. She also used to do some tap dancing.

I never teach my pupils. I only attempt to provide the conditions in which they can learn. - Albert Einstein (1879 - 1955)

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Nail Art & Spa offers relaxation, friendly service

by Emma Palova

At Nail Art & Spa it is all about relaxation and luxury. Beautiful leather chairs and granite slab stations invite you to sink into self-indulgence.

Whether getting a manicure or a pedicure, the salon offers a unique experience. Owners Tina and Kyle Nguyen opened the salon located inside the Stone Ridge Center on Nov. 9. They both have experience in doing nails from previous jobs.

"It's something I like to do," said Tina. "It is art." The couple picked Lowell because it doesn't have a manicure and pedicure salon.

"Lowell needs a place like this to come and relax after a long day," said Tina. Their number one priority is cleanliness and great service. The fully-licensed salon has six nail stations and four pedicure chairs. Tina plans on having four full-time and one part-time employee.

Among the services are: nail full set, nail fill, waxing, spa pedicure and manicure, nail art and airbrush.

Tina graduated from Union High School in Grand Rapids, she also has two years of education in computerized banking and training from the Kent Intermediate Center, and Chic Cosmetology University in Grand Rapids. She has a total of eight years of experience in doing nails.

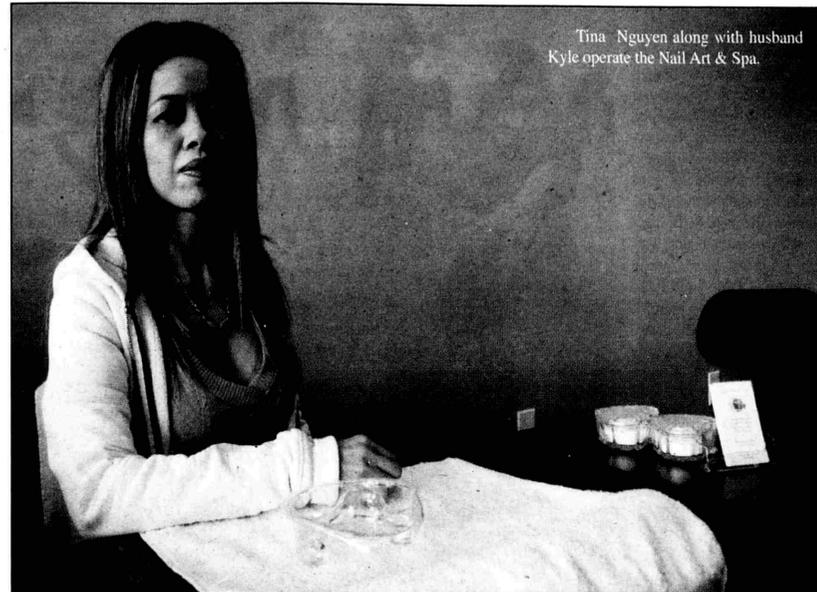
The couple has previously owned a nail salon in Muskegon.

"Come and give us a try," said Kyle. The salon will be open on Sundays from noon to 5 p.m. Currently, through the month of November, there is 20 percent off on all services except for waxing. "We provide a relaxing atmosphere," said Tina. "We look forward to serving you."

For more information call 897-8280. Hours are Monday through Friday from 9:30 a.m. to 7:30 p.m., Saturdays from 9 a.m. to 5 p.m.

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Tina Nguyen along with husband Kyle operate the Nail Art & Spa.

Healthy habits lead to healthy weight

As the childhood obesity epidemic continues to grow, experts at Helen DeVos Children's Hospital have developed a simple message to help parents provide a healthy, active lifestyle for their children. The evidence based 7654321 method is a quick and easy way to remember components of a healthy lifestyle.

- 7 Breakfasts every week
- 6 Home-cooked meals per week
- 5 Servings of fruits and vegetables each day
- 4 Ounces of 100 percent juice per day or less
- 3 Servings of low-fat dairy each day
- 2 Hours or less of screen time each day
- 1 Hour or more of physical activity each day

overweight children ages six to 11 increased from more than six percent to nearly 19 percent. The rate for overweight children ages two to five has increased from five percent to nearly 14 percent. We need to work together to stop this trend."

"Michigan is among the most obese states in the country," said Tom Peterson, MD, medical director, quality, Helen DeVos Children's Hospital. "Between 1980 and 2004, the incidence of

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Red Arrow SPORTS

All Arrows point east following 21-point win over Brother Rice

by Thad Kraus

Numbers don't always tell the whole story, but they most certainly did in the Division 2 semifinal football game in Howell on Saturday.

If that wasn't enough, Brother Rice coach Al Fracassa's story coincided with the numbers following his club's 35-14 loss to Lowell.

"I have to give credit to Lowell's offensive line. It was very, very good. Lowell was able to control the ball on us and that was the story," Fracassa said.

Lowell ran 76 offensive plays. Brother Rice ran 41.

Lowell controlled the ball for 34 of the game's 48 minutes.

Of Lowell's 428 total yards, 327 came via ground control.

"We had hoped to come out and run our style of offense. We started a little flat but then played the rest of the game well," said Lowell football coach Noel Dean. "We were able to continue to get the ball into the end zone and to control the clock."

Brother Rice had the ball for one possession of three minutes or more. Seven of Lowell's 10 possessions were of three minutes or more.

"You know, what they run is called the veer. When you have a runner like that (Austin Graham) and a quarterback like that, it's hard to stop an offense like that when they get it rolling good -- okay, and he (Gabe Dean) runs it to perfection," Fracassa said.

Lowell's defense had a role as well in the Red Arrows ability to control the clock. The Red Arrows limited Brother Rice to 18 yards on the ground in 13 attempts. While the big play threat is that the Warriors' offense was not completely shut down, Lowell's defense did limit the damage of Brother Rice's perimeter talent. The Warrior quarterback tandem of Frankie Popp and Tyler Lenzion completed 13 of 28 passes for two touchdowns. However, only three of those passes were for more than 20 yards.

Lowell's defense may

"They had us scared all week. They have some serious talent on the perimeter," said Lowell defensive coordinator Jason Katt.

Lowell's defense had a



Gabe Dean finds some running room against the Brother Rice defense.

have stood tallest on two Brother Rice possessions inside the Red Arrow 15-yard line.

The first one came in the first quarter with the Warriors leading 6-0. Brother Rice had the ball at the 12-yard line and came away with no points.

Trailing 21-14 in the third quarter, with the ball at the Lowell nine-yard line, Brother Rice was stuffed on a fourth down and one.

"We knew it was a big play for them and they'd probably run the football," said Lowell defensive end Marc Destine. "We had to get in there and do what we do best, make some hits and make a stop."

Following that big stop, Graham, from Lowell's own 10-yard line, busted through the Warriors' left side of the line and rumbled 90 yards for Lowell's fourth score

of the game and a 28-14 advantage.

"Our offensive line was terrific. It was the difference today," Dean said.

Trailing 6-0, Lowell finally got on the board in the second quarter when Gabe Dean ran it over from six yards out to cap a 69-yard scoring drive.

The Red Arrows increased their lead to eight on their next possession. Lowell marched 75 yards with Dean scoring from the five-yard line. The big play of the drive was a 35-yard pass-and-catch from Dean to Derek Cornish.

Five minutes later, it was Graham busting in from the three to give Lowell a 21-6 lead.

Brother Rice, though, with 1:19 to play in the half, completed three passes covering 73 yards in 34

seconds to rally back to within seven at 21-14. The 16-yard touchdown pass went from Lenzion to Keivonte Martin-Manley.

Rice's first touchdown came on its opening series when Popp connected with Nate Slappey for 62 yards and a touchdown.

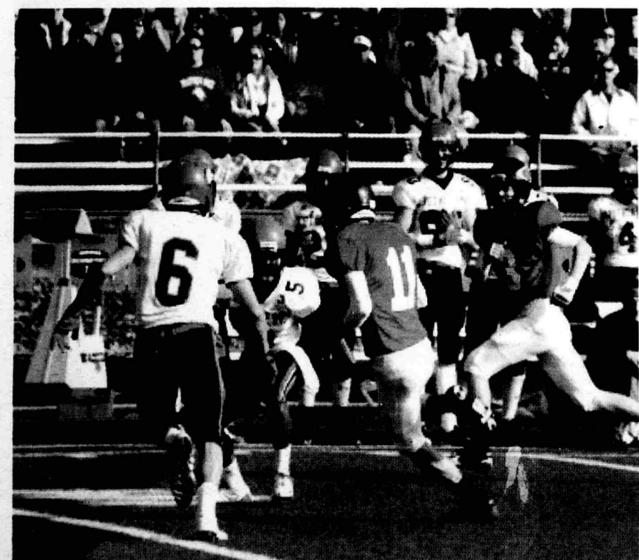
Lowell's final score of the game came with 6:01 to play when Dean scored from the four-yard line, capping off a 16-play, 79-yard drive.

"The last time we played Lowell they beat us 34-14. They got one point on us this time," Fracassa mused. "Our boys didn't quit. It was a good game against a good, well-disciplined football team."

Lowell (12-1) now plays for the Division 2 state title Friday at Ford Field against Inkster (10-3), a 12-3 winner over DeLaSalle.



Lowell's Austin Graham ran for 217 yards in Saturday's 35-14 win over the Warriors.



Derek Cornish is on the receiving end of a 35-yard pass play from Gabe Dean.



Lowell cheerleaders greeted both Red Arrow and Warrior players as they exited the game on Saturday.

Lowell's lacrosse team undefeated

Undefeated is the word for the Lowell varsity lacrosse team. Lowell traveled to Northville to play in a 7v7 Tournament where 150 teams from all over the state participated.

Our Lowell team, led by coach Tim Creighton, went undefeated in the men's varsity division playing a total of five games in one day.

"Our players were ready for this tournament and it showed. We were short two

players out of a 15 man roster but the boys came together as one solid team to fill in the holes," said Creighton.

The guys really respect each other and they stepped it up when they needed to which was obvious from the outcome of this tournament.

This big boost comes off the heels of a summer tournament where the JV team was also undefeated. A large portion of that team were made up of the same players from this young varsity team.

Lowell has really taken the game of lacrosse to another level. The players are very excited for the 2010 school season. The difference is the players are now participating in winter leagues and camps provided all season from professional lacrosse players. Essentially they have taken it upon themselves to become sharper and stay conditioned all winter during the off season when it matters most.



Pictured, back row: Alex Nurmikko, Gerrid Ball, Steve Hauschild, Tim Creighton, Kameron Claypool, and Matt Hanks; front row: Alec Downing, Jon Bassin, Joe Potter, Reece Posthumus, Jim McCormick, Taylor Martin, and Charlie Young.

Someone had to say it!



Thad Kraus

here in Lowell and join the other teams and folks that have come before them."

Dean notes that those previous playoff games provide motivation and help to regain focus, vision and clarity in what they are trying to do.

"The biggest piece to all of that is leadership. You can't have a team with any success unless you have that guy who is willing to work harder than anybody, who lives a good lifestyle away from the field and who treats people with

respect," Dean explained. "We have that guy in Randy (Hogan). He is very clear on expectations for everybody and how they are to handle themselves."

Hogan and his senior mates found their new role awkward to start.

"It took a little time for us to get use to the role of leader and having other players look to us," Hogan explained.

The Lowell coach calls this year's squad the most intelligent he's coached in his 14 years as the Lowell

coach.

"We have eight or nine players with grade-point-averages of 3.9 or higher and probably 10 other players with GPA's between 3.5 and 3.9.

Time will make Saturday's 35-14 win over Brother Rice memorable, but it's not what they seek in the present. That will not come until, and if, they are fortunate enough to hoist the championship trophy.

Red Arrow defensive coordinator Jason Katt

knows and hinted to that on Saturday when he declared his joy for their win over Brother Rice, but, "We all know the boys are not satisfied."

That was evident by Connor Kruse following Lowell's win.

"It means so much to me. In wrestling we made it to state and won. That meant so much to me. Now we get to go for football. My heart is just pounding thinking about it," Kruse said.

STATE FINALS T-SHIRTS & TICKETS

Get your RED RALLY STATE FINAL T-SHIRTS (\$10 each or 2 for \$15) Wednesday from 10 a.m. to 6:00 at the High School Spirit Store. Tickets from 10 a.m. to 2:00



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LOWELL LITHO

buyers guide
"The People Paper"

897-9555
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Lowell

obituaries

LALLEY

Descendent of 1838 Ionia county pioneer, Peter Hackett, longtime resident of Ionia, Patricia Lampkin Lalley, passed away peacefully in her home on October 14, 2009. Patricia was born in Ionia in the home of her grandparents, Bert and Sarah Lampkin, on September 20, 1918. Patricia was the only child of Harold Lampkin and Berenice Marie Hackett Lampkin. Patricia is survived by her sons, John Lalley, of California; and his children, John, Mathew, and Erin Anne; and Michael (Madonna) Lalley, of Ionia; and their children, Michael and



Emily Anne-Marie; and her daughter, Annette (Mark) Lalley-Ritzema, of Lowell; and their children, Jeffrey, Todd, Timothy, and Katherine Patricia. Surviving nieces and nephews are the children of Robert and Bernice Lalley, Jo and Bill Lalley, and Margret and Lloyd Delehanty. A memorial service honoring Patricia was held at on Friday, November 20, at Saints Peter and Paul Catholic Church in Ionia. That church stands on ground that was donated by Peter Hackett. Patricia was buried at St. Mary Cemetery in Lowell, along side her husband Jack in the Lalley plot. Donations in Patricia's memory can be made to the Ionia Public Schools Scholarship Fund.

MOORED

Larry L. Moored, of Allegan, died Thursday, November 19, 2009 at his home. Mr. Moored was born June 27, 1947 in Allegan, the son of William and Mildred (Strickfaden) Moored. Larry was a Veteran of the United States Navy.

Holiday shopping tips

The holiday shopping season is here and millions of people will be heading to the nation's shopping malls focused on finding the perfect gifts, but crime isn't taking a holiday. Police departments across the country report increased calls during the holiday season when shoppers tend to think less about holiday shopping mall safety and more about buying presents.

Patrick Fiel, public safety advisor for ADT Security Services. Fiel said, "It's never possible to completely eliminate the risk of violence, but being aware of your surroundings and choosing to shop at malls that take security seriously are two important things you can do to help protect yourself and your family against violence while shopping this season." To help make shopping at the mall safer for you and your family, Fiel suggests the following tips:

- Park in a well-lit area as close to your destination as possible. Parking lots and structures are typically the most dangerous places at the mall. If you are shopping alone and feel uncomfortable walking to your car at night, ask mall security officers for an escort. Consider valet parking during the holiday

Shopping tips, continued, page 14

VERGENNES TOWNSHIP

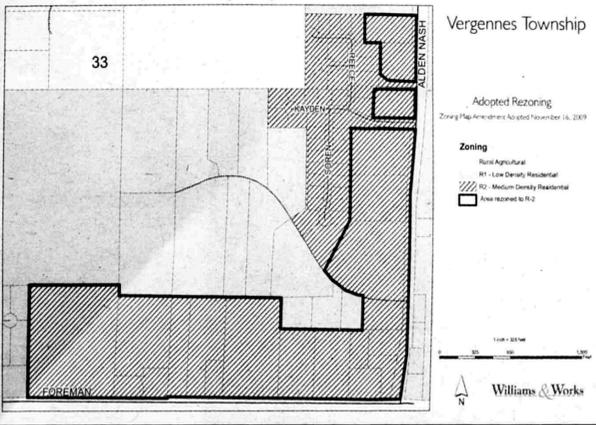
Notice of Adoption Ordinance 2009-1 Private Road Ordinance Amendments

PLEASE TAKE NOTICE that Ordinance 2009-1, amending certain portions of the Vergennes Township Private Road Ordinance Section 202.000, was adopted at the regularly scheduled meeting of the Vergennes Township Board held on Monday, August 17, 2009 at 7:00 PM, at the Vergennes Township Hall, located at 10381 Bailey Drive, Lowell, MI. The amendments are as summarized below:

The amendments clarify and add more definitions, make all terms diameter instead of radius, allow the Twp. Engineer to recommend improved surfaces where erosion conditions exist as an approval condition, add details on boulevard entrance requirements, created cross section illustrations of road construction standards, update recording requirements of maintenance agreements and drainage easements, Twp Board may require upkeep of a private road, add a financial guarantee requirement submitted for road improvement costs and insurance, add a method for road construction plan deviations, add a section outlining the developer's engineer road completion certification, add testing standards, outline final approval by Twp. Board, add section on building houses before the road is completed, add new section regarding shared driveways and update fees, penalties and indemnification sections.

This ordinance takes effect 30 days after publication. The complete ordinance amendments can be reviewed at the Vergennes Township Hall, 10381 Bailey Drive, PO Box 208, Lowell, MI 49331 - Phone: (616) 897-5671 [fax 897-5674] or on the website at www.vergennestwp.org.

Mari C. Stone Vergennes Township Clerk



LEGAL NOTICE

STATE OF MICHIGAN PROBATE COURT COUNTY OF KENT

NOTICE TO CREDITORS Decedent's Estate File No. 09-187,650-DE

Estate of: GERALDINE CELINA KRAJEWSKI, date of birth: 11/22/1944.

TO ALL CREDITORS:

NOTICE TO CREDITORS: The decedent, GERALDINE CELINA KRAJEWSKI, who lived at 1346 ATLANTIC NW, GRAND RAPIDS, MICHIGAN died 10/17/2009.

Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to GWENDOLYN E. SPAULDING, named personal representative or proposed personal representative, or to both the probate court at 180 Ottawa NW, Grand Rapids, and the named/proposed personal representative within 4 months after the date of publication of this notice.

11/9/09

Gwendolyn E. Spaulding 1346 Atlantic NW Grand Rapids, MI 49504 616-453-0052

Rudd's SEPTIC SERVICE advertisement with coupon for 1 Year Supply of Custom Bio Bacteria or \$15 Off Septic Pumping.

Our Pledge to Michigan

Did you know Michigan has its own Pledge of Allegiance, enacted in 1972? We make a pledge to Michigan, too... a pledge to serve you and Michigan better than any other insurance company. Call today.

Advertisement for Mark Johnson and Terry Abel, Michigan's Insurance Company, featuring the state seal and contact information.

classifieds

office hours: Mon.-Thurs. 8 a.m.- 5 p.m. Fri. 8 a.m. - 2 p.m. closed Sat. & Sun.

for sale

MEMORY FOAM MATTRESS - Tempurpedic style visco memory foam. Never used. Queen \$595, king \$795. 616-682-4767 or 293-6160.

BOB'S 12th ANNUAL BIRD HOUSE SALE - Bird houses & feeders make great Christmas gifts.

CHRISTMAS TREES - Colorado Blue, Norway, white Spruce trees. Pre-cut & U-cut trees. 8700 Morse Lake Ave., Alto. Open Fri., Nov. 27, 10 a.m. - 5 p.m. Saturdays 10 a.m. - 5 p.m. & Sundays noon - 5 p.m.

1995 JEEP GRAND CHEROKEE - Great car for new teen or good winter car! Car has been well maintained for our college student.

TOTAL GYM GOLD - \$100 & ProForm treadmill, \$150. Call 897-8963.

2-YEAR-OLD SEASONED HARDWOOD - Oak, cherry & maple, don't get caught in the cold with no heat, order now because they are almost out.

FOR SALE - Wood dinette set w/leaf & 4 chairs, \$75; Amish-crafted sofa, \$75; stationary exercycle, \$35; chest of drawers, \$25; office chair, \$20; upright vacuum, \$15. Ph. 616-295-7130.

MATTRESS - Replace your worn out mattress for as little as \$79, all sizes. Name brand. Never used. 616-682-4767 or 293-6160.

MAKE SURE YOUR BUSINESS IS LISTED - in the 2010 Lowell City Directory!

3 BEDROOM HOUSE - Alto/Clarksville area, Lowell Schools, approx. 1,150 sq ft., detached garage. \$750 a month plus deposit.

FOR RENT - Lowell, 1 bedroom, 1 bath apartment, utilities included. \$600/month. 112 N. Jefferson. Call 897-4829.

FOR RENT - 4-5 bedroom farmhouse near Lowell High School with easy access to M-21. Call 897-8785 eves.

HALL FOR RENT - Lowell Veteran's Center, 3100 Alden Nash. Newly remodeled, smoke-free, private, great location & great rate!

for sale

CLASSIFIEDS ARE NOW ON OUR WEBSITE ALSO - www.lowellbuyersguide.com.

FIREWOOD - for outside wood stoves, all hardwood blocks. Call 616-458-3559.

wanted

WANTED TO BUY - Walnut trees for timber. Call Bob Sayers at 616-527-4142, Ionia.

CASH PAID FOR - Advertising items, Zippos, older military items, fishing lures, jewelry, metal toys, games, etc. Call 616-550-0521 to sell pre-70's stuff!

misc.

IT'S THAT TIME OF YEAR AGAIN - Christmas will soon be here. With that in mind All Weather Seal is looking for a family in the Lowell area whose house could use a little extra care this year when the cold air starts to settle in.

DENNY APARTMENTS & ROOMS FOR RENT - 1 bedroom efficiency & rooms. 897-8656.

LOWELL MOBILE HOME PARK - Under new management. Nice 1, 2 & 3 bedroom trailers for rent.

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

ROOM FOR RENT - \$400 a month includes utilities. Pets are welcome. Call 897-7090.

FOR RENT - House, pasture, barns, 3 bedroom ranch, Lowell Schools. 616-897-5807.

ALTO - 1 bedroom apartment for rent. \$350 a month + utilities. \$350 deposit. Call 868-9915.

MARKETERS NEEDED - Apply Monday through Friday, 9-5 p.m. at 319 E. Main St., Lowell 49331.

WINDOW CRAFTSMAN NEEDED - Top pay scale in Michigan, full-time work. You must supply your own tools including brake & truck.

UPS SHIPPING AT THE LOWELL LEDGER! Call for a price quote! 897-9261

COMPUTER REHAB - \$55 all repairs - Virus & Spyware removal. No diagnostic fees! Mon. - Sat., 100 W. Main St., Lowell. 616-828-5346, www.computerrehab.ws

for rent

RENTOR LEASE/OPTION - 3 bedroom, 1 bath ranch located in nice quiet neighborhood 1 mile E. of Lowell High School.

CENTER COURT APT - first month rent free! (w/12 month lease.) 2 bedrooms, \$600; 1 bedroom, \$500; on-site laundry & cats allowed.

RENOVATED (2009) - 2 bedroom Victorian (circa 1870) home for rent in Lowell. \$950/mo. 8 rooms (original woodwork/stained glass) in total including a separate pantry w/floor-to-ceiling built-in cabinets & bonus room.

ALTO DAYCARE - has two openings, 1st, 2nd & 3rd shift, on the food program, CPR trained, planned activities, animal friendly house, \$80 per week. 868-0752. www.amyskidsdaycare.com

OVERWHELMED BY DEBT? WE CAN HELP - A beacon of light cutting through the fog of debt. Davis Legal Advocates, give us a call 897-7010, 1151 Bowes Road, Lowell.

WE LEND A HAND IN YOUR HOME - We are a new volunteer service for the elderly in Lowell. We will organize your home, clean cupboards & closets, rearrange your furniture & pick up donations.

IONIA-MONTCALM CHAPTER #6 - of State Employee Retiree's Association, serving Montcalm & Ionia Counties & the Lowell area, will hold a Christmas luncheon on Wed., Dec. 9 at noon in the Administration Building of the Intermediate School District.

LITTLE MONKEYS CHILD CARE - has Part-time & full-time before & after school openings. Close to schools, transportation provided for preschoolers. Opening Dec. 7. Call 421-8182.

PIANO LESSONS - Improve your child's school performance, concentration & confidence by learning Jazz, Blues & Classical piano & music notation.

LA LECHE LEAGUE OF ADA, CASCADE, LOWELL - 2nd Thurs. 7 p.m. meeting. Support for pregnant/breast-feeding women. Church in Ada. 752-8300.

WEIGHT WATCHERS - Thursdays at 5:30 p.m. at Impact Church, 1070 N. Hudson. New members invited. 1-800-651-6000.

GENEALOGY ALTO FAMILY TREE CLUB - second Thursday at Alto Library, 2 p.m.

LOYAL ORDER OF MOOSE - second Thursday, 7:30 p.m. Members in good standing may attend.

services

FALL CLEANUP - let us help prepare your yard for winter, we will take care of leaves, perennials, & pruning. Please call Tom at Scenic Expressions, LLC, 240-6215.

HANDY REPAIR SERVICE - All kinds of service work: locks rekeyed, deadbolts installed, screen & window repair. Call Bob Ford, 299-3198.

TAXES, PAYROLL, QUICKBOOKS, & ACCOUNTING SERVICE - by certified Quickbooks advisor. Call Kathy 897-6351.

S&A COMMERCIAL & RESIDENTIAL CLEANING - licensed & insured. Dependable, responsible rates. Call Stephanie, 616-835-3392 or Ammie, 616-902-6048.

SOLVE YOUR MONEY PROBLEMS - Earn more working part-time than most do full time. Free mind blowing report: Dry Tech, Promo#CL30068, 8920 Quartz Avenue, Northridge, CA 91324. 1-800-507-7222.

ALTO DAYCARE - has two openings, 1st, 2nd & 3rd shift, on the food program, CPR trained, planned activities, animal friendly house, \$80 per week. 868-0752. www.amyskidsdaycare.com

ANGEL FOOD MINISTRIES - Sign up at the Nazarene Church, 201 N. Washington St., Fri., Dec. 4, 6-8 p.m. & Sat., Dec. 5, 10 a.m. - noon. You may also order online using your debit or credit card.

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services

SNOWPLOW SERVICE - Commercial & residential, salting & shoveling services also available. Experienced & insured. Scenic Expressions LLC call Jon at 240-4464.

FIELDSTONE FARM ANTIQUES - for all your antique and collectible shopping come visit the farm! A full line from primitive to fine porcelain and everything in between. Shop open Fri. & Sat. 10 a.m. to 4 p.m. & Sun. 11-4 p.m. or by appointment, now through Dec 18. Also, appraisals. 9449 Wingeer Ave SE, Alto (1/2 mile south of M-50). 616-890-6740.

COPIES COPIES - Color & black & white copiers! Excellent quality! As low as 10c per copy for black & white. Stop by our office, Lowell Litho, 105 N. Broadway.

Community Calendar

PLEASE NOTE - Coming Events are for non-profit organizations. They are ran on a space available basis & are not guaranteed to run. If you would like to make sure your event is placed in the paper, please call our office & place it as a classified ad.

MOVIE/FAMILY NIGHT - Nov. 27, 6:30 p.m. Showing Aliens in the Attic. Free movie & popcorn.

FOOD DRIVE & GIVING TREE - now thru Dec. 12 at the Saranac Public Library. Library times will be waived for donations. See library staff for details.

5th ANNUAL IMPACT CRAFT/HOME BUSINESS EXPO - Sat., Dec. 5, 9 a.m. - 4 p.m. Craft show & home business expo.

ANGEL FOOD MINISTRIES - Sign up at the Nazarene Church, 201 N. Washington St., Fri., Dec. 4, 6-8 p.m. & Sat., Dec. 5, 10 a.m. - noon. You may also order online using your debit or credit card.

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

HOT TUB SERVICE - Every make & model, covers, supplies, maintenance. Call The HotwaterDr. 616-874-3385 or contact hotwaterdr.com.

COPIES COPIES - Color & black & white copiers! Excellent quality! As low as 10c per copy for black & white. Stop by our office, Lowell Litho, 105 N. Broadway.

TEEN MOPS - support group for pregnant teens/teen moms, 1st & 3rd Fridays, 9:15-11:30 a.m. at Impact Church, 1070 N. Hudson St. Call 897-8304.

ADA HISTORICAL SOCIETY - second Saturday of every month at 10:30 a.m. at the Averill Historical Museum of Ada, 7144 Headley, Ada.

COFFEE WITH THE LOWELL CITY COUNCIL - First Saturday each month, 8 a.m. - 10 a.m. at Chamber office, 113 Riverwalk Plaza. Concerns & ideas welcome.

LOWELL AMATEUR RADIO CLUB - meets the 2nd Saturday at Flat River Outreach Ministries, 11535 E. Fulton, 9 a.m. social gathering, 10 a.m. meeting. LARC sponsors 145.27 MHz area radio repeater system.

FLAT RIVER OUTREACH MINISTRIES THRIFT STORE - is open Wed. - Fri., 10-6 p.m.; Sat., 10 a.m. - 4 p.m. at 11535 Fulton St. E. Thrift Shop, 897-8260, Food Pantry 897-8260, Emergency Services, 897-8260.

ALPHA WOMEN'S CENTER - 2251 W. Main. Hours: Mon. 11-5 p.m.; Tues. 6-9 p.m.; Thurs. 10-6 p.m. 987-9533. Diapers, formula, clothing & free pregnancy testing available.

AVERILL HISTORICAL MUSEUM OF ADA - 7144 Headley, is open every Friday, Saturday & Sunday from 1 - 4 p.m. Also by appointment. 676-9346.

ALTO LIBRARY HOURS: Tues. & Wed. 12-8 p.m.; Mon. & Sat., 9:30-1:30 p.m.; Thurs., 1-5 p.m. Info., call 647-3820.

ENGLER-HARDY LIBRARY HOURS - Mon.-Wed., noon - 8 p.m.; Thurs. & Fri., 9:30 a.m. - 5 p.m.; Sat., 9:30 a.m. - 1:30 p.m. 647-3920.

DORIC CHAPTER #75 - Order of the Eastern Star, will hold its regular communication on Tues., Dec. 8 at 7:30 p.m. at the Masonic Temple, 211 E. Main St., Belding. Dinner at 6:30 p.m. All members of the Order of the Eastern Star may attend.

HOOKER CHAPTER #73 - Royal Arch Masons, will hold its Stated Convocation, Wed., Dec. 9 at 7:30 p.m. at the Masonic Temple, 211 E. Main St., Belding. Dinner at 6:30 p.m. All Royal Arch Masons may attend. ALANON - Wednesdays at 8 p.m. Lowell First United Methodist Church, 621 E. Main St. (Use west entrance off Jackson St.) 897-5936.

Don't let the flu ruin your holiday

Red Cross offers steps to help avoid illness during the Thanksgiving weekend

With H1N1 flu causing illness all across the country, the American Red Cross has some steps to take that will lessen the chances of getting sick over the long Thanksgiving holiday weekend.

"Thanksgiving is a time to enjoy being with family, not to be in bed with the flu," said Sharon Stanley, chief nurse of the American Red Cross. "You can follow easy tips to try and avoid becoming ill over the upcoming holiday."

Thanksgiving is one of the busiest travel periods in the United States. If traveling for the holiday or hosting a family celebration, washing one's hands as often as possible is important to help ward off illness. The Red Cross offers the following ideas to help halt the spread of the flu virus during the Thanksgiving holiday:

Tips for Travelers Before traveling...

- If sick, stay home. It's disappointing to not be able to join in the family celebration, but act responsibly and stay home to avoid spreading the flu.
- It's possible to spread the flu virus one day before actually showing symptoms. Those who have been in close contact with a sick individual should be extra careful about using good hand hygiene and cough etiquette and very aware of what might be flu symptoms.

While traveling...

- Wash hands with soap and water as often as possible. If soap and water aren't available, use hand sanitizer with at least 60 percent alcohol.
- Use sanitizing wipes to disinfect hard surfaces such as airplane tray tables, luggage handles, cell phones, door handles and seat armrests.
- Remember to wash hands or use a hand sanitizer before eating any meals or snacks. It's important to remember that you are touching a lot of surfaces that others are touching as well. Make sure your hands are clean before you put anything into your mouth.
- Bring personal blankets, pillows and earphones to avoid using something which may have been in contact with the flu virus.

After washing hands in a public restroom, turn off the faucet with a paper towel. Then use another paper towel to dry hands and open the door when exiting the restroom.

Have a safe celebration

Thanksgiving is all about food, family and friends. Here are some steps that will help keep the celebration happy and healthy:

- Avoid the usual kisses and handshakes when greeting friends and family.
- If hosting the holiday dinner and someone in the household becomes ill, make sure that they can be isolated into a separate area for care, or ask another family member to host dinner to avoid spreading the flu.
- Wash hands frequently, before preparing food, while cooking, and especially before eating.
- Keep plenty of hand soap in the bathroom, preferably in a pump container. Skip the pretty hand towels this year and instead use disposable hand towels or a roll of paper towels.
- Consider putting the glasses away this year and using plastic cups, or provide a way for guests to identify their drinks. Don't drink out of anyone else's glass.
- Put serving utensils in every dish, including snacks like nuts, pretzels, etc. This allows people to spoon out their portion instead of reaching in with their hands.

Remember—always cover coughs and sneezes with a tissue and clean hands afterwards. If no tissue is available, cough or sneeze into the inside of the elbow or upper arm. Avoid touching the eyes, nose and mouth to prevent spreading germs. Visit www.redcrossgr.org for more information on how to keep safe and prepared for any emergency.

season when many malls offer free or reduced price valet parking. Look for security cameras and try to park near them. Also, opt for walkways leading to malls and parking lots that have security cameras installed.

- Choose to do your holiday shopping at malls that take security seriously. Shopping destinations with regular mall security patrols and visible surveillance cameras provide an added layer of security and a deterrent to criminals.
- Avoid using restrooms that are tucked away in a back area of a mall or store department. If you can, find a restroom near the mall's food court or other well-trafficked area and always accompany your child.
- Don't overload yourself with packages. Thieves are always on the lookout for people who might be distracted, keep track of your packages and try to stay off your cell phone. Hold your purse close to your body or use a front pocket if carrying a wallet.
- Always know where the closest exits are located. In case of a fire or other emergency, make sure you can find the nearest exits and remember to avoid using elevators in an emergency.
- Take extra care when returning to your car. If you notice anyone suspicious in the parking area you can use your keys as a weapon. If needed, you can also use your car's alarm system by pushing the panic button on your alarm remote control or car horn to draw attention.

"Being extra vigilant this holiday season will help keep you from becoming a crime victim," said Fiel. "Always trust your instincts and report any and all suspicious activity to shopping mall security officers or your local police. Reporting suspicious activity today will help keep your mall safer tomorrow."

Shopping tips, continued

purchase close to your body or use a front pocket if carrying a wallet.

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November 18 - November 24

- Oprah Winfrey announces that she'll be leaving her popular daytime talk show in 2011 as the show's 25th season ends.
- The Three Mile Island nuclear plant in Pennsylvania evacuated 150 workers because of a radiation leak.
- A Chinese man critical of the government's response to the 2008 Sichuan earthquake was sentenced to three years in prison.
- The rhinestone covered glove that Michael Jackson wore when he premiered his "moonwalk," was auctioned off for \$350,000.
- Miley Cyrus' tour bus crashes; the driver is killed.
- Sarah Palin holds her first book signing in Grand Rapids, MI.
- In Anchorage, Alaska, the volunteer "elves" are trying to counter a decision by the U.S. Postal Service to discontinue a program, begun in 1954, in the small Alaskan town of the North Pole. They were opening and responding to thousands of letters addressed to "Santa Claus" each year.
- Global warming could wipe out \$28 trillion worth of assets in the world's largest coastal cities as melting ice caps push sea levels higher, a new report warns.
- The ultra low interest rates the U.S. has been paying on its colossal debt may not last much longer. The White House estimates that the tab will exceed \$700 billion a year in 2019.

Kid Scoop

THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE

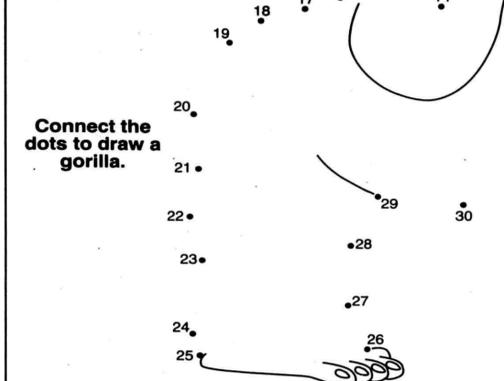
For puzzle answers, games, opinion polls and much more go to: www.thelowelledger.com AND CLICK ON KIDS SCOOP BUTTON

Kid Scoop Together: Proof It!

Are you an eagle-eyed reader? Read the articles below and correct the nine spelling errors you find. The first one is done for you.

GORILLAS

Gorillas are found in Africa. They mainly live in tropical forests where there is a lot of vegetation, or plants to eat. The mountain gorilla lives at higher elevations in Zaire, Rwanda and Uganda. Elevation means how high the land is above the surface of the sea.



Connect the dots to draw a gorilla.



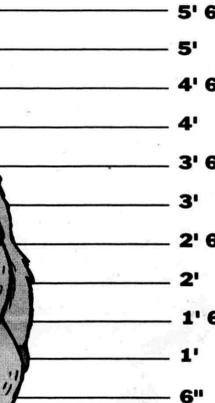
Silverbacks
When a male gorilla is fully grown, he will start to grow silvery hair on his back, in the shape of a saddle. This is why we call them silverback gorillas.

Are you taller than a gorilla?

Adult gorillas can weigh up to 400 pounds, and, when they stand on their two legs, are about five-and-a-half feet tall.

How tall are you? Measure yourself, then draw yourself next to the gorilla.

	GORILLA	ME
WEIGHT	400 lbs.	
HEIGHT	5' 6"	



Standards Link: Measurement: Understand the basic measurements of weight and height.

What do gorillas eat?

Along with their families, silverback gorillas are mostly herbivorous, which means that they usually eat plants and fruits.

A silverback gorilla can eat up to forty-five pounds of food a day. That's a whole lot of food!

Which of these things do you think weigh around 45 pounds? Check your answers by doing the math.

8 + 4 =

12 + 24 + 9 =

23 + 11 + 11 =

7 + 9 - 4 =

18 + 18 + 9 =

28 - 19 =

Gorilla Groups

Gorillas like to be around other gorillas, so they live in groups (sometimes called troops), as a big gorilla family. A troop can include more than 30 gorillas. Can you imagine having thirty people in your family?

A troop is led by one or more silverback gorillas. They decide where the troop will live, and when it will wake up, eat and go back to bed. They also make sure that no troop member hurts another. Know anyone like that?



Trace a gorilla in three easy steps.

Extra! Extra! Gorilla Words

Find ten words in today's newspaper that describe a gorilla. Put these words in alphabetical order.

Standards Link: Spelling: Sort words into alphabetical order.

Kid Scoop Puzzler

Gorillas are like people in a lot of ways. Use the code to find out a couple of ways they are similar to humans.

Gorillas have $\overline{1} \overline{16} \overline{11} \overline{3} \overline{14} \overline{11} \overline{21} \overline{16} \overline{24} \overline{7}$ and $\overline{16} \overline{9} \overline{24} \overline{7}$, just like us. They even have the same number of $\overline{1} \overline{16} \overline{16} \overline{1} \overline{8}$ as people—32.

9 = A 21 = G 5 = M 4 = P 1 = T
 16 = E 8 = H 11 = N 24 = R 12 = U
 3 = F 14 = I 2 = O 7 = S 6 = W

Standards Link: Reading Comprehension: Follow simple written directions.

Double Double Word Search

Find the words in the puzzle, then in this week's Kid Scoop stories and activities.

GORILLAS
SADDLE
ELEVATION
TROP
PRIMATE
VEGETATION
WEIGH
FINGERS
TOES
LAND
SHAPE
HAIR
WAKE
WHOLE
MALE

NOITATEGEV
MSSRDNALAJ
EAROSHEPTW
ELEOSPAREH
PLGPAICIPO
AINTDRGMRL
HRIIDHWAKE
SOFELAMTMA
NGTEESSEOT

Standards Link: Letter sequencing. Recognized identical words. Skim and scan reading. Recall spelling patterns.

FROM THE KID SCOOP LESSON LIBRARY

Food Fun
Using the grocery ads in the newspaper or online, find enough food to add up to 45 pounds of food. You must include at least seven different kinds of food (fruit, vegetables, meat, cereal, bread, ice cream, juices, etc.)

Standards Link: Measurement: Understand the basic measurements of weight.

What is the first thing a gorilla learns in school?



- Gorilla Manners**
If you ever ~~meat~~ ^{meet} a gorilla, be sure to use gorilla manners. Just as when you encounter any animal, you should do certain things to make the gorilla feel safe around you:
- When you first make eye contact with the gorilla, lowered your head and look away quickly.
 - Stay quiet. Don't move too quickly. Loud noises and sudden movements scare gorillas!
 - "Bow" to them. Made yourself shorter than the gorilla.
 - Showing your teeth can be seen as a threat to a gorilla, so if you smile, make sure you don't show your teeth!
- Standards Link: Writing: Edit text to check for correct spelling and grammar.
- Kid Scoop-doku™**
Complete the grid by using all the letters in the word SILVER in each vertical and horizontal row. Each letter should only be used once in each row. Some spaces have been filled in for you.
- | | | | |
|---|---|---|---|
| S | | I | V |
| I | E | | V |
| L | | R | |
| V | | | |
| E | S | | R |
| R | V | | S |
- Kid Scoop VOCABULARY BUILDERS**
This week's word: **PRIMATE**
The noun primate means any of a group of mammals that include humans, apes and monkeys.
Chimpanzees are primates that live in trees.
Try to use the word primate in a sentence today when talking with your friends and family members.
- Write On!**
Gorilla Home
Imagine you are selling the perfect home for gorillas. Write a classified ad to sell your gorilla house. Look at the newspaper ads for examples to guide you.



616-897-0787

Sound Off!
The Ledger's
"Almost" anything goes column!

To vote on the current poll question go to: thelowelledger.com

last week's poll result:

Would you want Guantanamo Bay detainees housed in a prison near you?

21% Yes

79% No

0% No Opinion

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Author explores healthy living and natural healing in writing 'Creating a Healthy Corner'

by Emma Palova

Betty Dickinson can be found munching on dandelion greens harvested from her own garden and yard at any given time of the year. Although the greens are best fresh in the spring and fall, Dickinson preserves them by drying, freezing and in tinctures.

"It's the best green you can eat," she said. "If you knew how they benefit your health, you would let them grow wild everywhere."

Dickinson, 77, has written a book 'Creating a Healthy Corner' about healthy living and natural healing based on her columns published in the Ionia Sentinel-Standard.

Using self-acquired knowledge, experimenting on herself and family, as well as research, Dickinson shows a natural and preventative approach to every day living in her book.

"The goal is to use medical advice and prescriptions as the last option, not the first," she said.

"I have immense respect for the medical profession and I understand the need for medical treatments when necessary."

To relate this message in an organized and effective fashion, Dickinson had to sharpen up her writing skills. She got electronic equipment from the family and learned how to use it.

"I found encouragement from my readers," she said.

Together with retired teacher Judy Kalmanek, 70, the two women compiled the information, charts and graphics. Kalmanek did the layout and the electronic work to get the book ready for press at S&K Printing in Ionia.

Dickinson's cupboard with herbs in the kitchen corner served as a model for the artwork on the front cover.

And Dickinson lives what she writes. She incorporated some of the advice from her mother, Goldie Bloomfield. Bloomfield, who lives in a house in Ionia, celebrated her

102nd birthday last week.

"One day I got thinking, has my mother ever gone to the doctor for the flu?" she said.

So, Dickinson asked her, "Have you ever gone to the doctor for the flu?"

"No, I just go to bed," mom answered.

Dickinson, too, saw mom munch on dandelion greens. She refers to the book for many uses of this potent herbaceous perennial.

How about some elderberry cough syrup to strengthen the immune system in these times of the swine flu?

Kalmanek gave Dickinson a recipe for the syrup with antibacterial and antiviral properties. The family used the syrup during the 1916 epidemic and never had the flu, according to Dickinson.

Dickinson recommends it today to build up the system against the swine flu, as well as rinsing out the mouth with salt water in the morning and

evening, and cleaning out the nostrils.

But, the book is not just about healing and remedies. It is also about total well-being and caring for yourself naturally. So, it touches on topics such as weight control, healthy aging, caring for emotional life, food facts for personal care, making ordinary recipes extraordinary, how to grow a healthy yard and garden, coloring your environment green and outdoor health.

Speaking about outdoors, Dickinson walks every day outdoors, even in winter. She jumps on the trampoline indoors. She grinds her own grains in the garage and uses them fresh for breakfast.

Holding a green ball in her hand, Dickinson talks about the power of the Osage orange.

"It keeps the spiders out of [your] home," she said.

Dickinson hasn't been seriously ill since her failing health in her 40s; that prompted her to embark on a natural journey into life.



Betty Dickinson signing her book 'Creating a Healthy Corner.'

"My book is what I several years and I enjoy doing it."

Dickinson has sold all but 75 books out of the 500 printed. Her goal is to sell them all by Christmas and then write another book as an update to the first.

"I feel it is something I wanted to accomplish for

The books are available at the Ionia Sentinel-Standard, at various businesses in Ionia and at Cousins' Hallmark in Lowell. They can also be ordered by contacting Judy Kalmanek at judyswtm@aol.com



TO THE RED ARROW FOOTBALL TEAM ...

GOOD LUCK AT STATE!

- From everyone at The Lowell Ledger

It's That
Time Of Year Again!
Christmas will soon be here!

All Weather Seal is looking for a family in the Lowell area whose house could use a little extra care this year when the cold air starts to settle in.

We would like to give away a houseful of windows to a family in need.

Please submit your nominations with an explanation of why that family deserves this special gift this holiday season.



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Deadline for entries is Dec. 15, 2009

Submit entries to:

All Weather Seal Christmas Giveaway

319 E. Main Street

Lowell, MI 49331 or

E-mail kaitlin@awsweb.com