

exploring our national parks



page 14



wrestlers are conference champs



Wild, educational fun can break up winter doldrums at Wittenbach/Wege nature center

By J. Boss

Last Saturday, falconer and wildlife rehabilitator, Greg Brooks, from Saranac, hosted a birds of prey program at the Wittenbach/Wege Agriscience and Environmental Education Center. Brooks brought with him a bald eagle and great horned owl.

Unfortunately, both birds have injuries preventing them from being released into the wild. The upside of this is that these birds are used for educational programs throughout the area.

Several nature programs

are offered at the center in February.

On Saturday, Feb. 11, the center will host a beekeeping workshop from 9 am to 3pm. On Sunday, Feb. 26 at 2:30, a program entitled "All About Owls" will feature animal care specialist, Lori Martin, from Blandford Nature Center. Visitors will learn about various owl adaptations that help them to be efficient predators. Several live owls will be on hand to view.

At the end of the month on the 29th, from 6 to 7 pm, visitors can think

about spring and attend "Organic Gardening 101." "If you've ever wanted to garden organically and didn't know where to start, this is the perfect time to

start planning your next vegetable garden," says center director Meggan Johnson.

Registration is required

for most of these events. You can call 616-987-2565 or email mjohnson@lowellschools.com for more information.



Falconer and wildlife rehabilitator, Greg Brooks, spoke at the Wittenbach/Wege Center and talked about this great horned owl, as well as, the bald eagle at left. Photos by Marilyn Keigley

DHS and MSHDA team up to provide rent/mortgage assistance

Beginning today, families affected by cash benefit lifetime limits could qualify for a total of six months' housing assistance through a Michigan State Housing Development Authority (MSHDA) and Michigan Department of Human Services (DHS) program. Michigan

Department of Human Services director Maura D. Corrigan and a MSHDA executive director, Gary Heidel, announced that MSHDA would provide up to an additional three months' rental or mortgage assistance, in addition to the existing three months currently being pro-

vided by DHS, for families affected by the cash assistance lifetime limits.

The temporary assistance will come from the newly introduced MSHDA/FIP Time Limited Assistance program. The Family Independence Program (FIP) is a temporary cash

assistance program provided through DHS for low-income families with minor children and pregnant women and helps pay for living expenses, such as rent, heat, utilities, clothing, food and personal care items.

"As a housing provider for low-income families and

our strong partnership with DHS, we intend to match their three-month rental or mortgage assistance offer with an additional three months for the same population," said Heidel. "We have stepped up to the plate with

Housing assistance, continued, page 2

Students take the Super U Challenge



Students at St. Patrick School in Parnell got in touch with their inner 'personal superheroes' during a recent Super U Challenge. The assembly brought a double dare-styled game show to the school to help students learn how to build positive character traits and identify bullying behavior. The Super U Challenge was presented



50 CENTS



Follow the Michigan DNR on Twitter

Michigan residents can now enjoy their morning coffee with a side of savings, courtesy of the Department of Natural Resources. The DNR is featuring "Morning Perks" - daily discount alerts on Twitter, showcasing the wide variety of savings available in the department's Passport Perks program.

The DNR's Twitter feed now features two Passport Perks discount deals every morning, promoting Mich-

igan businesses that offer special discounts through the Perks program. The tweets can be accessed by following the DNR Twitter feed at www.twitter.com/michiganDNR, searching Twitter for keyword #PassportPerks or viewing the compiled Morning Perk tweets at www.michigan.gov/passportperks.

"The deals featured on Morning Perks are a daily reminder that people can enjoy great savings just by pur-

chasing the Recreation Passport at a Secretary of State venue," said Erik Thornbury, marketing and hospitality coordinator for the DNR's Parks and Recreation Division. "With more than 800 discounts offered statewide, the \$10 cost of a Recreation Passport can easily be recouped through discount savings, and then some."

Passport Perks, the largest discount program of its kind in the state, offers deals

on merchandise and services from participating Michigan businesses - 800 so far, and that number is steadily growing.

Discount deals are not limited to outdoor or sporting goods stores. Discounts are available on everything from tax preparation, auto repair and beauty salon services to pizza, ice cream and movie rentals. Businesses participating in the Perks program range from

local mom-and-pop shops to statewide and national chains, making it easy to find a participating location in just about any region of the state.

"We are particularly proud of the Passport Perks program because it's such an easy way to drive customers to Michigan businesses in nearly every category," said DNR Director Rodney Stokes. "For shoppers, it's a pretty great deal, too. For

\$10, you get the Recreation Passport plus a year full of savings on the products and services most appealing to you."

Passport Perks discounts are available to Michigan residents who check "YES" for the \$10 Recreation Passport when renewing their license plates at a Secretary of State

DNR on Twitter, continued, page 7

LOWELL LACROSSE IS HAVING A CAN DRIVE SATURDAY MORNING FEBRUARY 11
 Lacrosse players/parents will be canvassing the town so please support Lowell Lacrosse and donate your returnables!
 You may also drop them off at Lowell Middle School parking lot Saturday, February 11 from 10 am - Noon or call 616-446-9100 for us to pick them up!
Thank you for your support!

Housing assistance, continued

\$1 million over the next two years to help these families have stable lives in their communities and neighborhoods while they are finding jobs and getting back on their feet."

DHS is contacting families who are reaching their three month limit in rent as-

istance to facilitate an extension through MSHDA's program. Families who take advantage of this program must meet certain overall criteria, including a self-initiated job search and reporting through Michigan Works during the first three months. In addition, for any

extension of three months of MSHDA assistance, a verifiable job search will be required, including a minimum number of job applications.

"Together with MSHDA, our department is working to provide the temporary rental assistance families need as they concentrate on finding employment," said director Corrigan.

Referrals must be made by a designated DHS staff person to the local Housing Assessment and Resource Agency (HARA) and eli-

gibility will be based on DHS referral to the HARA of the recipient, with supporting documentation that their temporary housing assistance rental or mortgage assistance will be exhausted within 30 days of the referral date.

Families with questions regarding this program should contact their local DHS office for assistance. For more information on the Department of Human Services, visit www.michigan.gov/dhs.



along main street

YOUTH THEATRE PRODUCTION

The Magician's Nephew will be performed at 7 pm on Feb. 15 at Alto Elementary, Feb. 21 at Cherry Creek Elementary and Feb. 23 at Murray Lake Elementary. Tickets are \$5 and available at LowellArts! or at the door. This play is adapted from C. S. Lewis' Narnia Series Classic. For more information call 897-8545.

SWISS SETTLERS WORKSHOP

The Lowell Area Historical Museum will be hosting a Swiss Settlers Workshop for youth on Sat., Feb. 25 at the Wittenbach/Wege Center from 9 am to 2 pm. Activities will include arts and crafts that were popular to the early Swiss settlers. Class size is limited so register early. For more information or to register, call Linda at the museum, 897-7688.

CALL FOR AUDITIONS

Thebes Players will present The Odd Couple (dinner theatre) from April 27 - May 12. Auditions for the play are on Sat., Mar. 3 at 10 am and Mon., Mar. 5 at 6 pm at Lowell Public Library. For more information and to borrow a script call or visit LowellArts! at 897-8545 / 149 S. Hudson.

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

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Annual spaghetti dinner raises funds for fifth grade camp

Nothing like warming up on a blustery January night. That is just what nearly 500 people did at Murray Lake Elementary's annual spaghetti dinner. Proceeds from the dinner go to offset their fifth grade camp costs.

"I was getting a little bit nervous toward the end. We normally get around 400 people, but tonight was our biggest attendance ever. I didn't want to run out of food," commented Mike Fillman, fifth grade teacher and spaghetti dinner coordinator.

Fillman had a lot of help organizing the event from fifth grade parents: Michelle DeKok, Tameron Hough, Lori Lothian, Sarah Miller, Sue Murley, Karen Roest, and Jeff Vandenhout. Planning started a few months ago and many volunteer hours were needed to pull off the event.

All of the fifth grade students were asked to work the event. They did everything from clear tables to sell desserts. Many local community members, including current school board member Gary Blough, stopped out to support the evening.

"What is really neat is that we get so many families who do not have fifth graders in our building and people who have no kids in our schools. They just come out to support us. It is just another example of how giving the Lowell community is. We also had over 75 local businesses donate to our silent auction. It was a wonderful event," said Fillman.



Picture two Caption: Fifth grade teachers, Mike Fillman and Paul Jacobus, along with Murray Lake parent Mark Russell serve up some steamy spaghetti.



Murray Lake students, Olivia Rose (left) and Dale Brushaber, enjoy their tasty spaghetti dinner.

After start up costs were taken out, the dinner raised about \$2,000 and the silent auction raised close to another \$2,000. The normal cost of fifth grade camp is over \$100, but after the dinner students will be charged somewhere close to \$60.

Fifth grader Abbie Wester said, "It was a lot of fun. We had to work, but it did not seem like work at all. Selling tickets with my friends was more like fun than work."

When fifth grader Easton Dewitt was asked what the best part of the evening was, he commented, "The food!" He went on to say, "It was a big success. It was really nice to meet and talk to so many people."

Fillman says plans will soon start for next year's dinner.

Everything you see I owe to spaghetti.

~ Sophia Loren

business matters



Don Reedy

Greenridge Realty announced that Don Reedy received Sales Associate of the Month in December.

This award recognizes Reedy for his outstanding success and achievements.

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THE WOMAN IN BLACK (PG-13) 4:45, 7:20, 9:30
ONE FOR THE MONEY (PG-13) 4:55, 7:00, 9:10
THE GREY (R) 4:35, 7:10, 9:40
MAN ON A LEDGE (PG-13) 5:10, 7:30, 9:50

financial focus



Christopher C. Godbold

Here's how to insure a great Valentine's Day

Valentine's Day is almost upon us. To celebrate, you may want to present your loved ones with chocolates, flowers or any number of other traditional gifts.

But if your valentine also happens to be your spouse or your life partner, you also might want to show your love in another way — by

making sure you have adequate insurance.

Just consider some of the things that life insurance can do for you and your family:

- Pay off your mortgage — With sufficient life insurance, your family can remain in their home should anything happen to you.
- Educate your children — College is expensive, and it seems to get more costly every year. If you were to die prematurely, your life insurance proceeds could help pay for your children's education.
- Help fund retirement — Term insurance consists of just a death benefit. But "permanent" insurance policies, such as whole life or universal life, a tax-advan-

taged savings component that could help pay for your retirement and help keep you financially independent — which means you won't have to worry about being a "burden" to your grown children. Furthermore, proceeds from your life insurance policy could help your surviving spouse retire more comfortably.

• Help protect your business — If you're involved in a family-owned business enterprise, you can structure a life insurance policy to help preserve the business or transfer it to the next generation.

• Pay for estate taxes — If your estate is sizable, it could generate estate taxes. Life insurance proceeds can

help your heirs pay these taxes.

Clearly, life insurance offers a variety of benefits. But how much do you need? And what type do you need? You might hear that your coverage should be worth around seven or eight times your annual salary. But there's really no one-size-fits-all formula. In determining how much life insurance you require, you should consider your age, your income, the size of your family, the amount of your mortgage, whether your spouse has a retirement account, your financial goals and other factors. Your financial advisor can help you assess these variables to determine the appropriate level of coverage.

One final word on life insurance: Don't wait too long before purchasing a policy or upgrading your existing one. Your life insurance premium is based,

in part, on your age, so the sooner you act, the better. Also, the time to buy life insurance is while you are healthy, because poor health could prevent you from obtaining coverage.

As important as it is, life insurance isn't the only protection you and your loved ones may need. During your working years, you are actually more likely to become temporarily disabled, due to injury or illness, than you are to die. If you weren't able to work for a while, you could help your family maintain its lifestyle if you had an adequate disability income insurance policy. Your employer might offer you some coverage as a benefit, but it might not be sufficient, either in terms of income or the length of the disability covered. Consequently, you may want to explore an individual disability insurance policy.

When you think of romantic Valentine's Day presents, "insurance" probably doesn't pop up right away. Yet, by making sure you've got all the coverage you need, you may actually be giving your loved ones the greatest gift they'll ever receive.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

LOWELL CHARTER TOWNSHIP BUDGET HEARING NOTICE

Please take notice that there will be a budget hearing on Tuesday, February 21, 2012 followed by a regular meeting of the Lowell Township Board. The hearing will be held at 7:00 PM at the Lowell Township Hall, 2910 Alden Nash SE, Lowell. At such time, in accordance with the law, a budget covering proposed expenditures and estimated revenues of the Township shall be submitted for consideration. Copies of the proposed budget are available at the Township Hall during regular office hours or on the Township's website - www.twp.lowell.mi.us

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viewpoint

to the editor

tired of negativity

Dear Editor,

I would like to comment on the all-too-often negative letters being submitted to the Lowell Ledger editor that are printed in 'View-Point.' The letters might be intended to 'inform' the public, but appear to always 'slam' several of the city of Lowell governmental entities/personnel. This seems to include, but may not be limited to, the Lowell City Council, the Lowell D.D.A.,

and the Lowell city manager. The submitter of these letters seems to be unhappy with the decisions being made by these entities/personnel.

I have lived almost all of my life either working and/or living in the Lowell area. Many of those years I have been privileged to be a resident in the city of Lowell. I have been a witness to how the City of Lowell has changed and grown, all for

the better, over those years. We regularly have the opportunity to elect the officials that we believe will do a good job for us. I believe we have done that. Our elected and appointed officials have really done a great job for us, listening to its citizens, being progressive and doing what they believe is the best for the community over the 'long run.' They spend countless hours researching and attending meetings before they arrive at a decision that, they hope, will benefit the community. I, for one, am very pleased with the decisions,

as a whole, that our governmental leaders, past and present, have made for us.

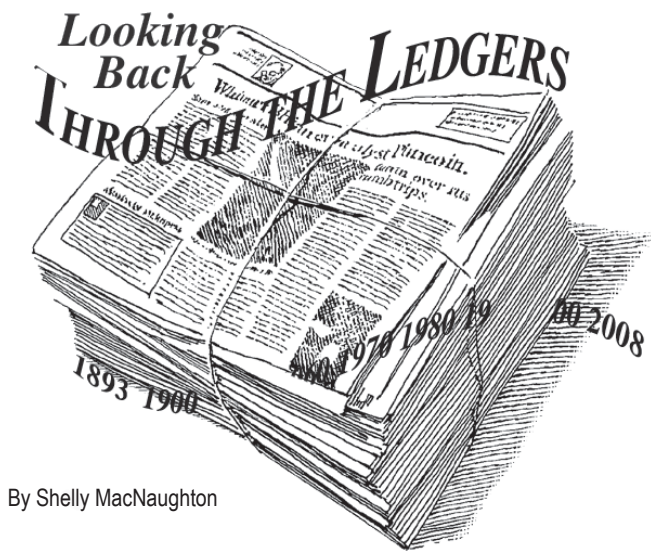
What would I like to see? In addition to keeping the public informed of what he/she feels are matters of importance, I would also like to see the letter-writer submit 'positive' letters when 'positive' things happen. I would also encourage that letter-writer to meet with elected and appointed officials (if he/she does not already do so) to gain a greater perspective about 'why' they voted 'yes' or 'no.' Also, maybe the letter-writer can give

more of himself/herself by being elected, or appointed, to the many boards and/or city council that make the important decisions of the citizens of Lowell.

The city of Lowell has

a very good reputation and is a great place to live. It did not happen because of 'luck.'

Respectfully submitted,
Al Eckman
city of Lowell resident



By Shelly MacNaughton

110 Years Ago The Lowell Journal February 13, 1902

W. A. Covert has sold his interest in the grocery firm of Price & Covert to G. W. McKee who was formerly in business at Alto.

M. C. Griswold has sold his stock in the Lowell State Bank to Jas. A. Marsh and Wm. E. Marsh and his residence to J. G. Mange and in the near future will move to Portland, OR.

100 Years Ago The Lowell Ledger February 15, 1912

Vergennes Center

Mary Czervinski has gone to Lowell to help Mrs. Merrill.

Bell Smith stayed with her aunt, Mrs. Kerr, Friday night.

Mr. and Mrs. Charles Lane are moving to the old Bergin place this week, north of the Bailey church.

South Lowell

Miss Lulah Hill entertained twelve of the South Lowell young people with a candy pull Wednesday evening. A club, "The Jolly Dozen," was organized with Allen Behier, president, to meet every two weeks. Everyone present reports a jolly good time.

75 Years Ago The Lowell Ledger and Alto Solo February 4, 1937

About five hundred patrons of the Alto Cooperative

Creamery Association, Ltd. met for the annual meeting Thursday, Jan. 28 at the Alto Grange hall. Dinner was served to about five hundred persons by the Union Aid Society of the Alto M. E. Church.

The Alto Cooperative Creamery Association serves about 750 patrons and covers a territory extending nearly to Belding and Lyons to the north, Grand Ledge and Charlotte to the east, nearly to Grand Rapids on the west and nearly ten miles southward. During the past year the plant has been greatly improved by addition of a new test-room, new office and new print room and has modern up-to-date equipment. No other similar plant is more ably or economically managed.

50 Years Ago The Lowell Ledger February 8, 1962

Peter Mulder, Lowell service station operator since 1922, announced his retirement this week. He has sold his gas and oil service business on West Main Street to Gary Potter, who took over the management of the station January 24. Pete says he plans on spending his time puttering around and fishing.

In 1962, the Lowell High School annual retrospectus will be piloted by Wendell Christoff and Chad Lampkin. Other departments will be represented with John Kropf in charge of sports; Kitty Ellis, music; Carrie Albus, clubs; and Rick Shepard, snapshots.

Members of the Bowne Center softball team and their girlfriends were guests at a birthday surprise party for Art Benedict, given by his wife Saturday night.

25 Years Ago The Grand Valley Ledger February 11, 1987

Two outstanding football players from Lowell High School signed national letters of intent today.

Michael Dumas, 6' 0" 170 lb. running back and defensive back, will play for Bill Mallory and the Indiana University (IU) Hoosiers. The son of Dr. and Mrs. James Dumas plans to major in business management while at IU.

Jim Johnson, 6'6" 275 lb. offensive tackle will play for George Perles and the Michigan State University (MSU) Spartans. The son of Mr. and Mrs. Henry Johnson plans to major in business while at MSU.

Appealing your property tax assessment



State Senator Dave Hildenbrand

It's that time of year again. Michigan property owners are now receiving or will soon receive their annual notice of assessment.

Given the soft housing market, an increase in assessment can cause property owners to wonder if they're being assessed accurately or not.

Under the way property taxes have been calculated since Proposal A was approved by voters in 1994, the annual cap on taxable value (based on the inflation rate multiplier) has increased by 2.7 percent for 2012.

Still, homeowners should take a good look at their assessment. Just as it's important to make sure your credit report is right, it's a good idea to make sure your property tax assessment is accurate.

As a start, check for errors on your property record card at your local township or city office. Look over your home for structural damage or problems not associated with general aging that could affect the value of the property. It's also smart to research comparable properties in your area.

If you believe your assessment is in error, you can

appeal to your local Board of Review, and if necessary, the Michigan Tax Tribunal.

Keep in mind that you must appeal to your local Board of Review before you can appeal to the Tax Tribunal. Plan now as Boards of Review meet in early March. It is also important to note that some municipalities, like the City of Grand Rapids, require additional steps before appealing to the March Board of Review. Some of these requirements occur in early to mid-February. Please be sure to check with your local government regarding these additional requirements.

New state law requires assessors to send out notices at least 14 days before the Board of Review meets, this provides property owners time to ask question of their local assessor and prepare an appeal if one is needed.

You can find more information on how to effectively appeal your property assessment on my website at: www.senator-davehildenbrand.com.

In this economy, it's important to account for every dollar! Taking the time to review your property tax assessment can be time well spent.

the lowell ledger

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State offices closed for Presidents Day

Secretary of State Ruth Johnson reminds residents that all branch offices and the Office of the Great Seal will be closed in observance of Presidents Day on Monday, Feb. 20.

The Department of State mails notices to motorists 45 days before their driver's license or license plates expire to give them ample time to renew. Licenses and plates that expire on a day when state offices are closed, such as a holiday or weekend, can be renewed the following day without penalty.

Most people renewing license plates, driver's licenses and ID cards can do business by mail or online at www.ExpressSOS.com. Easy to follow instructions can be found with the renewal notice. Additional services can be done online as well.

License plate tabs can also be renewed at Self-Service Stations, many of which are available around the clock. Visit the Branch Office Locator at www.Michigan.gov/SOS to find

a Self-Service Station near you.

With the exception of holidays, branch offices are open Monday, Tuesday, Thursday and Friday from 9 am to 5 pm. Smaller branch offices may close for the lunch hour. On Wednesdays most offices are open from 11 am to 7 pm, with those in city centers open 9 am to 5 pm. PLUS offices and SUPER!Centers are open from 9 am to 7 pm on Wednesdays. SUPER!Centers also provide Saturday hours from 9 am to noon.

For more information about office locations and additional services, visit www.Michigan.gov/SOS. Sign up for the official Secretary of State Twitter feed at www.twitter.com/MichSOS and Facebook updates at www.facebook.com/MichiganSOS.

Customers also may call the Department of State Information Center to speak to a customer-service representative at 888-SOS-MICH (767-6424).

area births

Beimers



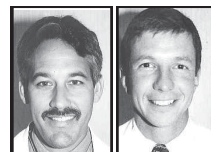
Logan Jacob Beimers

Jordan and Meghan Beimers of Lowell announce the birth of their son, Logan Jacob, on Friday, December 2, 2011. Logan weighed 8 lbs. 10 oz. and measured 21 inches.

Grandparents are Alan and Jayne Mathews of Lowell and Tim and Pam

Beimers of Rockford. Grandparents are Jack and June Mathews of Ada, Bob and Jalene Fettig of Marne, Louise Barker of Rockford, Ken Beimers of Rockford, Sharon Beimers of Walker, and Dan and Joy Barker of Florida.

health



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

rotator cuff

The rotator cuff is a group of muscles in the shoulder that connects your arm to your shoulder blade. This allows for the greatest range of motion of any joint in your body. It also puts it at risk for injury from a number of different areas. Overhead use, repetitive motion, falls, all can potentially cause harm to this complex. Throwing a baseball is a classic example.

Typical symptoms include a constant ache, loss of motion, weakness in a certain plane or frank loss of strength.

It most often is noted when combing hair or putting your jacket on. Injury can range from tendonitis

and bursitis, to an actual tear of the tendon

Risks of injury include age over 40, athletes, construction workers and generalized weakness of the shoulder muscles.

Treatment initially involves rest, anti-inflammatories (ibuprofen, naproxen) and often times physical therapy. If this fails, surgery may be needed to repair the damage or tear. An MRI may be needed to diagnose the specific problem. Surgery most often is arthroscopy, which involves small incisions as opposed to a large open shoulder operation. Recovery times vary depending on the specific injury, but most often is measured in weeks.

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Put "reporter" in subject line

Lowell Lacrosse Final Registration for all middle school and high school players is Saturday, Feb. 11.

(Youth registration grades 1-4 continues through March)

Please register online at www.lowelllacrosse.com or in person at Cherry Creek Elementary Saturday, February 11 from 9 a.m. - noon.

Any questions please call 616-897-7592 or email LLAXBOARD@GMAIL.COM

happy birthday!

- FEBRUARY 8**
Laurie Chambers, Maya Newhouse, Steve Estes, Karis Dilly.
- FEBRUARY 9**
Tom Covell, Alan Ryder, Noah Newhouse, Madison Lombardo, Brady Foster, Dave Vankeulen, Charlotte Drake.
- FEBRUARY 10**
Richard Korb, Eric Kimble.
- FEBRUARY 11**
Julie Kenney, Judy Goodwin, Terry Nugent.
- FEBRUARY 12**
Peg Stanford, Kurt Roudabush, Travis Bergy, Jan Herb.
- FEBRUARY 13**
Deb Heydenburg, Emily Gerard, Jodi Kennedy, Alyssa Ellis-Roach, Thomas Alberts Jr.
- FEBRUARY 14**
Heather Claypool, Carol Leyman, Gerri Ellison, Scott Treglia, Lori Rice.

area churches

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www.goodshepherdlowell.org

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(Nursery available)

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

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897-7060
Pastor Rod Galindo
1151 West Main Street, Lowell, MI

Morning Worship.....10:00 A. M.
Sunday School.....11:20 A.M.
Evening Worship.....6:00 P.M.
Nursery available at both services
Barrier-Free

SNOW UNITED METHODIST CHURCH
3189 Snow Ave. SE, Lowell
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10:30 A.M.Fellowship
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Wednesdays - Kid's Service, Teen's Service,
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WEDNESDAYS:
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"The Source" Youth: 7:00 p.m.
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Greenville high school is allowing smart phones and tablets in school. Do you feel this is a good idea?

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NOTICE VERGENNES TOWNSHIP

Accuracy Test of Voting Equipment

A public accuracy test of the voting equipment to be used in the February 28, 2012 Presidential Primary Election will be held on Wednesday, February 15th, at 2:00 p.m. at the Vergennes Township offices located at 10381 Bailey Dr., Lowell, MI 49331.

Mari C. Stone
Vergennes Township Clerk

EARTH TALK™

Questions & Answers About Our Environment

Dear EarthTalk: Are there healthy, green-friendly mouthwashes? I've heard that some contain formaldehyde and other nasty substances. -- Marina Sandberg, Albany, NY

Many mainstream mouthwashes contain ingredients that you definitely don't want to swallow, or even put down the drain. According to the Environmental Health Association of Nova Scotia's (EHANS's) "Guide to Less Toxic Products" — a free online resource designed to help consumers choose healthier, greener everyday products — conventional mouthwash is often alcohol-based, with an alcohol content ranging from 18-26 percent. "Products with alcohol can contribute to cancers of the mouth, tongue and throat when used regularly," the guide reports, adding that a 2009 review in the Dental Journal of Australia confirmed the link between alcohol-based mouthwashes and an increased risk of oral cancers.



And you might want to avoid mouthwashes with fluoride (aka sodium fluoride). While fluoride may help fight cavities, ingesting too much of it has been linked to neurological problems and could be a cancer trigger as well. Common mouthwash sweeteners have also been linked to health problems: Saccharin is a suspected carcinogen while sucralose may trigger migraines. Synthetic colors can also be troublesome.

Some brands contain formaldehyde (aka quaternium-15). According to the National Cancer Institute, overexposure to formaldehyde can cause a burning sensation in the eyes, nose and throat as well as coughing, wheezing, nausea and skin irritation. The U.S. Environmental Protection Agency considers formaldehyde a "probable human carcinogen" and research has shown an association between long term workplace exposure and several specific cancers, including leukemia. Few of us are exposed to as much formaldehyde as, say, morticians, but does that mean its okay to swish it around in our mouths every day?

Other problematic ingredients in many conventional mouthwashes include sodium lauryl sulfate, polysorbate, cetylpyridinium chloride and benzalkonium chloride, all which have been shown to be toxic to organisms in the

Earth Talk, continued, page 8

DNR on Twitter, continued

venue (including branch offices, kiosks and online at www.michigan.gov/sos). The Recreation Passport provides a year's worth of entry to all Michigan state parks, recreation areas and state-administered boat launches, while also supporting other state and local recreation programs.

Once the Passport is purchased, residents simply need to show their vehicle registration (displaying the text "Recreation Passport") at participating businesses to take advantage of savings at participating restaurants, stores and service companies.

For more details on how to take advantage of the Passport Perks program or to view the current roster of Passport Perks providers,

visit www.michigan.gov/passportperks.

The Recreation Passport has replaced motor vehicle permits for entry into Michigan state parks, recreation areas and state-administered boat launches. This new way to fund Michigan's outdoor recreation opportunities also helps to preserve state forest campgrounds, trails and historic and cultural sites in state parks, and provides park development grants to local communities.

Michigan residents can purchase the Recreation

Passport (\$10 for motor vehicles; \$5 for motorcycles) by checking "YES" on their license plate renewal forms, or at any state park or recreation area. Nonresident motor vehicles must still display a valid nonresident Recreation Passport (\$29 annual; \$8 daily) to enter a Michigan state park, recreation area or state-administered boat launch; these can be purchased at any state park or recreation area, or through the Michigan e-Store at www.michigan.gov/estore. To learn more about

the Recreation Passport, visit www.michigan.gov/recreationpassport or call (517) 241-7275.

The Michigan Department of Natural Resources is committed to the conservation, protection, management, use and enjoyment of the state's natural and cultural resources for current and future generations. For more information, go to www.michigan.gov/dnr.

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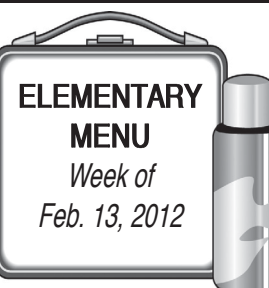
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LUNCH MENU



MON: Baked whole grain breaded chicken nuggets w/cornbread, seasoned steamed broccoli, orange wedges, milk.

TUES: Toasted cheese sandwich on whole grain bread w/tomato soup cup & crackers, baby carrots, fruit crisp, milk.

WED: Cheesy red rotini bake, seasoned green beans, pears, milk.

THURS: Chicken & cheese quesadilla served w/salsa, black beans, fresh banana, milk.

FRI: Cheese pizza on whole grain crust, tossed romaine salad w/light dressing, applesauce, milk.

Earth Talk, continued

aquatic environments where these chemicals end up after we spit them out.

So what's a concerned green consumer to do? EHANS recommends the following mouthwashes that do not contain alcohol, fluoride, artificial colors or sweeteners: Anarres Natural Candy Cane Mouthwash, Auromere Ayurvedic Mouthwash, Beauty with a Cause Mouthwash, Jason Natural Cosmetics Tea Tree Oil Mouthwash, Dr. Katz TheraBreath Oral Rinses, Hakeem Herbal Mouthwash, and Miessence Freshening Mouthwash. Besides these brands, the Environmental Working Group's Skin Deep Cosmetic Database also lists Tom's of Maine Natural Baking Soda Mouthwash, Healing-Scents Mouthwash, and Neal's Yard Remedies Lavender and Myrrh Mouthwash as least harmful to people and the environment.

You can also make your own all-natural mouthwash at home. Eco-friendly consumer advice columnist Annie Berthold Bond recommends mixing warm water, baking soda or sea salt, and a drop of peppermint and/or tea tree oil for a refreshing and bacteria-excising rinse. Another recipe involves combining distilled or mineral water with a few dashes of fresh mint and rosemary leaves and some anise seeds; mix well and swish! A quick Internet search will yield many other down-home natural mouthwash formulas.

CONTACTS: *Guide to Less Toxic Products*, www.lesstoxic.ca; *Skin Deep Database*, www.ewg.org/skindeep/; *Annie Berthold Bond*, www.anniebond.com.

Dear EarthTalk: I understand that some Northeastern and Mid-Atlantic U.S. states have banded together to reduce their own greenhouse gas emissions. Can you enlighten me? -- Bo Clifford, Cary, NC

Given the lack of federal action to curb greenhouse gas emissions in the U.S., several East Coast states joined together in 2008 to form the Regional Greenhouse Gas Initiative (RGGI), committing to a market-based system to cap carbon pollution and lower energy bills while creating more green jobs.

Under RGGI, the 10 participating states — Connect-

icut, Delaware, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, Rhode Island and Vermont — agreed on a region-wide greenhouse gas emissions limit, enforced through the sale of pollution permits to large fossil fuel power plants there. The utilities that run the plants purchase the right (at quarterly auctions) to emit certain capped amounts of carbon dioxide (CO2). The money raised is in turn invested in local businesses throughout Northeast and Mid-Atlantic states that promote energy efficiency and renewable energy sources. RGGI's overall goal is to reduce CO2 emissions from the power sector in the states involved by 10 percent by 2018.

The program was conceived in 2008 by then New York governor George Pataki based on a similar federal program launched by President George H.W. Bush in 1990 that successfully curbed emissions of other pollutants that led to acid rain.

While RGGI had strong bipartisan support at launch, changing priorities have since forced some states to reconsider their commitments. According to RenewableEnergyWorld.com, New Jersey is likely to back out, while factions in New Hampshire and Maine have also called for a withdrawal. "The political tides have turned significantly since the program was started, and many legislatures are now dominated by a new crop of lawmakers looking to cut spending in cash-strapped states," the website reports.

Environmentalists and many business owners have banded together to try to save RGGI in the face of economic threats to its viability. Last July some 200 Northeastern and Mid-Atlantic businesses signed on to an open letter urging the governors of the 10 participating states to keep up with the program so that it can achieve its goals. "The Regional Greenhouse Gas Initiative shows that market-based programs can reduce greenhouse gas emissions while boosting our economy and improving energy security, and we

encourage you to support and strengthen RGGI going forward," the letter states. The letter goes on to cite research showing a \$4-6 increase in economic output for every \$1 invested in energy efficiency programs in the RGGI states. "Even better, these market-driven investments create jobs in the clean tech sector—one of the most dynamic segments of our state economies."

Perhaps more important, RGGI "serves as a

powerful model for what a comprehensive national energy policy should do" says the Natural Resources Defense Council (NRDC), a leading environmental group. Whether or not the economy will improve enough or climate change will become dramatic enough for Congress and the White House to take federal action to limit greenhouse gas emissions across the board is anybody's guess. In the meantime, keeping alive programs like RGGI might be the best we can hope for.



MOTHER & SON DANCE

Boys ... Here's your chance for a funfilled night out with your best girl ... your MOM!

When & Where:

THURSDAY, FEBRUARY 16, 2012
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Cost: \$16.00 per couple (mom with son)
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Son's Name _____ Grade _____

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Payment is accepted at the door.

Thank you in advance for making this a successful fundraiser for the Lowell Lacrosse Organization

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To the one I love - I'd marry you all over again!
- Love, Jacob

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- Love, Luke

To the best grandma in the whole world, Happy Valentine's Day!
- Love, Jon

Greetings will appear in the February 12th edition of the Buyers Guide!

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Red Arrow SPORTS

Lowell wrestlers run away with conference title

by Karen Jack

Ranked 23rd in the nation, the Lowell Red Arrow varsity wrestling team showed just how good they are at the OK White conference meet last Friday.

Lowell ran away with the conference title, finishing

with 282.5 points. Their closest opponent was Greenville with 240 points. The conference meet included teams from Greenville, East Grand Rapids, Creston, Northview, and Grand Rapids

Christian. The Arrows are undefeated in all conference meets this year and this conference meet handed them the crown.

Of the 14 weight classes, eight Lowell grapplers started as the number one seed and the other six were seeded number two. That's indicative of how good this team really is and they showed it on the mat. Lowell ran away with the gold with eight first-place finishers, five second-place finishers and one fourth place.

"This is a testament to the hard work these kids put in on a daily basis," commented Dave Dean, head coach of the team. "I'm proud of these kids and their intensity this year."

Jordan Hall, Gabe Morse, Angus Arthur, Gabe Dean, and Josh Colegrove all pinned their opponents in the finals to take the gold. Nate Limmex beat Will Parmalee (Greenville) 18-6, Garrett Stehley beat Kaleb Bell (Greenville) 3-2 and



Nate Limmex of Lowell takes down Trey Murphy of Grand Rapids Creston.



Derek Krajewski (Lowell) lifts Micheal George (Northview) up for a takedown.

Luke Stephens beat Carter Magril (Greenville) 3-2 in the finals, all winning first-place medals.

Second-place finishers included Derek Krajewski, Bailey Jack, Calvin Meyer, Kanon Dean, and Jake

Stehley. Ryan Walters took fourth.

"Now we are looking forward to the beginning of the state tournament with districts next week and we're moving on to that part of the year where we

see how much hard work really pays off," added Dean.

Lowell will host team districts tonight at 6:00 pm. Individual districts are Saturday, Feb. 11 at Spring Lake.



Josh Colegrove of Lowell pins Carter Magri of Greenville to take first place.

Garrett Stehley of Lowell pins Kavon Coleman of Grand Rapids Christian.





Red Arrow Sports



GO TO:
thelowellledger.com

YOUNG GUNS SOFTBALL CAMP

Open to any girl (K thru 5th grade) who wants to learn and improve her game, at any level.

CAMP INSTRUCTORS:
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DATES: (2) Saturday Mornings 10:00 am till 11:30 am. Feb 18th and 25th

WHERE: Cherry Creek Elementary School.

COST: \$20.00 Price includes both sessions and a special prize.
Make checks payable to Lowell Softball.

PARENTS –
Any girl who has an interest should attend. We will teach them some FUNdamentals of the game and show them how fun softball is! Please send me an email if you are planning to attend.
Bring a glove and bat (if you have them, not required). Make sure to come with tennis shoes and be ready to participate.

Sign ups at the door.
Any questions, Contact Coach McElroy at the High school
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or email me at bmcelroy@lowellschools.com

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Free program to help expected mothers quit smoking

The Michigan Department of Community Health's (MDCH) Michigan Tobacco Quitline is now offering free coaching for pregnant women who are uninsured or enrolled in Medicaid and want to quit using tobacco.

"Quitting tobacco is one of the most important

things a woman can do for her health and the health of her child," said Olga Dazzo, Director of MDCH. "The expansion of support for expectant mothers to the Michigan Tobacco Quitline provides a vital service for the duration of the pregnancy and beyond."

Some of the immediate benefits of quitting smoking and staying smoke free after the baby is born include:

- A lower chance of premature birth.
- A higher chance the baby will be healthy enough to go home the same time mom does.
- Less upper respiratory and ear infections.
- Long term, stopping tobacco use will lessen the chances for heart and lung disease significantly, as well as other related diseases.
- Further, new smoke free moms benefit by having more energy and being able to breathe easier.

The Michigan Tobacco Quitline pregnancy program will provide ongoing support with up to nine calls during pregnancy and after delivery. Callers will receive their own personal

quit coach who has received advanced training on helping pregnant women quit using tobacco. Other benefits include a \$5 or \$10 reward card for each completed phone appointment.

To be eligible, callers must enroll in cessation services with the Michigan Tobacco Quitline by calling 1-800-QUIT NOW. Callers must let the Quitline know they are expecting to receive this free service.

The Michigan Tobacco Quitline has received more than 67,000 calls since it was launched in October 2003. The Quitline offers both English and Spanish-speaking counselors, as well as interpretive services for a wide variety of languages.

For more information, call 1-800-QUIT NOW (784-8669) or go to www.michigan.gov/tobacco.

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LAS WINTER SPORTS SCHEDULE

BOYS' & GIRLS' VARSITY BOWLING
* Denotes a home game at Lowell Lanes

2/9 at 3:30 p.m. Forest Hills Eastern
 2/13 at 3:30 p.m. Northview*
 2/15 at 3:30 p.m. EGR*
 2/16 at 3:30 p.m. Forest Hills Northern
 2/18 time TBA Conference at EGR
 2/22 at 3:30 p.m. Byron Center*

BOYS' VARSITY WRESTLING
* Denotes a home meet at LHS gymnasium

2/8 at 6 p.m. District Tournament*

BOYS' VARSITY ICE HOCKEY
* Denotes a home meet at E. Kentwood Ice Arena

2/8 at 7 p.m. Northview
 2/10 at 8:30 p.m. Wayland Union*
 2/11 at 2 p.m. Jenison*
 2/17 at 6:30 p.m. Grand Rapids Christian*
 2/24 at 7:45 p.m. Mattawan
 2/25 at 4 p.m. West Ottawa*

GIRLS' VARSITY GYMNASTICS
* Denotes a home meet at LHS

2/8 at 7 p.m. Forest Hills Northern*
 2/13 at 7 p.m. Rockford
 2/15 at 7 p.m. East Kentwood
 2/18 time TBA Conference at Rockford

GIRLS' VARSITY COMPETITION CHEER
* Denotes a home meet at LHS

2/8 at 6:30 p.m. OK White/Black Jamboree at Union
 2/11 at 10 a.m. Conference at GR Christian

BOYS' VARSITY BASKETBALL
* Denotes a home game at LHS Main Gym

2/10 at 7:45 p.m. Northview*
 2/14 at 7:30 p.m. Holland*
 2/17 at 7:45 p.m. Greenville
 2/21 at 7:30 p.m. Union
 2/24 at 7:45 p.m. Creston
 2/28 at 7:30 p.m. Thornapple-Kellogg*
 3/1 at 7:30 p.m. Forest Hills Eastern

GIRLS' VARSITY BASKETBALL
* Denotes a home game at LHS Main Gym

2/10 at 6 p.m. Northview*
 2/14 at 7:30 p.m. Holland
 2/17 at 6 p.m. Greenville
 2/21 at 7:30 p.m. Union*
 2/24 at 6 p.m. Creston

BOYS' & GIRLS' VARSITY SKIING
* Denotes event held at Cannonsburg Ski Area

2/24 time TBA Brain Bucket Bonanza*

Red Arrow SPORTS

- BASKETBALL

Arrows outscore rival Pioneers 58 - 51

by Casey Cheney

The Lowell Red Arrow boys' basketball team exacted revenge on rival East Grand Rapids Pioneers on the road Friday night.

Head coach Kyle Carhart said, "East was a great win for us on the road. We got off to a great start. We made shots early and got stops."

Their scoring dropped down to eight points in the second quarter, where the Pioneers outscored them by three.

"We had a bit of a lull in our effort in the second

quarter but did a good job maintaining the lead," Carhart said.

The Red Arrows picked back up in the second half, playing with consistency and scoring 15 points each quarter.

"In the second half our seniors really led us," Carhart said. "They executed on the offensive end and gutted out stops on the defensive end. We knew that we were going to have to work for it and our guys came together to finish it off."

Jason Malling led Low-

ell with 15 points, dishing six assists. Alec Roerig had a double-double with 13 points and 13 rebounds. Blake Lyman finished the game with 13 points 4 dimes.

"Al and Kyle [Rogers] were huge for us inside, dominating the backboards, while all three of our guards - Blake, Jason, and Justin [Castro] - made plays for us down the stretch in winning time," Carhart said, adding, "Jason made all six of his free throws down the stretch to seal it for us. That was

huge especially in that atmosphere."

The on-fire Grand Rapids Christian Eagles dropped 40 points on the Lowell Red Arrow boys in the first half of the Tuesday game. Lowell had put up only 23 points.

The Eagles slowed down in the second half - matching Lowell's offensive performance in the first half - their early run proved to be too much for the Arrows to overcome.

Carhart said, "While they got out early, I was proud of the way that our

guys fought back in the second half."

Lowell saw a gleam of light in the third quarter, drawing within 10. A three-pointer from Malling would have cut the deficit to single digits, but the shot went in and out.

The whole offense struggled, with only one player breaking into double digits. That player, Grant Noskey, had 11 points and five rebounds off the bench.

Carhart said, "Christian

really overwhelmed us with their length and athleticism. We did not help ourselves with some turnovers at inopportune times."

Lowell lost the game 63-46. Other team leaders in the game were Roerig with eight points and three rebounds and Malling with nine points and three rebounds.

"You have to give them credit - they are very talented and play well together," Carhart said.

JV hockey places first in Alpena tourney

The Lowell-Caledonia junior varsity hockey team took first place at the Wooden Nickel tournament held in Alpena. Pictured, front row, left to right: Brandon Strzyzewski, Nate Pinder, Austin Lovely, Tucker Conn, Nate Winterburn, and Tim Smith; back row, left to right: assistant coach Mac Warmelink, Joe Kargl, Austin Bieri, Cale Bemke, Eli Barr, Luke Chittenden, Shane Meyer, Ben Littlejohn, Josh Vanderlaan, coach Chris Potter, and assistant coach Bobby Lake.

Photo by Mary Jo Bieri



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To see the world through a new set of eyes
- To be involved in new activities**
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~ Vince Lombardi

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ANIMAL HOSPITAL OF



LOWELL

obituaries

CALDWELL

Jean Louise (Shier) Caldwell, that aged a graceful 85, of Lowell, passed away unexpectedly, yet peacefully, with loved ones by her side on January 30, 2012. She was preceded in death by her husband, David Wayne Sr. (husband of 58 years) and son David Wayne II. She was an active member of Rockford Golden R, Lowell Monday Bowling League, Lowell/Vergennes Women's Club, and Cannonsburg Historical Society. In addition, she was passionately involved with volunteering for several organizations and charitable contributions, including the Santa Claus Girls. She is survived by her daughter, Catherine Ann (Kyran) Mulvihill; son, Clayton T. Caldwell; grandchildren, Melissa (Philip) Jackson,

Brandi (Felix Tejada) Mulvihill; great-granddaughters, Alexandria and Abigail Jackson; brothers and sisters; Bob (Marge) Shier, Don (Carol) Shier, Charles "Bud/Chuck" Jr. (Mary Jane) Shier, and Mary Alice (Shier) Linsley; many nieces, nephews, special cousins and friends. She will be loved, missed and looked up upon from all and anyone that had ever encountered this wonderful extraordinary unique woman. In addition, for the doctors, nurses and overall staff at Spectrum Health, that provided the exceptional care and compassion for our loved one, thank you very much. Funeral services were held Friday at Roth-Gerst Chapel, Lowell. Pastor Mike Conklin of Snow United Methodist Church officiating. Interment Bailey Cemetery. Memorial contributions may be made to Lowell Fire Department, 301 E. Main Street, Lowell, MI 49331. Arrangements by Roth-Gerst, 305 N. Hudson, Lowell, MI 49331.

•••

The whole problem with the world is that fools and fanatics are always so certain of themselves, but wiser people so full of doubts.

~ Bertrand Russell (1872 - 1970)



**What do all those public notices cost us?
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State law requires that citizens be informed of certain governmental activity through paid public notices like the ones in this newspaper.

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More than two-thirds of active Michigan voters* would be concerned if government placed these notices on Web sites because important information could be concealed from the public.

So, what's it worth to you to be able to pick up this newspaper and find out what's going on in your town, your county, or your local schools?

*EPIC-MRA November 2007



This newspaper supports your right to know.

LEGAL NOTICE

STATE OF MICHIGAN
PROBATE COURT
COUNTY OF KENT

NOTICE TO
CREDITORS
Decedent's Estate

FILE NO. 12-191599-DE

Estate of GENOWEFA
KUZMITOWICZ. Date of
birth: 02/09/1925.

TO ALL CREDITORS:

NOTICE TO CREDITORS: The decedent, Genowefa Kuzmitowicz, who lived at 763 Pat Ave., N.W., Grand Rapids, Michigan, died 12/28/2011.

the estate will be forever barred unless presented to Alicja Kuzmitowicz, named personal representative or proposed personal representative, or to both the probate court at 180 Ottawa Avenue NW, Ste. 2500, Grand Rapids, MI 49503 and the named/proposed personal representative within 4 months after the date of publication of this notice.

1/31/2012

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

Alicja Kuzmitowicz
763 Pat Ave., N.W.
Grand Rapids, MI 49504

Creditors of the decedent are notified that all claims against

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Fri. 8 a.m. - 2 p.m.
closed Sat. & Sun.

classifieds

for sale

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

2000 16 FOOT LANDAU FISHING BOAT - 2 yr. old galv. trailer, 30 h.p. Merc. Hummingbird fish finder, Minnkota trolling motor, other extras. \$3,800. Call 897-5866.

WITT'S INN A NEW BED & BREAKFAST LOCATED JUST N. OF LOWELL - February Special - \$125 a night. Includes delectable late night dessert, gourmet breakfast & a gift basket with chocolates & red roses. Call us for a reservation, 987-9488.

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.

2003 JEEP LIBERTY LIMITED 4 WD - \$5,800. Leather, loaded to include heated seats, newer tires, brakes & rotors. Call 897-4275.

FOR SALE - An absolutely brand new queen P-top mattress set, \$150. 616-262-3282.

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

RED ARROW ARCHERY - is now carrying Obsession Archery Bows & Ross Archery Bows. Please call 616-901-1778.

ELIMINATE HIGH HEATING BILLS - while doing something good for the environment. Central Boiler Classic OUTDOOR WOOD FURNACES. Buy NOW & save up to \$350! Call SOS your "Stocking Dealer" Dutton, MI 616-554-8669 or 616-915-5061.

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.

KEY CARDS ARE STILL AVAILABLE - Help support the LHS Academic Boosters. Cards are \$25. Stop by & get your card today, Lowell Ledger 105 N. Broadway. Cash or check only please.

for sale

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

CEMETERY LOTS - (2) Chapel Hill Garden of Devotion, Grand Rapids, \$600. 616-897-8364.

for rent

FREE HEAT! - Wooded View Apartments, 2 BR starts at \$499. Easy access to M-66. Wooded setting close to schools and shopping. Tons of storage. Rent based on incomel TDD: 800-649-3777. EHO/Barrier Free. Call before gone, 616-527-6266.

HORSE LOVER'S DREAM - House, barns, pastures. 3 bedroom ranch, Lowell Schools. For more info search on Facebook Seaman Finn Ranch, go to wall. Call 616-897-5807.

PRICELESS STORAGE - Indoor/outdoor. New Units on Alden Nash, 1 mile South of 196. 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. Also for those interested in dance classes at the post. Call John at 299-0486 or 897-8303.

misc.

TOTS HUGS & KISSES PRESCHOOL FAMILY VALENTINE PARTY - Tues., Feb. 14, 6:30-7:30. Valentine crafts, cookie decorating, story & songs. Bring your own riding toys to get the winter wiggles out! Older siblings welcome. Bushnell Gym, Bushnell Elementary, 700 Elizabeth, Lowell. Questions? Call Lori at TOTS, 987-2532.

GRAND RAPIDS GUN & KNIFE SHOW - at the Delta Plex. Feb. 25 & 26. Sat. 9-5 & Sun. 9-3 p.m. 22 rifle door prize. Vendors call about our Feb. table specials. J&J Sport Shows. 1-800-968-5016.

help wanted

CAREER OPPORTUNITY - King Milling Company is seeking a qualified individual for a first shift (7 a.m. - 4 p.m.) maintenance position that includes welding and millwright skills. Please apply at 115 S. Broadway Street, Lowell.

LOCAL LOWELL COMPANY - Looking for marketing reps. If you like working w/people & making a great income, join our team. Interview now, start next day. Call 616-291-0333.

CAREER OPPORTUNITY - King Milling Company is seeking a qualified individual for a first shift (7 a.m. - 4 p.m.) general labor position. Please apply at 115 S. Broadway Street, Lowell.

WEST MICHIGAN YOUTH FOR CHRIST - is looking for a Campus Life-M Director in Lowell. We are looking for someone who has a strong walk with God through a personal relationship with Jesus Christ. We require someone with a passion for youth ministry that can understand and associate with today's youth culture. This person should have the qualities to become a mentor to middle and high school youth, and is a self-motivated, strong leader. To learn more about WMYFC, please visit our website at www.wmyfc.org. Please submit all resumes to cbass@gryfc.org

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.

card of thanks

THANK YOU
 To my family and friends for the birthday cards I received for my special birthday. Your thoughtfulness was very much appreciated. Thanks again.
 Marilyn Cahoon

THANK YOU
 To my two daughters, Lisa and Lynn, for the birthday cake to celebrate my 80th and all those who were there. Also, for the beautiful flowers sent from the "Alto Gang."
 Love you all,
 Mary Willyard

services

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

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

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

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

services

FREE APPLIANCE REMOVAL - Want it out today? Call J&J! We remove ALL household appliances, lawn mowers, vehicles, campers, batteries, radiators, bikes, grills, trampolines, metal fencing, metal windows & doors. Any metal. 616-719-9742.

EMERGENCY ROAD SERVICE - Lowell & surrounding areas. On road repairs. "CHEAP HOOKER" 616-292-7649.

SURPRISE YOUR VALENTINE WITH A VALENTINE GREETING IN NEXT WEEK'S BUYERS GUIDE - Only \$5 for 20 words! With a photo it is only \$10! Call 897-9555 by Thursday at 5 p.m. to place your order. Must be paid in advance.

services

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. Daily UPS pickup at 3 p.m. Lowell Ledger, 105 N. Broadway, 897-9261.

THEEL PAINTING - Walls, ceilings, woodwork, painting, staining, drywall repair, brush, roll, spray. Residential & light commercial. Fully insured. 897-7459.

JIM'S FLOOR COVERING INSTALLATION - 27 years. Carpet, vinyl & laminate. 897-0737 or 560-8515, 8 a.m. - 8 p.m. Leave message.

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.

STORYTIME - Every Tues. at 10 a.m., Saranac Public Library, 61 Bridge St., Saranac. 616-642-9146.

KNITTING 101 - Every Tues., 10 a.m. - noon, Clarksville Area Library, 130 S. Main St., Clarksville. 616-693-1001.

FIT CLUB - Every Tues. at 9 a.m., Clarksville Area Library, 130 S. Main, Clarksville. 616-693-1001.

WINTER READING - Now thru Mar. 31, ages 10 - adult, Clarksville Area Library, 130 S. Main, Clarksville, 616-693-1001.

STORYTIME - Every Thurs. at 10:30 a.m. Now at Clarksville Village Hall, 162 S. Main St., Clarksville, 616-693-1001.

WINTER READING - Now thru Mar. 31, ages 10 - adult, Saranac Public Library, 61 Bridge St., Saranac. 616-642-9146.

DORIC CHAPTER #75 - of the Order of the Eastern Star, which serves the Belding, Ionia, Lowell, Lyons-Muir & Saranac

areas, will hold a "cookie night" along with a "potluck" supper on Tues., Feb. 21 at 6:30 p.m. in the dining room of the temple building, 211 E. Main St., Belding. All Stars are reminded to bring cookies and urged to attend.

FREE SENIOR PANCAKE BREAKFAST - Every third Wed. from 7:30 - 9:30 a.m. at Laurels of Kent, 350 N. Center St. RSVP 897-8473.

LOWELL ROTARY CLUB - meets each Wednesday at noon at Lowell City Hall. New members welcome.

MOVIE MATINEE - Fri., Feb 17, 12:30 p.m., Disney's Snow White & the Seven Dwarfs. Free movie & popcorn at Saranac Public Library, 61 Bridge St., Saranac. 616-642-9146.

TOTS LOVE & LOGIC PARENTING CLASSES - Parenting should be fun! Positive discipline strategies for families with children birth-5 years. Classes held on March 8, 15, 22 & 29, 6:30 - 7:45 p.m. at Bushnell Elementary room, 116, 700 Elizabeth, Lowell. FREE childcare! Registration required. Please call 987-2532 for more information, questions or to register.

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 784-2007.

ENGLEHARDT LIBRARY HOURS - Mon.-Wed., noon - 8 p.m.; Thurs. & Fri., 9:30 a.m. - 5 p.m.; Sat., 9:30 a.m. - 1:30 p.m. 784-2007.

LOWELL ARTS GALLERY HOURS - Tues. - Fri., 10 - 6 p.m.; Sat., 1-4 p.m.; Monday by appt.; 149 S. Hudson. Visit www.lowellartscouncil.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.

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.

SHOTGUN & ARCHERY SHOOTING LEAGUES - at Caledonia Sportsman's Club (Alto/Freeport). Contact Al Potas 698-2051 or email shooting@csc.us.com

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

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

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

classifieds

to place an ad

in person: 105 n. roadway, lowell

by email: classifieds@lowellbuyersguide.com

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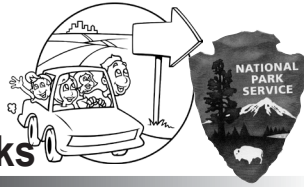
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exploring our national parks



Kurt Hieshetter

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We start our next national park adventure leaving Yellowstone and heading to Rocky Mountain National Park. One of the most exciting things about traveling from Yellowstone to Rocky Mountain is that most of the drive is on two lane highways. We left Yellowstone from the south entrance on the John D Rockefeller Memorial Parkway. Within a few miles we entered into The Grand Teton National Park with Jackson Lake and the towering spires

West Central Wyoming, a park ranger brought us free firewood. I guess there is a first time for everything!

The following day we spent time exploring the ghost town of South Pass City and South Pass. This was the easiest route west over the continental divide during the great migration west. All wagons on the Oregon, California and Mormon trails pass through here. The ghost town, which is being restored, was home to over 4,000 people in 1860.

shore of Lake Granby and has electric hookup, which the campgrounds in the national park did not have. Lake Granby is one of the first lakes formed by a dam on the Colorado River, with the headwaters being a few miles up in the park.

It was great camping at Lake Granby, especially since our friends had brought their boat over from Breckenridge. We were able to explore areas of a national park away from the hoards of crowds. The Colorado River forms the western boundary of the park just north of the lake. The only way to explore this wilderness area of the park is to hike the continental divide trail or slowly inch your way up river in a boat. This area sees few people and the kids were in awe over bald eagles flying overhead.



Grand Teton National Park

ica (in terms of elevation), topping out at over 12,000 feet. This highway, US34 or the Trail Ridge Road, is where we spent our last full day of exploration. We entered the park from the west at the Grand Lake entrance and climbed up through forests to the subalpine area at 9,000 feet. We then traveled on to the treeless alpine tundra above 11,300 feet. It is here in the summer that great herds of elk graze on the slopes of 12,000 foot mountains. It is also where, in July, our kids can play in the snow. After visiting the highest visitors' center in the national park system at 11,796 feet, we continued on into Estes Park for lunch.

Estes Park is the Gatlinburg, TN of the west. Tee-shirt shops, restaurants and all other forms of tourist traps line the streets. Sharing the space with all these people are the elk that find their way down from the mountain to roam the streets and parking lots. It was quite a sight to see all these elk standing in the Fall River next to the parking lot of the local Subway!

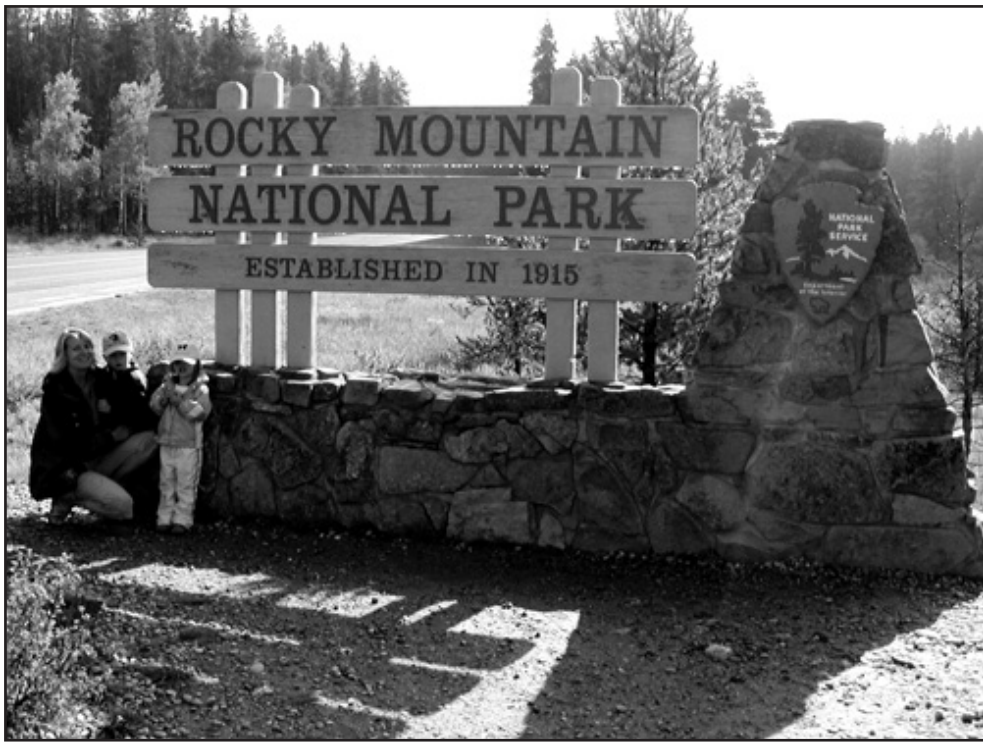
After Stephanie helped out the local economy by picking up a few sweat-shirts and other trinkets, we reversed our route driving back up over the continental divide to our campsite at Stillwater. With over 70 named mountain peaks of 12,000 feet or more, Rocky Mountain National Park is truly impressive. It is also home to the most northern peak in the state that is over 14,000 feet in elevation; Longs Peak tops out at 14,259 feet. I was able to climb this magnificent peak on an earlier trip here, a trip before kids. Hopefully when the kids are older, we will make the trip again so they are able to experience climbing a 14,000 foot mountain. Maybe someday that will be a different goal.

Another night in the mountains with good friends and our vacation was coming to an end. We had one more stop to make before hitting I-70 east. The town of Dillon, CO, which sits on the west side of the Eisenhower tunnel, is where our son Dillon got his name.

We had to take a photo of him posing by the town sign which required a 40-mile detour through Kremmling, CO, then south on CO Highway 9 into Silverthorne and then on to Dillon.

After multiple poses in front of multiple signs, we were traveling on I-70 driving in the right lane at 30 mph, inching our way up to the tunnel. On the east side of the divide as we exited the Eisenhower tunnel, all we had left was 1,100 miles before we would be home.

These trips are in no particular order of when we visited them. With that in mind, next time we will share our most recent trip to South Florida and the Dry Tortugas National Park. That puts us at 26 of 56 parks visited with nine more years to finish our goal to visit all the national parks by the time our kids graduate from high school. Don't forget you are able to visit past parks with us at <http://nationalparkswithtwins.blogspot.com>



Rocky Mountain National Park

of the Tetons on our right - it was truly an impressive site.

Not wanting to get caught up in the traffic and hoards of people of Jackson Hole, WY, we turned at Moran Junction toward the town of Lander, WY. This highway travels through the heart of the Wind River Indian Reservation and past the grave of Sacajawea, who was an Indian guide for the Lewis and Clark expedition.

Just outside Lander, on state highway 131, we stayed at one of the best state parks we have stayed at anywhere in the country. Sinks Canyon State Park lies on the Popo Agie River at a point where the river actually disappears into a cavernous hole in the wall of the canyon and then resurfaces into a large pool about a half mile downstream. Large boulders and tree trunks line a dry, above ground channel that acts as overflow for the water during spring floods. Along with the natural features of the area, the many hiking trails and solitude of

We left the state park in our little caravan, with our friends Jeff and Kathleen in their pickup camper in front and us pulling our trailer behind and continued toward Granby, CO and Rocky Mountain National Park.

The back roads took us through small towns, like Three Forks, Lamont, Battle and Encampment, before we found a campground in Riverside, a very small town of 59 people just north of the Colorado state line. We stayed at Lazy Acres Campground on the banks of the Encampment River and it was great for a one night stay. This gave us only a four hour drive to our next national park.

Granby is the gateway to Rocky Mountain National Park from the west. This is a much less congested route than from the east and Estes Park. We chose to camp at Stillwater Campground which is just outside the park entrance. This campground is on the

The real highlight of our excursion up the Colorado was after we had to beach the boat because of low water. Walking on the water's edge, we discovered the remains of a large bull moose. Since grizzly bears are not found this far south, it appeared that the carcass had been worked over by a mountain lion, the large cat-like footprints being our first clue. At that point we had one child wanting to go look for the "cat," and another starting to cry about a mountain lion being close by. We decided to return to the boat.

The road through the heart of Rocky Mountain National Park is considered the highest major highway in Amer-



Elk in Estes Park

VALENTINE'S DAY

ACROSS

- 1. Canine pests
- 6. Tabby's boyfriend
- 9. Dart
- 13. Animal helper in Southwest U.S.
- 14. Street address
- 15. *Tim McGraw's valentine
- 16. Nisei's parent
- 17. Substance infamously used by baseball great George Brett
- 18. Twisted cotton thread
- 19. *Candies with a message
- 21. *Like refined suitor
- 23. Sign of a lion
- 24. Controlled by the moon
- 25. European tax
- 28. Engineer
- 30. Possessed by green-eyed monster, pl.
- 35. Shining armor
- 37. Known for its sword-shaped leaves
- 39. Ringworm
- 40. Cher has only one
- 41. *His aim is true?
- 43. Hindu woman's dress
- 44. Stand on end
- 46. Indonesian resort island
- 47. Julia Roberts' Oscar-winning role
- 48. Six performers, e.g.
- 50. Officer training program
- 52. *Couples often talk about how they did this
- 53. Thailand money
- 55. As opposed to "stood"

CROSSWORD

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72						73				74				

DOWN

- 57. It's sweet home, according to Lynyrd Skynyrd
- 61. Obsolete office position
- 64. *Common pet name, pl.
- 65. Double helix
- 67. The lowest deck
- 69. City in Belgium
- 70. Used for canning
- 71. Variant of "beneath"
- 72. Concludes
- 73. He famously judged O.J.
- 74. Bordered
- 1. Hoover's agency
- 2. Boozer
- 3. Gaelic
- 4. "_____ job"
- 5. *Where future couples meet?
- 6. They've become mainstream fashion statements
- 7. Female reproductive cells
- 8. "_____ beaucoup!"
- 9. Like Eliza Doolittle
- 10. Contains several to-dos
- 11. "___'__ have to do"
- 12. People in general
- 15. Like a Spaniard who speaks Spanish
- 20. Often served with Tanqueray
- 22. Lyric poem
- 24. With three parts
- 25. *Goddess of love
- 26. Wide open
- 27. It took a licking but kept on ticking
- 29. Chow
- 31. It prevents movement
- 32. *The two were arm-_____
- 33. Spooky
- 34. *Valentine, e.g.
- 36. Type of email box
- 38. Silage holder
- 42. Scatterbrained
- 45. To lower in value
- 49. African tam-_____
- 51. *Alleged mastermind of St. Valentine's Day massacre
- 54. Mecca pilgrim
- 56. "Give me your _____, your poor..."
- 57. Often goes with "willing"
- 58. Past participle of "lie"
- 59. Tucked in
- 60. A dog does this for scraps
- 61. Edible root of Pacific islands
- 62. Ore smelting by-product
- 63. Type of bag
- 66. "Unforgettable" singer
- 68. Highest degree



FEBRUARY 1 - FEBRUARY 7

- Presidential candidate Mitt Romney takes Nevada easily. He neglects to mention his Republican rivals in his speech afterward, but Newt Gingrich vows to fight on through the rest of the states.
- A 19-year-old Alaskan girl is kidnapped by an armed gunman at a coffee shop in Anchorage.
- A couple of mushroom Oregon pickers, lost in the woods for six days, are found safe.
- A wealthy Florida man, 48, adopts his 42-year-old girlfriend as a possibly clever way to protect his assets. He was involved in an accident (he ran a stop sign) that left a 23-year-old man dead and is being sued by the victim's parents for wrongful death.
- Israel's prime minister, Binyamin Netanyahu will travel to Washington D.C. in March and is expected to also meet with President Obama.
- The New York Giants win Superbowl XLVI by beating the New England Patriots 21-17.
- Europeans are suffering some bitterly cold weather. Hundreds have lost their lives in Eastern Europe. Many of the dead were homeless. Major airports are delaying or cancelling service. London's Heathrow airport cancelled half of its normal services as more than six inches of snow fell in one night and the temperature dropped to 14°.
- The Susan G. Komen Foundation back-tracks on their decision to stop funds from going to Planned Parenthood after much backlash from the public.
- Eight sailors are discharged from the Navy after a hazing aboard an amphibious assault ship. The incident was captured on video and showed one of the sailors being choked.
- A 55-year-old man from Butte, MT, starts a car chase with police that involved speeds in excess of 100 mph because, "I just always wanted to do that." Police were able to stop him using "stop sticks" to deflate his tires.

SUDOKU

PRESENTED BY



			7	6			8	1
					5		7	
		8		1				4
6	3		2			8		
			6		7			
		4			8		6	9
3				7		4		
	7		9					
5	8			2	6			

© StatePoint Media
Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

THIS WEEK'S ONLINE POLL RESULTS

Have recent events changed your desire to take an ocean cruise?

- YES - 20%
- NO - 80%

FAXING

Sending or Receiving
\$1 or 1st sheet,
50¢ each additional sheet



The Lowell Ledger

105 N. Broadway • P.O. Box 128 • 897-9261

double AUTO SHOW discounts OF \$2,000

(Good until February 8th)

WITTENBACH

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Lowell

866-761-4067



9 AM - 8 PM - MON. & WED;
9 AM - 6 PM. TUE., THUR. & FRI;
9 AM - 3 PM SAT.

2012 GMC SIERRA EXT. CAB SLE

OFFER FOR CURRENT GM
OWNERS WHO TRADE IN
AN ELIGIBLE VEHICLE



\$3,000 ALLOWANCE
+ **\$2,000** PACKAGE DISCOUNT
+ **\$1,000** OWNER LOYALTY CASH

= \$6,000 TOTAL VALUE

SPECIAL OF THE WEEK

WOW! THE MPG'S
48 month, 48,000 mile warranty -
MORE THAN NEW!!!

\$15,999

2011 CHEVY CRUZE



GM Certified
USED VEHICLES

2008 SILVERADO Z-71 1500 EXT. CAB



Heated leather seats, 61K, like new

\$21,988

2008 CHEVY IMPALA LT 50TH ANNIVERSARY!



Low miles, 2-tone leather, moonroof,
loaded, great MPG's, Hot Car!!!

\$14,500

2011 LINCOLN MKZ

Only
15,000
Miles



Heated and cooled leather, moonroof, navigation,
Microsoft Sync, loaded, local trade

\$39,900

2010 HONDA ODYSSEY



Local trade, low miles, 2nd row
bucket seats, like new

\$22,988

2008 SATURN OUTLOOK XR

3rd row, heated
leather,
jet black,
like new.
Was
\$19,999



Now... **\$17,450**

2001 CHEVY TAHOE 4x4



3rd row seating, running boards, clean

\$5,450

2009 CADILLAC CTS AWD



Heated leather seats, dual sunroof,
loaded, low miles, 1 owner, just arrived!

\$22,900

2007 JEEP COMPASS



Leather seats, low miles, great MPG's

\$11,488

2006 PONTIAC G6 COUPE



Heated leather, moonroof, clean

\$9,998

2007 GMC SIERRA CREW CAB W/CAP



4x4, extra clean, options

\$19,998

2006 GMC 2500 SLT 4X4 EXT. CAB



Tonneau cover, 6.0L, leather heated
seats, tow pkg., local trade, new BF
Goodrich tires

\$16,500

2008 FORD TAURUS SEL



Great MPG's, moonroof, leather

\$11,998

2006 FORD F350



Powerstroke turbo diesel, local trade.
Was \$10,788

Now... **\$8,900**

2005 CADILLAC SRX



Heated leather, moonroof, loaded

\$11,488

2004 CADILLAC ESCALADE



Moonroof, heated leather,
3rd row entertainment, loaded

\$13,488

2011 BUICK LACROSSE CXL



Heated leather, 1 owner, loaded, low
miles, full warranty

\$22,998

2007 CADILLAC STS AWD



Heated leather, 6 disc, loaded,
55K, loaded

\$16,998

2001 DODGE RAM 1500



Tonneau cover, new tires, local trade

\$5,950

2003 BUICK RENDEZVOUS



Heated leather, local trade, clean

\$6,450

2000 NISSAN MAXIMA



Heated leather, moonroof, local trade

\$5,750

2003 PONTIAC MONTANA



Local trade, dual sliding doors, nice
local trade

\$4,450

2010 GMC TERRAIN AWD



GM Certified
USED VEHICLES heated, leather, moon-
roof, low miles

\$24,788

2001 CHEVROLET BLAZER 4X4



Sunroof, local trade, new tires

\$4,700

2008 CADILLAC SRX



Ultra view sunroof, heated leather,
like new. Was \$21,200.

Now... **\$19,998**

2008 GMC ACADIA



3rd row, low miles, extra clean,
second row bucket seats

\$17,788

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