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## City, utility representatives and union speak up about negotiations with IBEW

by Emma Palova

Following months of negotiations in closed sessions between the city, Lowell Light & Power (LLP) and the International Brotherhood of Electrical Workers (IBEW), some representatives decided to speak up.

The city has been using a mediator, Frank Vocino of the Michigan Employee Relations Commission (MERC), with the most recent meeting held last Wednesday. But no decision has been made in regards to a contract between the involved parties. The union has proposed the use of a third party arbitration as part of the contract.

“We’re going to keep

meeting with the mediator until we get a deal,” said city manager Mark Howe.

Howe spoke about a fundamental difference between the city and union negotiating strategies.

“The union believes the final decision should be made by the binding arbitrator,” he said. “We believe the final decision should be made locally by the elected councilmembers and appointed Lowell Light & Power board members.”

The union, according to Howe, is comparing the contract to the police and firefighters’ contract, who are the only ones entitled by law to binding arbitration.

The union would have to

have the legislation changed to allow for that, according to Howe.

But, Hank Matulewicz, assistant business manager for IBEW Local 876, said the union is not asking for anything else than the police.

“We’re asking for the same thing, to have binding arbitration in our union contract,” he said.

Currently both the employees of Department of Public Works (DPW) and LLP, much like the rest of the city staff, are working without a contract.

“They are well compensated for what they do,” said Howe.

The lowest paid DPW



And the employment of both is governed by regular employment policies.

Lowell Light & Power workers have been complaining about the change of hours among other labor issues, such as subcontracting or filing a grievance.

The utility has changed work hours to accommodate customer service, from 8 am until 5 pm rather than 7 am to 3:30 pm.

Negotiations,  
continued, page 2

## Neighbor to Neighbor partnership seeks to fill the need for basic home repair

by Emma Palova

Linking hearts of people with compassion. That is the major goal of the Neighbor to Neighbor partnership between the Lowell Ledger and the Flat River Outreach Ministries (FROM). It seeks to build on local generosity and on the “Lowell Next Place to Be” promise and identity.

“Our greatest resources are our people,” said Roger LaWarre, volunteer for FROM. “People are what make this community strong.”

The partnership will match families in need of



basic home repairs and winterization with volunteer groups, organizations and businesses willing to do the work and provide the materials.

“We’re strong as a community if we take care of our needs,” said LaWarre.

The collaborative effort will engage the greater community of Lowell in acts of kindness, as in the great tradition of Pink Arrow.

There are two ways of getting involved, either by submitting a wish on behalf of yourself or a family in need, with their permission.

There will be no names or addresses published and FROM will serve as a clearinghouse to get permission from the people in need, as well as a link to business and organization providers.

“Time and time again, people have shown the generosity of this community,” said LaWarre.

The need may range from a handicap ramp, to a furnace or installing storm windows.

Neighbor to Neighbor,  
continued, page 3



## Kent Harvest Trails family fun starts next weekend

The Kent Harvest Trails provides an opportunity for families to visit West Michigan farms. The participating farm markets offer everything from apples, pumpkins, hayrides, u-picks and corn mazes to scarecrow making, cider mills and petting zoos.

The closest farm markets north of Lowell are in historic Alton on Lincoln Lake and on Belding Road, Paulson’s Pumpkin Patch. Heidi’s Farm Market is located south of Lowell near the I-96 exit.

You can enjoy fresh baked goods and cider at many of the participating markets. The farm markets officially open on Sept. 15 and run through Oct. 28.

# Negotiations, continued

A letter signed by eight out of 50 full-time employees, stated that changing working conditions without a notice was a violation of Michigan law.

"I am pretty sure that a business owner has the right to change working hours and job assignments to meet the demands of that business," said LLP chairman Greg Canfield.

In response to other employees' concerns, such as subcontracting and/or holding a second job, Canfield challenged to name any employee who has been let go due to subcontracting.

"In fact, the opposite is true," he said. "When the cable company was sold, employees were moved to

Lowell Light & Power to preserve their jobs."

"We have never terminated an employee because of subcontracting," said Howe.

On the side of holding second jobs, Canfield said employee handbooks don't allow second jobs that would be a conflict of interest.

The city contracts with United Water and Mark Mundt for services, much like with mowing companies like Zach Beachum. "It helps local economy and local businesses," Howe said.

But, the city does retain the right to review a potential impact of a second job on the service to the community.

Howe said he believes the city should be bargaining at the table with the union.

"We are awaiting responses from the union to the last set of proposals, a month ago."

Matulewicz said the union has proposed a third party arbitration, should the parties not be able to resolve their dispute.

The third party arbitration comes from Federal Mediation and Conciliation Service funded from federal money.

According to Matulewicz, the union wants to use a third party, because the city has two appointed officials on the negotiating team.

"That takes the independence out," he said. "It seems to be slanted."

In response to lack of local

representation, Matulewicz said the union represents locally with 1,500 statewide members. There are two more bargaining sessions in September and the union is striving for a contract before the end of the year.

"We're striving for that," he said.

Both parties are using attorneys. On the city side, there is John McGlinchey from the Howell area and on the union side Ted Iorio from Torch Lake. McGlinchey is making \$160 an hour and Matulewicz said Iorio would not divulge their fees.

According to Canfield, the management is trying to find a way to maintain services and to improve

the infrastructure of the community.

"Suddenly the employees feel that their jobs are in danger of being eliminated," he said. "City

councilmembers and LL&P board members are very proud of the employees and eliminating jobs is not even on the horizon."



## At Your Local Library

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

### Evening Storytime

For families who can't come to the library during the day, Evening Storytime offers an evening of stories and fun. Bring your teddy bear or other snuggly friend; pajamas optional! For children ages 6 and younger with a caregiver. Tues., Sept. 18 at 6:30 pm.

### Friends Business Meeting

All members and those interested in becoming a Friend of the Englehardt Library are encouraged to attend. Your input is important regarding library programming and service projects. For adults. Tues., Sept. 18 at 10 am.

### Bookworms

#### Adult Book Discussion

*The Art of Racing in the Rain* by Garth Stein. No registration required. For adults. Tues., Sept. 11 at 10 am.

### The Orphan Train in Michigan

Nearly 12,500 children from New York City and Boston areas, riding aboard the Orphan Train, were placed in Michigan from 1854 to 1927. Father-son team Al and David Eicher, research historians and television producers whose family has ties to the orphan train, have researched and documented those events and will present a program co-sponsored by the Friends of the Englehardt Library and the Lowell Area Historical Museum. Program to be held at the Lowell Township Hall, 2910 Alden Nash SE. For adults. Tues., Sept. 18 at 7 pm.



# along main street

### FREE COMMODITIES FOOD

Free Commodities Food Order for low income families, Thurs., Sept. 6, 9 am – 4 pm, has been moved to Flat River Outreach Ministries (FROM), 11535 E. Fulton. Bring proof of income and Social Security numbers for each member of household. Please bring bags. Call Virginia, 897-8754, with questions.


### GILDA'S CLUB LOWELL CLUBHOUSE

Cancer - New Member Meeting, Tues., Sept. 11 & 25, 2:30-3:30 pm and 7:15-8 pm; Laughter Circle, Certified Laughter Leader, Lindsay Jousma LLMSW, will walk you through stress relieving techniques and fun activities to help promote overall emotional health, Tues., Sept. 11, 4-5 pm; Book Club, join Kathy Mieras for a relaxing and cozy book club, pick up your book to borrow at the parlor desk, Tues., Sept. 18, 4:30-5:30 pm; Living Well Workshop with Maria Robertson, Maria Robertson, representative from Metron Integrated Health Services, will focus her session on living well and provide practical ideas for managing stress in our everyday lives, Tues., Sept. 18, 3:30-4:30 pm. Lowell Clubhouse, 314 S. Hudson St. For more information call 897-8600 or visit [www.gildasclubgr.org/pinkarrow](http://www.gildasclubgr.org/pinkarrow)

### MUSEUM PROGRAM

The Lowell Area Historical Museum and the Friends of the Library will present the program "Orphan Train in Michigan" on Tuesday, Sept. 18 at 7 pm at the Lowell Township Hall. Light refreshment will be served. Call the museum at 897-7688 for more information.

*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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# Neighbor to Neighbor, continued

Applications will be available online and at the Ledger or FROM offices by Oct. 1.

The wishes will be published in the newspaper

throughout the month of October.

Each group of volunteers will set up their own schedule with the recipient family and communicate

with FROM regarding time frame, completion of work and a materials list needed to complete the work.

“The goal is to have the volunteer groups

take responsibility for all materials and labor necessary to complete the wish,” said LaWarre, “but FROM will help facilitate funding as needed for larger projects.”

Volunteers can help with painting, plumbing, leak repairs or installing storm windows. Many small jobs can result in savings on winter heating bills.

The wishes will be granted throughout October and November, just before the holiday season.

“Thanksgiving will have a new meaning this year for many families,” said

LaWarre. “It is up to us to be the neighbor that we would like to have, to bloom where we are planted.”

Much like Pink Arrow, LaWarre expects Neighbor to Neighbor to grow gradually in the next few years, as well as to become an annual fall project.

“We want to link hearts of people with compassion,” said LaWarre.

## college news

Western Michigan University has announced the graduates for the 2012 summer I session. The following are local students, their degrees, majors and honors:

Ada: Steven Peter Betten, Bachelor of Business Administration, sales and business marketing; Lisa Elaine Hungerford, Master of Arts, career and technical

education; Patricia Elizabeth Knight, Bachelor of Arts, mathematics; secondary education; Edward Lane Myers, Bachelor of Business Administration, management; and Doug G Stutzman, Bachelor of Science, aviation flight science, summa cum laude.

Lowell: Cameron McGillicuddy, Bachelor of Science, aviation science and

administration; and Jessica Erin Stephens, Bachelor of Arts, interpersonal communication, magna cum laude.

Davenport University has announced that several local students have been named to the dean’s list for the spring/summer 2012 semester. To achieve the dean’s list, a student

must maintain a minimum 3.5 grade point average while enrolled in at least nine credits of regular coursework.

Here is the list of local students that have been named to the dean’s list at Davenport University: Kaitlyn Austin and Kenneth Moredick, both of Alto; and Kathrine Fetterhoff and Amy VanEns, both of Lowell.

## Short story contest for Michigan residents announced

Kent District Library, Grand Rapids Public Library and Schuler Books & Music are sponsoring the inaugural Write Michigan Contest, a short story competition open to all Michigan residents.

“We want to help authors introduce their work to a broad audience, as well as raise public awareness of libraries and their many offerings,” said Heidi Nagel, communications manager for Kent District Library in Kent County. “This is a unique opportunity for writers and we’re excited about helping facilitate this contest.”

The Write Michigan Contest offers cash prizes to winners in 17-and-under and 18-and-over age groups. The public will have the opportunity to vote on their favorite short stories in each category via the Write Michigan Contest website, WriteMichigan.org, for the Readers’ Choice award. A panel of judges will also rate the top entries to choose the Judges’ Choice award. Winning stories will be published in a Chapbook Press book and as an eBook.

“We’re excited about publishing the winning entries via our Espresso Book Machine as a Chapbook Press title,” said

Emily Stavrou, media liaison for Schuler Books. “The book is a great way to help writers get their short stories out to readers.”

The Write Michigan Contest kicked off on Sept. 4, with an entry deadline of Nov. 30, 2012. Details include a 3,000-word maximum length; \$10 entry fee for ages 18 and above, free for 17 and under; Michigan residents only; and all entries must be submitted online. Winners will be announced by the end of January and celebrated on March 19 at Grand Rapids Public Library’s Ryerson Library in downtown Grand Rapids. Author Wade Rouse will speak at the event, as well as write the foreword for the Chapbook Press publication.

Visit WriteMichigan.org for details.

Kent District Library (KDL) is a millage-supported system encompassing 18 branch libraries in 26 governmental units throughout Kent County, Michigan. KDL serves 395,660 people in all areas of Kent County, except the cities of Grand Rapids and Cedar Springs; the village of Sparta; and Solon and Sparta townships.

## financial focus



Christopher C. Godbold

### Consider these financial gifts

National Grandparents Day is celebrated on September 9. If you’re a grand-

parent yourself, you already know the pleasures of having grandchildren in your

life. So you may want to take this occasion to think of ways you can help those grandchildren get the most out of their lives.

Perhaps the most valuable thing you could give to your grandkids is the gift of education. Consider this: Over a lifetime, college graduates earn, on average, about \$1 million more than those without a degree according to the Census Bureau. So, putting money toward your grandchildren’s college education is probably a pretty good investment.

Furthermore, your grandchildren may well need the help, because college is expensive and costs continue to rise. Consequently, you may want to contribute to a 529 plan. You have several options for how the money can be invested and contribution limits are

quite high. All withdrawals are free from federal income taxes, provided the money is used for qualified college expenses. (Keep in mind, though, that non-qualified withdrawals will be taxable and possibly subject to penalties.) Plus, if you invest in your own state’s 529 plan, your contributions may be deductible on your state income taxes.

If you name one grandchild as a beneficiary of a 529 plan and that grandchild decides not to go to college, you can switch the account to another grandchild — in other words, you maintain control of the money for the life of the account.

Of course, despite its economic benefits, college is not for everyone. So if you wanted to provide financial help to a grandchild who seems likely to choose a different route in life, what could you do?

One possibility is to set up a custodial account, often known as an UGMA (Uniform Gift to Minors Act) or UTMA (Uniform Transfer to Minors Act). You can fund a custodial account with many different types of investments, but the use of the money is entirely up to your grandchildren when

Financial Focus, continued, page 6



## lend a hand

volunteering opportunities

The Literacy Center of West Michigan has scheduled an information session on Monday, September 10, 2012, for prospective volunteer tutors. This session is held at 6:30 pm and lasts one hour. It allows persons interested in becoming volunteer tutors to find out more about the center and its literacy programs. At the end of the session, there will be an opportunity to sign up for tutor training.

The Literacy Center of W. Michigan is a nonprofit, United Way agency devoted to reducing illiteracy in our community. Based on 1990 census figures, at least 19,000 adults in Kent County cannot read at a functional level. At least 6,000 adults cannot speak or understand English well. By training people to be tutors, the center can offer one-on-one reading help to adults asking for assistance in reading or English as a Second Language (ESL). You do not need to speak another language to tutor ESL.

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

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## city update



Mark Howe, Lowell City Manager

September usually brings thoughts of a new fall season and children returning to school. It also happens to be the deadline for paying summer property taxes.

This summer's property tax bills include an administration fee as allowed by state law. The fee has been collected by Michigan municipalities since 1929. The fee is viewed by some as a tax on a tax because it uses a tax as the baseline for calculating the fee.

Regardless of whether it's considered a fee, a tax, an assessment, or any other term, you deserve an explanation as to why you are being asked to pay more to help maintain city services.

According to the office of the Kent County treasurer, we are among 11 of 14 municipalities in Kent County collecting the fee. In addition, 13 of 21 townships also collect the fee.

The fee can only be used to cover the cost of assessing; tax bill preparation; collection and disbursement

of taxes (which is a service provided by the city for the schools, intermediate school district, the county and the community college); and the legal costs of defending challenges to assessments that appear before the Michigan Tax Tribunal. All of these expenses have been previously covered by property tax revenue.

Property tax revenue also pays for police and fire protection, ambulance service, street improvements, public works, maintaining public parks and Oakwood Cemetery, and other general government services, such as elections and planning and zoning.

Taking care of public facilities, such as city hall, the museum, the library, the showboat and the Riverwalk building housing the chamber of commerce, are also covered by property tax revenue. The bond to pay for renovations to city hall also comes out of this revenue.

The administration fee is estimated to average \$20 for

each residential taxpayer and to generate \$50,000 for the current fiscal year.

The total cost of tax administration is estimated to be \$80,000 this year. Of these expenses, \$51,000 is for assessing, \$16,000 is for calculating taxes, printing tax bills and receiving and disbursing tax collections, and \$13,000 is for legal fees.

During the past two years, we have had to spend \$27,000 in legal costs. Recent decisions by the tax tribunal have resulted in the loss of \$64,000 in tax revenue for the city on top of revenue losses for the schools and other jurisdictions. Without legal representation, the revenue losses could have been much worse.

During the past few years, the City of Lowell has experienced other reductions in property tax revenue mostly due to declining property values. Last year property values in the city declined by 10.75 percent, according to the Kent County Bureau of Equalization. That was the highest decline in Kent County with the next highest being the city of Wyoming at 7.5 percent.

City Update,  
 continued, page 6

## AWANA IS BACK!!!



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*We are looking forward to a great year!*



**“RENEWED” YOUTH MINISTRIES:**  
**“Transformed” (HIGH SCHOOL)** begins  
 Sept. 10, Mondays, 6:30 - 8:30 PM  
**“Morph” (MIDDLE SCHOOL)**  
 begins Sept. 12, Wednesdays, 6:15 - 8:00 PM

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# viewpoint

## to the editor

### commenting on inaccurate statements

To The Editor,

As a longtime Lowell resident and business owner, I would like to comment on what I feel are inaccurate statements and misinformation from recent letters and council meetings. A letter signed by eight (out of approximately 50 full time employees), stated that changing working conditions without notice was a violation of Michigan Law. I'm pretty sure that a business owner has the right to change working hours and job assignments to meet the demands of that business. If management feels that staff needs to be available from 8-5 to meet the needs of it's customers, instead of 7 to 3:30, I find it hard to believe it's against the law.

Information requests - if all the information is in the public domain, why is it necessary to overload staff with information requests for information that is already available.

Public support - I'm not sure that bringing 25 relatives and

friends to council meetings con-stitutes overwhelming public support for your cause. That's less than 1% of the local population. While the union may have an office in Edmore, it is a national organization, negotiating contracts on a national level and trying to maintain what it currently has nationally, rather than what is best for the employees, citizens and ratepayers of Lowell.

Handbooks - most well run businesses have employee handbooks, which define how employees are expected to perform, be rewarded and procedures for complaints and grievances. In Michigan, which is an at will employment state, management has the right to terminate employees. If an employee is wrongfully terminated, the yellow pages are full of attorneys, 46 pages, I counted, who will take the case on a contingency basis with no out-of-pocket costs to the employee.

Sub contracting - a well run business will use subcontractors for short term needs or when special skills or licenses are needed that save the business money. I challenge anyone to name an employee of Lowell Light & Power (L&P) or the city who was terminated or let go due to subcontracting. In fact, the opposite is true. When the Cable Co. was sold, employees were moved to L&P to preserve their jobs until they retired.

Secondary jobs - same challenge, name the employee who was denied a secondary job. Employee handbooks don't allow secondary jobs which could be a conflict of interest or detrimental to the employer's interest, leading to fraud or collusion. That's just good business in my eyes.

"All one-sided and heavy-handed" negotiations - these union organizations campaigns get really ugly. I was actually involved in a very similar situation with Johnson Foods grocery store 35 years ago. Organizers make very optimistic promises that they cannot

always deliver. Businesses that have limited revenue cannot make lucrative changes to employee compensation. Why would a business sign over or give up management rights that they currently have that would result in increased costs? I sure wouldn't. Lowell is a great community with so much going for it. The city and L&P employees provide outstanding service to the community. Their response to community needs is second to none. Things happen here in minutes what takes days in other communities. Here in Lowell we are in transition under new management. Relationships that employees had with previous management are gone. It's so unfortunate that this change is turning out to be so difficult.

Management is trying to find a way to maintain services and improve the infrastructure of the community and suddenly the employees feel that their jobs are in danger of being eliminated. The attorneys on both sides don't want anything said without their

being there to approve it, job security for them, I guess. City councilmembers and L&P board members are very proud of the employees of the city and L&P and eliminating jobs is not even on the horizon. Just because a question is raised, like subcontracting the police out a few years ago, does not mean it will happen. Open discussion about cost saving alternatives is a good thing. The pride and knowledge that the current employees have in the job they do, makes it almost impossible for anyone else from outside the community to do it more efficiently or cheaper. That's where job security comes from, being the best at your job! Although the union has been voted in, job security is still in the hands of the local city council and L&P board and has never been threatened. So how do we move ahead and put an end to this unnecessary drain on resources, time and emotion? I wish I had the answer, but with the current economic conditions the city faces and the legislative restrictions, it's a really tough situation for the mediator to settle.

A couple of other things: I see the present L&P as the poster child for successful municipally owned electric companies. Rates about 15 percent to 20 percent below Consumers Energy and service and reliability way above. Under previous management and board members, L&P was losing \$100,000 to \$200,000 per year with revenue of 6-7 million for five out of six years. Look at the tree trimming carnage and outrage we went through after years of neglecting to do any trimming. Failure to reinvest in the Cable Co. infrastructure ran that into the ground where the

only way out was to sell to Comcast. That sure worked out well, talk about a loss in customer service response. Since Greg Pierce was hired, his excellent financial skills, budgeting and foresight have L&P showing a profit that provides the capital to maintain our system and replace outdated equipment. We will soon have the first Bio Digester (of its type) in the U.S. and our own combustion turbine generation. People from around the country will be coming to Lowell to see what we are doing with cutting edge, sustainable energy. Greg Pierce brings us so much knowledge and skills that he would be underpaid at double his wages. He is always negotiating better pricing on projects, finding ways to reduce costs and has totally turned the company around. He has had opportunities to move to more prominent, higher paid positions and chooses to keep his family and talent here. Thank You Greg and all of the staff at L&P for the great job you do. Lowell has so much going for it, our excellent schools, the natural beauty of the area, arts and festivals, the new walking trails, Pink Arrow and the list goes on and on. I see exciting things coming for Lowell, let's not take for granted what we have and focus on the positive instead of the negative. Not trying to step on anyone's toes here, just felt there was a side to this that wasn't being told. Although I am chairman of L&P board and hold a couple of other volunteer city positions, these opinions are only mine and do not reflect the position of the city or L&P.

Sincerely,  
Greg Canfield

their entrance fee to a trial in Kent county and could not be forced to go beyond its boundaries.

The floor of J. C. Train's store house on the bridge, which broke through the other day, dropped about 400 pounds of maple sugar and 150 bushels of wheat into the water. Most of the wheat was recovered but the sugar was lost.

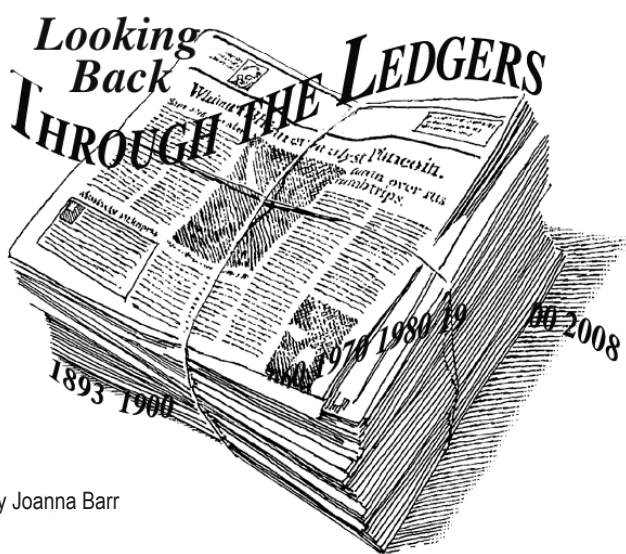
Somebody is fooling himself, or herself, as the case may be. He or she, as the case may be, undoubtedly thinks that those second-handed postage stamps put on those letters are all right and nobody knows the difference. The letters go to the dead letter office and the writer may go to a worse place if discovered. It is an unhealthy practice - trying to pass washed postage stamps. Stop it.

### 100 years ago The Lowell Ledger Sept. 5, 1912

Railroad trains were packed like cattle cars Saturday with tired and hot humanity. Women were forced to crowd into the smoking cars and aisles and vestibules were crowded with "standing room only." On the Pere Marquette forenoon train to Grand Rapids, the conductor gave up trying to force his way through the crowd. Another car could have been filled with the overflow, but none was provided and full fare was exacted of people who stood up or sat on the ragged edge of nothing all the way to Grand Rapids.

F. E. Campau, a theatrical performer, was put off the Pere Marquette for being drunk and disorderly. Justice Andrews fined him \$5 and costs. The rail road people are getting tired of the buzzers who make life miserable for sober patrons of the roads and propose to hand them over to the authorities.

Five hundred soldiers and 125 horses were stationed on the Frank Wood farm Saturday and Saturday night and were visited by a great many people. They were on their way from Ludington to Detroit by road.



By Joanna Barr

### 135 years ago Lowell Journal Sept 5, 1877

The night express on the D. & M. railroad which passes this place at 10:25 in the evening, ran into a flock of sheep belonging to Lieut. Gov. Sessions, who lives on his farm four miles west of here, last Monday night, killing 60 of them. Gov. Sessions, as his well-stocked farm attests, takes a great interest and pride in fine stock raising some of the best specimens in the country and he will feel his loss keenly as the sheep killed were from his choicest flock. At the time of the accident he was away from home on the legislative excursion. No damage was done to the train. - Ionia Sentinel

Dr. Arvine Peck, of Lowell, has withdrawn his special premium of \$200 referred to in last week's Standard. This offer was first made to include only Kent county and the match was to be upon the Lowell driving course. Several owners of colts in the vicinity of Lowell when asked to come to Ionia and compete, refused to do as requested, claiming they had paid

## Letters To The Editor:

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

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

# area births

## Glupker

Aaron and Lynn Glupker of Kentwood are happy to announce the birth of their son, Levi Aaron. He was born July 22, 2012, weighing 6 lbs. 3 oz.

Also welcoming him home was big sister Katelyn, 3; along with grandparents, Phil and Karen Glupker of Byron Center and Tom and Jo Boersma of Lowell.

# City Update, continued

This year, property values declined another 3.58 percent. The average decline in property values for the city of Lowell over the past five years has been 3.68 percent annually, the same as the city of Grandville. Only the city of Wyoming had a larger decline. The average decline in township property values during this five year period was 2.32 percent annually.

Property values are one side of the equation when calculating a total tax bill. The other side is the millage rate. To determine a total tax bill, the millage rate is multiplied by the property value, or more precisely the taxable value.

With the reduction in property values, the average residential taxpayer will see a reduction of more than \$80 in their total tax bill. In fact, almost 70 percent of taxpayers will see a reduction or freeze in their total tax bill. Similar reductions have occurred in prior years.

Many people feel that taxes in the city of Lowell are high and when considering the actual tax rate, that is certainly true. In Kent County, Lowell is second

only to Cedar Springs in terms of its municipal tax rate.

At the same time, values in the city of Lowell are low compared to other Kent County communities, including townships. Only Spencer Township and Cedar Springs have lower average residential property values.

When the rate and value are multiplied the total tax bill for residents in the city of Lowell is lower than the average in Kent County by more than 10 percent.

Moving forward, we should have an open, honest, factual and respectful discussion about taxes and public services. I continue to remain available to hear your concerns and your ideas for how we balance revenues and expenses that will provide the most effective services. I can be reached by telephone at 897-8457, by e-mail at mhowe@ci.lowell.mi.us or in person at city hall.

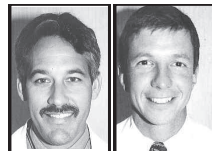
I keep regular open office hours on Tuesdays from 1:30 pm to 3 pm where you can stop by to talk or ask any questions. I am also willing to schedule time to meet with

residents individually or in small groups.

Lowell is a great community with an

optimistic potential for the future. Let's keep working together to move forward in a positive way.

# health



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

## Vitamin D and children

Vitamin D helps protect your bones and helps your body use calcium. You can get Vitamin D from sunlight or by eating certain foods. Fish, cheese and eggs are natural sources of Vitamin D. In the United States, cereals, milk and many orange juices have Vitamin D added to them.

Children with low Vitamin D may not have any symptoms for a long time. Very low levels of Vitamin D can cause irritability, tiredness, developmental delay or seizures. It can also cause rickets, which is when bones get weak and break easily.

All infants, children and adolescents need at least

400IU of Vitamin D daily. Infants who are fed formula are likely to get enough Vitamin D. Infants who are breast fed need extra Vitamin D from supplement drops. Children and adolescents who drink less than one liter of milk each day also need extra Vitamin D.

The sun is a good source of Vitamin D, but infants should be kept out of direct sunlight until they are six months of age. This will lower their chance of skin cancer later in life. Children with darker skin may need more time in the sun to get the same amount of Vitamin D as children with lighter skin.

# Financial Focus, continued

they reach the age of termination in whatever state in which they live. But if your reason for funding a custodial account is simply to provide a gift, then you might not be concerned with how the money is used.

On the other hand, if you want to give your grandchildren a financial gift with greater control, you may want to speak to your attorney about your options. One possibility is to set up an irrevocable trust. You can fund this trust with either cash or securities and specify at the time the trust is created when the funds can be used. So For example, you

can provide that the trust pay your grandchild a certain amount of money at one age, with another installment coming several years later. Keep in mind, though, that trusts are complex instruments and may have tax considerations, so in addition to consulting with an attorney, you'll want to discuss your plans with your tax advisor.

Whichever option is right for your family, use Grandparents Day as an opportunity to consider the ways in which you can give something to the grandchildren who give so much to you.

# happy birthday!

- SEPTEMBER 5**  
Barb Vezino, Kohlton Scott Clouser, Nicole Bellah.
- SEPTEMBER 6**  
Brian Haan, Mitch Mercer.
- SEPTEMBER 7**  
MacKenzie VanDerWarf, Gloria Morris, Karah Baker.
- SEPTEMBER 8**  
Wilma Fairchild, Teresa Kenney, Papa Wilson, Brendan Lobbezoo.
- SEPTEMBER 9**  
Sarah Schalow, Amy Cook, Allison Maholic, Linda Morrison, Charles Gee, Todd Lenneman.
- SEPTEMBER 10**  
Brecken Hendrick, Chris Gerard.
- SEPTEMBER 11**  
Sean Ellis, Justin VanDyke, Susan Barry, Diane Johnson.

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~ Mom, Dad, Grandma, Grandpa, Papa & Family



the lowell ledger

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Sunday School.....11:20 A.M.  
Evening Worship.....6:00 P.M.  
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**WEDNESDAYS:**  
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"The Source" Youth: 7:00 p.m.  
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**MAY 27 - JULY 8 - Summer Worship.....9:30 a.m.**  
**JULY 15 - AUGUST 26 - Summer Worship @ the Riverwalk . 9:30a.m.**  
Rev. Rick Blunt

# ask kathryn



Kathryn Denhouster Ph.D.

This is the third part on the discussion of Autism Spectrum Disorder (ASD). This article centers on what parents, grandparents and teachers can do to help a child with autism. First of all, if you are a parent of an autistic child, remember that early intervention produces the best outcomes for children with autism. Also,

remember that every child with this diagnosis is unique, so really get to know your child. By so doing, you will be able to better assess what treatment plans will work the best. Work and planning is also necessary to have good outcomes. Work is required of the child, the clinician and other caregivers, as well as the parents. It will probably

mean that the parents will have to restructure the home environment and change their behavior toward the child. Once the “team” of caregivers is on board, the outcomes can be nothing short of amazing.

What can grandparents do to help a grandchild with autism? Parents of an autistic child have a “full plate” when dealing with the child. Most often, grandparents have the gift of time because they are not working as much. It is important that grandparents learn as much as they can about ASD. It is so helpful if grandparents

love and accept their autistic grandchild without judgment and recognize the difficulty that most autistic youngsters have at managing noise and excessive stimuli and play games with them that are on their level (i.e. catching a ball). Most of all, grandparents can support the parents of the autistic child as they navigate through some very difficult waters.

A good teacher is a bright spot in the life of a child with autism. The teacher’s understanding and acceptance of autism is essential. Further, it is imperative that the teacher

recognizes that each child is different and that he/she needs to observe and listen to the child to make sure that the educational needs are being met. The Individualized Education Program (IEP) is an essential tool in providing the best education for the autistic youngster. The IEP establishes goals, methods and objectives to help the child in his/her area of difficulty. The IEP team consists of the parents, a general education teacher, a special education administrator and any professionals providing services, such

as occupational therapy services and interventions offered in the physical education department.

In summary, the supportive caregivers are essential for good outcomes. Early intervention and hard work can create wonderful results. If you have any questions about this topic, please contact me at [kathryndenhouster@gmail.com](mailto:kathryndenhouster@gmail.com)

Next month, we’ll discuss the topic, “What if I am a neighbor or someone in the community – how should I respond to someone with autism?”

## Social Security Questions

**Question:** What can I do to protect myself against identity theft?

**Answer:** First, don’t carry your Social Security card in your wallet. Keep it at home with your other important papers. Second, avoid giving out your Social Security number. While many banks, schools, doctors, landlords, and others will request your number, it is your decision whether to provide it. Ask if there is some other way to identify you in their records. To report identity theft, fraud, or misuse of your Social Security number, the Federal Trade

Commission, the nation’s consumer protection agency, recommends you:

1. Place a fraud alert on your credit file by contacting one of the following companies (the company you contact is required to contact the other two, which will then place alerts on your reports): Equifax, 1-800-525-6285; Trans Union, 1-800-680-7289; or Experian, 1-888-397-3742.
2. Review your credit report for inquiries from companies you have not contacted, accounts you did not open, and debts on your accounts you cannot explain;

3. Close any accounts you know, or believe, have been tampered with or opened fraudulently;
4. File a report with your local police or the police in the community where the identity theft took place; and
5. File a complaint with the Federal Trade Commission at 1-877-438-4338 (TTY 1-866-653-4261).

**Question:** I’m retired and the only income I have is from an Individual Retirement Account (IRA). Are my IRA withdrawals considered “earnings”?

Could they reduce my monthly Social Security benefits?

**Answer:** No. We count only the wages you earn from a job or your net profit if you’re self-employed. Non-work income such as annuities, investment income, interest, capital gains, and other government benefits are not counted and will not affect your Social

Social Security, continued, page 15

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# PINK ARROW PRIDE

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## PARKING

ALL HIGH SCHOOL EVENT PARKING MUST ENTER AT VERGENNES ENTRANCE.

Lower stadium lot is for Handicap and parking pass only. (must enter off of Alden Nash entrance)

## SHUTTLE PARKING

is available starting at 4:30 p.m. from Cherry Creek Elementary (Foreman St.) AND Lowell Middle School (Foreman St.) pick-up and drop off area front entrance, parking in rear off Suffolk St. entrance. Buses will start return trips at the start of the fourth quarter.



## SCHEDULE FOR EVENT DAY

PINK ARROW PRIDE SEPTEMBER 7 \*Approximate times

- 2:30 p.m. .... GATES OPEN
- 3:00 p.m. Boosters Concessions and Restaurant Row Open *Pink Ticket System*
- 3:20 p.m. .... Soccer introductions
- 3:30 p.m. .... VARSITY SOCCER GAME - Lowell vs. Northpoint Christian
- 4:20 p.m. .... Volleyball introduction and match - Lowell vs. Union
- 6:00 p.m. Survivor and Honor Walk
- 6:20 p.m. .... Football Player and Honoree introduction
- 6:55 p.m. .... National Anthem presented Brennan Prill
- ..... Coin Toss - featuring Danielle Knight Mike Curtis Agency, Farm Bureau
- 7:00 p.m. PINK ARROW GAME - Lowell Pink Arrows vs. Grand Haven Buccaneers

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STAY SEATED FOR FIREWORKS!

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- Supports Kathy Talus scholarship
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- Is your ticket to the day's event
- Donation stays local and there is no administration cost.

## CONCESSION TICKETS

All concessions - Athletic Boosters and Restaurant Row vendors will be accepting PINK TICKETS ONLY in \$1 increments. All items will be clearly priced per number of tickets at each booth. There will be many ticket booths available throughout the stadium. This system will speed the process for fast service.

## TAKE THE FIRST STEP

Join The Marrow Registry (must be ages 18-44)



SIGN UP from 3 to 6 PM

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## RESTAURANT ROW

- Backwater Café
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- Flat River Grill
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- Keiser's Kitchen
- Larkin's
- Sneaker's



## TAKE THE FIRST STEP

Join The Marrow Registry (must be ages 18-44)



Be the one to save a life.

FIRST 100 PEOPLE - FREE! PRE-REGISTER bandkstevens@gmail.com

SIGN UP from 3 to 6 PM

## THANK YOU TO ALL THE VOLUNTEERS &

Thanks! Fuller Septic - for underwriting the programs

Thanks! Buist Electric - for the additional electric service

Thanks! Sysco - for the additional refrigeration

Thanks! Brennen Prill - for singing the anthem

Thanks! Michael Curtis Agency - for underwriting the Coin Toss

Thanks! Mark Johnson Agency - for underwriting the Thundersticks

Thanks! The Lowell Ledger & J&H Oil - for underwriting the fireworks

Thanks! Dad's Tent Rental

SEPTEMBER 7 • 2012 • LOWELL MEMORIAL STADIUM



# Red Arrow SPORTS

## Lansing Eastern pummeled by Red Arrows

by Karen Jack

The Arrows showed who owns Bob Perry field last Thursday night, beating Lansing Eastern 38-0.

Quite conspicuously missing on the field was head coach Noel Dean, although he was up in the press box making calls. Dean had surgery on an injured arm the previous Monday, rendering him unable to be on the sidelines.

Lansing Eastern had first possession of the ball, got a first down, but thanks to the defense of Shannon Massey and Ryan Schaefer on third down, were forced to punt to Lowell. On the Arrows' first possession, the Arrows were called for illegal procedure on the first down, but managed to get a touchdown anyway, with runs by Kanon Dean, Titan Anderson and Reed

Stormzand and a pass from Anderson to Ryan Walters. Dean ran across the goal line and Austin Bieri kicked the extra point, making the score 7-0.

The defense wouldn't give Lansing Eastern a chance. With a stop for yardage loss by Cody Bieri, a sack by Zach Huver and Massey and a broken-up pass by Kyler Sherlow, Lansing Eastern had to punt again and wouldn't touch the ball again in the first quarter.

The very next drive, the Arrows scored again starting on their own one-yard line, using up a better part of the second quarter to march down the field. Sixteen plays later, Anderson crossed the goal line for the score. In that drive, runs by Dean, Anderson and Jeff Houston and a pass from Anderson to

Stormzand got them there. Bieri kicked the extra point, to make the score 14-0, with 5:32 left in the first half. Lansing Eastern went three-and-out and the Arrows had possession again, with 3:28 left. Sherlow led this drive as the quarterback. With runs from Dean, Sherlow and Houston and passes from Sherlow to Houston and Massey, the Arrows were at second-and-five to go on Lansing Eastern's 15-yard line. Sherlow ran it in for a touchdown with 48 left in the first half and the Arrows headed to the locker room ahead 21-0.

The Arrows didn't let up in the second half, scoring a field goal on their first drive out. Massey got the kickoff and ran 12 yards to

Football, continued, page 11



Jeff Houston runs the ball, being led by Kanon Dean and Donnie Shaffer.



Reed Stormzand and Shannon Massey stop the run.



Austin Bieri kicks a field goal, while Ryan Walters holds the ball.



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# Red Arrow SPORTS

## Football, continued

the 32-yard line. On first down, Anderson ran 37 yards to the Lansing Eastern 31-yard line. On the next first down, the Arrows had an incomplete pass, but followed with two five-yard

runs from Dean, giving them another first down. Dean ran again for two yards and then an incomplete pass, plus a penalty for an illegal shift, put the Arrows at second-and-thirteen on the 23-yard

line. Dean ran for three more yards and a short pass to Stormzand made it fourth-and-nine. Bieri kicked a 37-yard field goal to make the score 24-0.

Lansing Eastern tried to get something going late in the third quarter, but Lowell's defense was too tough for them. Tyler Roth had a sack and the very next

play; Roth and Huver sacked the quarterback again. Pierce Watson stopped them from advancing any further, forcing Lansing Eastern to punt, but they had a bad snap, so Watson and Roth took the punter down at Lansing Eastern's 47-yard line. Lowell advanced the ball to the 13-yard line to end the quarter.

Starting the fourth quarter with second-and-one on the 13-yard line, Lowell fumbled the ball, but recovered it to get the first down. Dean ran for six yards and then Anderson ran it in for the touchdown with 10:49 left. Lansing Eastern got possession of the ball, but fumbled on their own 21-yard line. Jake Stephens ran it for four. On the very next play, Lowell fumbled the ball, but Lansing Eastern went three-and-out again. On the next possession, Zach Dawson was the offense

with 54 yards and eight carries, running it in for the touchdown from the 12-yard line.

Lansing Eastern then got the ball from the kickoff on their own seven-yard line, but fumbled. Stephens recovered the fumble. Lowell ran it to the one-yard line, but took a knee three times to end the game with a final score of 38-0.

Anderson led the rushing yards with 128, followed by Dean with 113 and Dawson with 54. On the defensive side of the ball, leading tackles were Stormzand with seven, followed by Stephens, Huver and Jake Mitchell, each with five.

Lowell takes on Grand Haven on Friday for the Pink Arrow game, with festivities starting at 3:00 pm and the game starting at 7:00 pm.



Zach Dawson gets some of his 54 rushing yards.



Pierce Watson takes on a defender as Shannon Massey gets ready to help.

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**ANIMAL HOSPITAL OF  
LOWELL**

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11610 East Fulton Street • Lowell, Michigan



# obituaries

## RAMSAY

Jody Glenn Ramsay, age 51, passed away Friday, August 25, 2012. He was preceded in death by his brother, Greg Ramsay. He is survived by his wife, Cheryl; daughter, June; stepsons, Alex and Cory; parents, Glenn and Carole Ramsay; brother, Jeff (Karen) Ramsay; sister, Kelly (Ken) Cole; nieces and nephews. Jody loved golf, fishing and hockey. A private service was held.

# Looking Back, continued

Ernest Fred Bailey left his home, near Lowell, August 22 saying nothing to his father or mother where he was going and his mother is nearly crazy with grief. If anyone knowing of his whereabouts will kindly notify his parents, they will be so thankful and the boy will be received with open arms by the whole family. Ernest is fourteen years and seven months old. — L. C. Bailey, his father.

## 75 years ago

### The Lowell Ledger and Alto Solo September 9, 1937

Excitement was created here a few days ago when a nudist, devoid of all shame, was seen walking down Main-st. carefully treading the black center line and fully oblivious of the consternation he was creating. An officer of the law was notified and the nudist — a three-year-old youngster — was returned to his home from which he had wandered a short time before, unobserved by his mother.

A car belonging to John Kellogg of Lowell rolled off an embankment at the Consumers Power Company pond north of Lowell Tuesday evening shortly after Mr. Kellogg had alighted from the machine. The car, which was completely submerged, was pulled out of the water later that evening, a wench installed on a truck doing the job.

Headline: Girl of Seven Drowns While Wading — Catherine Canfield, seven-year-old daughter of Mr. and Mrs. Donald Canfield of R.2, Ada, was drowned in Grand River near Knapp-rd., north of Ada Tuesday afternoon while wading in the river with a sister, Barbara, ten; and a playmate. Sheriff Hugh Blacklock, who directed the volunteer workers in recovering the body, stated that the child either stepped into a deep hole or was pulled under by the current. Efforts at resuscitation proved fruitless. The sister, Barbara, gave the alarm at the nearby cottage of Dr. Faith Hadry of Grand Rapids from where the sheriff's office was notified.

## 50 years ago

### The Lowell Ledger September 6, 1962

Headline: Lowell Man's Death Termed Suicide, But In-Law To Face Assault Charge — The death of Nelson Lester Hoose, Sr., 29, at 2 a.m. Sunday in front of the home of his brother-in-law, Jack Batey, on 28th St. two miles southeast of Lowell, was pronounced a suicide by Kent County medical inspectors. Hoose was shot in the face and chest with a 12-gauge shotgun which had been fired by Batey, 24, through a window of the home after Hoose had shot at his wife, Norma, 27, Batey's sister. Hoose then apparently shot himself in the head with a .22 cal. rifle, sheriff's officers said... The body was not shown at the funeral home because of the severe face and head wounds which had been sustained. Medical examiners said that Hoose had 171 shotgun pellets in his face and chest, but death was caused by the self-inflicted rifle shot above the right ear. Jack Batey was charged Tuesday with aggravated assault, but was freed on \$500 bond, with a preliminary hearing set for September 13.

Headline: Vandals Damage Showboat While Moored In River — Vandals over the week-end caused considerable damage to the Lowell Showboat as it lay moored midstream in the channel above the Showboat Stadium.

## 25 years ago

### The Grand Valley Ledger September 9, 1987

Headline: B&E at Radio Shack on Mon. - A broad daylight break-in at Curt's Sound And Home Arcade (Radio Shack dealer) at 221 W. Main netted thieves about \$2,000 in stereo equipment. Store owner, Curt Albrecht, says the thieves struck sometime between 9:30 pm and 1:00 pm on Monday (Labor Day). Lowell police officer Jim Valentine said that the building was secure when he made his rounds in the morning. Gary Phillips, who operates a small vacuum cleaner business out of the same building, discovered the break-in at about 1:00. The thieves used an interesting method to gain entrance. Apparently a sling shot was used to repeatedly shoot the window in a rear door with pea sized steel shot. A hole large enough to step through was eventually broken through the glass. They are hopeful arrests will be made in the case. The Radio Shack break-in was the second such incident in a month in the area. Just three doors to the east, The Village Party Shoppe was broken into on August 12 and likely on several occasions prior to that date. In that case, thieves gained entrance through a small unlocked window in the front door.

## LEGAL NOTICES

August 27, 2012

Craig Avery (P10311)  
3875 West River Dr.  
PO Box 327  
Comstock Park, MI 49321  
616-784-5050

Richard McIntyre  
1267 Port Sheldon Street  
Jenison, MI 49428  
616-893-6249

at 180 Ottawa NW, Grand Rapids, MI 49503. This is not a supervised administration.

2. Attached is a copy of the will of the decedent which was admitted to probate and under which I will administer, manage, and distribute the estate.

3. The court does not supervise the personal representative in the administration of an estate except in limited circumstances.

4. If I was appointed informally, you or another interested person may petition the court objecting to my appointment and/or demanding that I post a bond or an additional bond. The petition must be filed with the probate court along with the applicable fee. Unless the court grants the petition, I will continue to serve as appointed.

5. You or another interested person may petition for a hearing by the court on any matter at any time during the administration of the estate, including for distribution of assets and allowance of expenses of administration. The petition must be filed with the probate court along with the applicable fee.

6. If you continue to be an interested person (such as an heir of an intestate estate or devisee or beneficiary under the will of the decedent), I will provide you with: 1) a copy of the inventory within 91 days of my appointment; 2) unless

waived by you, a copy of an account including fiduciary fees and attorney fees charged to the estate, within 1 year of my appointment; and 3) a copy of the closing statement or settlement petition when the estate is ready for closing.

7. To avoid penalties, I must have paid any federal estate and Michigan estate taxes within 9 months after the date of the decedent's death or another time period specified by law.

8. The estate may not be closed earlier than 5 months after the date of my appointment except in limited circumstances. If the estate is not settled within 1 year after my appointment, within 28 days after the anniversary of the appointment, I must file with the court and send to each interested person a notice that the estate remains under administration and the reason for the continuation of the estate. If you do not receive such a notice, you may petition the court for a hearing on the necessity for continued administration or for closure of the estate.

August 27, 2012

Craig Avery (P10311)  
3875 W. River Dr.  
PO Box 327  
Comstock Park, MI 49321  
616-784-5080

Richard McIntyre  
1267 Port Sheldon Street  
Jenison, MI 49428  
616-893-6249

STATE OF MICHIGAN  
PROBATE COURT  
COUNTY OF KENT

NOTICE TO  
CREDITORS  
Decedent's Estate

FILE NO. 12-192601-DE

Estate of CORNELIA  
NAGELVOORT,  
deceased. Date of birth:  
01/26/1914.

TO ALL CREDITORS:

NOTICE TO  
CREDITORS: The  
decedent, Cornelia  
Nagelvoort, who lived  
at 2589 - 44th Street SE,  
Kentwood, Michigan  
died 02/15/2000.

STATE OF MICHIGAN  
PROBATE COURT  
COUNTY OF KENT

NOTICE OF  
APPOINTMENT AND  
DUTIES OF PERSONAL  
REPRESENTATIVE  
FILE NO: 12-192601-DE

Estate of CORNELIA  
NAGELVOORT,  
deceased

TO ALL INTERESTED  
PERSONS:

1. On 08/04/2012 I was appointed personal representative as requested in the application or petition for probate of this estate. I am serving without bond. The papers related to the estate are on file with the Kent County Probate Court located

Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to Richard McIntyre, 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.

# CITY OF LOWELL PUBLIC HEARING

The Lowell City Planning commission — Citizen Advisory Committee will conduct a public hearing on Monday, September 24, 2012 at 7:00 p.m. at the Lowell City Hall Council Chambers, Second Floor, 301 East Main Street, Lowell for the purpose of receiving comments from the public on the following:

To consider a Special Use Permit request from Scott Hosteter, who wishes to establish an apartment in the top floor of 217 West Main Street. Since the property is zoned Central Business (C-2), a Special Use Permit is required.

Interested persons may submit written comments or appear in person at City Hall, 301 East Main Street, Lowell, MI 49331.

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**Mon.-Thurs. 8 a.m.- 5 p.m.**  
**Fri. 8 a.m. - noon**  
**closed Sat. & Sun.**

# classifieds

## for sale

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

**DEER HUNTERS!** - 70 acres west end of Heether, West of Marble, Keene Twp. Best offer or lease it now, \$2,500. 616-485-1598.

**U-PICK FALL RASPBERRIES** - at Bird Berry Farm, 5256 Belding Rd., Belding. 616-794-5041. Open M-F, 9-7 p.m.; Sat., 9-1 p.m., Closed Sunday.

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

**MATTRESSES: FLOOR SAMPLE CLEARANCE** - Everything up to **50% OFF** our wholesale price. Hurry for best selection. RCD Direct, Mattress & Furniture, 1803 Plainfield NE, GR 49505. 616-682-4767 or 293-6160.

**1993 CHEVROLET S10** - w/cap pickup, 93K original miles, 4.6L V6 engine, excellent condition, \$2,500 OBO. Call after 6 p.m. 897-4349.

**A BED** - queen pillowtop mattress set, has a warranty & still in the plastic. \$150. Must sell! 616-805-9282.

**MUST SEE HOUSE** - Fully restored home. New fixtures and mechanicals. 2 bdrm, 1-1/2 bath, breezeway, 1st floor laundry, 2+ attached garage, large unfinished basement, 2+ acres. Perfect for young professional, senior. Quiet area w/wildlife. Seller financing, appraisal guarantee, repair-maintenance warranty. Contact 616-723-2776 for more info.

**DEER HUNTERS ATTENTION!** - Deer hunting lease 9/1 to 1/1/13. Best offer or lease it now \$2,000. Baker Avenue, Alto; 40 +/- acres, 1/4 mile frontage on Coldwater River. 616-485-1598.

**A BED** - A brand new queen pillowtop mattress set in plastic, w/warranty, sacrifice, \$135. Call 989-584-6818.<sup>TFN</sup>

**BUY NOW & SAVE UP TO \$350!** - Central Boiler Classic **OUTDOOR FURNACES**. Heat your entire home & hot water. Call SOS your "Stocking Dealer" Dutton, MI 616-554-8669 or 616-915-5061.

**LIMITED EDITION LOWELL RED ARROW TITLE-IST HATS** - The best golf hat from Titleist now available with the Red Arrow and Lowell logos. E-mail redarrowwhat@aol.com for information and pictures.

## for sale

**KENMORE WASHER & DRYER** - Like new; 48 inch round table, 4 chairs, solid; Lazyboy love seat recliner, tan, excellent; Amana microwave, very good. Details, 897-0389.

**HAY** - Last year's, approximately 100 bales, \$3.50 per bale. Call 897-8820.

**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.<sup>TFN</sup>

**FOR SALE** - 13 acre private lake on 57 acres. \$250,000. Call Ron, 616-485-9703.

**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.<sup>TFN</sup>

**FOR SALE** - Murray Lakefront home. 3749 Causeway. Open House, Sept. 8, noon - 5 p.m. Questions? Call Barb at 291-7355 or Randy at 262-7169.

**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.<sup>TFN</sup>

## help wanted

**YARD HELP NEEDED** - weeding & pruning. 1 or 2 days only. Must have own transportation. Call 897-9125.

**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.<sup>TFN</sup>

**FAMILY OWNED COMPANY** - expanding entry level positions. Flexible schedules w/training & support provided. 25K first year pay. Call 616-328-6111 x 1 or e-mail aconfer@phase2financial.com

## for rent

**HALL FOR RENT** - Lowell Veteran's Center, 3100 Alden Nash. Newly remodeled, smoke-free, private, great location & great rate! www.VFW8303.org. FREE All Vets Coffee Hour at the center the 3rd Thursday of each month. Bring a friend. Call John at 299-0486 or 897-8303.<sup>TFN</sup>

**2 BEDROOM HOME ON CAMPAU LAKE** - 10 miles SE of Grand Rapids. Sept. through May. \$550 monthly plus utilities. 616-868-7214, cell: 616-308-6496.

**HOUSE FOR RENT** - near Lowell & expressway. 3 bedroom, 2 bath + garage. \$875/mo. + deposit. Call 616-915-2517.

## for rent

**WOODED VIEW APARTMENTS** - 2BR starts at only \$499. Easy access to M-66. Close to schools/shopping. Tons of storage. Rent based on income. TDD: 800-649-3777. EHO/Barrier free. Call before gone! 616-527-6266.

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

**WATERFRONT COTTAGES** - 70 miles north of Lowell. Canoe, paddle & row boats included. Pontoon rental available. Call Ron for reservations at 616-644-9414.

## wanted

**TRAPPING LAND WANTED** - Will trap raccoon, coyote, muskrat on your land. Licensed and insured. Call 616-965-5494.

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

**LEDGER OFFICE HOURS:**  
**MON. - THURS. 8-5**  
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 Closed Sat. & Sun.  
 105 N. Broadway, Lowell.  
 Phone 897-9261  
 Fax 897-4809  
 www.thelowellledger.com

## sales

**ESTATE BARN SALE - STILL HAVE THINGS PRICED TO GO, LAST CHANCE** - Sat., Sept. 8, 11 a.m. - 6 p.m. Rain day: Sun. Antique furniture & misc., farm equip. & tools, old & numerous. 786 Flat River, Lowell. 2 miles N. of town.

**GARAGE SALE** - Thurs. & Fri., Sept. 6 & 7, 9-5 p.m. 3277 Segwun. Fresh items, antiques, collectibles, coats, books, jewelry, poker table pad, 1980 Camaro & lots of neat things.

**MULTI FAMILY GARAGE SALE** - furniture, books, clothes, kitchen misc. & much more. Fri., Sept. 7, 9 a.m. to 3 p.m. 11770 Kayden Lane (near Lowell High School).

**LAST SALE FOR THE SUMMER!** - 25 - 50% off everything. Saturday, Sept. 8, 9-3. 12465 McPherson, Lowell.

**SECOND BEST SALE** - Sat., Sept. 8, 8 a.m. - 2 p.m. Vergennes United Methodist Church, 10411 Bailey Dr.

## services

**WALNUT HILL LAWN SERVICE** - lawn mowing, rototilling & general lawn maintenance. Reasonable rates & free estimate. Call Aaron at 616-328-9558.

**COMPUTER PROBLEMS?** - Call Ryan at 616-890-7979.

## services

**CHRONIC PAIN MANAGEMENT** - by local counselor. Relaxation exercises, guided imagery, hypnosis & others. 238-2116 Life Transitions Therapy.

**APPLIANCES, MOWERS, FENCING** - grills & any unwanted metals. Free pickup. Batteries, desks, A/C units, cast iron tubs & sinks. Will clean out garage, houses, pole barns. Reasonable. Jeff, 616-589-2130.

**NEED A DUMPSTER?** - 14 to 20 yards available. Garage, attic, household cleanup, roofing, trash, junk etc. Dependable service & affordable prices. Call for free estimates. Contact Doug 616-295-6640.<sup>TFN</sup>

**BODYWORK BY APPOINTMENT** - Specialize in sports' bodywork and working with therapeutic grade essential oils. Draping is required. 897-1400, 216 E. Main St., Lowell.

**POWER WASHING** - Dirt, spores, mildew washed away. Call Jim today 616-915-1745.

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

## services

**GEE'S ROLLING DUMPSTERS** - 15 yard. \$180 for household trash or \$250 for shingles/drywall. 616-205-6871.

**PIANO LESSONS** - now scheduling for all ages. 30 years' experience in studio, school, church. Robin Paavola, 616-240-3881 or robinpaavola@gmail.com

## misc.

**SNOW UNIT-ED METHODIST CHURCH** - at 3189 Snow Ave. SE will serve a family style Turkey & Dressing Dinner on Wed., Sept. 12, starting at 5:30 p.m. Adults, \$10, children 6-12, \$4, & children 5 & under free. Takeout dinners also available.

**SUPPORT THE LOWELL AREA FARMERS' MARKET** - Thursdays 12:30-6 p.m. at the Tractor Supply parking lot. Call Dave & Betty Deans for more info, 897-9186.

# 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.

**MOTHERS WHO HAVE OR HAVE HAD** - sons/daughters serving in the military. We are meeting on the 3rd Wednesday of every month. For more info call Sally 616-761-2042.

**NOOGIELAND** - Tuesdays 6-7:15 p.m. Supervised play for children kindergarten or younger on a cancer or grief journey. Gilda's Club - Lowell Clubhouse, 314 S. Hudson, Lowell, 897-8600.

**LOWELL AREA PRAYER & HEALING ROOMS** - located in the FROM building, 11535 Fulton Street, most Monday evenings, 6-8 p.m. Christian Scripture based. No cost or fees, no appointment necessary, confidentiality respected.

**KENT COUNTY NARFE GROUP** - for retired & current federal employees meet the 2nd Thursday at Trinity Lutheran

Church, 2700 E. Fulton, 1/2 mile west of E. Beltline. Potluck at 12:30 p.m. & meeting begins at 1:30 p.m. Call Ed Moore for time, 616-784-6716.

**ALTO LIONS CLUB** - Meets 1st & 3rd Thursday at 7 p.m. at Keiser's Kitchen.

**COFFEE WITH THE COUNCIL** - Come meet & have a cup of coffee with your city council members. First Saturday of each month at the Lowell Area Chamber of Commerce office, 113 Riverwalk Plaza, Lowell. 8 a.m. - 10 a.m.

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

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

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

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

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

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

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

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

**LOWELL** - Varsity sporting events, concerts, school board meetings, city council meetings, etc., can be downloaded for viewing from the www.wlilstv.org website. Many athletic contests & concerts can also be heard 'live' from the www.wlilstv.org website.

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

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

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

**VERGENNES CLUB MEETS** - at 1 p.m. on the first Thursday of the month March thru Nov. Meeting at Schneider Manor Community

Room. Program & refreshments. Guests welcome.

**CARVING CLUB** - Thursdays from 6:30-8 p.m. New members welcomed. Call for information, 616-752-0096.

**NEW ALTO FARMERS MARKET** - Saturdays, 8 a.m. - 1 p.m. Veterans Memorial Park, downtown Alto. Sponsored by Alto DDA.

**FREE ALL VETS COFFEE HOUR** - third Thurs. of each month. Bring a friend. Lowell Veteran's Center, 3100 Alden Nash, Lowell. Call 868-7426 or 897-8303 for more info.

**KSRP RIDE-A-THON HOE DOWN** - Fri., Sept. 21, 7 p.m. Kent Special Riding Program will have a hoe down before their annual Ride-A-Thon on Sat., Sept. 22 at the Ionia State Recreation Area. Call 897-7358 with questions.

**OVEREATER ANONYMOUS** - Thursdays, 9 a.m., 101 E. Main St. For information call 745-8520.

**FREE COMMODITIES FOOD ORDER** - Thurs., Sept. 6, 9 a.m. - 4 p.m., has been moved to FROM. Bring proof of income & social security numbers for ea. member of household. Please bring bags to FROM (Flat River Outreach Ministries), 11535 E. Fulton St., Lowell.

**STORYTIME** - Tuesdays, Sept. 11, 18 & 25, 10 a.m. w/ Ms. Elizabeth at Saranac Public Library, 61 Bridge St., Saranac. 616-642-9146.

# Your Heating Bills Are Too High!

STOP USING OUTRAGEOUS AMOUNTS OF EXPENSIVE GAS AND OIL  
\$\$\$\$ Save Money Month After Month \$\$\$\$

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Don't Be Fooled by Cheap Imitations! There is Only One Comfort Furnace!



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### When?

Saturday, September 8  
10:00 AM - 5:00 PM

Get In Early  
Supplies are Limited!

First 20 Customers  
Receive a FREE \$20  
Gift With Purchase



MODELS AS LOW AS!  
**\$279.95**  
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**Key Benefits\*\***  
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# Heating Your Home Costs More Than Ever!! We Can Help!!

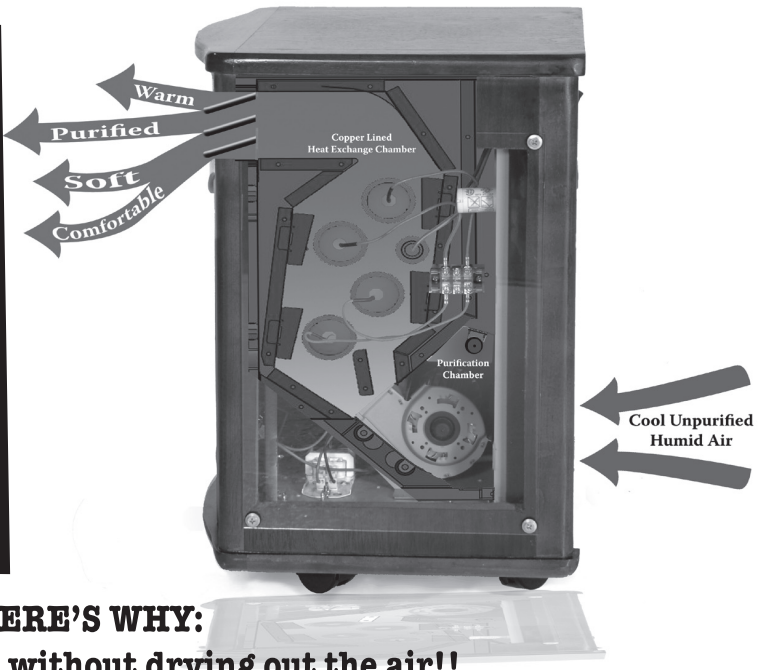
Year after year families across America are feeling more & more **FINANCIAL PRESSURE** when it comes time to pay their heating bills. You have to choose between heating your home or **ENJOYING A LITTLE FINANCIAL FREEDOM.**  
We believe at The Living Well Co. that you should not have to choose!  
**WE WANT TO SHOW YOU HOW TO HEAT YOUR HOME SAFELY AND AFFORDABLY.**



"We were warmer and more comfortable using Comfort furnaces and we saved between \$250 - \$300 per month. We are very pleased." Richard & Shirley M., Kansas

"WE REALLY DO LOVE OUR FURNACE, IT'S EVERYTHING YOU SAID IT WAS AND MORE. MY MAIN FURNACE SELDOM KICKS ON, IT HAS CUT OUR ELECTRIC BILL IN HALF. SO KEEP THE GOOD WORK UP. WE WOULD RECOMMEND YOUR PRODUCT TO ANYONE."  
WAYNE & KATHY R., KENTUCKY

"We have tried 1500 watt electric space heaters that just could not provide enough heat. Then we tried your infrared heater and it does exactly as you advertise. We are now anticipating purchasing another for our home." Tom G., Ohio



- SUPERIOR TO THE COMPETITION & HERE'S WHY:**
1. Optimum Infrared wavelength for **MAXIMUM HEAT** without drying out the air!!
  2. Dual Stage Air Purification incorporating both electrostatic filtration and UVC purification.
  3. Louver technology for maximum directional heat control.
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BRING THIS FORM IN TO SALE WITH YOU TO RECEIVE YOUR FREE GIFT WITH PROOF OF PURCHASE:

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PHONE: \_\_\_\_\_ SAVE MONEY AND STAY WARM THIS WINTER

NAME OF NEWSPAPER \_\_\_\_\_



All Products Come With a 3 Year Factory Direct Warranty! Be Sure to Ask Us How You Can Upgrade to Lifetime Protection on Your Elements!



solution



# History Mystery

Several readers correctly answered the History Mystery from last week. Among them were:

Local bean farmers would bring their beans into the elevator for processing where these women would go through the beans with these machines to pick out stones and any inferior beans before they were sent on their way for further processing. This was a seasonal project and many of the local women would look forward to doing this for an extra bit of income. - Donna Peterson

C.H. Runciman bean cleaning & sorting. Location around the corner from Main St. on Hudson by R.R. tracks. My grandmother worked there. (Jenny Roberts in the 1940s.) - Tom Vaughan

The picture shows the ladies sorting beans at Mr. Runciman's beanery which was located behind where Blue Ribbon Feed store is now. - Gladys Fletcher

They are sorting the debris (stones & foreign material) to make the grade of choice hand-picked beans. They were eventually replaced by electric eyes. The company that made the electric eyes was in Lowell. My dad was the state bean inspector for Runciman's and other elevators for many years. - Dan Hoffman

This machine is a bean sorter. It was in use during the early 1900s in the C.H. Runciman Company. Mr. Runciman came from Chelsea, Michigan where he worked as a teacher and school administrator. After seeing an advertisement for the sale of a bean elevator in Lowell, Mr. Runciman bought the elevator in 1917 from the Jakeway family who had established it in 1912. He built an addition to the building to house 100 bean picking machines. During the harvest season, Mr. Runciman employed 100 women to hand pick the beans by color. This was tedious work and inefficient. A year later, C. H. Runciman used a photoelectric cell to sort the beans. It was the first of its kind in the world and was first used in Lowell. Mr. Runciman operated the elevator until 1963. You can see this bean sorter and learn more about Mr. Runciman at the Lowell Area Historical Museum in our "Retailing Exhibit."



# Social Security, continued

Security benefits. Most pensions will not affect your benefits either. However, your benefit may be affected by a government pension from work on which you did not pay Social Security tax. For more information, visit our website at [www.socialsecurity.gov](http://www.socialsecurity.gov) or call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

Question: How do I earn coverage for Social Security?

Answer: You earn Social Security credits, sometimes referred to as quarters of coverage, when you work and pay Social Security taxes. The credits are based on the amount of your earnings. In 2012, you receive one credit for each \$1,130 of earnings, up to the maximum of four credits per year. Each year, the amount of earnings needed for a credit goes up slightly as average earnings levels increase. Generally, a person needs 40 credits to be eligible for retirement benefits.

There are special rules for the self-employed. Read more about self-employment and Social Security in our online publication, *If You Are Self Employed*, at <http://socialsecurity.gov/pubs/10022.html>

To learn the amount required for Social Security credits for prior years, see Quarter of Coverage at [www.socialsecurity.gov/OACT/COLA/QC.html](http://www.socialsecurity.gov/OACT/COLA/QC.html).

Question: I was turned down for Supplemental Security Income (SSI); can I appeal the decision?

Answer: If you disagree with a decision made on your claim, you can appeal it. The steps you can take are explained in *Your Right To Question A Decision Made On Your Supplemental Security Income (SSI) Claim*, available online at <http://www.socialsecurity.gov/pubs/11008.html>.

Also, you have the right to have a representative, such as an attorney, help you. More information is in *Your Right To Representation*, at [www.socialsecurity.gov/pubs/10075.html](http://www.socialsecurity.gov/pubs/10075.html). Read these and other publications online at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs).

Question: What is the difference between the disability application and the disability report? Do I have to complete both?

Answer: A disability application is a claim for benefits. To receive Social Security disability or Supplemental Security Income benefits, you must file a disability application. A disability report provides information about your current physical or mental condition. We need this to process your disability application. In all, to establish a claim, you need to submit a disability application, a disability report, and an authorization to release medical records. You can learn more and apply online at [www.socialsecurity.gov/applyfordisability](http://www.socialsecurity.gov/applyfordisability).

Question: I am applying for *Extra Help* with Medicare prescription drug costs. Can state agencies help with my Medicare costs?

Answer: When you file your application for *Extra Help* with Medicare prescription drug costs, you also can start your application process for the Medicare Savings Programs — state programs that provide help with other Medicare costs. When you apply for *Extra Help*, Social Security will send information to your state unless you tell us not to on the application. Your state will contact you to help you apply for a Medicare Savings Program.

...  
History, despite its wrenching pain, cannot be unlived, however, if faced with courage, need not be lived again.  
~ Maya Angelou (1928 - )

## LEGAL NOTICE

STATE OF MICHIGAN  
PROBATE COURT  
COUNTY OF KENT

NOTICE TO  
CREDITORS  
Decedent's Estate

FILE NO. 12-192446-DE

Estate of CARLA JEAN  
TURNER. Date of birth:  
01/16/1947.

TO ALL CREDITORS:

NOTICE TO CREDITORS: The decedent, Carla Jean Turner, died 06/26/2012.

Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to Raymond

J. Turner, 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.

August 28, 2012

John D. Flynn (P27413)  
1275 Hawthorne Hills SE  
Ada, MI 49301  
616-897-6632

Raymond J. Turner  
1515 Matilda NE  
Grand Rapids, MI 49503  
616-451-6371

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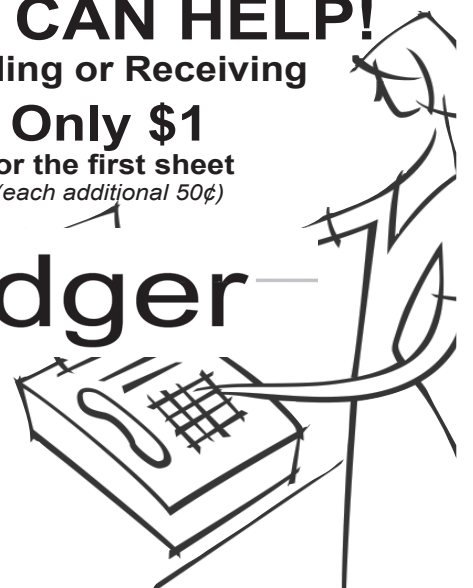
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# A Community Fighting Cancer

9.7.12

## Another Way Pink Arrow Helps the Community

One of the many ways the Pink Arrow Project helps our community is to provide funding for educational programs. This includes free smoking cessation classes and support offered at no charge to residents in the greater Lowell community. Smoking is the leading preventable cause of heart disease, lung disease and cancer.

While many people view smoking as a nasty habit, the medical truth is that nicotine is highly addictive substance that rivals cocaine and heroin in terms of recovery efforts. Nicotine uses the same brain pathways as these powerful narcotics. Like other addictions, it changes the brain's chemistry, it often requires a medication to ease the withdrawal symptoms and it usually requires multiple attempts to quit as relapse is quite common until someone is finally able to achieve abstinence.

The class in Lowell uses an evidence-based treatment program that meets the national clinical guideline requirements. The facilitator is trained and certified by the Mayo Clinic Nicotine Dependence Center in Rochester Minnesota. The class uses a curriculum also from the Mayo Clinic. Topics include the basics of nicotine addiction, behavioral counseling to create an individual Quit Plan, information on free or low cost medications and guidance on weight gain and relapse prevention.

The program offered in Lowell is unique. There are no other classes like this in Kent County; not through the hospitals or any of the health plans. In a matter of fact, the only other programs of this kind are offered at Henry Ford Health System in Detroit and the University of Michigan Health System in Ann Arbor.

National smoking rates have dropped to one in five, but not in Michigan, which remains in the top five states for tobacco consumption. While smokers make up a minority of the population, the toll smoking takes on an individual, their families and their community is devastating. Thanks to the Pink Arrow Project and this generous community those struggling with this addiction can find effective, accurate services to help them recover. The next class begins Wednesday evening, September 12th at 6 pm. Classes are held at Lowell Family Medical Center located at 2550 West Main Street. Registration is appreciated, as class size is limited. Call 616-446-7058 to ask questions or sign up. These free classes in Lowell have helped over 150 people. Here are the stories of just two of the many lives that have been touched by this amazing community effort.

**"There are no other classes like this in Kent County; not through the hospitals or any of the health plans."**

### Amy Reedy

I started smoking when I was in 8th or 9th grade so I had smoked for about twenty-five years when I signed up for the class. Back in the fall of 2010, I wanted to get healthier so I tried running to get active and lose weight. I followed the Couch to 5k Program, but I couldn't get past week three because I was out of breath from smoking. I had five children. I wasn't even forty yet. Something had to change.

Over the years I had quit many times, but I'd only make it for a week or so. I would do some research online and try over the counter products, but never was able to quit for good. When I heard about the class, I was ready to learn more from a medical perspective. The class was very practical and gave me real life solutions. I liked that it focused on education about addiction and how nicotine works. Best of all, it was not preachy or judgmental.

Although I wasn't quite ready by the end of class to quit, it was all the information I learned in class that helped me find my inner strength. Things like which medication was right for me, what to

expect when I did quit and how in the world was I supposed to have my morning coffee without a cigarette? In class I had written out my own personal quit plan and about four months after the class ended I was able to pull it altogether. Even though the class was over I was able to stay in touch with the facilitator by email and texts when I had questions, which was very valuable. I finally quit smoking in April of 2011.

Quitting smoking gives you so much confidence. I started the Couch to 5K Program again. My first official race was the Pink Arrow Quiver last year and then I was hooked. Now I run about four days a week. I've done several 5k's and a couple 10k's. Next month I'm doing a 10 mile race and I'm doing the Grand Rapids Half Marathon in October, which is 13 miles. I will keep training because I plan to run the 25k in next year's 5/3 Riverbank Run.

It's been about 18 months since I quit smoking and now running is my motivation to stay healthy. It keeps me from smoking again because I have worked so hard and come so far. This year the Pink Arrow Quiver is a celebration of my first race, my health, my new life. I am so grateful that the Pink Arrow provides the funding to help people quit smoking with these free classes. They changed my life!

### Mike Oligney

I started smoking in high school at about age sixteen. At that time in the late 50's there was no or little anti smoking pressure with a lot of advertising, movie and peer pressure to smoke.

Over the years I smoked from 1 to 3 packs a day and sorry to say several of my children picked up the habit. I tried cold turkey quitting several times over the years with no success. In January of 2007 I took a Tobacco Free For Good class that was offered here in Lowell. By then I was into my 60's and my health was suffering from smoking. I was facing increased risk of heart disease and I was taking stronger and stronger medication for lung issues. I



have always best solved issues by finding out all of the information I could on the problem and then developing a solution that will work for me. The class, which was free of charge at Lowell Family Medical Clinic, provided that information. Meeting once a week in a group setting we learned about how addictive nicotine was and about the mental and physical issues of quitting. We learned about all the aids, the medications and got help to write our own plan reminding us of how we could handle each time we usually had a cigarette. Come quit day I had selected a medical aid to quitting, formed a game plan and quit. Several once weekly meetings continued as we supported each other's efforts to quit and learned about how to prevent a relapse.

Over four years has passed and I no longer count the days since my last cigarette. I have to credit directly the information and support from class with my success. Quitting smoking was the beginning of improving my health. I have recently lost over 40 pounds. I have more energy and I feel great. I have included a photo of me enjoying my favorite past time now that I have turned 70. You may see me motoring around town or you may also find me volunteering my time at local charities.

**"I have to credit directly the information and support from the class with my success."**

