



## lunch lady



page 9



## red arrow sports



pages 10, 11 & 14

# City addresses water infiltration issues into sanitary sewer with study

by Emma Palova

The Lowell City Council continues to address a longstanding problem of water infiltration into the city sewer system. Dennis Benoit of Hubbell, Roth and Clark, Inc. has been contracted to study the scope of inflow and infiltration (I&I) into the sanitary sewer system.

Previous studies have shown District 1, west of

railroad tracks where they intersect Main Street near Smith Street, as the biggest problem area. This includes the homes in the Valley Vista subdivision.

Infiltration means that groundwater gets into the sewer system, while inflow indicates that storm water enters the system through indirect connections from footing and roof drains.

“Storm water is not

wastewater,” said Benoit. “We don’t want storm water to go into the sewer system.”

The situation in Lowell is that the water level is close to the surface of the basements, which caused flooding problems in homes on Roberta Jayne.

The Waste Water Treatment Plant (WWTP) has been designed to treat approximately 1.5 million gallons of flow of waste water.

If the flow is too excessive, it will overflow out of manholes into the streets. Flows at the WWTP are high during rain events and at times of high groundwater.

The purpose of the I&I study is to determine the extent of the problem, whether it is cost effective to manage I&I by reducing the inflow and infiltration or by adding capacity to the plant or the combination of both.

Homeowners’ concerns in District 1 are water in the basements and sump pumps.

Phase II study objectives focus on Valley Vista due to a potential for high foundation drain flows from sump pumps. Valley Vista homes have been built on a high water table.

The I&I at Valley Vista could be coming from foot-

**Infiltration study, continued, page 2**

## New donation room completed at Flat River Outreach Ministries

Submitted by Tamela Spicer

On Monday, March 12, Flat River Outreach Ministries (FROM) is inviting the

community to join them for a ribbon cutting ceremony, to officially open their new donation room at 9:00 am.

Construction on the 600 square foot addition began in January and was made possible through the generous donations to the River of Hope Capital Campaign.

Donations of gently used items will be accepted 24 hours a day in the new donation room just north of the Thrift Shop entrance. The new room will not only consolidate all Thrift Shop functions to the north end of the building, but it also eliminates the football field length between the donation area and Thrift Shop sorting areas.

“The addition provides more space for us to receive gently used items,” said Tamela Spicer, executive director of FROM. “It also makes it easier on the more



The new donation room at FROM.

than thirty volunteers that sort donations every week.”

EI Platt, who has volunteered for four years at the Thrift Shop, is excited about the new space. “The new donation room will help us keep things more or-

ganized and make it easier to get things into the Thrift Shop,” Platt said.

“We’ve been so blessed with the generosity of the community,” Spicer said.

**Donation room, continued, page 2**

## Compensation Commission recommends stagnant pay for elected officials

by Emma Palova

The compensation commission, co-chaired by Teresa Beachum and Roger LaWarre, reviewed the current pay per meeting for elected officials of the Lowell City Council, the mayor and Lowell Light and Power (LL&P).

As in the previous years, the pay per meeting will remain the same at \$25

for LL&P elected officials and \$38 for city council.

However, the commission increased the number of permissible meetings per year for LL&P to a maximum of 20 meetings, not to exceed \$500 per year.

**Stagnant pay, continued, page 3**

## Elementary students enjoy the blues

Fifth graders at Cherry Creek had the blues last week when an inclement weather day canceled their

visit with special guests from the West Michigan Blues Society.

Blues in the Schools’

performers, Tim Richards, Jimmie Stagger and Dave (Dr. Hamfat) Marin, were

able to adjust their schedules and perform for the kids.

Students were treated to a history of the blues, taking us from its early beginnings in the south, to its modern styling in Chicago. Using music, humor, slides and audience participation, the team led us across the United States, through the communities and plantations, to the factory cities that gave our modern blues its unique flavor.

Students prepared for this presentation by studying blues in their classrooms over the weeks before the show. Using YouTube clips, music compact discs and study guides, documenting the journey from early work songs, through early electric

blues and finally the modern blues, students learned about the progression and changes artists brought to this truly American music. They all learned how much of our modern rock, jazz, rap and country flowed from the blues.

As part of the show, the musicians played a compilation of blues songs sent to them from previous Cherry Creek students who have sent in song ideas after hearing the show. Students again, will be working hard to create original blues tunes to send to them later this year.

More information can be found at: [http://www.wmbs.org/home/blues\\_in\\_the\\_schools](http://www.wmbs.org/home/blues_in_the_schools)



Tim Richards, Dave (Dr. Hamfat) Marin and Jimmie Stagger

50 CENTS



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# Infiltration study, continued

ing drains around homes and leaking into the sewer mains, as well as from service laterals.

According to Benoit, the removal of foundation drains would have the most positive results, but is very costly. Also under consideration is an underground drain or an incentive program for homeowners

to disconnect foundation drains from the system.

“There are two ways of looking at the problem,” said Benoit.

One is solving it on the spot as in the options mentioned above or sending the flow problem to WWTP by increasing the capacity of the plant.

City manager Mark Howe said he has a rough plan of action summed up in the I&I mitigation project, rather than wastewater treatment plant expansion.

“Budget wise we have the ability to surgically focus on certain areas and to identify cost effective ways,” he said.

Monitoring wells are another option along with evaluating the current underground drain, as well as evaluating the cost of expanding the system. District 2 will also be evaluated.



## lend a hand

volunteering opportunities

### TUTORS NEEDED

The Literacy Center of West Michigan has scheduled an information session on Tuesday, March 13, 2012, for prospective volunteer tutors. This session is held at 6:30 pm and lasts one hour. It allows persons interested in becoming volunteer tutors to find out more about the Center and its literacy programs. At the end of the session, there will be an opportunity to sign up for tutor training.

The Literacy Center of W. Michigan is a nonprofit, United Way agency devoted to reducing illiteracy in our community. Based on 1990 census figures, at least

19,000 adults in Kent County cannot read at a functional level. At least 6,000 adults cannot speak or understand English well. By training people to be tutors, the center can offer one-on-one reading help to adults asking for assistance in reading or English as a Second Language (ESL). You do not need to speak another language to tutor ESL.

The information session will be held at the Literacy Center of West Michigan, located at 1120 Monroe Ave., NW, Suite 240, Grand Rapids, MI. Please call us at 459-5151 (ext. 10) to register.



## along main street

### UKRAINIAN EGG DECORATING

The Lowell Area Historical Museum will hold a class on Ukrainian egg decorating at the Lowell Chamber of Commerce on March 10 from 10-2 pm. Class size is limited so register early. Cookies and coffee will be provided by the museum. Call 897-7688 for more information or to register.

### GILDA'S CLUB

#### LOWELL CLUBHOUSE ACTIVITIES

LaughFest Open House, a time for out-of-town visitors to come see firsthand what LaughFest is all about and have a look at the Clubhouse, Tues., March 13, 2-6 pm; Cancer - New Member Meeting, introductory meeting for those who wish to join the cancer support program, Tues., March 13 and 27, 2:30-3:30 pm and 7:15-8:00 pm; Book Club, join Kathy Mieras for a relaxing and cozy book club, Tues., March 20, 4:30-5:30 pm; Mosaic Craft Workshop, join Corinn Schaafsma for this fun workshop, Tues., March 20, 3-4 pm. Register today; Wood Carving, learn how to make easy and beautiful wood carvings with Doug Shassberger, Tues, March 20, 4-5 pm. Located at 314 S. Hudson St., for information call 897-8600.

### LOWELL HIGH SCHOOL SENIORS

General local scholarship applications are available in the Student Services Center. To be fair to all students, applications will not be accepted after 3:00 pm on Friday, March 16. Don't forget to include two letters of recommendation, transcript and personal statement. For more information please call Mrs. Nauta at 987-2913.

### 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.*

# Donation room, continued

“We rely on the gently used donations to stock the Thrift Shop and every dollar spent in our Thrift Shop stays right here in the community to fund our programs that serve the people of the greater Lowell area in their time of hardship.”

The new donation room also frees up space at the front of the building that will be renovated to provide a public entrance to the building and additional office space. “As the ministry continues to grow, we are taking advantage of college

interns and office volunteers and we need room for them to work,” Spicer said.

“The continued renovations will be dependent on available funding as we wrap up the River of Hope Capital Campaign,” Spicer added. “Our goal is to steward our resources well so that we can meet the growing needs here in the greater Lowell community. We invite everyone to come Monday and share this celebration with us as we open the new donation room.”

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## Your neighbors are making dinner and you're invited!

But you'll need a ticket.

### Lowell Education Foundation's ninth annual "Dinner With Friends" event is March 17.

Proceeds from this event will help the Lowell Education Foundation give grants to district teachers and students.

Dinner starts at 6:30 pm at guests' choice of one of five houses, all serving their favorite recipes.

Cost: \$50 per person.

Call Laurie Noall to make reservations:

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# Stagnant pay, continued

"We wish to recognize the quality of leadership, while at the same time be sensitive to the community's economic climate," Beachum said.

The elected city officials will continue to be compensated at \$38 per meeting up to a maximum

of 35 meetings, not to exceed \$1,330 annually. The officials are paid for bi-weekly city council meetings, planning commission, special meetings and for work sessions.

"Our economic vitality is only gradually improving," said Beachum. "We

have taken note that our city workers have continued to work with no increase for the last two years."

Mayor Jim Hodges' compensation will stay at \$43 per meeting up to 35 meetings, not to exceed \$1,505 per year.

"The mayor and the

council work hard, in public and behind the scenes, to continue the leadership necessary to grow and integrate a diverse and vibrant community, in which all facets of government, business and citizen action work together," said Beachum.

The next meeting of

the compensation committee is set for Nov. 8, 2012. Interviews will be conducted with the mayor, the city manager and the LL&P manager.

In other business, Brian Bangma requested the street closure of Main Street, from Hudson Street to Jackson Street, for a bike race on May 20 from 7:00 am to 3:00 pm.

Riverside Drive will have intermittent, shortterm closures as racers use the street.

Bangma estimated 400 to 500 participants in the race.

"We've had a phenomenal experience last year," he said. "I haven't had any

negativity from the business owners."

Howe also informed the city council, in his report, that the Building Authority has authorized the refinancing of the bonds for the city hall.

A fund balance policy may be implemented to facilitate the refinancing process.

"The fund balance policy shows that we are drawing a line in the sand," he said.

According to the draft of the policy, an undesignated fund balance of 15 percent will be maintained. The special revenue fund balance will be maintained at five percent.

# Fun at the Murray Lake Family Festival

Despite inclement weather last Friday, the Murray Lake Family Festival went on as planned. A couple hundred students and parents showed up for the event.

Games, food, bounce houses, and face painting were just some of the activities that took place at the event. Laughter and smiles were not in short supply as all who attended seemed to have a great time.

The event organizers were Family Links members: Lisa Northup, Kris Rickert, Tara Veldman, Kristen Bruwer, Melissa Spinella, and Heather Looman.

"It was a terrific night for our kids. I want to thank

all of our parent volunteers. We could not do it without them. I especially want to

thank our chair ladies who spend countless hours putting this together. They did a

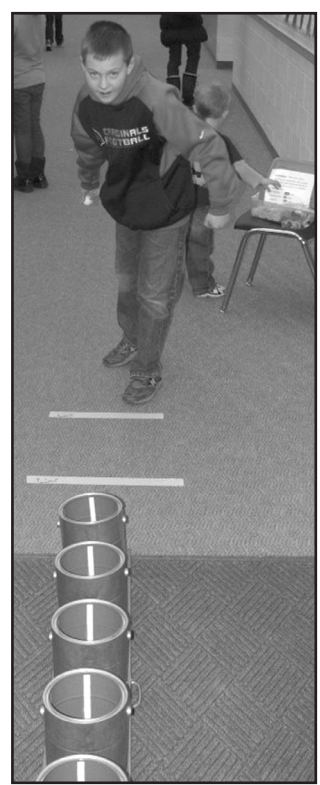
fantastic job," said principal Brent Noskey.



Several Family Festival participants hope to be a lucky winner on the cake walk.



The VanLaan kids hope to pop their balloon the fastest and earn the big prize.



Jacob Kanoza tries his luck at the ping pong toss.

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 PROJECT X (R) 5:10, 7:20, 9:40  
 ACT OF VALOR (R) 5:00, 7:30, 9:50  
 THE VOW (PG-13) 4:30, 6:50, 9:20  
 THIS MEANS WAR (PG-13) 7:10, 9:30  
 JOURNEY 2: THE MYSTERIOUS ISLAND (PG) 4:50

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**2012 BOARD OF REVIEW NOTICE**  
 Lowell Charter Township  
 2910 Alden Nash Ave SE  
 Lowell, Mi. 49331

**2012 BOARD OF REVIEW MEETING SCHEDULE**

The Lowell Township Board of Review for 2012 will be held at the Lowell Township Hall, 2910 Alden Nash Ave SE, on the following dates:

**Tuesday, March 6, 2012 at 10 a.m. = Organizational Meeting**

**Monday, March 12, 2012**  
 9:00 a.m. to 12 noon & 1:00 p.m. to 4:00 p.m.  
 &  
**Thursday, March 15, 2012**  
 2:00 p.m. to 5:00 p.m. & 6:00 p.m. to 9:00 p.m.

The Board of Review will meet as many more days as deemed necessary to hear questions, protests, and to equalize the 2012 assessments.  
**By board resolution, residents are allowed to protest by letter, provided protest letter is received prior to March 15.**

The tentative ratios and the estimated multipliers for each class of real property and personal property for 2012 are as follows:

Agricultural.....	50.04.....	0.9992
Commercial.....	51.17.....	0.9771
Residential.....	50.96.....	0.9811
Industrial.....	51.94.....	0.9626
Personal.....	50.00.....	1.0000

**American with Disabilities (ADA) Notice**  
 The Township will provide necessary reasonable services to individuals with disabilities at the Board of Review meetings upon 2 days notice.  
**Contact: Supervisor Jerry Hale, 2910 Alden Nash Ave SE**  
**616-897-7600**

Board of Review Members,  
 Barbara Tremblay, Lisa Reed & James Foerch.  
 Jerry Hale, Township Supervisor, Secretary of Board of Review.



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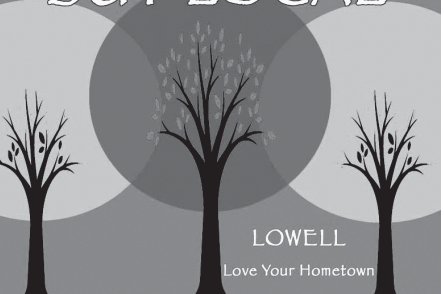
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## financial focus



Christopher C. Godbold

### Become familiar with these five key areas

As an investor, what are your goals? You can probably think of quite a few — but over the course of your lifetime, your objectives typically will fall into five key categories. And once you're familiar with these areas, you can start thinking of what they'll mean to you in terms of your financial and investment strategies.

So, let's take a look at each of these areas and see what they might entail for you:

- Preparing for retirement — With advances in health care and a greater awareness of healthy living practices, many of us can expect to live two or three decades in an active retirement. So, while you're working, take full advantage of your 401(k) or other employer-sponsored retirement plan, as well as contribute to a traditional or Roth IRA. After understanding your desired retirement lifestyle, your financial advisor can help you determine how, and how

much, to save to provide for your income in retirement.

- Planning for the unexpected — You can't see into the future, so you'll need to prepare for anything that comes your way. By building an emergency fund containing six to 12 months' worth of living expenses, you can possibly avoid dipping into your long-term investments to pay for things such as a new furnace or a major car repair. And planning for the unexpected also means having sufficient life insurance to provide for your family in case anything happens to you.

- Educating your children — College is already expensive — and college expenses have been rising faster than the overall rate of inflation. If you want to help your children, or grandchildren, pay for school, you may want to invest in a college savings vehicle, such as the 529 plan. You can contribute large amounts to a 529 plan, and earnings have the opportunity to grow tax-free, provided withdrawals are used

for higher education. (Withdrawals not used for education are subject to income taxes and a 10 percent penalty.)

- Living in retirement — Once you reach retirement, your investment emphasis will shift somewhat, from accumulating resources to making them last. By working with a financial advisor, you can develop a withdrawal strategy that can help make sure you don't outlive the income you receive from your 401(k), IRA and other sources. At the same time, given the possible length of your retirement, you can't ignore the need to invest for growth, so you may need to consider some growth-oriented vehicles in your portfolio to help your income keep pace with inflation.

- Transferring your wealth — When you've worked hard your whole life, you want to be able to leave a legacy — one that allows you to provide financial resources to the next generation and to those charitable organizations you may wish to support. So, when it's time to think about transferring your wealth, you'll want to consult with your financial and legal advisors to create an estate plan that's appropriate for your needs. And because these plans can take significant time to create, you won't want to wait too long to start.

So, there you have them: five key financial areas on which to focus as you travel through life. By doing your homework, planning ahead and getting the help you need, you can make the journey a pleasant and productive one.


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# viewpoint

## ask kathryn



Kathryn Denhouter Ph.D.

Last month, specific exercises for the Open Focus Method to help reduce pain was introduced. This month the connection between emotions and pain will be reviewed. So often, anxiety and depression are intertwined. Many times (but not in all cases), depression results when an individual is unable to reduce feelings of anxiety. Sometimes we try to reduce anxiety by denying the feelings, by avoiding the feelings or by masking the feelings of fear. When anxiety dissolves, quite often depression disappears as well.

Anxiety can be attenuated the same way pain is resolved. First of all, the individual needs to become aware of the repressed feelings of anxiety. By doing a "body scan" one can determine where the anxiety is localized. A "body scan" is an awareness of where the anxiety dwells in the body. Is it the toes? Is it the stomach? Is it the neck area? Is it in the chest? Once the anxiety has been located, the Open Focus Method can be used to dissolve the anxieties. Chronic narrow focus however, can amplify anxiety which is very counter-productive. Repressed emotions can trigger feelings of pain even though nothing is wrong with the body. With the use of a more flexible focus (diffuse-immersed attention) anxiety is eased or even eliminated.

Also, it is a known fact that stress has a deleterious effect on our immune system. Immune system-induced pain can assume many forms, such as chronic low-level headaches, stomach pains or digestive problems. It is very apparent that stabilizing the brain using a more flexible attention, instead of narrow-objective attention, can alleviate the pain that comes from chronic stress.

The next article will be "The Psychological Understanding of Pain and What to do About It." If you have any questions about this article please e-mail me at: [kathryndenhouter@gmail.com](mailto:kathryndenhouter@gmail.com)

## sharing the vision



LAS Superintendent Greg Pratt

### It's not just what we do, it's who we are"

If a great community is defined by the amount of effort its members give to help one another, then Lowell can be reckoned as an exceptional community because the character that is essential to give and help one another is not "just what we do, it's who we are." Folks in Lowell understand and value small community life and we know how to sustain people and families. We pitch in, we give support, we cherish traditions, and we persist through challenges. We celebrate our accomplishments; we mourn our losses, and acknowledge our shortcomings...and all of it, we do together. As a school community, we have certainly experienced all of these things and more this year.

and staff, the academic resilience of our students, and the unselfish members of our community.

As our students work their way through the midpoint of the school year, I can tell you that our concert and symphonic bands received superior ratings at the State Band Festival. Our high school art department entered the Michigan Education Art Show, which is a very selective show, and two of our student artists were selected to feature their artwork at the Grand Rapids Art Museum Gallery. Our 7th grade MEAP scores in the area of writing are the highest in the county! Furthermore, our district wrestlers, football team, winter guard, and countless other athletes have received accolades for their athletic abilities. There is a profound love for learning and experiencing everything that school has to offer. This is only possible because of the fine example set by skilled professionals and loving adults in our community.

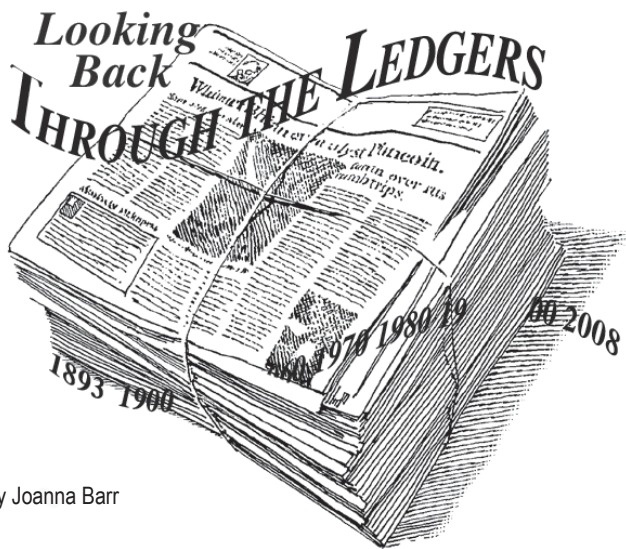
As superintendent, I stand in awe of our community, business owners, our students and staff for the "can do" attitude consistently modeled. I observe it daily in Lowell, whether it is the smallest act of kindness, local student-driven food drives, or major events for the good of the whole, like Pink Arrow. Our small rural town remains vital because of the staying power of our business owners, the sacrifices of our teachers

At the district level much work has occurred for us to remain on the leading edge despite economic pres-

Sharing the Vision, continued, page 7



Visit us online at... [www.thelowellledger.com](http://www.thelowellledger.com)



By Joanna Barr

### 100 Years Ago The Lowell Ledger March 7, 1912

Fire caused by a gasoline stove Friday evening practically destroyed the one story frame house on Main Street west of Mrs. George Speaker's, owned by W. W. Wilson of Kalamazoo and occupied by the families of Walter Spaulding and Nathan Lane. Mr. Lane climbed to the roof with water and the timbers gave way with him, letting him fall through to the floor below.

The old grist mill which has stood as a landmark for about 73 years was purchased by B. F. Wilkinson of Keene and last Saturday the last timbers and plates were taken down and drawn away. It was with some regret that we saw it moved and the site where once stood a flourishing emblem of the busy grind, day after day, with the rush of business from the surrounding country, has a quiet and desolate appearance and we miss the old mill.

### 75 Years Ago The Lowell Ledger March 11, 1937

A record of forty-eight years of continuous service on Main St. is something worthy of more than passing notice. The honor goes to Burt A. Charles, who started to learn the barber's trade here on March 4, 1889 and who has been continuously on the job during all the intervening years. During this time, Burt has no doubt, cut enough whiskers to border the entire coastline

of the United States with enough left over to make a flounce around Puerto Rico.

Oren Graham of Cascade Road is in the osteopathic hospital in Grand Rapids suffering from serious injuries sustained from an auto accident. He ran into a truck carelessly parked in the road in a snowstorm.

### 50 years ago The Lowell Ledger March 8, 1962

The board of education of the Lowell Area Schools announced at their regular meeting, Monday evening, their intent of purchasing the property belonging to Mr. Al Blaser as the site of the proposed high school. It is located on Foreman St., just off Lincoln Lake Ave., with Beach Street coming to a dead end on the property. The property extends to the south to the line of trees between Howard and Elizabeth Streets. This property contains twenty-nine acres and meets best, the opinion of the board of education, the requirements for a new high school.

Over 200 people from Grand Rapids, Lowell, Lake Odessa, Clarksville, Caledonia and the local vicinity attended the open house at the Alto Elevator Friday. Fifteen door prizes were given away and several were held. Leonard Johnson won a bushel of corn by guessing the nearest to the number of kernels of corn in a bushel of shelled corn. There are 93,300. Leonard guessed 92,200.

### 25 Years Ago Grand Valley Ledger March 11, 1987

There were many kind words and lots of watery eyes at a farewell dinner and reception held for Ray Quada on Thursday, February 26. Quada officially left his post last Friday, but typical of his devotion to the job, he will be in and out of city hall a lot this week. He says he wants to give acting manager, Barry Emmons, some final briefing. He wants to finish up some final details regarding the moving of the Gus Macker tournament. The city also appears to be on the threshold of receiving a federal grant that will partially fund a new sewage treatment plant and Quada will be tending to a few last minute details regarding that project.

A 16-year-old juvenile will be referred to probate court on charges of embezzlement from his place of employment in Lowell. The charges are in connection with the taking of money over the past month.

## 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](mailto: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](http://www.lowellbuyersguide.com) has a link to submit emails on the left side of the page.



# Golden anniversary celebrated



James and Gerarda Francis

Celebrating their golden wedding anniversary on March 3 are James M. and Gerarda (Potter) Francis of Lowell. A two week trip to Dunedin, Florida, has been enjoyed. The seven children of the couple are James Jr and Denise Francis of Greenville; Joseph and Eva Francis of Osage, Wyoming; Jon and Missy Francis of Belding; Jean Byrnes of Buffalo, Wyoming; Janet Conklin of Billings, Montana; Jessica and Ryan Malcolm of Lowell; and Jenijoy and Trent Rummelt of Alto. They have over 25 grandchildren and three and a half great-grandchildren. James is a nine year veteran. Gerarda is a graduate of Marywood Academy.



## lend a hand

volunteering opportunities

### Local families needed for cultural exchange students

ASSE International Student Exchange Programs (ASSE), in cooperation with the local high school, is seeking local families to host boys and girls between the ages of 15 to 18 from a variety of countries around the world.

Students come with an enthusiasm to practice their English and experience American culture - food,

sports, shopping and more. They will also share their own culture with host families. Host families welcome these students into their family, not as a guest, but as a family member, giving both the students and families a rich cultural experience.

In addition, students have pocket money for personal expenses and full health, accident and liability

insurance. Students are academically selected into the program and host families can choose their students from a wide variety of backgrounds, countries and personal interests.

To become a host family or to find out how to become involved with ASSE in your community, please call our representative, Whitney Oosting, 616-889-7861 or go to [www.asse-hosts.com](http://www.asse-hosts.com) to begin your host family application. There are many students to choose from, so begin the process of welcoming your new son or daughter into your family today.

## Student receives a top scholarship

Goshen College has awarded the 2012 Stoltzfus Leadership Scholarship to 12 college-bound students, including Martin Brubaker of Lowell.

Brubaker is the son of Daniel Brubaker and Tamara Brubaker-Salcedo and is graduating from Lowell High School. He plans to major in biology.

The Stoltzfus Leadership Scholarship is awarded to African American, Latino American, Asian American and Native American (ALANA) students who were heavily involved in promoting multicultural awareness during high school. The scholarship is awarded in the amount of \$5,000 per year for four years.

To qualify for the Stoltzfus Leadership Scholarship, a student must be a permanent resident or citizen of the United States with a 2.75 or greater grade point average in high school. Students entering college directly after high school are given priority.

## college news

Alma College has named over 450 students to the dean's list for outstanding academic performance during the 2011 fall term.

Students who achieve a 3.5 or better grade point av-

erage during a term, while carrying a minimum of 13 credits, at least eight of which are evaluative grades, are named to the dean's list.

Following is a list of local students: Natalie Bar-

las, Zachary Caverley, Joshua Spratt, and Alexandra Woodburne, all of Ada; Jennifer Campfield and Trevor Kline, both of Alto; and Tristan Smith, of Lowell.



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...  
**A child becomes an adult when he realizes that he has a right not only to be right but also to be wrong.**  
~ Thomas Szasz

# area churches

**GOOD SHEPHERD LUTHERAN CHURCH**  
10305 Bluewater Highway (Missouri Synod)  
Halfway between Lowell & Saranac on M-21  
[www.goodshepherdlowell.org](http://www.goodshepherdlowell.org)

Worship Service.....Sunday -10:00 A.M.  
(Nursery available)

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

**CALVARY CHRISTIAN REFORMED CHURCH OF LOWELL**  
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  
Pastor Dr. Mike Conklin  
9:45 A.M. ....Sunday School  
10:30 A.M. ....Fellowship  
11:00 A.M. ....Worship

**897-9863**  
Nursery & Children  
Worship Programs Provided 

*A friend...a family...a mission!*




**FIRST BAPTIST CHURCH OF LOWELL**  
2275 West Main Street • 897-7168  
Internet: <http://www.fbclowell.org>  
Rev. Jon Pickens  
Rev. W. Lee Taylor & Pastor Phil Severn  
Sun. Worship Service.....9:30 A.M. & 6:00 P.M.  
Sunday School Hour/ABF's.....11:00 A.M.  
AWANA 6-8/Youth Ministry.....Wed. 6:15 P.M.  
Contact Church Office For Prayer Meeting Times  
Nursery Provided • Barrier Free

**ST. MARY'S CATHOLIC CHURCH**  
402 Amity St. • 897-9820  
[www.stmary-lowell.com](http://www.stmary-lowell.com)  
Weekend Masses: SAT. 5 PM; SUN. 9:30 AM  
Saturday confessions: 3-4:30 PM  
Prayer & adoration each Wed. 8:00 AM - 8 PM  
RELIGIOUS EDUCATION, CHILDREN TO ADULTS - CALL PETE WIGGINS 897-7915  
SEE LOWELL CABLE CH. 393, EWTN FOR 24 HR. CATHOLIC BROADCASTING

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

**Lowell Naz - Where People Matter**

**CHRISTIAN LIFE CENTER (Assembly of God)**  
3050 Alden Nash S.E. • 897-1100 • Staffed Nursery  
Robert Holmes, Pastor  
**SUNDAYS:**  
Worship: 10 a.m.

**WEDNESDAYS:**  
Family Night (for all ages): 7:00 p.m.  
"The Source" Youth: 7:00 p.m.  
**Loving God ... Loving People!**

**FIRST UNITED METHODIST CHURCH OF LOWELL**  
621 E. Main Street • 897-5936  
[www.lowellumc.com](http://www.lowellumc.com)  
Barrier-free entrance

**Worship..... 8:30 & 10:30 a.m.**  
**Sunday School.....9:30**  
**Youth Groups (Jr. & Sr. High).....6:00**  
**Wednesdays**  
**After School Kids' Club.... UNTIL 5:30**

**Rev. Rick Blunt**

## business matters

Greenridge Realty announced that Amy Reedy received Sales Associate of the Month in February.

This award recognizes Reedy for her outstanding success and achievements.



Amy Reedy

## happy birthday!

**MARCH 1**  
Barak Brown,  
Jill Callihan, Laura Christiansen.

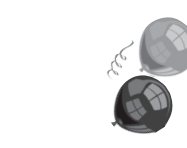
**MARCH 2**  
Mary Vezino, Roger MacNaughton, Anna Kline, Lisa Schoen.

**MARCH 3**  
Sarah Newell.

**MARCH 4**  
Scott Vashaw, Bryce Tulppo, Patrick N. Johnson, Art Warning, Jared Brzezniak, Dawn Emelander.

**MARCH 5**  
Don Silvis, Michael Nearing, Brandy Washburn.

**MARCH 6**  
Pat Covell, Darlene McClure.





# Chess champions



Pictured are Murray Lake's 2012 chess champions, from left to right: first place Ryan Roest, second place Nathan Roest, and third place Bernie Diekevers. Over 40 Murray Lake students participated in their 8th annual chess tournament. It was a double elimination tournament. After getting by Diekevers, Nathan Roest faced his brother Ryan Roest and lost in a close match. Ryan Roest is Murray Lake's only two time champion in the history of the tournament, as he finished in first place for the second year in a row.

# Young workers, spring into action!

If you're a young worker, retirement probably seems like a lifetime away. In fact, you may wonder if your contributions to Social Security, deducted from your paycheck, actually cover you for anything right now. The answer is yes, they do and the time to learn about Social Security and what it can do for you is now.

By working in a job covered by Social Security, you are earning disability and survivor insurance protection. For example, a worker under age 24 paying Social Security taxes for as little as one and a half years may be insured for disability

and survivors benefits.

If you're like most workers, you probably don't have private long-term disability insurance but you do have disability protection through Social Security, which provides coverage to you and your family if you become disabled. About one in four of today's 20-year-olds will become disabled before reaching age 67. The average disability benefit paid in 2012 to a worker with a spouse and two children is \$1,892 a month.

Social Security also provides valuable survivors benefits. About one in eight young Americans can expect to die before reaching age

67. Social Security's survivors insurance pays an average monthly benefit in 2012 of \$2,543 for a spouse and two children of a young worker with average wages who dies.

For more information on how Social Security protects younger and older workers alike, visit our website at [www.socialsecurity.gov](http://www.socialsecurity.gov).

*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](mailto:vonda.vantil@ssa.gov)*

# Sharing the Vision, continued

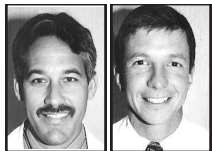
surens faced by Michigan public schools. We continue to maneuver through the avalanche of legislative and financial change. Some of those initiatives include all-day, every day kindergarten as mandated by the state. This sounds like a good thing for kids, but the legislation was brought forward based upon dollars alone and will actually result in yet another financial hardship for the district. We are diligently working on developing a budget for the fiscal year 2012-2013 based upon the Governor's "proposed" budget, but we must wait until the House and Senate versions are developed and enacted prior to October 1. Unfortunately school districts are bound by law to adopt a budget by June 30, leaving us very little time to scramble in the event of

potential last minute surprises from Lansing. Our administrators and teaching staff have been deeply entrenched in the work of the Common Core Curriculum, also required by State legislation. We have continued our work on the long-term facilities study and plan to share the outcome of our work very soon. Long hours, sweat of the brow, countless meetings, and some sleepless nights, all have occurred in preparation for the obstacles and exciting possibilities that our district will soon undertake. Stay tuned as I will be providing specific details on each of these

initiatives in the next several Superintendent's Vision articles.

I can't say enough about our great community. Whether we have cause to celebrate life in Lowell as a district and community or whether we stand in the face of tough times, through it all we do it with genuine care, trust, cooperation, and we toss in a little fun. I am certain that through optimism, home-town values, and the work ethic that defines us that our school community will continue to soar because "it's not just what we do, it's who we are."

# health



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

## Colorectal cancer:

### Colorectal cancer: how to detect it early

Colorectal cancer is the third most common type of cancer in the body. Every person has approximately a six percent lifetime risk of developing colorectal cancer. Fortunately it can be treated and in most cases cured, if you catch it early.

Most colorectal cancers begin as a polyp. Polyps start out as a small growth on the colon or rectal wall that can take years to develop into a cancer that grows and spreads. You should see your health care provider if you have any of these warn-

ing signs: bleeding from the rectum, blood in your stool or in the toilet after you have a bowel movement, a change in the shape of your stool, cramping pain in your lower stomach, or a feeling of discomfort or urge to have a bowel movement when there is no need to have one.

Colorectal cancer is more common in older individuals, so health care providers usually begin screening people after the age of 50. Those individuals with a family history of colorec-

tal cancer should begin their screening at an earlier age.

Screening for colon cancer involves a yearly digital rectal exam and one or more of the following tests: yearly fecal occult blood tests (tests stool for blood you can't see), flexible sigmoidoscopy every five years (a tiny camera that views the lower half of the colon), double contrast barium enema every five years (x-rays to detect abnormal spots in the colon), or colonoscopy every 10 years (a tiny camera that views the entire colon).

Talk to your health care provider about your potential risk of developing colorectal cancer and when you should begin testing for it.

# Happy Easter

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## NOTICE VERGENNES TOWNSHIP 2012 BOARD OF REVIEW MEETING SCHEDULE

The Vergennes Township 2012 Board of Review will be held at the Vergennes Township Hall, 10381 Bailey Dr, Lowell, MI, 49331, on the following dates:

**Monday, March 12, 3 pm to 9 pm  
and  
Wednesday, March 14, 9 am to 3 pm**

You may appeal assessed valuation one of two ways:

- 1) To appear at the Board of Review, call the offices at 616-897-5671 on Mondays or Wednesdays from 9 am to 3 pm to schedule an appointment.
- 2) You may send a letter of appeal (received prior to March 7, 2012) addressed to:

Vergennes Township Assessor  
10831 Bailey Dr., PO Box 208  
Lowell, MI 49331

Mari C. Stone  
Vergennes Township Clerk

## March Specials

**Omelet with Toast**  
One Egg, Ham & Cheese.....\$1.99

**Pulled Pork BBQ Sandwich**  
with fries and a soft drink.....\$4.99

**Boneless Pork Chop Dinner**  
with potato, vegetable and salad.....\$6.99

Prices good March 1st -  
March 31st, 2012

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Lowell  
897-8455

Mon. - Sat. 6 am - 8 pm; Sun. 8 am - 1:30 pm



# Are You Ready For The Annual LOWELL COMMUNITY EXPO?

## Bristle Buddy Computer Duster



Bristle buddy adheres to computer monitor. Top detaches for cleaning computer surfaces. Soft, nylon non-static brush. Feet hold pen or pencil. 1-1/2" L x 1-1/4" W x 3-3/4" H.

Qty.	150	250	500	1,000	2,500
Price	\$1.19	\$1.15	\$1.12	\$1.10	\$1.07

Price includes: 1 color; 1 location.

Colors: Blue/Black Bristles, Red/Black Bristles, Yellow/Black Bristles. Imprint information: 1" x 1/2" legs front imprint area; pad printed.

PLACE YOUR ORDER BY MARCH 5<sup>TH</sup> FOR EXPO!

## Pocket Pad Organizer with Ruler & Memo Pad Holder



Compact notepad with pen and marker flags. Translucent case with ruler, calendar and magnifier. 2-9/16" L x 4-3/8" W x 1/2" H.

Colors: Translucent Blue  
Imprint information: 1-1/4" x 3/8" front top, 1-3/4" x 1-1/8" front center, 1-3/4" x 3" back imprint area; pad printed.

Qty.	150	250	500	1,000	2,500
Price	\$1.50	\$1.44	\$1.39	\$1.32	\$1.27

Price includes: 1 color; 1 location.

## Hand Sanitizer Pocket Sprayer



Studies have shown that 80% of germs are spread through the hand. AZX Sport's new FDA approved, lemon fresh hand sanitizer is able to kill 99% of germs that are commonly known to cause illness. The convenient 8 ml bottle allows you to carry it around in a pocket, purse, or store it away in a desk drawer, and not require the use of water or towels. The hand sanitizer is in a gel form. Colors: Green, Black, Yellow, Purple, Pink, Blue, Clear, Orange, Red. Imprint information: 2-3/4" x 1-7/8" imprint area; 4 color process.

Qty.	50	100	250	500	1,000
Price	\$2.50	\$2.00	\$1.80	\$1.70	\$1.60

## Tri-liter 3-color Highlighter



Plastic highlighter with chisel point acrylic tip for fine lines or bold strokes. Three color highlighters in one. Non toxic ink. 3-1/2" W.

Colors: Black, Black Ink, Yellow Ink, Green Ink.  
Imprint information: 1-3/4" imprint area; silk screened.

Qty.	300	800	1,200	2,600
Price	\$1.38	\$1.32	\$1.09	\$0.98

Price includes: 1 color; 1 location.

## Elite Sling Backpack



Tear drop spacious main compartment with dual zippered closure & inside hanging zippered pocket. iPod/MP3 headphone exit port. Pen holder. Side pouch to hold a bottle or umbrella. Front zippered pocket with key holder. Adjustable shoulder strap. Item size: 14" x 18" x 5-1/2".

Qty.	50	100	300	600	1,200
Price	\$5.80	\$5.50	\$5.25	\$4.99	\$4.49

Price includes: 1 color; 1 location.

## 5-1/2" x 8-1/2" Stock Die Shap Magnetic Memo Board (House)



Memo boards are a visible and creative advertising medium. Customize them with any illustration, message, logo or chart. Each memo board is 15 pt. thick, making it durable for years of use. They are great gifts for home or business and will help you build your business. 5-1/2" W x 8-1/2" L. Colors: Assorted.

Imprint information: Full bleed imprint area, die struck

Qty.	300	500	1,000	2,500	5,000	1,0000
Price	\$0.88	\$0.74	\$0.64	\$0.55	\$0.53	\$0.52

Price includes: 1 color.

\*Note pricing does not include set-up and shipping

## Click Action Pen with Colored Barrel



Overseas direct ballpoint pens, click action, colored barrel with silver plunger, clip and tip.

Colors: Red, Green, Yellow, Light Blue, Dark Blue.

Qty.	10,000	20,000	50,000	100,000
Price	\$0.33	\$0.30	\$0.22	\$0.20

Price includes: 1 color



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Mindy Grant

**Position:** Food service director for Lowell Area Schools  
**Residence:** Freeport  
**Education:** Bachelor's degree in dietetics from Michigan State University  
**Experience:** Regional dietician an for Chartwells Dining Services, 2005 -2011  
**Family:** husband, Ryan; children, Will, 5; and Ana, 2  
**Hobbies:** spending time outdoors and with the family



Mindy Grant, new food service director for Lowell Area Schools.

# Food service director wants to help Lowell students with healthier lifestyles

by Emma Palova

Mindy Grant defies the typical image of a plump lunch lady who constantly wears an apron and has her hair pulled by a net into a bun. However, Grant, the new food service director for Lowell Area Schools may have been inspired by her grandma Marian Bess. Bess, a lunch lady in the 60s in the Flint area, even picked the feathers off the chickens used in the kitchen. Speaking about cooking from scratch nowadays, Grant laughs at the memory. "The food service has gone full circle and we're

getting back to more scratch cooking," Grant said. "We're doing a 360 [degree] change." By the time she was five, Grant knew the food pyramid. She had a deep interest how food as a source of energy has impact on our bodies. Grant randomly chose dietetics as her major at the university. "I love it," she said. "I am very passionate about nutrition." As a dietician at MMPC, a conglomerate of doctors, Grant worked with obese adults, along with social workers.

"Seeing obese adults made me think we need to get to kids first," Grant said. While working with adults, Grant saw a mother feeding her baby a malted strawberry milk shake in a bottle. "That pushed me into helping kids," she said. She worked as a regional dietician for Chartwells Dining Services, a private company that runs food service for school districts. Grant oversaw nutrition in 140 school districts in three states: Michigan, Indiana and Ohio.

One of her many tasks was creating standards for portion sizes and changing various rules for Chartwells. The demanding job required a lot of travel. Grant, a mom of two, wanted to be more hands-on and get more involved in the community. So, she chose the Lowell school district when the opportunity came in December. "We are the biggest restaurant in town," she said laughing. The challenges are many for nutrition at the

various age levels at the schools. Take a pick. What will it be today, chicken nuggets or hummus? The kids go for chicken nuggets or chicken poppers, depending on the age group. The difference between the two is in the shape. "The biggest challenge is getting the kids to eat healthy food," Grant said, holding a snack plate with an apple, broccoli, cauliflower, carrots and a dip. In an effort to get kids to try new and healthy foods, the Murray Lake Elementary, for example, will be holding a fruit and vegetable challenge during the national nutrition month of March. The classrooms will be competing who eats the most vegetables and fruits.

"We will be giving samples to encourage kids to try new things," she said. Among Grant's many goals for the food service is to get more students buying lunch, to incorporate locally grown foods into the menus and to make Lowell food service stand out. Grant said this can be accomplished by listening to feedback from parents, from the students, conducting surveys and being a part of a team. Every day, a team of 24 in the food service is making sure nobody goes hungry. Grant considers herself approachable, knowledgeable and a definite team

player. She would like to change the perception of the classic lunch lady. "As a dietician, I want to put a healthy spin on our program," she said. "We're infusing more scratched food items. Everything is baked." The hope is that if the students eat whole grains, rice and other healthy foods at school, maybe they will pick it up at home. And thanks to technology, no one can tell who gets reduced, free or full paid lunches, even though the rising food prices and bad economy have put more students on free or reduced lunches. One of Grant's biggest projects ahead is revamping the middle school menu over the summer. She will also be manning the food service booth at the Lowell Expo on March 24. "I am hoping for a positive perception, using more fresh and locally grown food," she said. And since the students are the customers in this business, high lunch counts are desirable on a good day at the cafeteria. A bad day may mean being stuck behind with deliveries, as well as everything else possible. "I want to do a good job," Grant said. "I am looking for community support, feedback and suggestions. I truly want to help students with healthier lifestyles. Make an impact."



Mindy Grant stands by the healthy case with waters and vegetables.

...  
**"Those who think they have no time for healthy eating, will sooner or later have to find time for illness."**

~ Edward Stanley



**At Your Local Library**

Kent District Library programs at Englehardt Branch, 200 N. Monroe St. For additional information call 616-784-2007.

**Luck o' the Irish**

Why do frogs like St. Patrick's Day? Because they're always wearing green! Be sure to wear your snazziest green apparel when you attend the library's celebration of all things Irish. This family program will feature stories, crafts and games for all ages. Thursday, March 15, 10:30 am.

**Explore the Mitten**

Sunsets. Lakes. Wildlife. Lighthouses. Sand dunes. Snowflakes. KDL is where you can explore what makes the Great Lakes state great! This family program will offer a roomful of fun activity stations, including windmill and lighthouse crafts, a scavenger hunt, a Michigan teams' tabletop game and much more. For all ages. Tuesday, March 20 at 6:30 pm.



# Red Arrow - BASKETBALL SPORTS

## Lowell Boys' basketball falls to Rockford

by Karen Jack

Senior night didn't help the Arrows get through Rockford, falling short 50-43.

The game started with the Rams getting possession on the jump ball, which they promptly took down the court, scoring two points. Lowell turned it over on their first possession and Rockford scored three more points. Lowell returned with a three-point basket of their own by senior Jake Boelens. Rockford sunk another two, and senior Alec Roerig was fouled going up for two which he made, then capi-

talized on that foul by making the free throw. Rockford answered with five straight points. Lowell responded with another four points. At the end of the first quarter, Lowell trailed 16-12.

In the second quarter, Lowell started with possession and couldn't capitalize on that with a missed shot. Rockford responded with two points. Senior Blake Lyman got fouled on a missed jumper and made one at the line. Justin Castro intercepted the very next pass and passed it to Justin Malling, who shot and missed. But Lyman rebounded, passed

it to Malling who got fouled on another jumper, which put the Arrows in the bonus at the free throw line. Malling capitalized on the one-on-one free throw and made both of them. Rockford responded with six straight points. Lowell kept

it close going into halftime trailing only by three.

Rockford held Lowell to only five points in the third quarter, while scoring 16 of their own. Lowell fought back in the fourth quarter, outscoring Rockford 16-9, but just ran out of

time, making the final score 50-43. Castro led the scorers with 13, Kyle Rogers had 10 points and seven rebounds and Roerig had six points.

Lowell got a bye in the first round of districts and

will play tonight (Wednesday, March 7) against the winner of Northview v. Greenville. The game starts at 5:30 pm at Rockford High School.

## Ski team finishes the season

The Lowell High School Ski Team wrapped up the season with Abigail Ellis placing first at the regional race in slalom and first in giant slalom.

This qualified her for the Division I state meet in both events.

At the state meet Ellis placed second in slalom and seventh in giant slalom.



Girls' ski team members, from left to right: Katy Mork, Kyra Mark-sand Abigail Ellis.



Boys ski team, from left to right: Justin Barrett, Kealeb Brown, Sean Khodl and Jacob Khodl. (missing from photo Max Sanders)

Below, Abigail Ellis on the slope.



### CITY OF LOWELL PUBLIC HEARING

The Lowell City Planning Commission-Citizen Advisory Committee will conduct a public hearing on Monday, March 26, 2012 at 7:00 p.m. at the Lowell City Hall Council Chambers, Second Floor, 301 East Main Street, Lowell for the purpose of receiving comments from the public on the following:

To consider a Special Use Permit request from Mary Zandstra for the consideration of final residential dwelling at 216 West Main Street. Since the property is zoned Central Business District (C-2), a Special Use Permit is required.

Interested persons may submit written comments to City Hall, 301 East Main, Lowell, MI 49331 prior to the meeting or appear in person.



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LOWELL



# Red Arrow SPORTS

**- WRESTLING**

## Lowell sets another record with nine all-state wrestlers

by Karen Jack

The Lowell Red Arrows broke another record this season, cleaning up with nine wrestlers earning all-state status in a three-day marathon of wrestling at the Palace of Auburn Hills this past weekend. The individual state competition began on Thursday and ended on Saturday, with Lowell walking away with one champion, two runners-up, one third place, one fourth place, one fifth place, and three sixth places. Lowell went in with 12 qualifying wrestlers looking to stand on the podium.

Senior Andrew Morse won the state championship, beating Travis Curley from St. Johns (4-2) in the 152 lb. weight class. This is his second state championship in a row, winning last year in the 145 lb. weight class. He pinned his way to the semifinals and then beat last year's

runner-up, Nick Starzec of Mason, 4-0, to get his shot at winning his second state championship. Morse will be wrestling for Northern Illinois next year.

"They always say it's hard to beat someone three times in a row and being my third matchup against Curley, I was a little worried going in. It was devastating to see Gabe and Gabe lose in the finals, but I just had to focus and keep my mind on my match. I went out and with the help of my coaches, got that second title. I'm really proud of our team and how we performed this weekend - nine in the top six is incredible. We had a great season," said Morse after his win.

His twin brother, Gabe Morse, made it to the finals, but came up short against St. Johns' Ben Whitford, who cut down to wrestle at 140

lbs. Morse made his way to the finals by beating Warren Markowsky of Trenton, Devon Lehman of Greenville and last year's state champion (130 lbs.) Nick Trimble of Sparta. Morse was the state champion last year in the 140 lb. weight class. He, too, will be wrestling for Northern Illinois University next year.

"It wasn't the outcome I was hoping for but it was a great season and a great high school career. There is nothing to regret about it and it's time to move on to bigger and better things. I'm excited to start college at Northern Illinois and figure out what college wrestling is all about," added Gabe Morse.

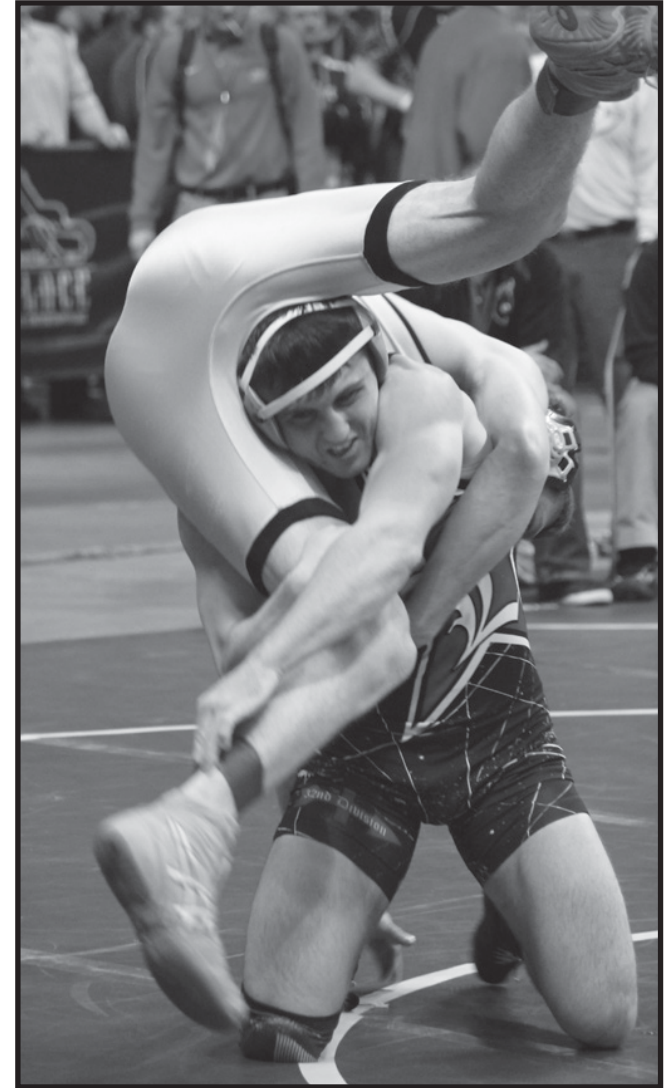
Gabe Dean, last year's state champion in the 189 lb. weight class, lost a close one to Greenville's Jordan Thomas. Thomas was last year's state champion at 171

lbs. This much-touted match had all the critics wiggling in their seats, as Dean took the lead in the second period with an escape. With a score of 1-0 going into the third period, Thomas tied it up, getting an escape point with about 1:20 left in the period. It was all tied up until 12 seconds left and they had to re-set. Thomas took a shot on the whistle and ended up getting a takedown and two back points to make the final score 5-1. Dean heads to Cornell in the fall on a wrestling scholarship.

"The truly great people who are successful in this world learn from their failures and are sparked by them as well. Motivation is the key for success and after yesterday's heartaching loss, I'm never turning back and will use it to help drive and push me even more than I already do. I'm so excited for my future at Cornell because there they will further my knowledge in this sport. I love the town of Lowell and all it has given me, but the beginning has just begun," said Gabe Dean after his match.

Freshmen Josh Colegrove took third place, Nate Limmex took fourth place and Angus Arthur took fifth place. The sixth place finishers included sophomores, Bailey Jack and Garrett Stehley, as well as freshman Jordan Hall.

"To take twelve into the Palace and come out with nine placers is phenomenal. Those are the elite wrestlers



Gabe Dean takes down his opponent.



Andrew Morse picks his opponent up to turn for a takedown.

from across the state. This team had a great year all the way around. I'm proud of our seniors who made it to the finals. Now they move on to college wrestling and I couldn't be happier for them. Then when you look at the younger placers, I think we'll be okay next year too," added coach Dave Dean.

**LUNCH MENU**



**MON:** Teriyaki beef bites w/whole grain roll, baked sweet potato fries, pears, milk.

**TUES:** Taco salad w/ tortilla shell rounds, black beans, peaches, milk.

**WED:** Macaroni & cheese, green beans, sliced apples, milk.

**THURS:** Whole grain mini corn dogs w/whole grain breadstick, broccoli w/cheese, orange smiles, milk.

**FRI: Bushnell:** Yogurt & cracker stackers fun lunch (yogurt, cheese & crackers), baby carrots, mixed fruit, milk; **Alto, Cherry Creek & Murray Lake:** Cheesy rotini bake, tossed romaine salad w/ light dressing, applesauce, milk.

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**Go Arrows!**



# obituaries

## BRISTOL

Christian D. Bristol, age 56, of Lowell, passed away Sunday, February 26, 2012. He was preceded in death by his father, Wyman and brother, Stephen. He is survived by his wife of 37 years, Sue; children, Lisa Bristol, Lauren (Ryan LaCross) Bristol, Jenna (Jason Melnik) Bristol; granddaughter, Peyton Renee; mother, Wenona Bristol; and brother, Mark (Susie) Bristol. A private memorial service was held by the family. Arrangements provided by Roth-Gerst, 305 N. Hudson, Lowell, Michigan 49331.



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## COOPER

Evelyn Mae Cooper, age 87, of Ionia, passed away with her family at her side Sunday, March 4, 2012. She is preceded in death by her husband, Dan Free. She is survived by her husband, Clyde; children, Carol Lundquist, John (Sherry) Free, Larry (Veronica) Cooper, Linda (Don) Cooper, Marcia (Jack) VanDrie, Carol Telfor, Ron (Sue) Cooper, Nancy (Dewey) Badder, Cathy (Steve) Lowery; sisters, Alice Wheat, Doris Carlson, MaryLou (Art) Botma, Virginia (Jerry) Roberts; sister-in-law, Marion Wheat; brother-in-law, William Cook; many grand, great, and great-great grandchildren. Evelyn was a life member of the Lowell Garden Club and the Lowell Women's Club. Funeral services will be held Wednesday, 11:00 am at Roth-Gerst Chapel, 305 N. Hudson, Lowell. Pastor Ken Ford of Alton Bible Church officiating. Memorial contributions may be made to the Lowell Garden Club. Arrangements provided by Roth-Gerst, 305 N. Hudson, Lowell, Michigan 49331.



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## ELLISON


Delores Diane Ellison, age 75, passed away unexpectedly Tuesday, February 28, 2012. She is survived by her husband of 56 years, Bill; children, Bill (Terri) Ellison, Richard (Gerri) Ellison, Debra (Todd) Lenneman; grandchildren, Sean Ellison, Stephanie (Bryan) Zelski, Carolyn, Sommer, and Andrew Mercer, Anthony Lenneman, Shelbi Lenneman, Wayne Baker, Kyle Baker; and several nieces and nephews. Delores was preceded in death by her parents, Albert and Ruth Smith. Funeral services were held Saturday at Roth-Gerst Chapel. Pastor Wes Hershberger of Lowell Church of the Nazarene officiating. Interment Oakwood Cemetery. Memorial contributions may be made to Gilda's Club, 314 S. Hudson, Lowell, MI 49331. Arrangements provided by Roth-Gerst, 305 N. Hudson, Lowell, Michigan 49331.



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*30 years ago*



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 thoughts.

*Addie, Lonnie,*  
*Alice &*  
*Jean & Robbie*

# Women and Social Security

March is Women's History Month — a time to focus not just on the past, but on the challenges women continue to face in the 21st century.

Social Security plays a vital role in the lives of women. With longer life expectancies than men, women tend to live more years in retirement and have a greater chance of exhausting other sources of income. With the national average life expectancy for women in the United States rising, many women will have decades to enjoy retirement. According to the U.S. Census Bureau, a girl born today can expect to live more than 80 years. As a result, experts generally agree that if women want to ensure that their retirement years are comfortable, they need to plan early and wisely.

The best place to begin is by knowing what you can expect to receive from Social Security, and how much more you are likely to need. You can start with a visit to Social Security's Retirement Estimator. There, in just a few minutes, you

can get a personalized, instant estimate of your retirement benefits. You can find it at [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator).

You should also visit Social Security's financial planning website at [www.socialsecurity.gov/planners](http://www.socialsecurity.gov/planners). It provides detailed information about how marriage, widowhood, divorce, self-employment, government service, and other life or career events can affect your Social Security.

If you want more information about the role of Social Security in women's lives today, Social Security also has a booklet that you may find useful. It is called Social Security: What Every Woman Should Know. You can find it online at [www.socialsecurity.gov/pubs/10127.html](http://www.socialsecurity.gov/pubs/10127.html).

*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](mailto:vonda.vantil@ssa.gov)*

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# classifieds

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**REDUCED PRICE ON KEY CARDS** - Now \$20. Help support the LHS Academic Boosters. Stop by & get your card today, Lowell Ledger 105 N. Broadway. Cash or check only please.

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**FAMILY PROTECTION DOGS FOR SALE** - Professionally trained, custom training available. 616-293-5653 or website [www.k9academyinternational.com](http://www.k9academyinternational.com)

**EASTER MINI PHOTO SESSIONS** - Sat. & Sun., March 17 & 18, 1-4 p.m. Only \$89! This includes 20 min. session in Saranac studio, online gallery & a print or digital image package. Visit <http://keepsake-sunlimited.zenfolio.com> or call Mindy at 616-841-1414 to schedule.

**143S. PLEASANT, \$74,900** - Well built & cared for ranch in Lowell. Move in ready with all appliances included! Open floor plan with spacious kitchen. Hardwood floors throughout. Large fenced backyard. Dawn, 238-6935.

**FIREWOOD FOR SALE** - Oak hardwoods, delivered, \$285 full cord, face cord (1/3 cord) \$100. Call Mel Cooke, 676-9239. No Sunday calls please.

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

## for sale

**FISH FOR STOCKING** - Most varieties. Ponds, lakes. Laggis' Fish Farm, 269-628-2056 days or 269-624-6215 evenings.

**DAVAL'S USED FURNITURE & ANTIQUES** - 4 buildings with 12,000 sq. ft. of quality used furniture, antiques & collectibles. Huge selection, great values. We are worth the drive. Layaway terms available. We buy estates. 2 miles W. of Hastings at M-37/M-43. Sun. 12-5 p.m.; M-Th 10 a.m. - 6 p.m.; Fri. 10 a.m. - 8 p.m. & Sat. 9 a.m. - 5 p.m. 269-948-2463.

**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.

## for rent

**HALL FOR RENT** - Lowell Veteran's Center, 3100 Alden Nash. Newly remodeled, smoke-free, private, great location & great rate! [www.vfw8303.org](http://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.**

**SARANAC 3-4 BEDROOM HOUSE** - \$750 plus all utilities. Call for appointment, 616-890-2594.

**2 BEDROOM UPSTAIRS APARTMENT FOR RENT** - in Lowell. \$700 per month, utilities included, \$400 deposit. No pets. Available immediately. Call Bob at 299-3198 or 897-7176.

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

## misc.

**SPAGHETTI DINNER** - Fri., March 9, 5-5:30 senior seating, 5:30-7:30 p.m. family & friends. Alto Elementary, 6150 Bancroft. \$3.50 12 & under, \$6.50 13 & older. Silent auction also. Proceeds to benefit Alto 5th Grade Camp.

**CONCEALED CARRY CLASS** - offered by Pfaller Firearms LLC & Tri-Town Conservation Club will be held March 26 & 31. For more information email [jamespfaller@gmail.com](mailto:jamespfaller@gmail.com)

## help wanted

**EMPLOYMENT OPPORTUNITY** - full or part time position. Some level of skill with small engine repair. Valid driver's license without restrictions. Weekend work essential. Call for appointment, 616-560-3589.

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**YOGA CLASSES** - Tues. & Fri. mornings at 7:30, Tues. & Thurs. evenings at 6:30. Walk-ins \$8. 901 W. Main, info. 616-893-5661 or [thehammockllc.com](http://thehammockllc.com)

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**VW ABA ENGINE MECHANIC** - needed to diagnose nonstarting VW ABA engine. Must work at my garage between Ada & Lowell on M21. Evenings or Saturdays only. Call 616-206-3293.

**NOW ENROLLING** - full- & part-time daycare. Call Amy at 616-516-1565.

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# Coming Events

**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](mailto:classifieds@lowellbuyersguide.com), by mail: PO Box 128, Lowell, MI 49331 or in person: 105 N. Broadway, Lowell.

**ADULT CANCER SUPPORT GROUP** - Every Tues., 6-7:15 p.m., for adults diagnosed with cancer. Gilda's Club - Lowell Clubhouse, 314 S. Hudson, Lowell.

**FREE SENIOR COFFEE** - Every fourth Friday, 8 - 9 a.m., sponsored by Laurels of Kent, Lowell McDonalds, 1300 W. Main St.

**FOOD PANTRY** - First Friday of month at Lakeside Community Church, 6201 Whitneyville Rd. Free frozen, perishable food. Registration 1 p.m., distribution 4 p.m. Bring own containers. 868-6402.

**MOMS IN TOUCH GROUP** - forming for Alto Elementary. Call Suzanne for more info, 868-7337.

**FREE SMOKING CESSATION CLASSES** - offered at Lowell Family Medical Center. Call 616-446-7058 to register. The class runs for 8 weeks. Evening & weekend sessions are available. Time & dates will be determined by those registered.

**LOWELL WOMEN'S CLUB** - Meets the second Wed. of each month, Sept. - May, 11:45 a.m., Schneider Manor. For more information call Jan at 897-2533.

**CELEBRATE RECOVERY** - Thursdays, 6:30 - 8:30 p.m. A Christ centered program to help overcome life's hurts, habits, hangups. Impact Church, 1069 Lincoln Lake, [www.impact-church.org](http://www.impact-church.org) or [www.celebraterecovery.com](http://www.celebraterecovery.com)

**FIRST & THIRD WEDNESDAYS** - Fun at Calvary for boys & girls preschool - 8th grade. Cadets for boys 1st - 8th; GEMS for girls 3rd - 8th; Kingdom Kids for boys & girls preschool - 2nd grade. 1125 W. Main, Lowell. Ph. 897-7060, email: [lowellcalvarycroc@yahoo.com](mailto:lowellcalvarycroc@yahoo.com)

**LOWELL** - Varsity sporting events, concerts, school board meetings, city council meetings, etc., can be downloaded for viewing from the [www.wlhnstv.org](http://www.wlhnstv.org) website. Many athletic contests & concerts can also be heard 'live' from the [www.wlhnradio.org](http://www.wlhnradio.org) website.

**EXERCISE CLASS FOR PEOPLE OVER 50** - Meets Monday & Wednesday, 10:15 a.m. at United Methodist Church, 621 E. Main, Lowell. Call Peggy w/any questions, 897-7948.

**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.

**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 Township 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.

**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 NIGHT** - Tues., Mar. 27, 6:30 p.m., Showing Hop. 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.

**VERGENNES CLUB MEETS** - at 1 p.m. on the first Thursday of the month March thru Nov. Meeting at Schneider Manor Community Room. Program & refreshments. Guests welcome.

**BOOKWORMS BOOK CLUB** - Mon., Mar. 19, 6 p.m. Discuss "Hunger Games" by Suzanne Collins at Saranac Public Library, 61 Bridge St., Saranac. 616-642-9146.

**BATTLE OF THE BOOKS** - Thurs., Mar. 15, 6:30 p.m. Final Battle of the Books teams compete at Ionia County ISD, 2191 Harwood Rd., Ionia.

**TALK TO AN ATTORNEY NIGHT** - Thurs., Mar. 22, 6 p.m. Michael R. Honeywell, PLC representing Wills & Trust at Saranac Public Library, 61 Bridge St., Saranac. 616-642-9146.

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# Red Arrow SPORTS

## - GYMNASTICS

### Lowell gymnasts place fifth at regional meet

Lowell's gymnastic team places fifth at the regional meet

"If I remember correctly, this is the highest Lowell has ever placed at regionals before. The top three teams go to state so I was extremely pleased with how the girls finished, being so close to qualifying for state as a team," remarked coach Michele DeHaan.

The team first competed on the bars. The girls struggled for focus and there were two falls. "That's very rare on bars for us," added coach DeHaan.

The beam was the next event. "Beam definitely was our most disappointing

event. At this point in the season, everything comes down to who stays on the beam."

The best events of the day were floor and vault. "All the girls had strong, consistent floor routines. The improvement I have seen this year has been extraordinary. I truly am not ready for this season to end," said DeHaan.

Meghan Plutschow placed eighth on vault which qualifies her for the state meet this weekend at Kenowa Hills. The last time a gymnast qualified for state was with Kelsey Teft two years ago.

#### Scores

Grand Ledge 149.40  
Kenowa Hills/  
Grandville 144.075  
Forest Hills 138.425  
Sturgis 135.975  
Lowell 131.575  
Coldwater 130.025  
Rockford 126.40  
Escanaba 123.075  
East Kentwood 118.55  
Negaunee 60.575  
Marquette 30.675

#### Vault

Meghan Plutschow 8.9  
Abby Rogalke 8.575  
Lauren DeHaan 8.5  
Emily Judd 8.4  
Bethany Kaczanowski 8.35  
Bailey Roberts 8.3  
Morgan Taylor 8.2  
Colleen Cater 8.15  
Kaezi Bladey 8.1

#### Bars

Kaezi Bladey 7.85  
Bailey Roberts 7.8  
Abby Rogalke 7.45  
Meghan Plutschow 7.1  
Emily Judd 7.1  
Bethany Kaczanowski 6.95  
Morgan Taylor 6.95  
Danielle Krajewski 6.8  
Lauren DeHaan 6.6

#### Beam

Lauren DeHaan 8.55  
Kaylee Wold 8.2  
Danielle Krajewski 7.95  
Colleen Cater 7.85  
Kaezi Bladey 7.85  
Bethany Kaczanowski 7.7  
Abby Rogalke 7.1  
Meghan Plutschow 6.7

#### Floor

Lauren DeHaan 8.725  
Abby Rogalke 8.65

Bailey Roberts 8.625  
Kaezi Bladey 8.45  
Meghan Plutschow 8.275  
Bethany Kaczanowski 8.275  
Emily Judd 8.25

#### All Around

Lauren DeHaan 32.375  
Kaezi Bladey 32.250  
Abby Rogalke 31.775  
Bethany Kaczanowski 31.275  
Meghan Plutschow 30.975



Meghan Plutschow



### Youth wrestling competes in state dual meet

submitted by  
Mitch Miller

On Sunday, Feb. 26, the Lowell wrestling club competed in the Michigan Youth Wrestling Association (MYWAY) state dual team competition.

The third grade and under team captured second place.

The following are the weights and wrestlers that competed on this team.

40 - Brenden Hill, 43- Andrew Rogers, 46 - Jared Boone, 49 - Blake Bennett, 52 - Landon Miller, 56 - Jaxan Sias, 60 - Carson Grace, 65 - Jacob Lee, 70 - Caden Engle, 75 - Carter Blough, 80 - Doak Dean, and 100 - Logan Ryan. The coaches are Mitch Miller and Noel Dean.

The sixth grade and under team, coached by Jason Engle and Adam Yuhas, placed fifth.

The weights and team members are, 50 - Ramsey Mutchsler, 55 - Kyle Mutchsler, 60 - James Link, 65 - Jeffery Leach, 70 - Zeith Strajec, Matt Stevens, and William Link, 75 - Tyler Lynch, 80 - Avery Mutchsler, 84 - Jerod Hough, 88 - Sage Serbenta, 92 - Channing Perry, 97 - Lane Ryan and Jake Rau, 108 - Keagon Yuhas, 120 - Garrett Pratt and Grant Pratt, 135 -Austin Engle, hwt - Cody McGee and Andrew Lefaeber. (no picture submitted).



Pictured above is the third grade and under team, back row, left to right: coach Mitch Miller, Jacob Lee, Logan Ryan, Carter Blough, Doak Dean, Jaxan Sias, and Caden Engle; front row, left to right: Landon Miller, Andrew Rogers, Blake Bennett, Brenden Hill, Jared Boone, and Carson Grace.

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**THEME:  
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**ACROSS**

- 1. Jasmine's kin
- 6. Former Soviet Socialist Republics, acr.
- 9. Fancy marbles used as shooters
- 13. Are you \_\_\_\_\_ or a hawk?
- 14. One of Indiana Jones' quests
- 15. Having three dimensions
- 16. Same as mesotron
- 17. \_\_\_\_\_ Patrol
- 18. \*First network TV soap \_\_\_\_\_ debuted in 1950
- 19. \*Overthrown Cuban
- 21. \*Arthur Miller's wife
- 23. Jones' Wall Street partner
- 24. What Rumpelstiltskin did
- 25. School support organization
- 28. Reduced Instruction Set Computer
- 30. Boiling pot
- 35. Globes and eyeballs
- 37. \*Site of Egyptian Crisis
- 39. Dominion
- 40. Italian currency, pl.
- 41. Ringworm
- 43. Lover's strike
- 44. Prayer leaders in mosques
- 46. \*One of Ike's two
- 47. Pitched at Occupy Wall Street
- 48. Os
- 50. Be agitated
- 52. Sushi sauce
- 53. Offensively curious
- 55. Sin over tan
- 57. \*Its launch started the Space Race
- 61. Thumbelina's raft
- 65. Smallest number in a crowd
- 66. "\_\_\_\_ we there yet?"
- 68. Late Saddam Hussein, e.g.

**CROSSWORD**

1	2	3	4	5		6	7	8		9	10	11	12	
13						14				15				
16						17				18				
19					20			21	22					
			23					24						
25	26	27		28		29			30		31	32	33	34
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40					41				42		43			
44				45		46					47			
48					49		50			51		52		
				53		54			55		56			
57	58	59	60					61				62	63	64
65						66	67			68				
69						70				71				
72						73				74				

- 69. Helped
- 70. Sheep not yet sheared
- 71. "Swan Lake" skirts
- 72. Brooding
- 73. A.k.a. Tokyo
- 74. In vertical position
- 11. Lean like an athlete
- 12. PET or CAT
- 15. Little Jack Horner's spot
- 20. Do this and shout
- 22. Black and white sea bird
- 24. \*New York in "Guys and Dolls," e.g.
- 25. \*Jonas Salk fought it
- 26. Decorates Christmas tree
- 27. Biblical Abraham's original name
- 29. \*"The Man in the Gray Flannel \_\_\_\_\_"
- 31. Exam
- 32. Stories "from the Crypt"
- 33. Treeless plain
- 34. E on dashboard
- 36. 18-wheeler
- 38. Freezing temperature in Celsius
- 42. Friends in Italy
- 45. What cat did on the window sill?
- 49. Me in Paris
- 51. \*Humbert Humbert's interest
- 54. Edible ray
- 56. Maple tree treat
- 57. Dateless male
- 58. \*This Yankee was MVP in 1950
- 59. Pakistan's official language
- 60. To abound or swarm
- 61. Toy building block
- 62. Liver delicacy
- 63. Greenish blue
- 64. Floppy storage device
- 67. \*Color of Scare

**DOWN**

- 1. Mary's little pet
- 2. Light bulb over head?
- 3. ABC's adventure, 2004-2010
- 4. Stay clear
- 5. Book burner, e.g.
- 6. Mine is yours
- 7. Irritate
- 8. Save money on rent, e.g.
- 9. South American Indian people
- 10. Cain's victim



**FEBRUARY 29 - MARCH 6**

- The FBI offered a \$1 million reward for information leading to the return of former agent Robert Levinson, who disappeared in Iran on a business trip five years ago this week and is believed to be held hostage.
- "I don't know what's in Rush Limbaugh's heart, so I'm not going to comment on the sincerity of his apology," said President Obama. He was commenting on Rush Limbaugh's attempt at reclaiming advertisers with an apology after his insulting remarks to a Georgetown law student who testified before Congress advocating free access to contraception.
- The death toll has climbed to 39 after horrific tornadoes ravage Indiana and Kentucky. The tragedy spawns several heroic stories, including one about a 36-year-old mother who saved her two children by covering them with a blanket and covering them with her body. She lost her legs and suffered a punctured lung.
- A new study by psychologists at the University of California Berkeley and the University of Toronto apparently shows that people from the wealthy upper class are more likely than the poor to break laws, take candy from children and lie.

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

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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.

Puzzle solutions on page 12



616-897-0787

Thank you to the kind people who returned our two black dogs on Sunday, Feb. 13th. As well, to our neighbors, the Scotts, who fixed the fence between our yards. We appreciate your thoughtful help!

- The Hayden Family



# Hairstudio a nice fit with Modern Photographics

by Emma Palova

The new Hairstudio located inside Modern Photographics on West Main is a full service beauty salon with a special artistic touch.

Owner Casie Thelen is fulfilling her dream by having her own beauty shop.

"I love the artistic part," she said, "bringing out people's beauty and pampering them."

The intimate setting of the hair studio inside a photographic studio is a unique pairing that caters to the bride, to the graduating senior, to families for portraits or for everyday occasions.

"The goal is to make everyone feel beautiful inside [and] out and feel good as soon as they walk through the door," said Thelen. "It's a people business."

Prior to opening Hairstudio, Thelen worked as a hairstylist for uncle Bill Rogers at the Hairport in Lake Odessa for 12 years.

She studied cosmetology at the Excel Academies in Lansing.

Ever since the family moved to Lowell three years ago, Thelen wanted to work in Lowell. So, when the opportunity

came through a mutual friend reference, Thelen was more than ready.

"It just all fell into place," she said. "When people are preparing for photos, they feel good when they can get their hair and make-up done."

The beauty shop does more than just hair. Apart from hair and make-up, clients can get a neck massage or a paraffin dip.

"When they come in here, they are going to feel like a star," said Thelen.

Stylist Brenda Emelander likes the peaceful atmosphere of the small salon, with two stations, beautiful cabinetry, soft lighting and a French door.

"It caters to the individual client and we have the freedom to personalize the service," said Emelander.

Waiting area, where all the chat happens, is in the beautiful foyer with brick walls.

Thelen believes if a person feels beautiful on the outside, then he or she will get more confident on the inside.

"It's more than outer appearance," said Thelen. "If you're more confident, you can live a better life and be more successful."

The stylists also consider themselves teachers, instructing women how to do their hair and make-up at home, so they can go beyond just that one day of beauty at the salon.

"We want to give that experience to be able to take it home," said Thelen. "Come and check us out, visit with us and say hi."

Also on the team is hairstylist Lindsay Taylor.

"I am very excited to be



Karen Lezan, owner of the Hairstudio

working alongside an excellent team," she said.

And the team works well with Modern Photographics capturing unforgettable memories.

"We are super excited for Casie and her team to

be here to add glamour to our photography sessions, especially senior girls and anybody who wants to be pampered before their pictures are taken," said Karen Lezan, office manager for Modern Photographics.

The Hairstudio team will be at the Lowell Expo on March 24.

For more information or to make an appointment go to google calendar at [www.lowellhairstudio.com](http://www.lowellhairstudio.com) or call 987-0222.



Stylist Brenda Emelander.

*Happy St. Patrick's Day*

Dr. Reagan, Carrie, Susan, Lori, Gail, Cara, Jean. Missing from photo Julie & Becky

From *Dr. Reagan & Staff*  
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