

R001
Springport Book Bindery
127 Railroad St
Springport MI 49284-9769

the lowell ledger

wednesday • june • 1 • 2011

vol. 40 issue 34

for over 116 years • today - tomorrow - your lowell area news source www.thelowellledger.com

Scout Troop 102 dedicates memorial to Ivan Blough

best of the best



page 7

memorial day parade



page 9



running barefoot



page 8

The Boy Scout Troop 102 dedicated a memorial to Ivan K Blough last Saturday in front of the Boy Scouts cabin on North Washington Street. Blough was known as Mr. Showboat and he passed away one year ago while mowing the lawn by the Boy Scout cabin.

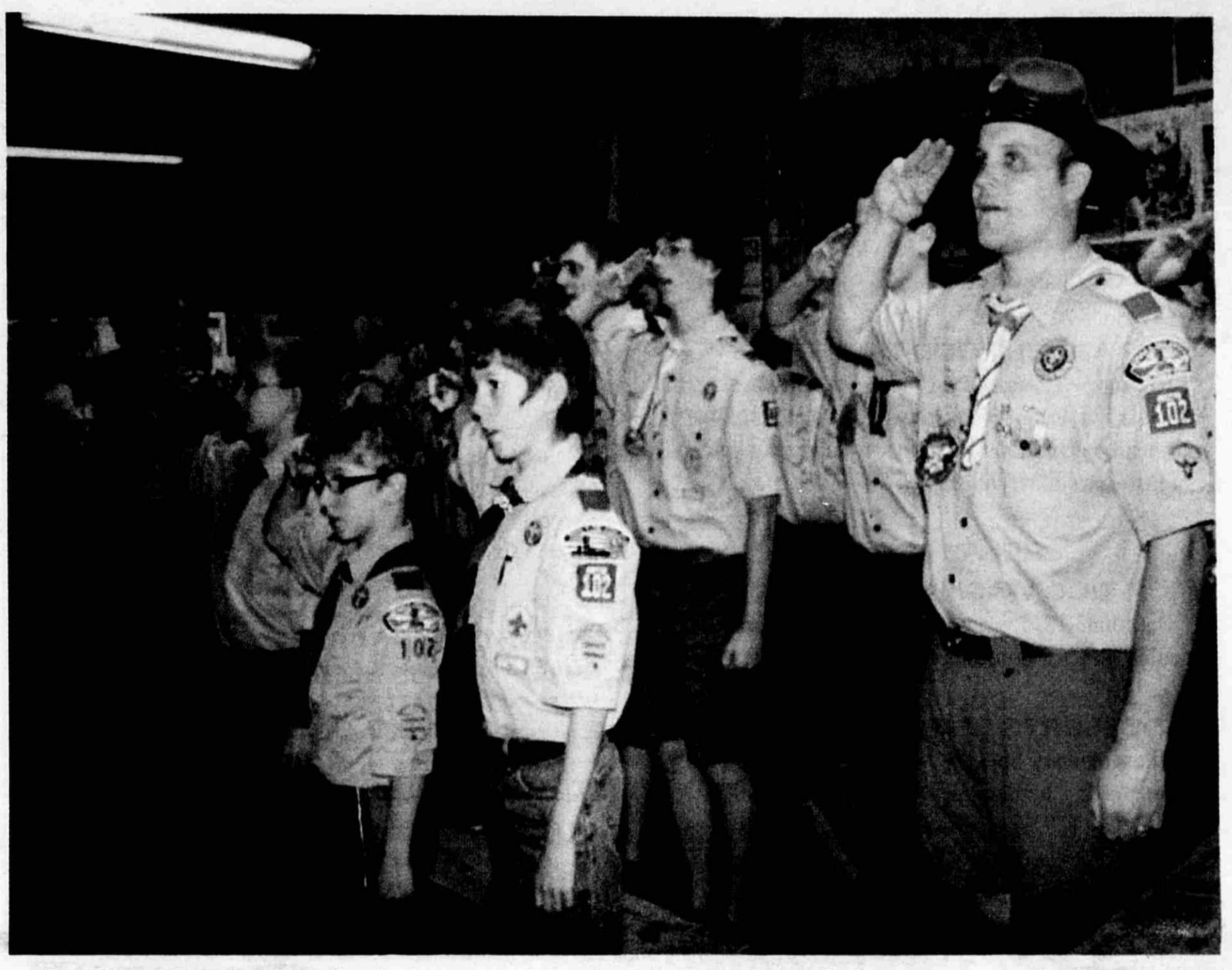
The dedication was preceded by a short social time inside the cabin that was built in 1952.

Blough was an active part of the troop for many decades.

"We lost Ivan in an accident while he was working on the grounds of the cabin," wrote Todd Radashaw.

As a result one of the current scouts, George Radashaw, thought it would be nice to acknowledge Blough's contributions to the community.

Blough memorial, continued, page 8



Boy Scout Troop 102 dedicated a memorial to Ivan K Blough for his involvement with the troop last Saturday.

Market revamped with new market masters and location

by Emma Palova

The Farmers' Market, with new market masters Dave and Betty Deans, opens this Thursday at the new location in the parking lot of Tractor Supply.

with local celebrations: Riverwalk and Harvest Celebration.

The main reason for the move from the fairgrounds was not to lose two prime

at the fairgrounds since its inception five years ago. However, it has been dwindling due to economy and last year's bridge detour. The goal has always been for the market to be self-sustainable. In the beginning it received initial seed money from the Downtown Development Authority (DDA).

The asphalt surface of the parking lot is actually an advantage, according to Baker, due to better accessibility for wheelchairs. Also, the access from M21 is easier than from the busy Alden Nash.

"Our market vision is that the community of Lowell, residents, farmers and various market vendors, non-profit organizations and merchants, will come together to encourage and support one another," said market master Dave Deans.

Dave and Betty Deans' goal is also to educate residents to the value and nutritional benefits of buying and eating locally grown foods.

The new market masters are placing focus on

Farmers' Market, continued, page 3



Market masters Dave and Betty Deans at the new market location in front of Tractor Supply.

The Deans and the Lowell Area Chamber of Commerce have high expectations from the new location with greater exposure off M21.

The revamped market will have new hours, from 12:30 pm to 6 pm and a shorter season through Sept. 29, with two bonus days scheduled to coincide

produce weeks during the fair time in August, according to chamber director Liz Baker.

"We have reinvented the market with new location and greater visibility," said Baker. "We're hoping to attract the lunch crowd and to catch people as they get out at 5:00 pm.

The market has been

City will enforce seasonal ordinances

by Emma Palova

The city will start enforcing the following seasonal ordinances according to the city code.

Parking cannot obstruct sidewalks. There is no parking on city streets between 2 am and 6 pm. The violation is a civil infraction.

Owners are responsible for sanitary condition of property. They may not accumulate trash, rubbish, yard waste, junk vehicles, boats and equipment is not allowed.

Dumping of garbage or rubbish on other people's property is prohibited.

Parking of inoperable or unregistered vehicles, boats and equipment is also prohibited.

The city will remove inoperable motor vehicles, boats and equipment.

Any violation will result in city cleanup and fees will be assessed to property owner, according to police chief Barry Getzen.

"Owners are always responsible for the condition of their property," said Getzen.

Any dead trees and weeds, grasses and overgrowth longer than 12 inches must be removed.

Violation results in city removal of the vegetation with fees again assessed to the property owner.

The Lowell Police Department is reminding city residents to comply with these seasonal city codes.

The enforcement is complaint driven based on observation.

Getzen said the most common code violations at this time of the year pertain to the condition and appearance of commercial and residential properties.

The police department encourages residents to keep their property in good condition by cutting their lawns, making sure rubbish and garbage don't accumulate and removing inoperable or unregistered cars, boats and

Seasonal ordinances, continued, page 3

50 CENTS





along main street

BLOOD DRIVE

Support LHS student council by donating blood Fri., June 3, 8 am to 1:30 pm at Lowell High School in the aux. gym. Public is welcome. This event is to benefit the West Michigan Community Blood Center.

LET'S TALK

Come meet and have a cup of coffee with your city councilmembers on Sat., June 4, 8-10 am at the Lowell Area Chamber of Commerce office, 113 Riverwalk Plaza.

BLOOD DRIVE

Tues., June 7, 3 to 7 p.m. at Good Shepherd Lutheran Church, M-21 halfway to Saranac.

ANGEL FOOD MINISTRIES

Sign up at the Nazarene Church, 201 N. Washington St., Sat., June 18, 10 am - noon. You may also order online using your debit or credit card. Go to www.angelfoodministries.com. Any questions, call Esther, 897-7395.

RELAY FOR LIFE

DOG WASH & BAKE SALE

Sat., June 18, 1-3 pm at Grand River Veterinarian, 661 Lincoln Lake. All proceeds go to Relay for Life.

DESSERTS FOR GOD'S KITCHEN

The women of both the American Legion and the VFW will be making homemade desserts for God's Kitchen on Father's Day. They invite others from Lowell to join in this special project. Many of those who are homeless are veterans. Last year, they provided more than 400 desserts

for Father's Day. Desserts will be collected at the Veterans Center at 3116 South Alden Nash on Saturday morning, June 19, between 10 am and noon. Pies, cakes, cookies or any special desserts will be welcomed. Questions? Call Jan Thompson 897-2533.

LOWELL SENIOR NEIGHBORS

Terrific Tuesdays - The Salvation Army's Terrific Tuesday programs are back, bingo 5-6 pm, followed by dinner at 6 pm and entertainment 7 to 8 pm, Tues., June 7, at the Schneider Manor Community room; Free Auto Theft Prevention Program - Bring your car to the Center on Thurs., June 9, between 10 am and noon, to have your VIN number etched into your car window; Underground Railroads - Learn about Harriet Tubman, perhaps the most well-known of all Underground Railroad conductors, and her life, including her escape from slavery; her family and marriage; and her journeys and methods, Fri., June 10, at 11 am at the Center; Older Michiganders Day - Hundreds of seniors will rally on the steps of the State Capitol to advocate on issues and programs that affect them on Wed., June 15, bus leaves at 8:30 am.

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 print events, church services, yard sales and the like, will not appear in this column.

college news

A Michigan State University student from Lowell is working on her networks, more than her tan this summer, by studying the intricacies of federal policy-making while working full-time in Washington, D.C.

Jennifer Humphries, a fisheries and wildlife major, is one of 26 students in the William A. Demmer Scholars Program. Demmer Scholars take a senior-level class in natural resources policy, that meets one night a week and all day Saturday, while working full-time as paid interns at federal agencies or non-governmental organizations that focus on natural resources. The program is led by Mark Rey, executive in residence in the Michigan State University Department of Fisheries and Wildlife and member of the MSU Center for Systems Integration and Sustainability.

"Through these internships, the students get real-world experience, see classroom principles applied in practice and make valuable career contacts for educational and employment opportunities in the future," said Rey. "In 2009 and 2010, 37 students interned and 26 are interning this summer. Twelve alumni of the program got jobs in D.C. This program gives the participating universities a cadre of young natural resources leaders active in federal policy-making."

Under 14 baseball tournament scheduled

by Shane Beach

Baseball, hot dogs, home run derbies and dreams coming true for kids and fans of all ages. On June 10, 11 and 12, the Backyard Dreams baseball will hold its annual youth baseball tournament in Lowell. It will be sponsored by Spring Training Indoor Sports Center, Shred Docs, Ada Vision Center and Hedrick Associates.

Close to 60 teams will attend and compete this year. Games will be played at Cherry Creek ball field, Rec Park (near the fairgrounds), Lowell High School's freshman ball field, Alto Elementary ball field and all of Creekside Park.

If you like to watch baseball, ages eight and under through age 14, you can catch more than 150 ball

games in the Lowell community starting June 10. Games will start Friday night on all fields with games at 5:30 and 7:30. A late feature game will be held on Friday night at 9:30 pm, under the lights at Rec Park, when Backyard Dreams 13U team tangles with Grand Ledge.

Saturday, games will be in full force on all fields starting at 8:00 am and most fields will finish around 6:00 pm.

Saturday there will be a home run derby for all kids. You do not have to play in the tournament to participate in the home run derby. The derby is for kids eight through 14 years old and prizes will be awarded for first place in each age division.

There will also be a speed pitch station set up

so that you can see how fast you can throw the ball. Speed pitch is open to all ages. Backyard Dreams is inviting all local retailers to come and promote their businesses.

Business owners will need to register with Backyard Dreams no later than June 6. Each business will be able to set up a table for their promotions all day Saturday and Sunday.

On Sunday, games start at 9:00 am and run until 4:00 pm.

More than 100 families in the organization help with concessions, field prep, set up tear down.

For more information visit yourspringtraining.com or call 616-560-8889 to see how you can get involved with this annual event.

Trail construction starts

Construction will begin June 6 on Phase I of the Lowell Area Recreation Authority trail project. It is scheduled to be completed shortly after Labor Day. Beginning on Foreman Road, in the city of Lowell at the railroad tracks, the trail will extend over two miles. It will connect to Lowell High School and the Wittenbach/Wege Nature Center via Gee Drive, Alden Nash Road and a few off the road easements.

A public open house will be held on Wednesday, June 1, at the Lowell City Council meeting from 7 to 8:00 pm.

Project engineer Dave Austin, of Williams & Works, will be present to answer any questions residents may have regarding the project. For more information regarding the trail and construction go to lowellaretrailway.org

Farmers' Market, continued

the Lowell community by establishing a community booth. Each week a non-profit will be featured. The Flat River Outreach Ministries will be the first ones to be featured. The market will be taking food donations, purchased from the vendors, for the pantry.

The market will focus on a local merchant and only

one business per week will be spotlighted. The merchants may donate coupons for their businesses, prizes and gift baskets. While new vendors have been added, seasoned vendors are also maintained.

Participating merchants may contact the market masters at 897-9186 to schedule a Thursday opening.

Also, the market masters have added two bonus, no fee days for seasonal vendors. These include July 9 which coincides with the Riverwalk Festival and Oct. 8 which is the Harvest Celebration.

Among the vendors signed up this year are Cocoa Bean Soap Company,

Facility Kitchens, Fresh Start Farm LLC, Great Harvest Bread Co., Heidi's Farm Stand, Lani/Ono Smoothies/Coffee, J&J Kettecom, MeadoWood Farm & Gardens, Pet Chef Express of MI and Rasch Farms.



CITY OF LOWELL PUBLIC NOTICE

The Lowell City Council will conduct the final public hearing at their regularly scheduled meeting on Monday, June 6, 2011 at 7:30 p.m. at the Lowell City Hall Council Chambers, Second Floor, 301 East Main Street, Lowell for the purpose of receiving comments from the public on the following:

City Operating Budget for 2011-2012. The document outlines proposed revenues and expenditures for the coming fiscal year. The General Fund has a total of \$2,489,112.

Copies of the 2011-2012 budgets are available for inspection during normal business hours at City Hall, the Englehardt Public Library and the City web page (www.ci.lowell.mi.us).

Interested persons may submit comments to the Lowell City Hall, Attn: City Clerk prior to the meeting or appear in person.

Betty R. Morlock
City Clerk



Check us out online ... thelowelledger.com

Find us on Facebook

Hosted by: Flat River Outreach Ministries and Manpower of Lowell.

FREE WORKSHOP

• Job Hunting skills and techniques
• Methods to find employment in today's job market

Workshop for those job hunting, to include:

- Resume and Cover letter writing
- How to market your skills and experience
- Tips on successful interviewing
- Dressing to impress the employer
- Resources available to secure employment

North Lowell vs. South Lowell Food Fight 2011! Visit fromfoodfight.org for more information

Wednesday, July 20, 2011 • 5:30-7:00 PM
FLAT RIVER OUTREACH MINISTRIES
11535 Fulton St. E. • Lowell, MI 49331

FLAT RIVER OUTREACH MINISTRIES Please contact FROM to reserve your spot 897-8260 www.fromlowell.org

Youth would be an ideal state if it came a little later in life.

- Herbert Henry Asquith (1852 - 1928)

Hall for rent with kitchen
SEATS 150 Located at the fairgrounds
www.kcfg.org
Call 897-6050

ADA LOWELL 5 QUALITY THEATERS

616-897-3456 On M-21, 5 Minutes East of Amway H.O. www.GOTI.com

\$4.50 BARGAIN TWILIGHT DAILY 4:00-8:00 PM

SHOWTIMES 6/1 - 6/2 No passes

- THE HANGOVER PART II (R) 4:45, 7:00, 9:20
- KUNG FU PANDA 2 (PG) 4:35, 6:40, 9:00
- PIRATES OF THE CARIBBEAN: ON STRANGER TIDES (PG-13) 3:00, 6:10, 9:10
- BRIDESMAIDS (R) 4:15, 6:50, 9:30
- THOR (PG-13) 4:40, 7:10
- FAST FIVE (PG-13) 9:40

Get a Ledger Subscription Today!

spring into action

Keep yourself informed!
As low as \$22 per year for Lowell

the lowell ledger

the lowell ledger (USPS 453-830)

Published weekly for \$22⁰⁰ a year for zip codes beginning with 493 or 495 \$32⁰⁰ a year any other zip code.

JON JACOBS PUBLISHER
JEANNE BOSS EDITOR
EMMA PALOVA LEAD REPORTER
TAMMY JANOWIAK CLASSIFIED/ACCOUNTING
JON JACOBS ADVERTISING SALES

(616) 897-9261
E-Mail: ledger@lowellbuyersguide.com
Second Class Postage Paid at Lowell, MI
Published every Wednesday
POSTMASTER: Send address change to:
The Lowell Ledger
P.O. Box 128 • Lowell, MI 49331
www.lowellbuyersguide.com

OFFICE HOURS
Monday - Thursday:
8 am - 5 pm
Friday: 8 am - 2 pm
Closed Sat. & Sun.

Seasonal ordinances, continued

equipment from their properties.

For those who don't maintain their properties in proper condition, the compliance process begins with a letter to the resident or property owner from the chief of police explaining the violation and what needs to be done to fix the problem.

This may be followed up with a visit from a police officer. If the problem persists the process will move on to some type of enforcement depending on the violation.

Getzen said the enforcement will be in the form of a citation, and abatement; in which case the city will correct the problem and bill the property owner, or a combination of both.

"Our goal is to work with property owners and residents to maintain all properties in a sanitary and orderly condition that improves the health and appearance of the city," said Getzen.

In case of tall grass, the residents will have five days

to comply after receiving a letter.

On top of the fees for hiring a contractor, the city assesses 15 percent administrative cost.

LOW COST SPAY & NEUTER

No restrictions. Available for everyone. Also vaccinations, tests and parasite control.
Call 897-8865
www.spayneuterapp.com

DOES YOUR DENTIST PROVIDE THE CARE YOUR FAMILY DESERVES?



At the Family Dentistry of Lowell, your family is part of our family.

That's why we're so caring, nurturing and compassionate.

We provide the dentistry and oral healthcare you need with TLC.

Isn't that what you want for your family?
Isn't that what you want from your dentist?

Family Dentistry of Lowell
ANN WILSON, D.D.S. | JENNIFER BYRD, D.D.S.

NOW ACCEPTING NEW PATIENTS - CALL: 616-897-4835

147 NORTH CENTER STREET, LOWELL
WWW.FAMILYDENTISTRYOFLOWELL.COM

We want to be your Other Family Doctor.

- Sick or Injured Animals Seen Same Day
- Evenings & Saturday Hours Available
- Early Drop-offs & House Calls
- 24-Hour Emergency Service
- Science Diet Pet Foods
- Boarding & Grooming

ANIMAL HOSPITAL OF LOWELL

Call 897-8484
11610 East Fulton Street • Lowell, Michigan

ArtAttack Party for the Arts!

Join us for a Fun-filled night ~All in Support of the Arts!

Music by Lowell High School's Lowell Fusion Experience & Jazz pianist Bob Van Stee
Silent & Live Auctions
Food: "Ultimate Pig Roast" by CaterCat (with all the fixin's) & Picnic Cake desserts
Cash Bar & Soft Drinks
Games

Friday, June 17 Time: 6 - 10 p.m.
Foreman Building / Lowell Fairgrounds

\$40 Lowell Area Arts Council members
\$45 General Public \$50 ALL after June 10
\$320 Reserved table for 8
(table sponsors receive complimentary tokens for games)

A Major announcement regarding the Lowell Area Arts Council will be made at our ArtAttack fund-raiser on June 17. Be the first to learn the news by purchasing your tickets today

Visit June-17.org to learn more and collect a FREE gift.

For more information about ArtAttack 2011 call: 616.897.8545, e-mail: info@lowellartscouncil.org, or visit: www.lowellartscouncil.org.

Thank you to our business sponsors:
Family Dentistry of Lowell, King Milling Co.,
Root Lowell Manufacturing, Cascade Landscape & Design, J.B. Harrison Ins.

sharing the vision



Superintendent Greg Pratt

Joy is a Funny Thing...

In times like this when headlines are filled with financial crises for schools, it is especially important to recognize the joy that surrounds us. In the bedlam of budget reductions and legislative cuts for our schools and state, the bad news can crowd out good news. As a superintendent who has had to make gut-wrenching decisions that affect my staff and the students of Lowell Area Schools, I admit that I have felt downcast and the

"glass half full" perspective has been somewhat difficult for me to embrace. Simply put, I'm up at night.

The alternate perspective, "the glass half-full" equates to pure joy. You know, joy is a funny thing. When joy is taken from you, it's just gone. But when you willingly give it, it multiplies. Have you ever noticed how when you chase joy and try to hoard it for yourself that it becomes empty? But when we seek ways to

express it, it grows and fills your heart. Joy is meant to be shared.

So, I've decided that I am not going to let obstacle of the state budget cuts steal the joy I feel when I reflect upon the character, unique accomplishments, selflessness, and hard work that defines our schools and community. Let me fill your glass with joy and share some good news that we can all be proud of:

In a recent edition of The Washington Post, a piece appeared with regard to school rankings. To determine a school's ranking, the Post divides the number of Advanced Placement, International Baccalaureate (IB) or other college-level tests schools gave in 2010 by the number of the school's graduating seniors. As a result,

Lowell is ranked in the top 6.2 percent of schools in the nation! (1,658 out of 26,407) Lowell is ranked in the top 4.2 percent of schools in Michigan! (29 out of 687) So often we hear how school systems are doing a poor job of preparing students for college here in the United States. One thing is evident. Lowell Area Schools IS doing a great job preparing our students! I extend a heartfelt thank you to our talented teachers who teach our kids from their earliest moments of learning in elementary to the arduous study at the secondary levels. It brings me great joy to know that through the collective efforts of every student, parent, Board member, and staff member, our district is successful in conquering our mission of empowering all students.

It is also joyful to know we are a caring community, and I mean authentic caring. On Friday May 20, the Pink Arrow Pride Committee hosted an Inspiring our Youth to Greatness event in the spirit of their mission: "Serving our community and inspiring others to

Sharing the Vision, continued, page 7

health



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

preventative health care

Many people visit the doctor's office when they are sick or have a chronic medical problem. Did you know that it is just as important to visit the doctor's office when you are healthy? A visit to the doctor when you are healthy is a proactive approach to staying healthy as you age. A preventative service might be recommended to you based on your age, gender, risk factors, or family history. A preventative service might consist of a test, measurement, immunization, or advice.

Children should have regular well-child exams (physicals) to monitor their growth and development. In general, young children should be seen for well-child exams at 1, 2, 4, 6, 9, 12, 15, 18 and 24 months after birth. Older children should then be seen yearly. Immunizations are one of the most important preventative services offered in this age group. In addition to monitoring growth and development, advice may be given on topics, such as diet, exercise, seatbelts, tobacco and peer pressure.

Adult males should have regular complete physical exams every three to five years until age 40, every two years in their 40s, and then yearly once they turn 50. Preventative services covered typically include blood pressure, weight, cholesterol and testicular cancer screening. Prostate cancer screening usually begins at age 40. Colon cancer screening begins at age 50 and typically consists of a colonoscopy every 10 years from then on.

Health, continued, page 12

viewpoint

to the editor

many involved in memorial day celebrations

To the Editor,

To all of those who turned out to make this Memorial day something truly special, thank you. To the Lowell High School marching band, the Lowell string orchestra, the Girl Scouts, Boy Scouts and Reverend Wes Hershberger, to many many veterans, the American Legion color guard and rifle squad, the 4-H Kent County Youth Fair queen's court, and those who placed flowers at the Civil War memorial from the Lowell Women's Club, the Showboat Garden Club, the queen's court, the Girl

Scouts, the Lowell DDA and the Lowell American Legion. And, for those who came from outside Lowell to participate, the Grand Rapids band of bag pipers, Civil War Major Keith Harrison, from Holt, Michigan; Lowell's Civil War Pvt. Timothy McCaul and members of the Lowell VFW, your service is appreciated.

The approximately 1,200 people, who were on hand at the Oakwood Cemetery for Monday's program, reassures all of us who are veterans that traditions such as Memorial day

will continue as they have for years. We have never seen the cemetery look more beautiful nor the music sound better. As the Civil War Major said to me following the ceremony, "You know, this is absolutely the example of small town America at its very best!" I could not agree more. It's like the "mysterious disappearance" of our Showboat flag last week, where in less than twenty-four hours, three groups stepped forward to replace it, a Grand Rapids' flag business, King Milling and the Lowell American Legion. We are grateful to King Milling for the restoration of both the flag and the flag pole.

Dave Thompson, Vergennes Township

outdoors

take it to 'em



Dave Stegehuis

Boats from twelve to twenty feet long can be used to fish inland waters. Sixteen and seventeen foot models are popular today. Whatever size or style of boat is chosen, handling the craft is as important as the skillful use of a fishing pole. Positioning a boat so that the fisherman is able to effectively present the bait or lure to the sought after species is critical to successful fishing.

Holding a boat in a particular location by anchoring allows for casting, jigging or fishing bait under a bobber. Two anchors, one fore and one aft, will keep the boat

from swinging in the wind if that is a problem. When drifting with the current in a river, a chain anchor can be lifted just enough to provide a controlled drift.

Oars were once a common method to move a boat to the fish and still work well for smaller craft. Gas engines and electric motors propel most boats today. Large gas outboards push boats quickly to fishing grounds and can also be used for trolling. A low horsepower "kicker" next to the main engine will troll down to yet slower speeds when required. A battery powered electric motor mounted to the bow or stern will provide quiet maneuverability when slower speeds are necessary to properly present a lure. Bow mounted electrics are controlled by either a foot

pedal, hand remote, or GPS guidance.

When the wind is blowing from a convenient direction, drifting is an effective fishing method. If the boat is drifting too fast for fishing conditions, a drift sock will drag in the water to slow the drift. A drift sock, which is similar to a parachute, is deployed overboard and tied with a short line to the gunnel. Drift sock placement can be used to adjust the position of the boat.

All of these boat control methods can be used alone or in combination depending on the species, fishing techniques, and weather conditions. Be prepared to use several control methods to adjust to circumstances which are likely to occur on a trip. Occasionally I use my bow mounted electric along with a drift sock to follow a drop-off or weed line in a cross wind. The objective is to get the bait in front of the fish — take it to 'em.

j-ad Graphics 616.897.9261

LOWELL DIVISION

PRINTERS & PUBLISHERS

105 N. BROADWAY • LOWELL, MI

business directory

TO ADVERTISE IN THE LEDGER BUSINESS DIRECTORY Call 897-9261

Certified Garment Care Professional

CURTIS CLEANERS • LAUNDRY

FREE PICKUP & DELIVERY

Lowell • Ada • Cascade • Ionia • Grand Rapids

JUNE SPECIAL

20% Off Mens' & Ladies' Suits

(616) 897-9809 • 1410 W. Main • Lowell

MIKA MEYERS BECKETT & JONES PLC

ATTORNEYS

John T. Sperla Benjamin A. Zainea
Mark A. Kehoe Neil P. Jansen
Ross A. Leisman Neil L. Kimball

(616) 897-3111 www.mmbjlaw.com

BILL WHEELER

Certified Public Accountant

W.J. WHEELER MICHIGAN

103 Riverside Dr.
Lowell, Michigan
49331

616-897-7711

bloom where you're planted

BUY LOCAL

LOWELL
Love Your Hometown

Rich's Service Co.

In-Home Appliance Repair

Dryer Vent Cleaning

INSURED • 20 YEARS EXPERIENCE

WASHERS • DRYERS • REFRIGERATORS
GARBAGE DISPOSALS • STOVES • DISHWASHERS

209 E. Main St. RICH CURTIS
Lowell, MI 49331 (616) 897-5686

KIRK COLLINS Owner

Snowboat

AUTOMOTIVE SUPPLY, INC.

Auto Value

1450 W. Main St., Lowell, MI
(616) 897-9231

HOURS: MON - FRI 8-7; SAT 8-5:30; SUN 9-3

FRY DADDY'S

608 West Main Street
Lowell, MI 49331

897-FISH

FISH SHRIMP WINE PINOS - CHICKEN STRIPS

DAILY SPECIALS

OPEN TUESDAY - SATURDAY

Best Fish In Town!!!

It Pays To Advertise Your Business In The Lowell Ledger Business & Service Directory

For As Little As \$8.50 Per Week!

Call 897-9261 for information

Ostrander

WINDOWS, SIDING & ROOFING INC.

9019 W. Belding Rd. (M-44), Belding, Michigan

Phone: (616) 794-0661
Toll Free: (888) 750-7078
Fax (616) 794-0105

Email: info@ostranderinc.com
Web: ostranderinc.com



By Shelly MacNaughton

blaze before it extended further. The awning was totally destroyed.

There is a workman in this community who is deserving of a full measure of credit for the painstaking care which he gives his job. We refer to Ed Clemenz who keeps Main St. looking spick-and-span throughout its entire length. A state official recently remarked that Lowell's Main St. was one of the cleanest kept streets to be found anywhere in the state. Mr. Clemenz is often at his task as early at 3:00 am.

50 Years Ago The Lowell Ledger June 8, 1961

Headline: Frank Twining King Memorial Pool opens Monday, June 12

The doors will swing open to the citizens of the Lowell area at the Lowell swimming pool one week from today. The united efforts of many community organizations have made a reality of the dream of a few, many years ago.

25 Years Ago The Grand Valley Ledger June 4, 1986

Lowell's largest employer, the Attwood Corporation, is currently expanding its facilities to the tune of \$1.3 million. The expansion will create 20-30 new jobs over the next few years. The construction of Attwood, owned by Steelcase, Inc., is the result of a higher demand for its plastic products. The addition will give Attwood more room for its plastic production.

Lowell superintendent Fritz Esch said, in a public meeting last Thursday night, that the students at Bushnell Elementary School will not be bused to Alto Elementary this fall to compensate for overcrowding at Bushnell.

Esch, along with president and vice president of Lowell's Board of Education, Chris Van Antwerp and Roger Kropf, added that although children won't be bused this fall, it is more than likely they will be bused in the fall of '87.

125 Years Ago The Lowell Journal June 4, 1886

The Flat River log drive has nearly passed this point.

The Lowell Manufacturing Co. has secured a three months' lease of the Lowell Rink for storage of clutter. Mrs. John C. Wilson was thrown from a buggy and quite seriously shocked a few days ago.

100 Years Ago The Lowell Ledger June 1, 1911

Decorations day observances in Lowell passed off pleasantly, nearly according to schedule. The weather man, after threatening to make trouble, changed his mind and gave us an ideal day.

75 Years Ago The Lowell Ledger and Alto Solo May 28, 1936

Ignited by a cigarette butt tossed carelessly from a second-story window, the awning of the Richmond Café quickly became a seething mass with flames licking the building at 4:10 pm Tuesday. The fire department made a fast run and succeeded in extinguishing the

End oil subsidies to help fight deficits



Sen. Carl Levin

In mid-May, the Senate considered a proposal to end some of the subsidies for oil and gas companies that cost taxpayers \$4 billion a year. Though a majority of the Senate voted to support this idea, it failed to get the 60 votes needed to end a filibuster. But ending these subsidies should still be a part of our drive to rein in the budget deficit.

If oil and gas companies were struggling, if jobs were at risk, if ending these subsidies threatened to increase the price families have to pay for gasoline or fuel oil, if it would create a drag on our fragile economic recovery — if any of those things were true, this might be a closer call.

But large oil companies, far from struggling, are massively profitable. Experts — and the oil companies' own lobbyists — tell us that this

Levin, continued, page 12

Letters To The Editor:

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

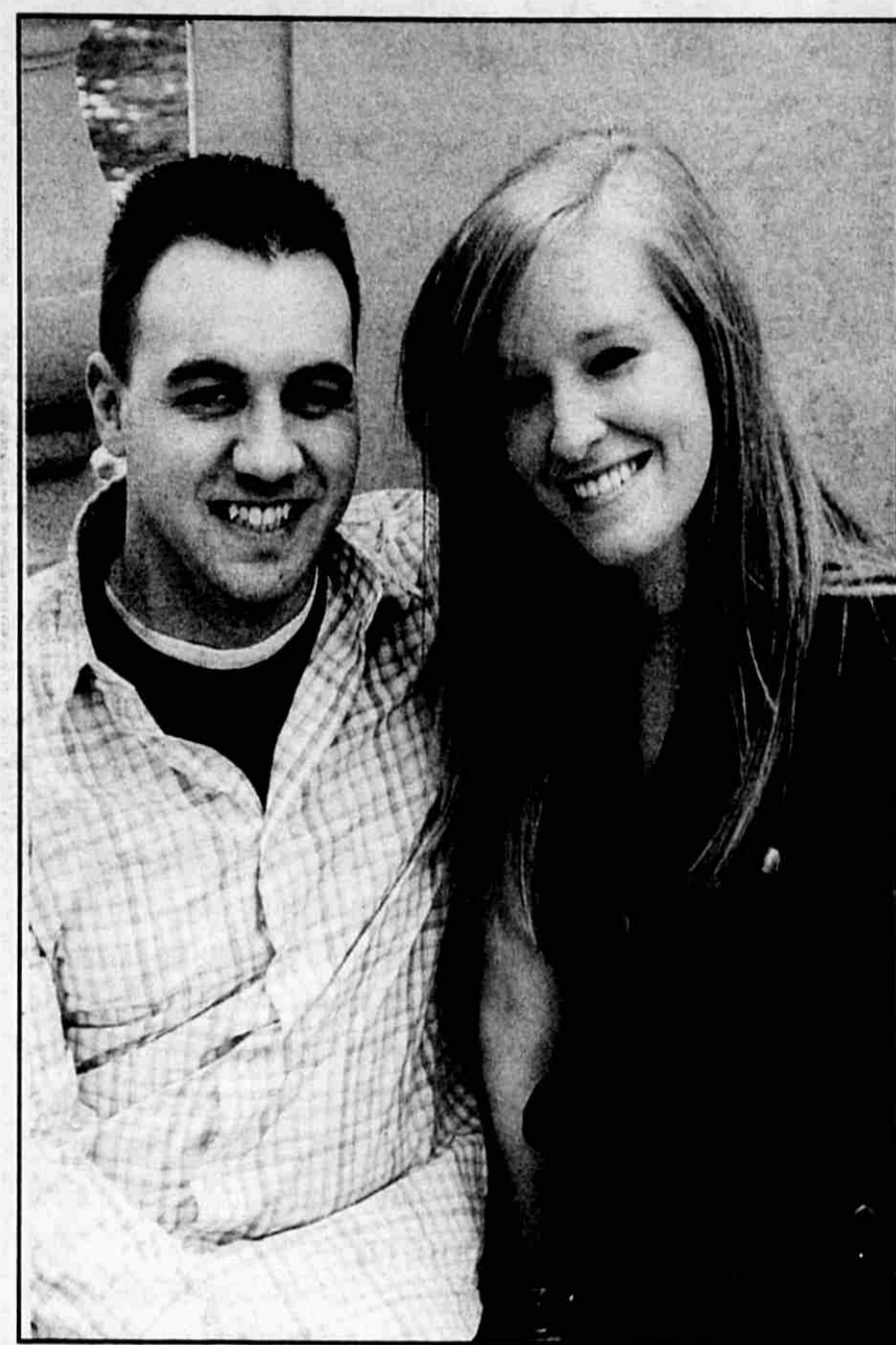
Letters may be submitted via email to: ledger@lowellbuyersguide.com ("to the Editor" in subject line) or dropped off or mailed to: The Lowell Ledger, 105 N. Broadway, Lowell, MI 49331. Also, our website, www.lowellbuyersguide.com has a link to submit emails on the left side of the home page.

Email Us!

ledger@lowellbuyersguide.com

engagements

Trebian - DeWalt



Michael DeWalt and Alisha Trebian

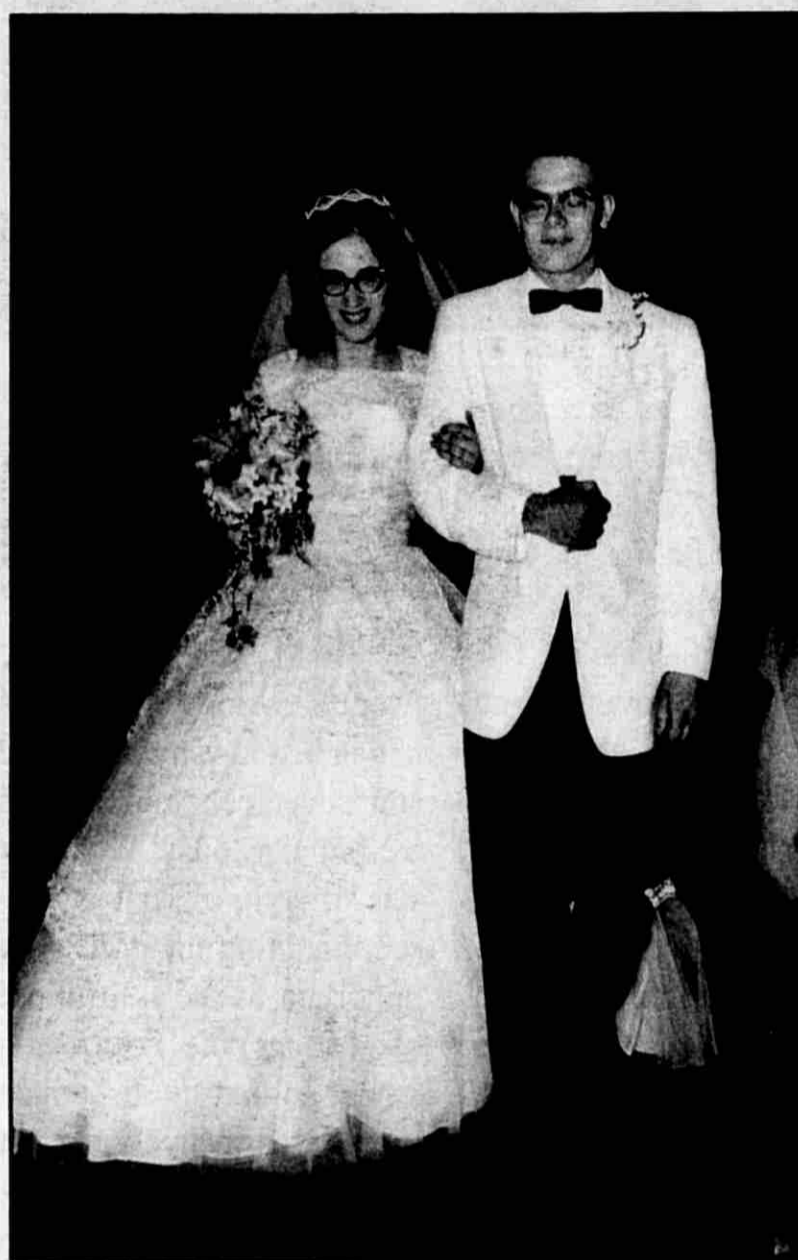
Tim and Cindy Trebian of Lowell announce the engagement of their daughter, Alisha Marie, to Michael Martin DeWalt, son of Anthony and Lucina of Lambertville. The future bride graduated from Western Michigan University and currently attends graduate school at the Chicago School of Professional Psychology. The future groom also graduated from Western Michigan University and is currently employed by the Chicago Tribune. A July wedding is planned.

Your most unhappy customers are your greatest source of learning.

- Bill Gates (1955 -)

anniversary

Peters



Leo and Roselynn Peters

Leo and Roselynn (Stahl) Peters of Lowell will celebrate 50 years of marriage on June 3, 2011.

Children of the couple are Dale and Rose Peters, Renee Peters, Gregg and Katie Peters, and Dawn and

Jesse Lozier. They have 15 grandchildren and six great-grandchildren (with two more on the way).

An open house will be celebrated with family and friends.

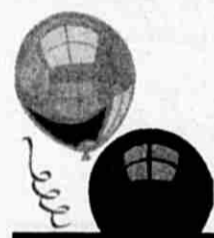
college news

Joshua C. Brubaker and Evan J. Ormiston, both of Lowell, have been named to the dean's list for the second semester of the 2010-11

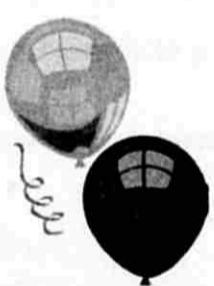
school year at Hope College. To be named to the dean's list a student must have a minimum 3.5 grade point average on a 4.0 scale.



happy birthday!



- JUNE 1**
Norma Raymor.
- JUNE 2**
Dave Thaler, Shad Propst, Tom Greenfield, Todd Dalga, Elaine Denton, Noah Burt.
- JUNE 3**
Ron Nead, Jason Onan, Norma Jeris, Brandon Butler, Addison Karp, Macy Potter.
- JUNE 4**
Becki Brown, Karen Roudabush, Dwight Nash, Grace Nowak.
- JUNE 5**
Amanda Vezino, Judy Rosenberger.
- JUNE 6**
Daniel Thaler, Jessie Stephens, Mark Newhouse, Greg Sherman.
- JUNE 7**
Amber Metternick, April Metternick, Zachary Beachum, Ray Kennedy.



Special Congrats
from family and friends of
NIKITA J. MILES
on Spring 2011 graduation from Iowa State University with a double major - International Business/Marketing and minor in Chinese.
She has also accepted a management position with Kohls.

If you don't like something, change it. If you can't change it, change your attitude.
Don't complain.
- Maya Angelou

Way to go "Kita"

80th birthday party celebrated at LAHM



Lowell Area Historical Museum was the setting for a birthday celebration honoring Carolyn Jane Blough of Lowell. The open house, planned by her children, was held Sunday to commemorate her 80th birthday on May 30. Pictured are Carolyn Jane, her children and grandchildren.

Sharing the Vision, continued

serve theirs." What a beautiful gesture. Athletic directors, boosters, coaches, student councils, parents, and community members from across the state attended the exclusive event to learn how to create and execute a community cause game event, like Pink Arrow, in their community. Representatives from a number of non-profit organizations were on-site to answer questions and talk with those interested in pursuing their cause.

The goal of the day was to bring as many nonprofit organizations and schools together that might be looking to run a cause like Pink Arrow. The pinnacle of the day were keynote speakers Paqui Kelly, cancer survivor and wife of Notre Dame head football coach Brian Kelly; and Chris Spielman, former Detroit Lion linebacker who lost his wife, Stefanie, to breast cancer. They heartedly spoke to the crowd about finding inspiration and joy even in the midst of their fight with cancer. Break-out sessions were held throughout the day to offer guidance, experiences, and advice for suc-

cessfully executing a play for a cause event.

Of course, it's always a joyful experience to feel the electricity surrounding commencements. The true reward of being an educator is to see your students succeed, realize their dreams, and begin the journey into the next chapter of life. Observing all of the graduation activities and honor ceremonies reminds us of the great reasons why we chose the craft of education.

It has been given, and it has multiplied. Lowell is an amazing place to be. I will close with a quote from Mahatma Ghandi, "Joy lies in the fight, in the attempt, not in the victory itself." We may not be victorious over

the financial fight for our schools, but in the end joy is ours.

Joy is here, in our midst. It has been given, and it has multiplied. Lowell is an amazing place to be. I will close with a quote from Mahatma Ghandi, "Joy lies in the fight, in the attempt, not in the victory itself." We may not be victorious over

St. Patrick School named one of the 'Best of the Best'



In its 2010-2011 annual report for the Alliance of Catholic Schools, the Diocese of Grand Rapids recognized St. Patrick School in Parnell as one of its 'Best of the Best.' The distinction came after it was announced that six St. Patrick alumni were among the 31 Lowell High School students to graduate with honors in the Class of 2011.

"It is an honor to be recognized by the Diocese," said St. Patrick School principal Scott Czarnopys. "We pride ourselves on providing a learning environment that encourages both strong moral character as well as academic excellence, so it doesn't surprise me that our alumni make up almost 20 percent of Lowell High School honor students."

Five of the Top 10 Lowell seniors are St. Patrick's alumni, including the 2011 valedictorian Courtney Schmidt. Other St. Patrick alumni graduated with honors at Rockford High School.

area churches

| | | |
|--|--|---|
| <p>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. <i>Lowell Naz - Where People Matter</i></p> | <p>ALTO UNITED METHODIST CHURCH Kirby and Harrison Ato • 616-691-8011 Worship..... 9:30 A.M. Children's Church..... 9:30 A.M. OPEN HEARTS - OPEN MINDS - OPEN DOORS Pastor Dean Bailey</p> | <p>GOOD SHEPHERD LUTHERAN CHURCH 10305 Bluewater Highway (Missouri Synod) Halfway between Lowell & Saranac on M-21 www.goodshepherdlowell.org Saturday Eve Service..... 5:00 P.M. Worship Service..... Sunday - 10:00 A.M. (Nursery available) Joseph Fremer, Pastor 897-8307 All facilities are wheelchair accessible</p> |
| <p>CHRISTIAN LIFE CENTER (Assembly of God) 3050 Alden Nash S.E. • 897-1100 • Staffed Nursery Robert Holmes, Pastor SUNDAYS: Worship: 10 a.m. WEDNESDAYS: Family Night (for all ages): 7:00 p.m. "The Source" Youth: 7:00 p.m. <i>Loving God ... Loving People!</i></p> | <p>FIRST BAPTIST CHURCH OF LOWELL 2275 West Main Street • 897-7168 Internet: http://www.fbcloowell.org Rev. W. Lee Taylor & Pastor Phil Severn Sun. Worship Service..... 9:30 A.M. & 11:00 A.M. Sunday School Hour..... 11:00 A.M. AWANA/EXCITE/TEENS..... Wed. 6:15 P.M. Contact Church Office for Prayer Meeting Times Nursery Provided • Barrier Free</p> | <p>SNOW UNITED METHODIST CHURCH 3189 Snow Ave. SE, Lowell Pastor Dr. Mike Conkila 9:45 A.M. Sunday School 10:30 A.M. Fellowship 11:00 A.M. Worship 897-9863 Nursery & Children Worship Programs Provided <i>A friend...a family...a mission!</i></p> |
| <p>FIRST UNITED METHODIST CHURCH OF LOWELL 621 E. Main Street • 897-5936 www.lowellumc.com WORSHIP..... 9:30 a.m. Rev. Rick Blunt Barrier-free entrance</p> | <p>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 <small>SEE LOWELL CABLE CH. 303, SMITH FOR 24 HR. CATHOLIC BROADCASTING</small></p> | |

A-1 MOBILE ROOF-OVER SYSTEM
Michigan's Oldest and Finest Roof Replacement System
FREE ESTIMATES
12x60 \$2980 Installed 14x70 \$3980
Conserves Energy • Made in Michigan
1-800-872-2089 BBB

THE FOODMOBILE
MOBILE FOOD PANTRY
Available To Residents Of The Greater Lowell Area
THANK YOU JUNE SPONSORS!
THE COMMUNITY & GOOD SHEPHERD LUTHERAN CHURCH
FREE FOOD DISTRIBUTION
(mostly produce)
LOWELL FAIRGROUNDS
Foreman Building, S. Broadway
SATURDAY, JUNE 11, 2011
10:00 TO 11:00 A.M. (or until food is gone)
Bring your own box or bag.
FLAT RIVER OUTREACH MINISTRIES
11535 Fulton East, Lowell, MI 49331
616-897-8260
www.fromlowell.org

You're INVITED
SUMMER ICE CREAM SOCIAL for residents, families, and the broader community
THURSDAY, JUNE 9, 6:00-8:00 PM
FOR THE MEN — Antique Auto Show
FOR THE KIDS — Make-Your-Own Sundaes
FOR THE LADIES — Sentimental Journey's meaningful musical memories
FOR ONE LUCKY WINNER — A fantastic raffle prize!
FOR EVERYONE — Old-fashioned summer fun!
Space is limited, so please RSVP to Sylvia by June 6 — (616) 954-2366.
EMERALD MEADOWS
6117 Charlevoix Woods Court SE
Grand Rapids, Michigan 49546
www.providenceliveservices.com

Local couple embarks on lifestyle change running ultra marathons "barefoot"

by Emma Palova

Brandon and Emily Mulnix decided for a lifestyle change after experiencing knee pain, fatigue and overweight problems two years ago.

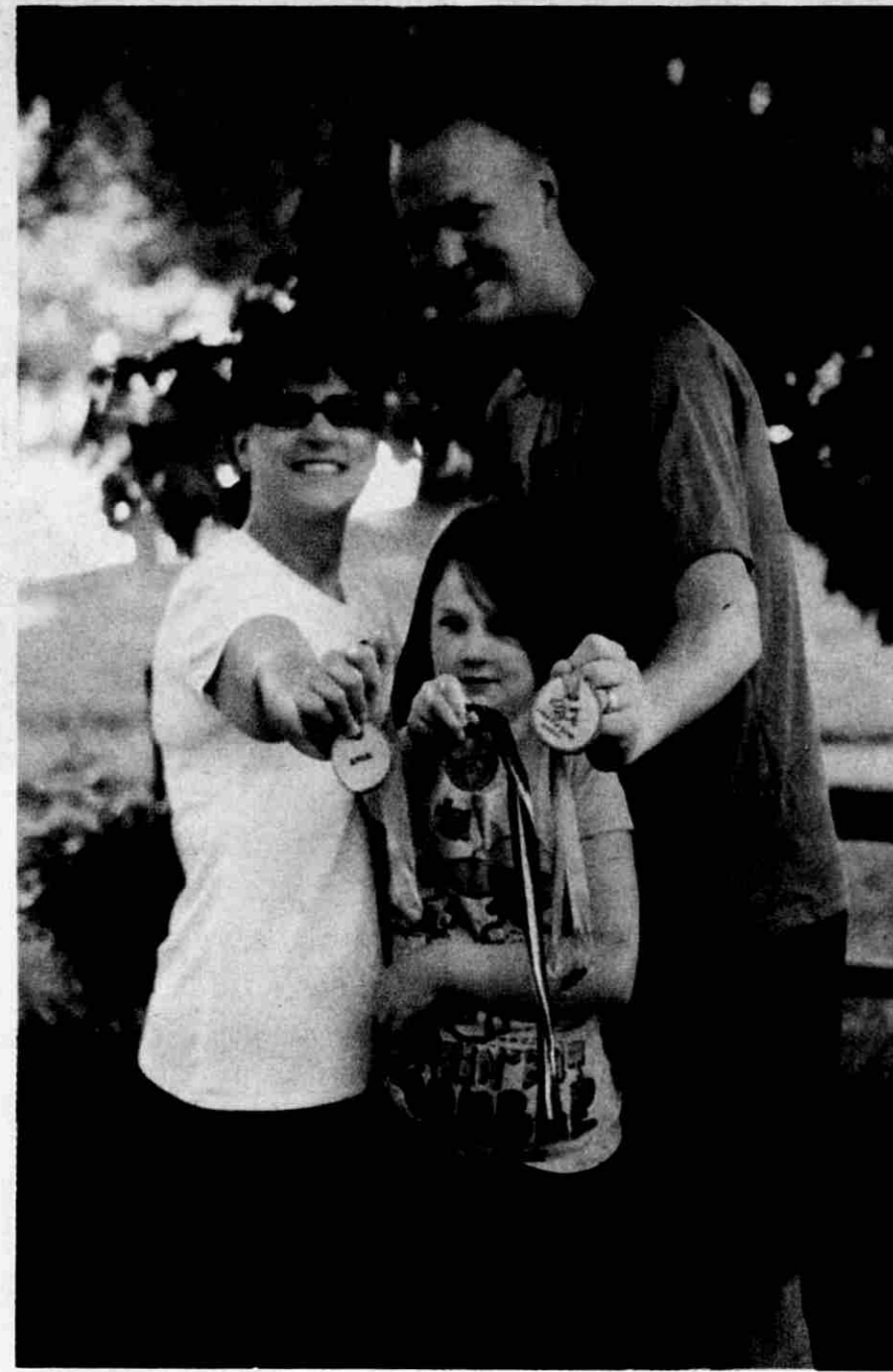
At 270 pounds, Brandon was overweight and couldn't run a mile. Emily had similar issues and started counting calories. Running was their choice to remedy problems.

After doing research on barefoot running, they switched to minimalist shoes instead of regular shoes.

"I had a stress fracture after a Fifth Third Bank run, so I stopped using regular shoes," said Brandon. "Now, I can run like a child again and I have the freedom of texture on the ground."

Most recently they ran a 12-hour race in Rochester, NY, called "Mind the Ducks." The race is an ultra marathon on a 0.5 mile loop around a pond with ducks. The speed doesn't matter, but the distance does.

The main purpose of the race is how far you can go in 12 hours. Brandon placed third at 63.5 miles in open



Brandon, Emily and Lily Mulnix with their minimalist shoes and medals.

division for men and Emily ran 31.5 miles. The first-place winner was Jesse Scott with 77 miles.

Both participate in races

while on vacation, such as in the mountains of California.

They like minimalist running shoes because of the freedom of movement. The

shoes have no heel drop and they have toes.

"I used to have blisters, that's why I switched to the minimalist shoes," Brandon said. "The barefoot shoes produce good form because you are landing on the front of your foot."

Brandon was inspired by authors, Jason Robillard of the "Barefoot Running Book" and Chris McDougall, author of "Born to Run."

Barefoot running has gained popularity over the last two years, in spite of the sport having an old tradition dating back to Indian tribes.

Critics oppose barefoot running stating it's dangerous, such as stepping into glass or running on hard surfaces. But, Brandon says that just natural instincts and eyesight prevent from common dangers.

"We have eyeballs," he said.

The couple's plans include a 100-mile race on July 31 from Cleveland to Akron. Their goal is to complete it within less than 30 hours.



Daughter Lily races as well. Ever since they started racing, Brandon has lost 70 pounds, while Emily has lost 90 pounds.

Both do recommend running in minimalist shoes to other people.

"It's fun," said Brandon. "The ultra running community is a tight group; we support each other."

As one of the major benefits, the couple cited the feeling of accomplishment. Brandon runs to work and back from Saranac. He is a paramedic in Montcalm

County and sometimes runs to calls.

Their biggest accomplishment is winning first place in couple's award in the New York race where they ran 93 miles together.

The Mulnix are looking for local business sponsorship. You can support them by going to www.brandonmulnix.com.

"We have converted other people to better health living," he said.

The minimalist running shoes are made locally in Rockford by Meriell.

Blue skies for annual Memorial Day parade and ceremony

by Emma Palova

The Memorial Day parade marched down Main Street led off by the color guard, sharp, at 10 am. It made a brief stop by the Veteran's Memorial in downtown Lowell for a 21-rifle gun salute. Also honored were those who perished at sea with a wreath thrown into the Flat River.

Participating in the parade were the bagpiper band out of Grand Rapids and the high school band.

The procession ended at the Oakwood Cemetery with a presentation by American Legion Post #152 commander Dave Thompson.

"Freedom is not free," said Thompson. "The parade is short and serious. There are no clowns in this parade."

Thompson introduced two guests who are re-enac-

tors of the Civil War, Keith Harrison of Holt and Timothy McCoul of Lowell. The two, sporting Civil War uniforms, talked about life during the Civil War.

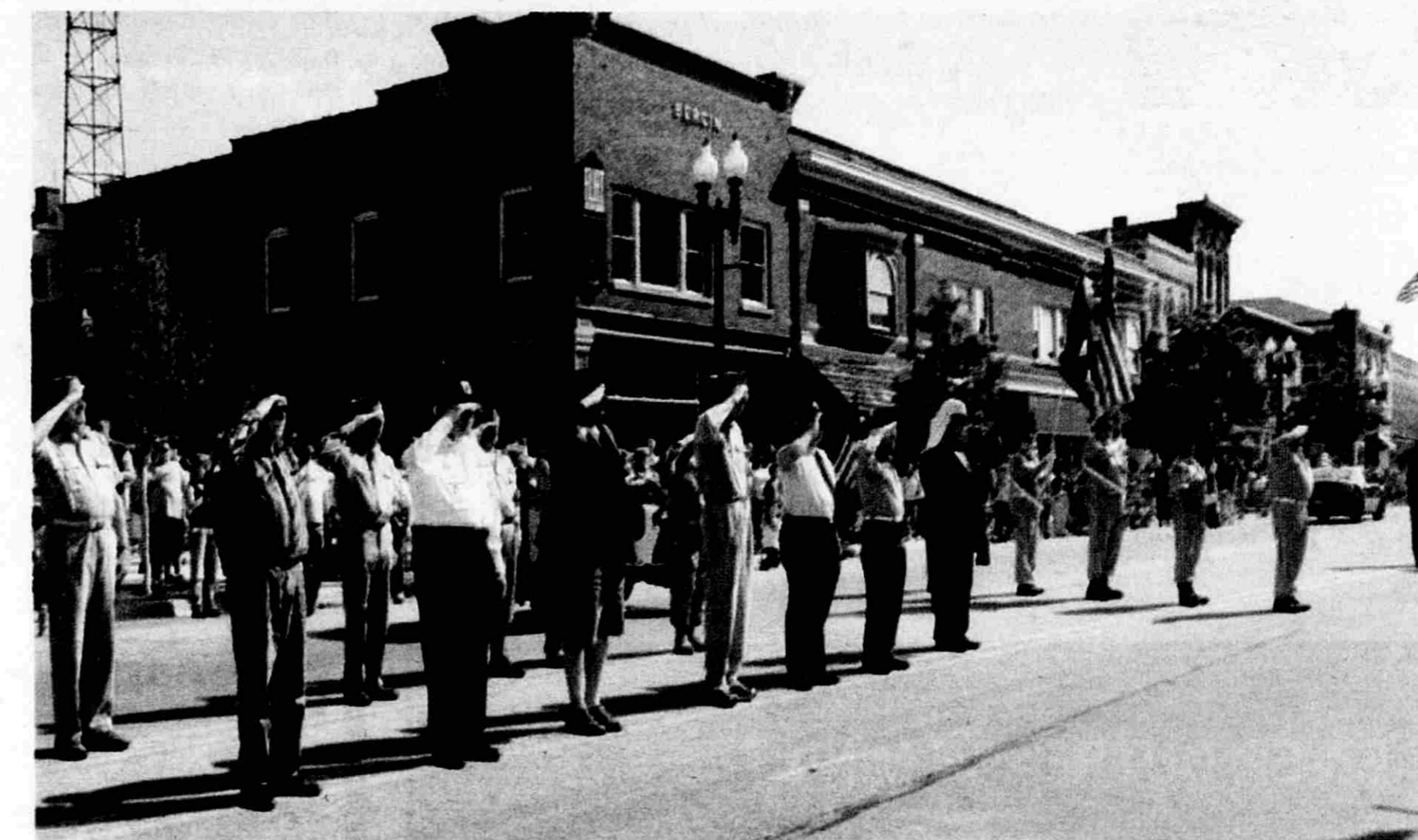
To end the ceremony, Thompson read the names of veterans who have passed since last year's Memorial Day. A 21-gun salute is again performed after each name is read.

There are 600 veterans buried at the Oakwood Cemetery, their graves are designated by flags. Boy Scout Max Stormzand has conducted a survey of all the veterans at the cemetery as part of his Eagle Scout project. The oldest veterans at the cemetery are from the war of 1812.

"I think we had a great turnout, we had more people than I can ever remember," said Thompson.



Memorial Day parade marched down Main Street Monday in the scorching heat.



The parade stops to salute by the downtown memorial.



The bagpipers traditionally play every year in the parade.



The Memorial Day ceremonies ended with a brief program at the Oakwood Cemetery.

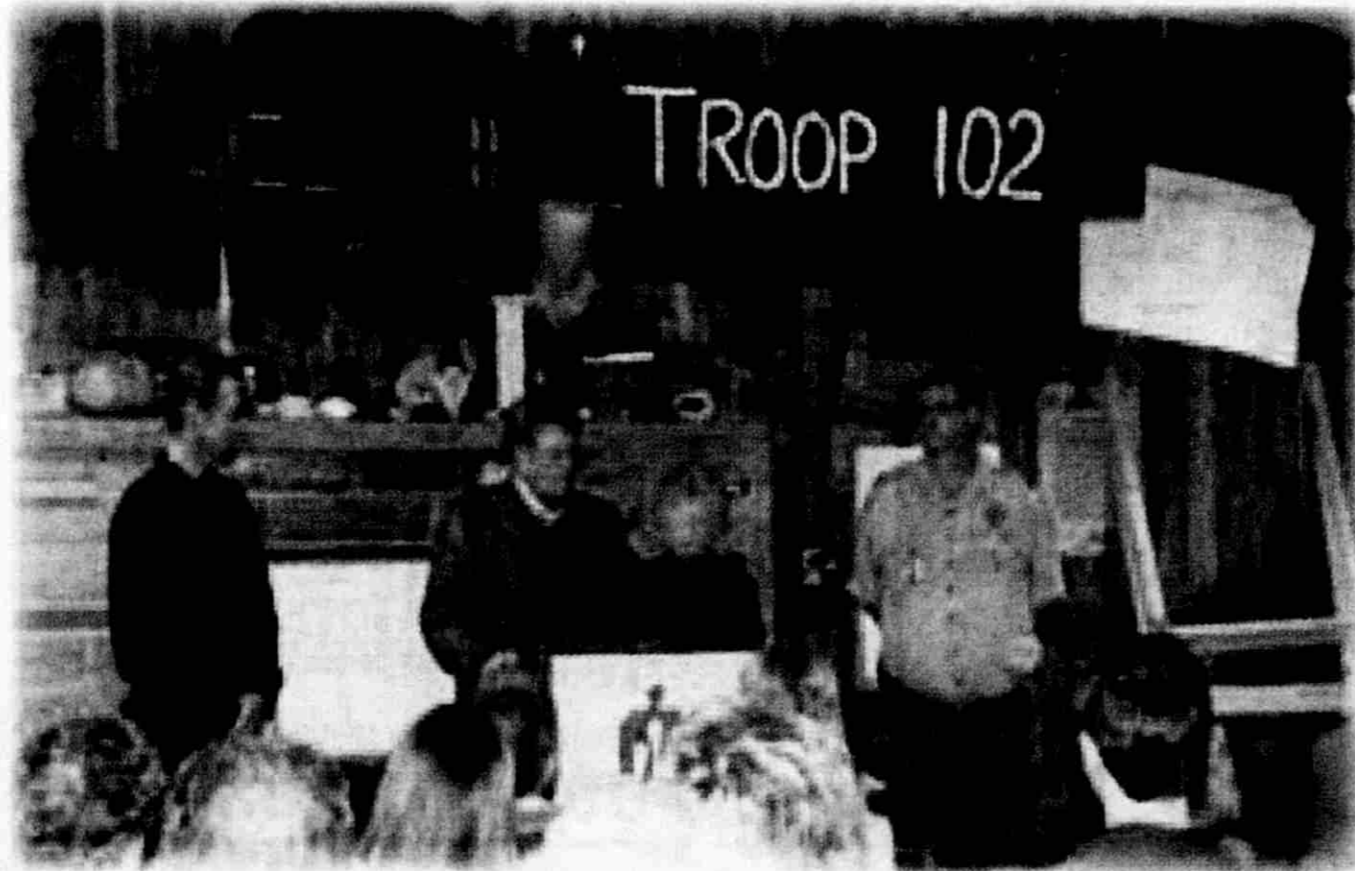
Blough memorial, continued

George Radashaw collected enough money by Christmas to place a permanent memorial marker at the cabin to acknowledge Blough's efforts.

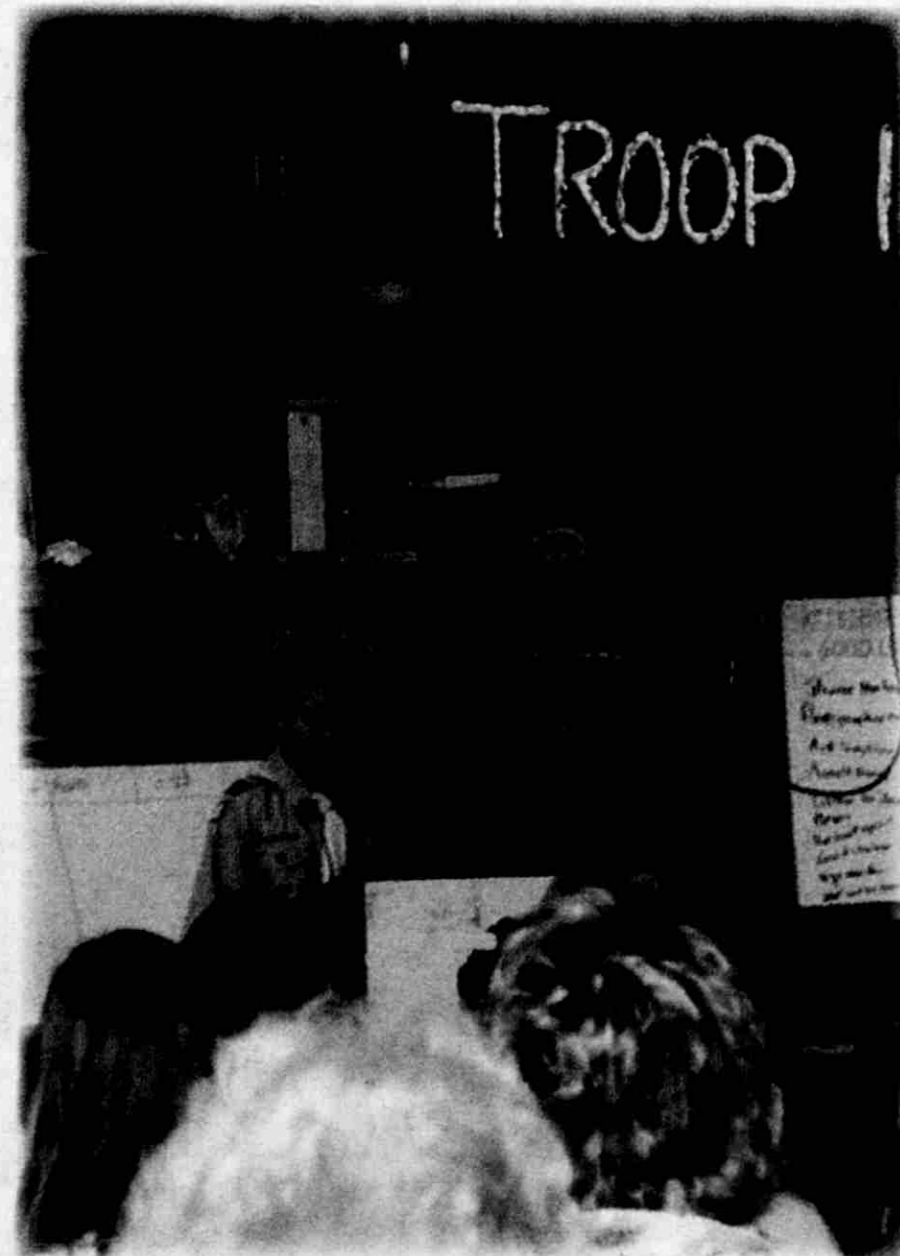
Also present at the ceremony were the remaining members of the Blough family, wife, Carolyn Jane; sons, Mark and Mike;

Mike's wife, Toni; daughters, Melinda and Cindy and grandchildren: Nick, Katie, Sophia, Jacob and Rene'.

The Blough family presented a check for \$10,000 from the Ivan K Blough Fund to the Boy Scouts' projects.



Mark and Mike Blough presented a check for \$10,000 to the Boy Scouts Troop 102 from the Ivan K Blough Fund.



George Radashaw spoke at the Scout cabin on Saturday.



Pictured are members of the Blough family in front of the Boy Scout Cabin on N. Washington Street.

Printing

- CATALOGS
- FLIERS/COUPONS
- BROCHURES
- POST CARDS
- BUSINESS CARDS
- ENVELOPES
- LETTERHEAD
- BOOKLETS
- PROGRAMS
- POSTERS

AND MUCH MORE!

From black & white to full color we'll give your printed materials IMPACT!

COMPLETE DESIGN STAFF

LOWELL LITHO

buyers guide

897-9555
105 N. Broadway
Lowell

COOKING CLASSES at the **FROM Food Pantry**

FLAT RIVER OUTREACH MINISTRIES

11535 FULTON ST., LOWELL 897-8260

Learn to cook with the items available in the food pantry
JUNE 15, 22 & 29

Held in the room next to the Food Pantry

You're Invited!

- June 15 - Breakfast and snacks
- June 22 - Summer dinners
- June 29 - Winter dinners

5:00-6:00 PM

Recipes and samples will be provided along with teaching how to prepare the recipe and work with spices and herbs to enhance flavor!

www.fromlowell.org

Red Arrow SPORTS

Spotlight On Sports

With Shane Beach

Each week, Shane Beach will visit Lowell High School athletes to find out a bit more about each one and get a closer look at the kids we're all so proud of in the community.

When did you start playing softball and how did you get interested in the sport?

I started around seven-years-old. I was playing baseball at that time and my dad got me interested. My dad played in high school.

What are your biggest strengths on the ball field?

Playing shortstop and third base. I would say my leadership because I'm always talking and encouraging my team to get them up.

What is your record this far and are you on track to achieve your goals?

Not sure of exactly, but somewhere around the 21-7 area. That's in the range of where we wanted to be. We are achieving goals, but we came a little short of conference championship. We are looking forward to districts and regionals. Districts start June 4 against Forest Hills Central and are held at East Kentwood this year.

Has anything surprised you this season?

No real surprises. I did not know where I'd play, but settled in at shortstop and third base. Switching between the two spots was challenging but good for me, as I was able to learn more things playing a couple of positions.

What does coach McElroy stress to your team that is making it so successful?

Mental toughness. We go to Gulf Shores and with workouts there it prepares us both mentally and physically.

What makes the sport of softball special?

I just love the competition and feeling when you make a great play. I love tight games and fans cheering. I love it.

This Week - Kelly Wyckoff, Senior Lowell Varsity Softball

Favorite movie or TV program?

Not sure if I have a favorite, but I watched Tangled recently and it was really good. My favorite TV show is The Biggest Loser. Our friends and neighbors get together and watch it every Tuesday.

What's your favorite food?

Honey BBQ wings at Buffalo Wild Wings.

What are your plans after high school?

I'm going to Ferris State. Not sure what I am going to study yet, but I want to get into the medical field. I would like to play a college sport but it's a lot of time. I will play intramurals.

Do you have a role model or favorite athlete?

My role models are my parents. I look up to them and everything they stand for in life.

What other activities are you involved in at Lowell High School?

A group called Prayer Zone at church. A youth group at St. Baptist Church in Greenville. I also just love hanging out with friends and family.

What should our community know about the Lowell softball program?

I want everyone to know we love the game and we love to play for fun and we all love to play and hang out together.

Mom, dad, brothers and/or sisters?

Mom, Ruth; dad, Mike; older sister, Beth, 19; brother, Johnny, 14; and pet dog named Fern.



Red Arrow SPORTS

- SOCCER

Lowell girls' triumph over Greenville Yellow Jackets

by Darcy Meade

The Lowell Red Arrows' girls' varsity soccer team took on the Greenville Yellow Jackets last week and blanked them 3-0.

"I thought they played very well today. I think when we got up 2-0 it took the edge off the game and we just started passing the ball around," said head coach Dan Ebutt.

The first two goals came from Megan Montgomery and Caitlin Fitzpatrick.

Fitzpatrick's came after a scramble inside the penalty box; she was then able to boot it into the net.

There was a great move by the entire team on the field giving Brittany Martin a shot, but the goalkeeper was able to knock it away. The ball got loose on a rebound and Montgomery was able to run and tap it in for her goal.

Late in the second half of the game, with less than eight minutes left, Steph-

nie Stevens went one-on-one and shot the ball into the bottom corner.

That goal ended the scoring at 3-0, which gave them a victory to end the regular season.

"I thought we fought back and played hard," said Stevens. "I love them; we are all friends off the field and on the field. We get mad at each other sometimes and we forgive and we forget."

The Yellow Jackets were not able to pick up any goals in the game, but had some good offense and defense at different times in the game.

"They are the same as every other team in the conference. They never give in no matter what the score is. I think we have come a long way since the last time we played them," Ebutt said about Greenville.

Tuesday, the girls headed to East Kentwood to take on Rockford in the first round of the districts.

"I want to win districts. We won districts in basketball and I want to do it in two sports," added Stevens.

The winner of that game will move on to play Grand Rapids Union June 2, at 5 pm.

"Our goals now are to go on and do as well as we can in districts. We have a huge game on Tuesday with

Rockford that I am confident enough on us getting a victory," said Ebutt.



The Lowell Red Arrows head to the bench to celebrate after winning their game against the Greenville Yellow Jackets, 3-0.

Lowell Middle School lacrosse champions

submitted by Christine Baird

The Lowell Middle School boys' lacrosse (LLAX) 7/8 Red team won the B Division conference and district championship on May 21, 2011.

There were 18 teams in the B Division and LLAX 7/8

Red defeated opponents: Rockford, 11-2; Catholic Central, 11-4; Forest Hills Eastern, 5-4; and Forest Hills Central, 7-3; to go undefeated and win the conference and district championship.



Back row, head coach Kaiser Downing, Ryan Hessler (59), Sawyer Olesko (14), Carter Noskey (36), Kyle Potter (3), Jake Denison (10), Mike Wittenbach (30), Ben Kohtz (2), Jay Clark (5), Dakota Barry (56), and Zach Diamond (8); front row: Avery Buckius (37), goalie Evan Mierendorf (29), Adam Marks (12), Blake Posthumus (18), Jason Nagy (7), and Nate Kyburz (4).

FLAT RIVER OUTREACH MINISTRIES

FROMpons

THRIFT SHOP & FURNITURE STORE

11535 Fulton East, Lowell, MI 49331 616-897-8260 www.FROMlowell.org

Buy One Item—Get One Item FREE!*

* Same or less cost

Flat River Outreach Ministries

Thrift Shop & Furniture Store

11535 E. Fulton St., Lowell, MI 49331 616-897-8260 www.FROMlowell.org

OPEN: Wed. 10am to 8pm, Thur.-Fri. 10am to 6pm,

Sat. 10am to 4pm * Excludes furniture

Purchase \$25 or More Get \$5.00 OFF!

Flat River Outreach Ministries

Thrift Shop & Furniture Store

11535 E. Fulton St., Lowell, MI 49331 616-897-8260 www.FROMlowell.org

OPEN: Wed. 10am to 8pm, Thur.-Fri. 10am to 6pm,

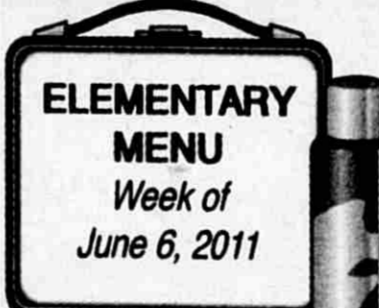
Sat. 10am to 4pm

WE ACCEPT



Phone Orders Welcome
Lowell Ledger
897-9261

LUNCH MENU



MON: Chicken patty on bun, oven fries, assorted fruit, milk.

TUES: Alto Field Day. Hotdog on bun (burrito w/ salsa also offered at Alto, Cherry Creek & Murray Lake), oven potatoes, assorted fruit, milk.

WED: Alto Field Day. Nachos w/meat, shredded cheese, assorted vegetables, assorted fruit, milk.

THURS: Tony's pizza, assorted vegetables, assorted fruit, milk.

WEEKLY SPECIALS

June 1-4 Buy Any Top Get Any Pair of Shorts FREE!
June 8-11 Buy One Infant Size (through 18) Get One FREE!

We are always looking for donations of gently used clothing, small appliances and furniture for resale. Donations can be dropped off anytime in our 24 hour Donation Room at the corner of the circular drive. Your generosity helps support our community services and programs, that meet the needs of people in the Greater Lowell Area in their time of hardship. Thank you for helping us help others!

for Kathy Nead

4:00 p.m. Sat., June 11, 2011
AMERICAN LEGION IN SARANAC
\$10.00 per person

At the age of 10 Kathy was diagnosed with a brain tumor. The doctors said she would not live to be 15. She fooled them all and went on to graduate from Central Michigan University with a teaching degree.

In March of 2008, Kathy had a stroke as a result of the treatment for the tumor. She is now paralyzed on the right side of her body which confines her to a wheel chair and dependent on others for most daily activities.

Kathy has been in an assisted living home in Ada, yet thanks to the new Green Acres in Lowell, she has the opportunity to move home. This will bring her closer to her family and allow her more living space.

While in Ada the Go Bus was available to take Kathy to Church, physical therapy, doctor appointments and shopping. The GO Bus does not come to Lowell so Kathy needs a van with a ramp to accommodate her wheel chair.

If Kathy has ever made you a gift, baby sat for your kids, baby sat you, helped you with a class or touched your life in some way, she could use your help now.

Please join us for euchre, a silent auction and food to help start the fund to get Kathy the van she needs.

obituaries

Levin, continued

HEFNER

Leah Jane Hefner, a precious little angel, came into our lives and blessed our hearts, but left us all too soon to become one of God's own angels, on Friday, May 13, 2011. She was preceded into heaven by grandpa James Hefner, great-grandpas, David Goins, Donald Heiman, and Floyd Hefner.

proposal will not affect gas prices. Struggling families and small businesses will not pay more because we end these subsidies. Oil production, and therefore the jobs it creates, will not decline. And by ending them, we can help close a budget deficit we all agree is a significant problem.

Let's look at gas prices first. Prices at the pump are hurting Michigan families. Ending these subsidies won't alter the economics of oil prices. I and many of my colleagues fear that speculation in oil markets is boosting the price of oil, and subsidies have nothing to do with that.

billion a year in subsidies sounds like a lot to you and me, it's small relative to the massive global marketplace for oil.

It is also small relative to the profits oil companies have reaped. The five companies that would be affected by the proposal to end these handouts made a combined \$76 billion in profit in 2010. From 2001 to 2010, their combined profit approaches \$1 trillion.

And at the same time, the money we spend helping them is increasing the budget deficit — a deficit that some of my colleagues say is such a severe problem that we must make dramatic reductions in health care for our seniors, support for our college students, Head Start for our youngest stu-

dents and other draconian cuts. We can't continue tax handouts to hugely profitable companies, on one hand, while threatening big cuts to important programs on the other.

We must address our deficit problem. But if we're to get serious about it, we need to eliminate unnecessary tax breaks, and if we can't tackle such an obvious example of wasteful spending as this one, further reform is unlikely.

When the CEOs of major oil companies testified recently before the Senate Finance Committee, they said they want to be treated just like everybody else. I say, fine, let's do that. Let's expect massively profitable oil companies to pay the taxes they fairly owe. And let's expect those companies to give a little bit as we address the budget deficit, just as we ask middle-class American

families to give a little bit.

The Senate failed, for the moment, to end these subsidies. But the debate over the deficit is far from over. In the coming weeks, we will continue to seek solutions that bring down the deficit without doing grave damage to programs that working families depend on. And putting an end to oil and gas subsidies should be one of those solutions.

We often hear that our deficits are unsustainable. I agree. We hear that the problem is urgent. I agree. We can act, and we can end these subsidies. Now is the time for all of us to act, to end billions of dollars in handouts to massively profitable corporations and use that money to help put our fiscal house in order.

Carl Levin is the senior U.S. senator from Michigan.

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

classifieds

for sale

POTTED TREES - Maple, Spruce & Pine, \$10 & up. 616-761-7588. QUEEN PILLOWTOP MATTRESS SET - (new), \$248/set. Thick & plush. Hammond Wholesale, 320 W. Main St., Carson City, 989-584-1600.

SPRINT - HTC EVO and new covers! Tech on staff. Located next to Subway. Mention this ad and receive 25% off accessories this week! Mon - Fri, 9 a.m. - 7 p.m., Sat, 10 a.m. - 5 p.m., Sun, 12 p.m. - 5 p.m. 616-365-5760.

200 APPLIANCES - Washers, dryers, refrigerators & stoves. Guaranteed. From \$69. Hammond Wholesale, 320 W. Main, Carson City, 989-584-1600. Delivery available.

RASPBERRY STARTER PLANTS - Everbearing Red. \$7 for 25 shoots. Near McCabe and Conservation in Ada. No Sundays. 616-855-4847.

TWIN BED - Mattress, box spring & frame, (Sealy), \$85 complete. Hammond Wholesale, 320 W. Main St., Carson City, 989-584-1600.

HEAT YOUR ENTIRE HOME - domestic water & more with the Classic Outdoor Wood Furnace from Central Boiler. Call SOS your "Stocking Dealer" Dutton, MI 616-554-8669 or 616-915-5061.

LOGGED SET - Cedar (complete), \$125. Hammond Wholesale, 320 W. Main St., Carson City, 989-584-1600. Delivery available.

CAMP FIRE WOOD BUNDLES - 32" x 32", approximately 40 pcs. 16" lg. \$9. Call 897-2985.

ADJUSTABLE BED - includes memory foam mattress. Never used. \$1,299. Can deliver. 616-682-4767.

MATTRESS - All new. Twin \$125, full \$149, queen \$159, king \$199 up, includes box. Pillowtop sets \$175 up. Bunkbeds \$199 up. Can deliver. 616-682-4767.

LATEX MATTRESS - Sleeps cool. Relieves "back pain." Best price in Michigan. Queen \$499, king \$699. Can deliver. Brand new, not used. 616-682-4767.

BED & MATTRESS SET - queen, Sealy \$95 includes frame. Hammond Wholesale, 320 W. Main, Carson City, 989-584-1600. Delivery available.

HAY FOR SALE - 897-5378.

lost

MEIJER BAG - Found bag with several items inside, in the road on west side of Meijer. Please call to identify, 893-4695.

for rent

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

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

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

WATERFRONT - Cottages. Martiny Chain of 10 Lakes accessible, Barryton, MI. Furnished, very nice, AC, cable, canoe, paddle & rowboat included, pontoon rental available. Call Ron, 897-5062.

help wanted

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

OWNER OPERATORS - \$5000 sign-on bonus & paid FSC on loaded & empty miles w/dedicated runs. Weekly home time, 75% drop & hook. Great fuel & tire discounts. Ask us about our lease to purchase program. CDL-A w/1 year tractor-trailer experience req'd. Call 866-722-0291 or apply online at www.comtrakinc.com

misc.

4-H CAR WASH - at TSC on Sat., June 4 from 10 a.m. - 2 p.m.

SNOW UNITED METHODIST CHURCH - at 3189 Snow Ave. SE will serve a family style ham & scalloped potato dinner on Wed., June 8, starting at 5:30 p.m. Adults are \$9, Children 6-12 are \$3 and 5 & under free. Take out dinners also available.

wanted

EQUESTRIAN TEAM - Looking for experienced riders to expand the Lowell Equestrian Team. Call Jess 581-7324 or Linda 676-0699.

SOUND OFF LINE

897-0787 Voice your opinion! (good or bad)

sales

YEARLY MURRAY LAKE GARAGE SALE - Sat., June 4, 9 to 5. Many sales. Check out 4315 Bedaki Ave., antiques & nice adult clothes; 11363 Lally St., old stuff, quilts, chairs, kitchen sink & misc.; and several more on Causeway Drive.

KARRIE'S ANNUAL GARDEN SALE - Sat., June 4, 8:30 to 4. Garden tools, primitives & plants. Rain or shine. 820 N. Jefferson.

CALVARY CHURCH GARAGE SALE - across from Burger King. Thursday 9 to 5 and Friday 9 to 3. June 2 & 3. Great second best STUFF and Great Prices. Don't miss it.

GARAGE SALE - Thurs. & Fri., June 2 & 3, 9-3 p.m. Adult & children's clothing, some toys & more. 11440 Bluewater Hwy., Lowell.

RELAY FOR LIFE DOG WASH & BAKE SALE - Sat., June 18, 1-3 p.m. at Grand River Veterinarian, 661 Lincoln Lake, Lowell. ALL proceeds go to Relay for Life.

NEWSPAPER END ROLLS AVAILABLE AT THE BUYERS GUIDE OFFICE - Many uses! 105 N. Broadway.

services

BRICK - BLOCK - STONE - Chimney repair & concrete work. Call 897-0698 ask for Darryl.

NEED A DUMPSTER? - 14 to 20 yards available. Garage, attic, household cleanup, roofing, trash, junk etc. Dependable service & affordable prices. Mention this ad & receive 10% off. Call for free estimates. Contact Doug 616-295-6640.

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

LAWN & ORDER - Lawn Care Services, reliable & reasonable rates. Call for estimate, Jake Theisen, 616-881-1535.

GEE'S ROLLING DUMPSTERS - 15 yard. \$170 for household trash or \$250 for shingles/drywall. 616-205-6871.

services

SUMMER PIANO LESSONS - Experienced & popular teacher has openings available. \$65 per month. Vergennes Twp. Call 897-9485. MissMeowisic@msn.com

KOETJE HORSESHOEING - 616-374-3286.

AFFORDABLE LIFE INSURANCE - Up to \$25,000 in Coverage * Policy Never Expires * No Medical Exam Needed * Rates will Never go up * Coverage will Never decrease. Call Don today 616-617-6596.

LAWN MAINTENANCE - Dethatching, mowing, cleanup, fertilizing and rototilling. Servicing NE Grand Rapids, Lowell and Ada area. Call for free estimate 616-328-9558.

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

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

in memoriam

In memory of Faye Egan who passed away 3 years ago on June 1, 2008.

Days and years go by, we miss your laughter, kindness, talking to you, watching TV (wrestling), bowling, hugs and kisses, your smile and your love. As time goes by our memories will never fade, you're in our hearts everyday.

We love you, Gerald (honey), Sally, Josh, Chris, Matt & family (precious, patches, & Alie-Max)

In loving memory of Phil Anible June 1, 2006

We speak of you often and remember your wisdom, wit and smile!

Wife Dorothy, sons: Ron Fox, Jim Anible, grandsons: Mike, Jonathon, Wyatt & Tait Anible

Local agent. Local service. Local savings.

We live right in your community, so our service is always local. Call today and find out how many discounts you qualify for.

6095 28th Street SE - Suite 4 Grand Rapids 616-940-8181 www.TerryAbelAgency.com



Health, continued

have regular complete physical exams every one to three years until age 40, every one to two years until age 50 and then yearly. Services typically covered include blood pressure, weight, cholesterol, and breast and cervical cancer screening. Pap smears are performed to

screen for cervical cancer and should be done yearly on all sexually active, unmarried females. Females who are sexually active, but in a long-term monogamous relationship (marriage), should have pap smears done every two to three years. Breast cancer screening is typically accomplished with breast exams with each physical, along with a mammogram.

Mammograms are typically recommended for women every two years in their 40s, and then yearly at age 50. Women should be screened for colon cancer at age 50, typically with a colonoscopy, and then every 10 years afterward.

There may be circumstances which place a person at higher risk for certain disease states. This may re-

quire them to start preventative screens at an earlier age and to be screened more frequently. Lifestyle choices, such as smoking and unprotected intercourse, increase a person's risk for cancer. If you have a family member with colon, prostate, breast, or ovarian cancer, you should start your preventative screens earlier.

A handsome gift for dad

Father's Day is right around the corner. Perhaps you'll give dad the usual gift: a necktie, shaving set, leather wallet, or new fishing lure, but there's something he may appreciate even more. People all over the country are helping their dads save nearly \$4,000 a year on the cost of prescription drugs. You can help your dad too — and it won't cost you a dime.

The high cost of prescription medication can be a burden on fathers (or anyone) who have limited income and resources. But there is Extra Help — available through Social Security — that could pay part of his monthly premiums, annual deductibles, and prescrip-

tion co-payments. That Extra Help is worth an average of almost \$4,000 a year.

To figure out whether your father is eligible, Social Security needs to know his income and the value of his savings, investments, and real estate (other than the home he lives in). To qualify for the Extra Help, he must be enrolled in Medicare and have:

Annual income limited to \$16,335 for an individual or \$22,065 for a married couple living together. Even if his income is higher, he still may be able to get some help with monthly premiums, annual deductibles, and prescription co-payments.

Resources limited to \$12,640 for an individual or

\$25,260 for a married couple living together. Resources include such things as bank accounts, stocks, and bonds. We do not count his house and car as resources.

Social Security has an easy-to-use online application that you can help complete for your dad. You can find it at www.socialsecurity.gov. Just select the link on the left of the page that says, "Get extra help with Medicare prescription drug costs." To apply by phone or have an application mailed to you, call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) and ask for the Application for Help with Medicare Prescription Drug Plan Costs (SSA-1020) or go to the nearest Social Security office.

Vonda VanTil is the public affairs specialist for West Michigan. You can write her c/o Social Security Administration, 3045 Knapp St NE, Grand Rapids, MI 49525 or via email at vonda.vantil@ssa.gov

FAXING Sending or Receiving \$1 or 1st sheet, 50¢ each additional sheet The Lowell Ledger 105 N. Broadway • P.O. Box 128 • 897-9261

WE SHIP BUYERS GUIDE 105 N. Broadway 897-9555 Our Prices Can't Be Beat!

GREG VAN STRIEN HEATING AND PLUMBING HEATING SERVICE & INSTALLATION AIR CONDITIONING SERVICE & INSTALLATION PLUMBING SERVICE & INSTALLATION WARM AIR/RADIANT HEAT OIL BURNER SERVICE (616) 897-5569 Visa And Master Card Accepted

Now Featuring ROOF & GUTTER CLEANING Guilford's SEAMLESS GUTTERS GUTTER PROTECTION METAL ROOFS • SIDING 517-649-2344 Mention this ad and receive 10% off gutter

Community Calendar

- PLEASENOTE - Coming Events are for non-profit organizations. BLOOD DRIVE - Fri., June 3, 8 a.m. - 1p.m. at Lowell High School in the aux gym. LOWELL AREA PRAYER & HEALING ROOMS - located in the FROM building, 11535 Fulton Street, most Monday evenings, 6-8 p.m. NOOGIELAND - Tuesdays 5:30-7p.m. SUMMER CARNIVAL - Sat., June 18, 10 a.m. PIZZA TASTE-OFF - Teens-come to the library & sample pizza from local pizzerias. ST. MARY'S PREGNANCY CRISIS CENTER - 402 Amity. MONDAYS: 5:30-7:30 p.m. and Thursdays: 11 a.m. - 3 p.m. TUESDAYS: 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. 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. LOWELL SHOWBOAT GARDEN CLUB - meets the 3rd Monday in the Church of the Nazarene Fellowship Hall, 211 N. Washington St. at 6:30 p.m. BOY SCOUT TROOP 102 - every Monday, 7-8:30p.m. during school year in Scout Cabin at the end of N. Washington St. Ages 11 and up or completing 5th grade. Call Scoutmaster Randy Jesberg at 897-4569 or Del Rockwell at 897-6814.

exploring our national parks



Kurt Hieshetter

The 165 mile trip from The Great Sand Dunes National Park to Durango, CO, takes you across some of the most scenic areas of Southern Colorado. US160 leaves the flat, dry San Luis

had been talking about going horseback riding since we left Lowell. After much online research, we chose Rapp Corral as our outfitter. Located north of Durango in

toric mountain town has earned the nickname, "home of brewerly love," meaning it is home to four great microbrew pubs. Each with a great restaurant attached. With the free trolley back to the campground, it was very hard to keep from visiting all of them.

With only 35 miles to drive the next day over to Mesa Verde, our plan for the night was to relax around

spending over 20 million dollars of federal stimulus money on much needed repairs to the infrastructure. As with all of our national parks, the roads, buildings and water and sewer systems were built many years ago. They also were not built for today's traffic and volume of visitors. These parks belong to us and we need to save them for future generations. Please support the National Park Foundation. With our help, these truly wonderful, historic sites will be around for many more years.

Morefield Village and Morefield Campground are located four miles from the entrance station of the park. With 400 campsites, this campground is quite large. A few sites have full hookup and require a reservation. The rest are first come, first serve. The campground and store at the village are run by Aramark Corporation. This practice of turning



Cliff Palace

Valley floor and climbs to the Continental Divide at Wolf Creek Pass. After reaching the 10,850 ft. summit, you descend into the picturesque town of Pagosa Springs sitting in the middle of the San Juan Mountains. Many campgrounds are available in the National Forest area of the San Juan Mountains which is just 56 miles east of the bustling town of Durango.

Because it had so much to offer, we planned to spend two nights in Durango before moving on to Mesa Verde National Park. If you had a week to stay in Durango, you could do something exciting every day. Since we had only one full day, we had to pack in as much as possible.

The Durango area has many fine campgrounds to choose from. After much research, we chose United Campgrounds of Durango. We highly recommend this campground for several reasons: 1) It is on the free trolley line into Durango; 2) the Durango & Silverton Railroad runs right through the middle of the campground which gives you great opportunities for photos; and 3) it has a great heated pool; and that was available for the kids, which was a great perk for them! Durango is a very busy mountain town, but being six-miles north of town, United Campground was very quiet and relaxing.

Since vacations are mostly about kids, our first order of business in Durango was a horse ride. Sierra

the San Juan Mountains, this proved to be a great choice. With her pink cowboy boots and pink cowboy hat, Sierra led us into the mountains, led by the guide's horse, of course. With the trails following the high cliffs of the Animas River, the white water of the river below and the historic steam train blowing its whistle, we had a truly wonderful morning and a kid who couldn't stop smiling for the entire ride.

With our morning ride over, we returned to the campground. After changing from our "mountain" clothes into our "river" clothes, it was on to Durango for river rafting. Since it was Dillon's turn to pick the event, my wife and I had to do some delicate negotiations. Dillon was ready for any class IV rapids we could find, but Sierra was not going to get into a raft on a river with anything over class III. Being a family event, we knew a compromise had to be made. After assuring Sierra that she could sit in the bottom of the raft and that it would not turn over, we found a rafting company that could accommodate our little family. Since Stephanie and I had run the class X Lava Falls in the Grand Canyon before the kids were born, this trip was rather tame but, it is after all, just about the kids.

Being in the mountains on horseback and on the river in a raft makes one very hungry. It also can make one very thirsty (especially Dad). Thank goodness this was in Durango. This his-

toric mountain town has earned the nickname, "home of brewerly love," meaning it is home to four great microbrew pubs. Each with a great restaurant attached. With the free trolley back to the campground, it was very hard to keep from visiting all of them. With only 35 miles to drive the next day over to Mesa Verde, our plan for the night was to relax around

the campfire and watch the train steam its way back into Durango. That plan quickly changed when a large black bear thought he should take a shortcut through the campground back to the mountains from the river. If people are always told to stay away from bears, why is it that grown men grab cameras and chase after the poor animal? It would have been much more fun to watch the bear turn, stand and scare the tourists chasing him. However, he simply turned away, crossed the road and scurried into the brush on the hillside. Since this was our first wild bear sighting, it was a memorable event even though it was in a private campground.

Durango has something for everyone. With the history and beauty of this area, you should plan to spend more than one full day. As you drive along US160 between Durango and Mesa Verde, you begin to notice the lush forested mountains are less and less lush. You are now entering the desert Southwest. Vast mesa tops are covered with pinyons and juniper trees, as well as large rust colored rocks. These mesa tops, we will soon see, were the home of the Anasazi people some 1,400 years ago.

Morefield Village and Morefield Campground are located four miles from the entrance station of the park. With 400 campsites, this campground is quite large. A few sites have full hookup and require a reservation. The rest are first come, first serve. The campground and store at the village are run by Aramark Corporation. This practice of turning

ing over commercial areas of parks has become common, although this has not helped Mesa Verde. It was quite apparent that Aramark has not put any profit back into the campground. Many sites were not mown and very few were large enough for a travel trailer larger than 25 ft. With two commercial campgrounds just outside the park, you have many options. And, since the campground was not even close to full, you know many people who visit the park chose those options over staying in the park.

Our tour of the ruins began at the Far View Visitor Center. This is the only visitors' center in the park and is located 15 miles from the main entrance. It is here where we purchased the tickets for the many ranger led tours. Three of the largest cliff dwellings, Cliff Palace, Balcony House and Long House, require a ticket. Since we had multiple days it was possible to tour all three. A one-day visit may limit you to only two tours because of the distance between Cliff Palace and Balcony House (which are located on Chapin Mesa) and Long House (which is located on Wetherill Mesa).

Since the Wetherill Mesa is considered the quiet side of the park with less visitors, we started our tours there. It is a 15 mile drive at 25 miles per hour over to the parking area on Wetherill Mesa, from the visitors center. Most of the mesa top was covered with the scars



616-897-0787

When submitting your opinion to Sound Off!, we ask you to follow a few guidelines.

Sound Off! is meant to be a way for you to compliment or vent your feelings with civility. A healthy way to get something off your chest or spread a little kindness.

We welcome your comments, with or without signatures, but signing your name to your comment does increase the odds of seeing it in print.

Threatening or deliberately cruel comments will not be accepted and, of course, no advertising a product or service please.

So basically, submit anything - but not everything will make it to print.

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

ONLINE POLL RESULTS

With one more shuttle mission to go, which is your favorite space program memory?

- John Glenn first orbited the earth ... 0%
- The moon landing? 33%
- The Apollo XIII Mission? 33%
- When the first Space Shuttle Columbia was launched? ... 33%



MAY 25 - MAY 31

- Coach Jim Tressel resigns as head football coach of Ohio State. Sports Illustrated reports that the wrongdoing of Ohio State is far more widespread than reported.
- Home prices hit another new low in the first quarter, down 5.1 percent from a year ago, to levels not seen since 2002.
- Jellyfish exposition - more than 800 people at beaches, from Cocoa Beach to Cape Canaveral in Florida, are stung over the weekend.
- Europe's economic powerhouse, Germany, announces plans to abandon nuclear energy over the next 11 years.
- Battle Creek experienced straight-line winds of up to 80 mph over the weekend. These winds often mistaken for tornadoes can sometimes cause more damage.

National parks, continued

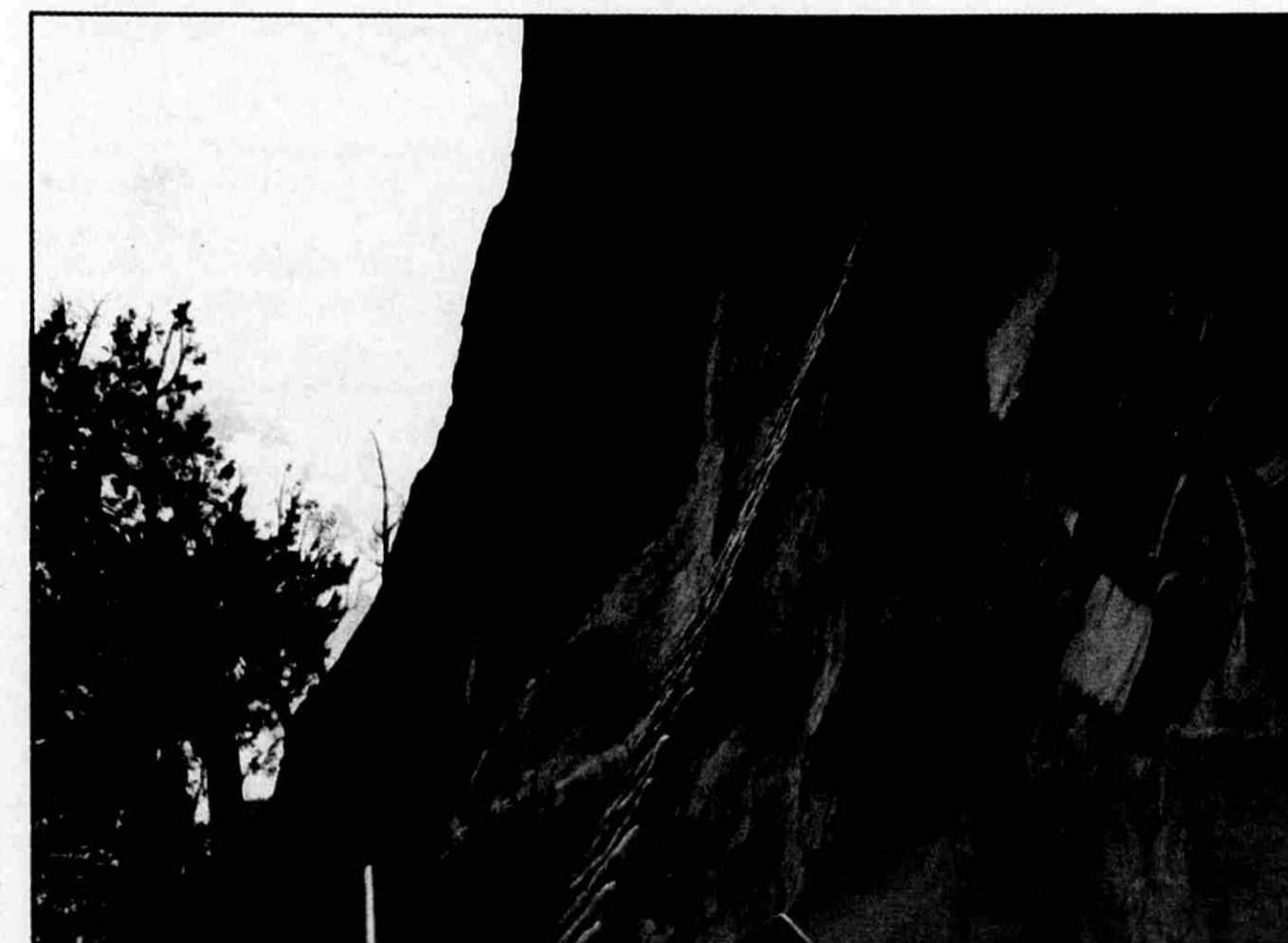


Train coming into Durango

center. Most of the mesa top was covered with the scars of last year's forest fires. A large parking lot, picnic area and ranger station greet you at the end of this narrow, winding drive.

Wetherill Mesa has four different dwellings built into the cliff overhangs. Two of these are accessible by foot. Step House is a short hike from the parking lot and is self-guided with no ticket required. Long House requires a ticket and can only be accessed by tram with a ranger.

Some things to remember when you are buying tour tickets is that this place is at 7,000 feet above sea level; you are required to climb old wooden ladders; it is necessary to crawl through narrow openings; and the park service does not give you your money back if you cannot finish the tour. We spent half a day out on Wetherill Mesa. Sierra did a great job climbing and hiking with the pink cowgirl boots and pink cowgirl hat. We were a little worried at the first ladder, but both kids did great!



Balcony House ladder.

The next day we visited Chapin Mesa where you will find the majority of visitors. A very informative museum, along with gift shops and restaurants, are located here. Two auto tour routes access most of the mesa top. One route is called the Mesa Top Loop and is a six-mile long, one-way drive with many turnouts overlooking some of the dwellings. Many pithouses and mesa top villages can be viewed from this drive.

The second drive, Cliff Palace Loop, is how the other two tours are accessed. Another six-mile one-way drive takes you to Cliff Palace first and then Balcony House. We had tickets for both.

Cliff Palace is the largest cliff dwelling in Mesa Verde. The hour long tour required climbing many ladders. We were able to walk behind the main structure to see how these ancestral people gathered and stored water. The most amazing thing was that these dwellings were built over a thousand years ago. Food and materi-

al was not readily available in the harsh land. Everything was transported over the canyon edge by hand. All the trails into and out of this dwelling were built by the park service. The original inhabitants used footholds carved into the rock.

Balcony House was, by far, the most challenging tour. It appeared to be built for defensive purposes. This ninety minute tour required climbing a 30 ft. ladder, a 30 ft. ladder from a small ledge positioned 200 ft. above the canyon floor. Did I mention that it was almost straight up? Once at the top of the ladder, we had to crawl through a tunnel that was 12 ft. long or should I say squeeze through a 12 ft. long tunnel, since it was only about two-feet wide. The original residents did not want anyone stopping by for Sunday dinner. As the name implies, Balcony House is built on a balcony. This was way before building codes. The edge of the common area goes straight down to the bottom of the canyon. If you had trouble with sleep walk-

ing, you'd end up at the bottom of the canyon! Building codes didn't require a three-foot high railing 1,400 years ago!

We were glad that we did not have to go back the way we came. Dillon and Sierra were not going to climb down that 30 ft. ladder. We were starting to think we might be staying the night when our guide told us it was time to leave in a different direction. What he didn't tell us was that the exit route required climbing two more ladders and using footholds chiseled out of a 40 ft. cliff face.

Balcony House tour is not for everyone. Do not take it if you are afraid of heights or if you are the least bit claustrophobic. If neither of these things bother you, do take this tour and try to imagine living

in these rocks 1,400 years ago. For the less physically fit, Spruce Tree House is accessible by a 100 ft. paved path. Whatever your level of athleticism, Mesa Verde should not be missed.

To this date, Mesa Verde is one of our favorite parks. Not only because of the scenery, but because of the history. It is possible to fly into Durango, get a nice fancy hotel room and experience this place for an entire vacation.

We will be back next time from Moab, UT, with visits to Arches and Canyonlands National Parks as our trip is nears the halfway point. Stay tuned. And remember, if you have missed any of my stories or would like to see more photos, please check out our blog at www.nationalparkswith-twins.blogspot.com.



Hieshetters on horseback

FLAT RIVER OUTREACH MINISTRIES SUMMER LUNCH PROGRAM

Flat River Outreach Ministries will again be offering a lunch program to continue the free or reduced lunch program into the summer. Last summer we helped feed over 300 kids.

Anyone who is currently on the meal assistance program at school or could use help with lunches throughout the summer can do so by signing up below. All contact information will be kept confidential.

Families can receive a week's worth of lunch supplies for their school-age children once per week per family. Children must attend Lowell Area Schools. We are also looking for anyone who would like to donate food items or their time to pack the food bags.

The distribution site will be at Flat River Outreach Ministries, on Mondays and Tuesdays from 2:00 to 4:30 pm.

If you have any questions, call 897-8260 and leave a message on the summer lunch program line (5) and someone will call you back.

Please return the registration form below, to Flat River Outreach Ministries (attention Sue) at 11535 Fulton St. East, Lowell MI 49331 no later than June 9th.

In August FROM will be distributing backpacks and school supplies to school-age children, grades kindergarten through middle school. If this program would be helpful to your family, please check the backpack box on the registration form.

REGISTRATION FORM

I am interested in receiving food for _____ children - ages _____

Does your child have any food allergies? _____ To what? _____

I am interested in donating my time and can be reached at _____

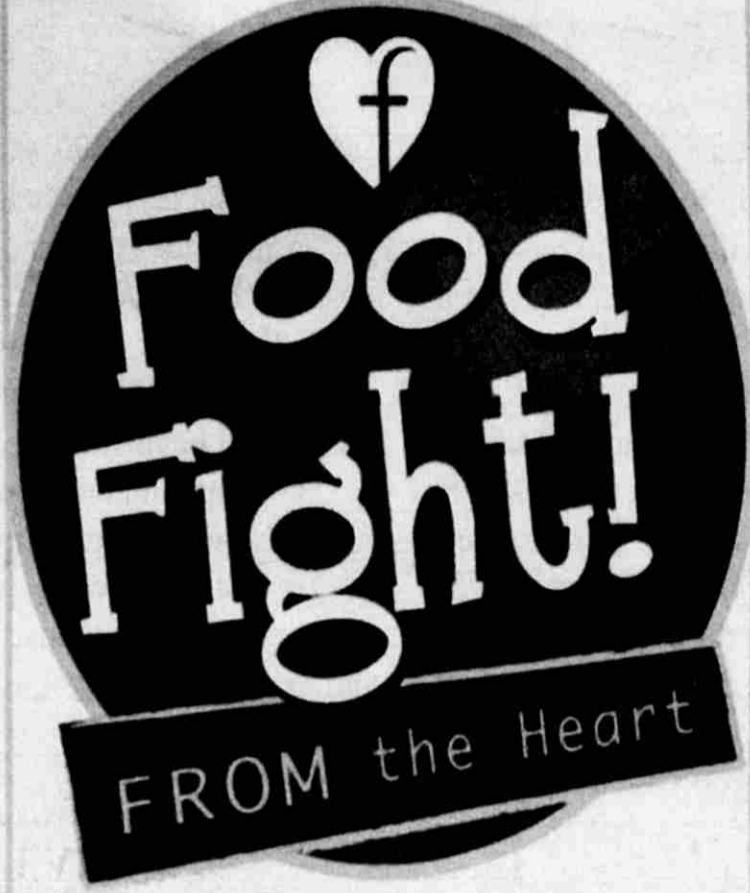
I am interested in donating food items _____

Name _____ Phone _____

Address _____

I am interested in receiving a backpack and school supplies for _____ children

Grade they will enter in the fall _____



FROM Food Fight 2011

Boxscore

Through Tuesday, May 31

www.FROMfoodfight.org

For up to date scoring, pictures, stories and on-line donations

| | 1 | 2 | 3 | 4 | T |
|-------|---|---|---|---|---|
| North | | | | | |
| South | | | | | |



**11535 E. Fulton St.
Lowell, MI 49331**

616-897-8260

www.FROMlowell.org

"Seeking to meet the needs of people in the Greater Lowell Area in their time of need"

~Thank You to Our 2011 Event Sponsors~

**ALL WEATHER SEAL ~ B.C. PIZZA ~ BRIAN & CHERYL DOYLE FAMILY
LOWELL LEDGER/BUYERS GUIDE ~ METRIC MANUFACTURING
RIVER VALLEY CREDIT UNION ~ SNAP FITNESS**

NORTH TEAM

| | | | |
|-------------------------------|-------------------------|---|----------|
| ADA/LOWELL 5 | 2175 W. Main St. | FREE 20 Oz. Drink | 897-3456 |
| ADVANCED EYECARE PROF. | 1335 W. Main St. | \$15 OFF Exam/Glasses (Non-Covered) | 897-7000 |
| ALL WEATHER SEAL | 309 E. Main St. | FREE Insulation w/Qualifying Purchase | 897-7300 |
| BC PIZZA | 1335 W. Main St. | 20% Off Reg Price Dine-In/Pick-up | 897-9261 |
| CANFIELD PLUMBING & HTG | 411 E. Main St. | 10% OFF Service Call | 897-0887 |
| CITY LOOKS SALONS | 11901 E. Fulton St. | 10% OFF Products | 897-2122 |
| COUSINS HALLMARK/RIVER HOLLOW | 223 W. Main St. | 25% OFF Any One Full Price Item | 897-5000 |
| DAISY FLORAL & GIFTS | 505 W. Main St. | 10% OFF Any \$35+ Purchase | 897-2588 |
| DERY PHYSICAL THERAPY | 901 W. Main St. | GIFT BASKET Drawing (1 item=1 entry) | 897-7055 |
| ELLA'S COFFEE & CUISINE | 307 E. Main St. | \$.50 OFF Any Specialty Drink | 897-4857 |
| EQUIPMENT SOLUTIONS | 2401 W. Main St. | 10% OFF Your Rental | 897-8451 |
| FLAT RIVER COTTAGE | 317 E. Main St. | WEEKLY In-Store Specials | 897-8601 |
| FLAT RIVER GRILL | 201 E. Main St. | 10% OFF Food Purchase | 897-8523 |
| GIGGLES & GUMDROPS | 217 W. Main St. | \$5 OFF a \$25+ Purchase | 307-7340 |
| GLASS HOUSE DESIGNS | 215 W. Main St. | 25% OFF Wed. Night Open Studio Project | 987-4527 |
| GREAT CLIPS | 11675 E. Fulton St. St. | \$2 OFF Any Regular Priced Haircut | 897-9520 |
| HAROLD ZEIGLER FORD | 11979 E. Fulton St. | 15% OFF Any Service Repair up to \$100 | 897-8431 |
| LARKIN'S RESTAURANT | 301 W. Main St. | FREE Soda with Meal Purchase | 897-5977 |
| LOWELL CAR WASH | 1941 W. Main St. | FREE Vacuum with Gold Wash | 299-4700 |
| LOWELL LEDGER/BUYERS GUIDE | 105 N. Broadway | 15% OFF Any Pre-paid Ad (w/5 Food Items) | 897-9555 |
| QUALITY EXPRESS Quick Lube | 11729 E. Fulton St. | 20% OFF Regular Priced Detail (appt. req.) | 897-2700 |
| SMEELINK OPTICAL | 505 W. Main St. | RX POLAROID w/Purchase (restrictions apply) | 897-0330 |
| SNAP FITNESS | 2173 W. Main St. | FREE 30 Day Trial or \$5 OFF Easy Fit | 987-4000 |
| SNEAKER'S BAR & GRILL | 211 E. Main St. | FREE Soft Beverage w/Meal | 897-6746 |
| SPRINGROVE VARIETY | 123 W. Main St. | 15% OFF Purchases | 897-9918 |

WEEKLY FOOD FIGHT SPECIALS!

June 1 — June 7

Bring in a non-perishable food item and get

TEAM COACH SPONSORS

BIERI AUTO BODY
DR. JUDD T. CARROLL, D.M.D., P.C.
LOWELL CAR WASH
GREENRIDGE REALTY, INC
SMEELINK OPTICAL

TEAM CAPTAIN SPONSORS

Acceptance Financial and Insurance
Ball's Softee Cream
Crystal Flash Energy
Deborah Wilks, State Farm Agent
Dependable LP Gas
Edward Jones Investments/Chris Godbold
Firstbank
Steve Fleming Family
Halbeisen/LeSage Family
Lowell Granite Company
Dr. John Mogor
Noreen K. Myers, Attorney at Law
Optec, Inc.
James E. Reagan D.D.S.
Rick & Jodie Seese Family
White's Bridge Tooling
Wittenbach Grand GMC

TEAM TRAINER SPONSORS

Ada/Lowell 5—Addorio Technologies —AIC Insurance
Mark Allen/Allen Edwin Homes —Alto Marathon
Canfield Plumbing & Heating—Drew Condon Insurance
Elite Auto Body—Grand River Orthodontics
Rollaway — LA Trim—Lowell Family Medical Center
Main Street Inn—Modern Photographics—Noon Equipment
Subway Restaurant of Lowell—Dave & Jan Thompson

JOIN THE FOOD FIGHT TEAM!

Your monetary donation toward the Food Fight helps our Food Pantry AND is applied toward the scoring for the team of your choice! (\$1=1 food item)

Become a Team Coach, Captain or Trainer!

Contact Us For Details!

Food Fight Hotline: 616-421-0029

Email: foodfight@FROMlowell.org

Or donate on-line to the North or South Team at

www.FROMfoodfight.org

NORTH & SOUTH TEAM

| | | |
|------------------------------|---------------------|---|
| LACC & LAAC (Begins June 16) | Riverwalk Plaza | FREE Thursday Showboat Sizzlin' Summer Concerts |
| FROM THRIFT SHOP | 11535 E. Fulton St. | \$2 OFF Total Purchases Over \$10 |
| | | 897-8260 |

SOUTH TEAM

| | | | |
|----------------------------------|-------------------------|--|------------|
| ALTO BAR (Must Call for Details) | 6064 Linfield | \$5 OFF 1 lb. NY Strip Steak Dinner | 868-9961 |
| ALTO BEAUTY SHOP | 6077 Linfield | 20% OFF Total Cost | 868-6454 |
| ALTO LP GAS | 6040 Alden Nash SE | \$2 OFF a 20 lb. Cylinder Fill | 868-6242 |
| ARROWHEAD GOLF | 2170 Alden Nash NE | 2 FOR 1 Greens Fees (call for details) | 897-7264 |
| ARTIC INC. HEATING & COOLING | | \$10 OFF Any Service Call (3 food items) | 897-4123 |
| CHIMERA DESIGN | 208 E. Main St. | 10% OFF Any Regularly Priced Item | 897-9480 |
| CURTIS CLEANERS | 1410 W. Main St. | 15% OFF Regular Price/\$5 Max | 897-9809 |
| DEER RUN GOLF | 13955 Cascade Rd. SE | 2 for 1 18 holes (cart & 2 food items req) | 897-8481 |
| FRY DADDY'S | 608 W. Main St. | \$1 OFF Any Regular Priced Basket | 897-3474 |
| GRAND CHRYSLER DODGE JEEP | 930 W. Main St. | \$18.95 Oil Change (Restrictions Apply) | 897-9281 |
| HEIDI'S FARM STAND | 11999 Cascade Rd. SE | 25% OFF All Muffins | 897-6707 |
| HOOPER PRINTING | 2125 Bowes Rd. | Buy 250 Business Cards GET 250 FREE | 897-6460 |
| ICE CREAM CABOOSE | 6300 Alden Nash SE | 10% OFF Total Order | 868-6602 |
| KEISER'S KITCHEN | 700 E. Main St. | 10% OFF Summer Salads | 897-8455 |
| MAINLINE COFFEE | 11260 E. Fulton St. | FREE 12 Oz. Coffee | Drive-Thru |
| MODERN PHOTOGRAPHICS | 216 W. Main St. | FREE Family Photo Session (call for details) | 897-5606 |
| MYNT FUSION BISTRO | 800 W. Main St. | FREE Special Appetizer w/Entree | 987-9307 |
| PAULY'S | 11250 E. Fulton St. | Shop Pauly's! Go South Team! | 897-2669 |
| REDFROG TECHNOLOGIES | 1400 W. Main St. | 10% OFF | 897-5814 |
| ROOKIES SPORTSCARDS Plus | 106 W. Main St. | 20% OFF Any Board Game or Graphic Novel | 897-5650 |
| SHOWBOAT AUTOMOTIVE | 1450 W. Main St. | FREE Pen or Pencil -Your Choice Go South! | 897-9261 |
| SPRINT OF LOWELL | 2050 W. Main St. | 20% OFF All Purchases | 365- 5760 |
| THREE BROTHERS PIZZA | 1004 W. Main St. | Cheese Bread \$2 or \$2 Off Deluxe Pizza | 987-4430 |
| TWO SEASONS | M-21 Next to McDonald's | 10% OFF Any Flat | Drive-Up |
| WALGREEN'S | 11980 E. Fulton St. | 25% OFF Lowell Gear | 897-3160 |