

the lowell ledger

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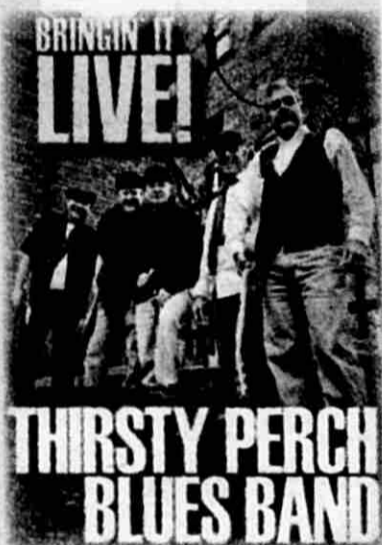
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senior neighbors



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the blues



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giving blood



page 7

LHS sports



page 8 - 10

Community loses franchise and great advocate

by Emma Palova

In a continuum of recent losses, the closing of the Good Chevrolet franchise is like the proverbial last straw in a community hit hard by the economy.

For general manager Rodger Garner, who planned on selling used cars, the announcement last week came as a definite surprise after a deal with the Wittenbach dealership didn't work out.

"We will try to find places for everybody to stay employed," said Garner. "By canceling our franchise, we will not be able to continue."

Twelve employees will be impacted by the closing. Many of them have worked at the dealership for 30 years.

In spite of the shaky economy, last year was turning out to be the best year until November, according to Garner.

"We thrived," said Garner.

But now, instead Garner has to figure out what to do with the rest of his life.

"I will miss the people," he said. "I have developed close relationships. They're good people here. No pun intended."

The service garage will stay open into the foreseeable future.

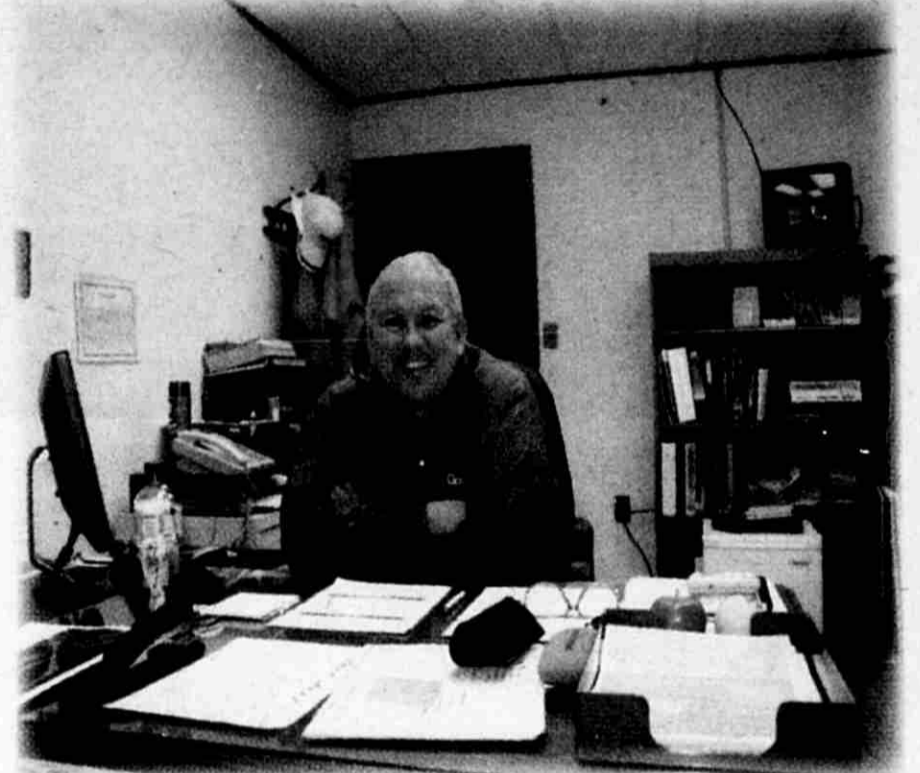
Garner and the dealership were highly visible in the community to a point where some people thought Garner lived in Lowell. No wonder,

he spent more than 100 hours a week in Lowell.

Whether it was the Sizzlin' Summer concert series, the Riverwalk, the fair, parades, Pink Arrow or other sports events, Garner was there as a sponsor and in person.

Garner served on the chamber board and he was just about to begin serving a second three-year term. He also has served on many chamber committees: Expo, Riverwalk and the marketing committee.

"Not only did Rodger serve and volunteer his time, but his staff has also volunteered several hours in our community on boards, committees and events,"



Rodger Garner at his desk at Good Chevrolet Buick.

said chamber director Liz Baker. "This is a great loss for the chamber and the community."

Good Chevy has been a proud sponsor of the Lowell Showboat Sizzlin' Summer concerts, Riverwalk children's area, and the Brian Mead Memorial Cruise-in, according to Baker.

"He has supported all our functions monetarily and in attendance," said Baker. "It saddens the chamber that it will lose a viable business in

Lowell. The community will lose a business that has given its all and last but not least, the chamber will lose a very valuable chamber member that had gone above and beyond to make a difference here in Lowell."

Employees and Garner have always greeted Teresa Beachum with a smile making it easier to ask for donations and major sponsorship of the Pink Arrow Project.

Good Chevrolet, continued, pg. 7

Republican legislators share ideas on how to fix Michigan

by Emma Palova

More than 100 people filled the Lowell Veteran's Center last week to listen to the legislative update by the East Kent County Republicans.

The grassroots group is a satellite supporting the Kent County GOP. The event was moderated by Dave Emmette. The resonating theme of the evening was how to fix Michigan.

The following legislators were present: Dave Hildenbrand, Mark Jansen, Bill Hardiman, Wayne Kuipers, Justin Amash, Tom Pearce, Dave Agema, Kevin Green and Rev. Robert Dean.

Hildenbrand represents Lowell in the 86th district of the Michigan House of Representatives.

Hildenbrand said there

are three major roles for the legislature to find efficiencies: by prioritizing spending, fighting pressure in Lansing to raise taxes and to create a better business environment.

"There are too many public employees with huge benefits," said Hildenbrand.

According to Hildenbrand, public employees should pay a portion of health care costs.

"We cannot afford, as taxpayers, to keep on paying their benefits," he said.

Hildenbrand also expressed his support for part-time legislature.

"We waste too much time," said Hildenbrand.

He proposed the legislature should work from March through June and a 10 percent pay cut for future legislators.

"We should get the budget done and get out of town," said Hildenbrand.

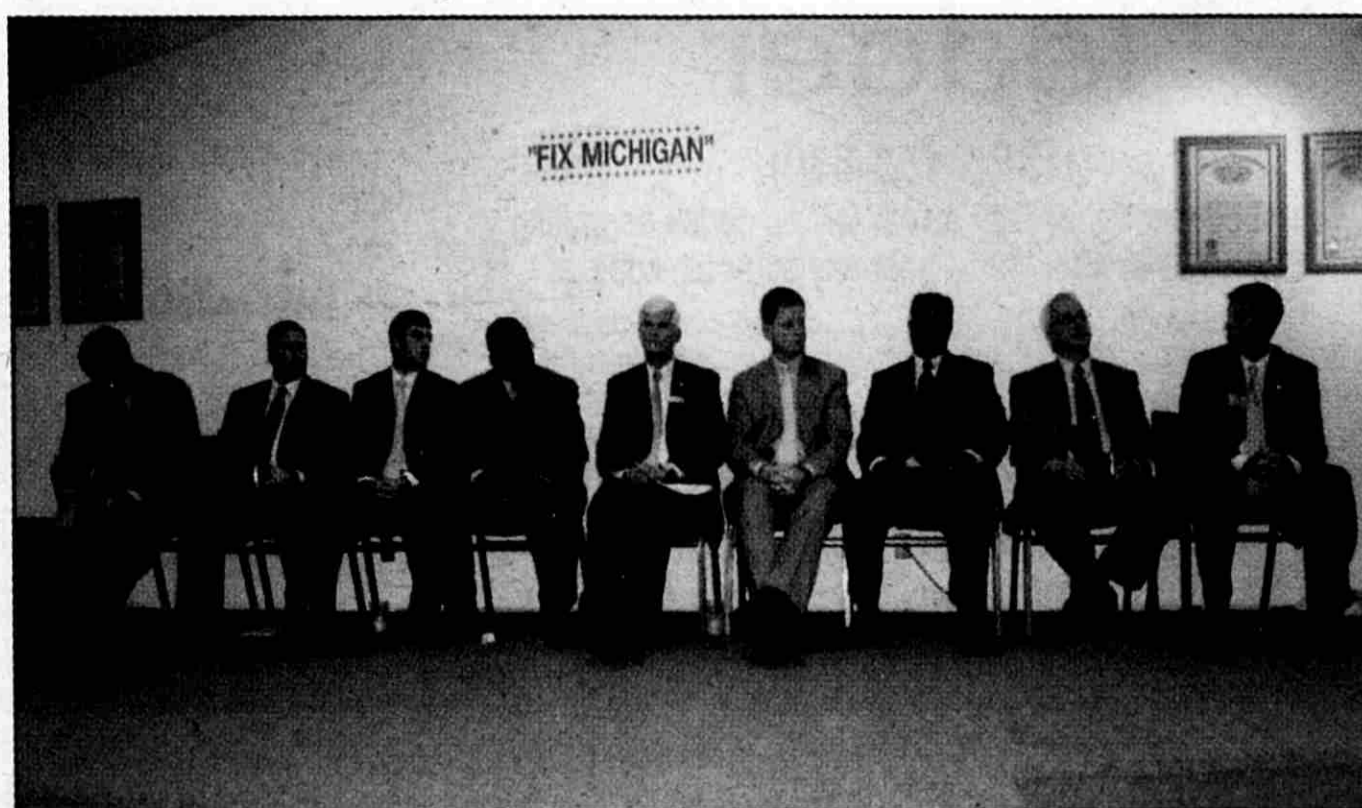
Tom Pearce of Rockford, representing district 73, expressed the current sentiment of many in the wake of the Republican victory in the special election in Massachusetts.

"It's a good day to be a Republican and it's good not to be a Democrat," said Pearce. "People are not happy with either party."

Most questions centered around the broken economy and the inefficiency of the government in Lansing.

According to many representatives, efficiencies could be realized in cutting the pay of public sector employees.

Legislators, continued, pg. 3



Pictured are legislators: Mark Jansen, Kevin Green, Justin Amash, Rev. Robert Dean, Dave Agema, Wayne Kuipers, Bill Hardiman, Tom Pearce and Dave Hildenbrand.

Lowell residents will continue to enjoy choice in trash pickup

by Emma Palova

Listening to the outcry of the people, the Lowell city council favored maintaining the status quo in choice of trash pickup.

Over the past few months, the council has been discussing granting an exclusive franchise to a trash hauler to realize cost savings, eliminate wear and tear of the streets and noise.

However, the proposal met opposition both from the residents and small waste haulers. The haulers complained the amendment would limit freedom of enterprise.

"People need to have different choices," said mayor pro tem Sharon Ellison. "Our intent was to save money."

Due to the higher tax rate than in most communities, according to councilmember Andrew Schrauben, the city should provide the waste pickup as a public service.

"If we take that away, we're providing less," said Schrauben. "I don't want to get rid of it."

The Kent County Department of Public Works may in the future provide recycling to small towns like Lowell.

"Recycling is something that most haulers do not covet," said the city manager. "Their bread and butter is in waste pickup."

Trash pickup may be consolidated into two days a week only pending council decision.

City council, continued, pg. 3



50 CENTS



Lowell Senior Neighbors purchase land and building



Verna Rogers, Phyllis Condon, Louise Ryder, Grace Nowak and Marcia Roth in the Seniors' dining room.

by Emma Palova

Senior Neighbors, Inc. has purchased the land and building located at 314 South Hudson from the Lowell Area Housing. Prior to the purchase, Senior Neighbors leased the house from the Schneider Manor.

The 100-year-old farmhouse building has been home to the Senior Neighbors organization since 1972.

"It will allow us to work on phase II - expanding the building," said director Marcia Roth. "But, we want to keep the farmhouse look. We don't want to change the look from the road."

The building had undergone an extensive remodel last year, in phase I, to accommodate the new Gilda's Club programming.

The goal is to create one big dining area rather than the existing smaller dining rooms. It will accommodate up to 150 people for a sit down meal. Meals will

continue to be delivered from senior meals in Grand Rapids, but there will be more selections.

Among favorites now are macaroni and cheese, hamburgers and hot dogs.

As part of phase II, there will be a commercial size kitchen with the ability to serve meals not just at noon but from 11 a.m. to 2 p.m.

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With the expansion, Senior Neighbors will be able to offer lectures, enhanced fitness classes that are now being held at the Methodist Church and entertainment.

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Not only that, but the community at large will benefit as well. The dining area will be available for parties. Last week, the Lowell Light & Power held their Christmas party at

the Seniors. And Gilda's Club will be able to expand programming as well.

"We're grateful to Pink Arrow and our partnership with Gilda's [and] that the community supports the center," said Roth.

Teresa Beachum, who is involved with Gilda's and the Pink Arrow Project, said the purchase will enable to grow programming.

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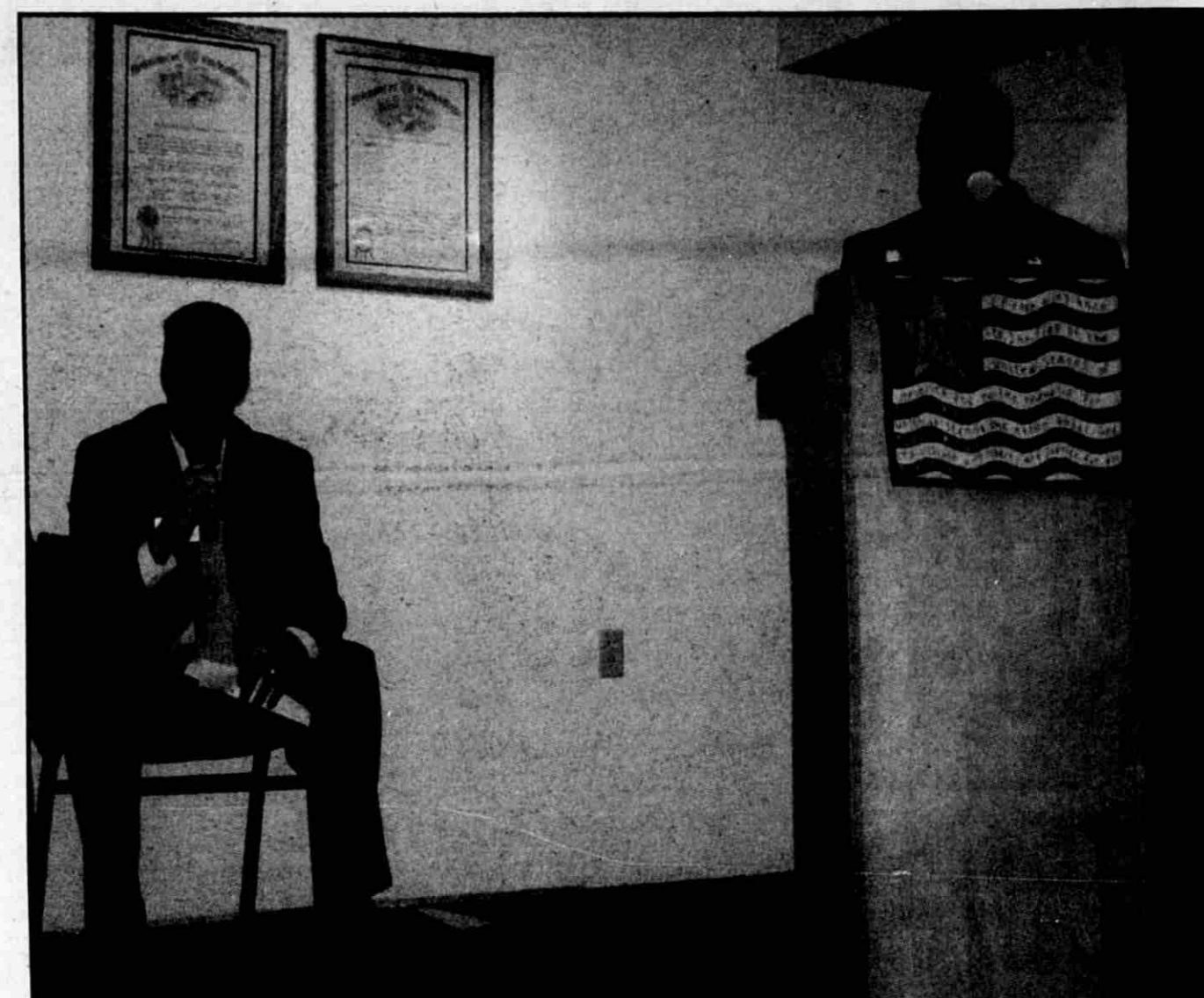
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"In Washington they don't seem to be doing anything about it," said Rice.

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"It's a potential crisis that needs to be addressed," said Pearce. "Channels flood over."

Rep. Dave Agema of Grandville said the only way to improve the business environment in Michigan would be to eliminate the Michigan Business Tax, but



Dave Emmette moderated the legislative update with Lowell Rep. David Hildenbrand.

that on the other hand would mean a two billion dollar loss in revenues.

"It is the biggest killer of growth," said Agema.

One proposal included opting Michigan out of any kind of a national health care insurance plan. There is an

effort in the House to get the question on the ballot for the voters to decide.

college news

Michigan Technological University has released the Dean's List for the fall 2009 semester recognizing students who achieve grade point averages of 3.5 or higher.

Among the honorees are: Margaret Brunette and Jonathan Nelson, both of Ada; and Daniel Freiberg, Stephanie Garbacik, and Kyle VerHoef, all of Alto.

In recognition of outstanding scholastic achievement, Lisa Brown has been named to the Dean's List at Western Michigan University. She is the daughter of Doug Brown and Judy Hoover-Brown of Lowell and a 2006 graduate of Lowell High School.

Natalie Hewitt and Timothy Wernet were named to the Albion College Dean's List for the fall 2009 semester. Students named to the Dean's List must achieve a grade point average of 3.5 or above at the completion of the semester. This GPA must be based on at least three units in graded courses and a minimum of four units completed. Hewitt is the daughter of Gregory and Barbara Hewitt of Lowell and a graduate of Lowell High School. Wernet was named a new Albion College Fellow. To

business matters

What do you do if you're a homeowner with a heating or cooling equipment problem but you don't know a reliable, knowledgeable technician? Do you just pick someone randomly out of the phone book, or ask a friend who may not know more than you do? How do you know if the technician you pick really knows what they're doing?

A national certification test has been developed, and is now being administered, to assure that technicians have the skills to do the job. North American Technician Excellence (NATE) offers these voluntary tests to technician in the areas of heating, ventilation, air conditioning, and refrigeration.

The independent, not-for-profit organization is supported by an unprecedented combination of technicians, contractors, manufacturers, distributors, utilities, and heating and cooling contractors.

Arctic Heating & Cooling Inc. of Lowell has announced that owner Evert Bek renewed and passed the NATE gas furnace and air conditioning service technician tests on Dec. 31, 2009. This certification

benefits local homeowners by giving them an independent standard by which to select a knowledgeable technician to work on their home comfort system.

Greenridge Realty announced that Don Reedy received Realtor of the Year for the Lowell office.

This award recognizes Reedy for his outstanding success and achievements.

City council, continued

In related business: The council approved a resolution on a 3:2 vote approving the financing of a dump truck through an inter-fund loan from the local street construction account of the general fund to the water fund.

A \$43,280 bid was awarded to Detail Painting of Grant for the painting of the water plant reservoir.

The council approved the A PLUS program, which is a partnership between the Lowell Light and Power and the city, to provide assistance to customers who have

financial difficulties paying utility bills. The program is administered through Flat River Outreach Ministries. Lowell Light and Power is matching donations.

A public hearing has been set for Feb. 16 on imposing a moratorium on the sale and dispensation of medical marijuana.

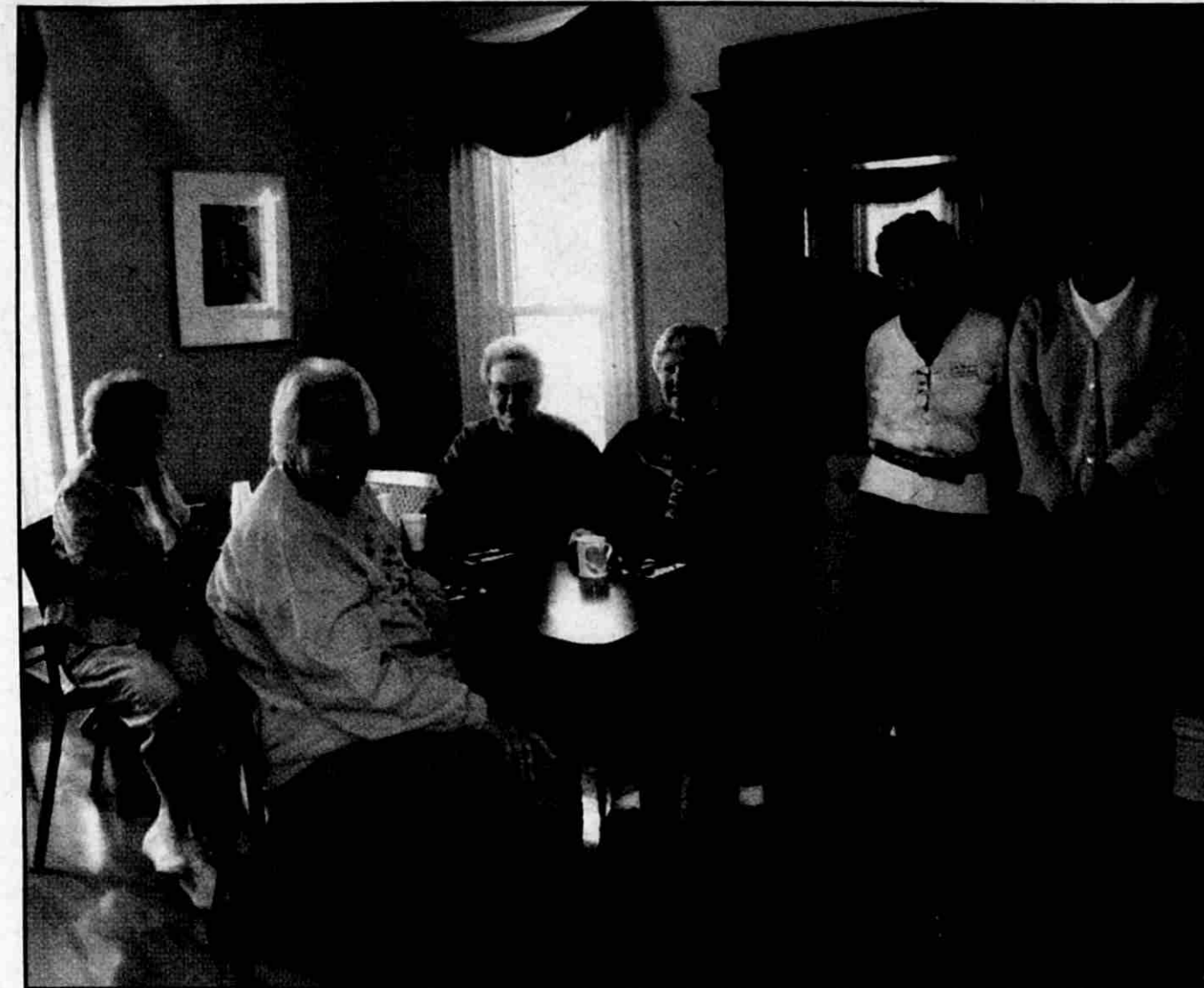
The next meeting is on Tuesday Feb. 16, due to Presidents' Day. A joint meeting between the city and Lowell Light and Power has been set for March 8 at 7 p.m.

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FLAT RIVER OUTREACH MINISTRY SITE FOR FREE TAX PREPARATION ASSISTANCE
United Way's Kent County Tax Credit Coalition is providing free tax preparation and the FROM Building, located at 11535 Fulton Street East, Lowell, is one of the sites offering this service.
This service is being offered on **Tuesdays from 4 to 8 p.m.** and is available by appointment only. To register, or to see if your family is eligible, please call 897-8260.

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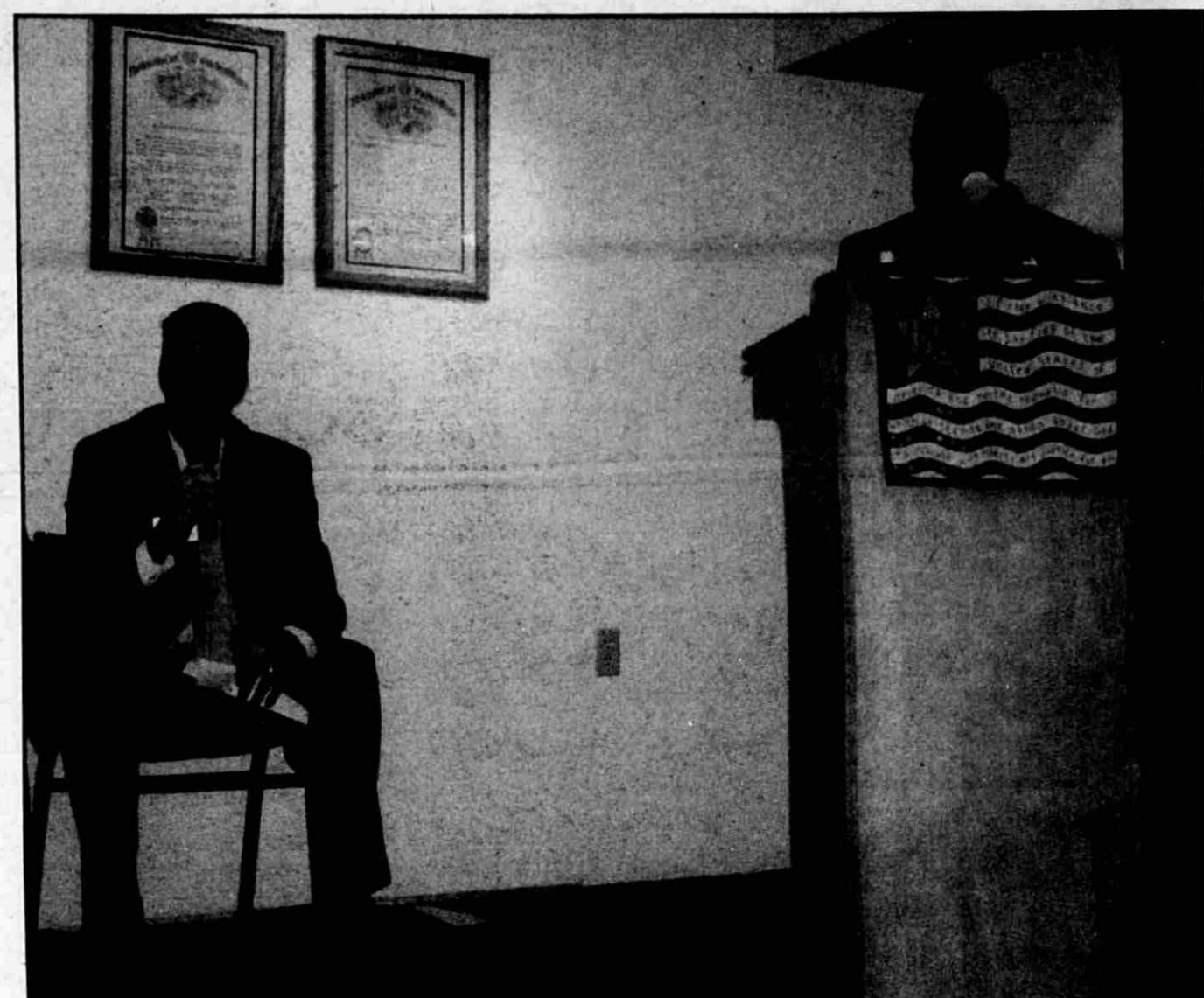
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"It's a potential crisis that needs to be addressed," said Pearce. "Channels flood over."

Rep. Dave Agema of Grandville said the only way to improve the business environment in Michigan would be to eliminate the Michigan Business Tax, but

that on the other hand would mean a two billion dollar loss in revenues.

"It is the biggest killer of growth," said Agema.



Dave Emmette moderated the legislative update with Lowell Rep. David Hildenbrand.

One proposal included effort in the House to get the question on the ballot for the voters to decide.

that on the other hand would mean a two billion dollar loss in revenues.

It is the biggest killer of growth," said Agema.

college news

Michigan Technological University has released the Dean's List for the fall 2009 semester recognizing students who achieve grade point averages of 3.5 or higher.

Among the honorees are: Margaret Brunette and Jonathan Nelson, both of Ada; and Daniel Freiberg, Stephanie Garbacik, and Kyle VerHoef, all of Alto.

In recognition of outstanding scholastic achievement, Lisa Brown has been named to the Dean's List at Western Michigan University.

She is the daughter of Doug Brown and Judy Hoover-Brown of Lowell and a 2006 graduate of Lowell High School.

business matters

Natalie Hewitt and Timothy Wernet were named to the Albion College Dean's List for the fall 2009 semester. Students named to the Dean's List must achieve a grade point average of 3.5 or above at the completion of the semester. This GPA must be based on at least three units in graded courses and a minimum of four units completed.

Hewitt is the daughter of Gregory and Barbara Hewitt of Lowell and a graduate of Lowell High School.

Wernet was named a new Albion College Fellow. To

City council, continued

In related business: The council approved a resolution on a 3:2 vote approving the financing of a dump truck through an inter-fund loan from the local street construction account of the general fund to the water fund.

A \$43,280 bid was awarded to Detail Painting of Grant for the painting of the water plant reservoir.

The council approved the A PLUS program, which is a partnership between the Lowell Light and Power and the city, to provide assistance to customers who have

financial difficulties paying utility bills. The program is administered through Flat River Outreach Ministries. Lowell Light and Power is matching donations.

A public hearing has been set for Feb. 16 on imposing a moratorium on the sale and dispensation of medical marijuana.

The next meeting is on Tuesday Feb. 16, due to Presidents' Day. A joint meeting between the city and Lowell Light and Power has been set for March 8 at 7 p.m.

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FLAT RIVER OUTREACH MINISTRY SITE FOR FREE TAX PREPARATION ASSISTANCE
United Way's Kent County Tax Credit Coalition is providing free tax preparation and the FROM Building, located at 11535 Fulton Street East, Lowell, is one of the sites offering this service.
This service is being offered on **Tuesdays from 4 to 8 p.m.** and is available by appointment only. To register, or to see if your family is eligible, please call 897-8260.

Thirsty Perch blues band to make debut in the area

by Emma Palova
The Thirsty Perch blues band will be making a debut in the area on Feb. 5 at the Deer Run Golf Club.

The band was formed last year with members: Chris Collins on the guitar, George Ferguson, drums and percussion; Phillip Lindstrom, bass and vocals; Dan Lomas, guitar, keyboard and vocals; and Chuck Luscombe, harmonica and vocals.

"Two of us grew up in Lowell," said Dan Lomas, "come and check us out." Lomas and Collins grew up in Lowell, Luscombe is from Belding, Lindstrom lives in Lowell and Ferguson lives in Spring Lake.

Last May, the band released a CD 'Meet the Thirsty Perch Blues Band' with nine original tunes and two cover tunes.

They were nominated for best blues CD of the year by WYCE station for the Jammies awards.

The band has been called

"a howling hurricane of a five piece blues ensemble in the grand tradition of the 'Stones and Yardbirds' by Richard Kelley of Kelley Associates who is in charge of Intersection advertising.

The band has opened for national acts such as Eric Lindell, Eddie the "Chief" Clearwater, Homemade Jamnz Band and Joanne Shaw Taylor.

Thirsty Perch is hoping to play during this year's Sizzlin' Summer concert series in Lowell.

Last year they played in Grand Rapids at Billy's and at The BOB.

"Summertime is really the best for us, as many of the outdoor events will have thousands of people," said Lomas.

These events include Kalamazoo Blues Fest, Blues and BBQ at Oxford, Rally for Hope and Hunger, Cowpie Blues Festival and Leelanau Wine and Food Festival.

The band's schedule:

Feb 5 - Deer Run

April 16 - Billy's (Grand Rapids)

May 2 - 411 Club (Kalamazoo)

May 7 - Holland Tulip Palooza

June 12 - Higgins Lake

June 19 - Oxford Blues and BBQ

June 30 - The BOB (Grand Rapids)

July 10 - Kalamazoo Blues Fest

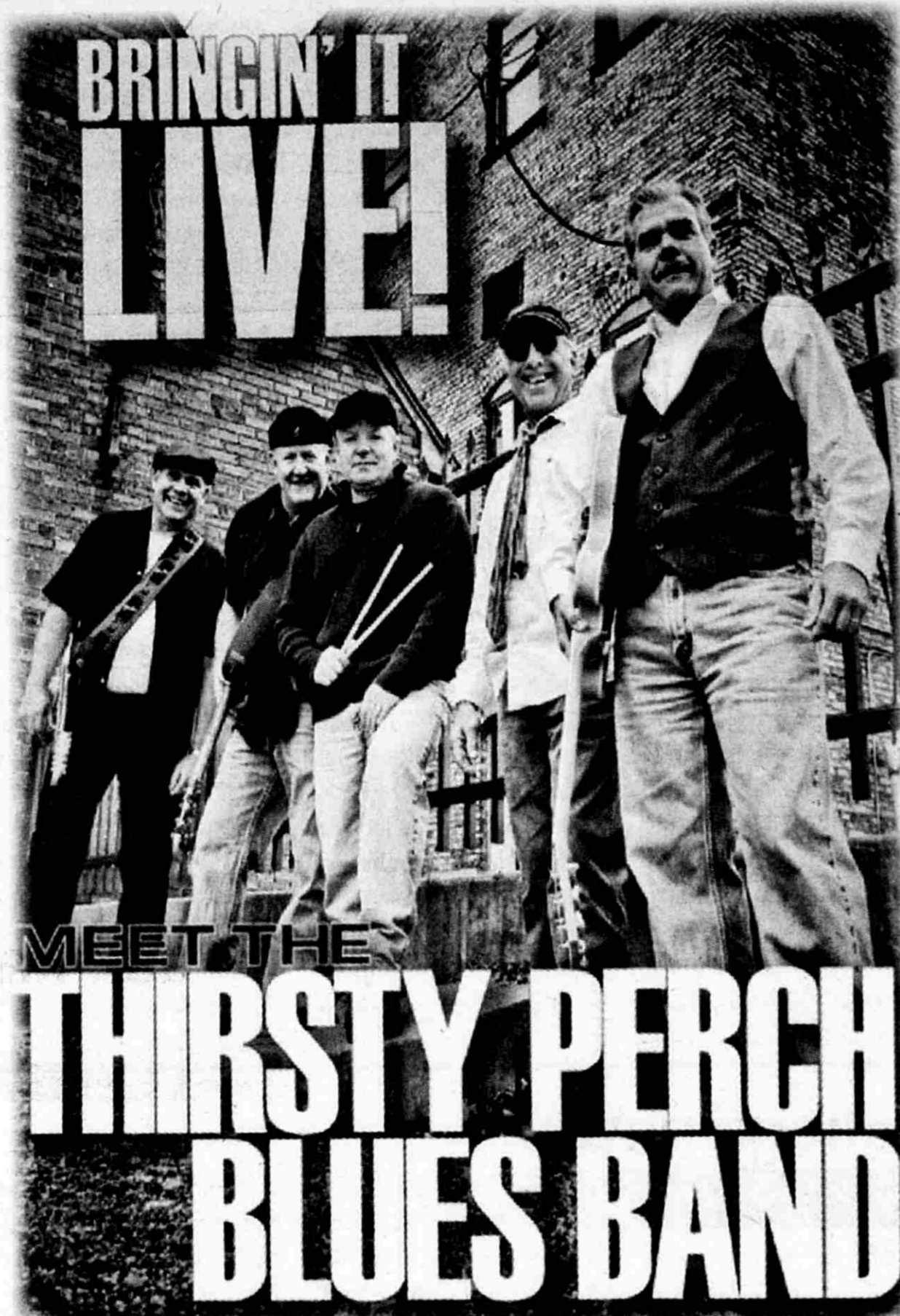
July 23 - Sounds of Summer concert series (Lake Lansing)

July 24 - Rally for Hope and Hunger

July 31 - Kirby Grill (Grand Haven)

Aug. 13 - Cowpie Blues Festival (Alaska)

Aug. 14 - Leelanau Wine and Food Festival



If you have made mistakes, even serious ones, there is always another chance for you. What we call failure is not the falling down but the staying down

- Mary Pickford (1893 - 1979)

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viewpoint

financial focus



Christopher C. Godbold

Sandwich generation needs to avoid financial squeeze

Are you a member of the "Sandwich Generation"? This designation — which applies to people caring for their aging parents while supporting their own children — may be applicable to you if you're either a younger Baby Boomer, born in the late 1950s or early 1960s, or an older member of "Generation X," born in the mid-1960s. But any way you slice it, being in the "Sandwich" group is probably going to present you with some challenges, particularly of the financial kind — so you'll need to make the right moves.

Basically, you should consider two areas of decision-making — those affecting the future of you and your children and

those affecting your elderly parents' lifestyle and legacy. Regarding your future, and that of your children, you'll need to prioritize your goals. Some people, when weighing the merits of investing for retirement versus saving for their children's college educations, conclude that while loans are available for college, none are offered to retirees. Consequently, they focus more heavily on retirement. If you're in this camp, you'll probably want to contribute as much as you can possibly afford to your IRA and 401(k) or other employer-sponsored retirement plan.

However, if you feel strongly about helping your kids go through college relatively debt-free, you

going to address them both, you will have to make some key decisions regarding allocation of resources. And while you're handling these issues for yourself and your children, you'll need to juggle the needs of your elderly parents. With luck, you won't have to contribute financially, but you may be required to put in some time and energy to help make sure your parents' situation remains positive.

This means you'll need to ask some questions. Where do your parents bank? Do they have a brokerage account? If so, do you know the name of their financial advisor? Have they taken steps to remain financially independent if they ever need to go to a nursing home or employ home health care assistants? Have they drawn

Financial Focus, continued, page 14

ask kathryn



Kathryn Denhouder Ph.D.

This is the last article in a series of five articles that have been devoted to the discussion of executive skills in children and adolescents. Executive skills refer to high-level functions that help us to decide what activities will override our impulses in favor of our long term goals. These skills are critical to our success in life and to our success in our academic careers. The skills that have been reviewed up to this time are: planning, organization, time management, and working memory, and today we will look at "metacognition." According to Dawson and Guare in their book, "Executive Skills in Children and Adolescents," metacognition is the ability to stand back and take a "bird's eye view" of oneself in a situation. It is an ability to observe how you problem

solve. Also, metacognition incorporates how you monitor and evaluate yourself. It is the ability to give "self-feedback."

Of all the executive skills that have been discussed, this is probably the most important because improvement of all the other skills hinges on one's ability for "self-feedback." According to Piaget, a well-known expert on child development, this skill is the last one to develop. At about age 11, we develop what is known as "formal operations." This refers to the ability to think about how we are thinking. Formal operations pushes one to think beyond what appears to be and to recognize that what appears to be and what actually is can be two different things. In metacognition we are able to move away from reactive behaviors toward our environment and make a more proactive response to what is happening around us. We are able to ask questions like, "How am I doing?" or "How did I really do?" We are able to see the "big picture" more clearly. Problem solving becomes much more effective. Metacognition

Ask Kathryn, continued, page 14



By Shelly MacNaughton

of taxation. This is simply nonsense. For every dollar the saloons ever paid into the public treasury, they have caused the people to pay hundreds by the way of taxation.

75 Years Ago The Lowell Ledger and Alto Solo February 7, 1935

A new and handsome enclosed truck, bearing the legend "C. H. Runciman Beans, Potatoes and Onions," has become a familiar sight along the avenue.

Over 600 persons were in attendance at the 24th annual meeting and dinner of the Alto Cooperative Creamery Association held on Jan. 31 at Alto.

50 Years Ago The Lowell Ledger February 4, 1960

Glenn L. Bassett, aged 67, former Lowell resident and restaurant owner, was fatally injured in a two car head-on collision three miles north of Gladwin, Thursday, January 28, Leon Hofer, 28, of Flint, driver of the other car, was also killed. Before moving to his present home in Harrison, Bassett owned and operated the Showboat Restaurant on East Main Street which was destroyed by fire in January of 1958.

25 Years Ago The Grand Valley Ledger February 6, 1985

Lowell attorney Robert DeBoer notified The Ledger of a major scholarship trust agreement that will benefit Lowell High School graduates in the future. DeBoer is handling the estate of Evelyn Speerstra who died on January 27 of this year. Of the estate, \$200,000 was earmarked for the "Peter and Evelyn Speerstra Scholarship Trust Fund." DeBoer estimated that the fund should generate between \$20,000 and \$30,000 annually which will be used as scholarship grants to graduating Lowell seniors. DeBoer said that the Speerstras wanted to leave a legacy that would continue to benefit the community that they had made their life-long home and had loved so dearly.

100 Years Ago The Lowell Ledger February 3, 1910

John C. Scott died at his home in Grand Rapids Tuesday night after a long illness following injuries received by being thrown from his carriage several months ago. He was an old resident and former merchant of Lowell and well known to all our old residents.

Much has been said about the saloons lowering the rate



In This Together...
Learn. Share. Laugh.

Warming up this winter on a serious health or grief journey

By Leann Arkenau - President/CEO of Gilda's Club

Meteorologists in West Michigan all seem to agree that this winter will be even colder and longer than last winter. We all experienced a snowy, white December and weather predictions say we are likely to see a very white March.

Cold winter months can bring a heightened awareness of sadness and depression when days of sunlight and warmer temperatures seem few and far between. Gilda's Club honors those emotions as real and this winter, they invite anyone on a cancer or grief journey to come inside and warm up at the Lowell Clubhouse. The connections you can make with others on a similar journey will show you that you truly are not alone. Come and meet the members who are in this together with you and join a community of learning, sharing and laughing. Laughter warms the soul and true to Gilda's Club namesake, Gilda Radner, you will find it in abundance just inside the red door.

Here are a few ideas to bring some added warmth to your winter at home and in your community.

1. Think spring - Think of the warm weather ahead by planning a small garden, or selecting a new plant or tree to add beauty to your yard. Browse books, catalogs or websites and sketch out a design. When spring comes, you can plant your garden or tree in honor or memory of a loved one.
2. Summer memories - Gather photographs from previous summers and create a scrapbook or photo album reliving your favorite, warm memories. Schedule a time with friends or families to share your summer memories together by a warm fire.
3. Get moving - Try some new physical activity to warm up through movement. Consider walking with a friend or checking out simple exercise videos from the library. Be sure to check

Gilda's Club, continued, page 14

area births

Woods



Kaden Daniel Woods

Kaden Daniel Woods was born December 27, 2009 weighing 8.5 oz. and measuring 21 inches. Proud parents are Daniel and Ashley (Claypool) Woods. Grandparents are Jean and Dave Woods, Sherry Wittum, all of Lowell, and Rick Claypool of Rockford.

Social Security tax tips

The holidays are over, the gift-giving (and spending) is done, and you're almost finished returning all of the things you don't want or need. Time to relax? Maybe not right away — it's time to start thinking about your taxes.

Here are Social Security's top three tips for making tax time a lot easier.

1. Don't forget the children. Make sure the kids (and all the dependents) you list on your annual tax forms have Social Security numbers. If you want to claim your child as a dependent on your tax return, your child will need a Social Security number. For many families, it's not only the kids who will need a number - all dependents listed on your federal tax returns will need Social Security numbers.

2. Check the names and numbers. The Internal Revenue Service (IRS) checks all the names and

3. Social Security tax on Social Security benefits. If you file as an individual and have a total annual income of \$25,000 or more or you file a joint return and have a combined total annual income of \$32,000 or more, you may have to pay taxes on a portion of your Social Security benefits.

happy birthday!

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health

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



Raynaud's disease is a condition in which the fingers and toes become very cold and turn white or purple in color when one is in a cold environment. The tiny arteries that supply blood to these areas are hypersensitive to cold and constrict, thus limiting blood flow to these areas. It is found much more frequently in women. For most people it is a nuisance, but for some it can cause more serious problems.

Risk factors for primary Raynaud's include:
• Your gender. Primary Raynaud's affects women more than men.
• Your age. Although anyone can develop the condition, primary Raynaud's often begins between the ages of 15 and 30.
• Where you live. The disorder is also more common in people who live in colder climates.
• Your family history. Additionally, a family history appears to increase your risk of primary Raynaud's. About one-third of people with primary Raynaud's have a first-degree relative - a parent, sibling or child - with the disorder.

Good Chevrolet, continued

"The countless times we've turned to Rodger and Kurt to help us with events, it's priceless," said Beachum. "It's immeasurable."

Among other events, Good also hosted the Lowell Community Weight Loss Challenge.

"They were gracious hosts for us," said Beachum. "The personnel always greeted me with a smile, even though they knew I would want something."

And Good just about sponsored every sports event they were asked to.

"They never said no," said Beachum.

Whether it was a vehicle to pull a replica or a truck for the food drive for FROM, Good was always there.

"Every one of their employees lives here in the community," said Beachum. "They spend their dollars locally. It will affect our community. They were very approachable people."

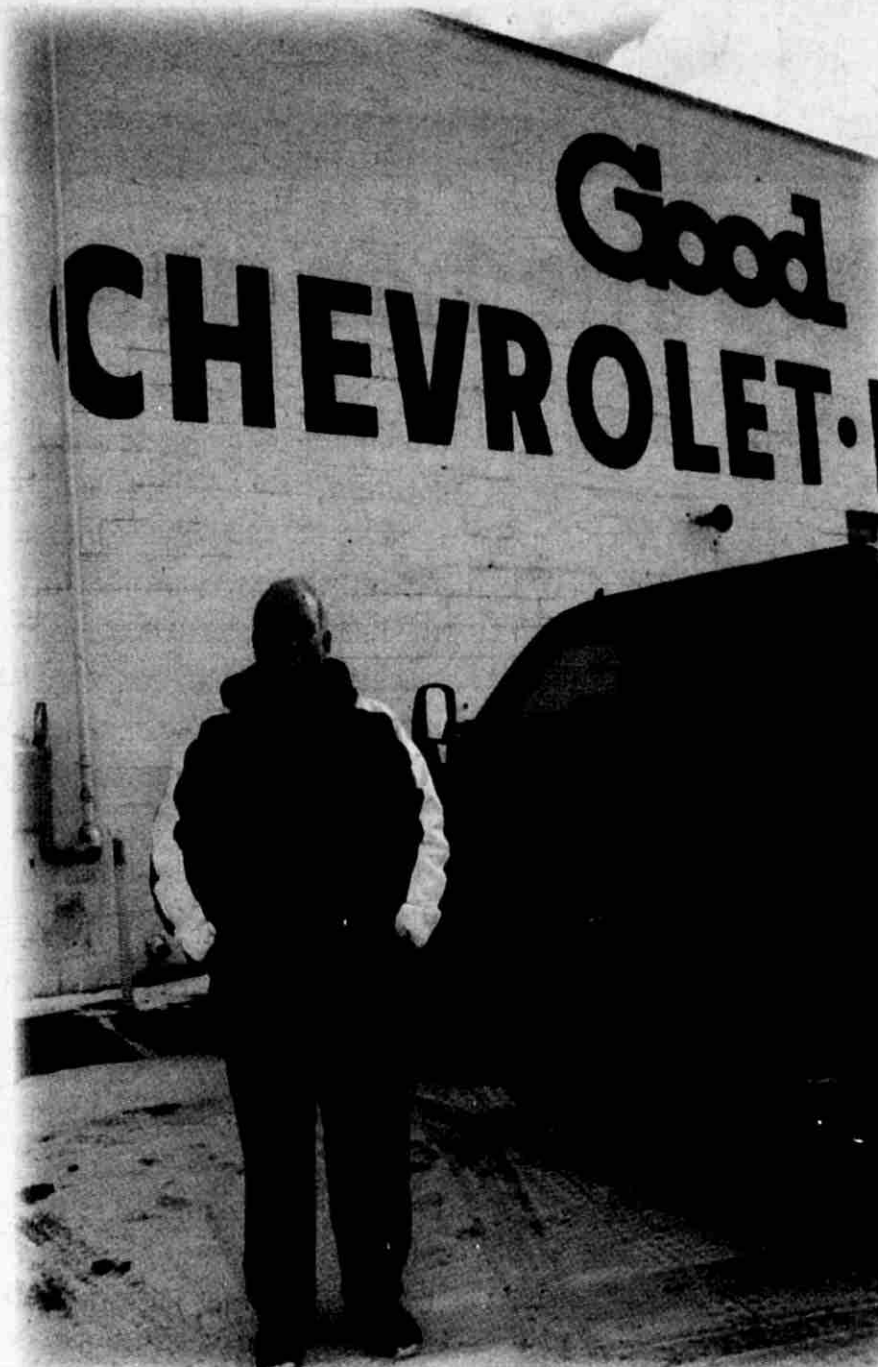
Publisher of The Lowell Ledger and Buyers Guide, Jon Jacobs, called the unfortunate event a wake-up call.

"It's tough to watch a business close its doors," said Jacobs. "It's never a good thing, the impact on families and other businesses. We've seen a lot of them close this year, but in this situation it is compounded because Good was so involved with projects like Pink Arrow, the fair, the summer concerts, just to name a few."

Jacobs said the community won't be able to find a business to step up and get involved like Good did.

"It will have to be spread among multiple businesses," said Jacobs. "I always thoroughly enjoyed going down there Mondays and Wednesdays to talk to Rodger and Kurt Hieshetter about the week, family and sports."

And Good's employees are a true asset to the community.



General manager Rodger Garner.

"I hope they stay involved in different organizations and projects in the future," said Jacobs.

However, in the whole ordeal there is an important lesson to be learned, according to Jacobs.

"With the loss of Good, we are all going to have to work together and make sure we support local businesses, especially with the upcoming bridge project."

"We've lost a lot of businesses and it scares me," said Jacobs. "It takes years, if not decades, to recover from that. Coming from the newspaper business, hopefully it will be a wake-up call for everybody. We have to pay attention. It's in our best interest to support our local business wherever we can."

According to Jacobs, once the community gets through the bridge project, the number one focus should be on filling the empty storefronts.

"Chain stores are not the answer," he said. "It's a sad story."

For the city, the closure of Good equals not only the loss of tax base, but also losing an instrumental force in the community.

"They were such a good sponsor," said city clerk Betty Morlock. "It's more than the tax base. They were so community oriented. We were very fortunate. Rodger made a name for himself."

Morlock said Rodger was a good example, always doing hands-on rather than just handing out a check.

"He was a mentor to us all," she said. The franchise has operated since the late 1950s. Garner took it over four years ago when Stew Thomet retired.

Doubt is not a pleasant condition, but certainty is absurd.
- Voltaire (1694 - 1778)

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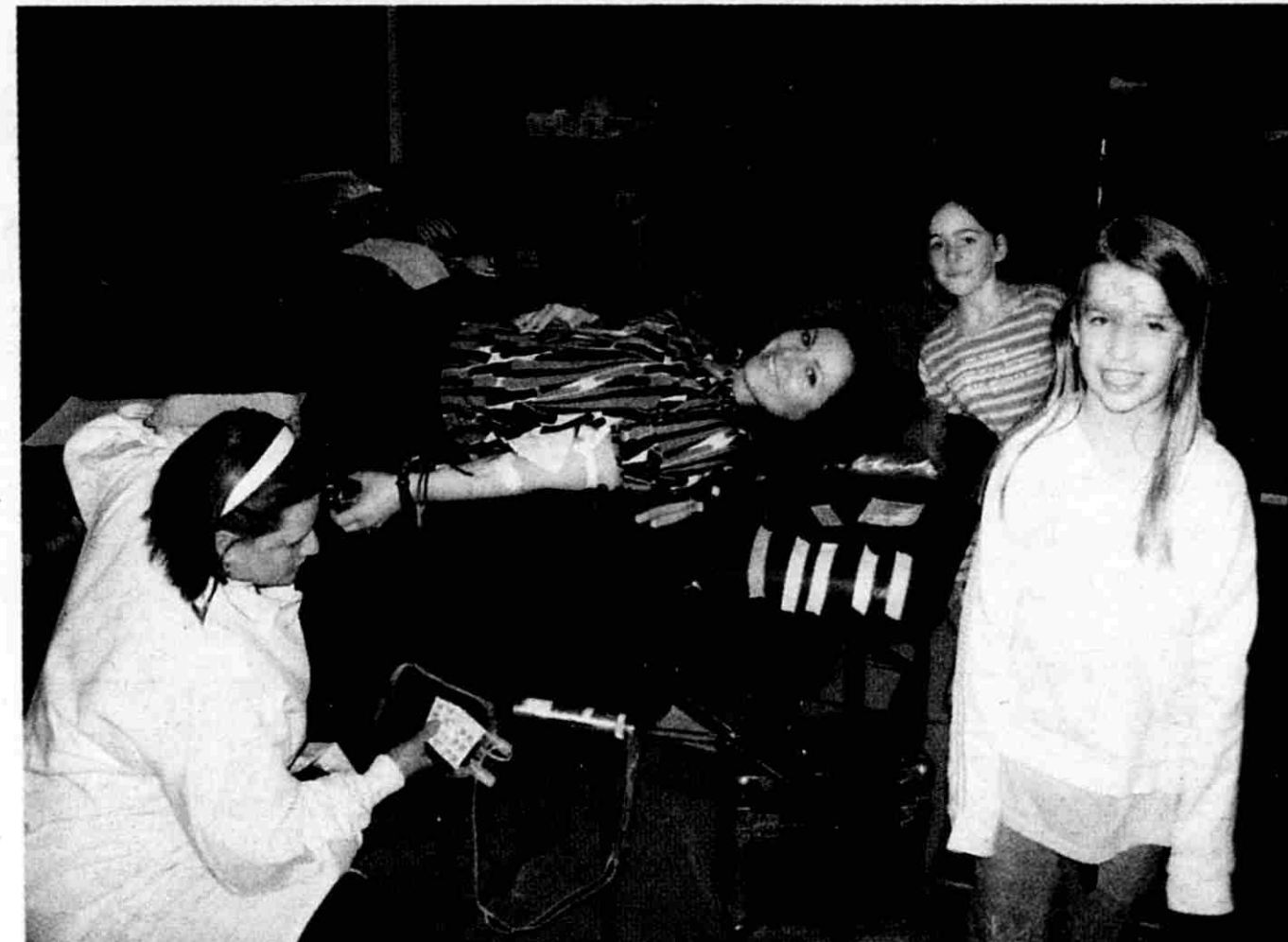
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In Remembrance

In honor and remembrance of Lowell's Sgt. Lucas Beachum The Ledger will post, once a month, the names of those who have given their lives in service to their country. The following names were released in January 2010:

- Army SPC Brushaun X Anderson, 20, of Columbus, GA
- Air Force SrA Bradley R Smith, 24, of Troy, IL
- Army SGT Joshua A Lengstorf, 24, of Yoncalla, OR
- Army SPC Brian R Bowman, 24, of Crawfordsville, IN
- Army PVT John P Dion, 19, of Shattuck, OK
- Army SPC David A Croft Jr, 22, of Plant City, FL
- Army SSG David H Gutierrez, 35, of San Francisco, CA
- Army SPC Jason M Johnston, 24, of Albion, NY
- Army SSG Ronald J Spino, 45, of Waterbury, CT
- Army SFC Jason O B Hickman, 35, of Kingsport, TN
- Marine LCpl Mark D Juarez, 23, of San Antonio, TX
- Marine LCpl Jacob A Meinert, 20, of Fort Atkinson, WI
- Army PFC Michael R Jarrett, 20, of North Platte, NE
- Marine SSGT Matthew N Ingham, 25, of Altoona, PA
- Marine Cpl Jamie R Lowe, 21, of Johnsonville, IL
- Marine Cpl Nicholas K Uzenski, 21, of Tomball, TX
- Army SPC Kyle J Wright, 22, of Romeoville, IL
- Marine Sgt Christopher R Hrbek, 25, of Westwood, NJ
- Army SGT Lucas T Beachum, 23, of Lowell, MI
- Army SSG Daniel D Merriweather, 25, of Collierville TN
- Army PFC Geoffrey A Whitsitt, 21, of Taylors, SC
- Army SPC Brushaun X Anderson, 20, of Columbus, GA
- Air Force SrA Bradley R Smith, 24, of Troy, IL
- Army SGT Joshua A Lengstorf, 24, of Yoncalla, OR
- Army SPC Brian R Bowman, 24, of Crawfordsville, IN
- Army PVT John P Dion, 19, of Shattuck, OK
- Army SPC David A Croft Jr, 22, of Plant City, FL
- Army SSG David H Gutierrez, 35, of San Francisco, CA
- Army SPC Jason M Johnston, 24, of Albion, NY
- Army SSG Ronald J Spino, 45, of Waterbury, CT
- Army PFC Gifford E Hurt, 19, of Yonkers, NY
- Navy PO2 Xin Qi, 25, of Cordova, TN
- Marine LCpl Jeremy M Kane, 22, of Towson, MD
- Marine Sgt Daniel M Angus, 28, of Thonotosassa, FL
- Marine LCpl Zachary D Smith, 22, of Hornell, NY
- Army SSG Anton R Phillips, 31, of Inglewood, CA
- Army SPC Robert Donevski, 19, of Sun City, AZ
- Air Force TSgt Adam K Ginett, 29, of Knightdale, NC
- Navy SFC Michael P Shannon, 52, of Canadensis, PA
- Army SSG Thaddeus S Montgomery, 29, of West Yellowstone, MT
- Army CPT Paul Pena, 27, of San Marcos, TX

Murray Lake blood drive



Murray Lake's student council sponsored its third annual blood drive on Jan. 28. Student council members met with Michigan Blood's representative prior to the event. They planned for the event and discussed ways to promote the drive. Forty-six people showed up for the drive, including several first time donors. Student council members worked shifts at the event to support the blood drive staff members. Murray Lake's music teacher is pictured donating blood while student council members, Regan Coxon and Ellie Cooper lend their support.

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- TUES:** Hot ham & cheese on a bagel (chicken patty on bun also offered at Alto, Cherry Creek & Murray Lake), baked oven potatoes, fruit crisp, milk.
- WED:** Chicken mashed potato bowl w/gravy & roll (3 meat sub also offered at Alto, Cherry Creek & Murray Lake), mashed potatoes & gravy, assorted fruit, milk.
- THURS:** Pizza dippers w/ dipping sauce (turkey & cheese on bun also offered at Alto, Cherry Creek & Murray Lake), green beans, fruited red gelatin, milk.
- FRI:** Spaghetti & Italian meatsauce w/dinner roll (tuna salad sandwich also offered at Alto, Cherry Creek & Murray Lake), cooked carrots, pineapple, cookie, milk.

Red Arrow SPORTS

Teft continues to flip for her passion

by Thad Kraus

While Kelsey Teft's family was flipping through the television stations, a young gymnast-in-waiting was flipping her way through the house.

"When I was a kid I was always doing handstands and flipping around the house," Teft explains.

Something as simple as a flip, to a child is crazy and fun. In part, crazy and fun is what has kept Teft active in gymnastics since the age of four.

"Gymnastics is making what seems impossible, possible," Teft notes.

Once Teft achieved that first 'crazy' trick, there has

Kelsey Teft has been competing at the varsity level for four years. She has been practicing her passion for much longer than that.



always been the next one in waiting.

The Lowell senior recently crossed another off the list when she executed an aerial (no handed) cartwheel on the four-inch wide balance beam. She'd practiced it before and worked on it over the summer, but readily admits she'd been afraid to attempt it in a meet.

"Falling on a beam can be a little rough," Teft said. "Even if physically your body can do it, there is that mental block you have to get over."

Breaking past the mental block was the only chance Teft had of raising her performance so that she could be competitive.

In a recent meet against Forest Hills Central, Teft attempted her first tsukhara (1/2 twist going on and a 1/2 twist coming off the bar) on the vault.

"I landed short and my ankle still hurts from that, but the goal is to do it again and hit the landing," Teft explained.

That is advice Teft passes on to the young gymnasts on this year's team. "When you mess up, keep going. It seems simple but it is important. That's how life is," Teft said.

Strangely enough, judges look for that trait also.

"They want to see confidence. They want to see your chin up. Even after a fall, get back up and act as though you just stuck it. Like there is nothing wrong," Teft explains.

The Lowell senior remembers being so nervous as a freshman that she had herself in tears. She also remembers the inspiration she gathered from watching her cousin (Katie Teft), who

served as an alternate on the U.S. Olympic team.

Teft wants to finish her high school career with an exclamation.

She isn't sure what that might be, but she is sure it includes finishing strong and being satisfied with her performance in this, her final season.

Until then, there is the crazy new trick to conquer and rising to the balsms of her feet with her friend Sarah Piell during the national anthem.

"We saw it done by some gymnasts at the St. Johns' Invitational last year. We thought it was funny and is something we decided to continue," Teft explained. "When the music goes up so do we."

And so goes the crazy and fun of high school gymnastics.

Lowell wrestlers compete with nation's best

by Thad Kraus

Watching Graham High School take it to the number one ranked wrestling team (Blair High School, New Jersey) in the country the night before, the Lowell wrestling coaching staff couldn't help but chuckle to themselves about what possibly lay ahead for its Red Arrows.

"We put Graham High School on the schedule because it gets the point across about raising expectations," Lowell coach Dave Dean said.

Following the Red Arrows' 39-25 loss to Graham, Dean felt good about the way his club competed.

"We lost two matches by a point. The match at 135 - I felt Gabe Morse had a pin that wasn't called," Dean explained. "That's a nine-point swing."

Graham also entered the match with expectations. "It's a privilege to wrestle for Graham High School. There is a standard each wrestler must live up to,"

said Graham coach Jeff Jordan.

Wrestling Lowell a day after its big win over Blair was a hurdle not lost on Jordan.

"Our kids did not have the same intensity which is understandable," Jordan explained. "But don't let that take away from Lowell. With the Jackson boys and some quality wrestlers at 135, 189,

215 and heavyweight, coach Dean has that program on the same page as here at Graham."

Actually, there is some work still to do. Graham has three public school national titles, nine straight state titles, a 2008 national title and three runner-up trophies.

Connor Kruse (HWT)

was the lone Red Arrow to record a pin.

Other Red Arrow winners included Andrew Morse (145), Dan Fleet (152), Jackson Morse (160), Gabe Dean (189), and Ryan Olep (215).

"Our boys wrestled tough. It was encouraging and a step in the right direction," Dean said.

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Red Arrow SPORTS

After a shaky start, Lowell bowling teams take 2-of-3

by Thad Kraus

Lowell's boys' bowling team continued their improving ways as they defeated NorthPointe Christian and Forest Hills Central before being upended by Mona Shores.

The Red Arrows shutout NorthPointe 30-0 while clipping FHC 18-12. Lowell lost to the Sailors 23-7.

"They had a shaky start, but have really been bowling well lately. They are coming around at the right time," said Lowell bowling coach Rocky Eickhoff.

The wins pushed Lowell over the 500 mark for the first time this season.

Lowell's baker scores were 147 and 149.

Individual scores were as follows: Alec Bobko 139 and 189, Travis Shea 114, Jake Hornbrook 144 and 188, Logan Phenix 210 and 137, Dillon Buck 193 and 172, and Jordan Dennie 178.

Against NorthPointe, Lowell rolled baker games of 215 and 145.

Individual scores were

as follows: Alec Bobko 166, Jordan Dennie 171, Jake Hornbrook 178, Logan Phenix 184 and 155, Dillon

Buck 177 and 161, Josh Rocco 148, Ryan Timmers 144, and Brandon Segal 125. Rocco also accomplished a rare feat of picking up the 6-7-10 split.

In the Mona Shores match, Lowell lost the first baker game 194-159 before falling in game two 211-149.

Winning individual match ups were Logan Phenix (155), Travis Shea (209) and Jake Hornbrook (162).

Lowell girls' bowling results

The Red Arrow girls also won two of three matches defeating NorthPointe Christian 28-2 and losing to FHC 17-13 before besting Mona Shores 26-4.

"The girls did an excellent job of remaining focused against NorthPointe," said Lowell coach Eva Geldersma. "Molly Doering

and Nina Richardson were outstanding."

Lowell won both of its baker games with totals of 146 and 133.

Its individual scores were: Jessie Alberts 137, Molly Doering 117, Sarah Mogor 157 and 138, Kristin Bouwhuis 155, Sammi Geldersma 177 and 167, Amber Geldersma 100, Nina Richardson 134, and Shelby Mitchell 125.

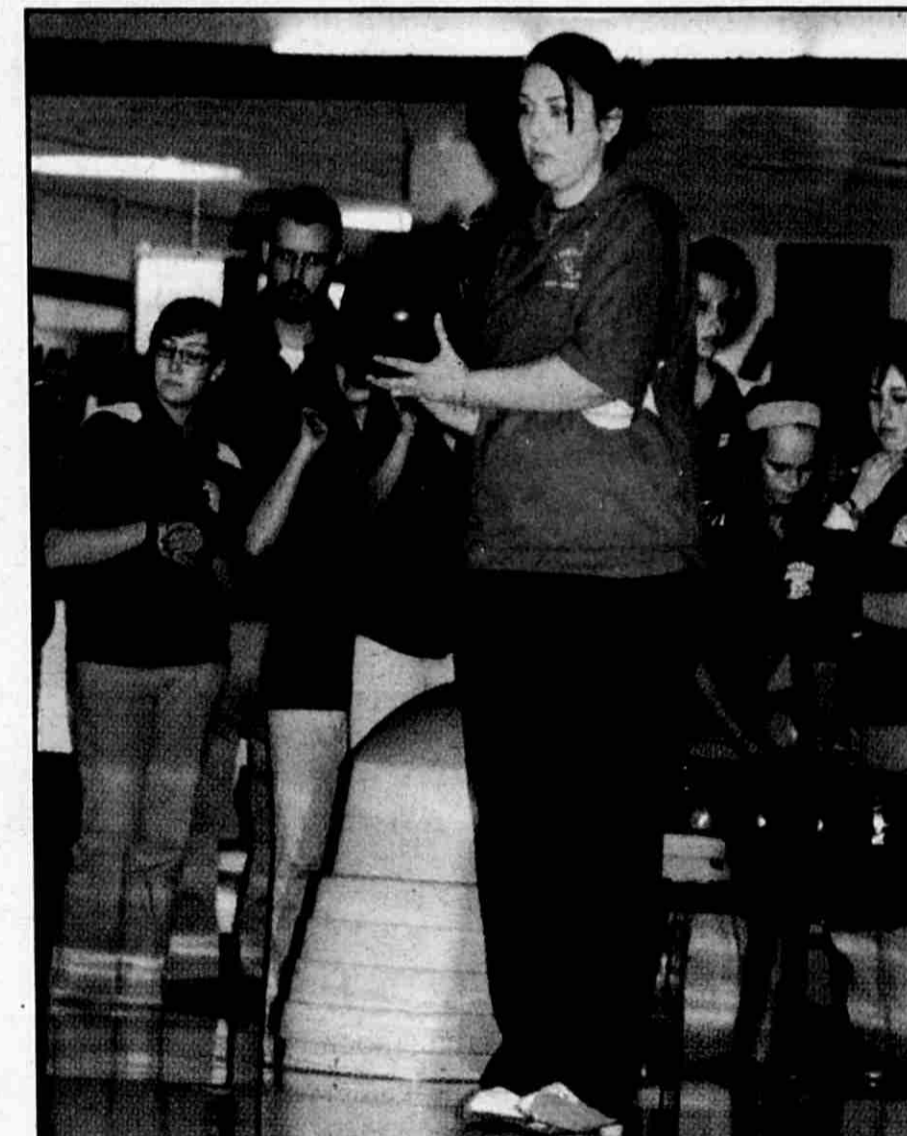
In its loss to Central, the Red Arrows rolled games of 118 and 137.

Its individual scores were: Kristin Bouwhuis 185 and 171, Jessie Alberts

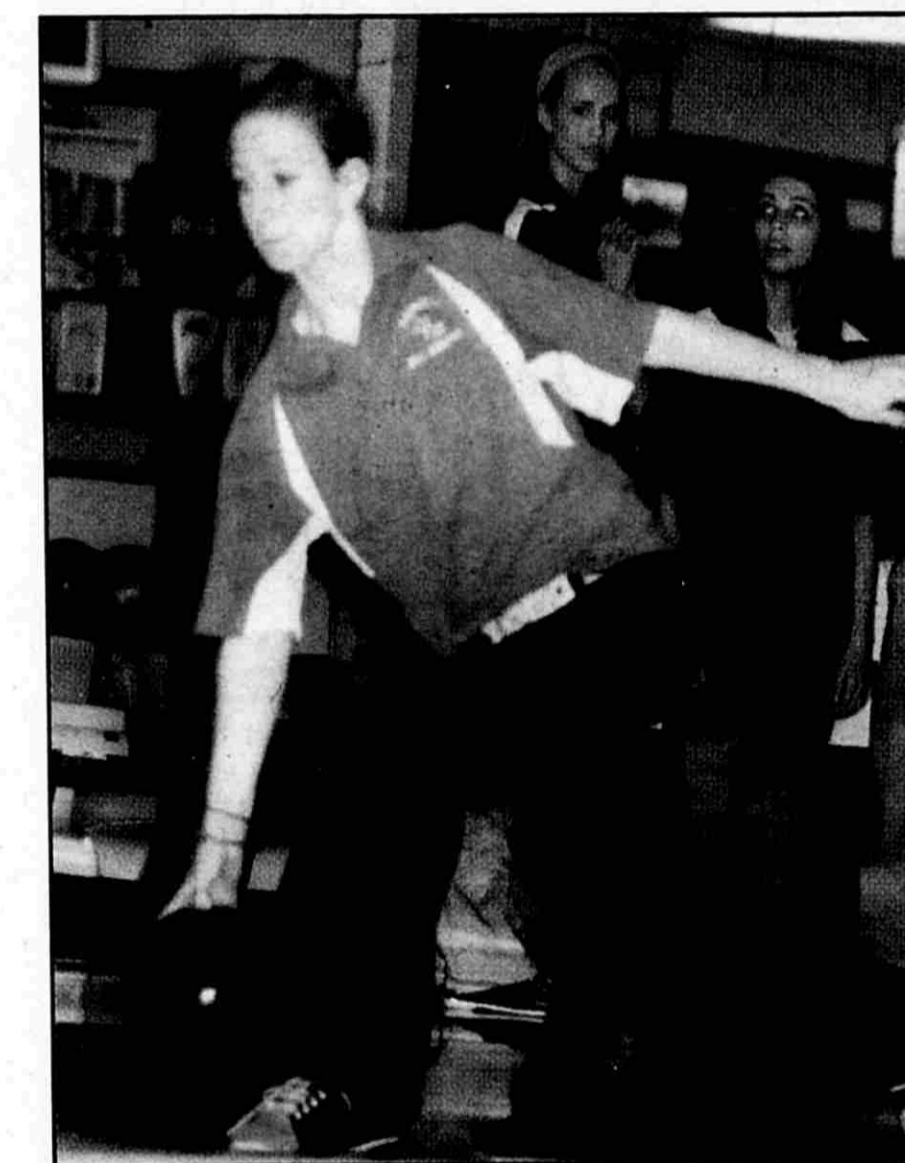
185 and 138, Sarah Mogor 124, Shelby Mitchell 140, Sammi Geldersma 135, Molly Doering 100, Nina Richardson 96, and Amber Geldersma 114.

In the Mona Shores match Lowell won both baker games. In game one it was 191-140 and 160-122 in game two.

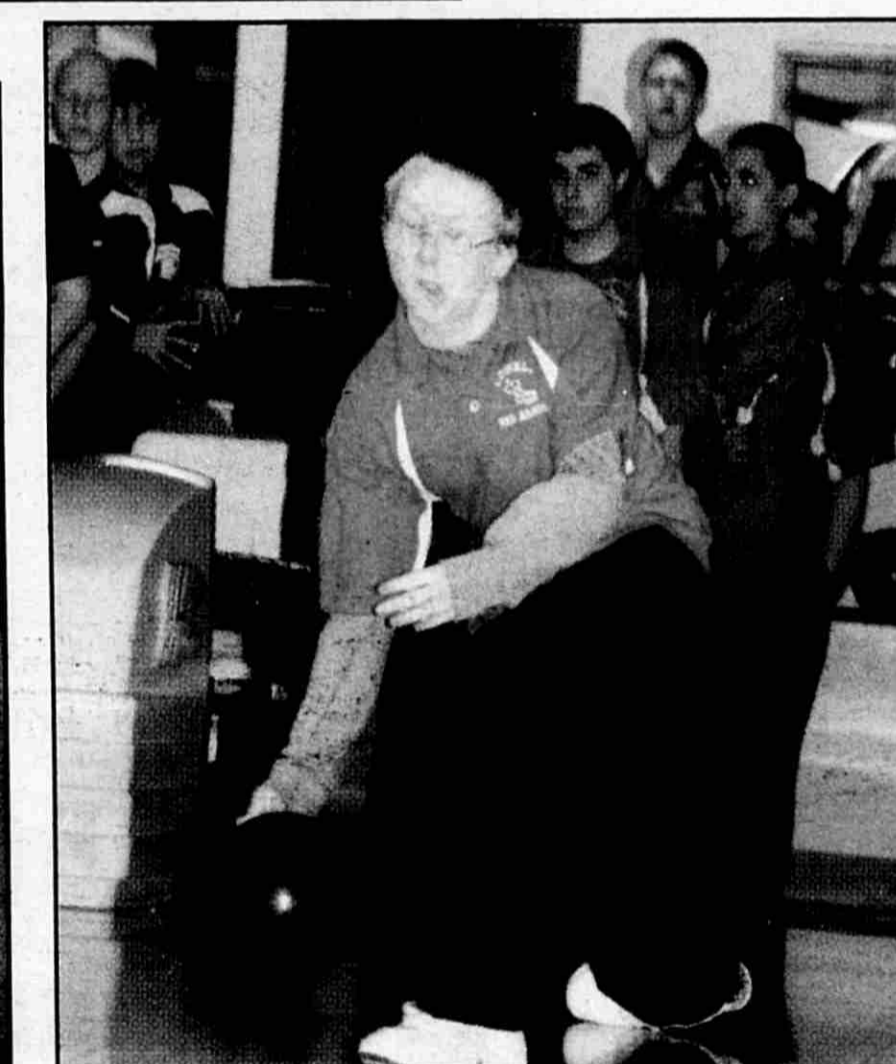
Red Arrows winning their individual match ups were: Molly Doering (120), Sarah Mogor (141), Shelby Mitchell (156), Nina Richardson (126), Jessie Alberts (144) and Sammi Geldersma (170).



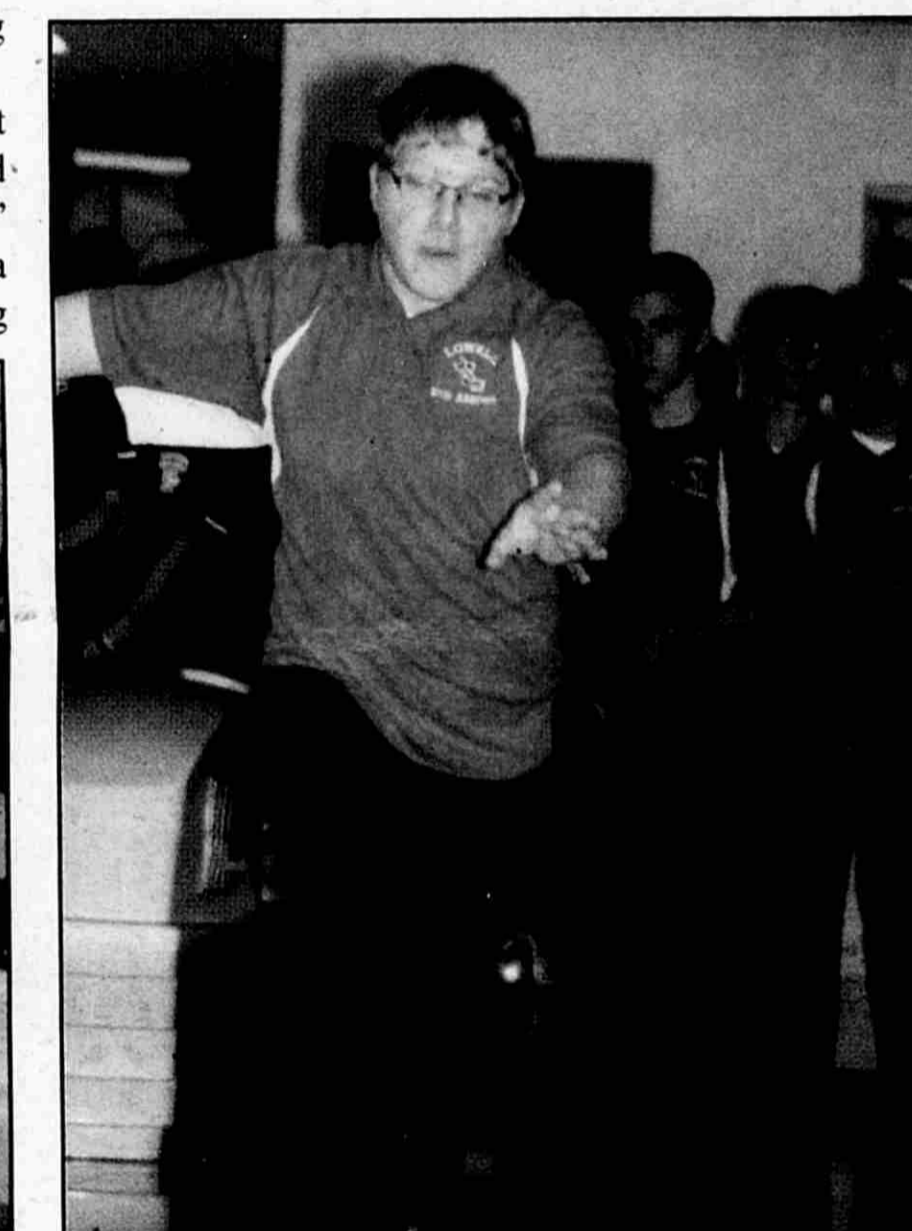
Nina Richardson



Sammi Geldersma



Jake Hornbrook



Alec Bobko

Lowell finds hope in third round performance

by Thad Kraus

How a team responds in the face of adversity speaks volumes to its character.

Lowell's competitive cheer team had one of those moments at the season's first conference meet in Reeths-Puffer.

"The girls struggled in round one and received its lowest score of the year," said Lowell coach Kari Dawson.

While round two's score was better, the poor start pretty much removed any chance of a high finish.

Round three, tumbling and stunting, and by most

standards the toughest of the three, Lowell bounced back in fine fashion, scoring a season best of 287.7. This, from a club who'd been averaging 230.

"I am extremely pleased with the way the girls responded to their start," Dawson said. "It shows character, motivation and that there is progress being made."

Dawson added that the Red Arrows' third round was nearly flawless and it brought bonus points from the judges.

"We've been a middle-of-the-pack team so far this season," Dawson explained. "Realistically, for us to break into the top three of the conference, we have to be able to throw tucks. That may not happen this year, but the potential is there for next year."

Lowell finished fifth at the conference meet in Reeths-Puffer.

Kenowa Hills took top honors with 757 points. Lowell was fifth at 661.

Hagerman and Ellis continue to impress

by Thad Kraus

Asked to elaborate on why his girls' ski team has started so strongly this year, Kenowa Hills/Lowell/Comstock Park coach Mark Hagerman kept it real simple. "We have two top 10 skiers."

"Both Abi (Ellis) and Samantha (Hagerman) have been skiing really well along with being very consistent," Hagerman explained.

Samantha Hagerman has recorded a top 10 finish in every slalom race she's competed in this year.

Ellis has not lost in a slalom event. After four races, the ski team is fifth of 10 teams in the league.

On Tuesday, Ellis won the giant slalom with runs of 26.47 and 26.11.

Hagerman, 11th, was timed in 27.71 and 28.04.

Other individual times were: Katy Mork (30.08,

30.60), Aubrey Gillette (33.20, 32.72), and Jelena Petricevic (36.19, 36.42).

In the slalom event, Hagerman was third stopping the clock in 37.44 and 37.93.

Ellis (18th) was clocked in 49.96 and 35.22.

Other individual times were: Mork (46.64, 48.15), Gillette (50.03, 51.31), and Petricevic (56.64, 56.81).

At CaberSae on Friday, the girls were fourth in a 10 team field.

It placed third in the giant slalom and fourth in the slalom.

In the boys' events, the top finish in the giant slalom was handed in by Gabor Halasz with times of 26.57 and 26.62.

Spencer Gillette had the club's top finish in the slalom. He was clocked at 31.67 and 31.95.

"The boys are struggling, but we're very young and inexperienced," Hagerman explained. "Spencer has provided us with some top 10 finishes."

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Red Arrow SPORTS

'Cat rally sinks Lowell in overtime

by Thad Kraus

Lowell had a seven-point lead and only 76 seconds to kill to post its first O-K White win of the season. Instead, the Red Arrows' victory hopes were killed by a diminutive sophomore guard and a band of Wildcats.

Northview rallied to tie the game at 61-61 in regulation before winning it in overtime 66-62.

Darren Kapustka scored seven of his game-high 25 points in the final 1:16 of regulation and three of its five in overtime.

"We feel comfortable with the ball in his hands," said Northview coach Trevor Chalmers. "We felt if we kept attacking and got the ball into the lane, we could extend the game."

Lowell's Jon Hanson netted two foul shots with 1:16 on the clock to give Lowell a 59-52 advantage.

A Kapustka bucket and two missed foul shots by Lowell with 1:02 to play set up the game's biggest shot.

Off the missed foul shots, Northview's Kapustka pushed the ball up the floor, drove, and then dished it

to Kevin Rich (in the far corner), who drained a three, pulling the Wildcats to within two at 59-57.

Seconds later, a Lowell turnover turned into a Kapustka trip to the line where the sophomore drained both shots, tying the contest at 59-59 with 32 ticks on the clock.

A seven-foot jumper by Isaac Tawney gave Lowell back the lead with 22 seconds to play.

Following a timeout with nine seconds to play, Kapustka drove the lane and was fouled with 4.8 seconds

on the clock. He calmly sank both shots, tying the game at 61-61.

In overtime, Kapustka netted three of four shots from the line to give Northview a 64-62 lead.

Lowell missed its shot on its final possession and then fouled in the final seconds. Rich hit both foul shots to cap the Northview comeback.

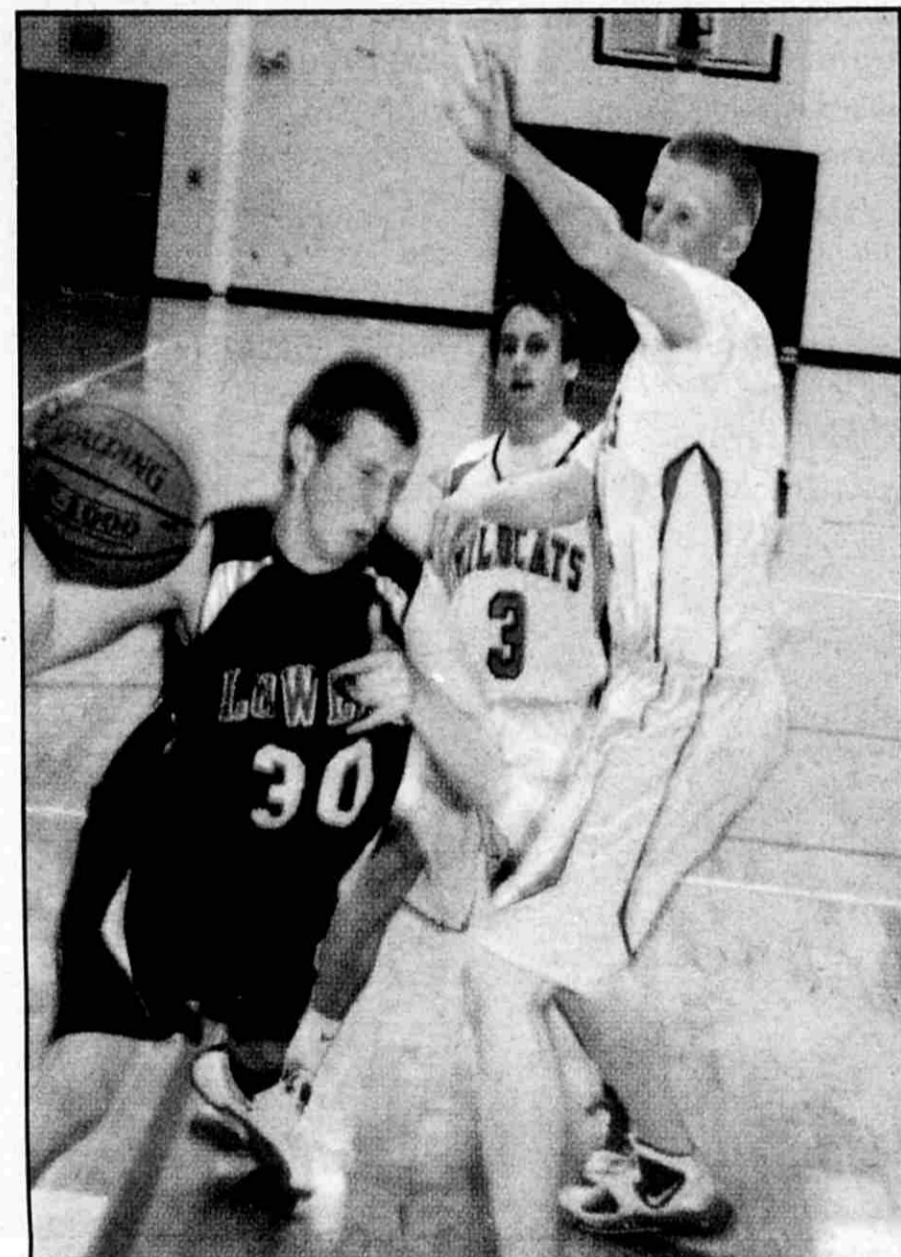
"Our boys played at our pace tonight. They were believing and having fun," said Lowell basketball coach Jeff McDonald. "We just couldn't find a way to close it out."

The Lowell coach pointed out that it was the first time this year where his club has had to defend a lead late in the game.

"The boys gave a valiant effort. I worry a little bit about what this kind of loss can do to their poise and confidence."

Lowell was led in scoring by Jacob Meyer's 25 points. Tawney netted 13.

With the win, Northview improves to 3-8 overall and 2-3 in the O-K White. Lowell drops to 1-9 overall and 0-5 in the league.



Jon Hanson finds his way around a defender in a drive to the basket.

Lowell pulls together absent Teft

by Thad Kraus

Minus its leader and top gymnast, Lowell traveled to Rockford to battle one of the league's premiere teams.

"I told the girls, despite missing one person, we're still a team," explained Lowell gymnastic coach Michele DeHaan.

The Red Arrow coach left Rockford Wednesday night proud of her club's team effort. DeHaan had quietly set 120 as a goal for

a squad without the services of Kelsey Teft.

Lowell finished with 119.40 to Rockford's 139.05.

"The girls pulled together and performed quite well," DeHaan said.

That was most noticeable on the vault where five Red Arrows scored 8.1 or higher.

Sarah Piell led the way with an 8.3. Abby Rogalke and Morgan McVey recorded marks of 8.2 while Lowell's fourth score, handed in by Vonda Kyes and Jorie Bennett, was an 8.1.

"Both Jorie and Vonda

executed a 1/2 twist before hitting their vault," DeHaan said.

In the floor exercise, the Red Arrows' team score was 31.35, 1.45 below its vault total (32.8).

McVey scored a team-leading 8.2. Piell and Rogalke contributed with marks of 7.9 and 7.8 respectively. Emma Bencker added a 7.45.

On the beam, Lowell scored 30.75. The high mark was recorded by Cassie Miles. She came off the beam with an 8.25. McVey finished her routine with a

7.7 followed by Rogalke's 7.55 and Lauren Trasky's 7.3.

"Trasky, McVey and Rogalke all had just one fall," DeHaan said. "There were very few wobbles. Their falls came on tricks they always do. The difficult parts they nailed."

The Red Arrows struggled on the uneven bars. Their high mark was a 6.75 handed in by Rogalke. Piell tallied a 6.45 followed by Trasky's 6.1 and Kyes' 5.2.

Gymnastics, continued, page 16

Second-half scoring drought dooms Arrows

by Thad Kraus

Lowell's first field goal of the second half came with 6:40 to play in the fourth quarter.

This might lead some to think the Red Arrows need some shooters.

Lowell girls' basketball coach Danielle Gallert has a slightly different take on things.

"I think we have girls who can shoot, but right now we're lacking the confidence to shoot," said Gallert. "We're trying to overcome that, but being young makes it hard."

Lowell was outscored 21-11 in the second half Friday night at Northview in a 47-32 loss to the Wildcats.

The Red Arrows' best quarter of offense came in the opening eight minutes. Lowell outscored Northview 6-2 to start the game. The Wildcats, however, responded with an 11-4 spurt to take a 13-10 lead into the second quarter.

Northview increased its lead to five (26-21) at half with a 13-11 second-quarter advantage.

"The first half we were out of sync. We also had quite a few shots go in and

out," said Northview girls' basketball coach Mike Kapustka. "Lowell also plays excellent defense. They are well coached defensively."

The Wildcats extended their five-point half-time lead to 14 by outscoring Lowell 11-2 in the third quarter.

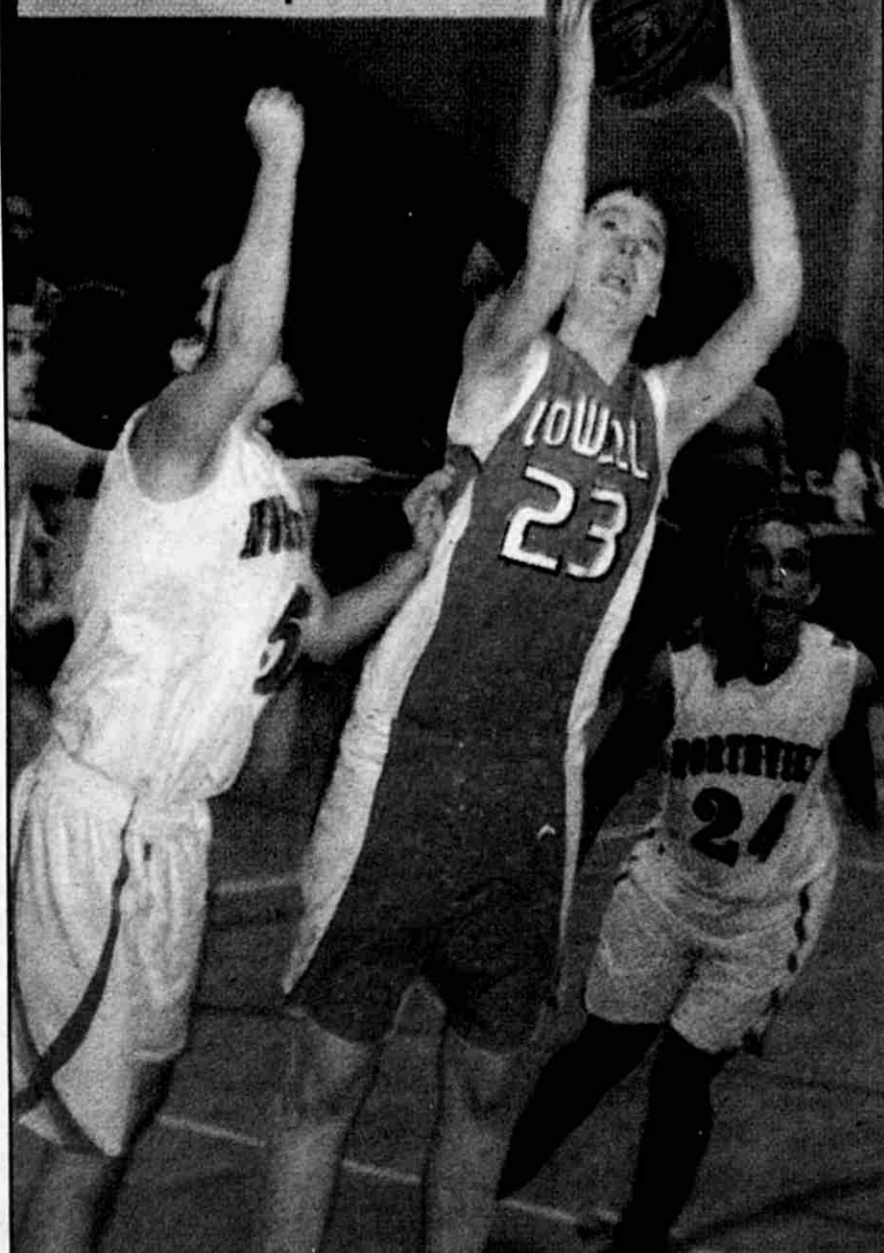
Danielle Kapustka led

all scorers with 17 points. Katelyn Joyce added 11.

Katie Tompkins led all Lowell scorers with 11 points. The win improved Northview to 8-4 overall and 4-1 in the O-K White.

With the loss, Lowell drops to 5-7 overall and 2-3 in the conference.

Katie Tompkins scores two of her 11 points.



Hockey team finds its mark in 4-game winning streak

by Thad Kraus

Following a 5-1 loss to Durand, it was clear that the Lowell/Caledonia hockey team needed a change.

The change needed to be from within and it had as much to do with what was between the ears as between the pipes.

"We weren't playing as a team and not using one another out on the ice," said Lowell/Caledonia coach Mike Ballard.

The Lowell coach told his club winning and losing would depend on it.

A change in attitude, a change in the lines, and better passing, creating more opportunity for teammates, has resulted in a four-game winning streak and has Lowell/Caledonia two games under the .500 mark, following a 12-1 win over

the Grand Rapids city team. you want your program to be, however, losing wears on you," Ballard explained.

The Lowell/Caledonia hockey coach believes if his club can finish strong against second level tier clubs, it can finish with a winning record and possibly surprise someone in the playoffs.

Lowell/Caledonia, during its recent winning streak, has been led by captain and center Billy Watson and all-around hockey talent Kolin Morgan.

"Watson is one of the most skilled hockey players who has also developed into a leader. Morgan is skilled and his all-around speed, strength and conditioning is tremendous. He can out skate anyone."

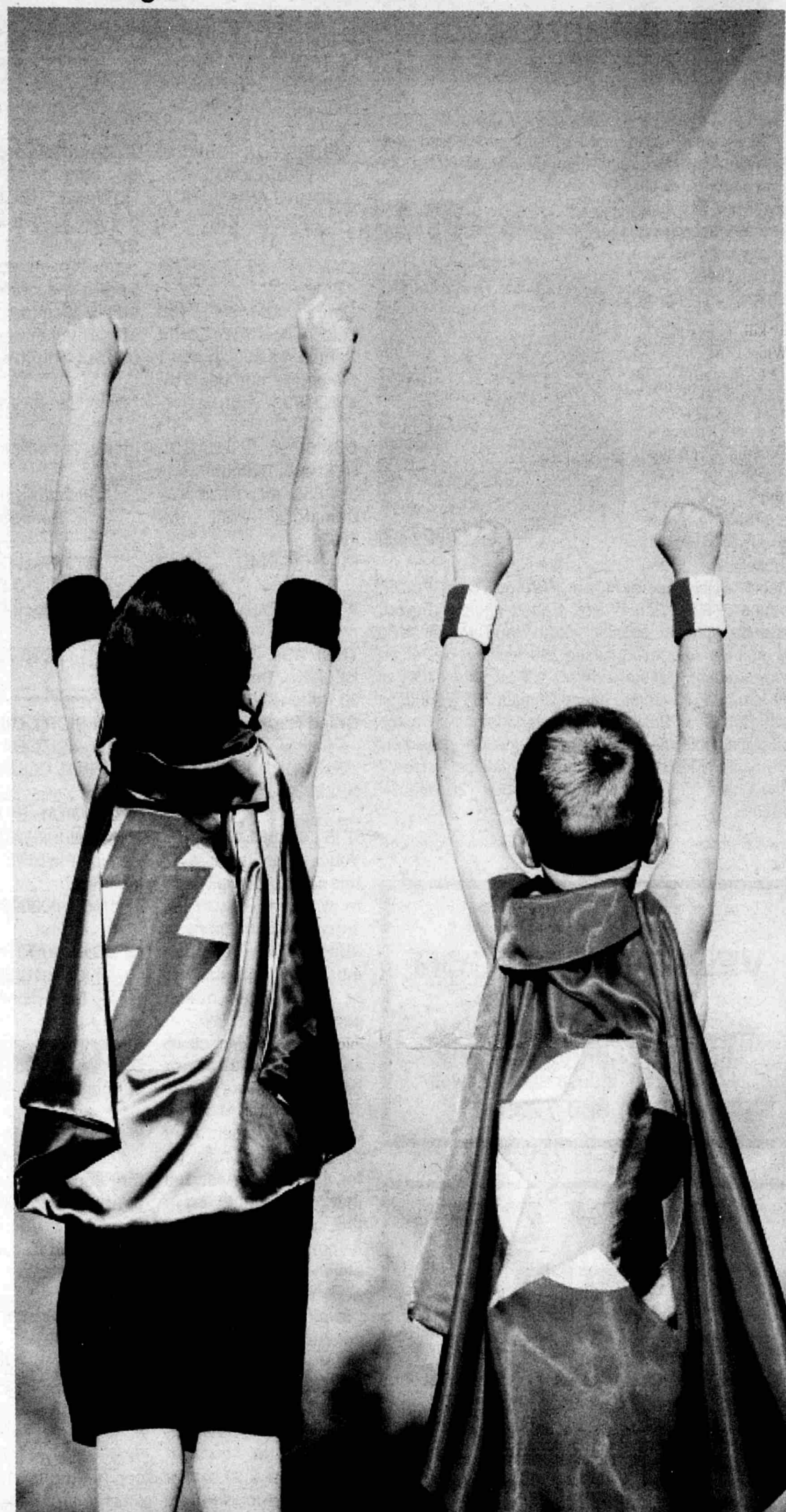
Lowell/Caledonia travels to Kalamazoo this weekend.

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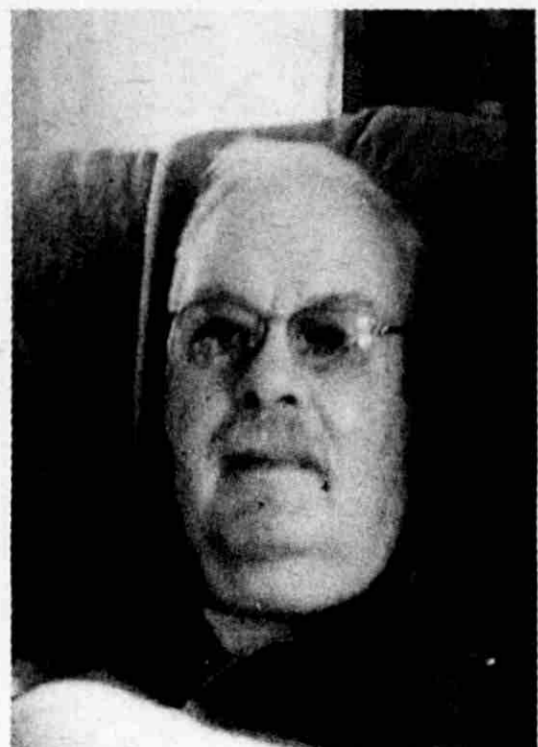
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obituaries

FRAZER

Harry Lee Frazer, aged 68, of Ionia, passed away unexpectedly, Saturday, January 30, 2010. He was preceded in death by his brother, Bruce Frazer. He is survived by his wife of 18 years, Jean; children, David (Shelly) Frazer, Jeff Frazer, Diane (Mike) Everhart and their mother, Lois Heffron; grandchildren, Deanna (Travis) Beech, Max and Logan Everhart; great-grandchildren, Walter and Helen Beech; sisters, Audrey Frazier, Iola (Louis Stora) Frazer; brothers, Ben (Pat) Frazer, Robert (Donna) Frazer; and his springer spaniel, Molly. Harry was an avid sportsman who loved fishing and hunting. He retired from Keebler. Funeral services will be Wednesday at 11 a.m. at Roth-Gerst Funeral Chapel, 305 N. Hudson with Rev. Dean Bailey of Alto United Methodist Church officiating. Interment White Swan Cemetery in Oakfield Township. Memorial contributions may be made to Alto United Methodist Church, P.O. Box 122, Alto, MI 49302.



LEGAL NOTICES

STATE OF MICHIGAN JUDICIAL DISTRICT 17th JUDICIAL CIRCUIT

ORDER FOR SERVICE BY PUBLICATION POSTING AND NOTICE OF ACTION

CASE NO. 09-13337-DO Court Address 180 Ottawa Ave NW, Grand Rapids, MI 49503, court telephone number 616-632-5480

DENISE CAROL HELMKA, Plaintiff 254 Four Mile Road NW Comstock Park, MI 49321 616-647-9514

THOMAS EDWARD HELMKA, Defendant 30 Holland NE Grand Rapids, MI

TO: THOMAS EDWARD HELMKA

IT IS ORDERED: You are being sued in this court by the plaintiff to who has requested entry of a Judgment of Absolute Divorce. You must file your answer or take other action permitted by law in this court at the court address above on or before February 15, 2010. If you fail to do so, a default judgment may be entered against you for the relief demanded in the complaint filed in this case. A copy of this order shall be published once each week in The Lowell Ledger for three consecutive weeks, and proof of publication shall be filed in this court. R. John Stephan, attorney for Plaintiff shall post a copy of this order in the courthouse, and at 30 Holland NE, Grand Rapids, Michigan

for three continuous weeks, and shall file proof of posting in this court. A copy of this order shall be sent to THOMAS EDWARD HELMKA at the last-known address by registered mail, return receipt requested, before the date of the last publication, and the affidavit of mailing shall be filed with this court. Date: January 11, 2010

Judge G. Patrick Hillary Plaintiff's Attorney R. John Stephan - P71686 3875 West River Dr. PO Box 327 Comstock Park, MI 49321 616-784-5080

SUPERIOR COURT OF ARIZONA PINAL COUNTY

DEBORAH ELAINE FIGUROWSKI Plaintiff

DO-2 00802009 v JOHN MATTHEW FIGUROWSKI Defendant

SUMMONS Division 7 Judge Kevin D. White

WARNING: This is an official document from the court that affects your rights. Read this carefully. If you do not understand it, contact a lawyer for help.

FROM THE STATE OF ARIZONA TO: JOHN MATTHEW FIGUROWSKI

A lawsuit has been filed against you. A copy of the lawsuit and other court papers are served on you with this "Summons".

If you do not want a judgment or order taken against you without your input, you must file an "Answer" or a "Response" in writing with the court, and pay the filing fee. If you do not file an "Answer" or "Response" the other party may be given the relief requested in his/her Petition or Complaint. To file your "Answer" or "Response" take, or send, the "Answer" or "Response" to the Office of the Clerk of the Superior Court, 971 Jason Lopez Circle, Bldg A, Florence, Arizona 85232 or PO Box 2730, Florence, Arizona 85232-2730; or any satellite office. Mail a copy of your "Response" or "Answer" to the other party at the address listed on the top of this Summons.

If this "Summons" and the other court papers were served on you by a registered process server or the Sheriff, within the State of Arizona, your "Response" or "Answer" must be filed within TWENTY (20) CALENDAR DAYS from the date you were served, not counting the day you were served. If this "Summons" and the other papers were served on you by a registered process server or the Sheriff outside the State of Arizona, your Response must be filed within THIRTY (30) CALENDAR DAYS from the date you were served, not counting the day you were served. Service by a registered process server or the Sheriff is complete when made. Service by Publication is complete thirty (30) days after the date of the first publication.

You can get a copy of the court papers filed in this case from the Petitioner at the address at the top of this paper, or from the Clerk of the Superior Court at the address listed in Paragraph 2 above. Requests for reasonable accommodation for persons with disabilities must be made to the office of the judge or commissioner assigned to the case, at least five (5) days before your scheduled court date.

SIGNED AND SEALED this date: Nov. 20, 2009.

KRISTI YOUTSEY RUIZ Clerk of the Superior Court By Dyane Ceal, Deputy Clerk

STATE OF MICHIGAN PROBATE COURT COUNTY OF KENT

NOTICE TO CREDITORS Decedent's Estate

File No. 10-187967-DE

Estate of THOMAS E. RENS, date of birth: January 24, 1935.

TO ALL CREDITORS:

NOTICE TO CREDITORS: The decedent, THOMAS E. RENS, who lived at 1296 Suncrest Dr. NE, Grand Rapids, Michigan, died January 16, 2010.

Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to TIMOTHY J. RENS, named personal representative or proposed personal representative, or to both the probate court at 180 Ottawa Ave. NW, Grand Rapids, MI 49503 and the named/proposed personal representative within 4 months after the date of publication of this notice.

Daniel Blaw (P37283) 1515 Michigan NE Grand Rapids, MI 49503 616-336-5098

Timothy J. Rens 7079 Hess Dr. NE Comstock Park, MI 49321 616-784-8415

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

classifieds

for sale

MEMORY FOAM MATTRESS - Tempurpedic style visco memory foam. Never used. Queen \$595, king \$795. 616-682-4767 or 293-5188.

AMANA REFRIGERATOR - Side-by-side, ice & water dispenser, bisque in color, excellent condition, \$480. 616-293-2237.

CEMETERY LOTS FOR SALE - two, Bailey Cemetery, Vergennes Twp, corner of Bailey & Parnell. Call 616-608-4148.

2007 RENDEZVOUS CXL - Luxury package, smart track, automatic, V6, very clean, non smoker, silver w/black trim. 64,000 highway miles. \$15,500. Call 897-5178.

BRYANT HIGH EFFICIENCY LP FURNACE - w/air & electronic air filter, 100,000 BTU & 4 ton compressor, excellent condition. 616-293-2237.

FREE AD! - Place & pay for an ad in the Buyers Guide & Lowell Ledger for 3 weeks & receive the 4th week FREE! You must mention the special in order to receive this offer. Valid only with new ads, and must be paid for when ad is placed. Call 897-9555, fax 897-4809 or email to: classifieds@lowellbuyersguide.com, Lowell, Ph. 897-9261.

LAND FOR SALE - 10 acres, beautifully wooded. All buildable. Borders Saranac/Lowell in Keene township. Frontage along Sayles & Pinckney Roads. Wildlife galore! \$69,900. Very motivated. Call owner at 897-2750.

MAYTAG - Quiet plus dishwasher, excellent condition, bisque in color, \$180. 616-293-2237.

2005 GRAND PRIX GT - black, all options, sharp, fast car, \$7,000 obo. Call 897-6897.

MATTRESS - Replace your worn out mattress for as little as \$79, all sizes. Name brand. Never used. 616-682-4767 or 293-5188.

KEY CARDS SAVE YOU MONEY! - Help support the LHS Academic Boosters & save money at the places you shop in Lowell and in Grand Rapids. Cards are \$15. Stop by & get your card today, Lowell Ledger 105 N. Broadway. Cash or check only please.

MAYTAG STOVE & OVEN - self-cleaning, flat cooktop, excellent condition, bisque in color, \$380. 616-293-2237.

HELP US DELIVER THE PAPER...please DIG OUT around your newspaper tube, mailbox, steps, walkways & porches! Let's all try to HELP EACH OTHER survive the Winter.

for rent

HALL FOR RENT - Lowell Veteran's Center, 3100 Alden Nash. Newly remodeled, smoke-free, private, great location & great rate! www.vfw8303.org. Call John at 299-0486 or 897-8303.

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.

PRICELESS STORAGE - Indoor/outdoor. New Units on Alden Nash, 1 mile South of I96. Call for specials 558-2900.

CENTER COURT APT - first month rent free! (w/12 month lease.) 2 bedrooms, \$600; 1 bedroom, \$500; on-site laundry & cats allowed. Center Court Apt., 201 N. Center St., Lowell. Call CB Richard Ellis/Grand Rapids, 877-780-2200.

wanted

CASH PAID FOR OLD STUFF! - Buying advertising items, military related, toys & games, jewelry, knives, lighters, hunting & fishing AND MUCH MORE. Call 616-550-0521

WE ARE IN THIS ECONOMY TOGETHER - looking for a good female roommate to share by beautiful home in downtown Lowell. Honest, mature over 40 references. \$380. Call 586-206-0882.

help wanted

ATTENTION - Part-time help wanted. Avg. \$14-\$16 to start. Call 616-698-2019 bet. 12 p.m. - 6 p.m. only. No calls will be accepted after those times.

card of thanks

MANY, MANY THANKS For all the birthday cards, gifts, flowers and visits for my 100th birthday. A special thank you to my family and Emerald Meadows. May God bless you. Marie Rickert

THANKS to everyone for the prayers and cards on the passing of son and brother, Gordon DeHaan. Gert DeHaan & family

sales

TACK SALE - New, used items. Saranac High School, March 20, 9 a.m. - 1 p.m. \$1 door charge. Vendor info, 868-6042 or crclfrctn@aol.com

services

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

BUSINESS CARDS - Before you order your cards from somewhere else - check our rates! Call Lowell Litho, 897-9261.

ST. PATRICK SCHOOL - Visit us at www.stpatrick.parnellschool.org to learn how your child can flourish with personalized attention & a Christ-centered education. Call 691-8833 to schedule your tour. Info night for Preschool, Young 5s & Kindergarten is Feb. 11 at 6 p.m.

LOOK FOR OUR CHILD-CARE, PRESCHOOL & CHILDREN'S DENTAL SECTION - in the Feb. 17 edition of the Lowell Ledger. If you offer a service & would like to advertise - please call 897-9261 or email to: classifieds@lowellbuyersguide.com for more info. Prices as low as \$15.84!

HORSEBOARDING - N. of Lowell, Murray Lake area. Please inquire, 616-897-5807.

services

ASSISTED LIVING - Country Lane Assisted Living has immediate openings. Female only. Private/Medicaid accepted. Brochure & tour available. 616-581-3276.

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

IS YOUR CHILD STRUGGLING IN SCHOOL? - I can help. Certified teacher with 30+ years experience working with students who have challenges with learning, attention, and motivation. Call Jessica at 897-7513.

CLEANING - Home or business. Very thorough, 14 years experience. References. Please call 616-633-9195.

LAMINATING SERVICE AVAILABLE - Next day service. Drop off & pieces will be available by 9 a.m. the next day. Lowell Litho, 105 N. Broadway, Lowell.

services

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

GO MELINDA! - She does it again! 5 houses SOLD in just 4 weeks, 4 more pending third party approvals & still negotiating!! If you are thinking about making a move in the next 6 months do yourself a favor & call Melinda Robison! She will be sure to take really good care of you! Call Melinda at 616-648-0151 or visit www.GoMelinda.com Five Star Real Estate, 791-1500.

SNOWPLOWING - Residential & Commercial - Seasonal & per time snowplowing contracts, salting is also available. Competitive rates & quality service for over 21 years. Serving the greater Lowell, Ada & Cascade areas. Please call HARDING ENTERPRISES for your free estimate 897-6820 or email: hardingent@aol.com

JIM'S FLOOR COVERING - Carpet, vinyl, & laminate, 10% over distributor cost. 8 a.m. - 8 p.m., 897-0737, leave message.

services

POORTENGA BUILDERS INC. - additions, roofing, siding, pole barns & decks. Specializing in framing carpentry. Licensed & insured. 299-7160.

CUSTOM CABINETRY - Handcrafted, solid wood kitchens, baths, entertainment centers, etc. at pre-built prices. Personal Choice Cabinetry, 897-1130.

BIG STEPS LITTLE FEET - Christian Childcare & Preschool in Ada now enrolling. 616-682-8300.

NEED A DUMPSTER - Want great service? 10, 15, 20 & 30 yards. Same day delivery. Best prices. Call Greg 616-915-0506.

DRIVER'S LICENSE SUSPENDED OR REVOKED? - Don't get sucked into \$100-\$300 evaluation fees...! NEVER charge for your record evaluation & consultation! Driver's license RESTORATION: \$2500 incl. all filing fees AND FREE consultation & evaluation of your case. Have a question? Call Attorney Martin Mead (616) 235-0330.

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. All Coming Events or changes to coming events should be submitted by fax: 897-4809 or email: classifieds@lowellbuyersguide.com, by mail: PO Box 128, Lowell, MI 49331 or in person: 105 N. Broadway, Lowell.

THE EAST KENT COUNTY REPUBLICANS (EKCR) - meets the second Saturday of the month at the Lowell Area Chamber of Commerce (113 Riverwalk Plaza) from 8:30 to 10 a.m. to discuss current events on the local, state & national levels. Bring your concerns & issues to our meeting for open discussion! Share information about what you can do to become involved! For more information, please call Dave Emmette, 644-0759 or Nancy Steckler, 897-6380.

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.

DIABETIC SUPPORT GROUP - Tues. 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.

BIINGO - Every Sunday, 2 p.m. The Moose Rec Hall, 1320 E. Main St. Sponsored by W.O.T.M. Chapter #1388. Open to the public.

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.

ENGLEHARDT 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.

LOWELL AREA ARTS COUNCIL GALLERY HOURS - Tues. - Fri., 12-6 p.m.; Sat., 1-4 p.m.; Monday & mornings by appt.; 149 S. Hudson. Visit www.lowellartsouncil.org or call 897-8545.

LOWELL AREA HISTORICAL MUSEUM - open Tuesday, Saturday & Sunday, 1-4 p.m.; Thursday, 1-8 p.m. Families: \$10; individual \$3; ages 5-17 \$1.50; members free. 897-7688.

ST. MARY'S PREGNANCY CRISIS CENTER - 402 Amity. Mondays: 5:30-7:30 p.m. Non-denominational. Help for pregnant women/adolescents in need. Provides support, referrals, food, clothing/infant items. Lowell area. 897-9393.

ST. PATRICK PLAYGROUP - Thursdays 10 a.m. - 11:15 a.m. St. Patrick's preschool room. Stories, games, crafts, music & snack. Parents with young children welcome. Call Jennifer Post, 897-0251 or Sally Goffer, 863-4952 with any questions.

STORYTIME AT THE SARANAC PUBLIC LIBRARY - Tuesdays at 10 a.m.

MICHIGAN HEPATITIS C FOUNDATION SUPPORT - 1st Thursday, 7 - 8:30 p.m. at 250 Cherry, Lacks Cancer Center, Grand Rapids.

BLUEGRASS JAM - 1st and 3rd Thursday, Kountry Korner of Alto, 6077 Linfield. Call 868-6371.

SARANAC AREA MUSICIANS - Practice Thursdays at Saranac High School band room. Choir: 6-7 p.m. Band: 7-8 p.m. Call Kathy at 897-5981.

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

DIABETIC SUPPORT GROUP - Meets 7 p.m. the first Tuesday of every month at the Elmdale Church, 11830 Drew Rd. (same as 64th), Alto. Just 3 1/3 miles E. of Marathon Station on M-50. For info call 868-7690.

EVERYTHURSDAY - Free soup supper at First Congregational Church, 865 Lincoln Lake Ave SE at 6:30 p.m. Public welcome.

NEW CLASSES FOR EVERYONE - children - adults at Christian Life Center, 3050 Alden Nash SE, Lowell. Every Wednesday 7-8 p.m. Bible-centered classes for pregnant women/adolescents in need. Provides support, referrals, food, prayer & Bible study. Everyone is invited to attend.

AMERICAN LEGION CLARK-ELLIS POST 152 - meets the fourth Monday at 3100 Alden Nash S.E. at 7:30 p.m.

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

V.F.W. POST #8303 - meets the first Monday at 7 p.m. at 3116 Alden Nash S.E.

LOWELL SHOWBOAT GARDEN CLUB - meets the 3rd Monday in the Church of the Nazarene Fellowship Hall, 211 N. Washington St. at 7 p.m.

BOY SCOUT TROOP 102 - every Monday, 7-8:30 p.m. during school year in Scout Cabin at the end of N. Washington St. Ages 11 and up or completing 5th grade. Call Scoutmaster Randy Jesberg at 897-4569 or Del Rockwell at 897-6814.

KEEP IT SIMPLE ADDICTIONS SUPPORT GROUP - Socialization & peer support for recovering addicts. Meets every Thursday at 7 p.m. at First United Methodist Church, Raya building. Contact Charlene, 897-7636 or Carrie, 897-7303 for more info.

QUARTER BINGO - 2nd Thurs. of each month, 1-5 p.m. 2 cards for a quarter. 50% payback w/100% payback hourly specials. Open to the public. The Moose Rec Hall, 1320 E. Main St. Sponsored by W.O.T.M. Chapter #1388.

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HOOKER CHAPTER #73 - Royal Arch Masons, will hold its stated convocation at 7:30 p.m. on Wed., Feb. 10 at the Masonic Temple, 211 E. Main St., Belding. Dinner will be served at 6:30 p.m. All Royal Arch Masons may attend.

ABANDONED VEHICLE AUCTION

1994 BUICK CENTURY BLUE, VIN-1G4AG554XR6469434 MONDAY, FEBRUARY 8, 2010 1177 OE Bieri Industrial Dr • Lowell (616) 868-7239

CITY OF LOWELL PUBLIC NOTICE

The Lowell City Council will conduct a public hearing at their regularly scheduled meeting on Tuesday, February 16, 2010 at 7:30 p.m. at the City Council Chamber, 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 impose a moratorium on the issuance of permits, licenses and approvals for the sale or dispensation of medical marijuana within 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 on the City's web page 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



LOOK AT ME NOW!!!

Michael Hansen (pictured left) and Hazel Powers (pictured right) smile with their therapists at The Laurels of Kent prior to returning home! Both Michael and Hazel came to The Laurels of Kent for short-term rehab and 24hr nursing care after their hospital stay. Hazel Powers (her second time at Laurels for rehab) says "I tell everyone I know that if they need rehab to go to Laurels of Kent, they are the friendliest and give you the best therapy to get you home" Michael Hansen states, "I was amazed how friendly the staff was."



Congratulations Hazel and Michael!

THE LAURELS OF KENT Our current Rehab to Home Rate is 95%! A Skilled Nursing and Rehabilitation Center 350 N. Center St. • Lowell, MI 49331 • (616) 897-8473

Financial Focus, continued

up a will, a living trust or other estate plan documents? Would they be willing to have you or another family member assume power of attorney should they become incapacitated?

In raising these questions, you will have to approach your parents with tact and sensitivity. However, you may be pleasantly surprised at your parents' willingness to talk about these issues; after all, they almost surely want to avoid burdening you with extra financial responsibilities.

The best time to approach your parents is when they are healthy, both mentally and physically. It's especially

important to be aware of even minor-seeming cognitive impairments, such as memory lapses, which can result in paying the same bills two or three times, forgetting to record checks or even falling prey to fraudulent investment schemes. If you suspect your parents may be having these troubles, you'll need to step in immediately.

It's not easy being a Sandwich Generation member, but through diligence and proper planning, you should be able to help avoid getting "squished" — while improving the outcomes for all your beloved family members.



Sound Off!

The Ledger's "Almost" anything goes column!
The Ledger reserves the right to choose what is printed, and reminds the public that views expressed in Sound Off, unless otherwise stated, are not the opinions of The Ledger staff or its publishers.

I was just wondering if the city council and the street department have driven up North Center Street to see what a mess that is when you try to go visit anyone at Laurels of Kent.

Thank you Joy Sargent for your service to the Haitian community since 1986.

Emma Palova you are a terrible writer. The sound of bagpipes is not haunting. Bagpipes are a majestic sound played for a fallen hero. You should be fired.

Editor's note: from the Oxford American Dictionary
haunting - adjective
poignant and evocative; difficult to ignore or forget; the melodies were elaborate and of haunting beauty.

So glad the city is replacing the old lighting with lights that will limit light pollution in the night sky. Great decision.

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

last week's poll result:
Sound Off

Who do you pick to win Super Bowl XLIV?
Indianapolis Colts73%
New Orleans Saints27%

The squeaking wheel doesn't always get the grease. Sometimes it gets replaced.

- Vic Gold

Canfield

411 E. Main • Lowell
616-897-0887

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100% SATISFACTION GUARANTEED

Gilda's Club, continued

the calendar at the Lowell clubhouse for scheduled fitness programs.

4. Warm up your home with color - Think about painting a room in your home a warmer color such as a rich brown, warm red or glowing gold. It's amazing how a change of color can turn a room from cold to cozy.

5. Clubhouse connections - Enjoy a steaming cup of coffee, tea or hot chocolate and the company of others on a similar cancer or grief journey at the Gilda's Club Lowell clubhouse. The clubhouse is open every Tuesday from 12:30 to 8:30 p.m. Stop by for a tour and more information about the program.

6. Kitchen warm-up - Bake cookies or whip up your favorite pot of soup to share with others. Consider volunteering to help prepare a hot meal to share at the Lowell Clubhouse. Call 616-897-8600 if you are interested in mealtime volunteering.

7. Create warm clothing for others - Volunteer by knitting shawls, hats or gloves to keep those on a cancer or grief journey warm. New members of Gilda's

Club receive a prayer shawl when they join the program. Contact Gilda's Club if you are interested in a copy of the most popular knitting patterns or if you would like to donate some of your warm knitted creations.

8. Warm wishes - Help collect wish list items that are especially important in the winter, such as coffee and paper supplies to keep the Lowell clubhouse stocked through the cold months. Visit www.gildasclub.org to see the current Lowell clubhouse wish list.

This winter, take time to honor those you know who may be living with cancer or grief and let them know that the free support program at Gilda's Club is available for them. Gilda's Club is in Lowell at 314 South Hudson Street, thanks to a special partnership with The Pink Arrow Project II, Lowell Community Wellness and the Lowell Senior Neighbors. Stop by the clubhouse every Tuesday from 12:30 to 8:30 p.m. For more information call 616-897-8600 or 1-800-326-1419, or go online to www.gildasclub.org/pinkarrow



January 27 - February 2

- The Senate agrees 77-23 to move ahead with a confirmation vote for Federal Reserve Chairman Ben Bernanke.
- Toyota recalls a massive 5.3 million cars.
- Iran sentences 11 demonstrators to death.
- J.D. Salinger, author of 'The Catcher in the Rye' and other popular books, dies at the age of 91.
- Apple's CEO, Steve Jobs, unveils the iPad.
- The White House grants \$8 billion for fast trains. The big winners are California, Florida and Illinois.
- Bill and Melinda Gates announce plans to invest \$10 billion in the fight against a number of illnesses, including AIDS, and say the record donation could save nearly nine million lives.
- White House considers moving 9/11 trial out of New York City due to concerns that it could cost the city \$200 million in police security.

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'S MEET YOUR BODY SERIES

YOUR TREASURE CHEST

You have a treasure chest with you every day. Inside your chest, there is a treasure that keeps you alive. It is your heart.

Your heart is in the middle of your chest, a little to the left. Put your hand on your chest and be very still. Can you feel your heart beating?

Your heart is actually a muscle, a very strong muscle.

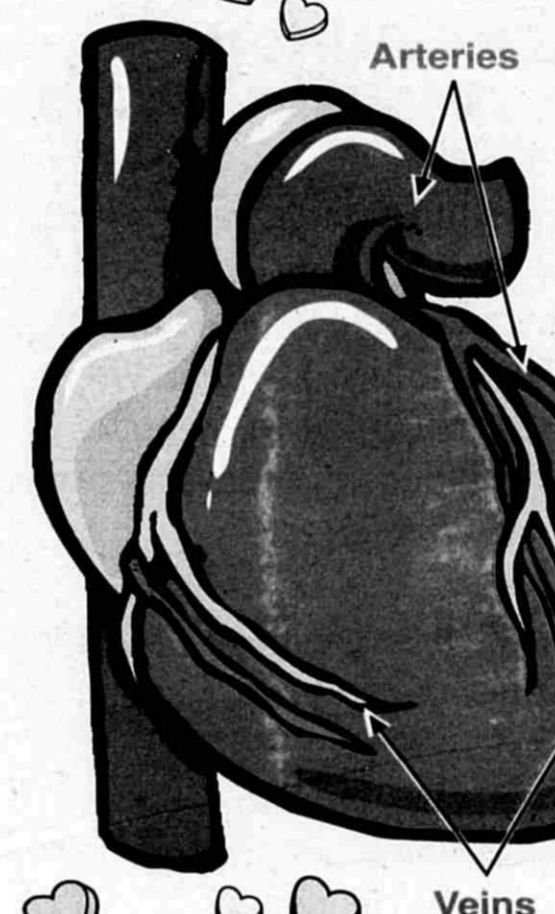
It pumps blood to all parts of your body. It works all the time, even when you're sleeping.

Think about how you would make other muscles in your body strong, such as your arm or leg muscles. Exercise, followed by rest and good eating habits, is the key to a strong muscle and a healthy treasure chest.



Can you find the keys to strong muscles and a healthy treasure chest?

Standards Link: Health: Make decisions about food, rest, exercise and hygiene which maintain and enhance health.



Peek inside your treasure chest!

Real hearts don't look much like Valentine hearts. Inside the treasure chest is a picture of a real heart. The tubes that stick out from the heart are the arteries and veins that carry blood to and from all parts of your body. Arteries carry blood from your heart to your body, to deliver oxygen. Veins carry the blood, minus oxygen, back to your heart.

To find out the size of your heart, make a fist with one hand. This is about the size of your heart.

Standards Link: Life Science: Animals have structures that serve different functions in growth and survival.

Jumping Jewel

Your heart needs exercise, just like all of the other muscles in your body. The faster you move, the faster your heart beats. Exercising for a while every day is good for the heart.

Place two fingers on the inner side of your left wrist. Do you feel a little jump? This is the blood from your heart going to your hand. You can feel that jump every time your heart beats. This is called your pulse.

Jump up and down 10 times. Is your pulse faster or slower?

Standards Link: Health: Understand the importance of regular exercise to maintain and enhance health.

Kid Scoop Together: Jumping for Joy
Jumping rope is fun and it is good exercise. It is a workout for your legs, your arms and your cardiovascular system (your heart and lungs)! Jumping rope is a sport you can do almost anywhere! Try it — you'll LOVE it!



How fast can you find all of the letters of the alphabet in order?

Standards Link: Reading Comprehension: Follow simple written directions.

How many hearts can you find on this page in 60 seconds? Now have a friend try. Who found more?

Heart Smart Treasure Puzzle

Discover the hidden treasure! To find it, read each food item at right and pick the one that is lowest in saturated fat. Then color the letter of that choice on the grid and discover the hidden treasure!

K	X	F	P	B
I	O		L	D
C	E	J	V	U
S	R	A	H	G
W	M	N	Q	T

Heart Smart Clue
Foods high in saturated fat add cholesterol to your blood. Too much cholesterol can be bad for your heart. It can cause the arteries that bring blood to your heart to clog up.

Standards Link: Health: Understand essential concepts about nutrition and diet.

Extra! Extra! Heart Smart News
Make a Heart Smart poster. Draw a big heart. Look through the newspaper for pictures of heart smart exercises or foods. Glue them onto the heart.

Standards Link: Health: Understand the importance of good food choices and exercise to maintain and enhance health.

Answers: 1-N, 2-P, 3-R, 4-U, 5-X, 6-D, 7-T, 8-F, 9-L

Kid Scoop Puzzler

Which animal has the fastest heart rate? To find out, draw a line to match the heart parts. The number inside the matched parts tells how many times that animal's heart beats in one minute.

5	1 Child	0
6 Inpy	20 Mouse	0
	Elephant	0

Standards Link: Life Science: Animals have structures that serve different functions.

Check out some Valentine's Day fun and games and discover more at www.kidscoop.com/kids

Double Double Word Search

TREASURE CHEST SATURATED ARTERIES PULSE VEINS HEART BLOOD CLOG RATE EXERCISE WRIST BEATS BAGEL FIST

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

H	E	H	A	L	R	T	A	H	D
E	E	Y	E	A	D	R	H	E	S
X	S	R	T	A	T	O	T	G	T
E	L	E	U	E	R	A	O	O	A
R	U	E	R	S	R	T	T	L	E
C	P	I	G	U	A	A	S	C	B
I	E	T	A	A	E	I	R		
S	T	A	K	E	B	H	R	Y	F
E	S	N	I	E	V	C	W	T	S

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

Kid Scoop doku

Complete the grid by using all the letters in the word HEART in each vertical and horizontal row. Each letter should only be used once in each row. Some spaces have been filled in for you.

H	A		
E	R		T
A	E		
R		E	
T			A

Kid Scoop VOCABULARY BUILDERS

This week's word: RATE
The noun rate means the amount of something measured in units.
Jane walked at a rate of three miles per hour on her way to school.
Try to use the word rate in a sentence today when talking with your friends and family members.

FROM THE Kid Scoop LESSON LIBRARY

Heart Smart Fish
Look through the newspaper for pictures or letters that make rhymes. Find 10 or more rhyming pairs. Glue each word or picture onto a 3 by 5 card to make a deck of word cards. Play a game of Go Fish! with your cards.

Standards Link: Phonemic Awareness: Create a list of rhyming words including consonant blends.

Have Cupid's eyes ever been checked?

ANSWER: No, they've always been blind in love.

Write On!

Heart Thumping Ideas
What do you like to do to exercise your heart?

Red Arrow SPORTS

Gymnastics, continued

"The girls continue to do new things they haven't done before, but they are messing up on things they have done before," DeHaan said. "I'm still waiting for them to peak."

Kenowa Hills Invitational
Lowell's gymnastics

team finished eighth at the Kenowa Hills Invitational on Saturday.

The highlight of the day was the team's performance on the vault.

"Vault definitely was our best event today! As a team, the girls are stepping up with more speed and power. Sarah Piell's 1/2 1/2 keeps

getting better every meet," said Lowell coach Michele DeHaan.

Freshman Morgan McVey continued to impress as she finished her beam routine without a fall.

"Morgan did stick her routine without any falls. For a freshman, she has really stepped up and is becoming a

solid competitor on beam," DeHaan explained.

Kelsey Teft and McVey led the way in the floor exercise. Teft scored an 8.95 (10th overall) and McVey tallied an 8.05.

Teft, in the all-around, finished with 34.25, good for seventh place.

Vault

Kelsey Teft 8.8 - 8th place
Sarah Piell 8.3
Abby Rogalke 8:15
Morgan McVey 8.0

Bars

Kelsey Teft 8.05 - 10th place
Lauren Trasky 6.05
Sarah Piell 5.25
Abby Rogalke 5.0

Beam

Kelsey Teft 8.45 - 10th place
Morgan McVey 8.15
Abby Rogalke 7.6
Cassie Miles 6.8

Floor

Kelsey Teft 8.95 - 10th place
Morgan McVey 8.05
Sarah Piell 7.7
Abby Rogalke 7.6

Thank You.

To all GOOD Chevy Buick loyal customers:

With deep regret, I have to inform you that January 29, 2010 will be the last day for sales at GOOD Chevy Buick. The service department will remain open for the near future to service out loyal customers. We want to say "THANK YOU" to all the people who have entrusted their vehicle purchase and maintenance with us for all these years. It has been a pleasure to be at your service. The Lowell community has been unbelievable in their spirit towards us when we were told by GM that we would be losing our franchises. Your continued support and friendship has made our entire staff appreciate that Lowell is a very special place. The staff here at GOOD is the greatest group of people I have ever been associated with. Their passion to help the customer, their support of the community, and their friendship will be irreplaceable. I would ask that everyone continue to "buy local" at every chance possible. Lowell is blessed to have many great places to shop, eat, and worship. The three remaining auto dealerships are fine, upstanding, and honest places of business, that I would recommend to you in a heartbeat. We are optimistic that GM will continue to have a presence in this great community for a long time. Please remember that shopping locally saves time, money and more importantly keeps jobs in Lowell.

The list of great people in this area I have met and should publicly thank is too great to list here. Let me just say that all of you have made my life greater, and for that I thank you.

Rodger Garner
General Manager
GOOD Chevrolet Buick

Good

CHEVROLET BUICK

DRAFT SYNOPSIS OF THE REGULAR MEETING OF THE LOWELL CITY COUNCIL MONDAY, FEBRUARY 1, 2010

Motion to approve the agenda as presented.

Motion to approve the regular minutes of the January 18, 2010 meeting as corrected and the Closed Session meeting minutes as presented and the accounts payables was approved.

Motion to approve the resolution approving the financing of a dump truck through an inter-fund loan.

YEA: Councilmembers LaPonsie, Schrauben and Mayor Hodges.
NAY: Councilmember Altoft and Mayor Pro Tem Ellison. ABSENT: 0. MOTION CARRIED.

Motion to award contract to the low bid of \$43,280 from Detail Painting of Grant for the repainting of the 500,000 gallon Water Plant reservoir.

Motion to approve the partnership between the City and Light and Power for the A PLUS (Assistance for People of Lowell's Utility Services) Program and the \$1,000 seed money from the Water and Wastewater Funds.

Motion to set a public hearing for February 16, 2010 to consider an ordinance imposing moratorium on the sale and dispensation of medical marijuana.

Motion to adjourn to closed session at 8:37 p.m.

YEA: Councilmembers Altoft, LaPonsie, Schrauben, Mayor Pro Tem Ellison and Mayor Hodges.
NAY: 0. ABSENT: 0.
MOTION CARRIED.

Motion to adjourn at 9:34 p.m. The next regularly scheduled meeting will be Tuesday, February 16, 2010.

Complete minutes will be available after approved on February 16, 2010 on the City's web page at www.ci.lowell.mi.us or at City Hall.



Betty R. Morlock,
City Clerk