

the lowell ledger

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145 N Main St
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wednesday • november • 16 • 2011

vol. 41 issue 6

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contest winners



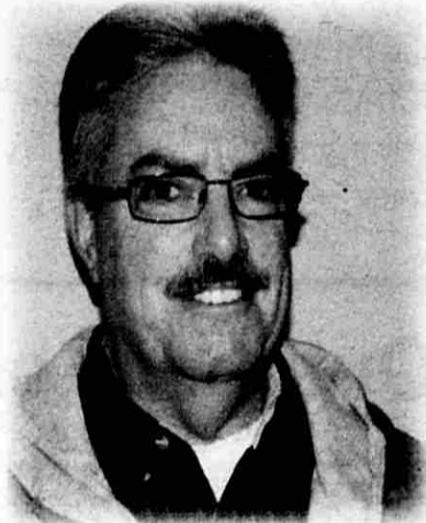
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Election brings two newcomers on board

by Emma Palova

The city election brings two newcomers, Jim Valentine and Jim Hall, on board and confirms incumbent Sharon Ellison in her seat on the council.

Former police chief and current Ionia County Central Dispatch director James Valentine received the high-



Jim Valentine

est number of votes at 280, which makes him eligible for a four-year term.

Ellison came in second with 253 votes, also eligible for a four-year term.

Jim Hall got 156 votes for a two-year term.

Valentine comes in with two years of experience from serving on the village of Lake Odessa council.

Valentine attributes his victory to name recognition from years of working for the Lowell Police Department. He moved to Lowell in 1995.

"It's an exciting time in town with the new city manager," he said. "As things turn around, Lowell is in a good position."

Valentine said he watched Lowell transition from a typical West Michigan town to a unique city which is the center of many activities.

"I like to think that the

police department played a part in that transformation," he said. "The community is busier, people are meandering around."

Valentine said he takes pride in the city of Lowell and he wants to be involved in the community.

"I adhere to the structure of the city charter," he



Jim Hall

said. "We need to work together to channel our goals

for the city manager to carry them out."

According to Valentine, the budget is in better shape than many years ago. The one mill allocated for local streets was made possible because one officer position was not filled.

The police department's budget is in line with the industry standard of 30 to 35 percent.

"The council needs to look at the big picture and not to micromanage," he said.

Valentine said he doesn't want to go backwards by reducing services, such as the police department.

"Lowell will continue to be progressive and moving forward with whatever means are available," he

said. "I am humbled by the voter response, that the vot-



Sharon Ellison

ers thought enough of me."

Valentine has worked his entire life in a paramilitary structure that follows a chain of command.

"The city manager is the spokesperson for the city," he said.

Valentine believes in

Election, continued, page 2

DDA approves funds for Christmas festivities, readies for strategic planning

by Emma Palova

A great Lowell tradition, the annual Christmas festivities, will continue with funds secured from the Downtown Development Authority (DDA).

The DDA approved \$5,775 for Christmas season 2011, with festivities kicking off on Dec. 3 and running up until Christmas, at its monthly meeting on Thursday.

Chamber director Liz Baker said Christmas festivities are a DDA event that the chamber manages and administers.

"The chamber would not be able to do it without your financial support," she said.

If the DDA support was lost, Baker would have to seek business sponsorships.

Currently, non-DDA contributions such as painting and repairing of the Cookie Room on the Showboat, new Christmas lights from the Lowell Light and Power, propane to heat the Cookie and Santa rooms and photos with Santa are valued at \$7,280.

The festivities include nighttime Santa parade, Santa visits on the Low-

ell Showboat, horse and carriage rides, ice sculpting contest, pancake supper with Santa and crafts show at the Lowell High School.

In other business, the DDA and the city council will hold a strategic planning workshop at the beginning of next year.

"We need to look at plans for the next five years," said city manager Mark Howe.

However, some projects are already in the works, according to chairman James Reagan.

"We have projects on our radar screen," he said.

Also, in order to balance the budget, Howe will be looking at restructuring the city hall debt.

"Bonds are doing better than 10 years ago," he said.

However, the district is facing potential loss in revenues if the personal property tax is eliminated.

Howe said he hopes the DDA will continue its commitment to help with debt service on the city hall.

The city hall will be paid off in 20 years.

Currently, the DDA is collecting a portion of

school millage which is being used to pay off debt on the city hall.

However, once the debt is paid off the city will not be able to collect the school millage.

The current city budget is in deficit by \$150,000.

In other business:

Baker informed the board about this year's Farmers' Market.

"The Farmers' Market did well in the new location," she said. "The customers and the vendors

liked the asphalt surface; it's easier on the feet."

Access in and out into the Tractor Supply parking lot still remains a challenge, but it wasn't easy at the fairgrounds either.

DDA, continued, page 2

The Arrows are moving on

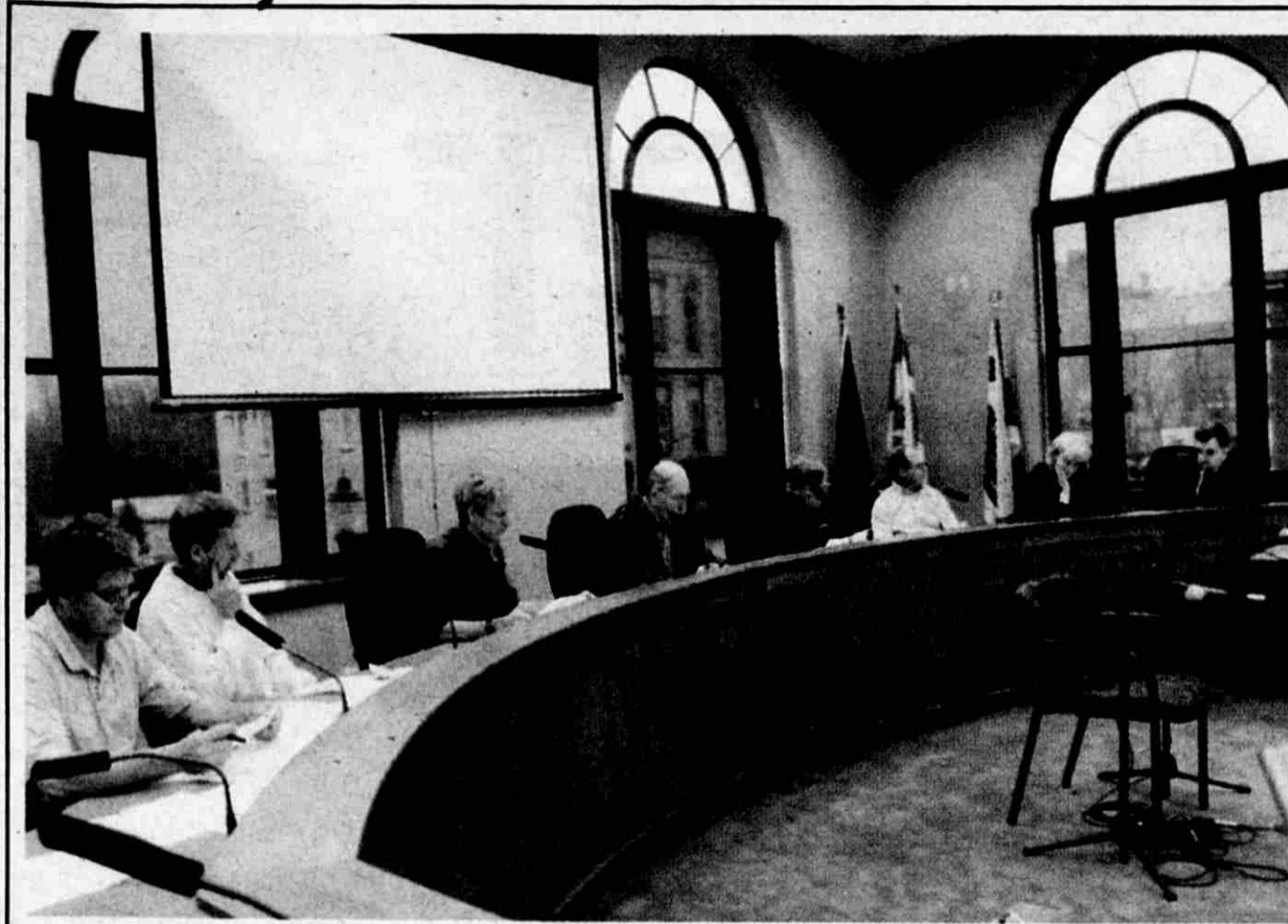


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50 CENTS



DDA, continued



Mike Sprenger, Greg Canfield, Jim Reagan, Dean Lonick, Mike Larkin, Brian Doyle, Sue Olin and Mark Howe.

In related business, board member Greg Canfield suggested that DDA could help with lease payments to attract business owners to the downtown area and to fill the empty storefronts.

"We have a lot of vacant buildings," he said. "DDA could reimburse for occupying them to encourage service business and get back to a flourishing downtown."

Howe suggested MSHDA (Michigan State Housing Development Authority) program for second and third stories of the buildings, that could lower the rent for businesses on the first story.

Election, continued

transparency in case of bad news.

"You call a press conference and give the information you have," he said.

Ellison is looking forward to continuing projects in the works.

She too attributes her victory to name recognition.

"I represent a certain portion of the community that wanted to see me continue," she said. "I know so many people."

Ellison was hoping to win, but wasn't sure.

The main issues of concern for Ellison remain the budget and the sidewalks and roads.

Ellison has been working on a committee that will develop a new city website.

"It will be more user-friendly," she said.

She considers her service a huge responsibility especially in challenging times and Ellison wishes to continue to serve as mayor pro tem.

While Hall received the lowest number of votes at 156, his stepping up to the council will change the make-up of many city boards.

"I am very appreciative of the votes I got," he said.

His election to the council comes after 40 years of prior service, although he has vied for a council seat several times. Hall said he was surprised he got elected.

"I am interested in building consensus," he said.

Hall will have to step down from several boards, such as the Lowell Light and Power.

Marlylene LaPonsie lost her seat to Hall by 21 votes.

"I didn't have the name recognition," she said. "I am sad. I am bummed and quite depressed."

She will think about her further involvement.

Incumbent Jeff Altoft said not enough people voted for the right guy.

He plans getting on a few boards to keep track of the new guys, who raise taxes.

"I will stay involved," he said.

Clerk Betty Morlock said the turnout was lower than four years ago, when there was also a crowded ballot.

The museum millage attracted a lot of voters to the polls.

Morlock combined the two precincts for cost savings.

The city council will get re-organized in January.



along main street

Outboard engines stolen from crew team

Two outboard engines were stolen from the Lowell high school crew team between Monday, Nov. 7 and Wednesday, Nov. 9.

The perpetrator or perpetrators broke into the crew team's storage shed, located at the intersection of Lafayette and King streets, where the engines were stored.

Detective Scot VanSolkema of the Lowell Police Department described the motors as a silver, electric start, 15 horsepower Evinrude and a white, pull start, 15 horsepower Johnson.

VanSolkema said he currently has no leads or witnesses for the theft.

LMS FOOD AND CLOTHING DRIVE

The Lowell Middle School food and clothing drive, sponsored by Girl Scout Troop 2627, will run through Tues., Nov. 22. Donations of canned or boxed food and new or gently used clothing can be placed in the boxes located at the front and back entrances of LMS. All food and clothing will be donated to FROM.

COAT DRIVE

The VFW and the American Legion, in conjunction with Curtis Cleaners, are holding a coat drive for the veterans at the Grand Rapids home for veterans. Coats can be dropped off at Curtis Cleaners, 1410 W. Main St., through November.

PANTRY STILL IN NEED

The Lowell Women's Club responded with overfilling three shopping carts with nonperishable food items and additional cash to help the Flat River Outreach Ministries call for food last week. Although the "Food Fight" is over, the pantry is still in need of food items.

SEMIFINAL FOOTBALL GAME

Lowell High School vs. Walled Lake Western at Central Michigan University on Saturday, Nov. 19. Game time is 11:30 a.m. Gates will open at 10:30 a.m. Ticket Booth will open at 9:30 a.m. Tickets are \$7 and will also be good for the Saginaw Nouvel vs. T.C. St. Francis game at 2:30. Tickets will also be on sale at the Lowell High School athletic office on Thursday and Friday from 7:30 - 3:00.

FREE ZUMBA

Burn calories before you burn dinner! Stop in for free Zumba at the Lowell YMCA on Thanksgiving Day, Nov. 24, from 8-11 a.m. Come for some or come for all, drop in anytime. Free to everyone, please bring canned goods for FROM. Call 855-9570 with questions.

FREE REIKI NIGHT

Learn about Reiki and experience this healing art on Tues., Nov. 29, at Gilda's Club of Lowell, 314 S. Hudson St., from 6:30 to 8:00 pm. For more information call Katie Ray or Brittany Rose at 616-987-3010.

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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

LL&P adjusts electrical rates - city explores sidewalk repair funding

by Emma Palova

The Lowell Light & Power board has adjusted the electrical rates to reflect the difference between the summer and winter seasons. The revised rates will be filed with the city clerk.

"The board of Lowell Light & Power adopted rate increases," said city manager Mark Howe.

In related business, Howe informed the council about the streets and sidewalks improvement plan following the completion of a citywide survey.

It will cost approximately \$165,000 to repair the sidewalks throughout the city. The repair includes 4,000 lineal feet of sidewalks at a cost of \$100 to \$1,500 per homeowner.

"I will start working on a funding model that will provide assistance with the repair," he said.

In other business, new sump pumps may be installed in selected areas and homes at Valley Vista due to high water tables that are contributing to the infil-

tration of the sanitary system. Another option may be constructing an underdrain around Valley Vista. This will be again up for discussion in December.

In addition, the city is examining manhole covers where rainwater may be entering the sanitary system.

The planning commission recently approved a site plan with conditions for a proposed biodigester facility that could be eventually purchased by the city.

The city may look at a cost allocation plan and an analysis of the cost of city services to balance the budget and to realize efficiencies. Among the areas that need to be examined are the equipment fund and the data processing fund. The process would generate a user fee study.

Howe said the city may need to look at a breakdown of the cost of services.

However, the cost of

the study is currently not in the budget and some councilmembers questioned how to justify such a study. The cost allocation study could start in February or March, with completion slated for April. Then budget adjustments would follow, according to Howe.

Howe also informed the council about the North Country Trail's interest in building a hiking trail through the city Moose-

Rogers property along the Flat River to the Grand River across Jackson Street.

The city is nearing the completion of their new website that will inform residents about the community, the city services, with links to Lowell Light and Power and local organizations.

"We're getting there," Howe said. "I'd like to get rolling on it."

School board bids farewell to Lessens

by Shelly McNaughton

At the Lowell Area School Board meeting Monday night the board bid farewell to cherished board member Mark Lessens.

Lessens has moved out of the district and left his seat vacant on the board. The position has been posted in the Lowell Ledger and the board plans to interview two candidates this week.

Jim Turner has taken over as president of the board and will keep that position until the board reorganizes in summer 2012.

"I would like to thank Mark Lessens for his years of service as a board member. Mark was a diligent, hardworking, passionate serving board member who had lived in the Lowell district his whole life," said superintendent Greg Pratt.

Several of Lessens's colleagues on the board echoed Pratt's sentiments.

"I believe Mark served just over 12 years on the board. I want to offer my appreciation as a colleague. Mark was active in our schools and our community. He had a true heartfelt passion," said secretary, Pat Nugent.

"Mark's leadership will be missed," said Turner.

Student representative Connor Smith offered an up-

date on school activities. He briefed the board on several things taking place at the high school.

Exams are taking place late this week and early next week. There will be a band concert on Wednesday and winter sports are beginning.

Also, the play A Midsummer Night's Dream by William Shakespeare will be presented the first four days in December.

English teacher James Christians, from the Fresh-

man Center at the high school, presented a new method he is using to teach - "Flipping the Classroom." Christians began implementing this idea in his classroom this fall.

"I wanted to spend less time talking and more time helping," said Christians. He is offering classroom instruction on YouTube which allows students an extra op-

portunity to view material and specific instruction. He is also introducing students to a wider medium of technology.

Students are expanding their knowledge of websites, such as turnitin.com, Prezi, wordle, quizlet and many others. The teacher showed how students are building glogs and demonstrated the use of YouTube

and glogs for his classroom teaching. The glog is an interactive online poster.

"Glog is the poster of tomorrow," said Christians and the board praised him for his presentation.

"Thank you to our staff and our principals. I also want to commend our transportation department for a great start to the school year," said Pratt.

LOWELL LIGHT AND POWER

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Lowell Light and Power has been working diligently over the past couple of years, on your behalf, to maintain our level of service and reliability while bringing the utility into the 21st century with modern distribution, generation and renewable energy. Although we have managed over the past several years to keep the administrative and maintenance portion of our costs below pre-2009 levels, the cost of power itself continues to rise. The cost of coal, the cost of transporting the coal from the mines to the power plants, the cost of renewable energy that is mandated by law to be a part of our energy portfolio and the advent of a Midwest electric transmission market have all played a role in the increased cost of power. These increased cost pressures have caused us to look very carefully at our rates and our rate structure over the past few months. During that review, several things became apparent to us. First and most importantly your cost for electricity continues to be a reliable and cost effective product. On the average, the cost of electricity from Lowell Light and Power affords you a savings compared to other electric providers. Secondly, the power industry is changing. The pressures to move away from coal base load generation through environmental regulations, transportation, market constraints, and particularly the dynamics of renewable energy, are all causing an increase in the cost to produce electricity. Lastly, these pressures have changed the historic production and supply characteristics of electricity, which have in effect out dated portions of how our rate structure was previously designed. Lowell Light and Power has not adjusted rates since the spring of 2009, two and a half years ago. At that time we implemented an adjustment of about 5% which was less than our rate analyst suggested, and then, did not implement the 6% adjustment he recommended for 2010. We have worked hard to keep expenses down and productivity up to minimize the impact of continuing increases in power costs. We are now at a point, however, where we need to make some minor adjustments in our rate structure and specifically add the mandated cost of renewable energy. The adjustment to our rate structure involves eliminating the difference between summer and winter rates. The historic difference in the cost of energy between summer and winter has changed and we need to modify our rate structure to reflect that change. Starting this next billing cycle, there will no longer be a different electric rate for summer and winter. Our rate schedules have been adjusted and in effect "smoothed out" to produce a single rate for the entire year. The overall impact of this adjustment is approximately 2.2% which will translate into about a \$1.00 per month increase to the average residential customer. The second piece of this adjustment pertains to the State renewable energy program which mandates that 10% of the energy we provide you must be from a renewable energy source by 2015. Currently we are investing in landfill gas generation through purchased power agreements, but ultimately we think we can provide at least a portion of that 10% more cost effectively through the bio-gas project we are pursuing. The State renewable energy mandate (PA 295) sets the level of revenue utilities can collect to meet the requirements. Up to now Lowell Light and Power has not implemented the renewable energy rate into its rate structure even though we could have as early as 2009. Starting with next month's billing, a line item entitled Renewable Energy Plan (REP) will be included on your billing statement. The Renewable Energy rate is fixed by rate class and will be \$3.00 per month for residential customers, \$16.50 per month for commercial customers and \$187.00 per month for industrial customers. The overall impact of this adjustment is approximately 2.5%. Our mission and goal continues to be providing you with the best service possible; to maintain and invest in strategies that will keep Lowell Light and Power viable for generations to come. We appreciate and value your continued support as we move forward to bring you reliable and cost effective electric service.

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understanding insurance



Dave Emmette

EPLI – Employment Practices Liability Insurance: Business owners beware

As a business owner mentioned, but if you are a business owner you need to take serious note to un-

derstanding this coverage. In this treacherous business climate, Employment Practices Liability Insurance (EPLI) is a must. If you have employees working with the public or on site at other businesses, this coverage is imperative to have in place.

EPLI coverage generally covers:

- Gender, age and other types of discrimination
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Employee benefits mismanagement. A claim without the proper coverage can place a business in jeopardy of closing its doors as these type of claims are very expensive to defend against. EPLI protects companies/businesses against claims that past, current and prospective employees of the company may bring against the company, its directors and officers and its other employees. Employment practices claims are on the rise. In fact, it is one of the single most growing claims today for frequency and judgment awards. These claims have tripled in the last few years and continue to rise at a rapid rate. These claims are highest during tough economic times.

Statistics show businesses are more likely to face an employment claim than a property or general liability claim. Once these claims manifest, they become an extensive drain on a business's assets. Out-of-court settlements in an employment case average \$40,000. The median compensatory award is \$218,000, with 10 percent of wrongful termination claims resulting in awards in excess of \$1,000,000. The average cost of defense is in excess of \$45,000. Many employees believe their general liability or workers' compensation policies protect them in these situations; the truth is, these policies do not.

In order to make sure you have the proper coverage, please contact your local insurance professional to review your policy and discuss the need for EPLI. In addition to getting coverage in place, proper risk management and business insurance planning needs to include diversity and sensitivity training. The U.S. Equal Employment Opportunity Commission is a great resource with free training tools, guides and compliance information.

Employment practices claims are very real, but this risk can be insured with the EPLI and with a small time investment it can be substantially reduced.

Do you have an insurance question you would like to see discussed in the future? Send me an e-mail with your topic and I will address it at dave@theaicgroup.com

Information provided is general in nature and not intended for your individual situation. Refer to your policy or agent for specific coverage, limitations or exclusions

The evening concluded with a presentation from Mark Hoffman, the marketing and outreach division chief for the Department of Natural Resources. Hoffman talked about the Michigan engineers in the Civil War, a topic upon which he has written a book, "My Brave Mechanics, the Michigan Engineers and Their Civil War."

These engineers and mechanics were often civilians rather than trained soldiers.

"They came together to put their talents to use," Hoffman said. "It was very much a Michigan group."

The group, Hoffman said, had strong connections to Grand Rapids, the origins of the officers of that corps. Of the two million Union soldiers, 25,000 were engineers and mechanics. Often, the success of the Union army depended on their innovations. They held the vital duty of keeping supply lines moving and

action and those killed in action. The quick transportation of troops and artillery. Hoffman has read through approximately a thousand letters and thirty diaries of these Michigan engineers and cited many of them Monday night.

"You have such a rich record of these primary resources to work with," he said.

One of the last stories he shared had nothing to do with the contraptions these engineers created under maddening pressure, but of the humanity one must face in war.

Allen Campbell, who was three years into the service, wrote about the Union's occupation of Atlanta. Charged with setting fire to Confederate buildings, Campbell was confronted by a 10 year-old girl. She asked him if he would burn down their house, then asked, "Where will we live?" Campbell wrote, "I didn't have the heart to fire the place. So I put down the torch and walked away."

The Ledger inadvertently (issue November 9, 2011) referred to the Lowell American Legion as the VFW. We apologize for the confusion and have reprinted the corrected article below.

American Legion holds annual Veterans Day dinner

by Casey Cheney

The Lowell American Legion hosted their annual Veterans Day dinner Monday night. Commander Dave Thompson kept the mood light with cue cards to guide the reactions of the audience during the night's events.

The legion received an award for being the only

American Legion post in their district with a renewed membership rate of more than 100 percent. Then, the audience heard about hand-knit flags available for parents, siblings and children of soldiers to hang in their windows. Three different styles represent and honor current soldiers, those wounded in

action and those killed in action.

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viewpoint

to the editor

he suggested calling city hall

To the Editor,

This spring/summer I was talking to a friend who had just bought a house.

He is from Ohio, but has lived in Lowell since marrying his college sweetheart 12 years ago. He already had a house in Lowell, but had taken the opportunity to buy a house on Hunt Street.

The plan was to fix it up and rent it to a friend who couldn't afford to buy a house.

In our conversation he noted that the house didn't have city water. The city

line was just up the street a bit but had never extended to his property. He asked me what it would take to get city water to the new house. I said that he would need to go to the city and find out how the process works for that kind of project.

So, it was me that suggested he call city hall and ask. Like I said to him at the time, "what's the worst that could happen?"

Bill Green
Lowell

ask kathryn



Kathryn Denhouer Ph.D.

This is the fourth article on "pain" and the article this week is entitled, "The Conventional Understanding of Pain." For centuries, pain was considered to be the revenge of the gods.

Because of this, many early treatments involved rituals and ceremonies that would please the gods. When the gods were pleased, the pain would disappear.

Later during the Renaissance, an expert anatomist, Leonardo da Vinci, proposed that the brain was responsible for pain. And further, he claimed that the spinal chord was where the pain signals traveled to the brain. Finally, in the 1600s, Descartes explained what he called a "pain pathway."

Today, this is the most widely known and accepted theory of pain, which is also known as the specific-

ity model. More recent research is indicating that pain is far more complex than originally thought.

The Oxford Companion to the Mind, says that "Pain is a complex perceptual and affective experience determined by the unique past history of the individual, by the meaning to him of the injurious agent or situation, and by his state of mind at the moment, as well as by the sensory nerve patterns evoked by physical stimulation."

In other words, pain is more complex than an "injury-specific" experience. It also involves one's emotions and unique perspective to the pain as well as one's state of mind at the moment.

Also, it is unique to the individual nerve patterns as to how it responds to physical stimulation. A

case in point is the research that was done by Dr. Henry Beecher, a medical officer admitting casualties to an army hospital in WWII.

When admitted to the hospital, the soldiers were asked if they were in pain and if they needed pain medication. Seventy percent said that they weren't in pain and that they didn't need morphine. Dr. Beecher conducted the same test with civilians with similar injuries. Seventy percent of the civilians said "yes" to both questions.

This result suggests that their wounds meant different things to the two groups. The soldiers were relieved

that they had survived the battle and their wound meant that they were getting away from the battlefield.

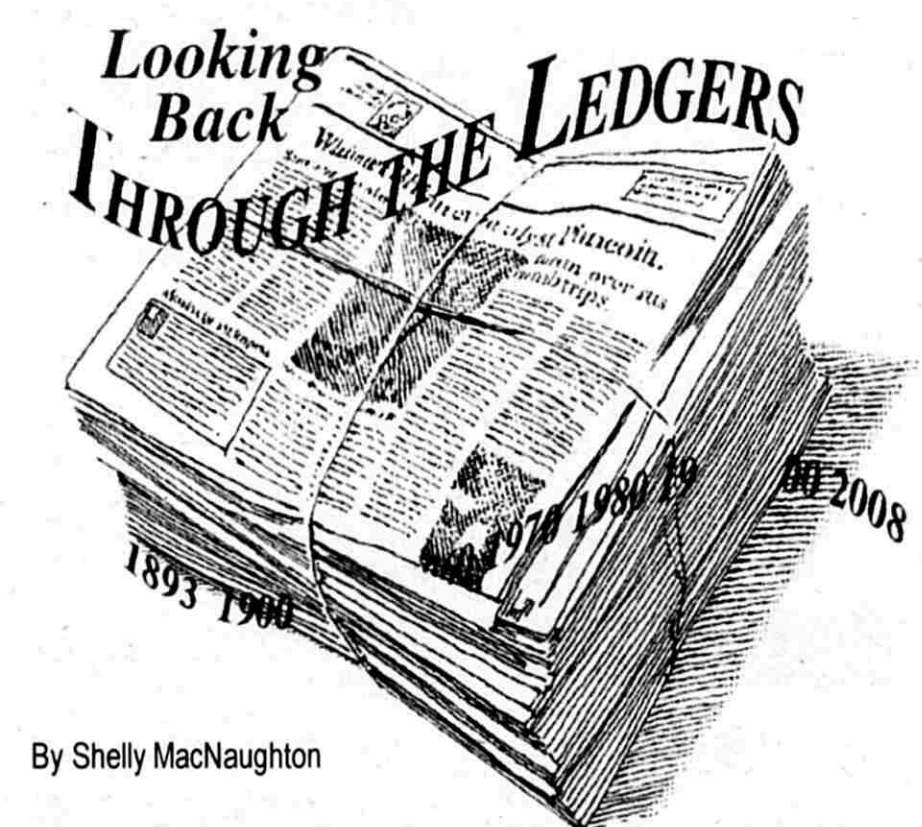
On the other hand, the injured civilians faced complications and loss in their normal life from their injuries. Because of studies that Dr. Beecher did, the current understanding of pain is a more complex model. It is one that includes the condition of the central nervous system and emotional stress.

Next month, the article will review some of the new approaches to pain. If you have any questions regarding pain, please email me at kathryndenhouer@gmail.com

Letters To The Editor:

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

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



By Shelly MacNaughton

110 Years Ago The Lowell Journal November 14, 1901

W. Lang is putting a cellar under his house. Herman W. Smith has been appointed postmaster at Bowne.

Wanted at once 100 bushel shellbark hickory nuts. D. G. Look and Clyde Collar drove to Belding last Tuesday on a business trip in connection with the compromised settlement with the Jesse Church bank matter.

100 Years Ago The Lowell Ledger November 16, 1911

A cyclone struck Owosso Saturday night wrecking two factories and many houses. Two people were

killed and many injured and the streets were strewn with wreckage. Our old Lowell friends, the Shermans, escaped injury or loss although a church steeple was blown off within 200 feet of their home.

The handsome brick residence of William Broad, a former Lowell boy and son of Charles Broad who many years ago was in the shoe business here, was partially wrecked. A. D. Oliver has a photo of this house.

75 Years Ago The Lowell Ledger and Alto Solo November 12, 1936

A career of continuous employment for one institution, which seems incredible in these days of constant change, was brought to a close a few days ago by the retirement of John Callier at the outset of his fifty-seventh year in the service of the King Milling Company.

50 Years Ago The Lowell Ledger Entry is missing from files.

25 Years Ago The Grand Valley Ledger November 12, 1986

After many delays and a change in management, Lee's Landing is scheduled to open Thursday morning at 6:30. The restaurant and lounge located at 109 W. Main St. has been totally remodeled over the past several months and new managers are eager to open the doors. Plans to tie up to the Lowell Showboat at the rear of the restaurant are still in the works, but have been postponed until Spring.

financial focus



Christopher C. Godbold

Five good reasons to create an investment strategy

Some people buy investments here and there, now and then. Others open an Individual Retirement Account (IRA), put some money in it, and then forget about it. But this type of haphazard investment behavior can lead to haphazard results. On the other hand, you've got five good reasons for creating and following a comprehensive, long-term investment strategy.

Reason No. 1: You want to enjoy a comfortable retirement lifestyle. For most people, building resources for retirement is the most powerful reason to invest. As a key part of your investment strategy, you'll want to consider investments that have growth potential. The proportion of your portfolio devoted to

these growth investments should be based on your individual risk tolerance and time horizon. And, as you move much closer to your actual retirement date, you may decide to shift some — but certainly not all — of your portfolio from growth-oriented vehicles to those investments that can provide a reliable income stream and incur less volatility.

Reason No. 2: You need to stay ahead of inflation. Over the past few years, we've experienced relatively low inflation, but over time, even a low inflation rate can dramatically erode the value of your savings and investments. That's why you may want to consider investments that provide the potential for rising income.

Financial Focus, continued, page 7

the lowell ledger

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ledger@lowellbuyersguide.com

Lowell's flagmen



Lowell Lions Club members, Dennis Anchors, Jim Readd, Steve Doyle, Dr. Bob Reagan and Jim Doyle, display new flags used for the Main Street flag program. Club members recently held a work session where 50 worn and faded flags were replaced with these new flags.

health



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

health osteoporosis

Osteoporosis is a disease that weakens bones. This increases the risk of broken bones. More than two million American men have osteoporosis. Men older than 70 years are more likely to have it.

You are at risk for osteoporosis if you have a parent or sibling with it. Other risks include poor nutrition, low body weight, smoking, high alcohol consumption and low testosterone levels. Taking certain medicines, such as steroids, may increase your risk of osteoporosis.

Symptoms of osteoporosis include fractures, loss of height, stooped posture and back pain. Very often

there are no symptoms in the early stages of osteoporosis.

Diagnosis of osteoporosis is made after your doctor examines you and listens to your symptoms. The best test to diagnose the disease is called a DEXA scan, which measures bone mineral density.

Prevention of osteoporosis involves limiting your risk - drink two or less alcoholic beverages daily, don't smoke, exercise regularly, take calcium and vitamin D daily. If you do develop osteoporosis, there are medicines to take - they are the same medicines prescribed for women who get the disease.

Burglary suspect arrested

On Tuesday, Nov. 8, the Lowell Police Department with assistance from the Lansing Police Department arrested a Lansing man, 34 year-old Kenneth Lee Womble, in Lansing. Officers from Lowell Police Department (P.D.) had been working on several reported home invasions in the city of Lowell; the first one was reported on Sept. 10, 2011.

Officers with the Lowell P.D., took five reports of home invasion over the months of September and October 2011. In one of the home invasions a resident came home and confronted the suspect. The homeowner got a good look at the suspect's face and auto-

mobile. The suspect fled in the vehicle leaving behind a bag which contained stolen property from previous break-ins.

A photo lineup was performed once a suspect was identified and the witness immediately recognized Womble as the man who broke into his home. With the assistance of Lansing P.D., Lowell officers were able to recover stolen property pawned by the suspect in Lansing.

The suspect was arraigned before Judge Sara Smolenski in the 63rd District Court and is currently being held in the Kent County Jail on a \$45,000 bond for the above listed charges.

Escanaba in da Moonlight rocks Larkin's Other Place

by Emma Palova

The Yooper comedy, set in a deer camp near Escanaba on the Upper Peninsula just prior to the opening of the hunting season, sold out Larkin's Other Place last Friday.

Written by Jeff Daniels and directed by Ric Davenport, the two-act play kept the audience laughing all evening long.

The major character, Reuben Soady played by Matt Tawney, wants to shake his reputation of being buckless at 35 in a family of astute deer hunters. He could become the oldest member to never bag a buck.

He breaks a great family tradition of eating pasties;

instead his wife, Wolf Moon Dance Soady, prepares a peculiar white concoction, so his luck turns around.

Reuben puts porcupine urine on himself to attract deer, but neither Albert or brother Remnar will let him hunt their secret grounds. They suggest to Reuben to hunt along the highway.

Reuben is quite desperate and all the men at the deer camp drink heavily Albert's home made drink, even though it's sappy.

But, also other forces prevent the men from reaching their goals. The camp is plagued by blinding lights from UFOs. The light freaks out Ranger Tom played by Casey Berg.

Ranger Tom brings



even more chaos to the already chaotic situation, as Reuben and Jimmer perform rituals and dances to enhance luck. The ranger is scared to death of the UFOs. Reuben zones out from the potion and the blinding

lights and it is up to Jimmer to save him prior to dawn.

The Yooper comedy aims a few jabs at people living in the Lower Peninsula, known as trolls, because they live below the bridge

referring to the Mackinac Bridge. "Those flatlanders and fudgesuckers don't even know how to hunt," resonated through the old vast theatre building.

Since the performance was a dinner theatre, some people dressed in hunting attire. The food complemented the performance, although pasties were really served unlike in the play. They're made of lard, rubarb and beef. Also, vege-

tarian chili and salad completed the meal along with a cookie.

Both Davenport and Lowell Arts! director Lorain Smalligan attributed the success of the play to its overall good publicity due to a previous movie and last year's sequel "Escanaba in Love."

"It's a great comedy," said Smalligan. "It's lots of fun."

More shows will be presented on Nov. 18 and Nov. 19 this week.

ETHAN M. HEDLUND
November 13th

Remembering you everyday and shedding many tears. Today's especially hard since it's your birthday. We miss you so much!
Love you Etb! Grandma & Grandpa

Look Who's 101!
Lillian (Kropf) Briggs
on 11-18-11

We're so lucky to have you as our mother, grandmother and great-grandmother!

Love you,
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Mike, Lori, Ryan & Cody Moore

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Sunday School.....11:20 A.M.
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Robert Holmes, Pastor
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WEDNESDAYS:
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"The Source" Youth: 7:00 p.m.
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Wednesdays
After School Kids' Club.....UNTIL 5:30

Rev. Rick Blunt

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Saturday confessions: 4-4:45 PM
Prayer & adoration each Wed. 8:00 AM - 8 PM
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NOVEMBER 16
Cherry Lilley.

NOVEMBER 17
Scott MacNaughton,
Cory DuBridg, Tyler Shindorf, Mary Schutts,
Anastasia Barnes, Ali Wernet.

NOVEMBER 18
Brent Noskey, Sandy Roe, Lillian Briggs,
Lindsey Sherman.

NOVEMBER 19
Ken Mulder, Jamie Zoodsma, Marlene Nash,
Lewis Powell, Betsy Maki.

NOVEMBER 20
Brian Brown, John Butler Sr., Michelle Wernet.

NOVEMBER 21
Gert DeHaan, Michael Hewitt, Tammy Gildner.

NOVEMBER 22
Lu Green, Carla Briggs, Andrea Richmond,
Karrie Borton, Joshua Gerard, Dylan Olin, Arlene Sytsma.

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LUNCH MENU

ELEMENTARY MENU
Week of Nov. 21, 2011

MON: Nachos w/meat & shredded cheese. (3 meat sub also offered at Alto, Cherry Creek & Murray Lake), tossed salad w/ romaine, refried beans w/ cheese, pineapple, milk.

TUES: Bosco sticks/ marinara sauce (Jr. ham & cheese sub also offered at Alto, Cherry Creek & Murray Lake), mini carrots, low fat ranch dipping sauce, applesauce, milk.

WED: Thanksgiving break

THURS: Thanksgiving

FRI: Thanksgiving break

To the Citizens of the City of Lowell:

The Lowell Area Historical Museum would like to thank all those who voted YES for the millage renewal.

The final tally was 75% YES votes to 25% NO votes.

This certainly represents a strong voice of support for the preservation and presentation of our rich and wonderful local history.

Again thank you for your support and watch as the Museum continues to grow even stronger in our community's educational, cultural and economic fabric.

Sincerely,
Pat Allichin

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November 4, 2011

To all of my customers whom I have come to treasure as the friends that they are.

It has been my sincere pleasure to be able to serve your needs for the last twelve years and a very sincere delight to see all of you walking through the door to see me.

I also want to take this opportunity to thank all of you who took the time out from your busy schedules in order to attend the memorial service for my daughter in Sunfield on the 24th of October. You have no idea what a pleasure it was to see you there. Thank you very much.

But, I have to move and as yet, I have not found a suitable building to move into. But, I would very much like to be able to continue to serve you.

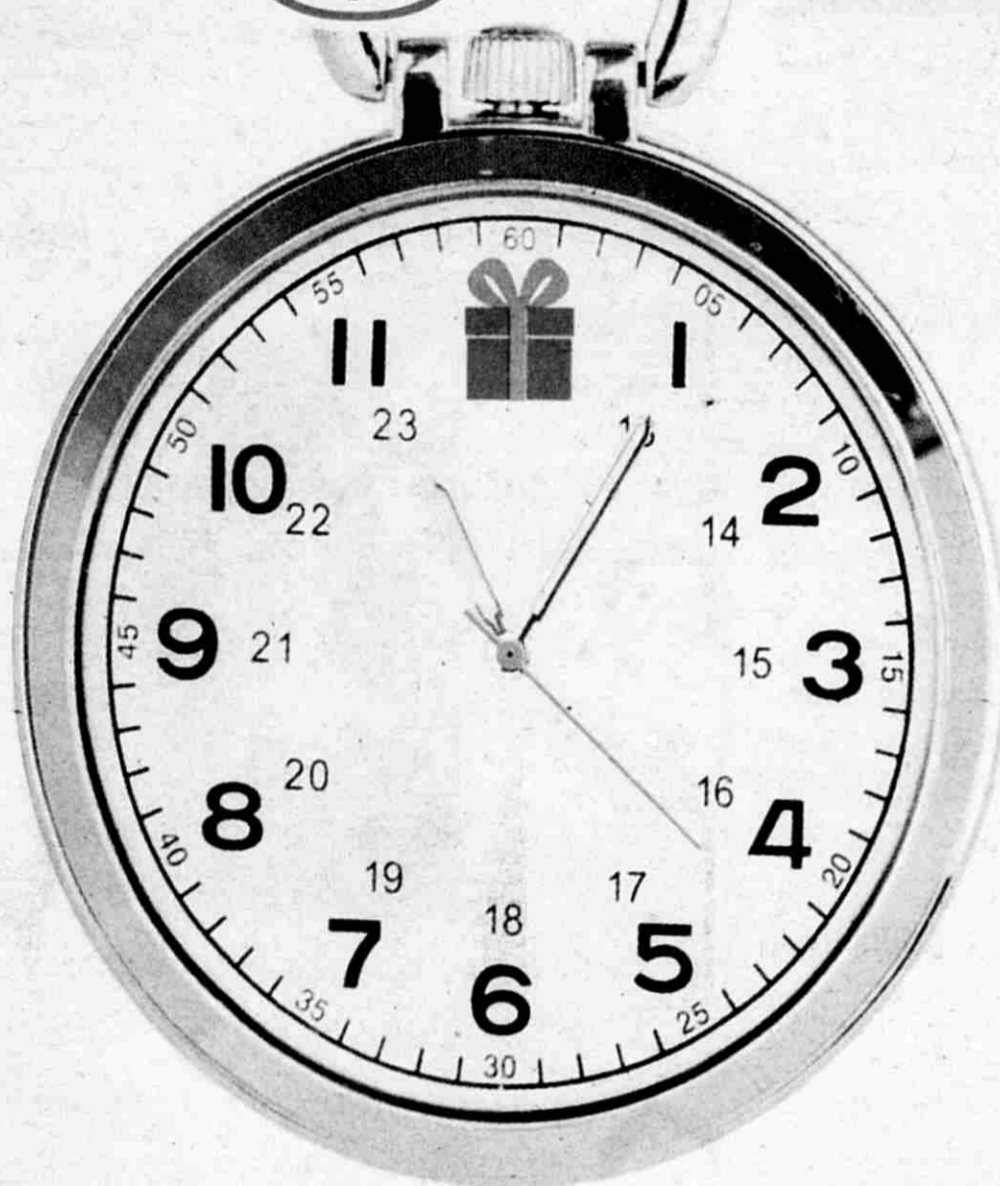
My address will no longer be 218 West Main Street, Lowell, Michigan, but my telephone number will stay the same.

I very much intend to stay in business and I will still be paying the most for your coins, stamps, pocket watches and gold and silver jewelry.

For now, give me a call. I will come to you. I hope to hear from you. 1-616-821-9232

Sincerely,
Rodger L. Ackerson

holiday gift guide



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What To Wear In Your Family Holiday Photo

With the holidays approaching, it's time to gussy up your family, book time with the local photographer and pick the photo you'll display for your annual holiday cards.

No doubt you'll want a photo that shows off your family, and the clothing you choose to wear in your photo can make or break your holiday card. But with a little planning, you can be sure your family will look its best.

"The right photo with the right card design can make all the difference and add a real 'wow' factor to your holiday card," said Mariam Naficy, CEO of Minted.com, the online stationery store.

Here are tips to make sure your holiday photo brings out the best in your family:

• Darks vs. Lights: Wear dark clothing colors on photos set in areas with light backgrounds, and light clothing for photos set in areas with dark backgrounds. The contrast helps ensure your family isn't washed out in the photo.

• Casual = Natural: Go casual (especially with kids) to ensure a natural-looking photo -- and happy faces! There is nothing worse than a staged photo shoot gone wrong due to uncomfortable outfits and poses. Sometimes an action photo, such as one showing everybody walking towards the camera, will produce a more natural-looking result than when everyone is forced to stand still.

• Keep It Simple: Avoid patterns or "busy" clothing that may conflict with the card design or be hard on the eyes. Or, if you have a complex photo, pick a simple card design. You can find a variety of decorative and simple Christmas cards online at sites like Minted.com.

• Keep your little ones protected Holiday road trips can be dangerous due to slippery conditions and additional motorists on the road. Many of the newest child seats rely on innovative plastic materials for safety features -- three- and five-point harness systems, shock absorbing foam padding, head impact protection and fire-resistant upholstery -- that help protect your children on the road.

• Fuel-up in advance on gas A full tank helps avoid extra stops along the way. And consider installing a cell phone app that geolocates gas stations with lower gas prices.

• Lighter vehicles = fuel-efficiency So if your family can fit comfortably, a smaller, lighter car could save on gas money. One reason is

• Use space-saving packaging Packing for a holiday trip can be challenging, so consider using airtight plastic "space saver" bags that prevent wrinkles, keep your clothes fresh and save space -- this could even cut down on the number of bulky suitcases that could block the driver's visibility.

• Pack healthful road snacks Consider foods such as cheese sticks, carrots and dried fruits. Buy in bulk and pack individual portions in convenient resealable plastic bags and containers. Avoid overly sugary treats that may make it harder for kids to sit still.

• Recycle along the way When snacking on the road, reuse plastic grocery bags to collect your recyclable plastic bottles, containers, bags and wraps until you can drop them in a recycling bin.

• Wrap Up your holiday shopping early

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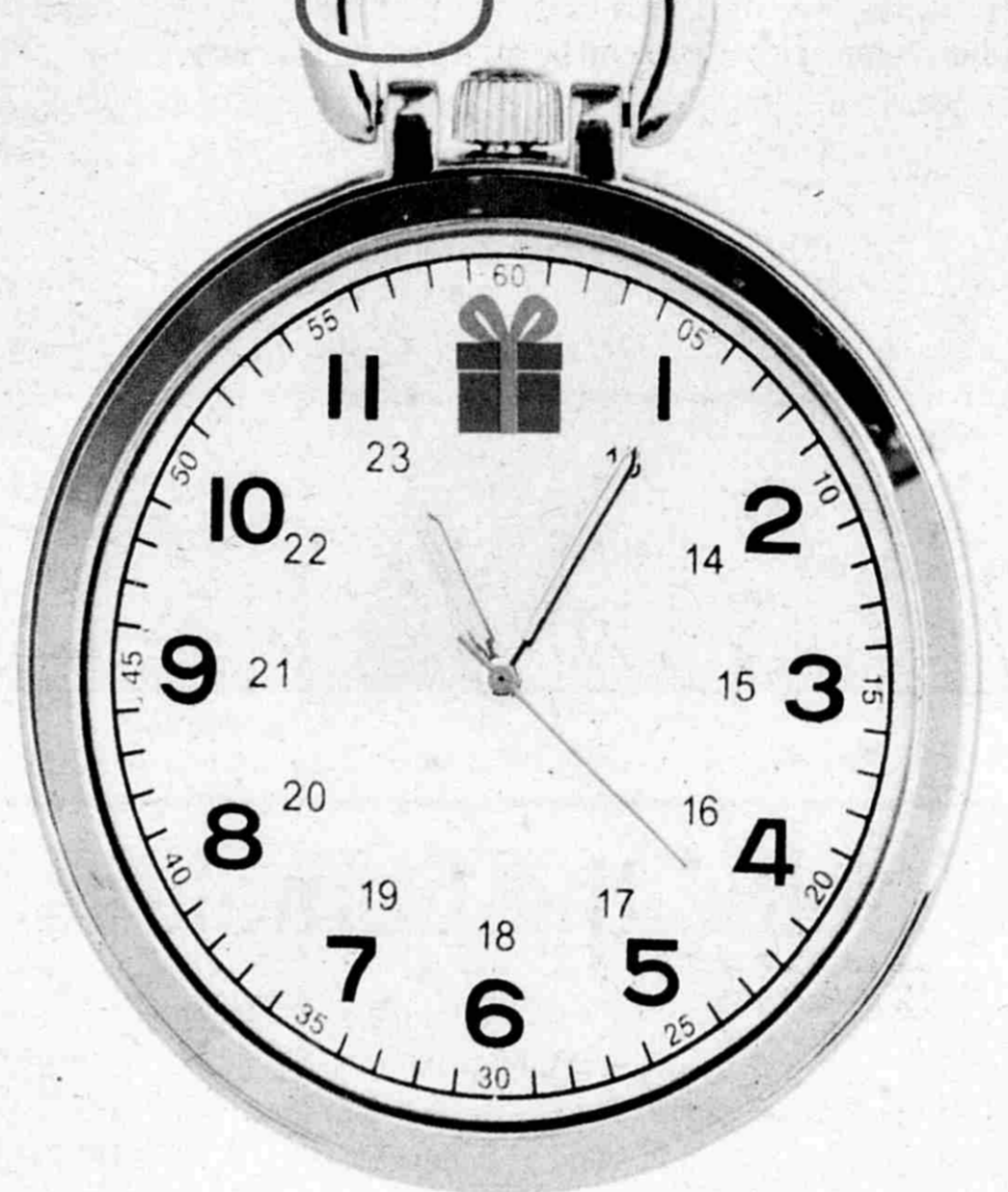
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Buyers Guide

holiday gift guide



"Are we there yet?"

Whether your trip will take you over the river or through the woods, getting to grandmother's house can mean overcrowded roads and tough driving conditions.

A little preparation can help make your holiday car trip safer and more pleasurable.

• Keep your little ones protected Holiday road trips can be dangerous due to slippery conditions and additional motorists on the road. Many of the newest child seats rely on innovative plastic materials for safety features -- three- and five-point harness systems, shock absorbing foam padding, head impact protection and fire-resistant upholstery -- that help protect your children on the road.

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with any color service of \$50 or more this season! Come in today or call us at 616.897.2122

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Tips For Holiday Car Travel

that today's cars employ many design, comfort and safety features made with lightweight plastics, which helps reduce overall vehicle weight to improve fuel economy. Modern automobiles now are made of 50 percent plastics by volume, but only 10 percent by weight.

If you have been considering purchasing a new car, there may be no better time than the holidays. Many dealers offer significant holiday discounts, so this could be a great time to prepare for that upcoming holiday road trip.

• Pack healthful road snacks

Consider foods such as cheese sticks, carrots and dried fruits. Buy in bulk and pack individual portions in convenient resealable plastic bags and containers. Avoid overly sugary treats that may make it harder for kids to sit still.

• Use space-saving packaging

Packing for a holiday trip can be challenging, so consider using airtight plastic "space saver" bags that prevent wrinkles, keep your clothes fresh and save space -- this could even cut down on the number of bulky suitcases that could block the driver's visibility.

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When snacking on the road, reuse plastic grocery bags to collect your recyclable plastic bottles, containers, bags and wraps until you can drop them in a recycling bin.

WRAP UP your holiday shopping early

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Girls' running program gaining momentum in Lowell

Girls on the Run® (GOTR) is a life-changing, nonprofit program for girls in third through fifth grade. They inspire girls to be healthy and confident using a fun, experience-based curriculum which creatively integrates running by combining training for a 5k (3.1 miles) running event with healthy living education.

Kent County Girls on the Run is one of 190 GOTR councils across the United States and Canada. Since its first season in the spring of 2003, the Kent County program has grown rapidly. Nearly 1,800 girls are expected to be registered to participate in the spring 2012 season.

There is also a Girls on Track program which is geared to the needs and issues of middle school girls. Girls on Track teams train toward a running goal and

participate with age-appropriate discussions about topics, such as eating disorders, alcohol and tobacco use, personal/internet safety and harassment.

More than a running program, Girls on the Run and Girls on Track promote positive emotional, social, mental and physical development in girls.

This is a volunteer supported program. Longtime volunteer, Kerri Johnson, introduced GOTR at Lowell's Murray Lake Elementary School in 2008. Four seasons later, she helped launch the Girls on Track program at Lowell Middle School and another GOTR at Cherry Creek Elementary which will host its first team this spring.

The Lowell Middle School fall Girls on Track team celebrates the conclusion of their season on Dec.

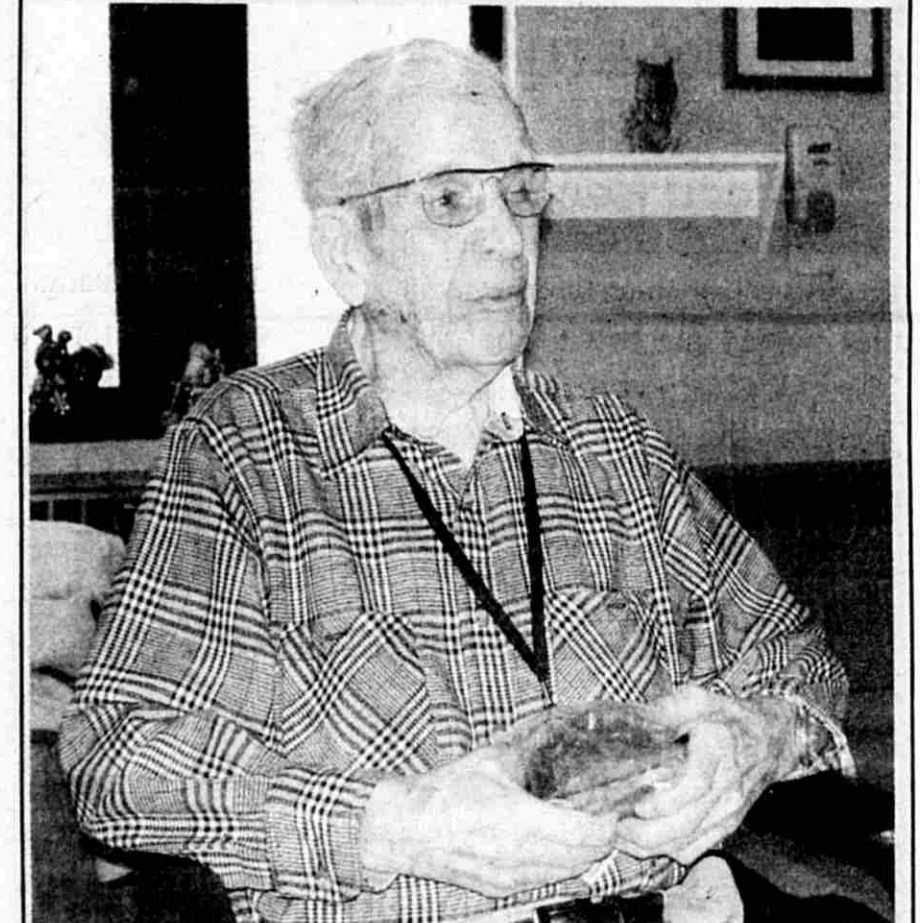
10. They will be joining the Arthritis Foundation Jingle Bell Run hosted by the Michigan Athletic Club.

Currently they are working on their community service project, a pet food drive for the Humane Society. A donation box will be left outside the middle school office until Dec. 9. They are asking for dog and cat food donations along with any treats you would like to give. In addition to the donation project, the girls have decided to work on creating coloring books hoping to donate them to the Helen DeVos Children's Hospital.

If you have any questions or would like to show your support by volunteering or making a donation, you can visit the website at kegotr.org or contact Kerri Johnson at kerri.gotr@gmail.com



Cookies delivered to Veterans



Colonel Sam Yeiter from Lowell, a resident of the Grand Rapids Veteran's Home, above, receives his bag of homemade cookies. The cookies were baked by women from the Lowell Women's Club last Saturday. One hundred thirty-five dozen cookies were provided for over 500 veterans by 23 Lowell women for this third annual Cookies Drive for Veterans. The Lowell American Legion Post and the Veterans' Home in Grand Rapids were very appreciative.

Social Security helps the homeless

More than half a million Americans experience homelessness on any given night. Nearly 20 percent of them are "chronically homeless," meaning they are on the streets regularly.

Social Security has several programs that pay benefits to qualified individuals, including those who are homeless. These programs include retirement, disability, and survivors benefits, as well as Supplemental Security Income (SSI), which is a needs-based program for people who are blind, disabled, or age 65 or older. If

you know someone who is homeless, and you want to learn more about how Social Security might help, a good place to get information is at www.socialsecurity.gov/homelessness.

That page includes a link to the Spotlight on Homelessness — a website designed to help the homeless apply for SSI. It's available at www.socialsecurity.gov/ssi/spotlights/spot-homeless.htm.

The homelessness page also includes links to information on health care for the homeless, institutionaliza-

tion, advocacy groups, reports on homeless outreach, and even links to other websites like the U.S. Interagency Council on Homelessness and HUD.

You'll find other information helpful to the homeless on www.socialsecurity.gov. For example, there is a link to our Benefit Eligibility Screening Tool, or BEST. Based on answers to various questions, this tool helps determine the benefits someone might be eligible for and gives information about how to qualify and ap-

ply. Go directly to www.socialsecurity.gov/best.

Tell anyone you know who is homeless or threatened with homelessness to use the Benefit Eligibility Screening Tool and to check out the different types of benefits and assistance they may be eligible to receive.

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

Murray Lake Volunteer of the Month

Murray Lake Elementary named their entire Family Links for the Volunteer of the Month award for September.

Several staff members nominated the group for all

of the time and energy they all put into the very successful Mustangs on the Move fundraiser that the Links held this fall.

"These ladies put so much time and energy into our first ever Mustangs on the Move fundraiser. None of them want credit for what they did, but our staff could not resist the chance to nominate them as very deserving Volunteers of the Month," commented principal Brent Noskey.



Pictured, back row, left to right: Sara Ponchaud, Cheryl Staley, Michelle DeKok, Kris Rickert, and Anne Momany; front row, left to right: Mellisa Spinella, Nicole Gaskin, Heather Looman, Lisa Northup, and Eileen DeVries.

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A bit of fragrance always clings to the hand that gives the rose.
~ Chinese Proverb

Red Arrow SPORTS

Red Arrows overpower Fenton High 35-14, move on to semifinals

by Casey Cheney

As the competition gets harder, the Lowell Red Arrows only get better. The regional champions of the last three consecutive seasons move past the Fenton Tigers and coach Noel Dean's brother-in-law, 35-14, to advance to the Division 2 state semifinals.

Dean said, "I thought we played well. I thought the kids executed very well."

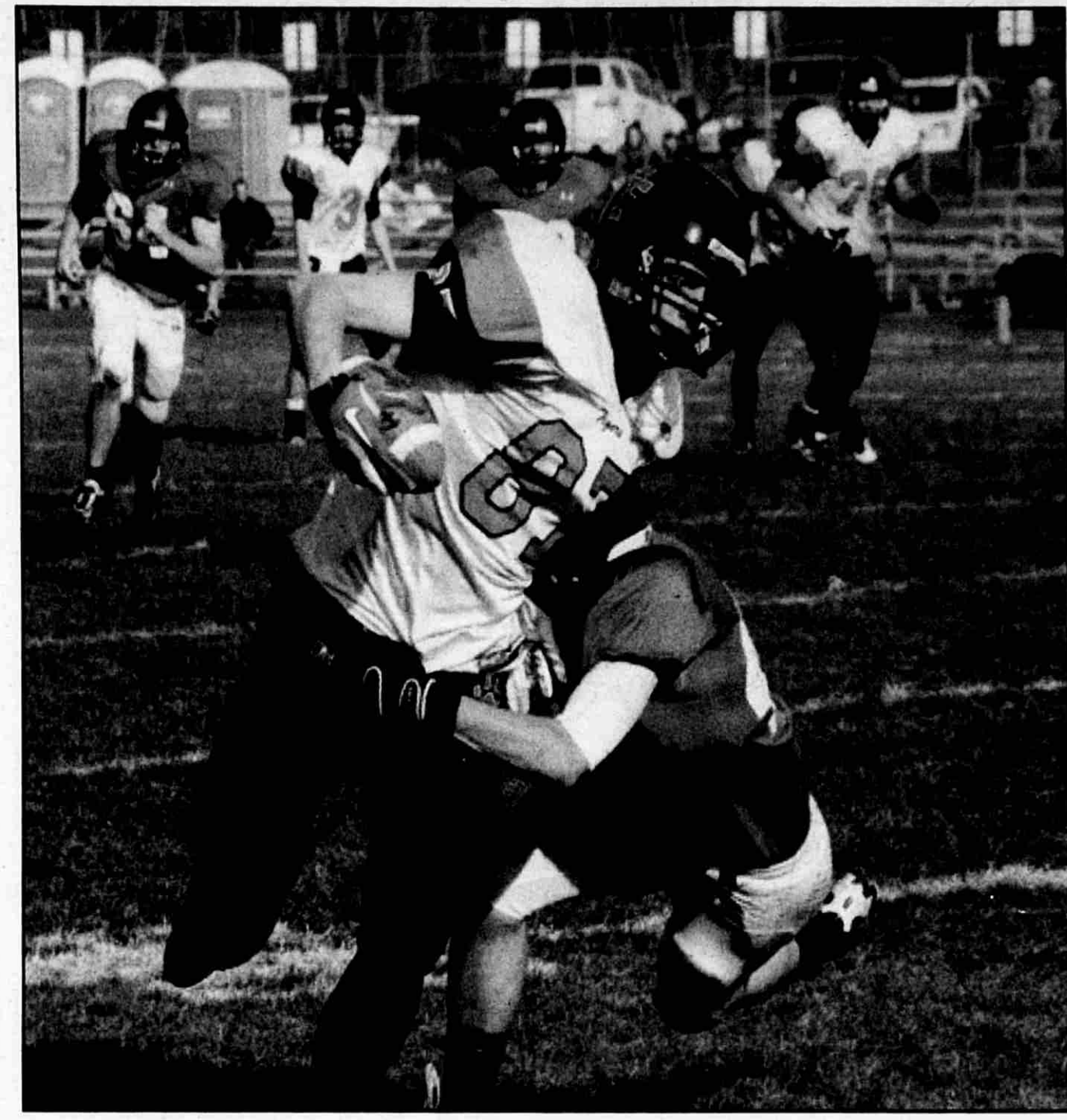
Lowell got off to a quick start with a three-and-out defensive stop on Fenton's first offensive possession, then a 57-yard drive capped off by a one-yard Gabe Dean touchdown.

Fenton came back with three first downs, only to fumble it with Lowell recovering. Lowell gave the Tigers the ball back with a fumble of their own,

but Fenton had to punt on another three-and-out.

A 35-yard run by Josh Addington set Lowell up for their own score from one yard out. A missed extra point made the score 13-0.

On their next drive, Fenton was able to march from their own 30 to the end zone to put points on the board.



Lowell's defense rose to the challenge of covering the taller receivers.



Luke Bigham loses the defense to make the catch. Below, Gabe Dean fights his way past a Fenton defender in Saturday's game. Dean racked up a season high of 244 yards.



Dean acknowledged the size advantage Fenton had on offense, particularly with their receivers. Yet, for the most part, Lowell prevented big plays through the air.

"It kind of blew my mind, actually," Dean said of his pass defense. "I couldn't believe it myself."

But Addington's 16-yard rushing touchdown plus Dean's two-point conversion with 1:08 left in the half gave Lowell a 21-7 cushion going into halftime.

The Red Arrows fumbled again on their first drive of the half, putting

the Tigers within striking distance of the 40 yard line. With the help of a defensive pass interference, they moved the ball to the 25 yard line. However, solid pass coverage capped off by a sack forced Fenton to punt it into the end zone.

The Red Arrows moved

passed for 92 yards on 7-of-9 completions. Addington had 110 yards on 24 carries.

Luke Bigham caught the ball five times for 58 yards and J. P. North had 32 yards on two catches. The Red Arrows had 367 rushing yards and 92 passing yards overall.

Lowell now faces, 11-1, Walled Lake Western in the state semifinals. The game is Saturday, Nov. 19, at 11:30. They will play on the Central Michigan University field.

the ball up the field to the one yard line, where Dean rushed it in, making the score 28-7 with 2:45 left in the third quarter.

Fenton, under the gun to get a score, went for the touchdown on fourth and twelve from twelve yards out. But Lowell defended the pass, causing a turnover on downs. Dean scored on a 14-yard rush to end the Red Arrows' scoring for the day.

With only 6:42 left in the game, the Tigers faced a 28-point deficit.

They would score within two minutes, but didn't have enough time to mount a strong comeback.

Lowell's third fumble of the afternoon gave Fenton the ball back, but they fizzled out on the drive. The Red Arrows walked off Bob Pery field victorious for the seventh time this year. Once again, they made it look easy.

Dean had 244 rushing yards on 34 carries and

Fenton finished with 210 yards through the air and less than 100 yards on the ground.

Aside from the turnovers, Dean was happy with his team's performance.

"We haven't turned the ball over much at all this year," Dean said. "I don't know what happened there. We eliminate that from our games, and we'll control the game a lot better on our end."

He complimented his defense, which kept the Tigers from capitalizing on any of those turnovers.

Lowell now faces, 11-1, Walled Lake Western in the state semifinals. The game is Saturday, Nov. 19, at 11:30. They will play on the Central Michigan University field.

"They're a very big, physical team," Dean said. "It'll be a great challenge for us, but we're just happy to be in the game."



NOVEMBER 9 - NOVEMBER 15

- The U.S. Supreme Court will hear a challenge to President Obama's sweeping health care reform law, the court announces Monday. Boeing and Emirates Airlines have signed an \$18 billion deal - the largest deal in the aircraft manufacturer's history. Norway terror suspect Anders Behring Breivik has been found sane by the judge - Anders has been accused of killing 77 people this past summer. Penn State trustees dismiss president and head coach Joe Paterno after sex abuse case. American Eagle Airlines is the first to be fined by the government. Eagle was fined \$900,000 for tarmac delays.

DONNA HAHN
May 5, 1950 - November 22, 2006
Mom and Grandma,



We love you and miss you everyday.

Bob and James Hahn; Anita, Dave, Patrick and Collin Roth; Gretchen, Paul and Adam Jones

NOTICE VERGENNES TOWNSHIP

Vergennes Township is seeking applications for expired terms on the Planning Commission, Zoning Board of Appeals, and Construction Board of Appeals.

Application forms may be obtained at the township offices located at 10381 Bailey Dr., Lowell, MI 49331, or on the township web site at www.vergennewp.org

Mari Stone, Clerk

LEGAL NOTICES

STATE OF MICHIGAN PROBATE COURT COUNTY OF KENT

NOTICE TO CREDITORS Decedent's Estate

FILE NO. 11-191231-DE

Estate of ROSEMARY ZASKIEWICZ. Date of birth: October 23, 1925.

TO ALL CREDITORS:

NOTICE TO CREDITORS: The decedent, Rosemary Zaskiewicz, who lived at 2000 32nd SE, Grand Rapids, Michigan, died September 27, 2011.

Creditors of the decedent are notified that all claims against the estate will be

STATE OF MICHIGAN PROBATE COURT COUNTY OF KENT

NOTICE TO CREDITORS Decedent's Estate

FILE NO. 11-191176-DE

Estate of ARLEEN R. LABELLE, deceased, Date of birth:

TO ALL CREDITORS:

NOTICE TO CREDITORS: The decedent, Arleen R. LaBelle, who lived at 4905 Stony Creek, Comstock Park, Michigan, died 10/09/2011.

Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to Suzanne J. Alt and/or Richard A. LaBelle, named

forever barred unless presented to David Zaskiewicz, named personal representative or proposed personal representative, or to both the probate court at 180 Ottawa Avenue NW, Grand Rapids, MI 49503 and the named/proposed personal representative within 4 months after the date of publication of this notice.

11/10/2011

Daniel Blaw (P37283) 2020 Raybrook SE, 204A Grand Rapids, MI 49546 616-336-5098

David Zaskiewicz 7486 Maple Ridge Ct. Howard City, MI 49329 616-299-1900

personal representative or proposed personal representative, or to both the probate court at 180 Ottawa Avenue NW, Grand Rapids, MI 49503 and the named/proposed personal representative within 4 months after the date of publication of this notice.

11/07/2011

R. John Stephan P71686 3875 W. River Dr. PO Box 327 Comstock Park, MI 49321 616-784-5080

Suzanne J. Alt 1401 - 9 Mile Rd. NW Sparta, MI 49345 616-647-9147

Richard A. LaBelle 1374 N. Hickory Ridge Tr. Milford, MI 48380 248-762-3960



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.

Since when did the city make the south end of the city a used car lot?

If I understand a recent Sound Off! submission correctly, free speech is only free if it doesn't make someone feel like a "second-class citizen." It seems that freedoms of speech, religion and expression are trumped by "feelings." That was news to me.

The person who feels like a second-class citizen - shouldn't. Why do we allow those crazies to yell on the street corner?

THIS WEEK'S ONLINE POLL RESULTS
Do you believe human life begins at the moment of conception?
Yes 71%
No 29%

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classifieds

for sale

KEY CARDS ARE HERE - Help support the LHS Academic Boosters & save money at the places you shop in Lowell and in Grand Rapids. Cards are \$25. Stop by & get your card today, Lowell Ledger 105 N. Broadway. Cash or check only please.

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

EPA QUALIFIED - 97% efficient. Central Boiler E-Classic Outdoor Wood Furnace. Sale. Call SOS your "Stocking Dealer" Dutton, MI 616-554-8669 or 616-915-5061.

1993 DUTCHMAN MOTORHOME - class C, F350, 77,000 miles, no rust, excellent condition, sleeps 6, 28 foot, stored. \$8,700. 581-8865.

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

1999 FORD F250 - super-duty, 4x4, power everything, V10, extended cab, cap, good shape, runs great. \$6,500. 581-8865.

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

REMINGTON 12 GAUGE - Pump Shotgun, \$250. Call 616-375-3506.

KENMORE REFRIGERATOR & STOVE SET - (2006), cost \$900, sell \$199 for pair. Hammond Wholesale, 320 W. Main St., Carson City, 989-584-1600. See us on Facebook.

BENELLI MI SUPER 90 12 GA. - w/4 chokes, 24 in. barrel, fully black semi-auto, \$650 obo. Call 897-7222.

2003 JEEP LIBERTY LIMITED 4 WD - \$7,000, 156K, leather, loaded to include heated seats, new tires, brakes & rotors. Call 897-4275.

QUEEN PILLOWTOP MATTRESS SET - (new), \$248/set. Thick & plush. Hammond Wholesale, 320 W. Main St., Carson City, 989-584-1600. See us on Facebook.

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

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.

for rent

INDOOR BOAT & RV STORAGE - In Alto area. Call 616-293-2237.

HALL FOR RENT - Lowell Veteran's Center, 3100 Alden Nash. Newly remodeled, smoke-free, private, great location & great rate! www.vfw8303.org. Also for those interested in dance classes at the post. Call John at 299-0486 or 897-8303.

PRICELESS STORAGE - Indoor/outdoor. New Units on Alden Nash, 1 mile South of 196. Call for specials 558-2900.

2 BEDROOM DUPLEX FOR RENT - \$600/mo. + gas & electric. No pets, available immediately. 153 N. Center, Lowell. 252-5611.

FOR RENT - Nice house & garage in Lowell on a large lot with a creek running through. 2 bedroom, 1 bath, 217 Brook St. 897-9081.

LIGHT INDUSTRIAL BUILDING FOR RENT - in Lowell. 1000 - 2000 sq. ft. Call Greg 292-4948.

ROOM FOR RENT - \$275 per month. Call 616-214-2056.

LOWELL MOBILE HOME PARK - Nice 1, 2 & 3 bedroom trailers for rent. Rent from \$350 - \$600. For info call George at 616-813-8041.

wanted

BUYING OLD & VINTAGE ITEMS - Toys, military related, retro furniture, jewelry, sports related, books, awards, knives, games, models, coins, any advertising items, & MUCH MORE! Cash paid. Call 616-550-0521.

misc.

CARD SHOWER - for Gert De Haan's 92nd birthday, Nov. 21. Send cards to 11535 E. Fulton, Lowell, MI 49331.

sales

CHRISTMAS CRAFT SALE - Nov. 18, 9 a.m. - 8 p.m. & Nov. 19, 9 a.m. - 5 p.m. Wide variety of hand-craft gift items. 11730 36th St. SE, Lowell.

services

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

HORSE BOARDING - at the end of dirt road, located N. of Murray Lake in Lowell, self service, 2 large pastures, paddocks & stalls also available. Call 897-5807.

HANDY REPAIR SERVICE - Experienced, patient, & professional performer has openings for fall & winter. Watch your child's confidence & academics improve as they learn notation, theory, & keyboard technique. Ver-gennes Twp. Ph. 897-9485. MissMeowisic@msn.com

PIANO INSTRUCTION - Experienced, patient, & professional performer has openings for fall & winter. Watch your child's confidence & academics improve as they learn notation, theory, & keyboard technique. Ver-gennes Twp. Ph. 897-9485. MissMeowisic@msn.com

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LOWELL MOBILE HOME PARK - Nice 1, 2 & 3 bedroom trailers for rent. Rent from \$350 - \$600. For info call George at 616-813-8041.

THE LOWELL BOARD OF EDUCATION - second Monday of the month at 7 p.m. in the Administration Building, 300 High St., Lowell.

WOMEN FOR SOBRIETY - meets every Monday, 7-8 p.m. at Bowne Center United Methodist Church, fellowship hall, 12051 84th St., corner of Alden Nash. Call Sue at 868-6219 or www.womenforsobriety.org

BOWNE TOWNSHIP HISTORICAL SOCIETY - meets the second Monday of the month at 10 a.m. in the Historical Museum at 84th/Alden Nash.

NEEDLERS - 5:30 & fourth Monday evenings. Second to 8:30 p.m. Schneider Manor Community Room.

WOMEN OF THE MOOSE - third Monday at 7:30 p.m. for business meeting.

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

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

services

SNOWPLOWING - Ada, Lowell, Cascade. Commercial & residential, insured, references available. Call Jon at Scenic Expressions LLC, 240-4464.

GOT STRESS? - Yoga classes offered by The Hammock will help. \$8 walk-in. Questions/schedule, call 893-5661. www.thehammockllc.com

HAUL-AWAY DUMPSTERS - 15, 20 or 30 yard. Beat any price. Best service. 616-364-1320.

FALL CLEANUP - Leaves, annuals removed, perennials & shrubs pruned, landscaping, Bobcat work & tree transplanting. Call Tom at Scenic Expressions LLC, 240-6215.

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

services

MAKE SURE YOUR BUSINESS IS LISTED - in the 2012 Lowell City Directory! If you run a business out of your home & do not have a business phone number in the Grand Rapids phone book, there is a charge to put your phone number in the Lowell City Directory. The cost is \$15. Your business name & phone number will be listed in the red pages & under 1 category in the yellow pages. Please call Tammy at 897-9560 or email: citydirectory@att.net for further info or to place your order. All orders must be paid by Dec. 31, 2011 to be included in the book.

SHIP YOUR UPS PACKAGES WITH US & SAVE!! - Call us for a price comparison. We will need: weight, zip code & dimensions of the box. No Hazardous materials or firearms accepted at this location. Daily UPS pickup at 3 p.m. Lowell Ledger, 105 N. Broadway, 897-9261.

FALL CLEANUP - Leaves, annuals removed, perennials & shrubs pruned, landscaping, Bobcat work & tree transplanting. Call Tom at Scenic Expressions LLC, 240-6215.

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

services

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

COMPUTER REHAB - \$65 all repairs - Virus & Spyware removal. No diagnostic fees! Mon. - Sat., 505-B West Main, Lowell. 987-1155, www.computerRehab.ws

HOLIDAY DEADLINE
Deadline for the Nov. 30 edition of the Lowell Ledger is 10 a.m. on Mon., Nov. 28
Ads requiring a proof should be here Wed., Nov. 23
the powder ledger
897-9261

Community Calendar

PLEASE NOTE - Coming Events are for non-profit organizations. If you are charging admission for an event - it is considered an advertisement. Coming events are ran on a space available basis & ARE NOT GUARANTEED TO RUN. If you would like to make sure your event is placed in the paper, please call our office & place it as a classified ad. We will not run ANY Garage or Rummage Sales as a coming event. All Coming Events or changes to coming events should be submitted by fax: 897-4809, email: classifieds@lowellbuyersguide.com, by mail: PO Box 128, Lowell, MI 49331 or in person: 105 N. Broadway, Lowell.

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, 7-8:30 p.m. during school year in Scout Cabin at the end of N. Washington St. Ages 11 and up or completing 5th grade. Call Scoutmaster Randy Jesberg at 897-4569 or Del Rockwell at 897-6814.
TAKE OFF POUNDS SENSIBLY TOPS MI #372 - every Tuesday at Key Heights Mobile Home Park Community Building. Weigh-ins at 5:45 p.m.
CUB SCOUT PACK 3188 - meets every Tuesday at 6:30 p.m. at First United Methodist Church, 621 E. Main.
QUA-KE-ZIK SPORTSMANS CLUB - meets second and third Tuesdays at 8 p.m. at 8731 West Riverside Dr. Go to www.qua-ke-zik.org for information. New members welcome.
LOWELL LIONS CLUB - meets third Tuesday at noon at Lowell City Hall.
DIABETIC SUPPORT GROUP - 2nd Tuesday at Schneider Manor Community Rm. 9:30-10:30 a.m. 897-2760 or 897-9160.
LOWELL AMATEUR RADIO CLUB - meets the 2nd Saturday at Flat River Outreach Ministries, 11535 E. Fulton, 9 a.m. social gathering; 10 a.m. meeting. LARC sponsors 145.27 MHz area radio repeater system.
THE EAST KENT COUNTY REPUBLICANS (EKCR) - meets the second Saturday of the month at the Lowell Area Chamber of Commerce (113 Riverwalk Plaza) from 8:30 to 10 a.m. to discuss current events on the local, state & national levels. Bring your concerns & issues to our meeting for open discussion! Share information about what you can do to become involved! For more information, please call Dave Emmette, 644-0759 or Nancy Steckler, 897-6380.
FLAT RIVER OUTREACH MINISTRIES THRIFT STORE - is open Wed. 10 - 8 p.m.; Thurs. & Fri., 10-6; Sat., 10 a.m. - 4 p.m. at 11535 Fulton St. E. Thrift Shop, 897-8260; Food Pantry, 897-8260; Emergency Services, 897-8260.
ALPHA WOMEN'S CENTER - 517 E. Main. Hours: Mon. 11-5 p.m.; Tues. 6-9 p.m.; Thurs. 10-6 p.m. 987-9533. Diapers, formula, clothing & free pregnancy testing available.
AVERILL HISTORICAL MUSEUM OF ADA - 7144 Headley, is open every Friday & Saturday 1-4 p.m. or by appointment. Closed Jan. & Feb. 676-9346.
ALTO LIBRARY HOURS: Tues. & Wed. 12-8 p.m.; Mon. & Sat., 9:30-1:30 p.m.; Thurs., 1-5 p.m. Info, call 647-3820.
ENGLERHARDT LIBRARY HOURS - Mon.-Wed., noon - 8 p.m.; Thurs. & Fri., 9:30 a.m. - 5 p.m.; Sat., 9:30 a.m. - 1:30 p.m. 647-3920.
LOWELL ARTS GALLERY HOURS - Tues. - Fri., 10 - 6 p.m.; Sat., 1-4 p.m.; Monday by appt.; 149 S. Hudson. Visit www.lowellartsocouncil.org or call 897-8545.
LOWELL AREA HISTORICAL MUSEUM - open Tuesday, Saturday & Sunday 1-4 p.m.; Thursday: 1-8 p.m. Families: \$10; individual \$3; ages 5-17 \$1.50; members free 897-7688.
ST. MARY'S PREGNANCY CRISIS CENTER - 402 Amity, Mondays: 5:30-7:30 p.m. and Thursdays: 11 a.m. - 3 p.m. Non-denominational. Help for pregnant women/adolescents in need. Provides support, referrals, food, clothing/infant items. Lowell area. 897-9393.
NEW CLASSES FOR EVERYONE - children - adults at Christian Life Center, 3050 Alden Nash SE, Lowell. Every Wednesday 7-9 p.m. Bible-centered classes for children through 5th grade, youth group for 6th grade thru high school & adult prayer & Bible study. Everyone is invited to attend.
MOMS IN TOUCH INTERNATIONAL - Thursdays 9 a.m. - 10 a.m. at Friendship Country Chapel, 10200 Grand River Ave. Moms & grandmas come pray for our kids & schools. Contact Missy at 308-7920 or missykooistra@gmail.com with any questions.
ORIGAMI - Each Tuesday, 2-3 p.m. Learn the ancient art of paper folding. Gilda's Club - Lowell Clubhouse, 314 S. Hudson, Lowell.
CANCER - KIDS & TWEEN TALK GROUP - First & third Tuesdays, 5:30 - 7 p.m. A committed group for children in first-eight grade on a cancer journey. Incorporates curriculum-based activities, discussion & fun. Gilda's Club - Lowell Clubhouse, 314 S. Hudson, Lowell.

FFA members honored at national convention

submitted by Kevin Nugent,
Lowell FFA Advisor

Several members from the Lowell FFA traveled to Indianapolis, Indiana, October 19-22, to take part in the 84th National FFA Convention. The FFA convention is the largest annual student gathering in the nation, with over 50,000 FFA members, teachers, administrators and guests filling the streets and hotels of Indianapolis. Fifteen students from Lowell made the trip with several either participating in the convention or being recognized for awards.

Emma Blough was selected to play in the National FFA Band. Blough submitted an audition tape in the spring and was selected to be part of the 80 member national band. The band performed several times during the convention, helping to add excitement and motivate the students with their music. In order to be prepared, Blough had to arrive at the convention four days early to take part in several practices and rehearsals. Former Lowell Middle School band director, Dale Latva, serves as the assistant band director for the National FFA Band.

Three members from Lowell were presented with the American FFA Degree.

Ian Blodger, Mike Clover and Cody Kastanek earned this award which is the highest degree level in the FFA. While in high school, students are awarded the chapter and state degrees based on their Supervised Agricultural Experiences (SAE) or projects that they were involved in for FFA. The American degree recognizes those individuals that continue to develop and improve their SAE projects after high school. Examples of projects students from Lowell worked on include raising fair animals, working at local agricultural businesses and landscaping.

Paula Blough and Sara Fosburg applied for and received recognition in the National Proficiency Awards. The proficiency awards recognize those students that have excelled with their SAE in a specific area. In March, both students were named the state winner in their specific area. Blough was named the state winner in the agricultural sales category for the work she does at Heidi's Farm Stand. Fosburg was named the state winner in the agricultural services category for working with Grand Carriages, a company that gives carriage



Members attending the National FFA Convention from Lowell were, left to right: Olivia Kauffman, Kaitlyn Johnson, Kendra Merriman, Sarah Crosby, Drew Corson, Emma Blough, Katy Mork, Sarah Misak, John Mark, Emma Roderick, Caitlin Clover, and Jacey Culross.

rides at Meijer Gardens and around the Grand Rapids area. As the state winners, both applications were sent to the national level where they both received a silver award.

The other students that attended from Lowell took part in many areas of the convention. The sessions included motivational speak-

ers and presentations from the National FFA officers. The students also attended the National FFA Career Show which contained over 1,300 booths representing colleges and different agriculture-related career opportunities. Caitlin Clover, Drew Corson, Sarah Crosby, Jacey Culross, Kaitlyn

Johnson, Olivia Kauffman, John Mark, Kendra Merriman, Sarah Misak, Katy Mork, and Emma Roderick attended the convention from Lowell.

The National FFA organization has over 500,000 students in all 50 states, Puerto Rico and the Virgin Islands. The Lowell FFA is

one of the largest chapters in Michigan with nearly 100 members. The mission of the FFA is to make a positive difference in the lives of students by developing their potential for premier leadership, personal growth and career success through agricultural education.

Lowell Light & Power among recipients for energy audits, renewable energy development assistance, and feasibility studies funding

Agriculture Secretary Tom Vilsack announced that USDA has selected for funding 67 projects nationwide that are focused on helping rural agricultural producers reduce energy consumption and costs; use renewable energy technologies in their operation; and/or conduct feasibility studies for renewable energy projects. Funding is made available through the Rural Energy for America Pro-

gram (REAP), which is authorized by the 2008 Farm Bill. Under Secretary for Rural Development Dallas Tonsager made the announcement on behalf of the Secretary while attending the Pennsylvania meeting of the National Rural Electric Association (NRECA).

"The Obama Administration is committed to making America more energy efficient, and in doing so, more competitive by encour-

aging rural businesses build renewable energy systems," said Tonsager. "The projects announced today will provide rural small businesses and agricultural producers the opportunity to conduct feasibility studies for renewable energy system installations. Eligible intermediaries, such as universities, will receive funds to conduct energy audits which will lead to energy savings and initiatives that will reduce energy consumption for years to come."

Tonsager said that Pennsylvania State University has been selected to receive a \$99,676 grant to conduct a statewide initiative that offers technical assistance and workforce solutions through energy audits. Saint Francis University, also in Pennsylvania, was selected to receive \$100,000 to help agricultural producers and rural small businesses reduce energy consumption and cost through technical assistance provided by the university.

In Charleston, W. Va., the West Virginia Division of Energy has been selected to receive a \$100,000 grant to complete 130 energy audits for rural small businesses to help them reduce energy usage and operating

costs. Boise State University in Idaho was selected to receive a \$100,000 grant to offer energy savings information and energy audits to more than 1,500 manufacturing-related agricultural producers and small businesses in the state.

Arbre Farms Corporation in Walkerville, Mich., was selected to receive \$7,000 to evaluate the feasibility of installing and operating an anaerobic digester that could produce and use biogas as a substitute for propane to power the farm's boilers.

The announcement is in concert with an agreement signed by Secretary Vilsack in December, 2009. During climate change talks in Copenhagen, Denmark, the Secretary signed a historic agreement to help U.S. dairy producers cut greenhouse gas emissions. The agreement between USDA and the Innovation Center for U.S. Dairy calls for the parties to work to reduce greenhouse gas emissions from dairy farms by 25 percent by 2020.

USDA is awarding more than \$2.4 million in energy audits grants, Renewable Energy Develop-

ment Assistance Grants; and more than \$1.2 million to support feasibility study projects.

Funding is made available through the Rural Energy for America Program (REAP) under the 2008 Farm Bill. REAP loan guarantees and grants can be used for renewable energy systems, energy efficiency improvements, feasibility studies, renewable energy development assistance and energy audits. More information on the REAP program can be found at http://www.rurdev.usda.gov/BCP_ReapGrants. Funding of each recipient is contingent upon the recipient meeting the conditions for the grant. The following is a complete list of award recipients announced.

- Michigan recipients are:**
- Arbre Farms Corporation (Oceana County) - \$7,000
 - Lowell Light and Power (Kent County) - \$30,000
 - Suburban Aviation, Inc. (Monroe County) - \$10,000

Since taking office, the Obama administration has taken historic steps to

Hunters came out of the fog to claim their prize

It was an unusually warm, foggy morning for the start of the 2011 firearm deer hunting season and The Lowell Ledger First Deer Contest.

At 9:15 am, Nicole Wilcox, 17, became the first hunter to show up at

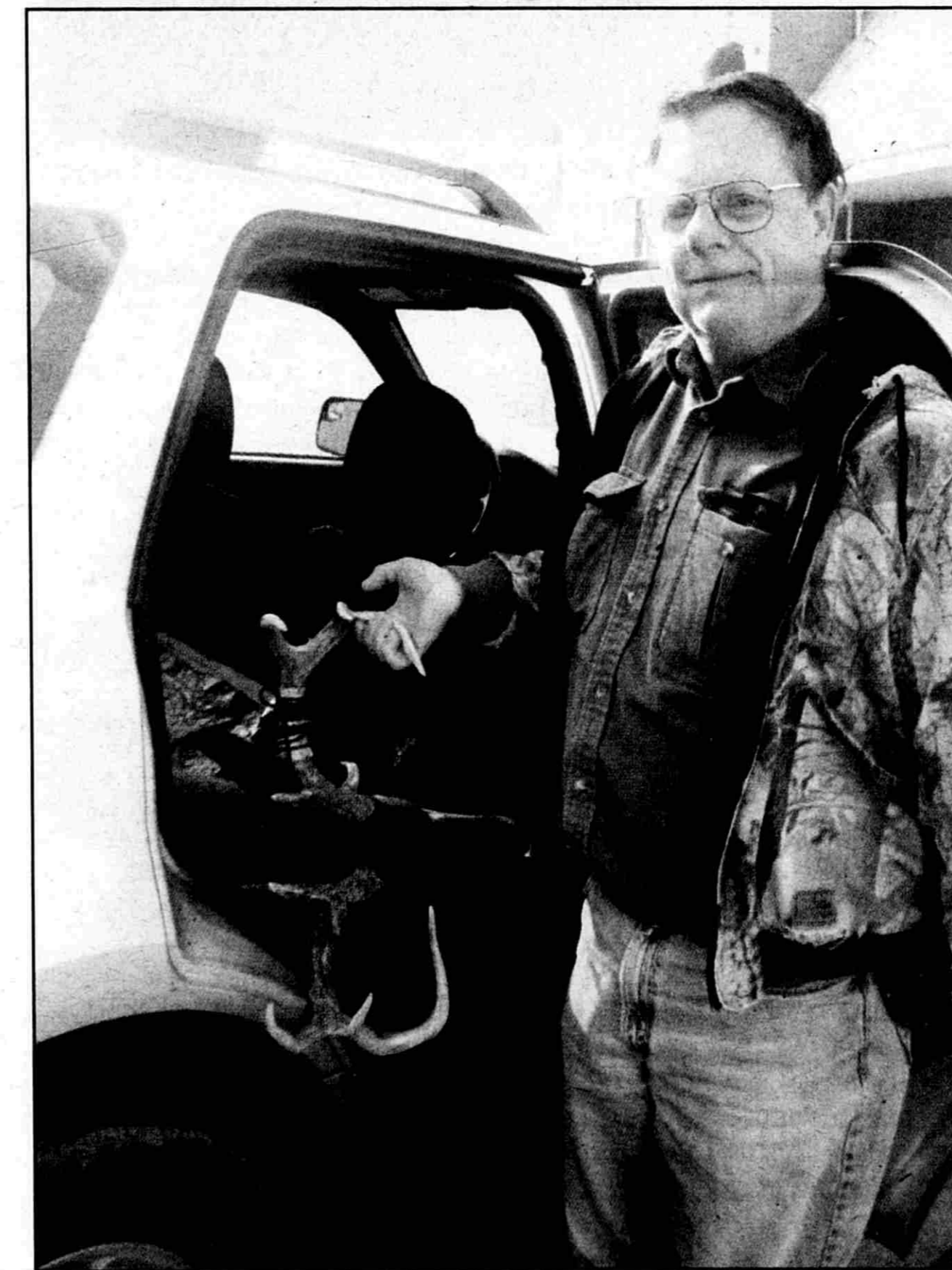
the Ledger office with a six-point buck. It was also her first "solo" deer. She was hunting near Three Mile and Bird Lake with her grandfather Gordy Wilcox.

Second to arrive was Alex Smith, 14, with his first deer, a three-point buck. Smith was hunting with his dad Andy.

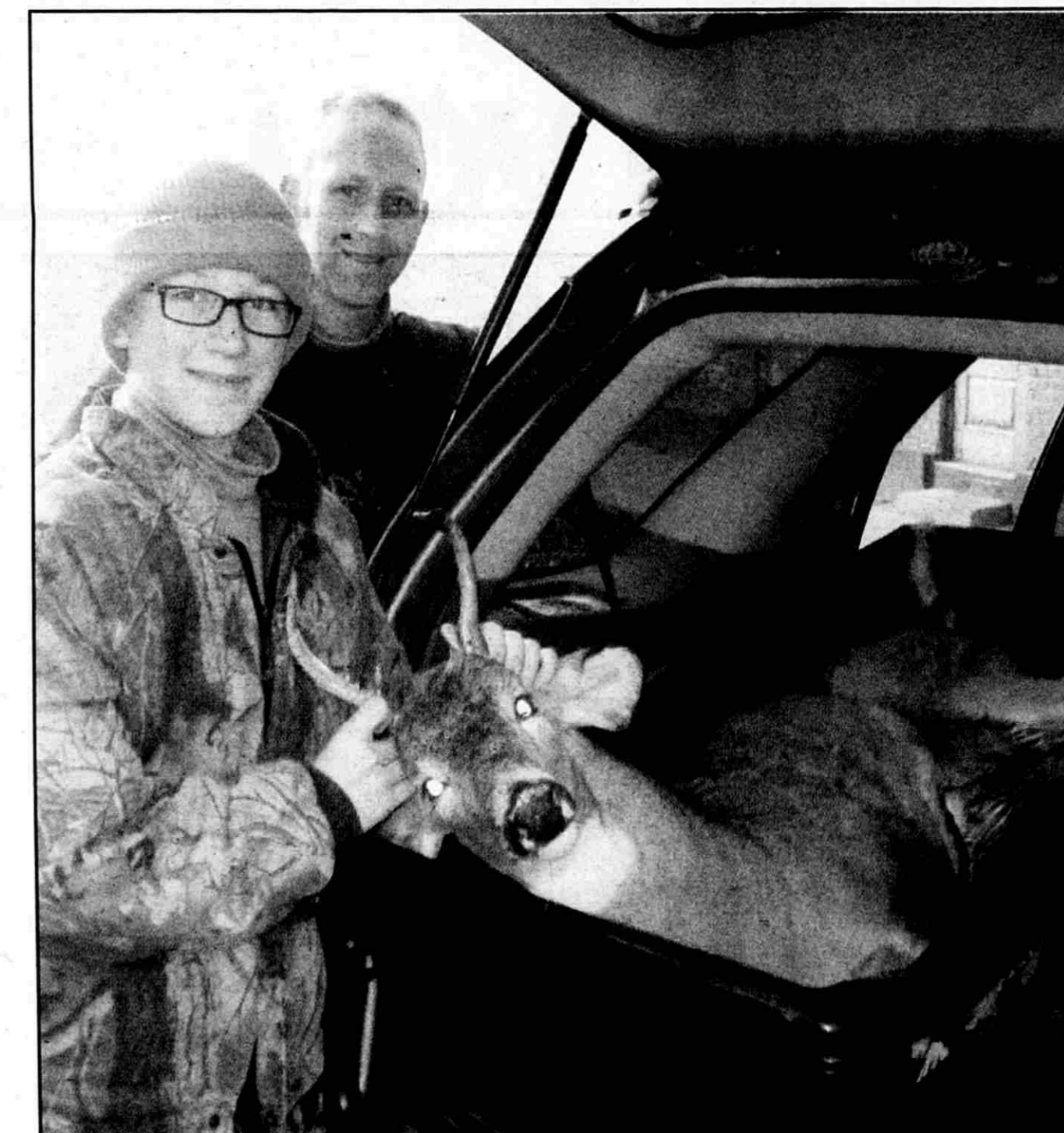
The third-place slot went to wildlife biologist Jack Boss. He shot his deer while hunting in Ada. He also pointed out that the 10-point buck, was between three and four and a half years old.



The first hunter to arrive at the Ledger office was Nicole Wilcox.



Jack Boss and his 10-point buck.



Alex Smith with his first buck.

Congratulations to all the **First Deer CONTEST** winners!

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Ron van Overbeek

Behind The Scenes

Position: Assistant fire chief and investigator, and Power safety coordinator
Residence: Lowell township since 1970
Education: 1980 graduate of LHS, Michigan State Police fire investigator, OSHA safety training
Experience: 23 years - Lowell Area Fire Dept, 14 years - Lowell Light and Power
Family: Wife Melissa, children Josh and Sydney
Hobbies: Golf, hockey, hunting, camping

Assistant fire chief wears two hats

by Emma Palova

What started out as a joke has turned into a life-long career for Ron van Overbeek. One day, while bowling with rescue lieutenant Joyce Wilkerson, van Overbeek teased Wilkerson that anyone can do that job.

So, Wilkerson signed him up for an emergency medical technician (EMT) class.

"It absolutely wasn't

as easy as I thought it would be," van Overbeek said.

In three months, van Overbeek found out that there is a lot of stress as an EMT. But, he liked the fact of being able to help people and give back to the community.

The other advantage was that the training kept van Overbeek in Lowell. He also put on his other hat at the Lowell Light and Pow-

er (LLP) generation department and helped with generation rebuilding.

There were plenty of early challenges at both jobs due to their nature.

In the fire department, van Overbeek had to learn how to deal with death and even with the death of his friends or their children.

"We have a good support team at the fire department," he said.

He found the same kind of support at the utility company working under Tom Russo. Russo taught van Overbeek about the generation department and the electrical aspects of it.

Did he ever want to leave the stress of being in the fire department and rescue? Sure.

But, as van Overbeek puts it, nothing can beat the feeling of being involved with a baby delivery. And he has been involved in deliveries multiple times. For each one he has received a stork trophy.

As far as the utility goes, van Overbeek has always enjoyed the crew and the stable local environment, so, why would he want to leave?

The goals in his dual roles are simple at both places.

"I make sure everybody goes home safely at the end of the day," he said.

In order to achieve these goals, van Overbeek stressed the need for excellent communication, constant training and team support.

"We watch out for each other," he said.

van Overbeek is motivated by being a part of a successful team as assistant fire chief and fire investigator.

He likes to present a well-balanced image to his peers and supervisors. That means not being too hard or too soft.

"There's a fine line," he said. "You have to make sure you don't cross it."

At the utility, he pushes the safety aspect of the work pretty heavily.

And both workplaces are constantly improving with better equipment and better training.

"With LLP we service a small area and we take pride in reliability and commitment," he said.

Over the more than 20



Assistant fire chief Ron van Overbeek at the Lowell Area Fire Department.

years with the fire department, van Overbeek has seen many changes and improvement in technology, such as the use of defibrillator on both rescue squads, the use of thermal imaging cameras for search and rescue outside if somebody is missing and for fire extensions.

The department has a new set of jaws of life by T&T Tools and there is always more training and more safety guidelines.

The technology at LLP is constantly moving ahead with automated controls and generators online and it is changing with the advancement of green energy. This means for example using Energy Star lighting.

"We're finding ways to save money but keep reliable service," he said. "Our ultimate responsibility is conserving energy. We're doing our best in going green."

The fire department constantly trains through repetition to be ready for any upcoming situation. Grants are always available for fire education.

"You don't act or react," van Overbeek said. "You don't want to cause any more damage than [is] already done."

Going into a rescue mission is like getting into a zone, according to van Overbeek.

"You have to think quickly and talk it out as a

team so you know how to handle it," he said. "You have to stay calm."

van Overbeek considers himself fortunate to be a part of a good team at both places.

"It takes a group effort and more than one person involved," he said. "I am dedicated and committed. I take a lot of pride in what I do."

The fire department and the utility are an integral part of the Lowell community. They showcase their wares at the annual Lowell Expo, during the fair and other events.

"I am content in both places," said van Overbeek.

A good day at the fire department is when the pager stays quiet. A bad day is when there is a loss of life or property.

A good day at the utility is when the power stays on and everybody goes home safely.

On the other hand, van Overbeek is not looking forward to the snowstorm season when the power lines are down, creating a potential for injury for the line guys.

As a firefighter, van Overbeek is now assisting three generations of classmates, their parents and children of friends. He passed his love for the rescue services onto his son Josh, who is a fire and rescue worker for the city of Portage.

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