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grcc in lowell



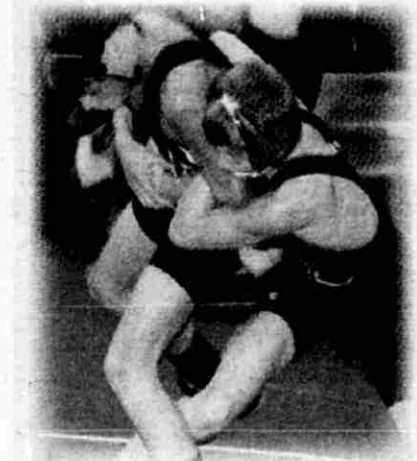
page 3

local vet travels to haiti



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L sports



page 11



City places moratorium on licensing ordinance for professional snowplowers

by Emma Palova

The city, Monday, placed a moratorium on the licensing of professional snowplowers due to discontent and lack of communication until Feb. 15. A meeting will be held on Feb. 7 to make adjustments to the ordinance.

David Lehigh, owner of Lehigh Lawn Care & Snowplowing, spoke on behalf of disgruntled professional snowplowers who filled the city council chambers on Monday.

The discontent came on the heels of the recently approved snowplowing ordinance which requires snowplowers in the city to be licensed and stickered.

Lehigh found out about the ordinance at the Speedway gas station and only 10 days ago received the necessary paperwork. He spread the word to other

"If you are doing business in town, you should be reading the Ledger ..."

-- Betty Morlock

snowplowers in the city. The application also requires the snowplowers to disclose their list of customers in case of damage, as well as stickered.

"I am not giving up a list of my customers," Lehigh said. "It's private information."

The ordinance, approved in September, was preceded by a public hearing and notices in The Lowell Ledger, according to clerk Betty Morlock.

"If you are doing business in town, you should be reading the Ledger," she said. "We are required legally to place notices in the local paper."

But, due to different channeling of information,

the message didn't make it all the way to the snowplowers.

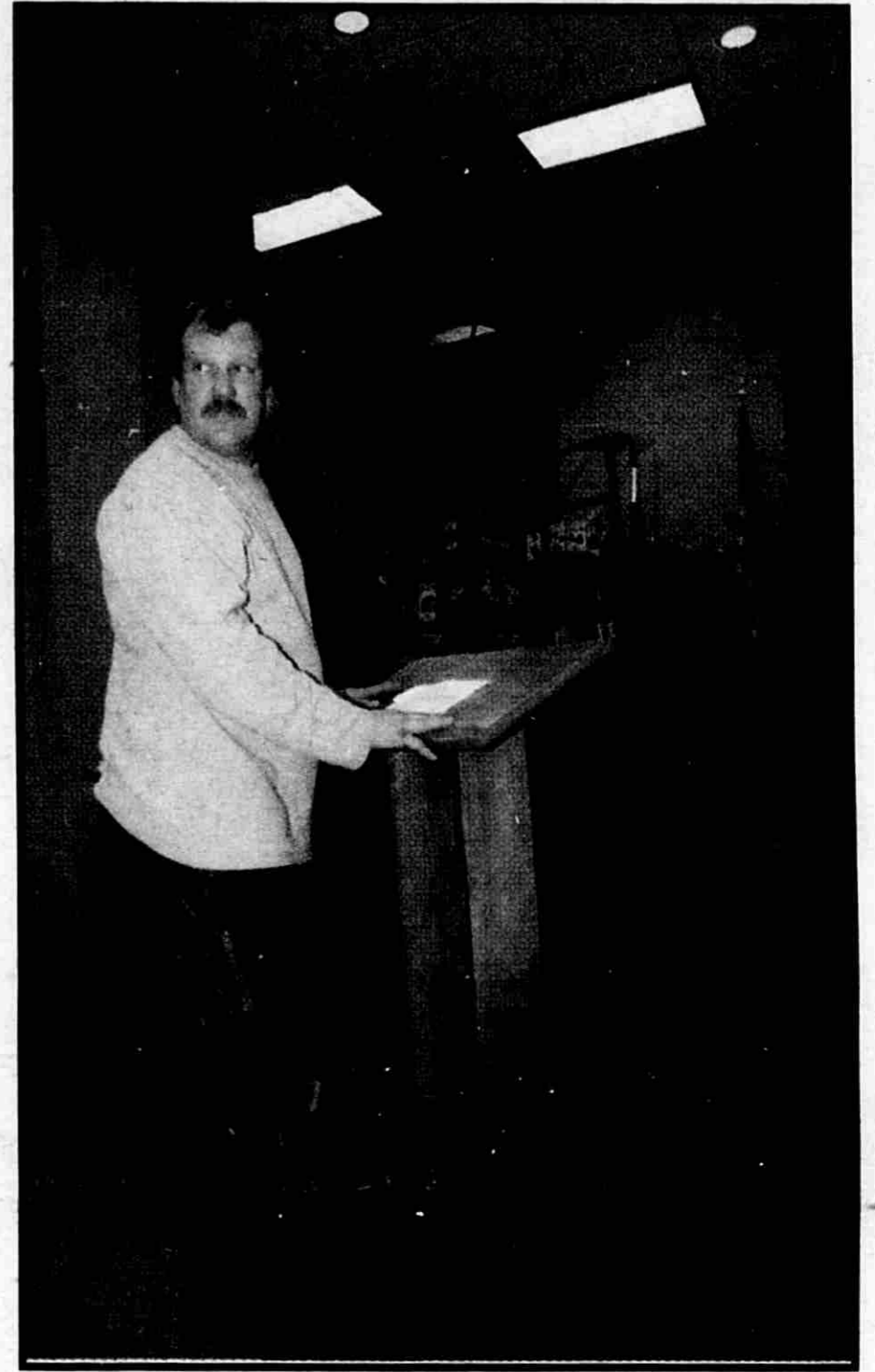
"All these people heard it from me," said Lehigh as he turned toward the audience.

Lehigh questioned how many complaints of damage by snowplowers the city gets annually. On average there are a dozen complaints annually, according to police chief James Hinton.

"Enforcement issue didn't drive this," he said. "It is to assist the city with civil liability."

However, councilman Jeff Altoft maintained that

Snowplowing ordinance, continued, page 3



David Lehigh spoke on behalf of city professional snowplowers.

Sluggish economy causes Curves in Lowell to close doors

by Emma Palova

It wasn't the lack of commitment, determination or results that closed down the successful fitness franchise in Lowell.

It was the sluggish economy that finally took its toll on this innovative workout facility for women. The franchise closed its doors on Monday after a great run peaking with its

membership in the late 2000s.

"It's a great industry," said manager Ruth Wood. "There is a definite niche for this type of fitness for all women."

With people clinging onto their money, Curves in Lowell just didn't get the much desired boost they needed to stay open.

"It just wasn't quick

enough to recover," said Wood. "The fitness industry is struggling and the membership is declining."

The franchise, owned by Annette Hoffman, opened on East Fulton Street in 2001 and membership had grown until the economy came to a halt.

"We've enjoyed good location, but people are just

holding onto their money," said Wood.

Not only that, but the membership was affordable and flexible.

Over the years, Wood has seen many success stories of substantial weight loss. Just last year, one member had lost 81 pounds; another one had lost 41 pounds.

"It's an excellent facility

is dependent on the demographics of the area. In the last two years Curves franchises have also closed down in Belding and Ionia.

The fastest growing franchise since 1992 has helped women around the globe lose weight and feel better. The fitness concept is based on circuit training, which alternates aerobic

Deadline fast approaching for nominating Lowell's Person of the Year

The Lowell Chamber of Commerce is seeking nominations for The Person of the Year award. This special award is presented at the annual Winter Gathering of chamber members held in February. The nominations are given to the selection committee and the Person of the Year is chosen. The selection committee is comprised of the recipients of the last five years.

The following are guidelines for nominating a candidate for Person of the Year:

- Over time, the candidate

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

- The community is a better place to live because of the efforts of the candidate.
- The candidate positively promotes the community in both word and action.
- The candidate possesses new and innovative ideas that benefit the community.
- The candidate cannot

be a chamber board/foundation board member at the time of nomination.

If you know someone who is deserving of this honor, submit in writing your detailed nomination to LACC, PO Box 224, Lowell, MI 49331 or email to info@lowellchamber.org or fax to 897-9101. The deadline for nominations is Jan. 10, 2011.



Curves in Lowell closed doors Monday due to sluggish economy.

and workout especially for women," said Wood. "Several members have lost pounds and toned their bodies."

However, members will not be shorted on their privileges. All the memberships have been transferred to other Curves locations, such as Curves on Cascade and Plainfield.

Often the membership

workout with strength training.

Wood remains confident once the economy bounces back up, fitness and workouts will find their ways into people's strapped budgets.

"It's a great niche business," she said. "I will miss the members the most. We've always offered good services and good results."

50
CENTS



Cross-country skiing available in our state forests, parks and recreation areas

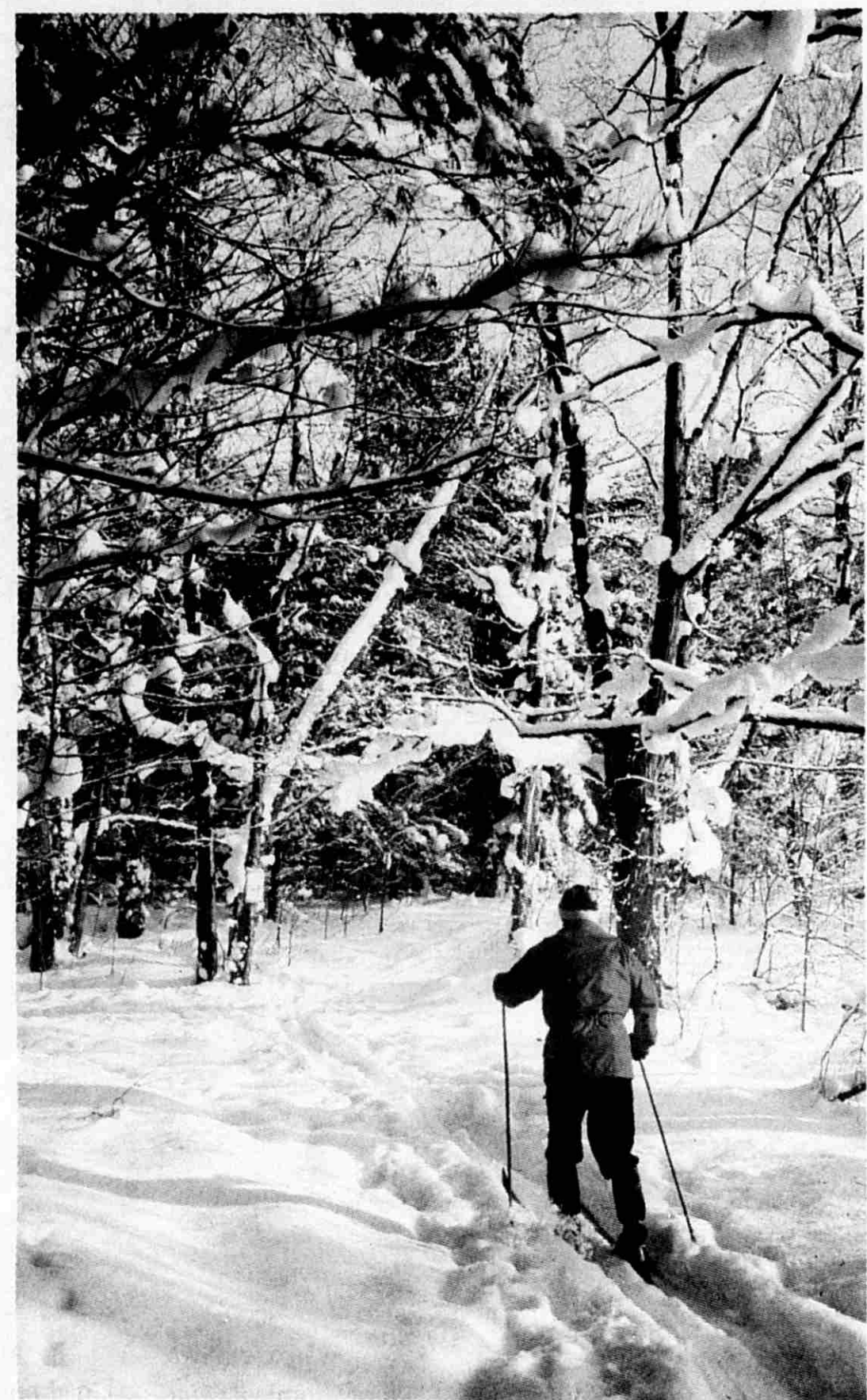
With the winter recreation season underway, the Department of Natural Resources and Environment (DNRE) announces that several of the state's 23 cross-country ski trails are groomed and ready for skiers.

Michigan state forests have 23 cross-country ski trails in the Upper and northern Lower Peninsulas.

A total of 14 trails will be groomed this season. Three pathways will be groomed under a grant funded contract by local organizations: Blueberry Ridge in Marquette County, Ogemaw Hills in Ogemaw County, and VASA in Grand Traverse County.

Seven pathways will be groomed under volunteer agreement: Chippewa Hills and Norway Ridge, both in Alpena County, Black Mountain in Presque Isle County, Tisdale Triangle in Roscommon County, Days River in Delta County, Canada Lake in Luce County and Indian Lake in Schoolcraft County. Also, four pathways will be groomed by DNRE staff due to private donations:

Muncie Lakes in Grand Traverse County, Cadillac in Forest Management Division. "With the help please contact Mark Mandenberg, DNRE Trails



2010-2011 State Forest Cross-Country Ski Pathways (XC) list may be found on the DNRE website at www.michigan.gov/dnr under Recreation & Camping, Seasonal Recreation Opportunities. The XC list will include all pathways, county name, contact information number, and their grooming status. It is suggested that visitors call the contact numbers to check conditions and grooming prior to their trip.

"State budget issues continue to challenge the DNRE's Forest Recreation Program," said Lynne M. Boyd, chief of DNRE's

of local groups and a small Recreation Trails grant we will be able to provide some services for skiing, but not to the extent we have been able to in the past." For more information on the state forest cross-country skiing program,

Program technical designer, at 517-335-3037 or via e-mail at mandenbergm@michigan.gov

areas are groomed for cross-country skiing.

"Cross-country skiing is a great way to 'GO-Get Outdoors' to experience the winter season, enjoy nature and get physically fit at the same time," said Ron Olson, chief of the Recreation Division. "Twenty-two state parks and recreation areas throughout the state will have groomed, cross-country ski trails this winter season."

Information regarding cross-country skiing in state parks or recreation areas is available at www.michigan.gov/stateparks under Seasonal Recreation Opportunities, or by contacting an individual park.

The Recreation Passport replaced the state park and boating access site permits and provides resident motor vehicles access to all state parks, recreation areas and state-administered boating access sites. It is a new way of funding Michigan's outdoor recreation opportunities, also helping to preserve forest campgrounds, nonmotorized trails, historic and cultural sites in state parks and providing grants

to local communities for park development. The cost is \$10 for resident motor vehicles; \$5 for resident motorcycles. To purchase the Recreation Passport, simply check "YES" on your Michigan license plate renewal form. To discover where Michigan's \$10 Recreation Passport can take you, call 517-241-7275 or visit www.michigan.gov/recreationpassport

Nonresident motor vehicles must still display a valid Motor Vehicle Permit to access a state park, recreation area or state-administered boating access site, which can be purchased at any state park or online through the Michigan E-store at www.michigan.gov/estore. The cost is \$29 for a nonresident annual; \$8 for a nonresident daily.

The Department of Natural Resources and Environment is committed to the conservation, protection, management and accessible use and enjoyment of the state's environment, natural resources, and related economic interests for current and future generations. Learn more at www.michigan.gov/dnr

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- TRON: LEGACY (PG) 4:30, 7:10, 9:55
- YOYI BEAR (PG) 5:00, 7:00, 9:00



along main street

RECYCLE TREES BY JAN.9

Looking for an environmentally friendly way to dispose of your Christmas tree? Bring it out to the Wittenbach Wege Center before Sunday, Jan. 9 to be shredded and used for mulch around the center. Please do not bring out any items that contain wire such as wreaths or garland. We do not have the ability to remove the wire. No trees will be accepted after Jan. 9.

ART EXHIBIT

Lowell artist, watercolorist and illustrator, Jan Y. Johnson, presents "A Celebration of Life" Jan. 8 - April 9 at the Lowell Chamber of Commerce. A variety of techniques, media and subjects, including animals, chickens, florals and local scenes will be on display.

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

SMOKING CESSATION CLASSES

Free classes begin Sat., Jan. 15. The class meets for six weeks on Saturdays from 9:30-11:30 a.m. at Lowell Family Medical Center, 2550 E. Main St. Registration encouraged, but not required. Call 616-975-0123 or go to www.tobaccofreepartners.org

FLAT RIVER OUTREACH MINISTRIES

The FROM Food Pantry is presently in need of fruit juice, cereal, canned fruit, boxed potatoes, spaghetti sauce, crackers, tomatoes, tuna, and pasta. Please help if you are able. The shop will remain open on Wednesdays until 8 p.m. until further notice.

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GRCC offers classes in Lowell

by Emma Palova

The Grand Rapids Community College has formed a partnership with Lowell Area Schools (LAS) to offer college credit classes in Lowell.

The pilot started with winter semester 2011 and its successful growth is dependent on enrollment, according to superintendent Greg Pratt.

"It's an opportunity for the students and the community to easily access early college education and to see what type of rigor is needed and to further our careers," he said.

The pilot targets all age groups and all interests from high school students exploring their opportunities to adults seeking to reinvent their careers or enrich themselves.

"It combines traditional community college students with people who want to further their careers," said Pratt.

The program, located at Runciman Building at 300 High Street, is tuition based and does not require LAS funding.

"The demand for GRCC classes continues to stay strong," stated Steven Ender, president of the Grand Rapids Community College, in a press release. "Our Lowell partnership

showcases our mission to continue to meet students' needs where they live and work."

Mid-afternoon and evening classes offered for winter 2011 semester are:

Math 107, Intermediate Algebra, Mondays and Wednesdays 3:15 to 5:30 p.m.

English 102, English

Composition 2, Mondays 5:45 to 9:30 p.m.

Political Science 110, Survey of American Government, Tuesdays 2:15 to 5:30 p.m.

Psychology 201, General Psychology, Tuesdays 5:45 to 9:30 p.m.

Communications 135, Interpersonal Communications,

Wednesdays 5:45 to 9:30 p.m.

"We are very excited to offer greater access to GRCC's students in Lowell and to our surrounding communities," stated Dan Clark, GRCC Dean of Lakeshore Campus and Academic Outreach, in a press release. "The

Lowell School District Administration has been very supportive, allowing for great space for learning."

And the pleasure is on both sides.

"In this economy, it's a great opportunity," said Pratt. "We're trying it for one semester. We are very proud."



A banner over Main Street announces partnership between GRCC and LAS.

Snowplowing ordinance, continued

if people have big bumps of snow in roadways, no one can prove who did it.

But, the resident who was being plowed must know.

And the chief said he'd rather knock on the door than go through customer lists. He doesn't mind having the customer lists removed from the application.

"This is an application issue," he said. "Now that it's in writing the company is responsible."

Previously, there was just a generic snow removal ordinance stating the fines and penalties for noncompliance. The required licensing for

snowplowers was approved along with the licensing for trash haulers last year.

"We approached this as a governmental entity," said mayor pro tem Sharon Ellison.

However, communication has been an ongoing issue, according to councilwoman Maryalene LaPonsie.

"We want more input," she said. Lehigh said he was not against licensing and that he wants to protect his customers.

"We don't want a bad name, but to put lettering on a truck in winter," he said. "We're in this to make a living."

In other business, the city approved an ordinance regulating soft-sided garages, which along with the outdoor lighting ordinance, has been in the works for close to two years.

Here, again the issue of miscommunication resurfaced as some citizens commented they've had temporary garages for some time without any problems.

The ordinance regulates garages that are larger than 200 square feet.

Jim Miles has had a temporary garage on Lincoln Lake that he takes

down for the last 10 years. It has never been damaged as to cause an eyesore.

"To watch this unfold was comical and frustrating," he said. "The process was not well organized. I am perturbed. The biggest problem here is communication. I don't get public access channel." LaPonsie was in opposition to the soft-sided ordinance.

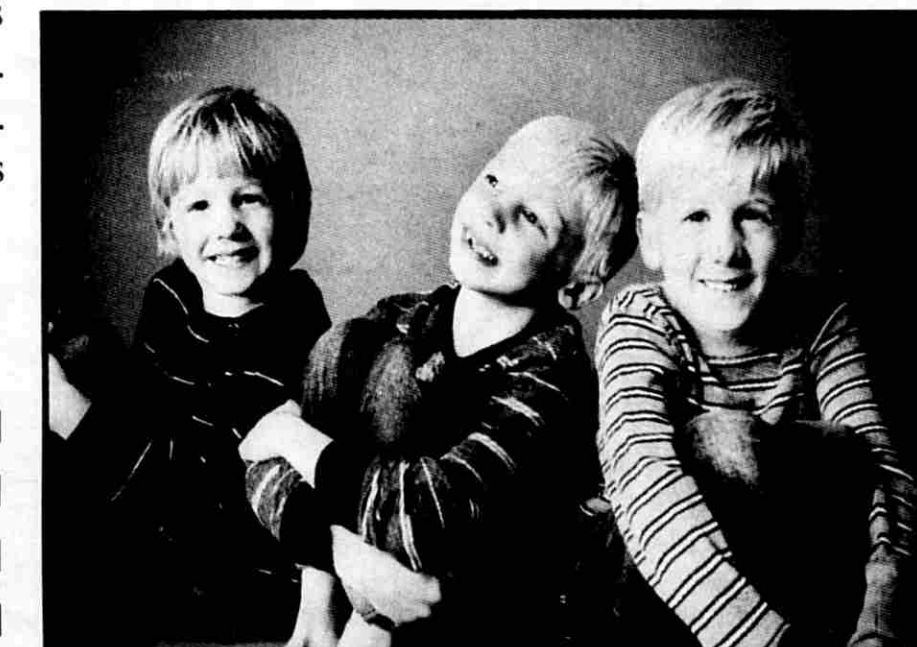
"We're trying to micromanage people's properties," she said. "I think it's too much. Government should be as hands off as possible."

But, mayor Jim Hodges said the ordinance is a great compromise ordinance.

"It's something, before we had nothing," he said. The council approved a \$241,000 project for the total reconstruction of North Center Street including the water main upgrade from the water fund. The reconstruction may include the narrowing of the street.

In related business, the council approved a contract with Michigan Department of Transportation for the clearing of runway 12/30 at the Lowell City Airport. The total cost is budgeted at \$74,000. The city, through the airport fund, will allocate 10 percent.

The council approved tax abatement for Litehouse for their addition.



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Local runner is part of "Dead Jocks" team featured in documentary to be released this month

by Emma Palova
Bruce Langlois turned his love for running into an unforgettable dual experience. Langlois, a local veterinarian, has been running in the Oregon Hood to Coast relay race as part of the Dead Jocks team since 2002.
"I run a lot and train a lot," he said.
Running is often considered an individual sport, but the Hood to Coast relay is a team competitive event.
"As a team event it gives running a new dimension," said Langlois.
And now, the race has gotten a different dimension yet. It has been documented in a feature documentary directed and produced by Christopher Baaden. The movie "Hood to Coast" to be released on Jan. 11, 2011

locally at the Celebration Cinema North, is about the relay race held on the weekend prior to Labor Day.
The movie follows four teams and Dead Jocks is one of them. Most of these runners have been in the race, which started in 1982, for many years.
"It is a bit of a challenge running all night," said Langlois.
But, Langlois likes to cast of characters to four teams. And each team has its own story to tell. The four teams include: the novices, the experts, the survival story and the story of a family healing.
Dead Jocks competed in the Supermaster's category for 50 and older. They had cameras mounted in their van and microphones. The film crew members had to hide in the trunks of cars.
The filming itself proved to be a challenge for the multiple crews while following the runners. But, the film captured the dedication and the courage of the seasoned runner as well as the excitement, pain and humor of the novices.
There are different kind of runners: some like to test

their personal limits; others try to overcome personal obstacles as well as lead an ordinary complacent life.
And winning isn't everything in the film. It's more about overcoming a major challenge imposed upon oneself.
The tickets are available online at www.hoodtocoastmovie.com.
The movie will be released in 600 theaters nationwide.
If the movie does sell out, more dates will be available to see it.
Langlois is flying to Portland for screening of the premiere.
"The event changes every year a little bit, but I made a lot of great friends," he said.
There are different kind of runners: some like to test

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viewpoint

to the editor

Impressed by local accommodations

Dear Editor,

I had family members stay at the Main Street Inn for three days over the holidays and they were very pleased with the amenities and service. Their room had a king-size bed with a gorgeous bedspread, and the linens, thick towels and bathrobes were all high-end and beautifully designed. They said the bed was wonderfully comfortable, with a down mattress cover, the kind you just sink into and immediately fall asleep. They also said that Deb and Greg were so friendly and

accommodating that Greg even ran out late one night to purchase a corkscrew for them when they couldn't find one in the kitchen. Lowell is so lucky to have the Main Street Inn. Deb and Greg clearly care about giving their guests the best experience possible and have put lots of time, care and love into their new enterprise. I hope that others in town will recommend it to their visiting friends and family members.

Janice Clum
Lowell

ask kathryn



Kathryn Denhouer Ph.D.

It makes sense to start the new year with a whole new look at intelligence. Here are some questions that will be asked: What does it mean to be emotionally intelligent? What is "emotional intelligence?" Who thought of putting emotions and intelligence together? And, what implications does this have for the academics in school and how we look at intelligence in business? Daniel Goleman in his book, *Working with Emotional Intelligence*, presents a

case for why the rules for work are changing. Daniel Goleman is the founder of Emotional Intelligence Services in Boston, Massachusetts. He covered the behavioral and brain sciences for *The New York Times* and he has taught at Harvard where he received his doctorate. These "new rules" of intelligence have little to do with what we were told was important in school because academic abilities are basically irrelevant to this standard.

This form of intelligence focuses on personal qualities such as initiative, empathy, adaptability and persuasiveness. Emotional intelligence is actually a set of skills that anyone can acquire. Most often, leaders in the work field (about 90 percent) have high levels of emotional intelligence. It is what sets stars apart from the mediocre. It is the essential ingredient for staying on top in any field, even in high-tech careers. Furthermore, organizations and companies that learn to operate in an emotionally intelligent way are bound to be more successful competitively in the marketplace.
There will be a series of six articles. The first article will be entitled, "A

Coming Crisis: Rising IQ, Dropping EQ." The second article will be entitled, "What is the Emotional Competence Framework?" The third article will be called, "The Inner Rudder." The fourth article will be entitled, "Innovation and Adaptability." The fifth article will be entitled, "How to be Effective When Managing Conflict." And, the final article will be, "Our Children and the Future of Work." This information will prove to be useful for both raising our children and setting effective goals for our work life. If you have any questions or comments about emotional intelligence, please send me an email at kathryndenhouer@gmail.com



By Shelly MacNaughton

125 Years Ago The Lowell Journal January 8, 1886

It has been proposed to erect a \$5,000 monument to the memory of the late Father McManus. The funds to be raised by subscription.
Jas. D. Loop and Sam'l Morgan have opened a tin shop and store in Union block, their main business just now being job work.
There are a few street boys in the village who ought to give their tongues a few Turkish baths.
Sadie Lyon of Lowell is attending Swensberg's Business College.

100 Years Ago The Lowell Ledger January 5, 1910

The first indoor baseball game of the season was played in the City Hall Tuesday night. The teams were not fully organized and the game will not be counted in the official standings.
Several ladies were in attendance Tuesday night and as the game is nearly the same as the outdoor game all enjoyed it.
In Grand Rapids, as large of crowds are attending the games as there were at the league games last summer.
The windows and lights are neatly screened so as to guard against all damages to the hall as far as possible.

75 Years Ago The Lowell Ledger and Alto Solo January 2, 1936

The following analysis of the Philip H. Schneider will, setting up a trust fund for the benefit of Lowell village and township, was prepared by Roland M. Shivel, village attorney for the common council. The fund, it might be added, has been conservatively appraised at \$800,000 at present valuation. The analysis is presented in its entirety as a matter of legitimate public interest to the people of Lowell and vicinity.
At the direction of Mr. John Arehart, president of the Village of Lowell, we have made an investigation with reference to the bequest left the Village of Lowell in the last will and testament of Philip H. Schneider. This investigation required a personal visit to the city of Akron, Ohio.
Mr. Schneider formerly was a resident of the Township of Lowell. His wife was Jennie W. Winegar who also was a former resident of Lowell, Michigan.

50 Years Ago The Lowell Ledger January 5, 1961

Ray Rittenger, Lowell's township supervisor, will have competition again this year in the Republican primary Monday, February, 20. Frank L. Stephens, retired Lowell police chief and township resident, will oppose him for the position.

25 Years Ago The Grand Valley Ledger January 8, 1986

You can quit worrying about whether you need to get your walk shoveled off in time to beat a \$50 fine, at least for the time being. About 40 residents turned out for a public hearing on a proposed city snow removal ordinance Monday night. A good number of those in attendance took the floor to voice their disapproval with the ordinance as proposed.

financial focus



Christopher C. Godbold

Smart financial moves for new parents

If you've just had a new baby, your life is filled with more joy (but less sleep). You're probably already aware of the time and effort you must invest in raising your child, but you may not have thought as much about another aspect — the financial one.
Consider this: The average cost of raising a child to age 17 is now \$222,360, according to a U.S. Department of Agriculture report on how much middle-income, two-parent families spend on their offspring. And this is the amount you might spend before your son or daughter heads to college. Clearly, you need to start making the financial moves necessary to take your child from diapers to a degree. Here are some suggestions for doing just that:
• **Purchase sufficient life insurance.** When it was just you and your spouse, it was a good idea for you to have life insurance — but now that you have a child, it's an absolute necessity. If you have any doubts about the value of life insurance, just look again at that \$222,360 figure above, and then tack on the costs of four years of college. If you or your spouse were to die unexpectedly, would the survivor earn enough to raise and educate your child? In this day and age, that's not likely — so make sure you have adequate life insurance in place.
• **Prepare a will.** Obviously, you hope to enjoy a long life — one in which you see your child grow to adulthood. But none of us can predict the future, so it's essential that you draw up a will to provide for the care of your child, both financially and physically. When you create a will, you can name a guardian to step in and take care of your child, if necessary, and you can make sure your child receives your financial assets. However, many people go beyond writing a will and establish a living trust, which gives them more control over how and when they want their assets distributed. Your

health



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

rebound headaches

There are many different types of headaches. The more common types include: migraine, tension, sinus, hypertensive, visual and rebound. Rebound headaches are headaches that occur everyday, or almost everyday. They are caused by taking too much pain medicine and/or excessive caffeine. These headaches often occur early in the morning and may also be associated with nausea, irritability and sleeping problems.

When prescription and over-the-counter pain medicine for headaches are taken too often, they can cause headaches. Certain medicines including aspirin, acetaminophen, ibuprofen, Vicodin, and Darvocet are more likely to cause rebound headaches if taken regularly. In general, these medicines should not be taken more

than twice a week without your doctor's advice. Caffeine overuse can also cause rebound headaches. Most heavy coffee drinkers are aware of this problem. However, people who suffer regular headaches and take over-the-counter medicines do not realize they may be taking caffeine. Many over-the-counter headache medicines come with caffeine added to aspirin and acetaminophen to help relieve the pain. One common one is Excedrin.

Anyone that plans to take an over-the-counter medicine or alternative medicine on a daily basis should discuss it first with their health care provider. Also, anyone that suffers headaches on a semi-regular or daily basis should have a thorough evaluation with their health care provider.

In The Service

Army Pvt. Kimberly M. Anderson has graduated from basic combat training at Fort Sill, Lawton, Okla.

During the nine weeks of training, the soldier studied the army mission and received instruction and training exercises in drill and ceremonies, army history, core values and traditions, military courtesy, military justice, physical fitness, first aid, rifle marksmanship,

weapons use, map reading and land navigation, foot marches, armed and unarmed combat, and field maneuvers and tactics.

She is the daughter of Beckie Anderson and granddaughter of James Anderson, both of Alto. Anderson graduated in 2010 from Thornapple Kellogg High School, Middleville.

business matters

Greenridge Realty announced that Lisa Brown received Realtor of the Month in December.

This award recognizes Brown for her outstanding success and achievements.



Lisa Brown

happy birthday!

JANUARY 5

Ryan Sauber, Craig Carpenter, Pauline LaDue, Genie Southwick, Jody Ann Young.

JANUARY 9

Jordan Potter, Helena Guastavino, Zvonko Andelkovic.

JANUARY 16

Don Green, Mary Ellen Miller, Bob Kinsley, Bobbi Jo Young, Terri Stuckey, Norann DeLoof.

JANUARY 10

Mary Jo Vezino, Alvin Brenk I, Jared Felling, Mike Barnes, Logan Anderson.

JANUARY 7

Lois Seese, Helga Wester, Bob Leyman, Karen Cummings, Troy Dilly.

JANUARY 11

Katie Plutschow, Ian Blodger, Marian Guastavino.

JANUARY 8

Ron Stanford.

Financial Focus, continued

legal advisor can help you prepare a will and determine if a living trust is appropriate for your needs.

Maintain adequate cash. To help pay for all those expenses related to child rearing, keep enough cash on hand. By having enough resources available in liquid accounts, you can avoid having to dip into your long-term investments to pay for short-term needs.

Save early and often for college. It's never too soon to start saving for the high costs of higher education. A 529 plan is a tax-advantaged vehicle and may be a great option for your college savings.

Contributions to a 529 plan are made with after-tax dollars, and have the opportunity to grow tax-free. Withdrawals used for qualified higher education expenses are also tax free. Furthermore, your 529 plan contributions may be eligible

for a state tax deduction or credit depending on the plan and state.

Stay balanced. As we've seen, it takes a lot of money to raise a child. But even as you're meeting these expenses, think about your own future, particularly your retirement. Strive to strike a balance between the money you spend on your child and the amount you invest in your 401(k), IRA and other retirement-savings vehicles.

You can't put a price-tag on your child's future, but when it comes to taking care of that child, you'll want to know the costs involved — and be prepared for them.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, its employees and financial advisors can not provide tax or legal advice. Please consult your tax or legal professional regarding your particular situation.

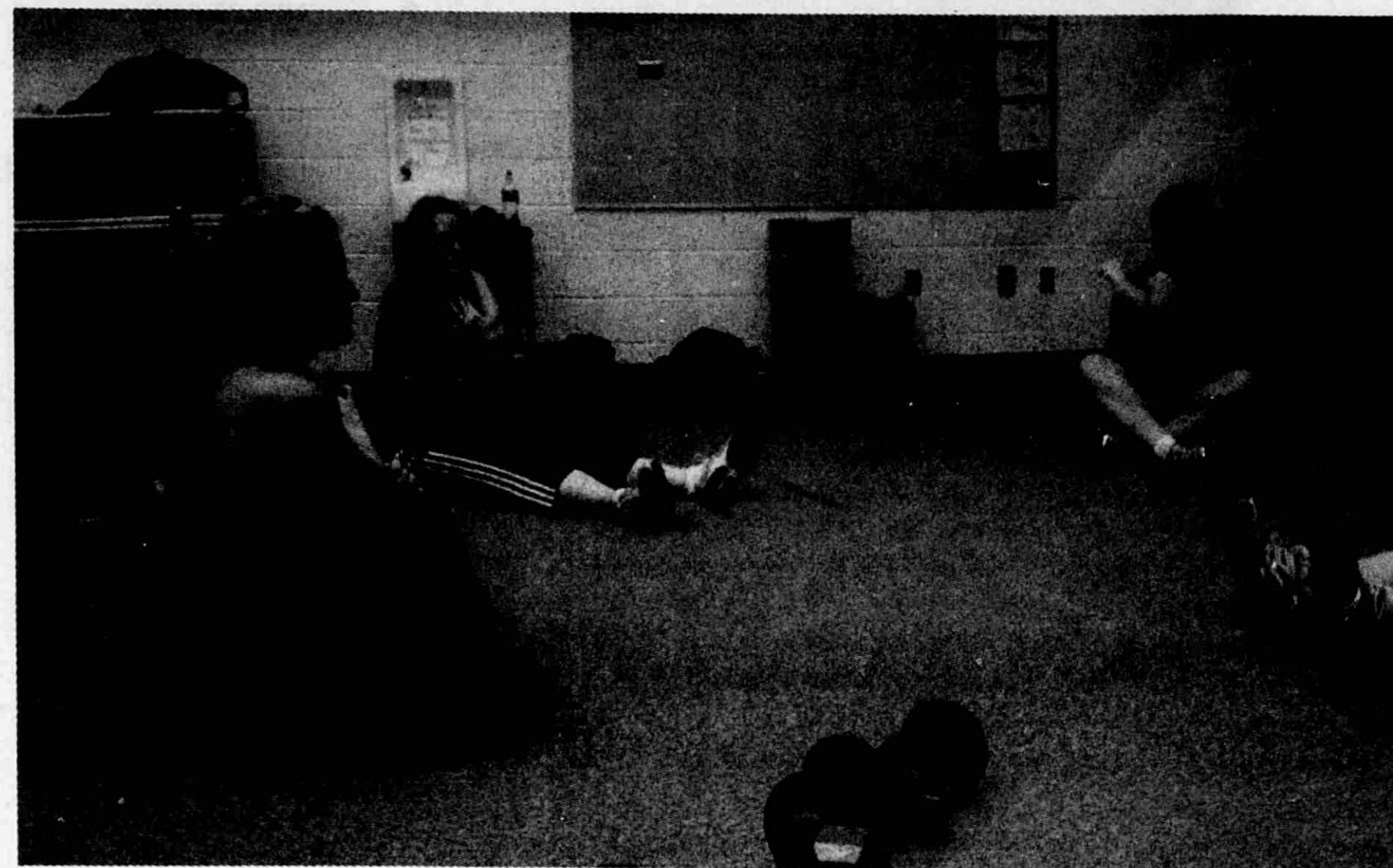
Youth wrestling parents raise cash while raising their heart rate

When Dan Stephens approached Kevin Taylor, the Lowell youth wrestling coach, about starting a workout program for the wrestling parents, Taylor encouraged Stephens to arrange it. "Parents spend countless hours waiting for their children to finish practice and there is no better way to encourage my wrestlers to work hard than when they see their parents doing the same thing," said Taylor.

Stephens went to work. In two weeks' time, Stephens organized a location, signed up twenty parents and found an instructor. "It helps that one of the wrestler's parent is a trainer and is willing

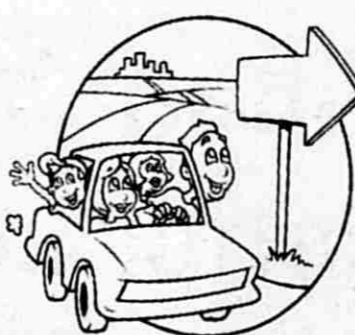
to volunteer her time," said Stephens. Tamaryn Hough, who has two boys wrestling on the youth team, jumped on board and agreed to put together a low impact, strength and conditioning class geared to accommodate just about everyone.

The class is set up to handle 20 people and meets every Tuesday and Thursday during regular scheduled practice times. The parents run through a series of stations which include cardio and weights. Each participant is charged a minimal monthly fee and all of the money collected is donated back to the wrestling program.



Tamaryn Hough, Darci Mierendorf, and Liz Pratt during their workout.

exploring our national parks



Kurt Heishetter

Glacier National Park is considered by many to be the crown jewel in the National Park system. Named because of the glacier carved terrain, not the few remaining glaciers that people believe. This majestic park sits on the northern Canadian border of Montana. It also shares the border with one of Canada's

premier National Parks, Waterton Lakes. It has been said that Yellowstone is for the tourists and Glacier is for the purists. One thing I do know, a park this big requires lots of planning.

Since Glacier National Park is about 1,800 miles away from Lowell, you are in for three days of driving.

That is if you are pulling a trailer with two six-year-old kids in the car.

We started out on Friday night with a car picnic (just like always) west bound to Chicago. If your timing is right, you can miss most of the rush hour traffic. The plan called for driving as far as I safely could and spending the night in a Walmart parking lot. Driving on Interstate 90/94 through Chicago in a car is exciting most times, however, pulling a travel trailer is a real experience. And, there is one thing to keep in mind, the White Sox start their home game at exactly 7:00 p.m. with a huge supply of fireworks.

When those fireworks shoot off, they sound just like a blown tire and can cause a lot of concern. Every little noise you hear in traffic makes you think something has gone wrong in bumper to bumper traffic. Needless to say, we were relieved to make it out of Chicago that night.

When you pull into a Walmart at two in the morning the last thing you would think you'd have to worry about is where to park. However, the Walmart in Tomah, Wisconsin, looks a lot like a KOA Campground. This store sits between the I-90/94 split and in the summer there is an amazing amount of RV traffic

traveling these two highways and quite a few had the same idea we had, only they got here way before we did. This meant we were staying in the middle of the parking lot under a light.

Saturday morning brings to light where you stand in the order of class in the RV

world. Even people who own million dollar Class A motor homes stay at Walmart. Most Walmart campers do shop for a few things in the morning and we were no exception, then we were back on the road.

Exploring our national parks, continued, page 8

NOTICE LOWELL AREA RECREATION AUTHORITY 2011 MEETING SCHEDULE

All meetings will be held at 6:00 p.m. at the Lowell Chamber of Commerce office, located on the Riverwalk. For further information, phone 897-5671, or for a calendar of these and other events please visit the trails website at www.lowellareatrailway.org

THE LOWELL AREA RECREATION AUTHORITY BOARD MEETINGS FOR 2011 ARE SCHEDULED AS FOLLOWS:

January 12	February 9
March 9	April 13
May 11	June 8
July 13	August 10
September 14	October 12
November 9	December 14

NOTICE OF REZONING LOWELL CHARTER TOWNSHIP

PLEASE TAKE NOTICE that at the regular meeting of December 20, 2010, the Lowell Charter Township Board approved the Planning Commission's recommendation and rezoned 5.36 acres of property located at 1845 Birmingham, Permanent Parcel No. 41-20-04-378-013, from R-3 High Density - Multiple Family, to C General Commercial. This rezoning will take effect January 12, 2011.

Linda S. Regan, Clerk
Lowell Charter Township

ABANDONED VEHICLE AUCTION

2006 Chevy HHR black,
VIN: 3GNDA23P16S566826
FRIDAY, JAN. 14, 2011 • 9 A.M.
1177 OE Bieri Industrial Drive
Lowell, MI
(616) 868-7239

Canfield

PLUMBING & HEATING, INC.

411 E. Main • Lowell
616-897-0887



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- Commercial
- Air Conditioning
- Heating Systems
- Licensed
- Insured
- Water & Sewer Hookups
- Video Inspection
- Same Day Water Heaters Installed
- Sales, Service & Installation of All Plumbing Fixtures
- Drain Cleaning
- Water Softeners



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area churches

LOWELL CHURCH OF THE NAZARENE

201 N. Washington
Lowell, MI • 897-8800
Pastor Wes Hershberger
Sundays - Christian Education.....9:15 a.m.
Celebration.....10:40 a.m.
Wednesdays - Kid's Service, Teen's Service,
Adult Bible Study.....7:00 p.m.

Lowell Naz - Where People Matter

GOOD SHEPHERD LUTHERAN CHURCH

10305 Bluewater Highway (Missouri Synod)
Halfway between Lowell & Saranac on M-21
www.goodshepherdlowell.org
Worship Service.....Saturday - 5:00 P.M.
Sunday - 10:00 A.M.
Sunday School.....Sunday, 9:00 A.M.
(Nursery available)

Joseph Fremer, Pastor 897-8307
All facilities are wheelchair accessible

CALVARY CHRISTIAN REFORMED CHURCH OF LOWELL

897-7060
1151 West Main Street, Lowell, MI
Morning Worship.....10:00 A. M.
Sunday School.....11:20 A.M.
Evening Worship.....6:00 P.M.
Nursery available at both services
Barrier-Free

SNOW UNITED METHODIST CHURCH

3189 Snow Ave. SE, Lowell
Pastor Dr. Mike Conklin
9:45 A.M. Sunday School
10:30 A.M. Fellowship
11:00 A.M. Worship

897-9863
Nursery & Children
Worship Programs Provided
A friend...a family...a mission!

FIRST CONGREGATIONAL

(United Church of Christ)
865 Lincoln Lake Ave. SE • 897-5906
www.OurBigChurch.org
Sunday Worship.....10:00 a.m.
Church School.....10:15-11:15 a.m.
Thursday Faith Alive
Casual Worship.....6:30 P.M.
Barrier-freeNursery Provided
No matter where you are on life's journey, You are welcome here.

ALTO UNITED METHODIST CHURCH

Kirby and Harrison
Alto • 616-691-8011
Worship.....9:30 A.M.
Children's Church.....9:30 A.M.

OPEN HEARTS - OPEN MINDS - OPEN DOORS
Pastor Dean Bailey

CHRISTIAN LIFE CENTER (Assembly of God)

3050 Alden Nash S.E. • 897-1100 • Staffed Nursery
Robert Holmes, Pastor
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Worship: 10 a.m.
WEDNESDAYS:
Family Night (for all ages): 7:00 p.m.
"The Source" Youth: 7:00 p.m.
"Loving God... Loving People!"

FIRST UNITED METHODIST CHURCH OF LOWELL

621 E. Main Street • 897-5936
www.lowellumc.com
WORSHIP.....8:30 & 10:30 a.m.
SUNDAY SCHOOL.....9:30 a.m.

Rev. Rick Blunt
Barrier-free entrance

FIRST BAPTIST CHURCH OF LOWELL

2275 West Main Street • 897-7168
Internet: <http://www.fbclowell.org>
Rev. David O. Sims, Rev. W. Lee Taylor
& Pastor Phil Sevens
Sun. Worship Service.....9:30 A.M. & 6:00 P.M.
Sunday School Hour.....11:00 A.M.
AWANA/KIDCOTE - TEENS
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Nursery Provided • Barrier Free

ST. MARY'S CATHOLIC CHURCH

Fr. Eugene Okall
402 Amity St. • 897-9820
www.stmary-lowell.com
Weekend Masses: SAT. 5 PM; SUN. 9:30 AM
Weekday Masses: 7:45 AM
Holy Day Masses: 9 AM & 7 PM
Saturday confessions: 4-4:45 PM
Prayer & adoration each Wed. 8:15 AM - 8 PM
RELIGIOUS EDUCATION, CHILDREN TO ADULTS - CALL PETE WIGGINS 897-7915
SEE LOWELL CABLE CH. 393. ENTV FOR 24 HR. CATHOLIC BROADCASTING

Exploring our national parks, continued

The planned second night of camping was to be at a city campground in Fargo, ND. The only problem with that is the campground is on the banks of the Red River. The same Red River that floods every spring and this year was no exception, the campground was still under water. It is at this time you bring out the North American campground books. One of the more useful is the campground guide book put out by the US Army Corps of Engineers. Anytime you

Nearly 400 miles after leaving Medora we arrive at our last destination before Glacier - Havre, MT. Havre is what you would call a railroad town. The high line of the Burlington Northern Santa Fe runs all night right through town. A side trip out of Havre that is a must is the 16 mile drive south of US 2. This takes you to the Bear Paw Battlefield. This is where the Nez Perce Indian tribe gave up their attempt to reach freedom in Canada. An interpretive trail guides the visitor over land that looks

pulling a trailer, you are not allowed to travel on this road. Nothing over 21 feet would be able to make some of the switchback turns. We continued Southwest on US 2. Our destination was the campground at Two Medicine Lake. We chose this campground because it was supposed to be off the beaten path and less visited by the tourists. It also had access to some of the best family hiking in the park. We were not disappointed.

Glacier National Park takes camping reservations

South Shore Trail back to the camp store. Lunches packed, water bottles filled, packs on and we were off. A thousand feet down the trail we are greeted with a bright orange sign stating: "Warning the North Shore Trail is closed 100 feet ahead because of bear danger." A quick trip back to the ranger station (all the while reassuring mom, two kids and a doll named Soozy that there is nothing to worry about) we find out the reason. It seems a female grizzly bear and her two cubs had found a carcass to feed on near this

did not know about the grizzly activity. It was definitely one of the biggest thrills of the trip, especially for the kids. Our daughter took a photo of the moose and showed it to the folks on shore, when we docked who were very jealous that they could not see it from their vantage point. You would have thought Sierra was a famous photographer with all the attention she was getting.

The two miles up to Upper Two Medicine Lake were breathtaking with waterfalls, wildflower-painted meadows and virgin timber. The 300 foot gain in elevation was relatively easy for the kids. The last quarter mile you climb to a plateau where you are finally able to see the jagged peak of Loan Walker Mountain reflecting in the mirror-like surface of the lake. The North shore rises 3,500 feet to the summit of Mount Helen. On the east side of the lake, trees are piled up like cord wood, driven down

high mountain road with few switchbacks. This three-mile section is carved directly into the cliff face. It is no wonder that this road has been designated a National Historic landmark and a National Civil Engineering landmark.

After leaving Logan Pass, you come into the treeless, granite-faced mountain and the road enters the forest following McDonald Creek. You soon are traveling the south shore of Lake McDonald. This is the largest lake in the park. This is where the historic Lake McDonald Lodge is located. Boat tours, dining and horse riding can be found here. Our trip on the Going-to-the-sun Road ended on the westside at Apgar Village. This area is the busiest part of the park. The largest campground, park headquarters, dining, shopping, and the new transit center are all located here. Dillon and Sierra earned their Junior Ranger badges at the Apgar Ranger Station.

You leave the park at West Glacier where you pick up US 2 for the 60-mile trip around the southern end of the park before arriving in East Glacier. East Glacier is the home of another historic lodge built by the Great Northern Railway. The Glacier Park Lodge and Resort, built in 1913, is within walking distance to the Amtrak station.

Driving the last 13 miles to Two Medicine Campground ended our 150-mile tour of the southern perimeter of Glacier National Park. Two other areas in the northern half, Many Glacier and Waterton Park in Canada, are less accessible. Our time did not allow us to visit these areas but I am told these locations are just as spectacular.

Our final full day at the Two Medicine area was spent taking small hikes and swimming in the very cold Two Medicine Lake. Fifty plus degree lake water does not seem to bother kids that are six like it does someone who is 52. But, we all braved the water and had a lot of fun.

We easily could have spent a full week in Glacier. It truly should not be missed. Whether you are camping or staying in one of the historic lodges, Glacier has something for everyone. Three days was all we had since our trip home was to take us into Yellowstone, The Little Big Horn, Devil's Tower and Wind Cave. Stay tuned.

We, however, were unable to park so were not able to make this hike. As you leave Logan Pass and continue west, you are traveling on a



can find a campground run by the US Army Corps of Engineers, you are in luck. This was our lucky day. Some 40 miles west of Fargo on I-94 and a few miles north of Valley City we found one. The Corps have built dams all around this great land for flood control. Behind most of these dams are great campgrounds. A site at Baldhill Dam with water and electric is only eight bucks, almost as good as Walmart.

We spent the next two nights at Theodore Roosevelt National Park in Medora, ND. This park is one of the least known but most inspiring. We will cover this park in depth at a later date.

On the road again, we travel our last 60 miles on I-94. We leave the expressway and head north to pick up US 2, one of the most dangerous two lane highways in the US. With a speed limit in excess of 70 mph, vast stretches of nothingness and passing through four major Indian reservations, it is easy to see why this road is so dangerous.

much the same as it did in 1877. This national historic site is part of the Nez Perce National Historical Park and National Historic Trail which traces the Nez Perce people and their 1,700 mile march through four states.

The final 200 miles on US 2 goes by quickly. The northern Rockies grow larger with every mile that you travel. At Cut Bank, MT, you enter the Blackfeet Indian Reservation, acres of dust and scrub, a land that this once feared tribe has been delegated to live.

When you reach Browning, MT, you had better know which area of Glacier you want to explore. With 13 different campgrounds spread out over 1,600 square miles, one cannot see it all. Browning is the point where you can go north to explore the east side up to Canada. This includes the busiest area of St. Mary. There is a road from St. Mary through the park to the west side. This road is called the Going-to-the-sun Road, appropriately named, as this road climbs up over the Continental Divide and then descends back into West Glacier. If you are

at only two campgrounds. Two Medicine Lake is not one of them. In July, the campgrounds can fill up by mid-afternoon, so arrive early. We were early enough to acquire one of the most spectacular campsites we have ever had. The shore of Two Medicine Lake on one side and towering, snow covered peaks on the other. It is no wonder the Blackfeet Nation consider this a blessed place.

The first afternoon was spent exploring the area around the campground and planning our next three days. A one-mile hike on the road will take you to the Two Medicine store. This area was the main destination for early Glacier visitors before the Going-to-the-sun Road was built. The gift shop and store occupy a beautiful historic chalet built by the Great Northern Railway. You are able to book boat and bus tours from this location.

Our plans for the first full day were to hike the five-mile north shore trail to Upper Two Medicine Lake. This would allow for only about 500 feet in elevation gain. Our return hike was to follow the

trail. They apparently did not know (or care) they were on a major hiking trail that the Hieshetter family drove almost 2,000 miles to hike! The park service indicated that they would monitor bear activity and if they did not show back up for five days, the park service would open the closed area. We now needed to find a new route, which led us to the Glacier Boat Service which offers shuttle service to the far end of Two Medicine Lake where the North and South Shore Trails come together. After losing over an hour of hiking time it looked like we were going for a boat ride.

The majority of visitors that visit Glacier come with the hopes of seeing wildlife. Not necessarily a grizzly on the trail, but seeing a bear, big horn sheep, elk or moose would make most people happy. And, while nearing the dock on the west end of the lake, we were not disappointed. A large bull moose appeared at waters edge not more than 100 feet from the boat. After five or ten minutes he disappeared into the thick forest of the North shore. He apparently

the mountain and across the lake by an avalanche some winter back. For the real adventurer, there is a back country campground on the northeast shore. This is where we decided to eat lunch and cool our feet in the lake before heading back down the trail. Our second full day had us traveling the twenty miles up to St. Mary at the east entrance. This is where the Going-to-the-sun Road begins its westward climb over the Continental Divide ending on the west side at Apgar. This 50-mile two lane wonder is truly one of the most scenic drives in the world. During the summer season this road is very busy. The National Park Service offers free shuttle buses that make stops at most of the main trailheads. A visitor center at Logan Pass is roughly the halfway point. The parking lot can fill by noon. One of the most popular day hikes to Hidden Lake originates here.

We, however, were unable to park so were not able to make this hike. As you leave Logan Pass and continue west, you are traveling on a

the future runway site from the RAM C-47. Several pallets of supplies were also air-dropped on that flight. The medical team and a number of others traveled by ground the following morning, arriving in the mid-afternoon after a long drive and another hour of hiking. The teams assembled that evening and set up camp.

The medical team was made up of five physicians, two nurse practitioners, one dentist, one veterinarian (myself), and four other nurses. Specialties included infectious disease, pediatrics, internal medicine, ophthalmology, and anesthesiology. Though

the medical team had prepared to address what had been reported as a widespread cholera epidemic, they arrived at a lull in the fight, finding only a single patient in the cholera clinic. There had been over a hundred cases, with a number of fatalities, but thankfully this had slowed significantly. So, rather than an acute-care project, much of what the medical team found to do was basic clinic work, treating many general complaints, malnutrition and a few acute infections and injuries. By the end of the week, two cholera patients had been seen and treated, one of whom was too late to save.

Local vet works on remote medical team in Haiti

Local veterinarian Bruce Langlois worked on a Remote Area Medical (RAM) team in Haiti in the village of Medor in the mountains.

"There are no roads to get there, so we backpacked," he said.

The team held clinics on backpack animals from Dec. 5 through Dec. 12. They were followed around by film crews with Ann Curry. The footage will air on NBC Dateline on Jan. 9.

The following account about the experience in Haiti is by Bruce Langlois.

"The Haiti roads expedition was an exciting experience for all involved," said Langlois.

There were initially three goals of the project:

1. Build an airstrip to allow air ambulance operations for this remote region
2. Improve an existing road that has fallen into a state of disrepair
3. Provide a medical and veterinary clinic service during the first week of the expedition with a special interest in treatment and prevention of cholera.

A team of skydivers led the entry into the area on December 5, jumping onto

the medical team had prepared to address what had been reported as a widespread cholera epidemic, they arrived at a lull in the fight, finding only a single patient in the cholera clinic. There had been over a hundred cases, with a number of fatalities, but thankfully this had slowed significantly. So, rather than an acute-care project, much of what the medical team found to do was basic clinic work, treating many general complaints, malnutrition and a few acute infections and injuries. By the end of the week, two cholera patients had been seen and treated, one of whom was too late to save.

The veterinary clinic treated many pack animals, mainly donkeys and horses, for a variety of ailments, most visibly saddle sores and malnutrition. About 500 heads were treated; besides the pack animals, there were a number of cattle, goats and swine, along with two dogs. All animals received Ivermectin, as there was much evidence of parasites. A regular deworming program would go a long way in improving the health of the livestock in the area.

"I was also involved with the treatment of some



Dr. Langlois examines a horse in Zorange Haiti, a very remote location on top of a mountain in Northern Haiti, which has been hard hit by cholera. It takes about eight hours hiking on foot to reach this location.

human patients when I was tending to the animals," he said.

While the medical team was busy in clinic, the road team was able to get a passable road repaired and a 4-wheel-drive SUV was able to reach the clinic/runway area by Tuesday, December 7. The road team then joined the runway team

for the remainder of the expedition.

The runway team, with the help of a team of local workers, cleared space and leveled ground for a 1400-foot sloping airstrip. It was completed during the expedition, and awaits government approval. Stan is currently on stand-by to fly down once we get the word to go make the first landing on the runway.

In the middle of the first week, with most of the medical team scheduled to leave on Friday, December 10, post-election violence broke out in the larger cities of Haiti. The RAM team, while isolated from any violence, was none-the-less concerned for their safety during their exit from Medor. As circumstances would have it, the medical team ended up conducting a fourth clinic day on Friday and those who were leaving were able to be flown to

the Port au Prince airport by helicopter on Saturday, December 11. One couple flew from Port au Prince in their own private aircraft, while others were shuttled to the Dominican Republic where they took airline flights home.

The remaining team members were able to safely leave by ground the following weekend, after most of the violence had died down and the airstrip was completed. The RAM C-47 landed in Knoxville on Sunday, December 19, with

a tired, happy-to-be-home crew. All team members were able to reach the US with minimal delays.

The RAM Haiti project was documented by a crew from NBC News and is scheduled to air on Dateline NBC on January 9th. Ann Curry was the reporter and she was with the RAM team the first few days of the expedition.

"With everything going on that week, it should make for a great TV show," said Langlois.

COMMUNITY DEVELOPMENT BLOCK GRANT TOWNSHIP OF BOWNE COUNTY OF KENT PUBLIC HEARING NOTICE

APPLICANT - Township of Bowne, Alto, Michigan, County of Kent will hold a public hearing to consider potential projects for which funding may be applied under the CDBG Small Cities Program for Program Year 2011. Suggestions for potential projects will be solicited, both verbally and in writing, from all interested parties. The expected amount of CDBG funds for this program year will be discussed along with the range of projects eligible under this program and a review of previously funded projects. The hearings will begin at 7:30 P.M. on January 17, 2011 and will be held at Bowne Township Historic Township Hall at 8240 Alden Nash S.E., Alto, Michigan 49302. Further information can be obtained by contacting the Bowne Township Office at 616-868-6846. In compliance with the Americans with Disabilities Act, individuals needing special accommodations (including auxiliary communicative aids and services) during these hearings should notify Bowne Township at 8240 Alden Nash S.E., Alto, MI 49302 at least seven days prior to the hearing to be attended.



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Red Arrow SPORTS

- WRESTLING

Lowell wrestlers 2-2 in super duals

by Thad Kraus

The sting of losses on the mat to New Lothrop and Richmond gave voice to the edge one detected in Dave Dean's voice.

"I hate losing," emphasized the Lowell wrestling coach. "There's a little sting that comes with those losses. Now it's a matter of how the boys use it to get better."

The day started off well enough as the Red Arrows upended Sparta 51-15 and then was highlighted by a tough emotional 33-26 win over Davison.

"The match against Davison was our peak for the day," Dean explained.

In that match, Lowell benefited from some strong performances by Jake Stevens and Zach Jeffries.

"They wrestled great. Now we need them to show up for consecutive matches," Dean said.

Part of Tuesday's issue, according to Dean, was his club had not wrestled in any tough tourneys before the super dual.

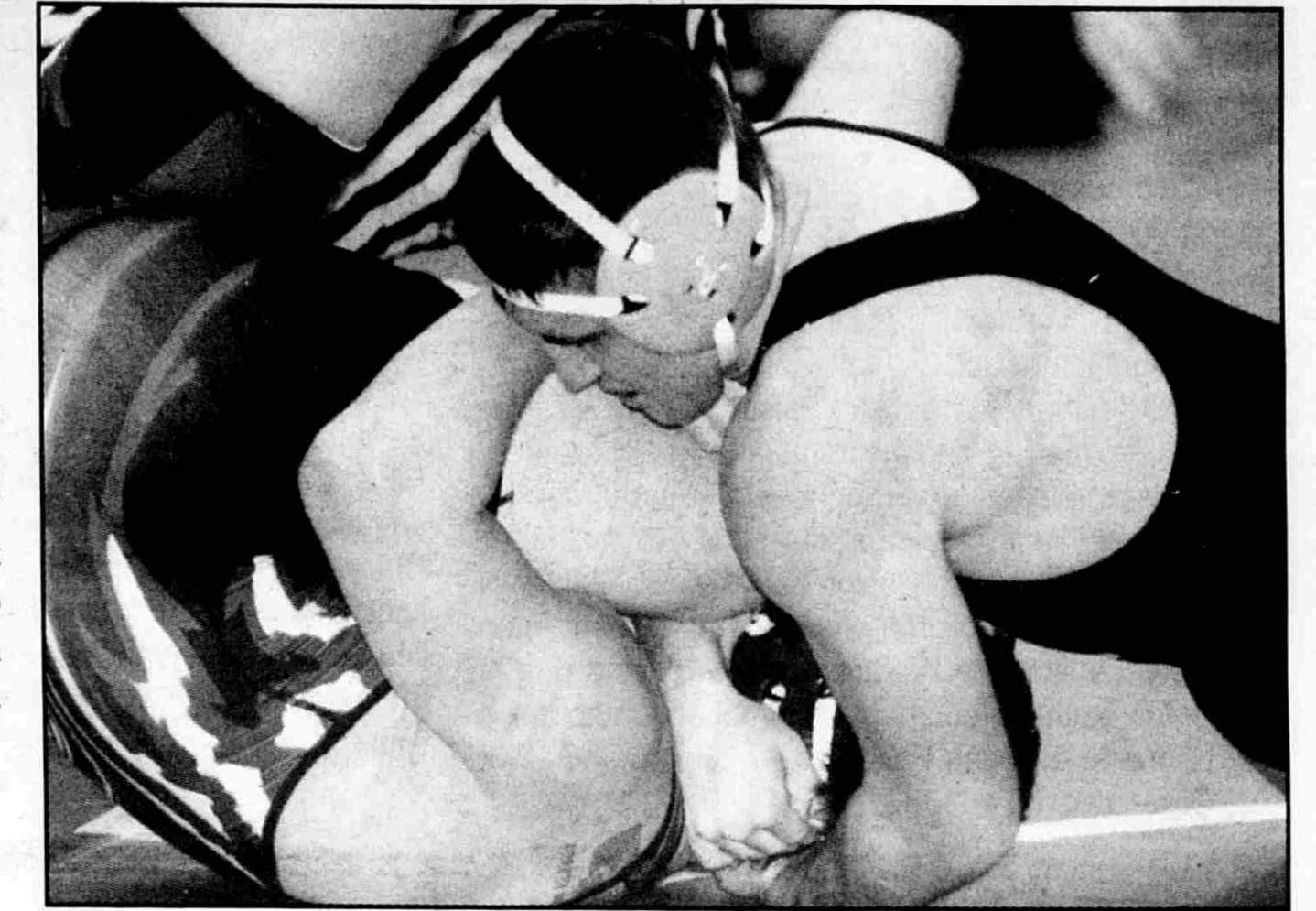
"A lot of the schools we faced have been going strong

since mid November. For us, it's been the last couple of weeks," Dean explained.

Lowell finished the day with losses to New Lothrop, #1 in Division 4 (35-24), and Richmond (38-22).

"Going into the day I thought we had the potential to win all four, but then reality set in," Dean explained. "We didn't recover well going into the New Lothrop match from our Davison win."

Wrestling, continued,
page 16



Red Arrow Gabe Dean was dominant in his pin against Sparta.

Someone had to say it!



Thad Kraus

The bad news is there are five participants in the Lowell Ledger Bowl Bonanza contest who have

surpassed me on the leader board.

The good news is I'm doing far better than the Michigan State and Michigan football teams.



That's faint praise. The Spartans and Wolverines were mugged by superior football teams over the weekend.

The Big Ten continues to have issues with SEC (the best football conference by far) opponents.

It was 0-3 this holiday season.

Michigan State was dominated by Alabama; Michigan was blasted by Mississippi State; and Penn State lost to Florida.

It had better luck against Big Twelve schools as Iowa (Missouri) and Illinois (Baylor) won while Northwestern lost to Texas Tech.

I picked up just five wins last week, improving my total to 12 of 28.

Joey Webster had the best weekend with nine victories moving to the top of the leader board with 17. Noel Dean and Dan DeHaan

are two back at 15, with Zeth Dean at 14 and Dale Dawson at 13.

There are seven games still to play.

Nevada/Boston College; Pittsburgh/Kentucky; Texas A&M/LSU; Miami OH/Tennessee State; Virginia Tech/Stanford; Arkansas/Ohio State; Oregon/Auburn.

Back to the SEC. Alabama looked really good. They have a stable full of studs, with most of them returning.

Is there a Big Ten team that can compete with that? Based on the bowl games, it doesn't look like it.

Ohio State still has to play Arkansas in the Sugar Bowl. The Buckeyes' bowl record hasn't been great, especially against the SEC.

I said it before and I'll say it again. Connecticut, with four losses, did not belong in a BCS game. I don't care if they won the hapless Big East or not. The Huskies are good, just not at football.

A rematch of Boise State (more deserving) and Oklahoma would have been a much better, more entertaining Orange Bowl game.

On a happier note, the Lions finished the year on a four-game winning streak. I am not sure that means anything for 2011-12 (can only hope).

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- Edgar Watson Howe (1853 - 1937)

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obituaries

GRUMMET

Rebecca Ruth Grummet, age 78, of Gowen, passed away Sunday, January 2, 2011. She was preceded in death by her parents, Firmie C. (Ida B.) Fairfield-Onan; husband, Frederick in 1985; and two brothers. She is survived by her children, Ruth Ann Grummet-Eaton, Frederick Grummet, Jr., Kenneth Grummet, John Grummet, brothers, Sam VanDenBroeck, Raymond (Cheryl) Fairfield; sister, Judy (Dallas "Butch") Boynton; grandchildren; great-grandchildren; and several nieces and nephews. Funeral service will be Thursday 1:00 p.m. at the Roth-Gerst Chapel, 305 N. Hudson, Lowell. Pastor Terry VanDonkelaar of Living Faith Family Church officiating. Interment Alton Cemetery. Visitations Wednesday 2-4:00 and 6-8:00 p.m. at the Roth-Gerst Chapel. Memorial contributions may be made to Living Faith Family Church, P.O. Box 401, Greenville, MI 48838.



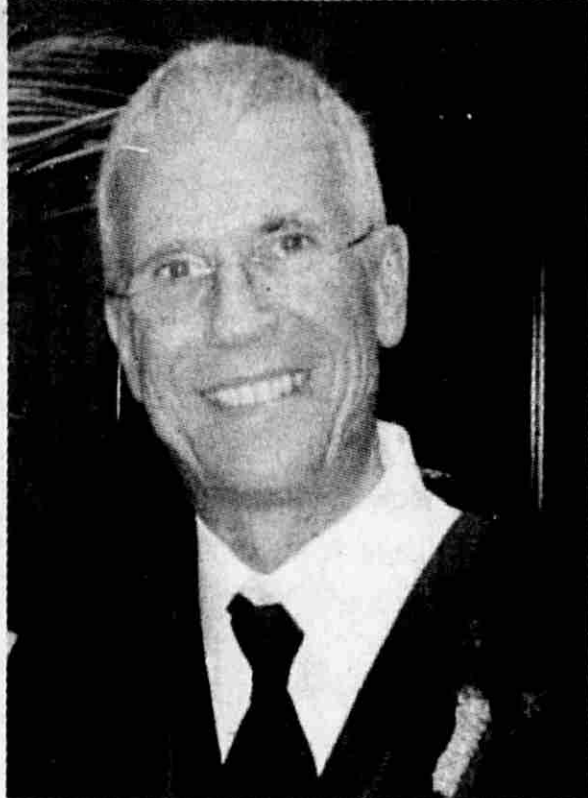
SWIFT

Kathy Swift, age 56, of Lowell, went to be with her Lord and Savior on December 26, 2010. She was preceded in death by her brother Theodore Armstrong. Mrs. Swift is survived by her parents, Ted and Phyllis Armstrong; brother, Thomas Armstrong; loving husband of 37 years, Ned Swift; daughters, Suzanne (John) Cook, Rachel (Yosef) Kleinman; and granddaughter, Nuriel Cook. Family visitation will be Friday, January 7, 2011 from 6-8:00 p.m. at the Kentwood Campus of Ada Bible Church, with a memorial service on Saturday, January 8, 2011 at the Kentwood Campus of Ada Bible Church, 2045 68th Street, Caledonia at 2:00 p.m. A light luncheon will immediately follow the service. In lieu of flowers memorial contributions can be made to the Nuriel Fiona Cook educational fund at Huntington Bank.



TSCHANNEN

Thomas Paul Tschannen, age 64, passed away on January 2, 2011 in Grand Rapids. Tom was born on February 20, 1946 to Paul and Henrietta Tschannen in Quincy, Illinois. He married Jane Vos, who he affectionately called his "bear," on March 9, 1985. Tom was raised in Quincy with his siblings Peggy of Palatine, IL and Mary of Milwaukee, WI. There he enjoyed Blue Devil basketball, the Maid Rite Sandwich Shop and making mischief with his dog Nippy. Tom went to Southern Illinois University and received his bachelor's degree in economics. He grew up with annual family treks to Onekama. Sun, sand, water and leaps off the pier shaped Tom's love for Michigan and water for life. Later, he and Jane built a cottage near the lake's edge. Tom enjoyed long walks on the beach with family and the dogs, a good paddle in a kayak and a beautiful sunset. Tom had all girls, four of them. His daughters, Gretchen Kerr (John) of Denver, CO; Karla Lee Marzolf (Josh) of Orlando, FL; and Corey and Shelby of Ada. He also has four grandchildren, Zoe and AnnaJane Kerr and William and Kylee Marzolf, who loved Beach Grandpa and times spent in the sun and sand. Tom was blessed with dear friends that enriched his life: among many, Kyle Harvey who preceded him in death and Carl Falkenstern and Dr. Scott Berman. Tom was proud owner of Fuller Septic Services and Stonebrook Sanitation for over 30 years and a member of the MSTA. A quick wit with a big heart, Tom was loved and admired by many and will be missed by all. Visitation will be from 2-4 p.m. on Saturday, January 8 at Metcalf & Jonkoff on Cascade Road with services immediately following. Evening festivities are planned to celebrate Tom's life. Details will be announced at the service. Please send memorial contributions to the Leukemia and Lymphoma Society, 4065 Saladin Dr. SE, Grand Rapids, MI 49546 or the Manistee County Community Foundation, Portage Lake Watershed Forever Endowment Fund, 332 First Street, Suite 104, Manistee, MI 49660.



In Memoriam DON ALEXANDER

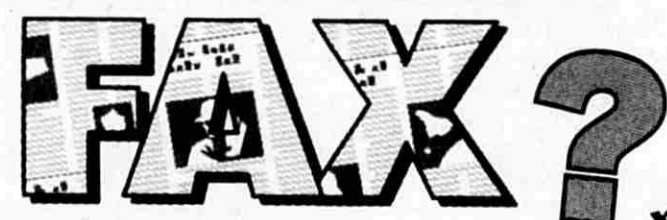
July 16, 1954 - January 5, 2006



It's been five long years but we remember your love, laughter and great spirit. We miss you always, but cherish our many memories of you.

Love always, Mom & Dad, your sisters, children & grandchildren

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LEGAL NOTICES

STATE OF MICHIGAN PROBATE COURT COUNTY OF KENT

NOTICE TO CREDITORS Decedent's Estate FILE NO. 10-189576-DE

Estate of MARY ANN DUNNEBACKE, Date of birth: 09/27/1923.

TO ALL CREDITORS: Mary F. Roberts 854 - 33rd Street, SW Wyoming, MI 49509

NOTICE TO CREDITORS: The decedent, MARY ANN DUNNEBACKE, who lived at 425 Shawmut Boulevard, NW, D, Grand Rapids, Michigan, died 11/12/2010.

Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to MARY F. ROBERTS, named personal representative or proposed personal representative, or to both the probate court at 180 Ottawa Avenue, NW, Suite 2500, Grand Rapids, Michigan, died 11/12/2010.

Rapids, MI 49503 and the named/proposed personal representative within 4 months after the date of publication of this notice.

John D. Mitus (P31244) 410 Bridge St., NW Grand Rapids, MI 49504 616-774-4001

Mary F. Roberts 854 - 33rd Street, SW Wyoming, MI 49509

STATE OF MICHIGAN PROBATE COURT COUNTY OF KENT

NOTICE TO CREDITORS Decedent's Estate FILE NO. 10-189602-DE

Estate of JAMES T. HAYS a/k/a J.T. HAYS, Date of birth: 10/31/1922.

TO ALL CREDITORS: NOTICE TO CREDITORS: The decedent, JAMES

T. HAYS a/k/a J.T. HAYS, who lived at 3511 Leonard St. NE, Walker, MI 49544 died 12/03/2010.

Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to GARY L. HAYS, named personal representative or proposed personal representative, or to both the probate court at 180 Ottawa Avenue, NW, Suite 2500, Grand Rapids, MI 49503 and the named/proposed personal representative within 4 months after the date of publication of this notice.

John D. Flynn (P27413) 1275 Hawthorne Hills SE Ada, MI 49301 616-897-6632

Gary L. Hays 357 White Stag Ct. SW Grandville, MI 49418 616-530-2931

STATE OF MICHIGAN PROBATE COURT COUNTY OF KENT

NOTICE TO CREDITORS Decedent's Estate FILE NO. 10-189610-DE

Estate of MSGR. HERMAN H. ZERFAS, deceased.

TO ALL CREDITORS:

NOTICE TO CREDITORS: The decedent, MSGR. HERMAN H. ZERFAS, who lived at 1200 104th St. SW, Byron Center, Michigan, died 12/06/2010.

Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to FR. RICHARD J. VAN LENTE, named personal representative or proposed personal representative, or to both the probate court at 180 Ottawa Avenue, NW, Suite 2500, Grand Rapids, MI 49503 and

the named/proposed personal representative within 4 months after the date of publication of this notice. 01/03/2011

John T. Conroy (P43709) 410 Bridge St. NW Grand Rapids, MI 49504 616-454-4119

Fr. Richard J. Van Lente 11344 Whispering Creek Dr. Allendale, MI 49401 616-490-8426

STATE OF MICHIGAN PROBATE COURT COUNTY OF KENT

NOTICE TO CREDITORS Decedent's Estate FILE NO. 10-189591-DE

Estate of CELIA J. KOPERSKI a/k/a CECILIA J. KOPERSKI, Date of birth: 09/14/1911.

TO ALL CREDITORS: NOTICE TO

CREDITORS: The decedent, CELIA J. KOPERSKI, who lived at 1651 McReynolds, NW, Grand Rapids, Michigan, died 12/08/2010.

Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to KENNETH J. MARKLEVITZ, named personal representative or proposed personal representative, or to both the probate court at 180 Ottawa Avenue, NW, Suite 2500, Grand Rapids, MI 49503 and the named/proposed personal representative within 4 months after the date of publication of this notice.

John D. Mitus (P31244) 410 Bridge St., NW Grand Rapids, MI 49504 616-774-4001

Kenneth J. Marklevitz 2614 Jefferson Ave., SE Grand Rapids, MI 49507

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

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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.

FOR RENT - House, barns, pasture. Horse lovers dream. 3 bedrooms, 10906 Finn Rd., Lowell Schools. 616-897-5807.

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

Community Calendar

PLEASE NOTE - Coming Events are for non-profit organizations. If you are charging admission for an event - it is considered an advertisement. Coming events are run 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. We will not run ANY Garage or Rumage Sales as a coming event. All Coming Events or changes to coming events should be submitted by fax: 897-4809, email: classifieds@lowellbuyersguide.com, by mail: PO Box 128, Lowell, MI 49331 or in person: 105 N. Broadway, Lowell.

EXPERIENCE EGYPT - Play games & make crafts related to all things Egyptian: dress like a pharaoh, make yourself into mummies, & create a pyramid. Sat., Jan. 29, 10:30 a.m. at the Alto Branch Library, 6071 Linfield Ave., 616-784-2007.

POKEMON! YU-GI-OH! BAKUGAN! - Calling all experienced Pokemon, Yu-Gi-Oh and Bakugan players, join our gaming group to play, trade, & meet with other fans of these popular games. For ages 6 & up. Wed., Jan. 19, 6:30 p.m., at the Englehardt Branch Library, 200 N. Monroe, Lowell, 616-784-2007.

ANGEL FOOD MINISTRIES - sign up at the Nazarene Church, 201 N. Washington St., Sat., Jan. 22, 10 a.m. - noon. You may also order online using your debit or credit card. Go to www.angelfoodministries.com. Any questions, call Esther, 897-7395.

MOTHERS WHO HAVE OR HAD - sons/daughters serving in the military. We are meeting on the 3rd Wednesday of every month. For more info call Sally 616-761-2042.

KNITTING 101 - Jan. 6, 13, 20, 27, 10 a.m. - noon Any level of knitting welcome. Saranac Public Library.

GAME DAZE - Jan. 17, noon - 4 p.m. at the Saranac Public Library.

BOOK WORM BOOK CLUB - Jan. 17, 6 p.m. at the Saranac Public Library. Discussing Charles and Emma by Deborah Heiligman.

MOVIE NIGHT - Jan. 18, 6:30 p.m. showing Despicable Me. Free popcorn. Saranac Public Library.

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.

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. & Thursdays: 11 a.m. - 3 p.m. Non-denominational. Help for pregnant women/adolescents in need. Provides support, referrals, food, clothing/infant items. Lowell area. 897-9393.

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

KNIGHTS OF COLUMBUS #7719 - second and fourth Tuesday at St. Mary School, 7:30 p.m.

BACK TO BASICS - every Tuesday and Thursday at 7:30 p.m. at 865 Lincoln Lake, Lowell. Closed AA meetings. Non-smoking.

ROLLAWAY LTD. SENIOR BOWLING - Wednesdays, 1 p.m., 55 and over.

LOWELL AREA TRAILWAY - meets 2nd Wednesday at 6 p.m. at the Lowell Area Chamber of Commerce. Visit www.lowellareatrailway.org or call Mari 897-5671.

ALANON - Tuesdays at 7 p.m. First Congregational Church, 865 Lincoln Lake Ave, North door. 616-581-1059.

LOWELL WOMEN'S CLUB - 2nd Wednesday at 11:45 a.m. in Schneider Manor Community Room, 725 Bowes Rd.

FLAT RIVER WOOD CARVERS - Tuesdays at LAAC 1 - 3 p.m. New members welcome.

KENT COUNTY YOUTH FAIR BOARD - 2nd Wednesday, 7:30 p.m. at King Memorial Center at Fairgrounds. 897-6050.

ALZHEIMER'S ASSOCIATION OF WEST MICHIGAN - Support Group 3rd Wednesday at Fountain View of Lowell, 11535 E. Fulton, 1 p.m. Call 897-8413.

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

BLUEGRASS JAM - 1st and 3rd Thursday, Kountry Corner 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.

ALTO LIONS CLUB - first & third Thursday at United Methodist Church in Alto at 7 p.m.

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.

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

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

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

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

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

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

Medicare enrollment period ends March 31

Need Medicare Part B? If you're eligible, now is the time to sign up. The general enrollment period for Medicare Part B runs from January 1 through March 31.

Most people first become eligible for Medicare at age 65, and there is a monthly premium for Medicare Part B. In 2011, the standard premium is \$115.40. Some high-income individuals

pay more than the standard premium. Your Part B premium also can be higher if you do not enroll during your initial enrollment period, or when you first become eligible.

There are exceptions to this rule. For example, you can delay your Medicare Part B enrollment without having to pay higher premiums if you are covered under a group health plan based on your own current

employment or the current employment of any family member. If this situation applies to you, you can sign up for Medicare Part B without paying higher premiums.

Any month you are under a group health plan based on your own current employment or the current employment of any family member; or

Within eight months after your employment or group health plan coverage ends, whichever comes first.

If you are disabled and working (or you have coverage from a working family member), the same rules apply.

Remember: Most people are automatically enrolled in Medicare Part B when they become eligible. If you don't enroll in Medicare Part B when you first become eligible to apply and you don't fit into one of the above categories, you'll have to wait until the general enrollment period, which is January 1 through March 31 of each year. At that time, you may have to pay a higher Medicare Part B premium.

Vonda VanTil is the public affairs specialist for West Michigan. You can write her c/o Social Security Administration, 50 College SE, Grand Rapids, MI 49503 or via email at vonda.vantil@ssa.gov

Motorcycle group donates bikes to FROM



Lowell based motorcycle group, "Running with the Pack," collected a record 31 new bicycles to donate to Flat River Outreach Ministries in 2010. Along with several large sacks of toys they collected, 29 local businesses either donated gift certificates, tools, services, or retail items, that were raffled off at the group's annual Christmas party. The money raised was used to purchase the bicycles. Three of the businesses donated bicycles themselves.



DECEMBER 29 - JANUARY 4

At the very end of 2010, thousands of birds began falling from the sky in Arkansas. A massive fish kill (100,000) also occurred at the same time in the Arkansas River near Ozark. Autopsy results are pending in hopes of discovering why this happened.

Bedbugs continue to be a major problem in metropolitan areas and a growing one in smaller towns. The worst states so far being New York, Washington and Chicago.

The first of the baby boomers--the post-war Americans born between 1946 and 1965--start to hit retirement age in 2011.

The governor of Pakistan's wealthiest and most populated province was shot dead Tuesday by one of his own bodyguards who told interrogators he was angry over the politician's opposition to laws that impose the death penalty for those convicted of insulting Islam.

A Texas man, Cornelius Dupree Jr. was declared innocent Tuesday after 30 years in prison. He had at least two chances to make parole if only he would admit he was a sex offender. But he refused to do so "Whatever your truth is, you have to stick with it," Dupree, 51, said minutes after a judge overturned his conviction.

Keeping an eye out for common senior scams

(SPM Wire) Fraud targeting senior citizens is a growing concern, as millions have fallen victim nationwide. The Better Business Bureau (BBB) is encouraging families to recognize and avoid some common cons targeting seniors.

Roughly 20 percent of Americans aged 65 or older already have been taken advantage of financially by inappropriate investment opportunities, unreasonably high fees for financial services or outright fraud, according to a recent survey by Investor Protection Trust.

Some common senior scams include:

* Sweepstakes and lottery scams: Victims usually receive letters stating they have won a lottery or sweepstakes; sometimes claiming to be from Publisher's Clearing House or Reader's Digest. The letters tell victims to deposit an enclosed check and wire a portion back to the company to cover taxes or administration fees. The funds initially appear in the bank account, but are removed when the bank determines the check is fake.

* Medicare scams: Scammers claim to be with Medicare and ask for personal information such as

Medicare, Medicaid, social security, credit card or bank account numbers. Seniors should know Medicare will never call to ask for sensitive personal financial information.

* Bereavement scams: Scammers call widows or widowers and claim their spouses had outstanding debts that need to be paid immediately. If you are uncertain about owing a debt when collectors call, ask for written confirmation.

* Investment and work at home opportunities: Promises of easy money often target older adults because they may be looking to supplement their incomes.

The pitch might come in the form of an investment opportunity that promises big returns, or as a way to make money at home for an upfront cost. The victim is offered what sounds like a great opportunity but the extra income never materializes. Always research any work at home opportunity with the BBB. Beware of investment or money-making offers that seem too good to be true or use high pressure sales tactics to get you to sign up immediately.

For more advice on avoiding scams and fraud visit bbb.org/us/consumer-tips-scams

Social Security Q&A

Question: I applied for my child's Social Security card in the hospital but have not received it. How long does it take?

Answer: In most states it takes an average of three weeks to get the card, but in some states it can take longer. If you have not received your child's card, and the time frame has expired, please visit your local Social Security office. Be sure to take proof of your child's citizenship, age, and identity as well as proof of your own identity. Remember, we cannot divulge your child's Social Security number over the phone.

Question: Is it illegal to laminate your Social Security card?

Answer: No, it is not illegal, but we discourage it. It's best not to laminate your card. Laminated cards make it difficult, sometimes even impossible, to detect important security features and an employer may refuse to accept them. The Social Security Act requires the Commissioner of Social Security to issue cards that cannot be counterfeited. We incorporate many features that protect the card's integrity. They include highly specialized paper and printing techniques — some visible to the naked eye and some not. Keep your Social Security card in a safe place with your other important papers. Do not carry it with you.

Question: I have two minor children at home and I plan to retire next fall. Will my children be eligible for monthly Social Security benefits after I retire?

Answer: Monthly Social Security payments may be made to your children if: They are unmarried and under age 18;

Age 18 or 19 and still in high school; or

Age 18 or older, became disabled before age 22, and continue to be disabled.

Children who may qualify include a biological child, adopted child, or dependent stepchild. (In some cases, your grandchild also could be eligible for benefits on your record if you are supporting them).

Question: Can I delay my retirement benefits and receive benefits as a spouse only? How does that affect me?

Answer: It depends on your age. If you are full retirement age and your spouse is receiving Social Security benefits, you can choose to file and receive benefits on just your spouse's Social Security record and delay filing for benefits on your own record until age 70. By filing for just benefits as a spouse, you may receive a higher retirement benefit on your own record later based on the effect of delayed retirement credits. You can earn delayed retirement credits up to age 70 as long as you do not collect your own benefits — and those credits can increase your benefit by as much as 8 percent for each year you delay.

Question: I saw a poster that advised individuals 65 or over with limited income and resources to apply for Supplemental Security Income (SSI). Next month I'll turn 65 and I thought I'd be eligible for SSI. I planned to apply until my neighbor told me I probably would be turned down because I have children who could help support me. Is this true?

Answer: Whether your children are capable of helping to support you does not affect your eligibility. SSI

eligibility depends solely on your income and resources (the things you own). If you have low income and few resources, you may be able to get SSI. However, if you are receiving support from your children or from anyone living inside or outside of your home, it may affect your eligibility for the amount you can receive. Support includes any food or shelter that is given to you, or is received by you because someone else pays for it.

Question: I just got a notice from Social Security that said my Supplemental Security Income (SSI) case is being reviewed. What does this mean?

Answer: Social Security reviews every SSI case from time to time to make sure the individuals who are receiving payments should continue to get them. The review also determines whether individuals are receiving the correct amounts.

Question: What is the difference between the disability application and the disability report? Do I have to complete both?

Answer: A disability application is a claim for Social Security disability benefits. A disability report provides information about your current physical or mental condition that we need to process your disability application. To establish a claim for disability benefits, you need to file a disability application, submit a disability report, and provide an authorization to release medical records. The best place to start is at www.socialsecurity.gov/applyfordisability.

Question: I've been turned down for disability

benefits. How do I appeal?

Answer: It's easy to appeal the decision online. Go to www.socialsecurity.gov and select "Appeal a disability decision" in the "Top Services" section on the left side of the page. This is the starting point to request a review of our medical decision about your eligibility for disability benefits. There are two parts to this Internet appeal process:

- 1) An Appeal Request Internet form; and
- 2) An Appeal Disability Report that gives us more information about your condition.

You can complete both forms online.

Question: How do I apply for Extra Help with Medicare prescription drug plan costs?

Answer: You have several options for applying. You can: Apply online by visiting www.socialsecurity.gov and select "Get extra help with Medicare prescription drug costs" in the "Top Services" section on the left side of the page;

Call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) to apply over the phone or request an application; or

Apply at any local Social Security office.

Anyone who has Medicare can get Medicare Part D prescription drug coverage. Some people with limited resources and income are eligible for Extra Help to pay for the costs—monthly premiums, annual deductibles, and prescription co-payments—related to a Medicare prescription drug plan. Learn more at www.socialsecurity.gov/medicare.

VERGENNES TOWNSHIP NOTICE

All meetings are held at the Township Hall, located at 10381 Bailey Dr., at 7:00 pm. For further information, phone 897-5671, or visit the township website at www.vergenestwp.org

THE VERGENNES TOWNSHIP BOARD MEETINGS FOR 2011 ARE SCHEDULED AS FOLLOWS:

January 17	July 18
February 21	August 15
March 28 (Annual Mtg at 6pm)	September 19
April 18	October 17
May 16	November 21
June 20	December 19

THE PLANNING COMMISSION MEETINGS FOR 2011 ARE SCHEDULED AS FOLLOWS:

February 7	August 1
May 9	October 3

The Zoning Board of Appeals meet as required or requested.

Mari Stone,
Vergennes Township Clerk

CITY OF LOWELL RESIDENCES AND BUSINESSES VOLUNTEERS NEEDED!

The City has, for several years, been receiving a higher than normal amount of flow at its Wastewater Treatment Plant. A recent study completed for the City by the engineering firm of Hubbell, Roth & Clark, Inc. has concluded that the most likely source of this additional flow is from the groundwater draining into the foundation drains around the homes in the City. In neighborhoods where the sanitary sewers are not as deep, there usually is a sump pump which pumps the groundwater flow from the foundation drains up to the level where it can flow into the sanitary sewer pipe where it leaves the house.

The next step in this study is to measure the flow coming in from foundation (or footing) drains so that a better estimate of the total amount of clear groundwater coming into the sanitary sewer system can be determined. In order to accomplish this, we would like to install a run-time monitor on the sump pumps in a few homes in various areas of the City. Therefore, we are asking for homeowner volunteers who have sump pumps in their basements (without any additional basement sanitary fixtures such as laundry tubs, showers or toilets) to allow a monitor to be installed for the purpose of measuring flows for about the next 9 months. The monitor itself is a tiny device that simply logs each time your pump turns on and off.

If you would be interested in participating or if you have any questions, please contact Dan DesJarden, Director of Public Works, at 897-5929 or by e-mail to: d-desjarden@att.net

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CITY OF LOWELL PUBLIC NOTICE OF DESIGN CHARRETTE

The City of Lowell, through its Downtown Development Authority, is scheduling a design charrette for the east and west sides of the Flat River riverbank north of Main Street. The firm of Design Plus Inc. will be at the Main Street Inn, 117 West Main Street, Lowell on Thursday, January 13, 2011 from 12 noon to 8 p.m. to receive public input on design alternatives for the above areas.

Betty R. Morlock
City Clerk

LUNCH MENU

ELEMENTARY MENU Week of Jan. 10, 2011

MON: Chicken patty on wheat bun (Jr. ham & cheese sub also offered at Alto, Cherry Creek & Murray Lake), sweet potato oven fries, applesauce, milk.

TUES: Bagel w/peanut butter & Danimals yogurt (sloppy joe/Tostito scoops also offered at Alto, Cherry Creek & Murray Lake), mixed vegetables, orange smiles, milk.

WED: Tony's cheese pizza (chili w/crackers also offered at Alto, Cherry Creek & Murray Lake), fresh broccoli w/low fat ranch dipping sauce, fresh apple wedges, milk.

THURS: Cheeseburger on bun (Jr. turkey & cheese sub also offered at Alto, Cherry Creek & Murray Lake), oven baked beans, pineapple, milk.

FRI: Mini baked corn dogs (BBQ rib on wheat bun also offered at Alto, Cherry Creek & Murray Lake), glazed carrots, fresh grapes, milk.

BE SURE AND VISIT thelowelledger.com AND VOTE IN OUR WEEKLY POLL!

This week's poll question -

Do you make New Year's resolutions?

The Beat of Life...

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Sanford-Brown College does not guarantee employment or salary. Credits earned are unlikely to transfer toward education. CFC2330216-10/09

Wrestling, continued

Our breakdowns deepened against Richmond."

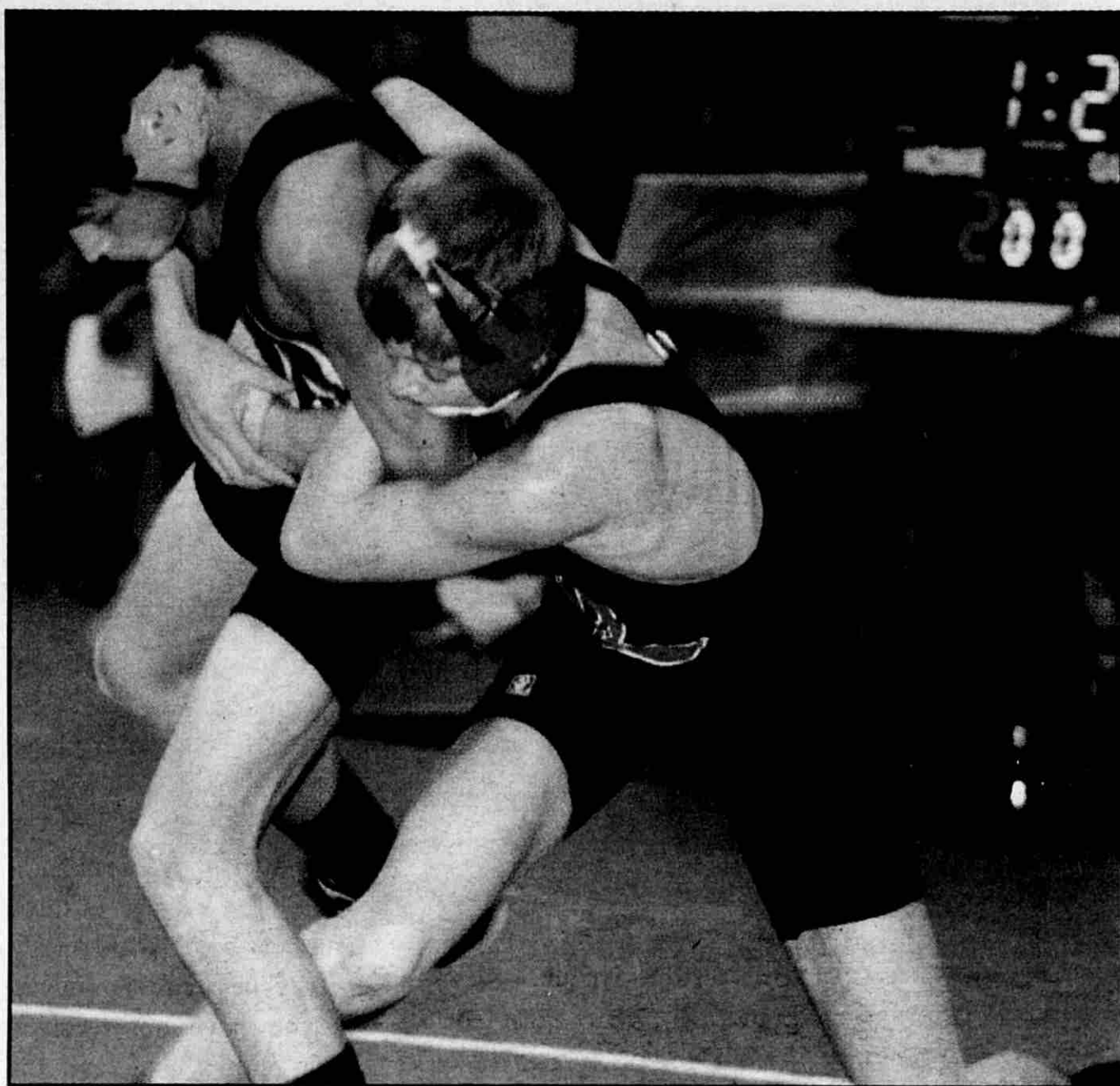
Jake Stehley, wrestling at 160, may have been Lowell's most consistent wrestler of the day. The Red Arrow topped off his day with a win over a state qualifying wrestler from Richmond.

"Jake was consistent. Andrew Morse was just exceptional and Jake Stevens gave us a heck of a match against Davison as he won in triple overtime," Dean said.

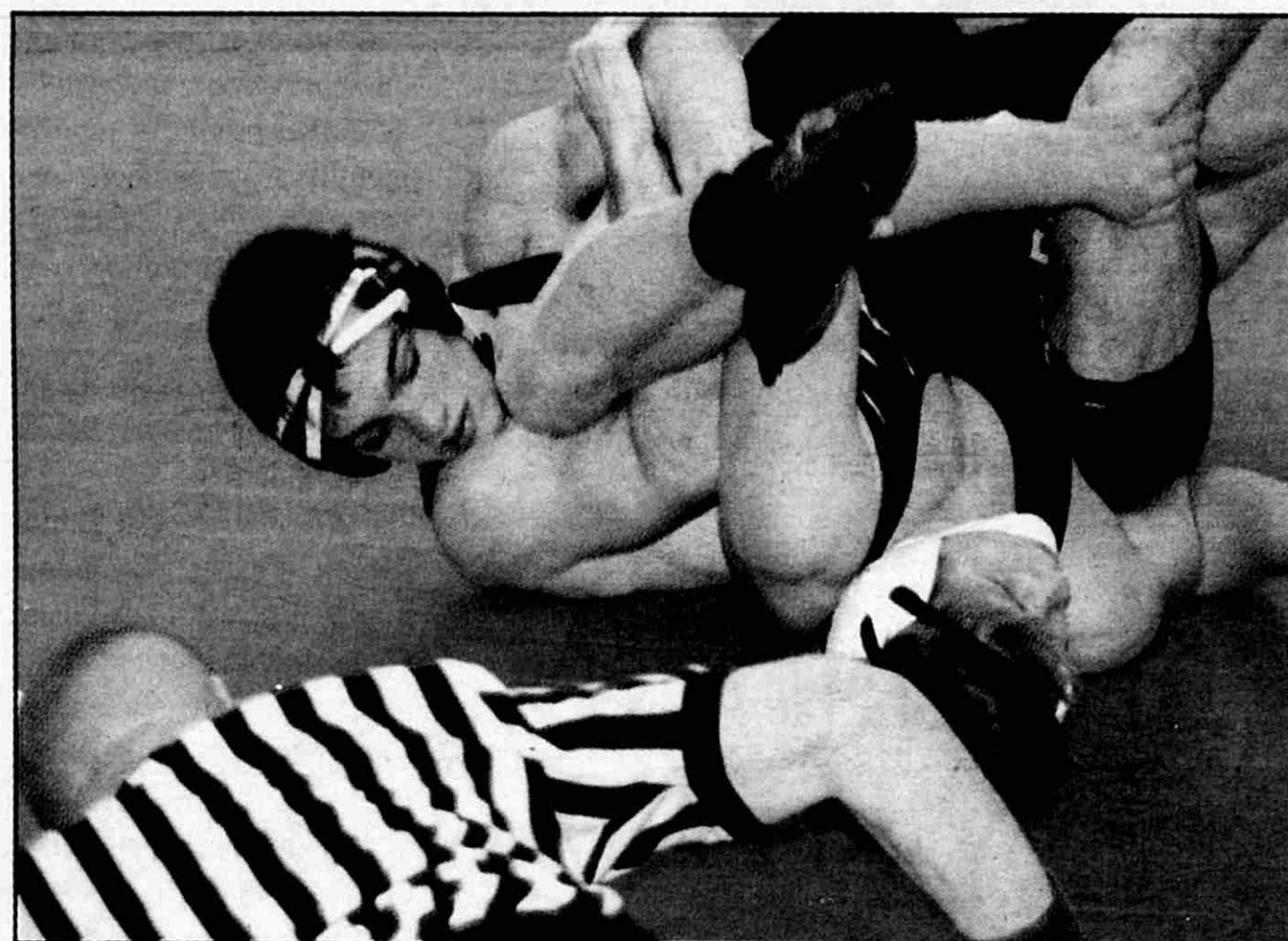
Lowell takes to the mat again on Saturday for the New Lothrop Invitational (individual). For the first

time this year, Lowell will see the #1 team in Division 2, St. John's.

"We have good leadership on this team and they know what needs to be done. All the boys have pride. That will help bring things into focus," Dean concluded.



Bailey Jack earned a victory against the Spartans at 103 pounds.



Lowell's Andrew Morse picked up a pin in his match against Sparta.



Lowell Community Wellness

www.lowellcommunitywellness.org

Lowell Takes it Off!

Program begins January 5, 2011
 and runs until March 9, 2011

Teams are comprised of four people.
 Weekly Wednesday weigh-ins will be held at Harold Zeigler Ford.

Consult your physician before starting any new diet or exercise program.
 A \$10.00/ person registration fee applies.

Lowell Community Wellness: Inspiring and educating the Greater Lowell Community to attain a healthier lifestyle.

