

## chess champs



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## Ihs honor roll



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## red arrow sports



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# City and Lowell Light and Power officials to travel to Germany to observe bio-digesters

by Emma Palova

Officials from the city and Lowell Light and Power (LLP) will travel to Germany in May to explore bio-digesters due to the upcoming construction of a similar \$3.4 million facility in Lowell.

A team of seven people will observe the sustainability and the side effects of bio-digesters that have been developed in German communities.

"The trip will benefit Lowell in that we will have firsthand knowledge of the technology and any potential drawbacks for the anaerobic digester system," said general manager of Lowell Light and Power Greg Pierce.

The team will also identify how German communities have successfully initiated and implemented sustainable programs for their constituents.

The trip comes as a result of questions about potential odor coming from the facility that will convert

food and agricultural waste into bio-gas.

The utility has chosen a German design of the digester that has not been yet utilized in the United States, but it is being used in rural German communities without any odor.

"We believe that part of our due diligence regarding this system is to have firsthand experience regarding the potential odor concern," he said.

And although the facility has been designed to avoid any potential odor, smelling one is the only real test, according to Pierce.

The team seeks to obtain firsthand information on the operation in Germany and on any potential odor concerns, since Lowell will be the first in the country with a similar facility.

The project, where the bio-gas will be converted into electricity and sold to LLP, is being developed by a local company.

As a consequence, the cost of the electricity will

be less than LLP is currently paying for renewable energy and ultimately it will provide savings to the utility and to the customers, according to Pierce.

A portion of the cost of the project will be reimbursed to the developers through a federal grant. In five years, LLP will have the option to purchase the facility at a reduced price.

"This could afford the utility and the citizens of Lowell even more savings," said Pierce.

Bio-gas generated by the facility is a renewable energy source that will allow LLP to meet the State Renewable Energy Standard. The standard requires that 10 percent of the utility's energy must be renewable by 2015.

The construction of the bio-digester facility is expected to start this summer and the developers hope to have it running before the end of 2012.

The bio-digester is also being viewed as a potential

economic development tool for the community. Coupled with lower electric costs, the facility could draw more food processing companies to Lowell.

Lighthouse will be one of the major users of the bio-digester for processing of their waste products directly in Lowell.

"It is an economic benefit to the Lighthouse operation," said Pierce. "Likewise it could benefit other food processing companies."

# Elementary students learn to get their plates in shape



Students prepare healthy parfaits during fruit and vegetable challenge.

# Early Earth Day for Bushnell Elementary



Bushnell Elementary students have already started with Earth Day activities by sprucing up their playground. Bushnell parents have organized a clean-up day scheduled for Sunday, April 22 from 12:00 - 5:00 pm to help revitalize the playground. They'll be painting structures, building sandboxes and adding basketball hoops. A Girl Scout troop will be on hand to plant flower gardens. Volunteers are needed to help with this work day and they suggest you bring your own rakes and shovels. The rain date will be scheduled for Saturday, April 28.

The March National Nutrition Month (NNM) theme was "Get Your Plate in Shape" which reinforces the key messages of My-Plate, the USDA's icon that supports the dietary recommendations from the 2010 Dietary Guidelines for Americans to fill half their plate with fruits and vegetables and serves as a less complex visual reminder to make healthier food choices.

As a USDA National Strategic Partner, this theme provides the dining service an opportunity to continue to provide nutrition information to students by combining nutritious, popular menu choices with educa-



tion programs that promote healthy eating.

During the week, Murray Lake Elementary conducted a "fruit and vegetable challenge" that appealed to elementary students and encouraged them

to try healthy fruits and vegetables in the spirit of competition. Each day of the competition, more and more students began eating more and more fruits and vegetables.

Nutrition month, continued, page 2

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# Open house will focus on fitness training

An open house for the Ada community will be held on April 20 from 6 to 8:30 pm, promoting one-on-one and small group fitness training.

Dr. Jorge Rodriguez, Ph.D will be conducting the open house at Bodyworks. He is a personal fitness trainer, professional physi-

cal educator and a doctor in health and physical education, with over 30 years experience. His resume includes being the personal trainer of Brad Pitt for the filming of Seven Years in Tibet.

Rodriguez is the owner and director of Bodyworks Fitness Training, a fitness

studio first opened in Rockford in 2003, now located in Ada. It is a personal training facility, offering an efficient combination of exercise techniques with therapeutic bodywork treatment.

Bodyworks is an innovative combination of functional workouts and post workouts; bodywork mus-

cles release a system scientifically created by Rodriguez which helps the process to produce lifestyle changes.

"Being a personal trainer means helping people improve their lives," Rodriguez said. "During all these years I've developed my own training style with a scientific foundation considering the individual dif-

ferences and needs of each client."

There are many ways to train and exercise the body. Bodyworks Fitness offers various personal training packages, including a new promotion of small group personal training. Small group personal training is a unique way for people to benefit from the quality of service of a personal trainer.

Benefits include a cost effective program for individuals while maintaining quality training. Group training is very motivational, fun, interactive between group participants and encourages team morale and building.

Bodyworks Fitness is located at 6365 Knapp NE.

## Assistance needed after overwhelming rescue



Over 300 Shih Tzu and Pomeranian puppies and dogs were rescued this week from breeder in Allegan County. The tragic story has had many residents wondering what they could do to help. The Allegan County Animal Shelter has a Facebook page that you can go to if you wish to adopt or foster a dog. You can also call the shelter at 269-686-5112. You must leave a message but messages are being monitored regularly. For those wanting to drop off much-needed donations or send checks, the Allegan County Animal Shelter is located at 2293 33rd Street, Allegan, MI 49010.

## Nutrition month, continued

On Monday, the first day of the challenge, the students at Murray Lake ate 393 servings of different fruits and vegetables.

By Friday, the last day of the competition, the students managed to eat 516 servings of fruits and vegetables.

At the end of the week the winner of the competi-

tion was Nancy Russell's second grade class; they ate 173 servings of fruits and veggies during the competition week. Russell's class was presented with MyPlate placemats, along with a healthy afternoon snack where they were able to make their own fruit and yogurt parfaits with low fat yogurt and fresh berries with some granola on top. The students loved the parfaits and the visit from Mindy

Grant, the food service director.

"There are many simple changes that can be made to support healthy eating efforts and we can all benefit from these simple changes to improve what our children eat," said Grant. "Healthy eating requires planning so our NNM activities will help students become more conscious about what they are eating."



# along main street

### GILDA'S CLUB CLUBHOUSE ACTIVITIES

Book Club, Tues., April 17, 4:30-5:30 pm, "Teacher Man" is this month's book; Laughter Circle, Tues., April 17, 4-5 pm, Certified Laughter Leader, Lindsay Jousma, LLMSW will walk you through stress relieving techniques and fun activities to help promote overall emotional health. Lowell Clubhouse, 314 S. Hudson St. For more information call 897-8600 or visit [www.gildasclubgr.org/pinkarow](http://www.gildasclubgr.org/pinkarow)

### STUDENT COUNCIL BLOOD DRIVE

Come support the Lowell High School student council by donating blood on Friday, April 13 from 7:30 am - 2:30 pm at the Lowell High School in the small gym.

### ONE MILLION DOLLAR CHALLENGE

From March 1 through April 30, all cash, checks, food or pledges to the Flat River Outreach Ministries (FROM) Food Pantry are tracked and recorded. The Feinstein Foundation will then give FROM a matching grant. The more

contributed, the bigger the matching grant. Please make your cash, check, food or pledge contribution before April 30. For more information or volunteer opportunities, please call FROM at 897-8260 or contact Sylvia Taylor at 676-0659.

### LOWELL HUNGER WALK

Walkers needed on Sun., May 6, registration at 1 pm with the walk beginning at 1:30 pm at First United Methodist Church (across from Keiser's Kitchen). Each walker gets donors to sponsor him/her for this walk. Walker information packets available by calling Roger at 897-0105.

*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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- WRATH OF THE TITANS (PG-13) 9:40
- MIRROR MIRROR (PG) 4:30, 7:00, 9:20
- THE HUNGER GAMES (PG-13) 6:30, 9:30

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# Chess champs

Several Lowell students competed at the Thornapple-Kellogg Schools' chess tournament. They represented Lowell Middle School, Cherry Creek and Murray Lake Elementary schools. Lowell brought home lots of trophies. There were over 35 schools and 120 competitors.



Front row, left to right: Caleb Kaufman, runner-up; Zach Weston, runner-up; and Jessica James, all in seventh grade; back row, left to right: Donald Trierweiler, runner-up (seventh grade); Mitchell Haff, runner-up (sixth grade); Andrew deVoest, runner-up (seventh grade); Sean Hemry, runner-up (eighth grade); and Joel Fritsma (sixth grade).



Hunter Krzysik, first place (sixth grade)



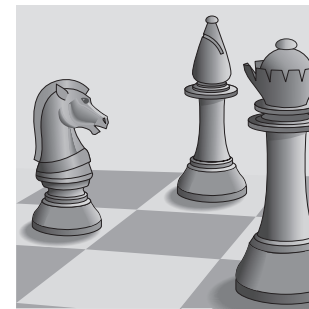
William deVoest, runner-up (third grade)



Max Hayden, runner-up (fourth grade)



Mason Winters, runner-up (fifth grade)



## LUNCH MENU



**ELEMENTARY MENU**  
Week of  
April 16, 2012

**MON:** Soft shell taco, refried beans, corn, milk.

**TUES:** Cheesy chicken & rice casserole, steamed carrots & broccoli, fresh apple.

**WED:** Chicken nuggets w/ whole grain breading w/ whole grain dinner roll, mashed potatoes w/gravy, mixed fruit, milk.

**THURS:** Bushnell: Yogurt & cracker stackers fun lunch (Yogurt, cheese & crackers); Alto, Cherry Creek, Murray Lake: Pasta & Italian meat sauce w/ mozzarella cheese. Garbanzo bean salad, banana, milk.

**FRI:** Cheese pizza on whole grain crust, mixed vegetables, peaches, milk.

# Collecting supplies for Operation Military Canine

Emma Roderick and Cody Acker, two Kent County 4-H members, spent this past weekend volunteering at the Grand Rapids Pet Expo at the Delta Plex in Grand Rapids. During their time there, they visited the exhibitors' booths and collected supplies for Operation Military Canine, a 4-H community service project.

Kent County 4-H youths, Roderick, Acker and a third member, Molly Bainbridge, are delegates for the 2012 Michigan 4-H State Awards Assembly and are in the process of collecting supplies for military dogs and their handlers.

Supplies collected will be packaged and prepared to ship to deployed military dog units.

This community service project will be distributed in conjunction with the Michigan Search and Rescue effort coordinated with US War Dogs Association. The delegates will also be creating cards thanking the soldiers and their dogs for their service.

Supplies need to be collected before the Michigan State 4-H Exploration Days held on June 20 - June 22, 2012. A few examples of

supplies needed include, dog treats, leashes, brushes, grooming supplies, dog toys, puzzle books, snacks for handlers (excluding pork), toiletries, and money for postage to ship flat rate boxes (\$15/box). Anyone interested in donating supplies for the Operation Military Canine project can contact Cody Acker at 616-691-8157 or e-mail cack-er5@hotmail.com.

More information about the partnering organizations can be found at <http://michigansar.org>

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Most people have seen worse things in private than they pretend to be shocked at in public.

~Edgar Watson Howe (1853 - 1937)



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## financial focus



Christopher C. Godbold

### Put time – and tax-advantaged investments — on your side

If you're relatively young, and you've only been investing for a few years, you possess an asset that is invaluable and cannot be replaced: time. And the more time you spend contributing to tax-advantaged investments, the better off you may be.

As an investor, time is your ally for two reasons. First, the more time you give to your growth-oriented investments, the greater their growth potential. And second, the effects of market volatility have tended to decrease over time, though, as you no doubt have heard, "past performance is no guarantee of future results."

Clearly, it pays to put time on your side. And when you're investing in tax-advantaged vehicles,

time becomes an even more critical component of investment success, especially when you're young and have several decades ahead of you before you retire.

Suppose, for example, that you put \$200 per month into an investment on which you paid taxes every year. If you earned a hypothetical seven percent return on this investment, you'd end up with about \$324,000 after forty years. But if you put that same \$200 per month into a tax-deferred investment, such as a traditional IRA, and you earned that same seven percent return, you'd wind up with about \$513,000 after forty years. Of course, once you starting taking withdrawals, presumably when you're retired, you'll have to pay taxes on

your earnings, so your after-tax accumulation would be about \$385,000, assuming you took your IRA in a lump sum (which most people don't) and also assuming you were in the 25 percent tax bracket. However, by the time you retire, you may be in a lower bracket. Plus, you have some control over how much you withdraw each year, so you may be able to affect the taxes you'll have to pay. Furthermore, depending on your income level, your contributions to a traditional IRA may be tax deductible in the years in which you make the contributions. (Keep in mind that this hypothetical example is for illustrative purposes only and does not represent a specific investment or investment strategy.)

While tax deferral is obviously a nice feature for an investment, tax-free may be even better. So, if you meet the income requirements, you might want to consider investing in a Roth IRA, which provides tax-free earnings withdrawals, provided you've had your account for at least five years and you don't start taking withdrawals until you're at least 59-1/2. This means that, in the above example, you'd have accumulated that same \$513,000 — but you won't have to pay taxes on your withdrawals. Generally speaking, the Roth IRA may make more financial sense for people who are eligible, but if you think you're going to be in a lower tax bracket when you retire, and your income level permits you to deduct some of your contributions, you may want to consider a traditional IRA. Consult with your tax advisor for guidance on the most appropriate approach for your situation.

When it comes to building resources for retirement, it's almost impossible to save and invest "too much." So take full advantage of both time and tax-advantaged investments. By putting these investments to work for you, and by keeping them at work, you'll be putting time on your side as you work toward your financial goals.

## health



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



### concussion

Much has been written lately about concussion, especially in the area of sports. A concussion is an injury to your brain. It happens when the brain shakes rapidly in the skull. Concussions often happen after hitting your head, being in a car crash or getting injured during sports.

The most common symptom of concussion is headache. Blacking out after a concussion is not common.

Other common symptoms are:

- dizziness and balance problems;
- nausea and vomiting;
- confusion;
- concentration and memory problems; and
- sensitivity to light or noise.

If you have any of

the above symptoms, you should see your doctor. If you have persistent headache, repeated vomiting or worsening sleepiness, you should be seen in an emergency room.

Once a concussion is diagnosed, the most important treatment is rest, both physical and mental. You should not do any heavy activity, like aerobic exercise or weight lifting, until your doctor says it's okay. There are no medicines to cure a concussion. It is a bruising of the brain that should heal itself with time. You can return to sports when your doctor and coach decide together that it is safe. When you no longer have any symptoms of concussion, they will help you gradually return to your normal level of play.

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# viewpoint

## to the editor

### lowell's lucky to have inn

To The Editor,

Thursday, the Vergennes Club was treated to a tour of the Main Street Inn and we were delighted by the beauty of the inn. The rooms are spacious, decorated with lovely colors and furniture and even had bathrobes for each guest.

There are two large gathering rooms that can be rented besides the overnight accommodations. Some rooms had balconies overlooking the river and the upstairs' rooms each had skylights. The marble coun-

tertops, stainless steel appliances and the tile detail provided an elegance that is not seen in motel chains.

We are fortunate in Lowell to have such a lovely inn right in the center of town. I encourage you to stop by for a tour to see for yourself what a treasure we have here for family reunions, weddings and out-of-town guests.

Lowell certainly is "the BEST place to be."

Sincerely, Marti Kelly  
Lowell

## outdoors



comfort zone

Dave Stegehuis

As days become longer and the weather warms, it is time to return to doing what we gave up when ice and snow overwhelmed the landscape. Planning for ways to spend our time during the approaching spring and summer seasons is half the fun.

For some of us, the planning is easy because we tend to do the same thing in the same places year after year. This is probably natural because we are doing what we know and enjoy, but it can also limit the pos-

sibility of having new and interesting experiences.

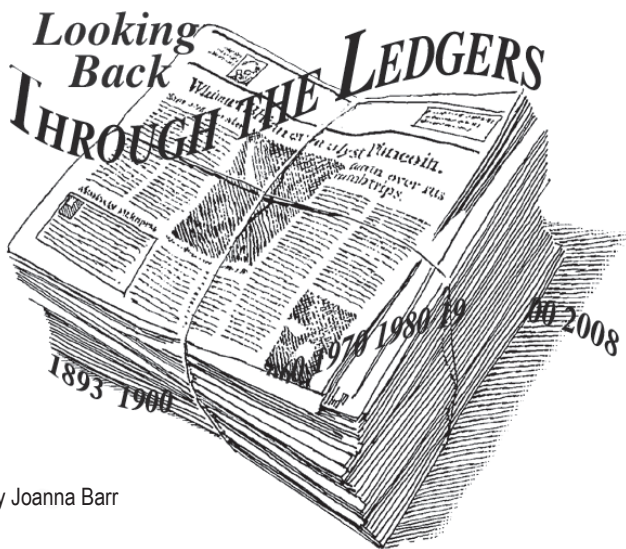
My wife and I, as children, were raised in fishing families, so vacation time meant driving straight to the lake or river, spending the duration of the vacation on the water, then driving directly back home. The tourist attractions we passed by on the way were only fleeting images out of a car window. Our children experienced the same express tour. When we retired and had more time, every year we made it a mission to visit at

least one of those places we missed. The Mystery Spot is no longer a mystery to us or to our grandchildren.

So, for those of us who are creatures of habit, this year is a good time to start looking around for new places to go and new things to do. Non-hunters can seek out classes or friends or family who are willing to help him or her get involved with the hunting lifestyle. The state has special programs which make it convenient to get started. Dozens of lakes and miles of streams afford public access to some of the best fishing in the country within a short drive from anywhere in Michigan. In-

vestigate new water or revisit old hot spots. Hundreds of waterways open a long list of choices for boaters and paddlers to explore. Hiking trails and roads lead to campgrounds where one can get in touch with nature.

These are just a few examples of possibilities available to those who actively seek new experiences. Visiting unfamiliar venues is usually interesting and sometimes surprising. Returning to old haunts after years of absence can be nostalgic. This year let's get out of our comfort zone and make an effort to explore different places and seek new adventures.



By Joanna Barr

pulleys and belts today and it is expected that the factory will resume operation Friday of this week. This is good news for the workmen and owners. The King Milling company announced that if the water continues to recede as rapidly as at present, operations may resume at both mills by the first or middle of next week.

### 75 years ago The Lowell Ledger & Alto Solo April 15, 1937

Following the \$35,000 hold-up and robbery of the branch bank of the National Bank of Grand Rapids at Hall St. and Division Ave., about 10:30 Wednesday forenoon, Lowell assumed somewhat the appearance of an armed camp when all cars coming from Grand Rapids were stopped by armed officers. Police cars were stationed at M-66 and US-16, M-66 and M-21, and on the bridge across Grand River in Segwun and north of Lowell on Flat River bridge.

### 50 years ago The Lowell Ledger April 12, 1962

Lowell fans of Glendon Swarthout who has written two best sellers, "Where the Boys Are" and "They Came to Codura" which were made into movies are looking forward to his latest book "Welcome to Thebes" due on the book stands May 2. The book, according to Swarthout's reports to friends, uses Lowell as its background and its characters, while not representing anyone in this community, may draw a similarity to those who wish to fill in the blank spaces.

As this story is going around now, half the town hopes they can find themselves portrayed in the story and the other half are afraid they will be.

### 25 years ago The Grand Valley Ledger April 15, 1987

Just two days after opening day at Tiger Stadium, the Lowell Red Arrow varsity baseball team hosted their season opener with the Rockford Rams. Although there were not 55,000 plus in attendance, the estimated crowd of 92 contributed to the same kind of excitement and enthusiasm that is generated on opening day at any professional baseball game. It was a great day for a ballgame. The temperature was in the mid 60s, the sky was clear and sunny and the sun seemed to amplify the beauty of the new diamond.

## off the cuff

Jeanne Boss

"Guns don't kill, people do." I hear this bit of wisdom time and time again. Once again, a person with one of these innocent, peace-loving weapons has slaughtered children at a school. This time it was in California.

Collectively, we were all horrified and shocked at the Columbine shootings back in 1999. We were glued to the news as we watched terrified students flee from the school under siege. Since that fateful day, the news of a gunman killing several people is now followed by a "not again" response.

You'd have to be living in a cave to have missed the recent story coming out of Florida.

Here you have a cop wanna-be, George Zimmerman, wielding yet another innocent weapon.

In this case, the shooter is hopeful that a poorly thought-out law in Florida (stand your ground) will be the bottom line in his defense.

That law, regardless of what its defenders want to say, is redundant. Self defense is already a legal recourse.

Not creating a bad situation or running from trouble are clearly not options. Especially when you're given permission to be judge and jury while pretending you are in the wild west.

Off the cuff,  
continued, page 6



## ask kathryn

Kathryn Denhouter Ph.D.

This article, "Emotions and Pain," explores the interconnectedness of emotions and pain. Emotional pain and physical pain are intertwined. When we have chronic physical pain, our brain has an intense focus on that pain. This intense narrow focus on pain amplifies our anxiety and depression. When a person suffers from chronic pain, there are parts of the cortex associated with emotions that do not disengage. Dr. Chialvo

from Northwestern University's Feinberg School of Medicine found that when a brain focuses intensely on the pain - it becomes a brain that "never shuts up." A brain that is in perpetual "overdrive" sometimes causes damage in connections between brain cells. Another interesting study from the Feinberg School of Medicine, by A. Vania Apkarian, found that the brains

Ask Kathryn,  
continued, page 6

### 140 years ago Lowell Weekly Journal April 17, 1872

Last Sunday was one of the finest days of the season and Monday decidedly the "blewest" and roughest. Several inches of snow fell and so did our fond hopes of an early season of uninterrupted ethereal mildness.

Robert Graham is busily engaged in building the foundation for his new brick residence on the corner of Main and Hudson Streets. The work will be vigorously pushed forward until the building stands completed.

Business is business, but it seems to be "nobody's business" to cover up that ugly hole in the sidewalk west of E. B. Hunter's place of business. It is a good place to break a leg and bump a head, but the laws of the Corporation don't require that we shall have any particular place fixed for that purpose.

### 100 years ago The Lowell Ledger April 11, 1912

Dr. S. S. Lee, who has made a fine record in the Calumet country in his chosen profession is about to return to his boy hood home to continue his practice. He will receive a royal welcome from all his old friends and congratulations upon his return in all of which THE LEDGER heartily joins. The Calumet News says: Dr. S. S. Lee, chief physician of the Osceola staff, has resigned his position, to take effect May 1 and will leave early in May for Lowell, Kent County, where he will practice his profession. His departure will be regretted by a large circle of friends.

The rapid fall of the high water has enabled the Cutter factory people to replace their basement

# engagements

## Roudabush/Bell



Susan Roudabush and Chad Bell

Joel and Brenda Roudabush, of Lowell, are happy to announce the engagement of their daughter, Susan E. Roudabush to Chad E. Bell, both of Chicago.

Parents of the future groom are Jerry and Susan Bell of Sarasota, FL.

The bride-to-be is a graduate of the University of Florida and her fiancé is a graduate of North Western University and University of Virginia Law.

A June 2, 2012 wedding is planned.

# Off the cuff, continued

It is now alleged that the victim, Trayvon Martin, may have punched or pushed Zimmerman.

Consider the possibility that this kid felt threatened and consider that he did hit this guy. Zimmerman was dogging him. Zimmerman could have left the scene at any point. Why is it not considered "stand your ground" when you use your fists for defense?

Well, of course the obvious answer is racism.

But this is where I part from some of the folks on the Trayvon Martin side of the issue.

I truly believe that if

Zimmerman had been the one walking down the sidewalk with a pack of Skittles and Martin was the neighborhood watch volunteer, they would have called it murder right away.

But in my opinion, the fact that racism is alive and well only muddies the waters in this case.

The point here is a person can kill another person, with a gun, if he or she is scared.

Everyone is scared at some point.

You can be assured that the unbalanced individuals shooting up schools and shopping malls are scared.

Everyday life can be frightening.

Zimmerman was not in his house; he had no right to demand answers from anyone walking down the street. He had ample opportunity for safety and he was released, on his own recognition and not charged with a crime.

To me, all of the above shows a decidedly sad trend toward the devaluing of human life. That is the real tragedy.

It is so easy to be accepted as "mainstream" while making violent statements like, "I'd have shot him too; it's my right" or "he

shouldn't have argued with the guy."

But it works both ways.

Soon we'll all be living in our little forts, peeking through peepholes and terrified to express an opinion or, heaven forbid, argue with anyone. And don't even think about walking down a street where you don't know every single resident.

We must not, as a society, allow the weakest among us to play on our weakest moments.

We should not accept what should be a last resort, to become our first response.

# Ask Kathryn, continued

of people with chronic pain can shrink 11 percent. Other research shows that people with chronic pain take longer to solve crossword puzzles for instance.

Dr. Fehmi in his book, Dissolving Pain, Simple Brain-Training Exercises for Overcoming Chronic Pain, stresses the importance of dealing with anxiety first when trying to manage pain. When anxiety is severe, it can actually increase the pain levels. To dissolve anxiety, it is important to first do a "body scan." A body scan is when the individual checks different parts of the body to determine where the anxiety

is located. Is the anxiety in the feet? the stomach? the chest? the head? Once the anxiety has been localized, then the strategy of open focus methods of visualization can be applied. This helps the narrow hyperfocus and the anxiety that comes with it to dissipate. Flexibility of focus is emphasized because this helps the brain regain equilibrium and helps the body become more normalized.

Stress and its impact on pain and health have long been researched. From the research, it is clear that stress has a huge impact on the immune system. A whole area of science has

been devoted to this topic. This field, called Psychoneuroimmunology (PNI), studies the interconnection between stress and the immune system. Because the immune system helps us fight off so many biological invasions, when our bodies are compromised by stress, it can threaten our very life. The stomach and the intestines are of particular interest to those that study the effects of emotional stress. This area of the body, some researchers believe, has a "second brain" which is known as the enteric system. This area has one of the largest number of neurons second only to the Central Nervous System (CNS). This enteric system func-

tions as a single independent nervous system with its own ability to learn and remember. It produces what we often call "gut feelings."

In summary, our body and mind are deeply intertwined. When we become emotionally healthy, our body "knows" this and this has a positive effect on our body. It can help us make great gains in helping us manage chronic pain. Next month, the article is entitled "Dissolving Pain." Its intent is to help individuals that are dealing with chronic pain. If you have any questions about this article please contact me at kathryndenhout@gmail.com

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**The Lowell Ledger**  
 105 N. Broadway • P.O. Box 128 • 897-9261

# area churches

**GOOD SHEPHERD LUTHERAN CHURCH**  
 10305 Bluewater Highway (Missouri Synod)  
 Halfway between Lowell & Saranac on M-21  
 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.....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

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, EMTN 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  
 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**

Learn from the mistakes of others.  
 You can't live long enough  
 to make them all yourself.  
 - Eleanor Roosevelt



**happy birthday!**

**APRIL 11**  
 Toni Blough, Delores Gabrion, Adaline Thaler, Al Roe, David Johnson.

**APRIL 12**  
 Sarah DeShane-Dalga, Jesse Lewis-Anes.

**APRIL 13**  
 Addie Abel, Pete Baker, Marv DeVries, Carol Brzezniak, Melissa Quada.

**APRIL 14**  
 Phyllis Jones, Dennis Rasch, Joshua Anderson, Nichol Gurney, Bernie Boersma, Brenda Stuart, Cole Wade, Stephanie Ossewaarde.

**APRIL 15**  
 Craig Yeiter, Margaret Yoder, Charles Behnke, Fred Oesch Jr., Dave Carpenter, Terry Kinsley.

**APRIL 16**  
 Sam Roudabush, Kathleen Zywicki, Jack Ryder, Jacob Billingsley, Lori Gerard, Steve Kropf, Angie Farrell, Kristin Lee, William Mitchell, Rayce Darby.

**APRIL 17**  
 Elsie Franks, Heather Vezino, Roger Teale, Dennie Ryder, Joe Merriman, Jill Harris, Lucille Erickson, Betty Erickson, Gary Pieroni, Candice Bowne, Jace Eliason.



**Grand Rapids  
community foundation**  
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# Fifteen Years of Doing Good Work in Lowell



HAROLD J. ENGLEHARDT  
1900-1997

Longtime Lowell residents will remember Harold Englehardt as a kind person, someone who found it easy to help others and never needed much to be happy.

Harold Englehardt was anything but flashy. He drove a late model Cadillac Fleetwood. He liked taking visitors to the Lowell Showboat. He would buy a hot meal occasionally for a wayward-looking fellow walking the railroad tracks.

“He was just my uncle Harold, he’d come for Thanksgiving at our house or have us at his place for Christmas,” great nephew John Darling said. “He liked to meet his friends on Saturday at Keiser’s, a diner on Main Street. He liked to fish at his cottage on Blue Lake near Greenville. He and Aunt Mildred lived in that house in Lowell for decades.”

Late in his life the banker and businessman donated his cottage to Grand Rapids Community Foundation, its proceeds

creating the Lowell Area Community Fund. When he passed away in 1997, Englehardt left an additional \$12.7 million for the fund. It remains the largest gift ever given to the foundation.

The Fund, which celebrates its 15th anniversary in 2012, works to support all the causes Englehardt found dear during his lifetime: education, arts and culture, economic development, the natural environment, health, human services and recreation.

Today the Fund balance stands at \$14.4 million. More than \$9.6 million has been paid to the community of Lowell in form of 807 grants.

“Knowing what Uncle Harold wanted to see happen, and able to witness the results of the Lowell Area Community Fund, I think he would be very pleased,” Darling said. “The positive change he’s helped bring about is monumental.” ■



## Fairing Well: From Goat Barns to New Technology

Madalin Peterson and her little sister Kari.

Kent County Youth Fair (KCYF) is held each summer and is something children and families in the Lowell area look forward to all year.

The fair is free for visitors, and the cost of entering the competition—whether you’re showing a goat, presenting a school art project or playing a guitar solo—is only 50 cents. Each year, more than 1,000 children enter an exhibit.

The success and reach of the fair is due to the hard work of KCYF staff, the many volunteers and continued support from the Lowell Area Community Fund. “The Fund has helped us grow in ways that we never could have otherwise,” volunteer Beth Bowers said. “We’re getting kids from all portions of Kent County and also Berry, Ionia and Montcalm counties.”

The fair this year runs August 6-11.

In recent years the Fund has assisted with \$24,694 for increased staffing and new goat barns, as well as \$3,344 for technology upgrades. Previous grants helped with flood management and improved pathway access, which is vital particularly for people using wheelchairs or strollers.

“Having the Fund available for these huge capital projects has been so valuable for us,” Fair Manager Jessica Marks said. “It makes things happen a lot quicker than having to start a fundraising campaign.

“For instance, we were having flooding from the pig barn, which is not pleasant. We were able to get that fixed. We added wash racks so the kids could spray down the animals right before the show. This way the pigs are all washed and ready to go,” Marks said.

An electrical upgrade from 120 to 240 volts helped vendors and performers at the fairgrounds, and the computer improvements cut down the

### GRANT HISTORY

APPROVED GRANTS: 15

FUNDING RECEIVED: \$212,838

management of bids and payments from the livestock auction. “That’s the biggest day of the fair, and there were years we weren’t able to shut down until 1 a.m.,” Bowers said. “Last year we were done at 10, so it has helped immensely.”

Future Farmers of America and 4H are among the organizations that participate in the fair each year, but participants also are invited to enter individually.

“We feel we do a good portion of the things Mr. Englehardt had in mind for the community when he left this Fund, particularly as it relates to young people and education,” Bowers said. ■

## Supporting Education and Lowell Area Schools



Lowell Education Foundation board member  
Lanie Rice.

Lanie Rice is a former second grade teacher who maintains her ties to Lowell Schools as a board member for Lowell Education Foundation. She was in the classroom for more than 20 years at Bushnell Elementary.

"Everything we fund ties back to curriculum," Rice said. Over the last 14 years the Lowell Area Community Fund has provided 23 grants to benefit the school foundation, offering more than \$168,000 toward everything from LeapFrogs to iPads, solar energy projects to forensics labs, and historic school house tours. Students have taken field trips to see the show *Les Miserable*.

"The most amazing thing is to be able to review a wide selection of ideas that seek to improve the sharing of information, the inspired development of course instruction and the desire to meet the ever-evolving needs of young people," Rice said. "It's extremely exciting to be able to give this money. As the person who's doing it, that's the prize."

Between 15 and 25 grants are awarded by the school foundation each year with funds from the Lowell Area Community Fund.

Linda LeSage serves as chair for the 13-member board that receives grant applications from educators and pares down the list to those that will be approved. The board is composed of three college professors, three business people, one stay-at-home mother, a social worker, a teacher and school board member, several retirees and the superintendent of schools.

All board members have an ear to the ground for rewarding projects and a love for education.

"We work on making sure we spread the money to every age group and every school (Lowell High School, Unity High School, Lowell Middle School and Cherry Creek, Bushnell, Murray Lake and Alto Elementary Schools) if possible," LeSage said. "I think it's very important for residents and families in the district to understand what a valuable resource our teachers and students have. This is an

### GRANT HISTORY

APPROVED GRANTS: 28

FUNDING RECEIVED: \$430,050

opportunity for children to gain experiences they might never have had otherwise, and it remains the responsibility of each of us to bring the best ideas to the table." ■

## Gilda's Club Lowell, a Place for Smiles and Support



Leann Arkema, President and CEO  
of Gilda's Club.

Gilda's Club Grand Rapids has found a second home in Lowell, and area residents who are learning how to cope with the effects of illness and loss have found a dependable community partner.

On Tuesdays, Gilda's Club counselors and support network gather at 314 Hudson Street with 50 to 60 people from early afternoon through middle evening.

In its third year, Gilda's Club continues to meet the high demand it anticipated in Lowell, and also continues to try to beat the preconceived notions of its being 'a sad place.'

"Gilda's Club is not about needing help," President Leann Arkema said. "It's about being real and showing your expertise; if you've been diagnosed, you're an expert. It is about being able to laugh and share with others, and about being positive in a real sense, not in the sense of denial or covering up," she said. "There is no emotional benefit to being happy all the time, for any of us, and that's something that may have to be learned."

Gilda's Club, which has been a fixture in Grand Rapids for a dozen years, applied for a pair of grants from the Lowell Area Community Fund that were approved and served as start-up support for the Lowell program. The \$55,000 distributed by Grand Rapids Community Foundation went toward renovating the shared space with Lowell Senior Neighbors and to launch cancer and grief support programs unaddressed by funding from Lowell's Pink Arrow Project and general fundraising.

Programs offered through the Gilda's Club Lowell have included direct interaction with more than 300 young people in the schools, and another 1,400 in groups during all-school assemblies.

"Facing cancer, either through diagnosis or that of a family member or friend, is something that will touch nearly every one of us," Arkema said. "What we offer is free emotional and social support that seeks to normalize the experience."

And the counseling, while initially geared toward cancer issues, addresses all forms of disease and loss.

Brenda Peterson succumbed in May 2011 to Creutzfeldt-Jakob Disease, a rare neurological

### GRANT HISTORY

APPROVED GRANTS: 2

FUNDING RECEIVED: \$55,000

disorder. Her husband Dave Peterson and their teen sons attended grief programs through the summer at Gilda's Club Lowell.

"It's less about the disease and a lot about the loss," Peterson said. "It wasn't always comfortable for us, I think particularly for my sons, but it was always helpful."

"I'm very grateful that Gilda's Club is here doing what they do, because everything I hear and everything I read is that you have to find a way to address your emotions before they just come out on their own. Talking to people who understand and are in similar circumstances is very reassuring. It reassures you that you're not crazy, and that there are other people feeling the same things you feel." ■



## Older Adults Seek Fitness at the Lowell YMCA



Lowell YMCA Program Director Staci Chambers and health and wellness specialist is Lynn Draigh.

Lowell YMCA Program Director Staci Chambers and Health and Wellness Specialist Lynn Draigh see many health-minded people come through the door, but there's one group they refer to as "fitness seekers."

"The people we look to serve with our new program are those who maybe are seeing a difference in how their bodies are reacting to stress, or they're experiencing longer recovery times, or losing general stability," Chambers said. "We want to help people curb these signs of aging, and they want it too."

**Ready Set Move for Seniors** is a program designed to improve balance, coordination and strength for people 55 years or older. It is adapted for the demographic from a general program at Grand Rapids YMCA, and funded through Lowell Area Community Fund.

"My goal is to get the participants to walk away with the knowledge and confidence to continue with some kind of physical fitness regimen that will serve

them well in their everyday lives," Draigh said.

For 10 weeks, a group of 15 to 30 older adults meet twice weekly for the series' programs, which include cardiovascular training, stretching and light weight lifting. Heart monitors are used throughout the more strenuous portions of the program, as a precautionary measure and to add peace of mind. To help track progress, each participant receives a health screening at each session.

Further, there is a monthly educational component with information about nutrition, spiritual awareness, back care, arthritis management and other topics. The program is offered throughout the year.

**Ready Set Move for Seniors** meets requirements in three of the funding areas specified in the will of Lowell banker and businessman Harold Englehardt when he created the Fund; education, health and human services.

### GRANT HISTORY

APPROVED GRANTS: 18

FUNDING RECEIVED: \$656,616

"We feel that once our results have been achieved, Lowell will have a senior population with an improved quality of life and the ability to be more productive in the community," Chambers said.

A \$13,020 grant funded the new program.

Previously funded projects include the fitness facility at 1335 Main Street, before and after school programs at Bushnell, Murray Lake and Alto schools, a fitness regimen for teens, memberships for D.A.R.E. program participants, a child development center, and a feasibility study for a new Lowell YMCA. ■

## Bringing Arts of All Sorts to the Lowell Area



Lowell Arts! Executive Director Lorain Smaligan.

Lowell Arts! gets creative in its approach to connecting all segments of the community to a myriad of artistic offerings.

The organization hosts gallery shows on Hudson, dinner theatre on Main, music on the showboat, programs at the public schools, festivals at the park and occasionally arranges for traveling exhibits on the railroad tracks.

Each artistic endeavor is unique to its craft and designed to reach a particular audience at an opportune time. It is always done with humor, a sense of history, the intent to inform and always done with inspiration.

But the work of connecting artist with admirer is never done alone.

"Everything is done with community in mind," Lowell Arts! Director Lorain Smaligan said. "This has been the case from our start. When Artrain (from Ann Arbor) initially stopped in Lowell shortly before we opened shop in 2005, we were able to obtain funding from the Lowell Area Community Fund to make that visit happen. The train happened to have an exhibit by Native American artists at the same

time Lowell Arts! was opening "Native American Artists from the Great Lakes Region". The Artrain visit added depth to the Lowell Arts! exhibition.

"With the Fund, we have a rare gift in our community, for people to turn when they're trying to make things happen for the better," Smaligan said. "Artrain is one example, as is being able to bring shows to Lowell area grade schools. These are perfect examples of things that would be impossible without help from the Lowell Area Community Fund."

The Fund, created through the estate of local businessman Harold Englehardt and managed by Grand Rapids Community Foundation allows part-time Marketing Coordinator Kacey Cornwall to independently manage lowellartscouncil.org website, promote events on Facebook and teach workshops like mask making.

The Lowell Area Community Fund targets education, arts and culture, economic development, the natural environment, health, human services and recreation. The 41 grants to Lowell Arts! (formerly known as Lowell Area Arts Council) total more than \$541,692. Funds have replaced windows and roofing,

### GRANT HISTORY

APPROVED GRANTS: 41

FUNDING RECEIVED: \$541,692

improved access to the Lowell Showboat, purchased costumes, provided tech support and transportation services, and kept nearly everything Lowell Arts! does, free of charge to the public.

Lowell elementary school students recently enjoyed in-school presentations of The Magician's Nephew, Gilda's LaughFest came to the Hudson Street Gallery for the PUNCHLINE exhibit, and April 27 through May 12 the Thebes Players will present The Odd Couple in dinner theatre at Larkin's Other Place.

"What we're able to accomplish could all be lost if not for the ability to make people aware, and to be able to tell them everything is free or very affordable," Smaligan said. "The Lowell Area Community Fund shines a light on what we do." ■



## Wired and Ready: The Englehardt Library

Lowell Library Branch Manager Kristin Meyer.

Perhaps the most visible sign of Harold Englehardt's generous legacy is the building that bears his name: The Englehardt Public Library.

Situated in the center of downtown, the library serves as a community classroom, a resource hub, a meeting place and a scenic getaway overlooking the Flat River. The building is owned and maintained by the City, and the programs are developed and run by the library.

A pair of recent grants through the Lowell Area Community Fund—totaling \$103,402—has allowed for roof repairs, new front doors and windows, an ice melt system, restroom upgrades, new paint and new carpet.

"We really needed a fresh, new look," Lowell Library Branch Manager Kristin Meyer said.

Another part of the new look comes from a \$12,000 grant for café-style seating that supports

and encourages patrons to use their laptops and the free wireless internet connection.

"For a long time we were seeing people dragging furniture around, trying to position themselves near an electrical plug and generally having to work too hard make the space a productive," Meyer said. "We brought in the café tables and seats as well as the tablet seats, added a few power strips, and it made all the difference."

From 2010 to 2011, use of the wireless internet connection at the library more than doubled. Patrons conduct research, study for school, read the news, look for employment and keep in touch with distant friends and family.

The branch also bought its own laptops and a projector so the community room could be used for computer classes. Subjects include basic classes like email, web searching and use; and the how-to's for social media. The classes are always filled and there is a waiting list.

### GRANT HISTORY

APPROVED GRANTS: 10

FUNDING RECEIVED: \$218,913

"People are so happy to have these technology resources at the library," Meyer said. "There aren't many places to go where you can do what you want to do, or what you need to do, and not have to worry about making a purchase or moving along."

"Technology has helped us get to where most libraries are going—to be a destination that meets many needs—a community center," she said. ■

### Gifts that Benefit Lowell Forever

Harold Englehardt is not the only donor to contribute to the Lowell Area Community Fund. Many other people in the community have made gifts to grow the fund and make the Lowell area even more vibrant. To find out more about how your donation can help, contact Grand Rapids Community Foundation at 616.454.1751.

185 Oakes Street S.W., Grand Rapids, Michigan 49503 [www.grfoundation.org/lowell](http://www.grfoundation.org/lowell)



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# LHS second trimester honor roll

Lowell High School honor roll, second trimester-2011-12 school year

*Second trimester term GPA must be a 3.000 or higher to qualify and is based on final grades*

## NINTH GRADE

Anthony Alderink  
Brittney Applegate  
Angus Arthur  
Maxwell Barber  
Tanner Barnes  
Rachel Bazen  
Timothy Bem  
Taylor Bierling  
John Bigham  
Abrielle Bladey  
Nathan Blattner  
Maria Blough  
Blake Bochart  
Alexander Bohr  
Michael Bonney  
Santana Boulton  
Mikayla Bozman  
Josh Branagan  
Hannah Briggs  
Laurel Bronkella  
Paige Brown  
Katelyn Bush  
Mackenzie Bush  
Amy Carpenter  
Nicholas Castagno  
Colleen Cater  
Alexandra Chapdelaine  
Jay Clark  
Mitchell Clay  
Emma Clouser  
Braylin Conner  
Amber Cook  
Ciara Cornish  
Kennedy Coxon  
Paul Crosby  
Bailey Cummings  
Coty Curtis  
Kailee Dawson  
Seth Dee  
Lauren DeHaan  
Richard Devon  
Zachary Diamond  
Taylor Doorn  
Caitlin Doyle  
Hannah Draigh  
Steven Endres  
Justin Everitt  
Tyler Feeney  
Ann Fife  
Bradley Fisher  
Danielle Fron  
Alexia Garcia  
Caitlyn Gauck  
Nathan Gibas  
Zachary Gordon  
Shannon Gorman  
Brayton Grant  
Veronica Grievies  
Isaac Henderson  
Nicole Hewitt  
Nickolas Higgins  
Rachel Hindley  
Tayler Hoefenaar  
Megan Hofman  
Katie Holzhueter  
Jacob Hoofman  
Elizabeth Hoseth-Hooker  
Todd Hovey  
Madalynne Iteen  
Kelliann Jacobs  
Jocelyn Johnson  
Chloe Johnson  
Jessica Johnson  
Emily Judd  
Bethany Kaczanowski  
Samantha Kane  
Avreil Koory  
Amanda Kooy  
Danielle Krajewski  
Nathen Kyburz  
Hannah Lambert  
Montana Launer  
Jared Laux  
Mary Leasure  
Cole LeBarre  
Nicole Lehman  
Nathan Limmex  
Nicholas Longway  
Nicholas MacDonald  
Kaitlin Makuski  
Dylan Mankel  
Andrew Martin  
Alexis Martinez  
Selena Mata  
Nicole McCaul  
Emma McLane

Tara McQueen  
Jillian Meade  
Haley Milks  
Matthew Milstead  
Esme Misiak  
HeavenLeigh Mokma  
Kathryn Montgomery  
Landon Nethercott  
Brooke Newhouse  
Nicholas Newman  
Kristen Nolan  
Anna Norder  
Breanna Oesch  
Daniel Onan  
Anna Organek  
Anna Peterson  
Victoria Pickens  
Jacob Polsgrove  
Jason Price  
Grace Quiggle  
Parker Reed  
Anna Reynolds  
Breana Rich  
Austin Rife  
Adrienne Rife  
Zachary Ritchie  
Jonathan Roberts  
Francesca Robinson  
Victoria Russell  
Morgan Schlanderer  
Jesse Schmidt  
Rebecca Schreur  
Robert Schultz  
Caitlyn Serne  
Hannah Skibbe  
Logan Smith  
Kaleb Smith  
Keegan Solon  
Brendan Spencer  
Sean Stark  
Jessica Steiner  
Colleen Sterly  
Marissa Sterzick  
Bethany Stewart  
Mackenzie Stiles  
Desiree Striplin  
Catherine Stump  
Samantha Swartz  
Lydia Tawney  
Calib Taylor  
Morgan Taylor  
Alainie Thomas  
Jace Thomas  
Zachariah Tozer  
Khari Valentine  
Bailey VanAmburgh  
Ashley VanderLaan  
Katherine VanDyke  
Alexander Viviano  
Morgan Vulpetti  
Brice Warner  
Alon Watson  
Rebecca Weaver  
Maxwell Wester  
Philip Wetherbee  
Danielle Whaley  
Paige Wilson  
Chase Wilterdink  
Mark Winogrocki  
Catherine Wissman  
Michael Wittenbach  
Rachel Woody  
Rachael Yomtoob  
Isaac Ysseldyke

## TENTH GRADE

Isobel Alberts  
Sidney Anderson  
Kelvin Anderson  
Shelby Antel  
Kiersten Ashenbremer  
Lauren Baker  
Zachary Bauman  
Kortney Beachler  
Joshua Bearup  
Connor Bergin  
Benjamin Bigham  
Ashley Bitely  
Kaeziah Bladey  
Michael Blake  
Lauren Blanchard  
Brie Blattner  
Emmalee Blough  
Kristine Bobko  
Alexia Bocskey  
Christopher Bodus  
Alix Bohn  
Benjamin Boogaard  
Hayleigh Borton  
Kailey Botma  
Brittany Branagan  
Tristen Bray  
Isaac Brenner  
Randal Brinks  
Dylan Brower

Travis Brubaker  
Monica Bussell  
Richard Cadwallader  
Casey Cahoon  
Katherine Canfield  
Taylor Carey  
Blythe Carvajal  
Makela Chapman  
Jiyeong Choi  
Hannah Churches  
Levi Churches  
Brock Creighton  
Abigail Cummings  
Abigail Cummings  
Jason Cupp  
Raul Damian  
Alyssa Darby  
Kayleigh Davies  
Justin Davis  
Bethany Dean  
Kanon Dean  
Luke DeBoer  
Kaelobb Decker  
Samantha Deiss  
Kevin DeKraker  
Ryan DenBraven  
Nicholas DeVito  
Alexander Dlouhy  
Kerri Donselar  
Allysen Dubisky  
Isaac Duma  
Erin Duma  
Hunter Engels  
Haley Epema  
Madeline Falkenstern  
Hannah Fitzpatrick  
Caleb Flentje  
Cassandra Flier  
Zachary Fotis  
Sydney Fox  
Makenzie Frederickson  
Morgan Fuller  
Jacob Garcia  
Unyamane Gawichai  
Austin Goebel  
Garrett Gordon  
Jessica Graves  
Morgan Groendyke  
Ian Grohman  
Parker Groom  
Kathryn Haan  
Paige Hale  
Taylare Harris  
Charlotte Hayden  
Brittney Heikkila  
Yuka Hirose  
Madison Holmes  
Jeffrey Houston  
Grace Inda  
Pan Itthichaicharoen  
Bailey Jack  
Zachary Jahnke  
Alex Kaminski  
Joseph Kargl  
Zachary Kaywood  
Jordan Kazen  
Liam Kelley  
Luke Kloosterman  
Alexander Kornoelje  
Derek Krajewski  
Mallory Kramer  
Austin Krebill  
Colleen Lally  
Brianna Landheer  
Matthew Lazar  
Siha Lee  
Ryan Lubbers  
Spencer Lyon  
Jordan Lytle  
Catherine Majinska  
Alyssa McCormick  
Kennedy McCready  
Paige McKenna  
Catherine McNaughton  
Andrew Metternick  
Filip Milivojevic  
Carl Mitchell  
Athena Mohr  
Kaelyn Moseler  
Kelsey Mullin  
Sarah Murray  
Hannah Nelson  
Jacob North  
Sarah Oesch  
Mallory Paiz  
Morgan Perkins  
Paige Perry  
Jacob Petersen  
Grant Peterson  
Chase Peterson  
Benjamin Peterson  
Abby Petroelje  
Rachel Phelps  
Tonya Phillips  
Christopher Platz

Jacob Plunkett  
Meghan Plutschouw  
Jacob Poll  
Keaton Pomper  
Nicholas Price  
Nicholas Proefke  
Matthew Reitsma  
Sean Ritsema  
Bailey Roberts  
Paige Rozell  
Joseph Ryder  
Samantha Sage  
Maximilian Sanders  
Jenna Saunders  
Brett Senneker  
Brandi Shelley  
Kylar Shurlow  
Jackson Simmons  
Austin Sirowatka  
Mark Slaktoski  
McKenzie Slupe  
Julia Smelt  
Brook Smith  
Michelle Smith  
Nicholas Smith  
Karah Smith  
Kourtney Spaulding  
Racheal Spielmacher  
Michelle Starkey  
Hailey Stasiak  
Aubreigh Steed  
Garett Stehley  
Jacob Stephens  
Ashlee Stormzand  
Brandon Strzyzewski  
Quinn Summerfield  
Jacob Sweet  
Joshua Theisen  
Shy Tidd  
Marc VandenBerg  
Kimberly VanOverloop  
Evelyn VanTil  
Rachael Walters  
Ryan Walters  
Jeremiah Wenger  
Laura Westhues  
Garret White  
Madelynn Willemstein  
Rachel Wittenbach  
Alexander Woodman  
Jonathan Wyckoff  
Boya Yan  
Katelyn Yuhas

## ELEVENTH GRADE

Aaron Anderson  
Hannah Anderson  
Sabrina Antcliff  
Timothy Antel  
Micah Babcock  
Michael Bachmann  
Alanna Bancroft  
McKensie Barnes  
Justin Barrett  
Amy Bartkus  
Perry Bencker  
Jorie Bennett-Walsweer  
Paige Berends  
Rebekah Betts  
Corryn Bieri  
Cody Bieri  
Derek Bitterman  
Kendra Black  
Kevin Blanchard  
Kyle Bowers  
Skylar Bowne  
Kaeleb Brown  
Nicholas Brzezniak  
Haley Buck  
Hannah Burt  
Holly Canfield  
Bradlee Chesebro  
Molly Clarke  
Jordan Cloud  
Paige Coble  
Scott Collins  
Jacob Collins  
Daniel Cowden  
Zachary Crawford  
Jacey Culross  
Nicole Cummings  
Alexandria Daniel  
Zachary Dawson  
Emilyn Dec  
Jordan Dennie  
Heather Dimmick  
Kennedy Dodde  
Jack Dues  
Joshua Elliott  
Abigail Ellis  
Delainey Ferguson  
Licia Feuerstein  
Andrew Finch  
Collin Finkhouse  
Abigail Flentje

Carissa Flier  
Christina Folkersma  
Michelle Foote  
Jonathan Fox  
Christopher Fuller  
Joseph Gauck  
Joshua Gee  
Zachary Gibas  
Gabrielle Gibbs  
Zachary Graves  
Hannah Green  
Madison Hacker  
Bailey Haefner  
Anthony Hanson  
Taylor Harrison  
Evan Hedlund  
Lukas Henderson  
Emily Hessler  
Cory Heykoop  
Brianna Higgins  
Marissa Hills  
Alexandra Hinton  
Bryce Hrusovsky  
Ashley Huber  
Jennifer Huffman  
Zachary Huver  
Philip Janowski  
Jordan Johnson  
Abigail Johnson  
Maranda Johnson  
Kaitlyn Johnson  
Katelyn Kaczanowski  
Christianne Kargl  
Annette Kehoe  
Alyssa Kenyon  
Sean Khodl  
Jacob Khodl  
Kolby Kloosterman  
Sophie Kohtz  
Kayleigh Lambert  
Austin Lemke  
Jordan Lillie  
Brendan Lobbezoo  
Bailey Loughlin  
Dakotah Lytle  
Matthew Majinska  
Kimberly Malcolm  
Kelli Malcolm  
Jason Malling  
Johnathon Mark  
Tobias Marks  
Chad Martin  
Shannon Massey  
Delaney McCarrey  
Nicholas McCormick  
Keaton McGregor  
Breana McKendrick  
Morgan McVey  
Emily Milstead  
Sarah Misak  
Jacob Mitchell  
Kile Mitchell  
Jessica Montgomery  
Aaron Morris  
Mattie Newman  
Alexis Noonon  
Doug Nordman  
Grant Noskey  
Danielle Ordway  
Audrey Pearson  
Jacob Pelkey  
Megan Perkins  
Emily Peterson  
Nicole Platz  
Andrew Potter  
Hunter Race  
Audrey Rasch  
Louis Raymond  
Alexis Rife  
Austin Rix  
Joshua Rocco  
Abigail Rogalke  
Rebecka Roth  
Mark Russo  
Leah Schlosser  
Emily Schreur  
Justin Scott  
Dalton Seese  
Nichole Slupe  
Julie Smith  
Maxwell Spoelstra  
Brianna Steiner  
Hope Stepek  
Reed Stormzand  
Raechel Stougaard  
Ethan Sutton  
Brittany Tasma  
Brandon Tichelaar  
Alexander Tobin  
Emma Tompkins  
Gabrielle VandenBerg  
Scott VanOosten  
Erin Wade  
Nicholas Walker  
Brad Walling

Pierce Watson  
Gabriel Wehby  
Taylor Whaley  
Ashley White  
James Wierenga  
Kyle Wierzbicki  
Jenna Wilder  
Blake Willard  
Brice Wingerter  
Maggie Wissman  
Ashley Worthington  
RaeAnn Zachow  
Joshua Zalis

## 12TH GRADE

Chloe Aalsburg  
Joshua Addington  
Brandi Aikens  
Jessica Alberts  
Lindsay Anderson  
William Athmann  
Danielle Bagin  
Jeffrey Baker  
Justin Ball  
Kendra Belile  
Zoe Beloncis  
Analyse Bencker  
Luke Bigham  
Sydney Bishop  
Gregory Blanton  
Michaela Blough  
Alec Bobko  
Jacob Boelens  
Leigha Boogaard  
Kayla Boston  
Grant Breuker  
Martin Brubaker  
Dillon Buck  
Austin Buckius  
Casie Burr  
Micah Chapin  
Matthew Charrouf  
Caitlin Clover  
Robert Coffey  
James Collins  
Alexandria Cowden  
Lindsey Crawford  
Gabriel Dean  
Garrett DeBoer  
Moriah Dee  
Quincee Denault  
Aleesha DenBraven  
Karis Dilly  
Nora Donahue  
Justin Douma  
Elizabeth Downing  
Jordan Drake  
Jordan Drake  
Laura Droog  
Shawn Dulin  
Ryan Durkee  
Mackenzie Eickhoff  
Jordan Ervin-Wakefield  
Kaitlin Fisher  
Caitlin Fitzpatrick  
Joshua Flier  
Collin Foehr  
Alexandra Fotis  
Hannah Fowler  
Amber Geldersma  
Melody Gerig  
Daniel Geurkink  
Nicholas Gibson  
Travis Gordon  
Bailey Groendyke  
Morgan Groom  
Matthew Haan  
Aaron Hall  
Pauline Harrington  
Benjamin Hart  
Nicholas Hawks  
Zachary Hofman  
Matthew Hoogenboom  
Lee Hovey  
Ashlyn Hussey  
Helen Jacobs  
Amanda Jakubiak  
Kylie Jean  
Collin Johnson  
Hannah Johnson  
Adam Jones  
Lindsey Karasiewicz  
Michaela Kehoe  
Austin Kempker  
Stephanie Kline  
Hanna Kole  
Samantha Kooiman  
Lauren Kurtz  
Vonda Kyes  
Matthew Kyllonen  
Alan Lally  
Meredith Lane  
Andrew Light  
Alexander Ligman  
Jacob Litchfield

Lacey Lythgoe  
Emma MacDonald  
Sage Maliepaard  
Kelsey Mankel  
Kyra Marks  
Christin Marsalese  
Taylor Martin  
Amber Martin  
Drew Mayhew  
Alannah McBryde  
Kristen McCaul  
Hannah McLane  
Madeline McMahon  
Ashley McQueen  
Daniel McQueen  
Forrest McRee  
Jacob Merklinger  
Kendra Merriman  
Kalvin Meyer  
Allison Meyers  
Torie Milks  
Sarah Mogor  
Christopher Mokma  
Samantha Moody  
Taryn Morris  
Bravot Morris  
Gabriel Morse  
Andrew Morse  
Melissa Mosher  
Cassandra Mullins  
Ryan Nanzer  
Arielle Nausieda  
Jonathan Niemann  
Alexis Noffke  
Alicia Noffke  
Lauryn Noon  
Kristina Noonon  
Allyson Nora  
John North  
Jeffrey Onan  
Renn Osborne  
Hope Oudbier  
Carissa Paiz  
Benjamin Partridge  
Tyler Pawlowski  
Shelby Perkins  
Jayme Peterson  
Jelena Petricevic  
Joseph Potter  
Caleb Pratt  
Tyler Putney  
Mitchel Raspor  
Halley Reed  
Kristin Reid  
Kiran Riley  
Gloria Rivera  
Alec Roerig  
Kyle Rogers  
Zachary Rose  
Tara Rowley  
Anna Rozema  
Cory Russell  
Cassandra Rybicki  
Joseph Senneker  
Nicholas Shaffer  
Torrey Slocum  
Connor Smith  
Jenna Smith  
Kelsey Smith  
Kendall Solon  
Melissa Southwell  
Anthony Steffens  
Jacob Stehley  
Lucas Stephens  
Stephanie Stevens  
Shelby Strah  
Joseph Sweet  
Haley Talcott  
Yanni Tapia  
Hannah Tawney  
Skye Thebo  
Shanice Thomas  
Felicia Thompson  
Tabitha Tidd  
Madeline Tome  
Chase Treglia  
Catherine Tremblay  
Anne Vanderson  
William Velting  
Dakota Verbeck  
Antonella Vescolani  
Amanda Vietzke  
Cheyton Villaluz  
Alexandra Wabeke  
Samuel Whaley  
Mackinzie Whaley  
Nicole Wilcox  
Jake Will  
Amanda Willson  
Kelsey Wittenbach  
Jeremy Wodarek  
Kelsey Wold  
Kasey Woodhead  
Ryan Woodhead  
Hunter Zuk

# obituaries

## CORNISH

John Cornish, age 84, of Grand Rapids, passed away peacefully, surrounded by his loving family, on Sunday, April 1, 2012. John was born March 23, 1928, in Standish, MI. He lived in Kalamazoo from 1965 to 1976, then moved to Grand Rapids. He was preceded in death by his son, James and his loving wife, Wilma. He is deeply loved and will be forever remembered by surviving family members: George, Nancy, Carole, Paul, Pat, Tom, his sister Betty Jo, and his seven grandchildren. John worked at Consumers Power Company and after he retired he volunteered at Fredrick Meijer Gardens from 1995 to 2004 and also served on the Lowell Township Board. John loved to golf and was passionate about gardening. Service was held Monday, April 9, at St. Roberts Church in Ada. Memorial contributions may be made to Lowell Senior Neighbors, 314 S. Hudson, Lowell, MI 49331. Condolences may be sent online at [www.lakefuneralhomes.com](http://www.lakefuneralhomes.com). Arrangements by Lake Funeral Home, 158 Mill Street, Saranac, Michigan.



## JENSEN

Yvonne E. Jensen, age 73, of Lowell, passed away Monday, April 9, 2012. She was preceded in death by her son, Greg Jensen. She is survived by her husband of 48 years, Bob; daughter, Kelly (Jim) Geldersma; grandchildren, Keegan and Kyle Geldersma. She worked at Grand Rapids Metal Plant #1 for 28 years and belonged to the Supper Club. Funeral service will be held Thursday at 11:00 at Roth-Gerst Chapel, 305 N. Hudson, Lowell. Pastor Phil Struckmeyer of Impact Church - Lowell officiating. Interment Bailey Cemetery. Visitation will be Wednesday, 4-7:00 pm. Memorial contributions may be made to Pink Arrow Pride, PO Box 246, Lowell, MI 49331. Arrangements by Roth-Gerst, 305 N. Hudson, Lowell, Michigan 49331.



later date. Memorial contributions may be made to Spectrum Hospice, Spectrum Health Foundation, 100 Michigan Ave. N.E., Grand Rapids, MI 49503. Arrangements by Roth-Gerst, 305 N. Hudson, Lowell, Michigan 49331.



[www.gerstfuneralhomes.com](http://www.gerstfuneralhomes.com)

## WEEMHOFF

Virginia June Weemhoff, age 78, of Lowell, went to be with the Lord Thursday, April 5, 2012. She was preceded in death by her husband, Ernest. She was the beloved mother of Bonnie (Robert) Bruce of Lowell, Gary (Kathi) Weemhoff of Battle Creek, Carrie (Stephen) Nicolica of Almont, Norman (Diane) Weemhoff of Lowell, Carol (Ray) King of Rockford; and the beloved grandmother of 12 grandchildren, 20 great-grandchildren; and several nieces and nephews. Funeral service will be held Wednesday at 11:00 am at Impact Church, 1069 Lincoln Lake, Lowell. Pastors, Jason Holdridge and James Nora officiating. Interment Oakwood Cemetery. Memorial contributions may be made to Faith Hospice, 2100 Raybrook S.E., Suite 300, Grand Rapids, MI 49546. Arrangements by Roth-Gerst, 305 N. Hudson, Lowell, Michigan 49331.



[www.gerstfuneralhomes.com](http://www.gerstfuneralhomes.com)



[www.gerstfuneralhomes.com](http://www.gerstfuneralhomes.com)

## PAULSON

Genevieve Paulsen, age 87, of Lowell, passed away peacefully, surrounded by her loving family on Sunday, April 8, 2012. She was preceded in death by her husband of 64 years, Emil. She is survived by her daughter, Ann (John) LaBine; sisters, Beverly Zahn, Pat Davis, Shirley Heiftji; grandchild, Emil (Laura) Carroll; great-granddaughter, Camberlie; and many nieces and nephews. Private memorial service will be held at a

# Alto United Methodist will hold open house of new facility

Alto United Methodist Church is hosting their consecration ceremony for their church building on Sunday, April 15 at 3 pm. The church is located at 11365 64th Street in Alto.

The 8110 square foot facility can seat approximately 225 people and is fully handicap accessible. Three stained glass windows from the old building have been built into the new church to link the present and the future with the past. In addition to the sanctuary, there is a nursery, classrooms, a pastor's office, a 1900 square

foot gathering area and provisions for a fully functional kitchen.

Alto United Methodist Church is a congregation of the United Meth-

odist denomination. They have been in their old building on the corner of Kirby and Harrison n Alto since 1907. In 2004 land was purchased and on July 24,

2011, the church dedicated the ground. Reverend Dean Bailey has been serving the Alto United Methodist Church since July of 2002.

The Reverend Laurie Haller, the district superintendent of the Grand Rapids District of the United Methodist Church, will be speaking. Refreshments and tours will be provided.

For more information about the church, visit [www.altoumc.org](http://www.altoumc.org)



## PUZZLE SOLUTIONS

T	R	I	A	L	N	I	L			N	O	T	E			
B	I	O	T	A	A	D	A			M	E	D	A	L		
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P	V	C		T	A	B	U			G	R	O	A	T	S	
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N	O	E	L		T	R	U	M	P		L	I	R	A		
A	L	O	O	F		P	L	E	A		S	L	U	R		
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				V	O	I	C	E		M	I	N	U	T	E	S
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O	A	T	E	N		I	N	N		N	O	R	I	A		
E	P	O	S			E	T	A		G	R	O	S	S		

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

## GURNEY HAHN

FEBRUARY 1, 1927 - APRIL 15, 1992

Dad & Grandpa,  
We love you  
and miss you  
everyday.



Bob & James  
Hahn

Anita, Dave,  
Patrick &  
Collin Roth

Gretchen, Paul  
& Adam Jones

## LOWELL AREA COMMUNITY FUND ACCEPTS GRANT PROPOSALS

All Proposals Must Be Submitted Online No Later Than April 20, 2012 to be considered. Visit [www.grfoundation.org/lowell](http://www.grfoundation.org/lowell) to submit your application.

The Lowell Area Community Fund, a fund of the Grand Rapids Community Foundation, awards grants to tax-exempt, nonprofit charitable organizations that have an impact in the Lowell area. The LACF funds innovative projects or programs that encourage community cooperation.

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

# classifieds

**for sale**

**FREEAD!** Place & pay for a classified ad in the Buyers Guide & Lowell Ledger for 3 weeks & receive the 4th week FREE! You must mention the special in order to receive this offer. Valid only with new classified ads, and must be paid for when ad is placed. Call 897-9555, fax 897-4809 or email to: classifieds@lowellbuyersguide.com, 105 N. Broadway, Lowell. Ph. 897-9261.

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

**HEAT YOUR ENTIRE HOME FOR FREE** - Outdoor Wood Furnace. Instant rebates up to \$1,145 for a limited time only. Central Boiler Classic. Call SOS your "Stocking Dealer" Dutton, MI 616-554-8669 or 616-915-5061.

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

**143S. PLEASANT**, \$69,900 - No Money down. Move in ready. Well built & cared for ranch in Lowell. Rivertown Realty, 616-238-6935.

**1997 FLEETWOOD WILDERNESS TRAVEL TRAILER** - sleeps 6, everything works. Moving, must sell. Asking \$5,500 but will entertain a reasonable offer. 616-648-2869 or 616-889-6950.

**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.

**GOLF CLUBS** - Orlimar complete set; Powerbilt GSX 100% graphite shaft irons; Callaway X12 Big Bertha irons. 987-6014 or 255-6247, call anytime.

**NORDIC TRACK PRO EXERCISE MACHINE** - Excellent condition, fully equipped with workout display screen, pulse sensor, operations inst., training programs, etc. \$120 (was \$1,299 new). Call 897-8896.

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

**for sale**

**BOB'S 15TH ANNUAL SPRING BIRDHOUSE SALE** - Be an "early bird" & get your houses & feeders from the great selection we have on hand - bluebird & wren houses, bat houses, bird feeders, entertaining squirrel feeders. New this year - wood duck nesting boxes for your creek or pond area. Several on hand, taking orders. All solid cedar built to last for many years. Best prices anywhere. Bob's Birdhouses, 12279 60th St., Alto. 868-6633.

**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.

**for rent**

**LARGE 1 BEDROOM APARTMENT FOR RENT** - downtown second floor apt. \$775+utilities. 214 E. Main, Lowell. 616-291-1760.

**ONE BEDROOM UPPER** - quiet neighborhood, clean & cozy. \$475/mo. plus deposit \$475. Heat included. Available May 1. References required. 987-9124.

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

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

**in memoriam**

IN MEMORY  
**James Fahrni,**  
 7/23/1940 - 4/15/2011  
 and  
**Brian Marenlette,**  
 9/27/1968 - 4/18/2011.  
 We love you and miss you so very much.

Ruth Anne Fahrni & children,  
 Robert Fahrni,  
 Mark Marenlette  
 & Michelle Oesch & their families,  
 also special friend,  
 Tom Vaughan

**help wanted**

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

**DRIVER WANTED** - to chiropractor in Grandville once a week. Must be reliable and available late mornings. Call Linda, 897-9202.

**RECEPTIONIST** - P.T. at small Christian Assisted Living, Wed., 4-8 p.m. & every other Sat. & Sun., 3-8 p.m. Apply in person at 6117 Charlevoix Woods Ct., SE, G.R. 616-954-2366.

**ALL WEATHER SEAL** - is looking for a few outgoing people to work in our Direct marketing department. Part-time, day and evening shifts available. Pay is \$8/hr + bonuses. Average producers make \$300-\$600 per week. Call 897-7300 and ask for Megan.

**PART-TIME DRIVER** - seasonal, 2 days per week, Class A & tanker license needed, flexible hours. Call Fuller Septic, 897-3050.

**ANIMAL CARE GIVER** - an opportunity for a hardworking adult to gain a long term position caring for many small dogs at a large facility. Experience not required. Alto/Caledonia area. 616-437-0342.

**JOB FAIR** - Sunrise of Cascade, 3041 Charlevoix Dr. SE, Grand Rapids, MI 49546. April 17, 2012, 9 a.m. - 1 p.m. Med Techs, Caregivers, Part time & Full time. Experience preferred. 616-942-7200

**wanted**

**I WANT TO BUY** - refrigerator, stove, washer, dryer & furniture in good shape. Have cash. 989-584-6818.

**misc.**

**SNOW UNITED METHODIST CHURCH** - at 3189 Snow Ave. SE, will serve a family style Turkey & Dressing Dinner on Wednesday, April 11, starting at 5:30 p.m. Adults are \$9. children 6-12 are \$3, and children 5 & under are free. Takeout dinners also available.

**misc.**

**JOIN US** - Saturday, April 14th at 8:30 a.m. to 10 a.m. at the Lowell Area Chamber of Commerce (behind Flat River Grill) as the East Kent County Republicans host Tommy Brann, local owner and restaurateur to learn about "10 to Defend - 10 Reasons to Defend Free Enterprise." Principles include job creation, paying taxes and limited government. Call 897-6380 for more info.

**sales**

**ESTATE SALE** - Fri. & Sat., April 20 & 21, 8-4 p.m. Look for the big red barn. Antiques, woodworking tools, power tools, furniture, horse items, misc. treasures. Don't miss this one! 11464 Bailey Dr. NE, Lowell, MI 49331.

**GARAGE SALE** - Help Cub Scout families send all kids to camp. Saranac Community Church, Fri., April 13, 9-6:30 p.m. & Sat., April 14, 8-3:30 p.m. Multiple families.

**AUCTION & FLEA MARKET** - every Friday & Saturday starting April 13. Flea market every Fri. & Sat., 8 to 4; auction 6:30 p.m. every Friday night. Always looking for vendors & cosigners for auction. Peddler's Market, Greenville, MI. Call Rick for more information, 616-302-8963.

**sales**

**MULTI-FAMILY SALE** - Thurs.-Fri., April 12-13, 9-? 1100 Parnell between Bailey & McPherson. Name brand clothes, girl/boys, infant to tween, womens to xl, mens to xxl, household, home decor, pictures, bedding, books, toys, new double stroller, sports equipment, purses, St. Nicholas village, much more.

**services**

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

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

**YOGA CLASSES** - Tues. & Fri. 7:30 a.m. & Tues. & Thurs. 6:30 p.m. at 901 W. Main. \$8 walk-in. Specials at www.thehammockllc.com Questions, 893-5661.

**services**

**COUNSELING SERVICES** - from a local licensed therapist. Pain management, mental/behavioral health & career. 238-2116 Life Transitions Therapy.

**THINK SPRING!** - Free appliance removal. Want it out today? Call J&J! We remove most household appliances, lawn mowers, cars, batteries, campers, etc. any metal. 616-719-9742.

**PRAIRIE CREEK** - Tom Smith. Spring clean up and lawn care. Call for a quote, 293-0977.

**BUYING OR SELLING A HOME** - Call Joice Smith, Country Hills Realty, 897-1061 or 293-0980.

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**WALNUT HILL LAWN MAINTENANCE** - Lawn mowing & rototilling for lawns & gardens, will apply fertilizer, weed killer, insecticide & general clean up. Free estimate & reasonable rates. Call Aaron at 616-328-9558.

## 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, by mail: PO Box 128, Lowell, MI 49331 or in person: 105 N. Broadway, Lowell.

**BOOKWORMS BOOK CLUB** - Mon., April 16, 6 p.m. "The Girl with the Dragon Tattoo" at Saranac Public Library, 61 Bridge St., Saranac. 616-642-9146.

**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.

**MOBILE FOOD PANTRY** - at Cascade Fellowship Christian Ref. Church, 6655 Cascade Rd. Free perishable food. 1st Monday. Register: 4:30 p.m. Distribution: 6 p.m. lic.

**MOMS IN TOUCH INTERNATIONAL** - Thursdays 9 a.m. - 10 a.m. at Friendship Country Chapel, 10200 Grand River Ave. Moms & grandmas come pray for our kids & schools. Contact Missy at 308-7920 or missykooistra@gmail.com with any questions.

**ORIGAMI** - Each Tuesday, 2-3 p.m. Learn the ancient art of paper folding. Gilda's Club - Lowell Clubhouse, 314 S. Hudson, Lowell.

**CANCER - TEEN & TWEEN TALK GROUP** - Each Tuesday, 6-7:15 p.m. - A group for youth in middle or high school on a cancer or grief journey. Incorporates curriculum-based activities, discussion & fun. Gilda's Club - Lowell Clubhouse, 314 S. Hudson, Lowell.

# classifieds

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# Player Spotlight

*Danielle Ordway*

**How long have you been running track and playing soccer?**

I have been playing soccer and basketball since kindergarten and I did track in seventh and eighth grade. I am currently doing both track and soccer this season and plan to [do] both next year as well.

For track, Ordway does the 100 meter dash, 400 meter relay and long jump. She also plays basketball.



**Out of the three sports you play, which one is your favorite?**

I love sports and I can't choose a favorite.

**Have you won any awards**

**for any of your sports?**

I haven't personally won awards for my sports, but last year, my basketball team won districts. I do have two varsity letters for basketball and I will be getting my second one for soccer this year. I will also get my first varsity letter for track this year.

**What was your personal best at a track meet?**

Running the 400 relay and getting the fastest time in a couple of years. I run the relay with Michelle Foote, Danielle Starkey and Alon Watson.

**Our Spotlight Athletes This Week:**

*Danielle Ordway*  
**Team:** Track and Soccer  
**Grade:** Junior

*Morgan Groom*  
**Team:** Softball  
**Grade:** Senior

**Do you plan on playing a sport in college?**

If I get a scholarship for any one of the sports, I will play in college. I'm thinking about Ferris State, Davenport or GVSU. She currently holds a 3.9 GPA and just got inducted into the National Honor Society.

**Do you have any siblings?**

I have an older sister, Karlye, who graduated from Lowell in 2010. She currently goes to Grand Rapids Community College and helps manage my dad's pizza shop in Lowell (Three Brothers Pizza).

**What do you like to do for fun?**

When I'm not playing sports, I like to ride dirt bikes, play with my dog, hang out with my friends, travel, and go to football games.

*Morgan Groom*

**How long have you been playing softball?**

I've been playing softball since I was in fifth grade. This is my eighth season playing. She also plays golf and played basketball her sophomore year.

**What is your favorite sport?**

My favorite sport is definitely softball.

**Have you won any awards for any sports?**

I was all-conference, all-district, all-regional, and most-valuable-player the past two years in softball. Last year, I was all-state, honorable mention as well. All three years I played golf, I was second team all-conference and MVP.

**What was your personal best in any of your sports?**

My best high school softball moment was when I pitched a no-hitter against Northview and in that same game, I hit a three-run home run.

**Are you going to play a sport in college?**

Yes. I will be playing softball for Harvard University. I'm honored to continue my education at an academically renowned school and thrilled to play softball for their team. Groom carries a GPA of 4.156.

**Do you have any siblings?**

Yes. I have a brother, Parker, who is a sophomore at the high school, who plays tennis, basketball and baseball.

**What do you do for fun?**

I like being outdoors and reading for fun.



## LEGAL NOTICES

STATE OF MICHIGAN  
 PROBATE COURT  
 COUNTY OF KENT

NOTICE TO  
 CREDITORS

Decedent's Estate  
 FILE NO. 12-101691-DE

Estate of CORNELIA  
 MARJORIE KOOL-  
 SNEDEN, deceased.  
 Date of birth: 01/21/1927.

TO ALL CREDITORS:

NOTICE TO  
 CREDITORS: The  
 decedent, Cornelia  
 Marjorie Kool-Snedén,  
 who lived at The Green  
 House Homes, 1015  
 East Paris Ave., Grand  
 Rapids, MI 49546, died  
 09/23/2011.

Creditors of the  
 decedent are notified  
 that all claims against  
 the estate will be  
 forever barred unless  
 presented to Dennis J.  
 Kool, named personal  
 representative or  
 proposed personal  
 representative, or to  
 both the probate court

at 180 Ottawa Avenue  
 NW, Grand Rapids, MI  
 49504 and the named/  
 proposed personal  
 representative within 4  
 months after the date  
 of publication of this  
 notice.

04/03/2012

Craig A. Bruggink  
 (P29358)  
 429 Turner Ave., NW  
 Grand Rapids, MI 49504  
 616-456-5048

Dennis J. Kool  
 4385 Burton St., SE  
 Grand Rapids, MI  
 49546  
 616-942-5849

STATE OF MICHIGAN  
 PROBATE COURT  
 COUNTY OF KENT

04/04/2012

NOTICE TO  
 CREDITORS  
 Decedent's Estate  
 FILE NO. 12-191931-DE

Estate of JOHN J.  
 WELTON. Date of birth:  
 05/22/1938.

TO ALL CREDITORS:

NOTICE TO  
 CREDITORS: The  
 decedent, John J.  
 Welton, died 02/06/2012.

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

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

Stephen Faas  
 940 Clancy St. NE  
 Grand Rapids, MI  
 49503  
 616-235-2195

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LOWELL

**THEME:  
PRIMETIME TV  
ACROSS**

- 1. \*Usually second half of "Law & Order"
- 6. Nada
- 9. Do, re or mi
- 13. All plants and animals
- 14. Dental group
- 15. \_\_\_\_\_ of Honor
- 16. On the move
- 17. Scottish hero Rob
- 18. Egg-shaped object
- 19. \*What survivors and losers have in common
- 21. Often considered wise
- 23. Makes feathers stick
- 24. "The \_\_\_\_\_ of Life," movie
- 25. Pipe material
- 28. Forbidden
- 30. Crushed grain of various cereals
- 35. \*What "CSI" does on CBS on Wed. nights
- 37. Original Cohiba producer
- 39. It's delayed in summer
- 40. Christmas season
- 41. \*In search of an apprentice
- 43. Italian money
- 44. Remote in manner
- 46. Attorney's bargain
- 47. Disparaging remark
- 48. Praying insect
- 50. Not in favor of
- 52. Printing unit, pl.
- 53. Scoff
- 55. \*They know drama?
- 57. \*What Aguilera judges
- 59. \*One show has 60 of these
- 63. Laughing predator
- 65. \*Everybody used to love this actor
- 67. Visual or picture
- 68. Related to oats
- 69. Overnight lodging
- 70. Water wheel

CROSSWORD															
1	2	3	4	5		6	7	8		9	10	11	12		
13						14				15					
16						17				18					
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			57	58					59				60	61	62
63	64					65	66			67					
68						69				70					
71						72				73					

- 71. "Odyssey," e.g.
- 72. Approximated landing time
- 73. \*He was the dad in "Family Ties"

**DOWN**

- 1. Type of ski lift
- 2. "\_\_\_\_\_ and shine!"
- 3. Tiny amount
- 4. Like Tower of Pisa
- 5. Cowboy's rope catcher
- 6. "Not a" or "never a"
- 7. \*Bachelor's last words?
- 8. Extra shirt, e.g.
- 9. \*Actress Campbell, formerly of "Party of Five"
- 10. Smell
- 11. Mai \_\_\_\_\_
- 12. Old age, archaic

- 15. \*Like the Pritchetts
- 20. Parcel of land
- 22. Drumstick
- 24. Shaped like a tube
- 25. \*Flight's glory days
- 26. Oscar nominee \_\_\_\_\_ Davis
- 27. Famous king of Thebes
- 29. Stomach reflex
- 31. Rembrandt's medium
- 32. Nimble
- 33. Monotonous hum
- 34. \*They salsa and rumba
- 36. One-armed bandit
- 38. Prayer's end
- 42. Singer LaBelle
- 45. Fiji native
- 49. Part of a min.
- 51. The 9th in baseball, e.g.
- 54. Fear-inspiring
- 56. Cancer symptom
- 57. Obama's right
- 58. Singles
- 59. Asian stalling
- 60. Tropical edible root
- 61. Knight's chest plate
- 62. Neptune's domains
- 63. Gardening tool
- 64. High-pitched bark
- 66. Marching insect

*Puzzle solutions on page 12*

### Social Security Ticket to Work inspires dancer

Megan Riggs was just like many other people in their late twenties: bright, ambitious, and full of life. She earned Bachelor degrees in Forensic Science and Biology, with a minor in Chemistry. Riggs started working and building her career. In her spare time, she pursued her passion, competitive ballroom dancing.

In January of 2008, Riggs had a major depressive episode. Her illness caused her to lose her job and financial struggles resulted. Riggs qualified for Social Security disability benefits. The monthly payments helped keep her afloat financially, but even then she had the desire to work again. Knowing she would need help returning to work, she looked to Social Security's "Ticket to Work" program and other work incentives for support on her path back toward self-sufficiency.

Once Riggs made her choice to participate in the Ticket to Work program, she decided to work with an Employment Network (EN) that provides employment support and guidance.

Using her Ticket, she was able to test her abilities, build her confidence, and continue to receive her benefits while working toward becoming fully self-sufficient. Through Social Security's work incentives, she maintained her health care coverage, which gave her peace of mind.

The Ticket to Work program helped Riggs achieve a more fulfilling life by helping her regain the satisfaction of work. She now enjoys working, reading, spending time with her Cocker Spaniels, and has even been able to return to competitive ballroom dancing.

Thousands of Social Security beneficiaries like Megan Riggs have earned more money, begun careers, learned new skills, and met new people through the Ticket to Work program. If you're disabled and ready to change your life through work, this program may be the ticket for you, too. To learn more, visit [www.socialsecurity.gov/work](http://www.socialsecurity.gov/work).



**616-897-0787**

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

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

*We welcome your comments, with or without signatures, but signing your name to your comment does increase the odds of seeing it in print. Threatening or deliberately cruel comments will not be accepted and, of course, no advertising a product or service please.*

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

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

*Our family would just like to thank the boys at the skateboard park for helping our grandmother when she fell down. We are all deeply appreciative and are grateful for the kindness that you showed to her and for being such responsible young men.*

*~ Sincerely, The Mooney Family*

*The "leaders" of the community scoff at Jim Howard's comments only because they know he is right. All areas of Lowell should benefit from the high taxes we all pay, not just the tax abated DDA businesses, lest we become just a glittering facade while the rest of the community crumbles. Thank you Mr. Howard, keep those letters coming!*

*I believe that it is totally outrageous that the Lowell Community Expo would charge a group such as the Girl Scouts to pay for their booth... I think the Expo needs to reconsider their mission... God forgive you all.*

*It's always so nice to see the kids helping out with the Foodmobile. Their help is always appreciated. Thank you everyone.*

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

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# Red Arrow SPORTS

## National champions come to Lowell for Quik Stix Invitational

by Karen Jack

Bob Perry Stadium will be filled this Saturday (April 14) with lacrosse players of all ages at the annual Quik Stix Invitational (QSI) hosted by Lowell High School. Middle school teams, high school teams and the reigning college national champions, Davenport University, will all be here to play that day.

The event began back in 2005 when the boys' coach, Eric Bredin, heard about East Grand Rapids hosting the Michigan v. Michigan State lacrosse game. He knew Sean Mandle, a Lowell graduate, played lacrosse for Northern Michigan University, so he contacted him about hosting one in Lowell. That was the first year of the annual event.

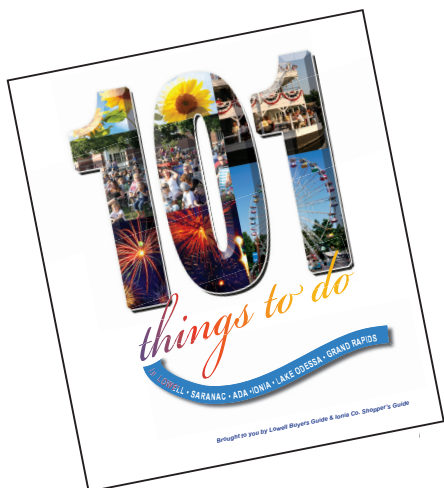
The purpose of the event is to raise awareness of the sport within the community. "The idea is to showcase Lowell lacrosse from the very youngest of the players to the most experienced players who have gone on to play in college," said Bredin.

"QSI was organized to create some interest in the game of lacrosse for our area. Up until a few years ago, lacrosse was thought of as an east coast yuppie sport. It has exploded in popularity in the last few years, as it is a fast-paced, exciting game and is contagious to watch," commented girls' coach, Kaiser Downing.

The event also helps raise money for the program. The lacrosse program



Coaches strategize with their players for a win.



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is totally self-funded (with the exception of the monies they receive from the Lowell Boosters), so the money raised helps cut the cost of playing the sport. Normally, it costs each player around \$500 to play and this event helps reduce that amount by about half.

Games begin on Saturday at 11:30 am for the middle school teams. Six to eight teams from the area will come in for a middle school tournament.

At 3:00 pm, the LHS Red will play against Battle Creek and the LHS White team will play against Grand Haven. Also at 3:00 pm, the girls' varsity will play against Kalamazoo United. Following that game, the boys' varsity will challenge Grand Haven at 5:00 pm.

The highlight of the day will be the college game that starts at 7:30 pm which pits Grand Valley State against Davenport University. These two teams battled last year in the national play-offs where they faced each other in the semifinals in Denver. That game came down to four overtimes and Davenport came out as the victor and then went on to win the na-

tional championship. On that Davenport team were Lowell graduates, Adam Bowers and Bredin's assistant coach, Nate Adkins. Joining them this year are three more Lowell graduates: Tyler Bitterman, Drake Chittenden and Alec Downing.

"I would like to see a couple thousand people come out and support our players," added Bredin.

Downing also commented, "We would love to fill the stadium but realize it is still a new sport for the area. Collectively, with local players and parents, along with surrounding schools, we hope to bring in a nice crowd. It will be a day full of lacrosse fun."

Along with lacrosse, there will also be prizes given out during the day. Each student will get a ticket as they walk in and raffles will be drawn for local vendor prizes throughout the day. Also, there will be a hot dog toss for free hot dogs and various tosses throughout the games giving away pizzas and other prizes.

Tickets for the event are \$5 for adults and \$3 for students.

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