



subscriber enjoys looking back



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Ihs & Ims honor roll



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50 CENTS



## A friendly fight for the sake of fitness begins at Lowell Community Wellness

by Justin Tiemeyer  
contributing reporter

Susan Stevens is the board president of Lowell Community Wellness (LCW). With the people of Lowell beginning to wonder how they're going to get rid of extra holiday weight, this is Stevens' time to shine.

"It's good to bring the community together and focus on a healthy lifestyle," Stevens said.

The simple answer to the moans and groans of extra holiday pounds is the Lowell Community Weight Loss Challenge, a ten-week, friendly competition spearheaded by LCW. The challenge begins Jan. 9 at the Lowell YMCA.

LCW is a non-profit corporation that has been serving the Lowell community for the past 12 years. The weight loss challenge has existed in some form for at least six years.

Originally named Lowell Takes It Off, the annual health and fitness event began as a competition between Lowell and the nearby community of Greenville. The battle has ended, but the need for the Community Weight Loss Challenge has not.

For this year's event, Lowell citizens will gather



At the Lowell YMCA, people have already begun working toward a healthier lifestyle.

together in teams of four in order to compete for the grand prize of a one-month free membership to the Lowell YMCA and a healthy cooking class. Details on the healthy cooking class will be revealed at a later date.

The cost is only \$10 per person. This covers weekly weigh-ins at the Lowell YMCA and eligibility for the grand prize.

Stevens wanted to clarify that winners are not chosen according to the total number of pounds lost. Rather, the winning team will be selected according to the total percentage of weight lost.

Teams are encouraged to take advantage of the YMCA's fitness machines and free weights, which will be made available

to competitors the entire duration of the challenge for a one-time charge of \$50.

Stevens offered a professional tip for Ledger readers: "The last ten pounds is always the hardest."

In order to make health and fitness available to everyone in the Lowell community, LCW offers a grant for those who cannot

afford the entry cost. Applicants must inquire via the LCW website.

The focus of the Community Weight Loss Challenge is to encourage the greater Lowell community to live a healthier lifestyle. LCW challenges the people of Lowell to make their New Year's resolutions a reality this January.

## Students to send a unique message of beauty to Sandy Hook survivors

by Ellen Mork  
contributing reporter

The December 14 early morning shooting at Sandy Hook Elementary School left almost thirty dead. The numbers included children, teachers and administrators. After such an unspeakable tragedy, it is difficult to deal with the aftermath and begin the healing.

The National Parent Teacher Association (PTA) is hoping to help bring some joy and beauty back to the devastated city. They have set up a campaign, Snowflakes for Newtown, that allows people around the country to send paper snowflakes to Newtown.

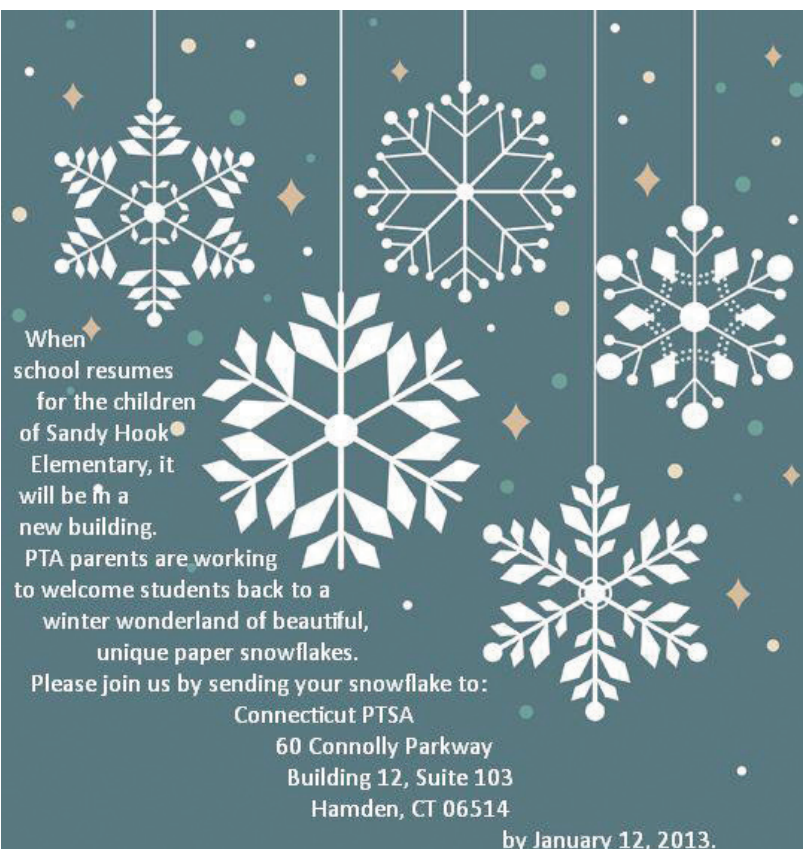
A statement from the National PTA read, "When school resumes for the children of Sandy Hook Elementary, it

will be in a new building. PTA parents are working to welcome students back to a winter wonderland of beautiful, unique paper snowflakes."

With this tragedy weighing heavily on many people's minds, this is a touching way to try and give back to the community that lost so much. Children will be able to creatively express themselves while knowing their creations will be enjoyed and cherished by other students.

The four elementary schools in the Lowell School district have welcomed this opportunity to help. Alto, Bushnell, Cherry Creek and

Snowflakes,  
continued, page 2



When school resumes for the children of Sandy Hook Elementary, it will be in a new building.

PTA parents are working to welcome students back to a winter wonderland of beautiful, unique paper snowflakes.

Please join us by sending your snowflake to:

Connecticut PTSA  
60 Connolly Parkway  
Building 12, Suite 103  
Hamden, CT 06514

by January 12, 2013.

This image appears on the PTA Facebook page urging others to share it and send snowflakes to the Connecticut PTSA.

# LowellArts! announces \$37,700 in minigrants

Through the Michigan Council for Arts and Cultural Affairs (MCACA) Minigrant Program, LowellArts! awarded \$29,500 for arts projects to thirteen local arts and cultural organizations and \$8,200 for professional and organizational development to six organizations. LowellArts! serves as one of nineteen regional regranting agencies for the MCACA.

The region covered includes the following seven counties: Ionia, Kent, Lake, Mecosta, Montcalm, Newaygo and Osceola. After much deliberation, the MCACA Minigrant Panel (including representatives from all seven counties) came to a consensus on how to distribute the \$37,700. LowellArts! received nineteen grant applications for arts projects, with a

total of \$62,250 in requests and \$29,500 awarded. Organizations could request up to \$4,000 for locally developed, high quality arts and cultural projects, which are special opportunities to address local arts and cultural needs and increase public access to arts and culture.

These grants support a broad range of artistic expression from all cultures

through projects which preserve, produce or present traditional or contemporary arts and culture and arts education. Arts project were received by the following organizations:

Bethany Christian Services, Kent County, \$2,400; C.A. Frost School, Kent County, \$1,500; Grand Rapids Film Festival, Kent County, \$2,000; Ionia County Area Arts Council,

Ionia County, \$3,000; KVO/CBOT School, Kent County, \$4,000; Mecosta Area Committee, Mecosta County, \$2,000; Morton Township Library, Mecosta County, \$4,000; Palmer Elementary School, Kent County, \$1,500; Rockford High School, Kent County, \$1,750; Sherwood Park Global Studies Academy, Kent County, \$1,500; Sparta Area Chamber of Commerce, Kent County, \$3,500; TrueNorth Community Services, Newaygo County, \$1,750; and West Michigan Blues Society, Kent, \$600.

In addition, LowellArts! received seven grant applications for professional and organizational development, with a total of \$10,500 in requests and \$8,200 awarded. Organizations could ask for up to \$1,500 to assist nonprofit arts organizations and arts professionals

acquire services or skills to strengthen the administrative infrastructure of the organization to do business in Michigan.

Professional and organizational development awards were received by the following organizations:

Artists Creating Together Inc., Kent County, \$1,500; Girl's Choral Academy, Kent County, \$1,500; Grand Rapids Ballet, Kent County, \$1,100; St. Cecilia Music Society, Kent County, \$1,500; West Michigan Center for Arts and Technology, Kent County, \$1,100; and Wheatland Music Organization, Mecosta County, \$1,500.

With the closing of the Arts Council of Greater Grand Rapids in 2012, the Michigan Council for Arts and Cultural Affairs chose LowellArts! to administer the MCACA

Minigrants, continued, page 3



## along main street

### COFFEE WITH COUNCIL

Come meet and have a cup of coffee with your city councilmembers on the first Saturday of the month from 8-10 am at the Lowell Area Chamber of Commerce office, 113 Riverwalk Plaza.

### VOLUNTEERS ART EXHIBITION

Showcasing the artistic talents of LowellArts! programs' volunteers, this exhibition features a wide variety of fine arts and crafts creations. Jan. 8 – Feb. 2, 149 S. Hudson. Closing reception, Sun., Feb. 3, 2-4 pm (open to public).

### GILDA'S CLUB LOWELL CLUBHOUSE

**Cancer - New Member Meeting**, Tues., Jan. 8 & 22, 2:30-3:30 pm and 7:15-8 pm; **"Looking Good, Feel Better,"** this program, presented by the American Cancer Society, will help women in treatment for cancer with appearance related side-effects on Tues., Jan. 8, 1-3 pm. Sign up requested as class sizes are limited; **Book Club**, join Kathy Mieras for a relaxing and cozy book club, pick up your book to borrow at the parlor desk, Tues., Jan. 15, 4:30-5:30 pm; **Early American Herbs from North America**, Tues., Jan. 15, 4-5 pm; **Gemstone Beading**, join Janel Yoder on Tues., Jan. 22, 6-8 pm. Space is limited, sign up in advance; **Woodcarving**, learn how to make easy and beautiful wood carvings with Doug Shassberger on Tues., Jan. 22, 4-5 pm. Beginners are welcome and supplies are provided; **Zumba**, join Nikki Snyder, Zumba instructor for a beginner's Zumba class on Tues., Jan. 29, 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)

### FREE SMOKING CESSATION CLASSES

Classes begin Thurs., Jan. 10. The class meets for six weeks from 6-8 pm at Lowell Family Medical Center, 2550 E. Main St. Registration encouraged, but not required. Call 616-446-7058 or email your contact information to [jvokes\\_healthandsafety@msn.com](mailto:jvokes_healthandsafety@msn.com)

### YMCA SENIORS EXERCISE

Ready, Set, Move, Seniors – Grant funded exercise class, ages 55+. Mondays and Fridays, 11 am – 12 pm. Begins Mon., Jan. 14, 2013. Call 855-9570 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.*

## Snowflakes, continued



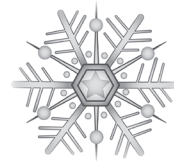
Murray Lake students will be decorating and making snowflakes and sending them in early January. It's a great way for the community of Lowell to help and show support. Even though twelve hours separates the two cities, the love the children and staff have will still be felt.

Every snowflake is unique and special, as is each child. The wonderland will help the students of Sandy Hook remember this and continue to heal.

Shannon Worsley, coordinator of the project for the Lowell area, has collected over 800 snowflakes. And that number is still growing. Many local businesses have donated coffee filters for the school children to use.

Worsley said, "It's a great way to show our support." She's seen snowflakes made from the coffee filters, some with glitter and some with poems. It is also a wonderful family craft and gives families the opportunity to discuss the event and related issues with their children.

Anyone may send their snowflakes to: Snowflake Project, PO Box 242, Lowell, MI 49331 by January 8. You may also send snowflakes directly to the Connecticut PTSA, 60 Connolly Parkway, Building 12, Suite 103, Hamden, CT 06514 by January 12.



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## GIRLS' SOFTBALL CLINICS

**Lowell Arrow Dynamics Softball Club is holding a softball skills clinic for girls ages 11- 14**

**CLINIC BEGINS:**  
Sunday, Jan. 6, 2013  
at 1:00 pm at the  
Lowell High School gym.

**ALSO:**  
**A skills clinic for girls 10 and under.**  
**The clinic covers all softball skills from beginners to advanced.**

**CLINIC BEGINS:**  
Wednesday, Jan. 9, 2013 at 7:00 pm at  
Cherry Creek Elementary

*These will be 8-week clinics with a cost of \$45 and includes a T-shirt.*

**FOR MORE INFORMATION CALL**  
**366-3783**

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# Lowell Area Chamber of Commerce accepting nominations for Person of the Year

The Lowell Area Chamber of Commerce is accepting nominations for Person of the Year. The chamber began giving out this award in 1986 and has continued the tradition every

year since. It is presented at the annual Winter Gathering of the membership. The selection committee is comprised of the last five years of award recipients.

The nominations are given to the selection committee and the Person of the Year is chosen having been nominated by the following guidelines:

- Over time, the candidate has freely donated considerable time to the community, school district, church or humanity. This is over and above the demands

- of their regular profession.
- The community is a better place to live because of the efforts of the candidate.
- The candidate

positively promotes the community in both word and action.

- The candidate possesses new and innovative ideas that benefit the community.

- The candidate cannot be a chamber board or foundation board member at the time of nomination.

This year the annual Winter Gathering will be held on Thursday, Feb. 21 at the Grand Volute Ballroom. The public is welcome. If you know someone who is deserving of this honor, the chamber asks that you submit, in writing, your detailed nomination to LACC, PO Box 224, Lowell, MI 49331; email to [info@lowellchamber.org](mailto:info@lowellchamber.org) or fax to 897-9101. The deadline for nominations is Friday, Jan. 8, 2013.

## Call for artists – juried art competition

The 27th West Michigan Regional Art Competition runs from March 26 through April 25, 2013. A highlight of LowellArts! annual arts

calendar, the juried event awards cash prize monies totaling \$2,000 with first place recipient receiving \$750. Gallery hours for the

exhibition are Monday - Friday from 10:00 am - 6:00 pm and Saturday from 1:00 - 4:00 pm. Entries are due March 22 and 23.

Juror this year is Dianne Wolter, a figurative painter and sculptor based in Williamston, MI. She received her Bachelor in Fine Arts (BFA) from Michigan State University and taught art in the Lansing area for many years. Her two and three-dimensional works often incorporate whimsical imagery with playful, nostalgic themes. Many people enjoyed her sculpture in ArtPrize 2012.

Entry forms for the competition are now available. Participation is open to lower West Michigan artists 18 years and older. Eligible counties include Oceana, Newaygo, Mecosta, Muskegon, Ottawa, Kent, Montcalm, Ionia, Allegan, Barry, Van Buren, Kalamazoo, Berrien, Cass

and Saint Joseph. Drop-off dates are March 22 and 23 and each artist may submit up to two entries. There is a non-refundable total entry fee of \$30 for LowellArts! members and students and \$35 for non-members. Five prizes will be awarded in the following categories: first place - \$750; second place - \$500; third place - \$400; fourth place - \$250; and fifth place - \$150. In addition, Wolter will select artworks for special recognition awards.

For more information on this exhibition and to receive a "Call For Entry Form" contact LowellArts! 616-897-8545 or by email: [info@lowellartsmi.org](mailto:info@lowellartsmi.org) or download an application at [www.lowellartsmi.org](http://www.lowellartsmi.org)

## Goodwill Industries prepares for year-end donations

As families make way for new holiday gifts, many take the opportunity to also increase their income tax deductions. Typically, the busiest donation day for Goodwill Industries of Greater Grand Rapids has been December 31st.

"We anticipate a busy donation week as individuals make room for new gifts and prepare for tax season," says Jill Wallace, chief marketing and communications officer

of Goodwill Industries of Greater Grand Rapids. "Donations are essential in generating revenue for Goodwill's job training and placement programs for individuals with barriers to employment."

Donations are accepted at all eighteen retail stores and six attended donation centers throughout the greater Grand Rapids area. Items acceptable for donating include all textiles, electronics, household items, toys and recyclable materials. Wallace says, "People may not realize that we accept items like broken plastic toys or one shoe. These are not sold in stores but are recycled

which further supports our mission."

"Our goal is to make the process of donating to Goodwill as convenient as possible," says Wallace. Newly remodeled Goodwill Stores feature convenient drive-thru donation areas to provide easier access for customers. Families with numerous donations may call to see if they qualify for Goodwill's home pick-up service. All donation locations provide receipts upon request for tax recording purposes. A list of acceptable donations and contributing monetary donations online can be found at [www.goodwillgr.org/donate.html](http://www.goodwillgr.org/donate.html)

## Minigrants, continued

Minigrant program for this region of Michigan. The staff and board of directors of LowellArts! are honored to provide this service for the seven county area. Begun with a grassroots effort in 1977, LowellArts! has grown in its 35 year history, in part as a result of receiving grants from the MCACA. Today LowellArts! offers a full calendar of gallery exhibitions, theatre and music performances, community arts events and festivals in the greater Lowell area. LowellArts! greatly appreciates the efforts of other local arts organizations to foster the arts in their community.

LowellArts! mission is to connect regional artists and audiences through the visual and performing arts. LowellArts! vision is for the community to be a vibrant hub for the arts, bringing audiences and artists together in quality environments. LowellArts! encourages the understanding, appreciation and importance of the arts in the schools and communities they serve and provides expression and enjoyment of the arts to all segments of these communities.

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## Have a Healthier New Year!

**The Weight Loss Challenge Can Help!**



Lowell Community Wellness & the



**Lowell Community Wellness is partnering with the Lowell Branch of the YMCA!**

**Weight Loss Challenge 2013  
January 9 - March 13, 2013**

**Just For You This Year:**

- Weekly Weigh-ins at 1335 West Main Street
- Body composition testing at the start/finish of the Weight Loss Challenge
- Optional use of Y fitness machines and free weights
- Teams will be limited to a 4-person maximum
- Winners will be determined by the largest percentage of total team weight lost

**COST: \$10 for each individual or \$50 per person to include use of fitness equipment**

**PRIZE: FREE 1-month membership to the LowellBranch of the YMCA, PLUS additional healthy living incentives.**

**Join Today!**

**Contact the Lowell YMCA at 855-9570**

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## financial focus



Christopher C. Godbold

### Make some New Year's (financial) resolutions for 2013

Once again, it's time to make some New Year's resolutions. This year, in addition to promising yourself that you'll hit the gym more often, learn a new language or take up a musical instrument — all worthy goals, of course — why not set some financial resolutions?

Consider these suggestions:

- Boost your retirement account contributions. If your income will rise this year, consider putting more money into your employer-sponsored retirement plan, such as a 401(k), 403(b) and 457(b). You typically contribute pre-tax dollars to your plan; so, the more you put in, the lower your taxable income. Plus,

your money can have tax-deferred growth potential.

- Don't over-react to the headlines. Lately, you've heard a lot about the "fiscal cliff," political paralysis, the debt ceiling and other Really Scary Topics. These issues are not insignificant — but should they keep you from investing? After all, in any given year, you won't have to look hard to find warnings and negative news events — and many people do use these ominous-sounding headlines as a reason to head to the investment "sidelines" for a while. But if you're not investing, you're unquestionably missing out on opportunities to make progress toward your financial goals. So, instead of focusing on the news of the day, make your investment decisions based on the fundamentals of those investments you may be considering, along with your goals, risk tolerance and time horizon.

- Keep whittling away your debt. Over the past few years, Americans have done a good job of lowering their debt burdens. Of course, the economy is still tough, and it can be challenging to avoid taking on new debts. But the less debt you have, the more you can invest for your retirement and other important objectives.

- Rebalance your portfolio to accommodate your risk tolerance. If you spend too much time worrying about the ups and downs of your investments, then your portfolio's potential for volatility may be too great for your individual risk tolerance. On the other hand, if you continually see little growth in your holdings, even when the financial markets are going strong, you may be investing too conservatively — especially if you are willing to take on some calculated risk to potentially boost your returns. So review your portfolio at least once in 2013 to see if it needs to be "rebalanced" to fit your risk tolerance.

- Get some help — Navigating the investment world by yourself is not easy. For one thing, there's a lot to know — different types of investments, changing tax laws, the effects of inflation, interest rate movements, and much more. Furthermore, when you're making investment decisions on your own, you may have a hard time being objective — so you might end up investing with your heart, and not your head. The need for knowledge and objectivity point to the advantages of working with an experienced financial professional — someone who understands both the financial markets and your individual needs and goals.

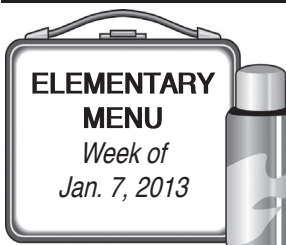
These aren't the only financial resolutions you could make for 2013 — but if you follow through on them, you may well need to make fewer ones when 2014 rolls around.

...

**What we become depends on what we read after all of the professors have finished with us. The greatest university of all is a collection of books.**

~ Thomas Carlyle  
 (1795 - 1881)

**LUNCH MENU**  
**ELEMENTARY MENU**  
 Week of  
 Jan. 7, 2013



**MON:** Pancakes served w/ sausage (served w/yogurt cup for dipping at Bushnell), warm cinnamon apples, fruit & veggie bar: romaine side salad, fresh baby carrots, peaches, fresh apples, milk.

**TUES:** Homemade cheese pizza, seasoned corn, fruit & veggie bar: romaine side salad, fresh baby carrots, fresh grapes, pears, milk.

**WED:** Hot ham & cheese on WG bun (WG mini corn dogs served at Bushnell), steamed carrots, fruit & veggie bar: romaine side salad, watermelon slices, mandarin oranges, peaches, milk.

**THURS:** Sloppy Joe Scoops (sloppy Joe on WG bun served at Bushnell), baked beans, fruit & veggie bar: red pepper strips, broccoli florets, applesauce, orange smiles, milk.

**FRI:** Chicken alfredo (breaded chicken sandwich on WG bun served at Bushnell), steamed broccoli, fruit & veggie bar: romaine side salad, fresh cucumber slices, peaches, pineapple, milk.

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# Life



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# viewpoint



## outdoors

a new year

Dave Stegehuis

The beginning of a new year is a good time to reflect on the past, then look ahead and refresh our vision of the future. Reordering our priorities can have a positive affect on our quality of life,

because much our life is determined by a series of choices.

Sometimes opportunity is so close at hand we overlook it. Everyone has to be someplace and we live

in a place called Michigan. Residents drive by some of the neatest places in the country on their way to work or the grocery store.

The grass always looks greener on the other side of the fence, so we travel to far off destinations. Recreational opportunities,

however, can be found here at home all year around. In addition to an abundance of natural resources the state has vast areas of public land and public access to thousands of miles of streams and countless lakes, plus a shoreline bordering on four Great

Lakes. Easy access to these vast resources provides recreational opportunities not equaled in any other state.

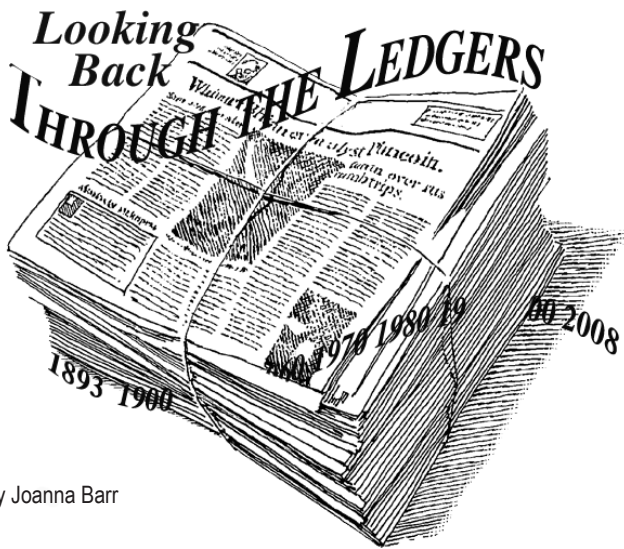
Unless you are already taking full advantage of these resources, now would be a good time to look into ways to get on board before time passes and you miss out on the opportunities. Choices include but are not limited to activities such as hiking, camping, hunting, fishing, motor sports, bird watching, and skiing. Be on the lookout for a series of outdoor shows featuring many of these and other pastimes around the state. These shows are a good cure for cabin fever and also provide an introduction to new pursuits.

There are, of course, other unique and interesting places in other states and other countries. We have hiked, hunted, and fished

around the world but always anxious to return to Michigan which is our favorite place to be. It is difficult to plan trips out of state because we usually miss a season for something. There may be bigger ski hills someplace or more challenging motor sport trails somewhere else, but such a large variety of quality recreational activities all in one place is difficult to find.

It is surprising what you will find by exploring new interests in unfamiliar places. After driving past the same sections of roadside landscape for years, it is interesting to explore beyond the pavement on cross country ski trails.

Well, there's the sales pitch, so give it some thought. Hope there is a place in Michigan's outdoors which will help you to find peace and joy in the New Year.



By Joanna Barr

### 135 years ago The Lowell Journal January 2, 1878

The mud blockade has extended over almost the entire state and the wheels of trade are heavily clogged. Country merchants cannot get goods, produce cannot get to the railroad and lumber men have had to abandon their camps in man's instances. If snow and cold weather do not come soon it is feared that the wheat and crops of '78 will be light.

Two brothers named Palmeter, aged respectfully 12 and 14 and living near Alba, Gratiot county, got into a fight while returning from school. The elder whipped the younger and went on. Soon after, looking back, he saw his brother lying in the road. He went back to him and found that he was dead. The exertion had exhausted him and falling with his face in the mud, he had suffocated.

### 100 years ago The Lowell Ledger January 2, 1913

Advertising in the papers will bring producers and consumers together through the parcels post system. Let the farmer who would sell produce direct to city consumers, place little advertisement in the city papers. City people can reach the farmers through the country papers.

Pensions for school teachers may come some time. There is, doubtless merit in the proposition. At present, the average tax paper has his hands full and cannot be expected to be rapturously enthused over a prospective new burden.

Governmental control of coal mines and railroads must come if the people are ever to be relieved of the present intolerable condition. To that end, put none but the people's friends on guard. Once a traitor, always a traitor.

Geo. F. Baer, leader of the hard-coal operators, announces that the decision of the Supreme Court in the Coal Trust case is "a matter of indifference" to him. Baer, it will be remembered is the fellow who declared, that the "owners" held the mines "by Divine right." So, he and his kind will go on snapping their fingers at justice and common decency until they are clapped into jail. Then, perhaps, they will not be so almighty indifferent.

It seems useless to say that local dealers are in no wise to blame for the condition of the coal market. They, like their patrons, are subject to conditions beyond their control.

### 75 years ago The Lowell Ledger January 6, 1938

Having counted noses, Uncle Sam is now going to count horns. As part of the program to conserve natural resources the Department of Interior's Division of Grazing is going to take a census of the deer, antelope and elk, and other forms of wildlife which roam the 142,000,000 acres of public range set aside by the Taylor Grazing Act.

A wild bird met with an unusual experience at the Charles Doyle home a few days ago when it flew through an open door of a back room and in its quest for food got caught in a baited mouse trap. Hearing an unusual commotion in the room, members of the family investigated and the bird was released, apparently none the worse from its experience.

C.A. Hall plans to open a wholesale and retail poultry and sprayer equipment store in the Hosley building on West Main-st. within the next ten days, according to plans made early this week. The firm name will be the American Dealers Manufacturing Company. Plans are to manufacture poultry equipment here after the present stock is exhausted. Mr. Hall, who has had many years experience in selling and manufacturing poultry equipment will operate the store himself.

The Social Arts Lesson will be held on Tuesday, Jan. 11, at the City hall at 1:30. This will be an open meeting to anyone wishing to attend. The lesson will be given by Miss Eleanor Denamore of Michigan State College on "Table Etiquette and Table Service." Please bring notebooks and pencils.

### 50 years ago The Lowell Ledger January 3, 1963

Headline: Lowell Woman Shoots Husband - Mrs. Olive (Pennock) Tudor, 61, who has operated a turkey farm on Bowes Road for many years was still being held on Wednesday in the Kent County Jail for shooting her husband, Stanley Tudor, 74, on Thursday, December 27 in a family argument. Tudor is recovering in St. Mary's hospital from a shot in the shoulder with a 16-gauge shotgun, at close range.

The sprinkler system in the Superior Furniture Co. quickly extinguished a spontaneous combustion fire in some rags at 1 a. m. Sunday, Lowell Fire Chief Frank Baker reported. The fire was confined to a box the rags were in and only caused a small amount of damage. When the sprinkler head went off an alarm was automatically sounded in the Light and Power plant and the fire department was summoned.

Avery Block, member of the Lowell police force for nearly two years, was named Police Chief by City Manager Bernard Olson January 1st following the retirement of George DeGraw. The retiring chief will work with the new chief for a few weeks. The city manager is looking for another officer to fill the vacancy on the force. Presently there are two other officers, Herman Kline and Raymond Heck.

Looking Back, continued, page 6

## the lowell ledger

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Email Us!

[ledger@lowellbuyersguide.com](mailto:ledger@lowellbuyersguide.com)

### Letters To The Editor:

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

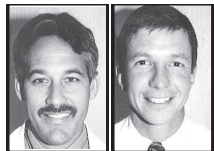
*Letters may be submitted via email to: [ledger@lowellbuyersguide.com](mailto:ledger@lowellbuyersguide.com) ("to the Editor" in subject line) or dropped off or mailed to: The Lowell Ledger, 105 N. Broadway, Lowell, MI 49331. Also, our website, [www.lowellbuyersguide.com](http://www.lowellbuyersguide.com)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

# engagements

## Mott/Muha

Kara Marie Mott and Matthew James Muha, both of Sebring, Florida, will be wed on February 23, 2013. Their parents are

Tina Skinner of Clarksville, Steve Mott of Jackson, and John and Sherrie Muha of Sebring, FL.



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

# health

## parenting advice

Being a parent is very rewarding, but it can also be stressful. No parent is perfect and everyone makes mistakes. The following are some tips to follow to help your kids grow up happy:

1. Spend time with your children. Do things together like reading, playing, talking and cleaning. Children love attention. Bad behavior is often an attempt to get your attention.
2. Listen to your children. Listening to them makes them feel important.
3. Make your child feel safe. Comfort them when they're scared. Show them they are protected.
4. Show your love. Hug and kiss them often

and tell them they are loved, every day.

5. Praise your children. When your children learn to do something new, tell them you are proud of them.
6. Avoid criticizing children. When a child does something wrong, explain to them why it was wrong and how they could do it correctly the next time.
7. Provide order in their lives. Keep regular schedules for meals, naps and bedtimes.
8. Be consistent. Rules should be clear and consistent. Both parents, as well as any other caregivers, should uphold the same rules.

# Michigan Family Farms Conference set for Jan. 19

The Michigan Family Farms Conference will celebrate its 10th year Saturday, Jan. 19, at Lakeview High School in Battle Creek. This year's theme, "Family Farming - It's in our Roots," will focus on Michigan's farming heritage and growing opportunities for farmers in the future.

The Michigan Family Farms Conference is a forum for beginning, small-scale and culturally diverse farmers to network, learn and build sustainable family farms. For 10 years, it has helped farmers from across the state connect with resources and learn how to make their farms more sustainable and more viable.

This year's 18 breakout sessions cover just about everything in the world of local food and sustainable agriculture, such as pastured poultry, hoophouses, social media, the Farm Bill, estate planning, growing mushrooms and more, said Joseph R. Reynolds, one of the organizers. Special youth activities focused on agriculture will make the conference truly a family event, said Reynolds.

A full list of sessions and speakers is available online, [www.miffs.org/mffc/sessions.asp](http://www.miffs.org/mffc/sessions.asp)

Kareemah El-Amin, executive director of the Food Bank Council of Michigan, is this year's keynote speaker and will be talking about her roots

in family farming and how they've impacted her vision for local food systems and access for those in need.

Online registration is now open at [www.miffs.org/mffc](http://www.miffs.org/mffc). The early-bird registration fee is \$35 per person or \$25 for youths until Dec. 21; group discounts are available. Registration rates go up to \$40 per person Dec. 22 and the deadline for registering is Jan. 13. Michigan Food & Farming Systems (MIFFS) members receive a \$5 discount. (Join now [www.miffs.org/join.asp](http://www.miffs.org/join.asp)) Limited scholarships are available.

For those interested in sponsoring the event or being a conference exhibitor, more information is available at [www.miffs.org/mffc](http://www.miffs.org/mffc) under the "sponsors" or "exhibitors" tabs.

Partners and sponsors, so far, include Michigan Food & Farming Systems, the Farm Research Cooperative, USDA Natural Resources Conservation Service, USDA Risk Management Agency, USDA Farm Services Agency, Michigan State University Extension, MSU College of Agriculture and Natural Resources, MSU Product Center and the Calhoun Conservation District.

For more information, call Michigan Food and Farming Systems, 517-432-0712 or email [ormiffs@msu.edu](mailto:ormiffs@msu.edu)

# Looking Back, continued

## 25 years ago The Lowell Ledger January 6, 1988

The Do-it-Yourself era in the hardware industry came onto the scene 10-12 years ago and has flourished ever since. Not unlike Gurney Hahn, who for the last 34 years has been rendering a Do-it-Yourself hardware act for the town of Lowell. Hahn, along with Ware Story, purchased Price Rite Hardware in 1950, which became known as Story and Hahn Hardware. "Story did the plumbing and heating and I ran the store," Hahn said. "We also sold bottle gas. That partnership lasted a few years before dissolving into Hahn Hardware in 1953. After the split, the bottle gas was discontinued, but the plumbing and heating was continued in the hardware store.

The annual Lowell hockey alumni game was held at the Kentwood Ice Arena on Dec. 26 and hosted by the Lowell Red Arrow varsity hockey team. The alumni had more "pow" in its sticks as it posted a 17-2 victory. The event had 15 alumni return to play in the classic. Still possessing the spirit and competitiveness that made all of the alumni fine hockey players in high school, the Lowell graduates skating and play surpassed that of this year's varsity squad.

# happy birthday!

- JANUARY 2**  
Rose Nead, Helen Kuiper, Angie Sloan.
- JANUARY 3**  
Jon Vezino, Audrie Olszewski, Lloyd Callihan, Jane Lally, Rick Fyan.
- JANUARY 4**  
Nicholas Knonenwetter, Donna Johnson, Ruth Wood.
- JANUARY 5**  
Ryan Sauber, Craig Carpenter, Pauline LaDue, Genie Southwick, Jody Ann Young.
- JANUARY 6**  
Don Green, Mary Ellen Miller, Bob Kinsley, Bobbi Jo Young, Terri Stuckey, Norann De Loof.
- JANUARY 7**  
Lois Seese, Helga Wester, Bob Leyman, Karen Cummings, Troy Dilly.
- JANUARY 8**  
Ron Stanford.

# area churches

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

Worship Service.....Sunday -10:00 A.M.  
(Nursery available)  
Sunday School.....9:00 A.M.

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 Tony Shumaker

9:45 A.M. ....Sunday School  
10:30 A.M. ....Fellowship  
11:00 A.M. ....Worship

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

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Neither do we.

**First Congregational UCC**  
865 Lincoln Lake Ave. SE • Lowell  
616.897.5906 [www.OurBigChurch.org](http://www.OurBigChurch.org)  
Worship! Sunday 10am • Thursday 6:30pm  
You are welcome here!

**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 BAPTIST CHURCH OF LOWELL**  
2275 West Main Street • 897-7168  
Internet: <http://www.fbclowell.org>  
Rev. Jon Pickens

Rev. W. Lee Taylor & Pastor Phil Severn

Sun. Worship Service.....9:30 A.M. & 6:00 P.M.  
Sunday School Hour/ABF's.....11:00 A.M.  
AWANA 6-8/Youth Ministry.....Wed. 6:15 P.M.  
Contact Church Office For Prayer Meeting Times  
Nursery Provided • Barrier Free

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

Barrier-free entrance

**SUNDAY WORSHIP....8:30 & 10:30 a.m.**  
**SUNDAY SCHOOL.....9:30 a.m.**

Rev. Rick Blunt

**ST. MARY'S CATHOLIC CHURCH**  
402 Amity St. • 897-9820  
[www.stmary-lowell.com](http://www.stmary-lowell.com)

Weekend Masses: SAT. 5 PM; SUN. 10:30 AM  
Saturday confessions: 3-4:30 PM  
Prayer & adoration each Wed. 8:00 AM - 8 PM  
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the lowell ledger

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897-9261

# Lowell High School first trimester honor roll

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

## 9TH GRADE

Maya Aalsburg  
Keara Anderson  
Shelley Bailey  
Anastasia Barnes  
Jessica Barrett  
Ethan Bates  
Kyle Bell  
Baylee Bennett  
Jenna Bessey  
Elena Bishop  
Leah Bramer  
Amanda Brenner  
Dean Briggs  
Katerina Brim  
Paige Brooks  
Lauren Browning  
Jared Brzezniak  
Timothy Buechler  
Ethan Campbell  
Alina Chappell  
Elle Coble  
Grace Commire  
Jack Cooke  
Matthew Cooper  
Logan Copeyon  
Maxwell Dean  
Zeth Dean  
Sarah Dec  
Veronica Delgado  
Bradly Depew  
Billy Dickson  
Elizabeth Dickson  
Tyler Doane  
Mason Doom  
Colin DuCharme  
Hannah Duvernay  
MeKare Elliott  
Madison Emelander  
Kelsey Emmanuel  
Haley Jo Engels  
Kaleb Fisk  
Rachael Fotis  
Rachel Fox  
Alexis Frederickson  
Eric Gable  
Madison Gaskin  
Joseph Geisen  
Abigail Gerig  
Austin Grim  
Addison Grohman  
Kyrsten Grover  
Kellen Guinn  
Greta Gustafson  
Katie Haefner  
Brandon Haehnel  
Autumn Hamilton  
Cameron Harper  
Jessica Havlik  
Seth Hemingsen  
Mary Hess  
Ryan Hessler  
Victoria Hewitt  
Maranda Holloway  
Lance Huber  
Taliha Hull  
Samuel Huston  
McKenzie Huver  
Haris Islamcevic  
Mathea Ismond  
Graham Johnson  
Madison Kaminski  
Reece Karns  
Megan Khodl  
Kyle Klaver  
Joseph Kline  
Nicholas Kloosterman  
Sara Kloosterman  
Kayla Kole  
Kalie Kopecek  
Hunter Kramer  
Daniel Kruse  
Allyson Laird  
Bridget Lally  
Anna Litchfield  
Savannah Lopez  
Maxwell Majinska  
Claire Maksymetz  
Marcus Malling  
Kyle Mankel  
Adam Marks  
Marilla Marks  
Brianna Massey  
Derek Massey  
Jarett Maughan  
Brett Maxim  
Sarah Mayhew  
Collin McGee

Bryndal McGillicuddy  
Hensley McMillian  
Evan Mierendorf  
Elizabeth Miller  
Richard Misak  
Mason Misiak  
Jordan Mixon  
Aleecea Moomau  
Ellinor Morris  
Karson Murley  
Garrett Nauta  
Abigail Nies  
Carter Noskey  
Sawyer Olesko  
Jacob Paffhausen  
Ashton Pallottini  
Brendan Paulus  
Brendan Pearson  
Alyssa Peckham  
Liam Peterson  
Samantha Petrovich  
Cameron Philo  
Anthony Pollock  
Mark Rasch  
Bailey Reitsma  
Tess Richardson  
Tyler Ritchie  
Hannah Ritsema  
Trevor Roest  
KaRae Freeman Roscoe  
Noah Roth  
Isaiah Rowley  
Courtney Schmidt  
Sara Schuitema  
Karen Senneker  
Ashley Sebenta  
Trevor ShurLOW  
Austin Smit  
Madison Smith  
Jacob Sprague  
Anthony Stedman  
Gabriel Steed  
Brooke Steffen  
Ryan Stevens  
Austin Stickney  
Allyson Stockreef  
Andrew Struckmeyer  
Hayden Sutton  
Joshua Talalay  
Katie Taylor  
Michael Trupke  
Valerie Tyler  
Jamie-Lynn Urban  
Micaela VandenBerg  
Courtney VanderMark  
Morgan VanEnk  
Breanna VanLaan  
Calvin Warning  
Kyle Washburn  
Courtney Watson  
Amanda Webster  
Donelle Weeks  
Rylee Wester  
Brian Whitsett  
Faith Wilson  
Jared Wilson  
Sarena Wilterdink  
Nolan Yahrmart  
North Yates  
Alysia Ysasi  
Briar Zimmerman  
Mallory Ziolkowski

## 10TH GRADE

Allison Annable  
Denis Bandzak  
Maxwell Barber  
Tanner Barnes  
Rachel Bazen  
Daniel Bieri  
Taylor Bierling  
John Bigham  
Abrielle Bladley  
Nathan Blattner  
Maria Blough  
Blake Bochert  
Santana Boulton  
Mikayla Bozman  
Josh Branagan  
Hannah Briggs  
Laurel Bronkella  
Paige Brown  
Joshua Buechler  
Adele Burnier  
Katelyn Bush  
Mackenzie Bush  
Amy Carpenter  
Austin Casarez  
Nicholas Castagno  
Colleen Cater  
Alexandra Chapdelaine  
Mitchell Clay  
Emma Clouser

Braylin Conner  
Amber Cook  
Kennedy Coxon  
Paul Crosby  
Bailey Cummings  
Kailee Dawson  
Emily DeGarmo  
Lauren DeHaan  
Caitlin Doyle  
Hannah Draigh  
Tyler Feeney  
Bradley Fisher  
Danielle Fron  
Alexia Garcia  
Caitlyn Gauck  
Nathan Gibas  
Zachary Gordon  
Shannon Gorman  
Veronica Grieves  
Frederik Guldbrandsen  
William Halling  
Nickolas Higgins  
Rachel Hindley  
Tayler Hoevenaar  
Megan Hofman  
Katie Holzhueter  
Jacob Hoofman  
Todd Hovey  
Kelliann Jacobs  
Chloe Johnson  
Jessica Johnson  
Emily Judd  
Bethany Kaczanowski  
Samantha Kane  
Supree Kanokpetch  
Tyler Kooiman  
Danielle Krajewski  
Nathen Kyburz  
Kelsey Ladner  
Hannah Lambert  
Montana Launer  
Jared Laux  
Mary Leasure  
Cole LeBarre  
Nicole Lehman  
Newton Longway  
Nicholas Longway  
Austin Luft  
Victoria Lysberg  
Nicholas MacDonald  
Kaitlin Makuski  
Dylan Mankel  
Andrew Martin  
Alexis Martinez  
Selena Mata  
Andrew McCormick  
Emma McLane  
Tara McQueen  
Jillian Meade  
Matthew Milstead  
Esme Misiak  
Kathryn Montgomery  
Monica Munoz-Ramirez  
Landon Nethercott  
Nicholas Newman  
Kristen Nolan  
Anna Norder  
Breanna Oesch  
Daniel Onan  
Anna Organek  
Robin Passeno  
Anna Peterson  
Kittiphong Phoemsap  
Victoria Pickens  
Jacob Polsgrove  
Jason Price  
Grace Quiggle  
Brianna Raspor  
Parker Reed  
Anna Reynolds  
Breanna Rich  
Adrienne Rife  
Austin Rife  
Zachary Ritchie  
Jonathan Roberts  
Francesca Robinson  
Emelie Rohden  
Jesse Schmidt  
Rebecca Schreur  
Robert Schultz  
Jessica Graves  
Krystal Sheldon  
Hannah Skibbe  
Kaleb Smith  
Logan Smith  
Ashlin Stedman  
Jessica Steiner  
Marissa Sterzick  
Bethany Stewart  
Catherine Stump  
Lydia Tawney  
Morgan Taylor  
Alainie Thomas  
Jace Thomas

Hana Travnickova  
Ashley VanderLaan  
Clayton Velting  
Alon Watson  
Rebecca Weaver  
Maxwell Wester  
Philip Wetherbee  
Danielle Whaley  
Paige Wilson  
Chase Wilterdink  
Catherine Wissman  
Michael Wittenbach  
Feiye Xu  
Rachael Yomtoob

## 11TH GRADE

Isobel Alberts  
Kelvin Anderson  
Sidney Anderson  
Shelby Antel  
Kiersten Ashenbrenner  
Lauren Baker  
Paula Barlas  
Zachary Bauman  
Kortney Beachler  
Joshua Bearup  
Connor Bergin  
Austin Bieri  
Benjamin Bigham  
Ashley Bitely  
Kaeziah Bladley  
Michael Blake  
Lauren Blanchard  
Brie Blattner  
Emmalee Blough  
Kyle Blough  
Kristine Bobko  
Alexia Bocskey  
Christopher Bodus  
Alix Bohn  
Brittany Branagan  
Tristen Bray  
Isaac Brenner  
Randal Brinks  
Dylan Brower  
Travis Brubaker  
Monica Bussell  
Richard Cadwallader  
Casey Cahoon  
Katherine Canfield  
Taylor Carey  
Blythe Carvajal  
Adam Charron  
Alex Chavez  
Levi Churches  
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  
Austin Drayton  
Allysen Dubisky  
Erin Duma  
Isaac Duma  
Hunter Engels  
Haley Epema  
Madeline Falkenstern  
Alison Finley  
Caleb Flentje  
Cassandra Flier  
Zachary Fotis  
Sydney Fox  
Makenzie Frederickson  
Morgan Fuller  
Jacob Garcia  
Nicholas Geisen  
Austin Goebel  
Garrett Gordon  
Jessica Graves  
Michelle Griffioen  
Morgan Groendyke  
Ian Grohman  
Parker Groom  
Noel Grover  
Kathryn Haan  
Scott Haehnel  
Paige Hale  
Taylare Harris  
Charlotte Hayden  
Brittney Heikkila  
Mackenzie Hewett  
Madison Holmes

Jeffrey Houston  
Grace Inda  
Bailey Jack  
Zachary Jahnke  
Moises Kabandana  
Alex Kaminski  
Joseph Kargl  
Zachary Kaywood  
Jordan Kazen  
Liam Kelley  
Luke Kloosterman  
Alexander Kornoelje  
Derek Krajewski  
Mallory Kramer  
Austin Krebill  
Colleen Lally  
Brittana Landheer  
Joshua Larson  
Matthew Lazar  
Ryan Lubbers  
Vanessa Lubitz  
Spencer Lyon  
Jordan Lytle  
Catherine Majinska  
Brittany Martin  
Alyssa McCormick  
Kennedy McCready  
Paige McKenna  
Catherine McNaughton  
Heaven McQueen  
Andrew Metternick  
Carl Mitchell  
Athena Mohr  
William Moody  
Kaelyn Moseler  
Kelsey Mullin  
Sarah Murray  
Hannah Nelson  
Jacob North  
Sarah Oesch  
Emily Paffhausen  
Mallory Paiz  
Morgan Perkins  
Caleb Perosky  
Paige Perry  
Jacob Petersen  
Benjamin Peterson  
Chase Peterson  
Abby Petroelje  
Rachel Phelps  
Tonya Phillips  
Christopher Platz  
Jacob Plunkett  
Meghan Plutschouw  
Jacob Poff  
Nicholas Proefke  
Ashley Putney  
Matthew Reitsma  
Justin Rinks  
Sean Ritsema  
Paige Rozell  
Jenna Saunders  
Cody Selli  
Brett Senneker  
Brandi Shelley  
Austin Sherrill  
Kyler ShurLOW  
Jackson Simmons  
Austin Sirowatka  
Christian Sirowatka  
Mark Slaktoski  
McKenzie Slupe  
Julia Smelt  
Karah Smith  
Michelle Smith  
Nicholas Smith  
Tyler Smoes  
Cassandra Speck  
Madison Stadt  
Danielle Starkey  
Hailey Stasiak  
Aubreigh Steed  
Garett Stehley  
Jacob Stephens  
Ashlee Stormzand  
Brandon Strzyzewski  
Quinn Summerfield  
Amanda Susnak  
Jacob Sweet  
Joshua Theisen  
Alexandra Tremblay  
Marc VandenBerg  
Hunter VandenHout  
Sarah VanderKlok  
Kimberly VanOverloop  
Rachael Walters  
Ryan Walters  
Jeremiah Wenger  
Garret White  
Madelynn Willemstein  
Cuerstan Wise  
Rachel Wittenbach  
Alexander Woodman

Jonathan Wyckoff  
Katelyn Yuhas

## 12TH GRADE

Connor Acker  
Aaron Anderson  
Hannah Anderson  
Titan Anderson  
Sabrina Antcliff  
Timothy Antel  
Micah Babcock  
Michael Bachmann  
Shelby Baird  
Alanna Bancroft  
McKensie Barnes  
Justin Barrett  
Amy Bartkus  
Perry Bencker  
Jorie Bennett-Walsweer  
Rebekah Betts  
Cody Bieri  
Corryn Bieri  
Derek Bitterman  
Kevin Blanchard  
Kyle Bowers  
Skylar Bowne  
Kaeleb Brown  
Haley Buck  
Sawyer Buck  
Quinton Bunn  
Hannah Burr  
Holly Canfield  
Bradley Cardis  
Brigitte Casalina  
Bradlee Chesebro  
Molly Clarke  
Jordan Cloud  
Paige Coble  
Jacob Collins  
Daniel Cowden  
Zachary Crawford  
Sarah Crosby  
Jacey Culross  
Nicole Cummings  
Alexandria Daniel  
Jacob Davenport  
Zachary Dawson  
Emilyn Dec  
Molly Denison  
Jordan Dennie  
Heather Dimmick  
Kennedy Dodde  
Jack Dues  
Daniel Dyer  
Joshua Elliott  
Abigail Ellis  
Delainey Ferguson  
Licia Feuerstein  
Andrew Finch  
Collin Finkhouse  
Kristin Fisher  
Abigail Fientje  
Carissa Flier  
Christina Folkersma  
Michelle Foote  
Jonathan Fox  
Christopher Fuller  
Shelby Gaskin  
Joseph Gauck  
Joshua Gee  
Zachary Gibas  
Austin Gildea  
Zachary Graves  
Hannah Green  
Madison Hacker  
Bailey Haefner  
Anthony Hanson  
Taylor Harrison  
Madonna Hause  
Evan Hedlund  
Alexander Heffron  
Lukas Henderson  
James Herb  
Emily Hessler  
Alexa Hewett  
Joshua Hewitt  
Cory Heykoop  
Brianna Higgins  
Karianna Hill  
Marissa Hills  
Alexandra Hinton  
Nicholas Hoff  
Bryce Hrusovsky  
Ashley Huber  
Jennifer Huffman  
Christian Huisman  
Zachary Huver  
Philip Janowski  
Mikayla Jennings  
Jordan Johnson  
Kaitlyn Johnson  
Maranda Johnson  
Katelyn Kaczanowski

Christianne Kargl  
Annette Kehoe  
James Kendall  
Jacob Khodl  
Sean Khodl  
Kolby Kloosterman  
Sophie Kohtz  
Kayleigh Lambert  
Austin Lemke  
Maxin Ligman  
Jordan Lillie  
Brendan Lobbezoo  
Bailey Loughlin  
Dakotah Lytle  
Matthew Majinska  
Kelli Malcolm  
Kimberly Malcolm  
Jason Malling  
Johnathon Mark  
Tobias Marks  
Chad Martin  
Shannon Massey  
Delaney McCarrey  
Nicholas McCormick  
Keaton McGregor  
Alexander McIntire  
Breana McKendrick  
Morgan McVey  
Emily Milstead  
Sarah Misak  
Jacob Mitchell  
Kile Mitchell  
Jessica Montgomery  
Aaron Morris  
Johnny Morris  
Seth Munroe  
Mattie Newman  
Alexis Noonon  
Douglas Nordman  
Grant Noskey  
Danielle Ordway  
Cody Oster  
Audrey Pearson  
Megan Perkins  
Emily Peterson  
Nicole Platz  
Brandon Poll  
Andrew Potter  
Tyler Prill  
Hunter Race  
Audrey Rasch  
Elias Rempalski  
Alexis Rife  
Austin Rix  
Joshua Rocco  
Abigail Rogalke  
Rebecka Roth  
Tyler Roth  
Kristin Russell  
Mark Russo  
Ryan Schaefer  
Leah Schlosser  
Emily Schreur  
Justin Scott  
Janelle Sebela  
Dalton Seese  
Matthew Shade  
Donald Shaffer  
Trentin Sheppard  
Nichole Slupe  
Julie Smith  
Maxwell Spoelstra  
Brianna Steiner  
Hope Stepek  
Reed Stormzand  
Raechel Stougaard  
Kyle Stubbins  
Ethan Sutton  
Brittany Tasma  
Brandon Tichelaar  
Madeleine Tlapak-Lavean  
Alexander Tobin  
Emma Tompkins  
Gabrielle VandenBerg  
Scott VanOosten  
Erin Wade  
Nicholas Walker  
Brad Walling  
Pierce Watson  
Tori Watson  
Lauren Weaver  
Gabriel Wehby  
Taylor Whaley  
Ashley White  
James Wierenga  
Jenna Wilder  
Blake Willard  
Brice Wingerter  
Maggie Wissman  
Ashley Worthington  
RaeAnn Zachow  
Joshua Zalis

# Keeping New Year's resolution for quitting

Over half of the resolutions made every year involve improving our health. Most of those will center around weight loss, exercise or smoking. Several studies have shown that if a New Year's resolution is going to fail, that usually occurs by the end of January. It makes sense that we want to take care of our bodies; the question is how do we set realistic, achievable goals so we can obtain the desired results?

Quitting smoking is unique because it involves behavioral and

psychological elements, as well as a chemical dependency to the drug nicotine. The smoker's addiction begins when they are young, usually under 16 years of age. They assume they can quit anytime they want. But over time, smoking becomes ingrained into their daily routines. Unknowingly the smoker spends literally years perfecting this addiction, which most people refer to as a habit. But smoking is more than just a habit to overcome. It's an addiction to recover from.

When it comes to smoking cessation, a recent article shed light on why so many smokers fail. The Mayo Clinic located in Rochester, MN, has one of the country's foremost treatment centers. A review of patient charts from the clinic's Nicotine Dependence Center identified three common mistakes made by smokers trying to quit.

The first mistake is buying pills or devices sold over the phone or on the Internet. Quick, cheap fixes are gimmicks that make

profits for the companies peddling the products, but do nothing for smokers.

Ads on the radio promise free samples of pills or no-risk starter kits; all they

and treatment specialist. She did her training at the Mayo Clinic. "I tell patients

**"Quitting smoking is easy. I've done it a thousand times."**

- Mark Twain

GETQUIT  
CLINIC



need is your credit card to ship the product. These are scams that continue to bill your account for months, while the customer loses money and self-esteem from the unfulfilled promise. There are no easy answers, but there are now clearly established clinical guidelines that outline what treatments are effective.

The second mistake is jumping into a quit attempt for the wrong reason or at the wrong time, when the smoker is not truly ready. So your grandchild nagged you over the holidays and you said, "OK, OK, OK- I'll quit for New Years." Most often this leads to yet another frustrating experience. A smoker needs to affirm that they are quitting for themselves, not others and they are serious, ready to do what it takes.

The last mistake is the most common – quitting cold turkey. This method is defined as quitting without any preparation or plan and no idea how to stay smoke free. The Center for Disease Control cites that the long-term success rate of unaided smoking cessation is less than four percent. Because nicotine dependence is an addiction, smokers need an individual plan to address the behavioral and emotional components of that addiction and a medication to help the body through the withdrawal symptoms.

The latest clinical guidelines for health care providers stress the need for counseling in addition to a medication for the best results. Again this January, there are free smoking cessation classes in Lowell beginning Thursday, January 10 at Lowell Family Medical Center. Jodie Seese is a nationally certified tobacco addiction

rather than say 'I should quit smoking January 1st,' spend some time learning about what the options are and say, 'This year I am going to research what would work best for me to quit smoking.' That way you know what to do when you determine you are ready."

The classes in Lowell are designed to help each person create their own Quit Plan based on how much they smoke, when and where they smoke and why they smoke. "Each patient is different. Quitting is a highly individualized process," Seese explains. There are seven medication options. One common misconception is that if you take a medication, you will automatically quit smoking. These medications are aids to quitting; not a cure. Seese continues, "The guidelines state you need both medications and counseling. The class provides the counseling for six weeks. It helps patients before, during and after their quit date."

Classes incorporate clinical treatment guidelines, physician advice and personal accounts from former smokers who have attended past classes in Lowell.

Weekly topics include nicotine addiction, a review of medications and nicotine replacement therapies, stress management, nutrition and relapse prevention.

Participants will get information on free or reduced cost medications through patient assistant programs.

The January 10 class is offered free of charge thanks to Lowell Community Wellness, which uses funds earmarked for community support from the Pink Arrow Pride. Registration is encouraged, but not required by calling 616-446-7058.

## Fresh and Fun FAMILY RECIPES

Rachael Ray's

FreshOver

Recipe Guide

offers delicious,

healthier meal options

FAMILY FEATURES

To help families transform ordinary meals into fresher versions that the whole family will feel good about eating, Ziploc Brand has partnered with best-selling author and TV personality Rachael Ray to bring healthier food choices to tables with the Great American FreshOver Project, a fresh food makeover made easy. Rachael is an expert at creating quick meals. She aims to motivate families to swap their traditional recipes for versions that contain healthier ingredients and taste just as good.

"According to a Ziploc Fresh Eating Survey, 72 percent of Americans feel like a good parent when their family eats fresh food, but only 47 percent eat fresh foods on a daily basis. To make eating fresh easier, Ziploc and I are sharing recipes and tips on how to incorporate fresh ingredients into favorites like pizza and mac 'n cheese," said Ray. "Anyone can get started on their FreshOver Projects in their own kitchen."

For more recipes from the Ziploc Brand and Rachael Ray, visit the Ziploc Brand Facebook Page at [www.facebook.com/ziploc](http://www.facebook.com/ziploc).



### Broccoli and Cauliflower Gratin Mac 'n Cheese

Yield: 6 servings  
Prep Time: 20 minutes  
Cook Time: 1 hour

- 1 small head or bundle broccoli, trimmed into florets
- 1 small head cauliflower or half a large head, trimmed and cut into florets
- 1 pound whole-wheat macaroni or penne or other short cut pasta
- 2 cups sour cream or reduced-fat sour cream
- 1 tablespoon Dijon mustard
- 1/3 cup finely chopped chives
- 2 cloves garlic, peeled and grated or crushed into paste
- A few drops hot sauce
- Salt and freshly ground black pepper
- 2 1/2 cups grated extra-sharp cheddar

Bring large pot of water to a boil over medium heat. Salt water and add broccoli and cauliflower florets. Boil vegetables for 5 minutes, then remove with a spider or a strainer and drain.

Meanwhile, combine sour cream in large bowl along with mustard, chives, garlic, hot sauce, salt and pepper, to taste.

Add pasta to water and undercook by about 2 minutes, drain.

Meanwhile, combine sour cream in large bowl along with mustard, chives, garlic, hot sauce, salt and pepper, to taste.

To heat and eat, put casserole on baking sheet and bake in the middle of a preheated 375°F oven until deeply golden and bubbly, about 40 to 45 minutes.

**TIP:** Make a double batch and freeze for a later date.

### Stretch a Buck Turkey and Bean Burrito Burgers

Yield: 4 servings  
Prep Time: 20 minutes  
Cook Time: 16 minutes

- 1 cup cold leftover white or brown rice
- 1 pound ground turkey
- 1 (15-ounce) can pinto beans, rinsed and drained
- 1/2 teaspoon cumin, half a palmful
- 1/2 cup coriander, half a palmful
- 1 tablespoon grill seasoning, (recommended: Montreal Seasoning by McCormick)
- 1 tablespoon canola oil
- 1 ripe avocado
- 1 clove garlic, grated or finely chopped
- 1 lime, zested and juiced
- 1 jalapeño or serrano pepper, seeded and finely chopped
- 1/2 small red onion, finely chopped
- 1/2 cup sour cream
- 4 red leaf lettuce leaves
- 1 ripe tomato, sliced
- 4 crusty rolls, split

Combine rice, meat and beans with spices and grill seasoning. Form 4 big patties, then heat 1 tablespoon oil (a turn of the pan) in a large skillet over medium-high heat.

Cook patties 7 to 8 minutes on each side. While burgers cook, combine avocado with garlic, lime zest and juice, jalapeño and red onion.

Mash to roughly combine, then stir in the sour cream.

Place burgers on buns with lettuce and tomato, and top with sour cream guacamole.

**TIP:** To keep leftovers fresh, store in reusable dishes like Ziploc Twist n' Loc Containers.

### The Only Pizza You'll Ever Want Again

Yield: 4 servings  
Prep Time: 15 minutes  
Cook Time: 20 minutes

- Crust**
  - 1 16-ounce package pizza dough, brought to room temperature
  - 2 teaspoons extra virgin olive oil
  - 2 tablespoons grated Parmigiano-Reggiano
- Toppings**
  - 1/3 pound broccoli from trimmed broccoli bin in produce section, 1/3 head
  - 1 tablespoon extra virgin olive oil, 1 turn of the pan
  - 3 cloves cracked garlic
  - 1/2 pound chicken breast cut for stir fry, or chicken tenders
  - Salt and freshly ground black pepper
  - 1 cup part skim ricotta cheese
  - 10 sun dried tomatoes in oil, drained and sliced
  - 1 cup shredded mozzarella cheese, available on dairy aisle
  - 12 to 15 leaves fresh basil, torn or stacked and thinly sliced

Preheat oven to 500°F.

On 12-inch nonstick pizza pan, stretch out dough and form pizza crust. Drizzle olive oil on crust and spread it with a pastry brush over the dough to the edges.

Sprinkle crust with grated Parmigiano-Reggiano.

In a small covered saucepan, bring 2 inches water to a boil. Separate broccoli tops into florets, discarding lower stalks or reserving for soup. Salt water and add broccoli florets. Cook, covered, 3 to 5 minutes. Drain broccoli and set on cutting board. Chop broccoli florets into small pieces.

Heat a small nonstick pan over medium high to high heat. Add oil, cracked garlic and chicken. Season with salt and pepper. Brown chicken until lightly golden all over, 3 to 5 minutes.

Chop sautéed chicken and garlic on a cutting board into small pieces.

To assemble pizza, dot crust with broccoli and chicken. Dot crust with spoonfuls of ricotta, spreading gently with the back of spoon. Add sliced sun-dried tomatoes, scattering around pizza to edges. Complete assembly with a thin layer of shredded mozzarella.

Place pizza in oven on middle rack and lower heat to 450°F.

Bake 12 minutes, until cheese is deep golden in color and crust is brown and crisp at the edges.

Remove from oven and let stand 5 minutes. Top with lots of torn or shredded basil. Cut pizza into 8 slices using pizza wheel and serve.

**TIP:** Put an individual serving size of chicken in Ziploc Brand Perfect Portions Bags right after purchasing and freeze in a Ziploc Brand Freezer Bag. That way you don't have to defrost more chicken than you need for a meal.





## Kentucky reader has been there and back again, still enjoys the Ledger

by Justin Tiemeyer  
contributing reporter

Wilma Runyon has been living in Dry Ridge, Kentucky, for the last 23 years. If anyone was still entertaining the belief that she simply forgot to cancel her subscription to the

Lowell Ledger, two decades of devoted reading would beg to differ.

"I just like the local information," Runyon said.

Runyon was born in Kentucky, but moved to Michigan after completing high school. In Lowell,

her family would expand to include a husband and children. Her son still lives in Lowell and her daughter lives in nearby Caledonia.

In 1989, Runyon and husband returned to Kentucky.

Runyon's favorite section of the Ledger

might sound strange for an out-of-towner, but she has no qualms with loving the classified listings. Whenever she comes back to Michigan for the summer or for special events, like her granddaughter's wedding this fall, she enjoys checking out the local yard sales.

Runyon adores Fallsburg Park. She also misses canoeing and fishing on Lowell's rivers. She thinks of Lowell often.

"There's nothing for me here," Runyon said, reflecting on her desire to leave Kentucky.

Runyon's favorite thing about Lowell is celebrating Christmas in a small town. She hopes that her husband can retire soon so they can spend next Christmas in Lowell with their friends, family and their fellow Ledger subscribers.

## Caring and compassion go into soup bowls for God's Kitchen

In keeping with the school district's December character trait of "Caring/Compassion", Nancy Russell's second graders from Murray Lake

Elementary painted soup bowls for the *Soup's On For All* event that will take place at the Bob, downtown Grand Rapids, on January 28.

This is an amazing dinner of delicious soups, breads and desserts served up by local celebrities.

This event raises money to help purchase

food and other necessary items for God's Kitchen, a Catholic Charities non-profit organization.

The students paid \$4 from their own earnings at home to pay to paint their bowls.

The actual cost is \$8. The Family Links group paid the remaining \$4 for each student.

The bowls were taken to Gallery 303, part of God's Kitchen, to be fired.

After that, the bowls will go to the *Soup's On For All* event where people who attend can choose one as a thank you.

The money that the students paid to paint a bowl also goes to God's Kitchen.

Each student will receive a color print of their bowl after it gets fired.

If you'd like more information about the *Soup's On For All* event or would like to paint a bowl go to [www.soupsonforall.org](http://www.soupsonforall.org).



These second-grade students created special artwork for their bowls.



Michael Flohr, M.D.  
Chad Kresnak, O.D.  
Jennifer Shad, O.D.

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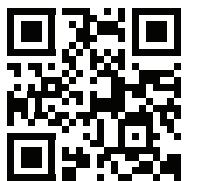
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# LAS WINTER SPORTS SCHEDULE

## GIRLS' VARSITY BASKETBALL

\* Denotes a home game at LHS Main Gym

1/4 at 7:30 p.m. Lakewood  
 1/11 at 7:45 p.m. Kenowa Hills  
 1/14 at 7:45 p.m. Jenison  
 1/18 at 7:45 p.m. FH Central\*  
 1/22 at 7:30 p.m. East Kentwood  
 1/25 at 7:45 p.m. East GR\*  
 1/29 at 7:45 p.m. Caledonia  
 2/1 at 7:45 p.m. GR Christian  
 2/5 at 7:45 p.m. Jenison\*  
 2/8 at 7:45 p.m. FH Central  
 2/15 at 7:45 p.m. East GR  
 2/19 at 7:45 p.m. Caledonia\*  
 2/22 at 7:45 p.m. GR Christian\*

## BOYS' VARSITY BASKETBALL

\* Denotes a home game at LHS Main Gym

1/4 at 7:30 p.m. Lakewood\*  
 1/11 at 6 p.m. Kenowa Hills  
 1/15 at 6 p.m. Jenison  
 1/18 at 6 p.m. FH Central\*  
 1/25 at 6 p.m. East GR\*  
 1/29 at 6 p.m. Caledonia  
 2/1 at 6 p.m. GR Christian  
 2/5 at 6 p.m. Jenison\*  
 2/8 at 6 p.m. FH Central  
 2/12 at 7:30 p.m. Cedar Springs  
 2/15 at 6 p.m. East GR  
 2/19 at 6 p.m. Caledonia\*  
 2/22 at 6 p.m. GR Christian\*  
 2/26 at 7:30 p.m. Union

## BOYS' VARSITY ICE HOCKEY

\* Denotes a home meet at E. Kentwood Ice Arena

1/5 at 4 p.m. Jenison  
 1/12 at 5 p.m. Portage Northern  
 1/18 at 8 p.m. Creston\*  
 1/19 at 7 p.m. Northview  
 1/26 at 2 p.m. Bay Area Thunder\*  
 2/1 at 8 p.m. Mattawan\*  
 2/2 at 4 p.m. Manistee\*  
 2/6 at 8 p.m. Creston  
 2/8 at 7 p.m. GR Christian\*  
 2/9 at 2 p.m. Wayland Union\*  
 2/13 at 8 p.m. West Catholic  
 2/15 at 8 p.m. Lanse Creuse\*  
 2/16 at 2 p.m. West Catholic\*  
 2/22 at 8 p.m. Northview\*

## GIRLS' VARSITY GYMNASTICS

\* Denotes a home meet in Auxiliary Gym

1/9 at 7 p.m. FH Northern\*  
 1/14 at 7 p.m. Rockford  
 1/16 at 6 p.m. East Kentwood  
 1/19 at 10 a.m. Lowell Invitational\*  
 1/21 at 7 p.m. Kenowa Hills\*  
 1/28 at 7 p.m. FH Northern  
 2/4 at 7 p.m. Rockford\*  
 2/6 at 7 p.m. East Kentwood\*  
 2/13 at 7 p.m. Kenowa Hills

## BOYS' & GIRLS' VARSITY SKIING

\* Denotes event held at Cannonsburg Ski Area

1/8 at 4 p.m. Tournament\*  
 1/15 at 4 p.m. Tournament\*  
 1/22 at 4 p.m. Tournament\*  
 1/25 Caberfae  
 1/29 at 4 p.m. Tournament\*  
 2/5 at 4 p.m. Tournament\*  
 2/14 Regionals\*

## BOYS' VARSITY WRESTLING

\* Denotes a home meet at LHS Main Gym

1/9 at 7 p.m. GR Christian/East GR  
 1/12 at 9 a.m. Gary Rivers Memorial Tournament\*  
 1/18 at 5 p.m. Triangular at Cherry Creek Elementary  
 1/20 at 11 a.m. Detroit CC at MSU  
 1/23 at 7 p.m. Caledonia  
 1/25 at 5 p.m. Triangular at Middle School Gym

## GIRLS' VARSITY COMPETITION CHEER

\* Denotes a home meet at LHS

1/5 Belding Invitational  
 1/12 at noon Gull Lake Invitational  
 1/16 at 6:30 p.m. Jamboree at GR Christian  
 1/19 Allendale Invitational  
 1/23 at 6:30 p.m. Jamboree at Northview  
 1/30 at 6:30 p.m. Jamboree\*  
 2/2 at 10 a.m. Kenowa Hills Invitational  
 2/4 Thornapple Kellogg Invitational  
 2/6 at 6:30 p.m. Conference at Cedar Springs

For More Information please visit  
[www.lowellschools.com](http://www.lowellschools.com)  
 Be sure to read the Lowell Ledger for  
 coverage of the LAS Varsity Winter Sports.

# Lowell Middle School first trimester honor roll

*Lowell Middle School honor roll for the first trimester – 2012-13 school year*

## 6TH GRADE

Anderson, Chase  
Andrus, Trevor  
Angiano, Alicia  
Anheuser, Nichole  
Arnett, Brekin  
Baerwalde, Timothy  
Baldwin, Kaitlyn  
Barnes, Danielle  
Barnhart, Hailey  
Battle, Joslynn  
Bennett, Zoe  
Bessey, Emily  
Bibbler, Kyle  
Bitterman, Bryan  
Bladey, Halaina  
Blum, Ashton  
Boersma, Mikayla  
Boersma, Renee  
Boersma, Savanna  
Brinks, Lennox  
Brown, Tyler  
Browning, Hunter  
Bush, Nathan  
Cater, Connor  
Clay, Bridgett  
Clouse, Amber  
Conlan, Brennan  
Cooper, Eleanor  
Coxon, Gavin  
Coxon, Regan  
Cremer, Morgan  
Cross, Tyler  
Cudney, Dylan  
Davidson, Andrew  
DeBoer, Linnae  
DeGrote, Justin  
DeHaan, Blake  
DeKam, Sarah  
DeKok, Conner  
Dent, Jordan  
DeRaad, Mackenzie  
DeWitt, Easton  
Doty, Katarina  
Dougherty, Ella  
Duursma, Michaela  
Egan, Cameron  
Ellsworth, Sarah  
Everhart, Logan  
Fabis, Zachary  
Fallstrom, Katherine  
Finkhouse, Cameron  
Fisher, Aili  
Fleszar, Laine  
Fogarty-Thomas, Tristan  
Folk, Taegan  
Forward, Jace  
Fowler, Marlie  
Frazer, Riley  
Frederickson, Ava  
Furtaw, Ethan  
Gable, Lora  
Georgacakes, Parker  
Gerig, Charity  
Gerth-McMullin, Harlie  
Gibas, Seth  
Ginsberg, Marilis  
Gissendanner, Deijah  
Godbold, Mason  
Goebel, Katelyn  
Goldsmith, Kohl  
Goldsmith, Zane  
Gomez-Tellez, Jailine  
Gonzales, Mason  
Gossman, Claire  
Graves, Samantha  
Gregory, Clayton  
Griebel, Marissa  
Groeneweg, Tyler  
Gruizenga, Kollen  
Guinn, Holden  
Hackett, Gwendolyn  
Hadley, Kevin  
Haefner, Emily  
Hansen, Amaya  
Harrison, Matthew  
Hart, Addie  
Havlik, Shannon  
Hayes, Jaklyn  
Helder, Jackson  
Hesche, Logan  
Hinzmann, Caiden  
Hoekstra, Carly  
Hoffman, Gavin

Holdridge, Alyvia  
Hough, Jared  
Houghtaling, Megan  
Hudson, Brett  
Hussey, Aileen  
Ingram, Callie  
Jarrard, Ashleigh  
Johnson, Annabelle  
Johnson, Olyvia  
Jordan, Madison  
Kamradt, Olivia  
Kapcia, Tyler  
Kargl, Patrick  
Kelley, Ethan  
Kermeen, Danielle  
Kinyon, Kianna  
Kirkendall, Karsten  
Korhorn, Nicholas  
Korhorn, Noah  
Kovalick, Rylee  
Kreps, Justyn  
Kroll, Kelly  
Kurti, Samantha  
Landgren, Meghan  
Landon, Sara  
Larson, Emily  
Leach, Jeffrey  
Lee, Isabell  
Lewis, Nicolas  
Lewis, Paige  
Lothian, Emily  
Lythgoe, McKenzie  
Madden, Kenzie  
Mahalic, Matthew  
Mallindine, Addison  
Maxim, Devon  
McCormack, Gramm  
McCormick, Jarred  
McLane, Connor  
McQueen, Jared  
Meadows, Megan  
Melle, Madison  
Miller, Corah  
Miller, Tori  
Milligan, Brendan  
Milton, Alyssa  
Misak, Jonathan  
Mooney, Eric  
Moore, Noah  
Morgan, Bryce  
Moseler, Rayne  
Munger, Mia  
Murley, Jada  
Mutschler, Avry  
Nash, Hadyn  
Nauta, Ella  
Niemann, Nicolas  
Ogle, Isaiah  
Olesko, Case  
Ostrander, Grace  
Page, Shailynn  
Paiz, Natalie  
Paris, Holly  
Parsons, Andrew  
Pawloski, Alexis  
Peal, Katherine  
Petroelje, Trevor  
Philo, Brendan  
Piccard, Nicholas  
Pollema, Mattelyn  
Potter, Chase  
Ray, Ethan  
Reed, Elias  
Remar, Isabel  
Reynolds, Ivan  
Ricards, Mary  
Riffle, Sydney  
Rios Soriano, Ruben  
Ritsema, Julianne  
Roberts, Daraih  
Rockett, Marissa  
Roe, Megan  
Roest, Nathan  
Roest, Ryan  
Rose, Leanna  
Roth, Diana  
Russell, Andrew  
Russell, John  
Sage, Madison  
Saldivar, Sairge  
Saunders, Steven  
Schaefer, Jasen  
Schlanderer, Jayme  
Schneider, Robert  
Schneider, Samuel  
Schulte, Aaron  
Schwierking, Samuel  
Senneker, Tyler  
Sheldon, Case  
Sherman, Lucas

Simmet, Mason  
Simmons, Samuel  
Simpson Jr, Dwayne  
Sinon, Grace  
Skibbe, Marleigh  
Smith, Gabriel  
Smith, Michael  
Smoes, Cynthia  
Sobie, Haley  
Spoelstra, Maggie  
Sprague, Zachary  
Staup, Daniel  
Steffen, Cheyenne  
Steinebach, Joel  
Stephens, Kylee  
Struckmeyer, Nicholas  
Stump, Emily  
Summerfield, Alex  
Summerfield, Matthew  
Tava, Faith  
Teachworth, Christian  
Thompson, Briana  
Thompson, Jonas  
Thompson, Philip  
Tran, Tony  
Trierweiler, Irene  
Tripp, Sydney  
Uhen, Mackenzie  
Underwood, Joshua  
Utley, Camden  
VandenHout, Michael  
VanderWarf, Colin  
VanDeWeert, Nathaniel  
VanDyke, Taylin  
VanWynen, Lucas  
Visser, Sara  
Webster, Amber  
Wester, Abigail  
White, Abigail  
Williford, Korbin  
Winters, Hope  
Winters, Mason  
Wittenbach, Madelynn  
Zenker, David  
Zimmerman, Regan  
Ziomkowski, Madyson  
Zook, Anna

## 7TH GRADE

Aasman, Jordan  
Aikens, Taylor  
Allison, Morgan  
Anderson, Madeline  
Anes, Paige  
Angelo, Sky  
Antel, Melody  
Ashenbrenner, Bryan  
Baker, Collin  
Baker, Noelle  
Barrett, Nathan  
Barrie, Atlas  
Battaglio, Vincent  
Beimers, Christian  
Bell, Keaton  
Bendall, Gabriel  
Berklich, Jonathan  
Bierling, Carter  
Blakie, Laurel  
Boggs-Osman, Hailey  
Branagan, Makyla  
Brandt, Alexander  
Breen, Devin  
Brenner, Olivia  
Brown, Amber  
Brown, Emily  
Buckius, Addison  
Bush, Joshua  
Bussell, Mitchell  
Chaires, Carlos  
Chapman, Dawson  
Charron, Ashton  
Chertos, Tayler  
Cilley, Dax  
Clark, Carson  
Clouatre, Kimberly  
Cody, Brynn  
Conlan, Riley  
Cook, Alexis  
Cornell, Travis  
Corner, Brittany  
Crace, Madelyne  
Creighton, McKenna  
Cupp, Devin  
Cussimano, Katherine  
Davis, Christian  
Davis, Thomas  
Dean, Cassandra  
Dean, Darby

Devereaux, Caleb  
Dial, Isabelle  
Dimmick, Eric  
Dixon, Elijah  
Doty, Selena  
Douma, Brady  
Douma, Connor  
Draigh, Jonathan  
Droski, Katrina  
Duhr, Quinne  
Duimstra, Jarrett  
Eggleston, Dylan  
Engle, Austin  
Ettinger, Ethan  
Evink, Mitchell  
Fahmi, Keana  
Feeney, Jordan  
Fleenor, Geoffrey  
Flier, Katelyn  
French, Autumn  
French, Casey  
Fritsma, Joel  
Fryers, Brooklyn  
Garcia, Josiah  
Gerulis, Jarius  
Gordon, Makayla  
Greenhoe, Tierney  
Gutowski, Jacob  
Hackstedt, Joshua  
Haff, Mitchell  
Halfmann, Hannah  
Hall-Jones, Elijah  
Hancock, Joseph  
Hanson, Jacob  
Harper, Jenna  
Harper, Ryan  
Hart, Maria  
Higley, Alexis  
Hindley, Lindsay  
Hoevenaar, Hailey  
Hofman, Samuel  
Hull, Lydia  
Hutchinson, Amaya  
Jack, McKenzie  
Jankowski, Peyton  
Jaskolski, Cole  
Jernberg, Dylan  
Johnson, Evan  
Johnson, Jade  
Johnson, Roman  
Johnson, Shelly  
Jones, Skyler  
Kaminski, Ethan  
Kastanek, Abigail  
Kehoe, Jonathon  
Kelly, Fiona  
Kenkel, Haley  
Kerkstra, Mitchell  
Khalsa, Akasha  
Kleinedler, Rachel  
Knight, Vanessa  
Kolp, Annelise  
Kondor, Dawn  
Kroll, Katherine  
Kropf, Emily  
Kruse, David  
Krzysik, Dakota  
Krzysik, Hunter  
Kuhns, Elizabeth  
Lachowski, Laura  
Laird, Alexander  
LeFebre, Andrew  
Link, Joanna  
Lobbezoo, Benjamin  
Longway, Cassiopeia  
Looman, Chloe  
Lubbers, Courtney  
Lynch, Tyler  
Mangus, Abigail  
Martin, Marissa  
Mason, Nicholas  
Massel, Cameron  
Mast, Caleb  
McDonald, Kelum  
McDowell, Abigail  
McGee, Cody  
McGovern, Autumn  
McRee, Gabrielle  
McVey, Blake  
McVey, Rachel  
McWayne, Justin  
Meecker, Taylor  
Mellema, Sadie  
Merritt, Ian  
Mexicano, Daniel  
Miller, Raiden  
Minier, Madison  
Misak, Samuel  
Mrozinski, Karleigh

Mullins, Benjamin  
Nethercott, Eden  
Noffke, Ryan  
North, MacKenzie  
Nugent, Connor  
Nugent, Jacob  
Nugent, Nicole  
O'Strander, Bailey  
Ohlrich, Jessica  
Patrick, Alexander  
Paulus, Nicole  
Pawlowski, Ryan  
Perosky, Grace  
Perry, Channing  
Platz, Stephanie  
Plunkett, Justin  
Poll, Alexis  
Pollock, Austin  
Polsgrove, Morgan  
Powell, Sydney  
Pratt, Garrett  
Price, Natalie  
Quiggle, Ethan  
Rankin, Alec  
Ransom, Miah  
Rau, Jacob  
Read, Devin  
Roberts, Carrie  
Roest, Brianna  
Ross, Seth  
Roth, Evan  
Rozell, Roman  
Russell, Payton  
Russo, Mitchell  
Ryan, Lane  
Sanders, Brendan  
Sawyer, Holton  
Schluckbier, Kaelonnie  
Schmidt, Chloe  
Schwartz, Max  
Seese, Drake  
Senneker, Kaitlyn  
Smith, Erin  
Sparks, Kya  
Spencer, Noah  
Stadt, Justin  
Starkweather, Olivia  
Staskus, Christopher  
Stockreef, Emma  
Stump, Kenneth  
Summerfield, Megan  
Svoboda, Nathaniel  
Swain, Caleb  
Tavarone, Olivia  
Tichelaar, Zachary  
Tower, Mitchell  
Trollman, Alex  
VanAmburgh, Brayden  
VandeKopple, Griffin  
VanderBoon, Vanessa  
VanderMark, Bailey  
VanOosten, Jordan  
Vazquez, Rylan  
Virsik, Joshua  
Whaley, Austin  
Whittum, Elyssa  
Wilcox, Kaitlin  
Wilczewski, Justin  
Williams, Gaven  
Williams, Jade  
Williams, Kaitlynn  
Willson, Jarod  
Woern, Jason  
Worsley, Noah  
Wyant, Trenton  
Yomtoob, Nathan  
Yuhus, Keigan  
Zimmerman, Kennedy

## 8TH GRADE

Anderson, Adam  
Anderson, Karmen  
Anderson, Sterling  
Andrus, Jordan  
Baerwalde, Angela  
Barber, Nathan  
Barnes, Keagan  
Battle, Brennan  
Bauman, Sela  
Beachler, Matthew  
Bem, Johanna  
Bergin, Jeremy  
Bierlein, Delaney  
Bileth, Dakota  
Bishop, Jacob  
Bishop, Maxwell  
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Bodemann, Katherine

Boulton, Elijah  
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Branagan, Austin  
Braybrooks, Majesta  
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Brooks, Mikayla  
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Burt, Madeline  
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Chapin, Emma  
Chapman, Brodrick  
Chrisman, Autumn  
Churches, Colton  
Clarke, Ryne  
Clemenshaw, Katie  
Clouse, Paige  
Comer, Austin  
Conard, Sydney  
Coxon, Riley  
Coyne, Troy  
Curtis, Amber  
Dalessandro, Nicholas  
DeCator, Maria  
DeHaan, Paige  
DeVito, Samuel  
deVoest, Andrew  
Dixon, Kyla  
Dodde, Sydney  
Dollar, Megan  
Dommer, Alexander  
Doyle, Michael  
Dubisky, Robert  
Dull, Preston  
Endres, Shane  
Epema, Jonah  
Ergang, Brayden  
Fezzy, Victoria  
Fisher, Edward  
Fleszar, Isabelle  
Ford-Weber, Callie  
Ford-Weber, Rose  
Forward, Alise  
Fosburg, Paige  
Fox, Brady  
Franklin, Cassandra  
Frederickson, Laurel  
Fuller, Darby  
Furtaw, Taylor  
Gaines, Kamryn  
Garter, Bridget  
Geldersma, Bethany  
Godbold, Haley  
Grant, Parker  
Grasman, Sonja  
Green, Abigail  
Grile, Elizabeth  
Grochowalski, Emily  
Guyer, Aliena  
Haines, Madeleine  
Hall, Megan  
Hall, Rebecca  
Hawkins, Nathan  
Haywood, Brianna  
Heikkila, Edward  
Hieftje, Kollin  
Higgins, Taylor  
Hock, Emily  
Hock, Olivia  
Hoekstra, Shannon  
Holdridge, Kamryn  
Holmes, Jacob  
Hoseth, Molly  
Hubert, Thomas  
Hudson, Anderson  
Huizinga, Noah  
Humphreys, Jerrod  
Inda, Bailey  
Jamison, Logan  
Jeffries, Kara  
Jernberg, Danton  
Johnson, Savanna  
Judd, Eric  
Jurmo, Kelsie  
Kargl, Jeremy  
Kaufman, Caleb  
Kelley, Kaitlin  
Kooistra, Bretton  
Korzen, Adam  
Ladner, Josie  
Landman, Logan  
Lane, Aidan  
Launer, Clayton  
Laux, Zachary  
Lewis, Geniaya  
Lezan, Jared  
Liddle, Kyle

Lilly, Leah  
Lubbers, Kayeleigh  
Majestic, Sara  
Malone, Jack  
Martinez, Makyla  
Mason, Samuel  
McCormack, Madison  
McDonald, Carsen  
McIntire, Alyssa  
McLarty, Kenzie  
Mears, Alyssa  
Melle, Jarrod  
Micho, Tessa  
Mitchell, Kennedy  
Mooney, Nicole  
Moore, Daniel  
Murray, Austin  
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Nault, Mikayla  
Nelson, Matthew  
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Nietling, Nova  
Noffke, Benjamin  
Nurmikko, Olivia  
Owens, Hunter  
Paiz, Grace  
Patrick, Lawrence  
Peavey, Tiana-Marie  
Perysian, Jayce  
Peters, Jasmine  
Peterson, Katie  
Peterson, Mary  
Petricevic, Tiana  
Petroelje, Zachary  
Phillips, Remington  
Pickens, Caleb  
Pickett, Abigail  
Pontius, Josealyn  
Powell, Alexander  
Preston, Griffen  
Price, Lisa  
Pytlik, Jacquelyn  
Radashaw, George  
Reagan, Jacob  
Reed, Mansel  
Remar, Aiden  
Reynolds, Andi  
Ricards, Gina  
Ritchie, Megan  
Robinson, Samantha  
Roest, Alyssa  
Rogalke, John  
Roth, Emily  
Rozell, Alexander  
Russell, Samuel  
Schneider, Hayden  
Schramm, Braydon  
Sheppard, Gabrielle  
Sherman, Trevor  
Siciliano, Devon  
Simpson, Brenden  
Simpson, Courtney  
Slagell, Brevon  
Smit, Brandon  
Smith, Benjamin  
Smith, Landon  
Smithee, Connor  
Sobie, Caleb  
Solomonson, Sage  
Steinebach, Hana  
Stephens, Madison  
Stephens, Nathan  
Stewart, Benjamin  
Stewart, Jonathan  
Stoffers, Bradley  
Striplin, Kayleigh  
Sturgeon, Mason  
Taylor, Garret  
Taylor, Hailey  
Thompson, Jakob  
Thomson, Fiona  
Travis, Patrick  
Trierweiler, Donald  
Tripp, Steven  
Truba, Nickolas  
VandenHout, Sydney  
VanDyke, Trevor  
Vulpetti, Annina  
Walters, Sara  
Wenger, Corrina  
Weston, Zachary  
White, Lauren  
Whittum, Nathan  
Wilcox, Kodie  
Williams, Maya  
Winn, Sophia  
Wosinski, Jacob  
Wroten, Kendra

# obituaries

## BYRNE

Dorothy I. Byrne, age 100 of East Lansing, passed away Friday December 14, 2012. She was preceded in death by her brothers and sister. She is survived by her nieces and nephews, John P. (Carolyne) Byrne, Brian (Karin) Byrne, Barbara Gorenflo, Joan (Michael) Guenther, Denny (Deb) Byrne and Brandy (Darryl) Abe. Dorothy was a long time employee of Michigan State University. To Dorothy, life was her faith, family, and friends. Inurnment will take place at St. Patrick Cemetery, Parnell, in the spring. Arrangements by O'Brien-Eggebeen - Gerst Funeral Home, 616/949-7350, [www.gerstfuneralhomes.com](http://www.gerstfuneralhomes.com)



## TOWNSEND

Wayne A Townsend, age 67, of The Villages, FL, formerly of Vicksburg, passed away on Thursday, December 20, 2012. Services will be announced at a later date in early spring. Arrangements by Life Story Funeral Home, 409 S. Main, Vicksburg, 269-649-1697; for more information visit [www.lifestorynet.com](http://www.lifestorynet.com)

## WALLING

Clifford Walling, age 70, of Lowell, passed away Friday, December 21, 2012. He was preceded in death by mother, Mildred (Miller) Lucas, Walling, Mansfield, father and step mother Harold and Helen Walling, brothers William and Ronald Walling Sr., great niece Sheila Walling, sister-in-law Ruth Ann (Duncan) King. He will be lovingly remembered and missed by his wife of 49 years Frances (King) Walling; children, grandchildren and step grandchildren: Mindy (Nick) Tykocki and Zachary of Alto, Michigan, Edward (fiancée Jen Eding) Walling, Kelleigh (fiancé Trenton Marcks) and Mitchell Walling, Blake Delp, Katlyn and Camaraye Eding and great-grandchild due in January, all of Wyoming, Michigan; brother Robert (Barbara Needham) Lucas and special nephew Jeff of Lowell, Michigan; brother-in-law Richard (Clara Duncan) King of Lowell; sisters-in-law Dorothy Walling of Lowell, Sharyl Walling of Grand Ledge, Michigan; cousins, nephews, great nephews and great niece. Cliff began working at the gas station at the intersection of Ada Drive and Thornapple River Drive in 1984, when Citgo owned it. He stayed on through the years (22) as the station changed to Fairchilds, Crystal Flash and Speedway when he retired in 2006. Funeral services were held December 28 at Roth-Gerst Chapel. Pastor Nate Gray of Elmdale Church of the Nazarene officiated. In lieu of flowers, contributions in memory of Cliff may be made to Area Agency on Aging of Western Michigan, 1279 Cedar NE, Grand Rapids, MI 49503, Home Instead Senior Care, 2944 Fuller Ave NE, Grand Rapids, MI, Elmdale Church of the Nazarene, 11830 Drew Road, Alto, MI 49302 or the charity of one's choice.



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# Financial wellness can be yours in 2013

January is Financial Wellness Month — a great time to think about your own financial future and it happens to be the time that many make New Year resolutions. Why not combine the two and make your own financial wellness a resolution for 2013?

Here are our suggested resolutions for your financial wellness.

Start your financial plan with your Social Security Statement. The online Statement is simple, easy to use, and provides estimates you should consider in planning for your retirement. It provides estimates for disability and survivors benefits, making the Statement an important financial planning tool. Your Statement allows you to review and ensure that your earnings are accurately posted to your Social Security record. This feature is important because Social Security benefits are based on average earnings over your lifetime. If the information is incorrect, or you have earnings missing from your record, you may not receive all the benefits to which you are entitled in the future. [www.socialsecurity.gov/mystatement](http://www.socialsecurity.gov/mystatement)

Work the numbers. Once you get your online Statement, you can use the other free resources provided by Social Security. Use our Retirement Estimator, where you can get a personalized, instant estimate of your future retirement benefits using different retirement ages and scenarios. Visit the Retirement Estimator at [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator)

Do some light reading.

Learn more about Social Security, the benefit programs, and what they mean to you and your family, by browsing through our online library of publications. Many of our publications also are available in audio format and other formats. Our library at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs) is always open.

There are a number of ways you can celebrate Financial Wellness Month, so start off the New Year by looking out for your own financial wellness at [www.socialsecurity.gov](http://www.socialsecurity.gov).

Vonda VanTil is the public affairs specialist for West Michigan. You can write her c/o Social Security Administration, 3045 Knapp St NE, Grand Rapids, MI 49525 or via email at [vonda.vantil@ssa.gov](mailto:vonda.vantil@ssa.gov)

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B	A	R	T	O	K	S	N	O	W	M	A
Y	E	T	C	Y	A	N					
C	F	C	S	H	O	E	N	E	B	U	L
O	R	E	S	E	R	R	S	D	I	G	I
C	U	L	T	R	A	T	I	O	F	L	A
O	I	L	E	D	L	A	G	S	F	I	N
A	T	O	M	I	C	I	N	C	A	S	A
K	I	L	N	A	L	L					
H	O	L	I	D	A	Y	U	N	P	A	C
U	T	E	R	I	R	E	G	I	S	L	E
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H	O	R	N	S	K	Y	E	R	O	S	E

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

## for sale

**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.

**SEASONED FIREWOOD** - For sale \$150. per cord, seasoned 18-36 mos. Call Dan at 616-970-3832.

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

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

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

**2009 NISSAN VERSA** - 1.6L, 5 spd. manual, 4 dr., 47,000 miles. \$11,000. Call 616-325-8451.

**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.

**FIREWOOD** - cord seasoned oak \$195; 1/3 cord \$75. Delivery \$15. Mel Cooke, 676-9239. Satisfaction guaranteed. No Sunday calls please.

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

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

**BOB'S 15TH ANNUAL CHRISTMAS BIRDHOUSE SALE** - Great gifts, great selection, great prices. Bluebird, wren & bat houses, wood duck nesting boxes, bird & squirrel feeders. Bob's Birdhouses, 12279 60th St., Alto, 868-6633.

## for sale

**NEWSPAPER ENROLLS AVAILABLE AT THE BUYERS GUIDE** - Many uses, table cover, art projects, packaging, etc. \$3-\$5 each. Stop by & grab one today! 105 N. Broadway.

## misc.

**IONIA FREE FAIR AGRICULTURE BENEFIT DINNER & AUCTION** - Sat., Jan. 12, Steele Street Hall, 115 S. Steel St., Ionia. Public welcome, \$6 per person. Dinner 6-7:30 p.m. (doors open at 5:30) Serving: Chili, bean soup, hot dogs & dessert. Silent & live auction, 7:30 p.m. Music by John Slater, 50/50 raffle tickets, cash bar.

**COPIES COPIES** - We have color & black & white copiers! Stop by our office, Lowell Litho, 105 N. Broadway.

## 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.

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

## 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.

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

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

**PROFESSIONAL TREE CLIMBER NEEDS WORK** - Fully insured. Removals, trims, chipping, stump grinding. Call Dan for free estimate at 616-970-3832.

**LIL' FROGZ DAYCARE** - 2 full time openings. Located in Whispering Hills by Meijer. Please call 616-437-5586 or Facebook Lil' Frogz Daycare.

## services

**J&T LAWN & AUTO SERVICES** - Snowplowing, lawn care, general auto repair. 616-293-7126.

**ASSISTED LIVING ALTO** - Modern country home, Cathy 616-891-1840. AssistedLivingAlto@charter.net Private-pay, long or short term, Christmas.

**NEW BUSINESS RELOCATING FROM NE MICHIGAN** - Anderson Painting Co. We offer: interior/exterior painting, commercial, remodels & new homes, wood stripping & refinishing, sandblasting, power washing. Neat, clean, very dependable, professional. References, portfolio available. Licensed & insured. Lowell, 616-260-3977.

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# Coming Events

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

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

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

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

**RAW VEGAN + DESSERT = FABULOUS** - Wed., Jan. 16, 6:30 p.m. How to make healthy, delicious desserts w/simple organic ingredients by WOTV 4 women's 'healthy eats' expert. Class size limited & pre-registration required at Englehardt Library, 200 N. Monroe, Lowell, 784-2007.

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

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

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

**LOWELL SHOWBOAT GARDEN CLUB** - meets the 3rd Monday in the Church of the Nazarene Fellowship Hall, 211 N. Washington St. at 6:30 p.m.

**BOY SCOUT TROOP 102** - every Monday, 7-8:30 p.m. during school year in Scout Cabin at the end of N. Washington St. Ages 11 and up or completing 5th grade. Call Scoutmaster Randy Jesberg at 897-4569 or Del Rockwell at 897-6814.

**TAKE OFF POUNDS SENSIBLY TOPS MI #372** - every Tuesday at Key Heights Mobile Home Park Community Building. Weigh-ins at 5:45 p.m.

**CUB SCOUT PACK 3188** - meets every Tuesday at 6:30 p.m. at First United Methodist Church, 621 E. Main.

**QUA-KE-ZIK SPORTSMANS CLUB** - meets second and third Tuesdays at 8 p.m. at 8731 West Riverside Dr. Go to www.qua-ke-zik.org for information. New members welcome.

**LOWELL LIONS CLUB** - meets third Tuesday at noon at Lowell City Hall.

**LOWELL AMATEUR RADIO CLUB** - meets the 2nd Saturday at Flat River Outreach Ministries, 11535 E. Fulton, 9 a.m. social gathering; 10 a.m. meeting. LARC sponsors 145.27 MHz area radio repeater system.

**THE EAST KENT COUNTY REPUBLICANS (EKCR)** - meets the second Saturday of the month at the Lowell Area Chamber of Commerce (113 Riverwalk Plaza) from 8:30 to 10 a.m. to discuss current events on the local, state & national levels. Bring your concerns & issues to our meeting for open discussion! Share information about what you can do to become involved! For more information, please call Dave Emmette, 644-0759 or Nancy Steckler, 897-6380.

**FLAT RIVER OUTREACH MINISTRIES THRIFT STORE** - is open Wed. & Fri. 10 - 8 p.m.; Thurs. 10-6; Sat., 10 a.m. - 4 p.m. at 11535 Fulton St. E. Thrift Shop, 897-8260; Food Pantry, 897-8260; Emergency Services, 897-8260.

**ALPHA WOMEN'S CENTER** - 517 E. Main. Hours: Mon. 11-5 p.m.; Tues. 6-9 p.m.; Thurs. 10-6 p.m. 987-9533. Diapers, formula, clothing & free pregnancy testing available.

**FROSTY'S WINTER FUN FEST** - Tues., Jan 22, 6:30 p.m. Snowy crafts & frosty fun for ages 6 & younger at Englehardt Library, 200 N. Monroe, Lowell, 784-2007.

**ALTO LIBRARY HOURS:** Tues. & Wed., 12 - 8 p.m.; Mon. & Sat., 9:30-1:30 p.m.; Thurs., 1-5 p.m. Info., call 784-2007.

**2013 FLAT RIVER YOUTH RABBIT HUNT** - Jan. 19, Belding Sportsman's Club, 10651 Youngman Rd, Belding. No entry fee, free breakfast & lunch, raffle prizes. All parties must have at least 1 hunter under the age of 17 & must pre-register by Jan. 11 by calling the Flat River State Game Area office, 616-794-2658. Many raffle prizes for young hunters.

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

**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.

**IONIA-MONTCALM CHAPTER #6 STATE EMPLOYEES RETIREE'S ASSOC.** - Wed., Jan 23, 12p.m. will hold its monthly meeting beginning w/lucheon at Admin. Bldg. of Ionia Intermediate School District, 2191 Harwood Road, Ionia. Reservations are necessary. Call 616-527-1825 by noon Mon. Jan. 23.

**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. The first step is always the hardest. If your life has become unmanageable due to alcohol, please join us at 101 W. Main. 897-8565.

**EVERY THURSDAY** - Night service at First Congregational United Church of Christ, 865 Lincoln Lake SE at 6:30 p.m. Public welcome.

**MOVIE MATINEE** - Thurs., Jan. 27, 2 p.m. "Diary of a Wimpy Kid Dog Days" showing at Village Hall,

sponsored by Clarksville Area Library, 616-693-1001.

**NEW CLASSES FOR EVERYONE** - children - adults at Christian Life Center, 3050 Alden Nash SE, Lowell. Every Wednesday 7-8 p.m. Bible-centered classes for children through 5th grade, youth group for 6th grade thru high school & adult prayer & Bible study. Everyone is invited to attend.

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

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

**CANCER - 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.

**CANCER - KIDS TALK** - Each Tuesday, 6-7:15 p.m. - A group for children in first - fourth grade on a cancer or grief journey. Incorporates curriculum-based activities, discussion & fun. Gilda's Club - Lowell Clubhouse, 314 S. Hudson, Lowell.

**KNITTING** - Tuesdays, 6-7:15 p.m. Instructional knitting class by Cathie Richter. Gilda's Club - Lowell Clubhouse, 314 S. Hudson, Lowell.

**SUPPER TOGETHER** - Each Tuesday, 5:30-6 p.m. Join in a meal together before group begins. Gilda's Club - Lowell Clubhouse, 314 S. Hudson, Lowell.

**GRIEF - ADULT GROUP** - Each Tuesday, 6-7:15 p.m. A committed group for adults who have experienced the death of a family member or friend. Gilda's Club - Lowell Clubhouse, 314 S. Hudson, Lowell.

**GRIEF - KIDS GROUP** - Second & fourth Tuesdays, 5:30-7 p.m. A committed group for children in first - fourth grade on a grief jour-

ney. Incorporates curriculum-based activities, discussion & fun. Gilda's Club - Lowell Clubhouse, 314 S. Hudson, Lowell.

**DINOSAUR ROMP** - Sat., Jan. 12, 10:30 a.m. Prehistoric program for kids of all ages at Alto Branch Library, 6071 Linfield, Alto, 784-2007.

**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 information.

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

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

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

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

**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.

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

**TOTS PLAYGROUP** - Tues., Wed., Thurs. 8:30 - 10 a.m. or 10 - 11:30 a.m. Bushnell Elementary, 700 Elizabeth, Lowell. ALSO Monday 10-11 a.m. Alto Elementary, 6150 Bancroft, Alto in the new gym. For children birth-5 yrs. & an adult. Join us for play, snacks & music. Contact Lori Buys, 987-2532 with any questions.

# EARTH TALK™

## Questions & Answers About Our Environment

**Dear EarthTalk:** What are the “Growing Green Awards”? - Allen Sherwood, Denver, CO

The Growing Green Awards is a program of the non-profit Natural Resources Defense Council (NRDC) that recognizes and gives exposure to individuals across the United States who have demonstrated original leadership in the field of sustainable food. Each year NRDC gives out the awards to those making extraordinary contributions advancing ecologically-integrated farming practices, climate stewardship, water stewardship, farmland preservation, and social responsibility “from farm to fork.”

NRDC gives out the awards in four categories: Business Leader, Food Producer, Food Justice Leader and Young Food Leader. The Food Producer award recipient wins \$10,000, while the Food Justice Leader and Young Food Leader each get \$2,500. (There is no cash prize for the Business Leader.) An independent panel of renowned sustainable food leaders chooses the winners. Judges for the 2013 awards include owner and chef Michael Anthony of New York City’s renowned Gramercy Tavern, Nell Newman of Newman’s Own Organics, nutritionist Marion Nestle and organic farmer and rancher Gabe Brown.

Before becoming a judge for the 2013 awards, Brown won the 2012 Food Producer award in recognition of his practices at his ranch in North Dakota, which integrates grass-fed cattle grazing with no-till cropping and is thus able to eschew synthetic fertilizers, pesticides and fungicides altogether. The 2012 Business Leader award went to Organic Valley CEO George Siemon for his efforts over the last 25 years securing fair pay for organic farmers, building market demand for organic foods and playing a critical role in developing national organic standards for the U.S. Department of Agriculture’s Organic certification.

Meanwhile, Lucas Benitez and Greg Asbed of the Coalition of Immokalee Workers, a human rights group focusing on improving conditions and pay for agricultural labor, took home the 2012 Food Justice Leaders award for their work organizing and supporting some 5,000 farm workers in Florida. And last but not least, Andrea Northup won the 2012 Young Food Leader award for her work with the DC Farm to School Network which links regional farmers with local schools in order to transform cafeteria lunch menus. And her work as the principal architect of the ‘farm-to-school’ provisions in the landmark “Healthy Schools Act” is having ripples effects across the country.

Although the deadline has passed for nominating candidates for 2013, nominees the judges will be evaluating will likely represent a variety of fields including food production, food service, retail or restaurants, academia, journalism, policy advocacy and government. As the award was created to bolster responsible and sustainable food production in the U.S., only nominees operating on American soil are considered. The criteria for picking the winners include: innovation in promoting ecologically-integrated food systems, including minimizing inputs of energy, water, antibiotics, pesticides and other chemicals; reducing pollution and global warming gas emissions; use of on-farm polyculture; increasing natural resilience; and stewardship of biodiversity, pollinators, open space and land resources. Judges will also consider nominees’ potential to achieve wide scale adoption, implementation or behavioral change, and whether their work advances health, safety and economic viability for farmers, food system workers and communities. NRDC will unveil the new award winners at a Spring 2013 benefit event in San Francisco.

CONTACTS: Growing Green Awards, [www.nrdc.org/health/growinggreen.asp](http://www.nrdc.org/health/growinggreen.asp).

**Dear EarthTalk:** Which are the greenest American cities, and why? - D. Hansen, Wichita, KS

Which American city is the greenest depends on who you ask. Every year dozens of publications and websites release their own assessments of which cities have the most

environmentally conscious citizenry, the highest percentage of recycling or the lowest carbon footprint per capita. Portland, Oregon, Seattle and San Francisco are often top contenders, but some of the other leading choices may be a surprise.

The Daily Beast based a recent round-up of greenest U.S. cities on data collected by market research firm Experian Simmons, which has been tracking the greening of the nation for half a century. Researchers polled thousands of Americans to find out what percentage in different geographic regions think and act in an eco-conscious way versus what percentage do not, as well as what percentage make a conscious effort to recycle. The company also tracked the number of public transit trips per capita and the percentage of households that use solar heating by region. Honolulu, most likely by virtue of the fact that one percent of homes there utilize solar power, came out on top. New York, with more than double the amount of public transit ridership per capita than any other U.S. city, is #2, followed by San Francisco, Seattle and Boston.

Meanwhile, the website Ecosalon looked at similar types of data and drew different conclusions, finding San Francisco to be the greenest. Ecosalon was especially impressed by San Franciscans routinely voting for aggressive green programs (like banning plastic grocery bags and financing renewable energy sources for public facilities) and by the fact that the city diverts 70 percent of its waste, thanks to mandatory recycling and composting. To top it off, nearly half of all San Franciscans bike, walk or take public transit every day—and the city is on track to reduce its greenhouse gas emissions 20 percent below 1990 levels this year. Ecosalon ranks Portland, Oregon second, followed by Seattle, Chicago and New York.

In another ranking, Canadian research company Corporate Knights granted Portland, San Francisco and Seattle a three-way tie for America’s greenest city. Denver ranked #4 while Albuquerque, Charlotte (NC) and Oakland tied at fifth. “Unlike other city-sustainability rankings, this ranking focuses on the effort cities are making rather than on their results, which could take years to achieve,” reported Kent Portney, a Tufts University researcher who participated in the project. “In other words, this ranking is aspirational in nature.” He says that each city was awarded a point for undertaking one of 38 programs or policies listed by Corporate Knights, in categories such as smart growth, land-use planning, pollution prevention, etc.

And in yet another recent round-up, Mother Nature Network (MNN) declared Portland, Oregon—where 200 miles of dedicated bike lanes and legions of supporters of local and sustainable food sources rule—the nation’s greenest city. San Francisco, Boston, Oakland and Eugene (OR) round out MNN’s top five.

Regardless of which city is “greenest,” all U.S. cities are greening up every day because planners now realize the economic advantages of using less energy, recycling more and keeping air and water clean. We can all help by supporting municipal energy savings, recycling and composting programs and community enhancement efforts. Who knows: If you keep it up, maybe your city will top one of next year’s lists.

CONTACTS: The Daily Beast, [www.thedailybeast.com](http://www.thedailybeast.com); Ecosalon, [www.ecosalon.com](http://www.ecosalon.com); Corporate Knights, [www.corporateknights.com](http://www.corporateknights.com); Mother Nature Network, [www.mnn.com](http://www.mnn.com).

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**Dear EarthTalk:** What is “perchlorate” in our drinking water supply and why is it controversial? - David Sparrow, Chico, CA

Perchlorate is both a naturally occurring and man-made chemical used in the production of rocket fuel, missiles, fireworks, flares and explosives. It is also sometimes present

in bleach and in some fertilizers. Its widespread release into the environment is primarily associated with defense contracting, military operations and aerospace programs. Perchlorate can be widespread in ground water, soils and plants, and makes its way up the food chain accordingly —



even into organically grown foods. To wit, A 2005 Journal of Environmental Science and Technology study using ion chromatography to find contaminants in agricultural products found quantifiable levels of perchlorate in 16 percent of conventionally produced lettuces and other leafy greens and in 32 percent of otherwise similar but organically produced samples. Today, traces of perchlorate are found in the bloodstreams of just about every human on the planet.

Perchlorate in the environment is a health concern because it can disrupt the thyroid’s ability to produce hormones needed for normal growth and development. Besides its potential to cause endocrine system and reproductive problems, perchlorate is considered a “likely human carcinogen” by the U.S. Environmental Protection Agency (EPA). Some 11 million Americans live in areas where concentrations of perchlorate in public drinking water supplies are significantly higher than what is considered safe.


Per the mandate of the Safe Drinking Water Act, the EPA is currently working on setting national standards for how much perchlorate can be allowed in drinking water without putting people at risk. As part of the process, the agency is studying the available science on the health effects of perchlorate exposure and evaluating laboratory methods for measuring, treating and removing perchlorate in drinking water. The EPA will publish a proposed rule on the matter for public review at some point in 2013.

“We are happy that the EPA is moving ahead with a drinking water standard...but we are concerned that it won’t be strict enough,” reports Renee Sharp of the nonprofit Environmental Working Group (EWG). The group would like to see the U.S. adopt “a truly health-protective drinking water standard lower than 1 ppb [parts per billion]” for perchlorate. Insiders don’t believe federal policymakers will go that low, however, since the EPA says it cannot detect perchlorate below 2 ppb. But EWG point out that Massachusetts is already testing for it with a 1 ppb cut-off, per the mandate of its statewide standard set back in 2006.

The only other state to have a drinking water standard for perchlorate is California, which set 6 ppb or less as an allowable concentration back in 2004. But that state’s Office of Environmental Health Hazard Assessment recently proposed lowering the standard to 1 ppb based on new data regarding environmental exposure, possible effects of perchlorate and consideration of infants as a susceptible population.

If the EPA develops a tough new standard, almost every state will need to readjust its water monitoring systems to take into account how much perchlorate is making its way to our taps and into the foods we eat—a no doubt costly process but one that will greatly benefit both current and future generations.

CONTACTS: Environmental Working Group, [www.ewg.org](http://www.ewg.org); EPA Perchlorate Info, <http://water.epa.gov/drink/contaminants/unregulated/perchlorate.cfm>.



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**THEME:  
WINTER FUN**

**ACROSS**

- 1. Mt. Everest, McKinley and such
- 6. Cleopatra's cause of death
- 9. Crack in a lip
- 13. \*Hot toddy, e.g.
- 14. Former Chinese communist leader
- 15. Glowed or beamed
- 16. Pronouncements
- 17. "\_\_\_ to Joy"
- 18. Bird of prey weapon
- 19. Hungarian composer Bela \_\_\_
- 21. \*Popular winter sculpture
- 23. Thus far
- 24. Greenish blue
- 25. Former refrigerant
- 28. \*A snow \_\_\_ is one for trekking on snow
- 30. Astronomer's sighting
- 35. Miners' bounty, pl.
- 37. One who "\_\_\_ on the safe side"
- 39. Start eating!
- 40. Heaven's Gate, e.g.
- 41. 1:3, e.g.
- 43. Captured in fun
- 44. "Well-\_\_\_ machine"
- 46. Falls behind
- 47. Like tiny print
- 48. Like number 1 to hydrogen
- 50. Cuzco valley empire
- 52. Jack Kerouac's Paradise
- 53. Pottery oven
- 55. Everybody or everything
- 57. \* \_\_\_ break
- 61. Done after a trip
- 64. Wombs
- 65. Gas station abbreviation
- 67. Florida Key, e.g.
- 69. Turf, as opposed to surf

**CROSSWORD**

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- 70. Unagi
  - 71. \*Heard on sleigh ride?
  - 72. Cab blower
  - 73. \*Snow falls from it
  - 74. Irregularly notched
- DOWN**
- 1. Sum it up
  - 2. Where a baby goes
  - 3. Maryland Institute College of Art

- 4. Diary note
- 5. \*Used for gliding
- 6. In a frenzy
- 7. "\_\_\_ but true"
- 8. Literature in metrical form
- 9. Tobacco mouthful
- 10. River islet
- 11. Dwarf buffalo
- 12. In the Ivy League
- 15. Pitted peach, e.g.
- 20. Not the same one
- 22. Indian restaurant staple
- 24. Feeling no doubt
- 25. \*Hot treat
- 26. \*Ingredient in infamous cake
- 27. Played by Yo-Yo Ma
- 29. Kind of surgeon
- 31. Marty McFly's antagonist
- 32. Tangerine-grapefruit hybrid, pl.
- 33. Tarzan's swing rope
- 34. \*Snow impression
- 36. Kind of cell
- 38. \*Capricorn or Aquarius, e.g.
- 42. Extinct Italic language
- 45. Tiny antelope
- 49. Result of Truman's National Security Act of 1947
- 51. \*Kind of skiing
- 54. Ancient Greeks' harps
- 56. Lightsaber beam
- 57. Be quiet!
- 58. "The Simpsons" palindrome
- 59. Malicious look
- 60. Ayatollah's home
- 61. Pre-swan state?
- 62. Greek muse of history
- 63. Party casks
- 66. Expresses mild alarm or surprise
- 68. "\_\_\_ End" by The Doors

*Puzzle Solutions for this week are on page 12*

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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.



**616-897-0787**

*I just gotta say it- I really do love Lowell. From the angel on the showboat, the kind shoppers that give you their intended parking spot, the grateful post office, the variety store that goes the extra mile, then honors your coupon; to the Catholic church secretary who stops and helps me out on her busiest of days, to countless other perks Lowell, Michigan has to offer. I really do love Lowell. (and it's local, too).*

- Heather Dilly

**616.897.0787** or email  
ledger@lowellbuyersguide.com

*Dr. Bruce Langlois DVM***Behind  
The Scenes**

**Occupation:** Veterinarian at  
Animal Hospital of Lowell

**Education:** Doctorate in Veterinary Medicine,  
Michigan State University

**Residence:** Lowell

**Experience:** Administering to the needs of a wide  
variety of animals across the globe

**Family:** Wife and four children

**Hobbies:** Running, reading, hiking, and travel.



## Lowell veterinarian helps animals worldwide

by Justin Tiemeyer  
contributing writer

It is possible that local veterinarian Dr. Bruce Langlois DVM is a superhero.

During the week, Langlois cares for pets at the Animal Hospital of Lowell. On weekends, he can be found in one of two mobile veterinary hospitals called the Spay Neuter Express. In his remaining time, Langlois somehow manages to spend time with his wife and four children and also travel around the world with the Global Veterinary Assistance Team.

If such a lifestyle is possible without the powers of flight or super speed, it certainly cannot be said that it is easy.

Langlois began working in an animal hospital at the age of 14. An early passion for veterinary medicine kept him in this position for eight years.

Langlois attended Michigan State University where he attained a bachelor's degree in dairy science before completing his doctorate of veterinary medicine (DVM). To this day, if an animal requires treatment that is beyond his expertise, Langlois refers them to his alma mater for treatment.

In 1984, Langlois opened the Animal Hospital of Lowell. He bought the



**Dr. Bruce Langlois with his bird Max.**

building from another veterinarian who served Lowell for years before him. Langlois has been there ever since.

"Retirement is a long way away," Langlois said. He had no comment on who would replace him when that day comes, but expressed that his 13-year-old son may follow in his footsteps.

There will be no lack of quality veterinary treatment in the city of Lowell in the near future.

Unlike many other veterinary clinics, the Animal Hospital of Lowell is a full-service hospital with 24-hour emergency care. In addition to a talented staff, Langlois keeps a number of

animals, including but not limited to two birds and a cat, at his office at all times.

For those who live outside of Lowell, Langlois can still be of service through the Spay Neuter Express, which makes regular stops in Alma, Baldwin, Grand Rapids, and Escanaba, just to name a few. The Spay

Neuter Express allows Langlois to offer low-cost spays, neuters, vaccinations and tests to animals whose owners cannot afford these services otherwise.

Outside the state of Michigan, Langlois faces interesting challenges with the Global Veterinary Assistance Team. Whether he is working with horses for the government of Guyana or zoo animals in Lebanon, Langlois is never out of his element. Langlois has worked in Ecuador, Bosnia and Kenya and looks forward to future adventures.

"Veterinary medicine is absolutely the greatest profession in the world," Langlois said. Langlois experiences great joy on a daily basis, but he is also never too far from tragedy in the form of death, disease, old age and injury. In order to reduce heartbreak, Langlois has taken a moral stand.

"I never euthanize an animal because of the financial needs of the client," Langlois said. Whenever money stands between life and death, Langlois tries to set up a discount, payment plan, or enlist the help of animal rescue.

For Langlois, the imperative 'to spay or neuter

your pets' is more than just a token phrase spoken by former Price is Right host Bob Barker. Langlois explained that when pets breed too often, shelters are flooded with animals that they cannot care for. As a result, healthy animals are euthanized simply for lack of space.

According to Langlois, the solution is simple: "Spay or neuter your pet."

Langlois stands out for his work preventing euthanasia of healthy unadoptable pets. Combined, his clinics are responsible for some 18,000 spays and neuters this year.

Langlois' greatest accomplishment is the multitude of relationships he has built during his 29 years at the Animal Hospital of Lowell. He has seen generations of family members and pets walk through his doors. He has worked with dogs and cats, reptiles, chinchillas, hedgehogs, monkeys and mountain lions. He's even cared for a black bear at his Lowell practice.

Langlois is the proud owner of three birds, five dogs, six cats and a couple horses. A pet can have no better owner than a veterinarian like Dr. Bruce Langlois.

**HAPPY  
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YEAR!**

**HERE'S TO 2013!**

From  
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ledger