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East riverbank renovations to begin this summer

by Ellen Mork
contributing reporter

The city is planning some major renovations to the East riverbank of the Flat River this summer.

The project has a budget of \$450,000. \$300,000 came from a Department of Natural Resources (DNR) Trust Fund grant. The other funding came from local entities. The Lowell

Cable Television (LCTV) Endowment Fund, the Lowell Area Community Fund and the Downtown Development Authority each donated \$50,000. Because the city is receiving

funds from the DNR, there are certain restrictions and regulations on what must be done.

They must tear the current amphitheater out along with a majority of

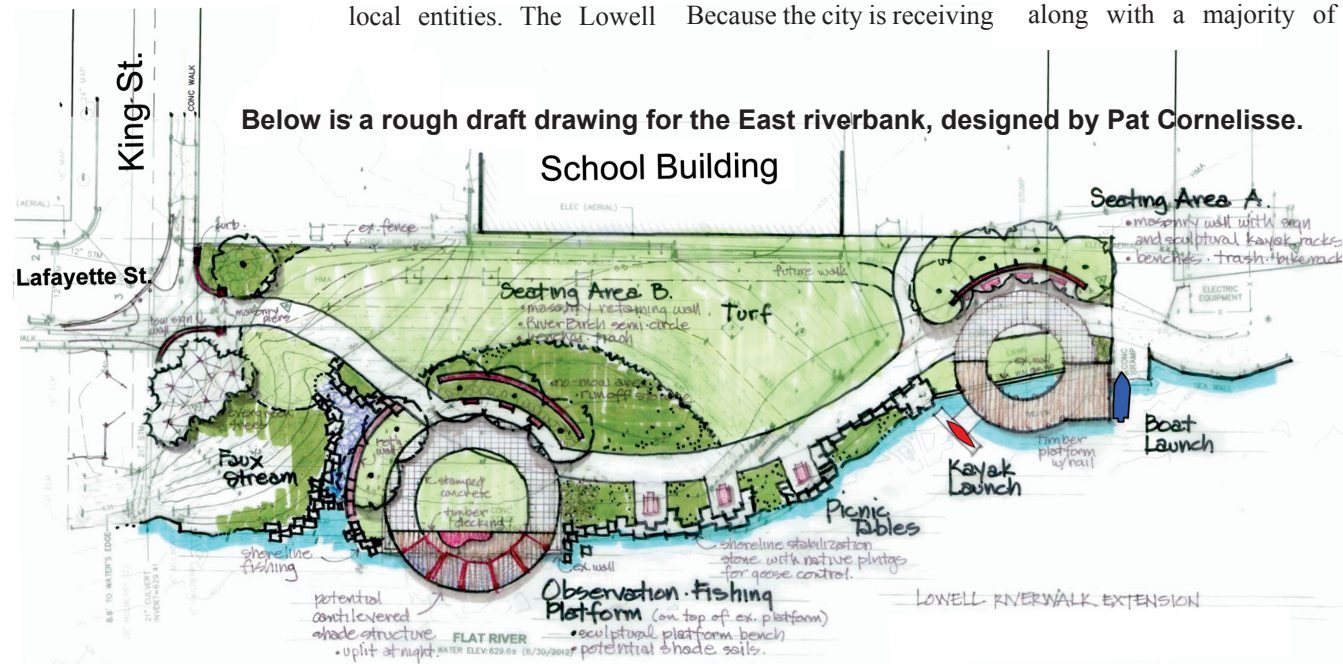
other objects currently by the riverbank.

The city has a list of things they would like to build, but the plans may be scaled down depending on how far the money goes. They are referring to their current plan as a “rough draft.”

Mark Howe, city manager, will be looking into additional funding sources. They hope the majority of the project will be completed this summer. Additions could be made in the following years if and when more funding comes in.

The new design begins shortly after the library. Following the river north,

Riverbank renovations, continued, page 2



Huntington Bank to close Westown location in March

by Ellen Mork
contributing reporter

Huntington Bank will be closing one of its two locations in Lowell on March 28.

The bank will close its Westown location at 1425 West Main Street. The downtown location on the east side of town will remain open and serve the additional clients.

“We are always mindful of

how our decision will impact our clients or our employees,” said a Huntington official. When Huntington closes a location, they try to retain all their employees, which they successfully did in Lowell.

The Westown branch employs four people and all will be moved to different locations. Two tellers will move to the downtown Lowell location, as will

the personal banker. The current branch manager will be moving to the Portland location to continue work as a branch manager.

The decision to close the Westown location was based on a number of factors, according to the official. “We are always looking at our distribution, whether it’s within Michigan or

within our whole company footprint.”

“We have to make sure we are a top retailer,” she continued.

A deciding factor during

have to consider online banking. For example, a lot of people have direct deposits.” This leads to fewer people coming into the physical location, cutting

Successful student council blood drive

The Murray Lake student council hosted their annual blood drive last Thursday. It was a big success.

The student council promoted the drive throughout the month of January. They met with classrooms to give students

tips on how to recruit donors to come to the drive. They also posted fliers and worked at the event.

Seventy-five donors showed up on Thursday, including 14 first-time donors. The pints donated could lead to potentially saving 192 lives.



Murray Lake parent, donor Lisa Meyers, with her daughter and students Alexis Royer and Jenna Happie.

“Murray Lake is one of our bigger blood drives. It has been tough this year as donor numbers are down due to so many people getting sick with the flu. As the sole blood products’ provider for over 40 hospitals in the state, as well as all hospitals in Kent County, we know these donations will help many transfusion patients here in the Grand Rapids area. Murray Lake is our model we use to promote blood drives at other elementary schools in the area,” commented Wendy DeWeerd, donor relations specialist for Michigan Blood.

“I am proud of student council. Our blood drive is a real life example of teaching our kids how to give back to the community in which they live,” said Murray Lake principal Brent Noskey.



discussions was the fact that there was a larger branch just a mile down the road. The two locations “were really close together.” Huntington felt the needs of their clients could still be met if the Westown branch was closed. The bank has recently been focused on opening locations within Meijer stores, although they are still focused on operating many of their traditional banks, such as the downtown location in Lowell.

As technology advances, businesses must keep up. Huntington said, “Client behavior is different. Clients use the ATMs in different ways for deposits. We also

down on the need for the second location.

Their mindset when deciding to close the location was “we have to remain a competitive retailer.”

The decision occurred in mid December. The employees found out in late December and customers have been notified since the beginning of January. Other area Huntington branches posted the closing and customers have received phone calls and online notifications.

Huntington said, “We want to make that transaction as easy as we can for them because change is never easy.”

Riverbank renovations, continued

there will be a boat and kayak launch on opposite ends of a wooden platform. Continuing on, there will be picnic tables and then an observation platform.

In keeping with the theme of the Showboat, the observation platform will "be an architectural

structure that mimics the paddle wheel of the showboat," stated Howe.

This deck will be placed where the current amphitheater is located. To give a natural feel to the area, there will be a faux stream and trees.

The area of the new

observation platform will be lit up at night. The idea is if people are down at the showboat or driving by, the lighting will grab people's attention and make them walk down there and check it out.

Councilmembers Jim Hall and Sharon Ellison

served on the committee to help design the area.

Ellison stated, "We wanted to transition to more natural. Downtown is more formal, the river walk is formal, but as we moved out to the neighborhood we wanted it to be more natural.

These plans will help assist these feelings."

There are several organizations that are considering funding portions of the project. The Arbor Board is considering helping alleviate the cost

of planting trees to the city by donating them. Ellison said this would allow the city to spend funds on other portions of the project that wouldn't be obtainable otherwise, such as a kayak rack.



along main street

WINTER FEST

Sat., Feb. 2 from 1-4 pm at Wittenbach/Wege Agriscience and Environmental Education Center. An afternoon of winter-filled fun including snowshoeing, crafts, stories, refreshments and a mushing demonstration with actual sled dogs at 2 pm. Sponsored by the Friends of the Englehardt Library and the Wittenbach/Wege Center. Thanks to the generosity of Lowell Community Wellness, the first 100 snowshoe rentals will be available for half-price. Come out and join us for a day of winter fun. For more information call 987-2565 or email mjohnson@lowellschools.com

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.

CLASS OF 2017 ORIENTATION

The Lowell High School class of 2017 orientation will be held on Tues., Feb. 5, from 7-8:30 pm in the Lowell Performing Arts Center. This orientation is for parents and their students who will be entering high school in the fall of 2013. In addition to an informational session, teachers and club sponsors will also be available for questions. Please call the Student Services Center at 987-2908 with questions.

PURPLE COMMUNITY HOCKEY GAME

On Friday, Feb 8 at 7 pm Lowell/Caledonia/South Christian are teaming up to raise money for cancer research. T-shirts now available for purchase in LHS cafeteria during lunch. \$10 purple t-shirt is your ticket into the game. T-shirts will also be available at the door. Kentwood Ice Arena, 6230 Kalamazoo Ave. SE.

GILDA'S CLUB ACTIVITIES

Barefoot Gardener: Gardening Workshop, Tues., Feb. 5, 2-4 pm. Join Steve Pierce, owner of Barefoot Gardener in Lowell for a fun, interactive gardening workshop. Steve will discuss the benefits of plants and lead you through the creation of your own terrarium to take home! Book Club, Tues., Feb. 19, 4:30-5:30 pm. Join Kathy Mieras for a relaxing and cozy book club. Pick up your book to borrow at the parlor desk. Cancer - New Member Meeting, Tuesdays, Feb. 12 and 26, 2:30-3:30 pm and 7:15-8 pm. Introductory meeting for those who wish to join the cancer support program. "Look Good, Feel Better," Tues., Feb. 12, 1-3 pm. This program, presented by the American Cancer Society, will help women in treatment for cancer with appearance-related side-effects. Each woman learns to perform her own makeover using complimentary cosmetics and skin care products. Please sign up as class size is limited. Woodcarving, Tues., Feb. 19, 4-5 pm. Learn how to make easy and beautiful wood carvings with Doug Shassberger. Beginners are welcome and supplies are provided. Lowell Clubhouse, 314 S. Hudson St. For more information call 897-8600 or visit www.gildasclubgr.org/pinkarrow

PARENTING CLASSES

TOTS Love and Logic Parenting Classes are coming Feb. 28, March 7, 14 and 21, from 6:30-7:45 pm at Bushnell Elementary. Free childcare. For more information or to register, call Lori at TOTS, 987-2532.

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.

Civil Air Patrol to hold open house

submitted by: Lt. Pat McIntosh, Public Affairs Officer

Ionia Civil Air Patrol (CAP) will be hosting a recruitment open house. Anyone interested in learning what Ionia CAP is all about is invited to attend. The event will take place in the Ionia Armory on the second floor in the Lion's room, Saturday, Feb. 2 from 1 to 3 pm.

Deputy Commander of Cadets, Lieutenant Joyce Lane Slomski of Ionia will be on hand to explain the cadet program. Cadets range from 12 to 18 years in age. They practice moral values, self-discipline, community volunteerism, leadership principals, model rocketry, field trips, summer encampment, glider and airplane orientation rides and much more.

Flight Commander Shawna Hoekstra and other senior members will be on hand to explain CAP's senior member's volunteer program. Senior members

range in age from 18 to include senior citizens of all ages. Members wear military style uniform and can earn NCO and Officer promotions. They train in emergency services, Aerospace education and cadet programs. There are many volunteer positions available.

The Civil Air Patrol is a nonprofit volunteer organization enacted by Congress as the official United States Air Force's auxiliary. Its three missions are emergency services, aerospace education and cadet programs. CAP is located at the Ionia County Airport, in the Benz building at the end of Sprague St. Meetings are held each Tuesday from 6 to 8:30 pm. For membership information contact Lt. Joyce Lane Slomski, for cadets at 616-527-9785 or Lt. Pat McIntosh, for seniors at 616-527-9224. CAP's website is mi222.miwg-cap.org

college news

Dylan Douglas Olin, a student at Michigan State University, has been named to the dean's list for the fall 2012 term.

He is the son of Dean and Suzanne Olin of Lowell.

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Digital scavenger hunt gets participants outside in the winter

by Justin Tiemeyer
contributing reporter

Meggan Johnson is the director at the Wittenbach/Wege Environmental Center, an educational venture associated with Lowell Area Schools. Recently, center staff tackled a difficult question: How can we get people outside in the winter?

"If you stay inside, you miss out on neat things," Johnson said.

It was Amanda Schrauben, a member of the stewardship committee, who came up with the idea for the Digital Scavenger Hunt.

Scavengers are given a list of items that can be located on the 140 acre Wittenbach/Wege property and prompted to take a picture of each. Johnson prefers photographs to collecting items because it keeps people from disturbing nature.

The staff reviews each picture and once a hunter has found every item,

their name is entered into a drawing to win a pair of binoculars and four free snowshoe rentals.

This is the first Digital Scavenger Hunt held by Wittenbach/Wege, but it certainly will not be the last. Johnson said they expect to lead a new hunt each quarter of the year with new prizes each time.

"The idea behind the Digital Scavenger Hunt is to get people to come to the trails who never do," Johnson said. "It makes people slow down and look closer at nature."

For those who are having trouble finding all of their items, there is a cheat sheet with clues on locations inside the center.

"Don't get frustrated," Johnson said. "Stop in the center. We'll help you out."

The Digital Scavenger Hunt began Jan. 10 and continues until Feb. 10 at the Wittenbach/Wege Environmental Center and is open to all ages.



The trailhead at Wittenbach/Wege is where the adventure begins during the winter Digital Scavenger Hunt.

Still waiting for your Whopper?

by Ellen Mork
contributing reporter

Burger King closed its doors to Lowell Oct. 28, 2012, after more than 20 years in business.

Many in Lowell were not sorry to see it go. According to several online reviews, the restaurant ran out of core food frequently, had long wait times and rude employees.

A former employee sadly joked, "No matter how many people were working, we were always slow."

Unfortunately, it was only a matter of time before fewer and fewer people frequented Burger King. The Lowell Burger King's reputation of inadequacies could not be overcome, despite the wide appeal of the brand and popular food such as the Whopper.

Quality Dining Inc. (QDI), the former operator of this Burger King, failed to respond to several inquiries regarding the closing of the store. It seems

that bad customer service went beyond just the store employees. One must draw their own conclusions as to why the fast food joint closed. Perhaps they were hemorrhaging money, maybe QDI no longer wanted to manage the store or maybe their food lost its appeal. Could it have had to do with their sales and customer service?

Most likely. Let's chalk the closure up to underperforming sales, an

oversaturated market and a tough economy.

Since closing three months ago, the property has been for sale. The former Burger King sits on a 1.92 acre lot, while the building itself is just over 5,500 square feet. There is currently a pending sale, so no information regarding the potential buyer can be disclosed. Realtor Elliot Muller said the current deal "appears to have need for the entire building for a retail

use," whereas previous offers did not require the entire property. Muller said if all goes well, "movement on the site could take place on that site by spring."



The former Burger King building sit vacant.

Suspect tasered by Lowell Police

Last Friday evening the Lowell Police Department received a third-party call from a child inside a residence concerning domestic violence.

When officers arrived at the residence in the 200 block of Maple the suspect had fled the scene. Officers were able to track him through the snow and

located John Lee Crider hiding a few blocks away where he was ordered out from behind a vehicle.

Crider then fled from the officers and was tackled. He resisted officers' commands and fought with the officers. When Crider continued to resist he was tasered by police.

According to police,

alcohol appeared to be a contributing factor in the incident.

Crider, 25, was arrested for felony domestic violence, interfering with a telecommunications

device and resisting and obstructing police. He was lodged at the Kent County jail and has been arraigned on a three-count felony warrant with a \$15,000 bond.

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Local food manufacturing company is hiring packagers and Material Handlers. This is a fast paced position, must be able to lift a minimum of 40 lbs repetitively and pass a drug screen and criminal background check. These positions pay \$8-\$11/hr to start.
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understanding insurance



Dave Emmette

Advantages to whole life insurance

When looking at your life insurance needs, whether your goal is to replace income, send kids to college or take care of final expenses, whole life insurance can provide certainty and peace of mind. The purchase of a whole life insurance policy brings with it several advantages:

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Life insurance proceeds pass to the beneficiary tax-free.

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Whole life policies accumulate a cash value of tax-deferred money, which the policy owner can borrow for any reason. If the policy were to be surrendered (terminated), the cash value would be distributed to the policy owner.

Certainty.

Whole life is a permanent product that is designed to be in force for your entire lifetime. This provides you with the certainty that you won't outlive your protection, so you know you and your family will be taken care of. As you look at your current life insurance program, please consider the role that a permanent policy

like whole life could play. Purpose and uses of whole life insurance:

- permanent protection
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Features and advantages:

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Do you have an insurance question you would like to see discussed in the future? Send me an e-mail with your topic and I will address it at dave@theaicgroup.com

Information provided is general in nature and not intended for your individual situation. Refer to your policy or agent for specific coverage, limitations or exclusions.

financial focus



Christopher C. Godbold

Avoid becoming a "Groundhog Day" investor

Groundhog Day is almost here. For most of its history — which, according to some reports, dates back to the first celebration in 1886 or 1887 in Punxsutawney, Pa. — Groundhog Day held little significance for most Americans. But that changed in 1993 with the release of the movie Groundhog Day, in which a semi-embittered meteorologist, played by Bill Murray, is forced to re-live the same day over and over again. He repeatedly makes poor choices, until he finally learns from his mistakes and is granted the ability to move on with his life. Since the

movie came out, the term "Groundhog Day" is often used to refer to a situation in which someone repeats the same mistakes. It's a phenomenon that happens in many walks of life — including investing.

So, how can you avoid becoming a "Groundhog Day" investor? Here are some suggestions:

- Don't chase after "hot investments." Many investors make this same mistake over and over — they hear about a "hot" investment from a friend, relative or television commentator, and they buy it. Too often,

though, by the time they purchase this investment, it's already cooling down. Even more importantly, it just might not be suitable for them. So instead of pursuing "hot" choices, pick those investments that are appropriate for your needs, goals and risk tolerance.

• Don't over-analyze short-term price fluctuations. Some investors check their portfolios' performance every day, or even several times a day. But if you're constantly evaluating how your investments are doing over short intervals, you may be tempted to make unwise decisions in response to sudden drops or jumps. You can get a good sense of the progress you're making toward your goals by checking your portfolio once a month.

• Don't let fear and greed drive your choices.

Financial Focus, continued, page 6

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viewpoint

to the editor

hats off to blood donors

Dear Editor,

On the 11th of January there was a major and successful blood drive at Lowell High School. I saw a list of what other high schools have done in this regard, all pretty tony, e.g. E.G.R., Forest Hills (sic) and Christian. We are way ahead in number of blood drives and donations. To be fair – if one must – the “units” will also depend on the size of the institution, but still, Lowell is the clear front runner.

The principal credit goes naturally to the teenagers who give, a sizable percentage firsttimers. I have been donating (including rejections) since the second Nixon administration, when going to high schools was not allowed, a beneficial public health policy change. The next rank are the ardent student volunteers. Seeing these two cohorts in action makes one want to be a Tolstoian utopian, instead of a Stalinist to which I am more suited.

When in my eighteenth year I would sooner jump over the moon backwards than donate blood, so hats off to the school board for getting behind this. I know all kinds of people in good health and of good will who would not dream of donating. So be it. Like lawyers, you do not need them until you need one. Were it not for an emergency direct transfusion for my mother, I would have lived a much different life and the good people of Lowell would have to do without my presence.

G.M. Ross
Lowell

outdoors

frozen assets

Dave Stegehuis



The drab mid-winter landscape may seem uninviting when viewed through a window from the comfort of a warm house. This happens to me when the alarm beeps long before daylight on a cold fall morning. I reluctantly get out of a warm bed and follow the beam of a headlamp to an old gnarly oak tree at the edge of a swamp and climb onto a cold steel tree-stand. It doesn't seem like a good idea until the sun finally begins to creep over the horizon and reveals a tranquil woodland

habitat where the residents, large and small, furred and feathered, noisily begin their day. When the gray form of a deer magically materializes in the thicket and ambles my way, it's hard to believe I considered not going. Pursuing other outdoor activities in the winter can also lead to unexpected discoveries and unique experiences. So, don't hesitate — just do it.

Even familiar places will look and feel like a different world in the winter. Following trail markers and maps through the countryside on skis or snowshoes is good exercise and presents the possibility of chance encounters with a variety of wildlife in a natural setting.

Explore large tracts of winter scenery in a short period of time on a snowmobile. Every bend in the trail presents another slice of nature not accessible from the highway.

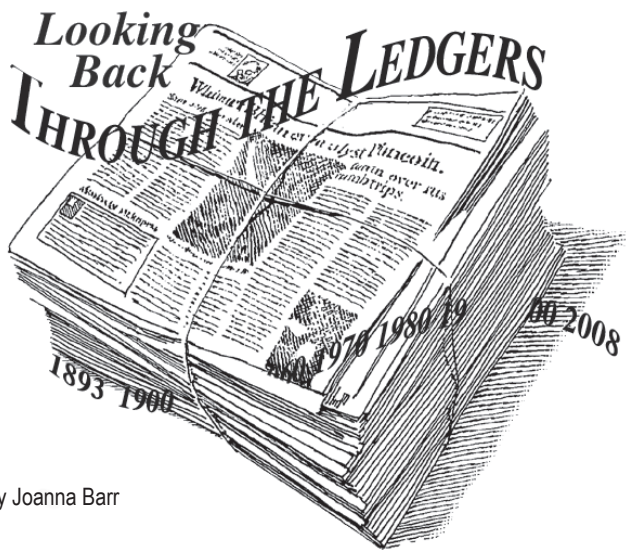
Ice fishing is a simple and inexpensive way to enjoy nature and come home with

something to show for the effort. It is a challenge to have to drill a hole every time to find a new spot to fish. It is not as easy as casting from the deck of a boat pushed around by an electric motor.

Rabbit hunting, to the tune of the yip and howl of an excited beagle never gets old. There is nothing to lose because if you don't get the rabbit, it will be there next time. It's all about the dog.

The reward for going out and getting cold, tired, and hungry is returning to a warm house, a crackling wood fire, hot split pea soup, and a nap. You just can't do that in the Bahamas.

All this will take us up to early spring and steelhead fishing. Then turkey hunting and walleye draw the attention of Michigan sportsmen. Summer and miles of world-class beaches will eventually emerge from a cloak of ice and snow; you just have to have patience. For the time being, take advantage of the frozen opportunities out there between now and then.



By Joanna Barr

Montcalm county and will be prosecuted by Mrs. Mary Killam, of Kalamazoo. Sherman is said to have left a dozen broken-hearted “wives” in Michigan and Indiana.

100 years ago The Lowell Ledger January 30, 1913

Complaint is made of malicious destruction of property and fixtures at the City hall, evincing a disregard or contempt for the public welfare. Such conduct offers mighty poor encouragement for the further investment of \$50,000 in a new school building.

The home paper can not “tell all it knows.” Some news is not fit to print; some will do more harm than good, making the innocent suffer with the guilty. Because you do not read it in this paper, is no sign that the editor is blind.

Lyndsey P. Thomas, Earl A. Thomas and Ethel Thomas, copartners in the firm of L. P. Thomas & Co. of Lowell through Attorney Shivel have filed declaration of a suit for \$2,000 alleged damages against Frank W. Blair, Dudley E. Waters and Samuel M. Felton, designated as receivers for the Pere Marquette Railroad company. The basis of the claim is an alleged loss on a large shipment of beans to Evansville, Ind. which it is claimed the railroad failed to properly transport to destination. The date of the shipment is given as April 20, 1912.

Railroads and those in charge of public buildings will find themselves guilty of misdemeanors if they fail to establish drinking cup vending machines at their drinking fountains, if the bill introduced by Rep. Schmidt, of Osceola, ever becomes a law. The bill provides that the vending machine must be maintained near the fountains and that the cups may be sold not to exceed one cent each. Glass, wax or parafine cups may be furnished from the machine.

75 years ago The Lowell Ledger February 3, 1938

The house on the Toby Byrne farm, one mile south of Parnell, burned to the ground Monday afternoon about four o'clock. The house was occupied by Katie Byrne, Mr. and Mrs. Malone and their young son. The cause of the fire is attributed to a defective chimney. All the household goods on the second floor were destroyed but neighbors and school children assisted in saving most of the contents on the ground floor and basement. The loss is partially covered by insurance.

Looking Back,
continued, page 12

140 years ago The Lowell Ledger February 3, 1898

Son Against Father – Court Decides the Son Shall Hold a Grattan Farm. The following item, taken from Grand Rapids Herald will be of interest to the many readers of this paper: The injunction against Richard Bowler, jr., of Grattan township which was issued on complaint of his father, Richard Bowler, sr., was dissolved by decree of Judge Adsit. Bowler, senior, claimed he deeded his 70 acre farm in Grattan to his son but held a life lease to the land. He claims his son destroyed the life lease and then took advantage and failed to live up to his agreement and misused him. The son, in his answer to his father's bill of complaint, stated there was never any life lease given, that he worked 11 years for his father and the farm was deeded to him for his services without any reserve. The court found the son's claims were sustained by the evidence.

Spring & Co's GREAT CLOAK STOCK – Right now during the apparent desperate condition of the local cloak market, and when others have struck their limit. Complete obliteration of cloak prices! Every garment from the child's \$1.00 Reefer to the elegant Sealskin, subjected to vivisection. We do not, and will not offer you this winter's style next spring. They shall go at once. We do not stop here. Ladies' outer skirts and Petticoats. Ladies' Collarettes and Waists are included. The next eight to ten days tells the story with our stock. If you have a garment need, come now. Stocks and varieties too varied and too great for detail. We have spoken.

Wm. Sherman, the old scoundrel who makes a practice of marrying widows and deserting them after securing their property, has been captured at Pierson,

After a year of challenges, more work to do in 2013



Sen. Carl Levin

The Senate returned to the Capitol this month after a turbulent 2012. In the areas our citizens look to us to address – boosting economic growth and job creation, building a foundation for long-term competitiveness, protecting our environment and our national security – we overcame some major challenges and made some progress in 2012, but delayed many of the tough decisions until 2013.

We ended the year with a debate over the “fiscal cliff,” and while we avoided the potential economic catastrophe of going over the cliff on Dec. 31, we only temporarily delayed draconian automatic spending cuts that will kick in early this year if we can't reach another agreement to avoid them.

One way we can bring down the deficit while avoiding those damaging cuts is to close some egregious corporate tax loopholes.

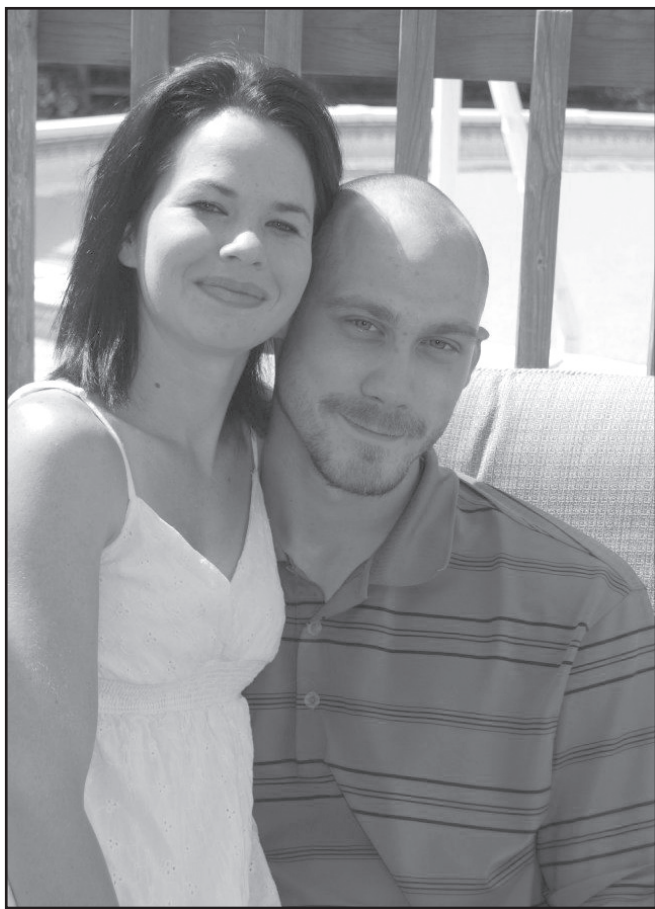
Over the last year, I've fought for changes to bring down the deficit and make the tax code fairer. For example, we should end the tax loopholes and accounting gimmicks that allow companies to give lucrative stock options to executives and stick Uncle Sam with the tab; that allow companies to avoid taxes by shifting U.S. income to offshore shell corporations; that subsidize companies for moving U.S. jobs offshore; and that allow hedge fund managers to pay a lower tax rate than their staff.

Revenue from closing those loopholes will help us preserve programs that support the aspirations of average families. For example, Congress acted over the summer to avoid a doubling of student-loan rates that would have put college – already a financial strain for most families –

Levin, continued,
page 7

engagements

Bogdanik/Ridder



Tara Bogdanik and Joshua Ridder

Tara Lynn Bogdanik, daughter of Mark and Faith Bogdanik of Lowell and Joshua Troy Ridder, son of Kyle and Debbie Buikema and Glenn Ridder, all of Holland, announce their engagement.

The bride-elect is employed by Salon Centric. The groom-elect is employed by Midwest Installations, Inc. A July 6, 2013, wedding is planned.

Nethercott/Fuchs



Justin Fuchs and Autumn Nethercott

Autumn Nethercott and Justin Fuchs are excited to announce their recent engagement. The couple met at the Bitter End coffee house in 2010 and fell in love over many Scrabble games and cups of coffee. Autumn graduated summa cum laude from Central

Michigan University and is an interior designer at Jeffery Roberts Design. Justin graduated from Grand Valley State University and is a marketing consultant at Spectrum Health. The wedding will take place in Grand Rapids on May 17.

health



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lowering cholesterol

Cholesterol is a substance that your liver makes. It is also found in some foods, such as eggs, meats and dairy. Your body needs cholesterol to make cells and certain hormones. But too much cholesterol can cause problems with your heart and blood vessels.

If you have elevation of the bad cholesterol (LDL) you can lower it and reduce your risk of heart problems by leading a healthy lifestyle. You should eat a low-fat diet, exercise regularly and stay at a healthy weight. You should not smoke. If you already have heart or blood vessel problems or are at high risk of getting them, your doctor will probably recommend

cholesterol-lowering medicines. Even if you are taking medicine, a healthy lifestyle is still important.

There are many medicines to lower cholesterol, including statins, which slow down your body's production of cholesterol. Examples of statins include Zocor, Lipitor and Crestor. Other medicines include fibrates (Tricor, Fenofibrate), niacin and resins.

Any medicine can cause side effects, with the statins being most notably associated with muscle aches, pain or weakness. If you have these side effects, let your doctor know so that an alternative medicine can be tried.

Financial Focus, continued

“Buy low and sell high” is the classic piece of investment advice. But too many investors only buy investments when they're on the rise and sell them when they're falling. In other words, they're doing the opposite of “buy low and sell high” — and they're being driven by fear and greed. Keep these emotions out of your investment strategy, and you'll help yourself greatly.

Don't maintain unrealistic expectations. Some people consistently put off investing until “later,” figuring they can always catch up by putting away more money during their peak earning years. Don't make that mistake. To achieve your long-term goals, such as a comfortable retirement, you need to invest early and keep investing, rather than wait for a time

in your life when you may suddenly have more money “freed up” for investment purposes. Also, don't anticipate that you'll steadily earn a good rate of return on your investments. Although the financial markets have trended up in the long term, we've seen many down markets that have lasted for a year or longer. Factor in these fluctuations when estimating the rate of return you'll need to achieve your goals. For these types of calculations, you may want to work with an experienced financial professional.

These and other “Groundhog Day”-type investment mistakes can be costly. But you can avoid them if you maintain a solid investment strategy, if you've got patience and perseverance — and if you stay focused on the long-term horizon.

happy birthday!

JANUARY 30
Susan Roudabush, Nicholas Kinsley, Tyler Call, Josh Dietz, Shirley Stevens.
JANUARY 31
Rick Fonger, Brian Rasch.
FEBRUARY 1
Lila Grummet, Chris Vezino, Ryan Teelander, Sommer Mercer, J. Johnson, Monica Burt, Ryan Peel, Lydia Koeppel.

FEBRUARY 2
Marie Wade, Sarah Baker.
FEBRUARY 3
Dale Phillips, Clarice Poisson, Sana Bryant, Cassandra Thomas, Chris Dennie, Olivia Dennie, Jon Jacobs.
FEBRUARY 4
Jo Hill, Kelsey Scheider, Alan Lally.
FEBRUARY 5
Ann Mulder, Kenneth Gregersen Sr., Colleen Myers, Mandy Schneider, Mike Conklin.

the lowell ledger

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New councilmember appointed and city works on new strategic plan

by Ellen Mork
contributing reporter

Monday night, the city council filled its vacant seat and held a workshop.

Reverend Chris Schwab was appointed to fill the vacant seat on the city council. His term will expire November of 2015, at which time he must run in the election to retain his seat. Schwab is the pastor at First Congregational Church and has lived in Lowell for three years. He is committed to helping Lowell become a better place to live and work.

The second part of the night included the first workshop of the year. During this workshop, the council worked on the city's strategic plan. Mark Howe, city manager, presented the rough draft

of the plan to the council, police chief, treasurer, clerk and director of Department of Public Works. Everyone worked together, gave their opinions and brainstormed different ideas.

The council will continue to meet monthly to work on it.

The strategic plan is the plan the city employees and council will use to guide their decisions and actions.

It included sections on vision, mission, values and strategic focus areas. The vision is to "be the vibrant core of a thriving community," and the

mission is to "provide for public peace, health and safety of persons and property."

They hope this plan will help Lowell grow both as a community and economically and foster respect and collaboration between citizens and other area municipalities.

The focus areas were broken down into several bullet points that the council and city will work on throughout the coming years.

In the coming meetings, they will work to decide which goals are the most pertinent and work on a plan to accomplish them. After the goals are set, the city must decide how to measure them, who to work with to accomplish them and whether it is something the city employees or the council should focus on. After each year, the plan will be evaluated. Goals and areas of importance that were met will be noted and areas that need work will get more focus in the following years.

The council already noted having a proactive approach to communication with citizens was important.

Overall, the strategic plan will focus on community collaboration, government efficiency and effectiveness, creating and maintaining quality neighborhoods, having economic vitality and sustainability and encouraging diverse recreational and cultural opportunities.

As the plan is further solidified, more details will be released. The council noted that because of the many issues it addresses, it will take a while to implement and explain to the public.

This is a proactive approach to helping Lowell become "The Next Place To Be."



City employees and the council collaborate during the workshop

Levin, continued

even further out of reach. We beat back attempts to reduce the budgets for education, research into groundbreaking technology and life-saving medical treatments. We must continue to fight to preserve these important investments in our people and their future.

Of course, for us in Michigan, the continuing renaissance of the domestic auto industry has been vital. Growing auto sales and employment continue to demonstrate the wisdom of the federal investments in preserving this backbone of American manufacturing. Just as important as what's happening on factory floors today is how we're preparing for long-term competitiveness. We need to make sure we build the cars of tomorrow as well as those of today.

The announcement in December that several of our state's companies and educational institutions will participate in a federal research consortium developing next-generation vehicle batteries means good jobs for our people now and in the future. And the continued growth of clean energy technologies – not

just as sources for energy, but as a growing business for our companies – underlines the strong steps taken by our entrepreneurs, often with federal support, to build for the future.

As chairman of the Senate Armed Services Committee, I know how important a strong and innovative industrial base is to our defense. The Defense Authorization Act we passed at the end of the year draws on Michigan's manufacturing, engineering and technological prowess in a host of ways. And in November, my wife, Barbara, and I attended the keel-laying ceremony for the USS Detroit, one of a new class of Navy vessels built to counter the security threats of the coming decades. Hundreds of Michigan workers will help build the USS Detroit and sister ships at a shipyard in Marinette, Wis., just across the state line from Menominee.

That is just the latest chapter in Michigan's maritime heritage, a heritage inextricably linked to the Great Lakes. In 2012, Congress passed legislation I pushed for that could help improve harbor maintenance. The Senate

passed a bill I authored to protect thousands of acres of wilderness at Sleeping Bear Dunes National Lakeshore, and though the House did not pass this bill, I'm hopeful we'll succeed in this Congress. And as co-chair of the Senate Great Lakes Task Force, I helped lead bipartisan efforts to ensure adequate funding for Great Lakes preservation and restoration, including programs to protect against invasive species such as Asian carp.

I just returned from a trip to Afghanistan and Pakistan, looking ahead to an important year for our policy in that region. Spending time with the brave men and women of our military is always inspiring. We are on schedule to hand over security responsibility for all of Afghanistan to that nation's security forces. Serious challenges remain, most notably in helping develop Afghan government institutions that are effective and free of corruption.

We face no shortage of challenges entering 2013. I'm optimistic we can meet them. The people we serve expect and deserve it, and our nation's future demands it.



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Spelling bee winners at Cherry Creek and Murray Lake elementaries



Cherry Creek Elementary held its annual fifth-grade spelling bee on Jan. 17. This year's winner was Ashley Boehr. The runner-up was Zachary Treadwell. Both will compete in the regional spelling bee to be held at East Grand Rapids Middle School on Feb. 12.



Pictured is Ben Fabiano, Murray Lake Elementary Spelling Bee champion and Kambry Kloosterman, runner-up. Both move on to the district spelling bee competition on Feb. 7 at Alpine Elementary School in the Kenowa Hills school district.

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Mooney opens new art gallery in Lowell

by Sharon Miller
contributing reporter

A new adventure begins for Lowell artist Kathleen Mooney as she launches the opening of her new Art Gallery 318 Fine Art at 318 E. Main St. in Lowell. Former owner of Fire and Water Art, launched in 2006, Mooney's art life has been changing. "In essence, this is coming out of great things," said Mooney.

The former Fire and Water Art Gallery will now be a co-op called Flat River Gallery and Framing. Many of the same artists will remain.

As for the new endeavor, Mooney's body of work has grown to

require a solo gallery. Art Gallery 318 Fine Art will display several of her series of artwork, including the Yellow Dog series. This was an emotional work that began with sadness over the destruction of the Yellow Dog River, northwest of Marquette in Michigan's upper peninsula. "The Yellow Dog River area was an incredible wilderness area that is being destroyed by a mining company."

Along with the Yellow Dog, there will be other series, including some sculptures and Mooney's Elemental series which is acrylics on canvas. She produces mostly

abstractions. "I paint my feelings about a particular inspiration."

Mooney loves travel and being in nature. This is where most of her inspiration takes place. She captures her inspiration in sketches or photographs and finalizes the creations in her

studio. Many of her works include hues and tones that come from nature.

"My paintings are like a prayer for hope. A blend of colors that represent healing."

Mooney expressed the importance of including

everyone in her invitation to come and view the artwork.

"People should not be afraid of coming to an art exhibition. They should feel comfortable coming in, engaging and enjoying the art."

Saturday's grand

opening reception was a wonderful preview of how comfortable Art Gallery 318 Fine Art is. It invites relaxed exploration of the many beautiful pieces exhibited. It is a wonderful addition to Lowell's growing art community.



Guests exploring art and enjoying the grand opening reception of Art Gallery 318 Fine Art. Krista Livingston (far right) and Leslie Stougaard were present to help Kathleen Mooney greet guests.

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Kathleen Mooney surrounded by her artwork.



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Red Arrow SPORTS

- WRESTLING

Red Arrows win OK White title

by Karen Jack

Both Lowell and Forest Hills Central went into Friday night's meet undefeated in the OK White conference, with hopes of walking away with the title. Lowell stomped Central, 58-12, only losing two matches out of fourteen to win their fourth straight OK White championship.

The team racked up seven pins to notch up the

score, at six points each. Lucas Hall (103 lbs.), Zeth Dean (112 lbs.), Danny Kruse (125 lbs.), Bailey Jack (130 lbs.), Jordan Hall (135 lbs.), Garret Stehley (189 lbs.), and Taylor Kornoely (215 lbs.) all recorded pins. Scott VanOosten (145 lbs.) recorded a major win, while Derek Krajewski (119 lbs.), Zac Graves (140 lbs.), Max Dean (160 lbs.), and Kanon

Dean (171 lbs.) all won by decision.

The team also faced Carson City Crystal on Friday, the champions of the Central Michigan Athletic Conference, beating them 42-24.

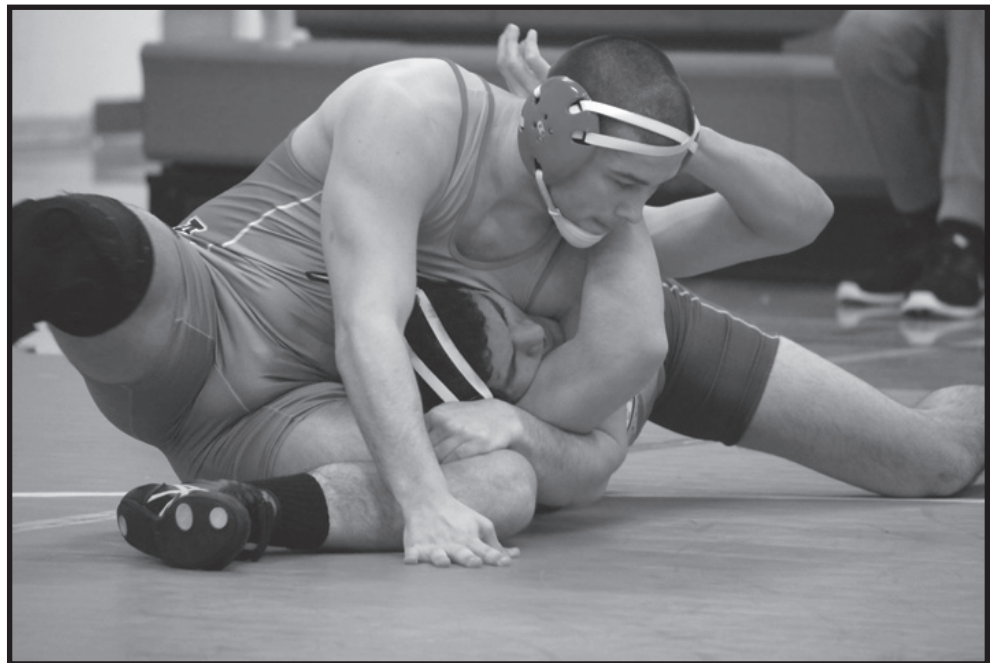
The Arrows head to Caledonia for the conference meet on Friday. The meet time is yet to be determined.



Zeth Dean gets the pin.



Scott VanOosten puts his opponent on his back.



Garret Stehley gets the head and arm for a pin.

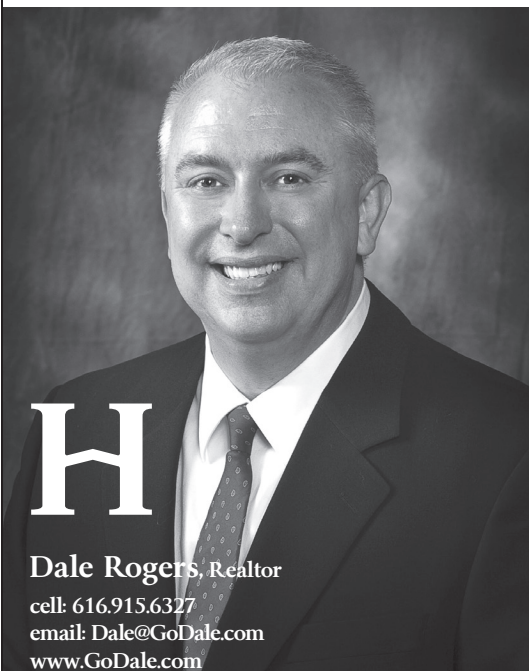
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Bowling with the stars to be held in February

by Karen Jack

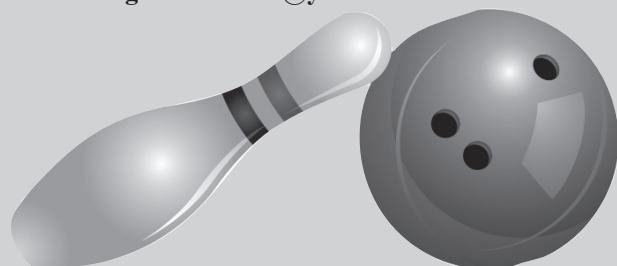
The high school football, baseball and girls' cross country teams are hosting the Bowling With the Stars event on February 8 and 15 at Lowell Lanes.

With the intention of it being a fundraiser, the high school athletes will be on hand to send a strong message on the importance of education and anti-drugs to the children who will participate. Coaches Dean, Miller and Ellis will also be on hand to bowl with the kids.

The price is \$20 for both days or \$10 for one of the sessions and the entry fee will provide bowling, a slice of pizza and transportation by bus to Lowell Lanes from the school each day. Parents must pick up their child from Lowell Lanes.

"This gives the children two and a half hours of fun and bowling by the high school players, plus gives a chance for the younger kids to receive the message that education is important for an athlete, as well as the anti-drug message our athletes will reinforce," said Sarah Ellis, head coach of the girls' cross country team.

The event will run from 3:30-6 pm each day and will also provide an opportunity to win door prizes. Entry is limited to the first 120 bowlers. For more information, contact lowellbowlingwiththestars@yahoo.com



Red Arrow SPORTS

- GYMNASTICS

Lowell loses close meet with Kenowa Hills

by Karen Jack

In a heartbreaker against Kenowa Hills, the Lowell gymnasts lost by only .15 of a point. Kenowa

Hills was the conference champion last year, so coach Michele DeHaan is hopeful this means great things for her team in the postseason.

“That 0.15 is one bent leg, one step on a landing, one jump not high enough,” said DeHaan.

Kaezi Bladey led the Arrows on the bars (7.8), followed by Sarena Wilterdink (7.3), Meghan Plutschow (7.1), and Lauren DeHaan (6.95). On vault, DeHaan led the scorers (8.65), followed by Wilterdink (8.45), Lauren Browning (8.4), and Plutschow (8.4). Morgan Taylor went down on the vault with a knee injury.

DeHaan led the scores on the floor with a 9.1, followed by Bladey (8.6), Wilterdink (8.45) and Bethany Kaczanowski (8.35). Beam was led by DeHaan (8.2), Jorie Bennett (7.6), Danielle Krajewski (7.55), and Kaczanowski (7.4).

All-around scores were led by DeHaan (32.9), Bladey (31.95) and Wilterdink (30.6).

The gymnasts will compete against Rockford at home on Monday, Feb. 4, starting at 7 pm.



Colleen Cater does a jump while on the beam.



Doing the splits on the balance beam is Kaylee Wold.



Showing off her balancing ability is Meghan Plutschow.

- BASKETBALL

Final second victories for both girls' and boys' teams

by Karen Jack

Both the girls' and boys' basketball teams mustered up all their talent on Friday night to beat East Grand Rapids in the final seconds. The boys won 52-50 and the girls won 42-41.

The boys' team trailed by nine going into halftime, but came out on fire in the third quarter to inch closer to the Pioneers. With seven seconds to go in the game, Jason Malling sunk his shot on a broken play, thanks to a pass from Austin Lemke.

The Arrows played tough defense in the final seconds to secure the win.

Leading the scores for the Arrows were Malling with 15 and Grant Noskey with 12. Lemke had 14 rebounds.

Aubreigh Steed was the hero in the girls' game, making a shot with 11 seconds to go to put Lowell ahead for the win. Going into halftime down by four points, the girls came out of the locker room playing tough defense and forcing

bad shots for East Grand Rapids. The girls outscored the Pioneers by three points in the third quarter and by two points in the fourth.

Leading scorers for the Lady Arrows were Steed with 15 and both Jessica Montgomery and Kate Montgomery with nine each. Steed also had nine rebounds.

Both teams travel to Grand Rapids Christian on Friday night. Game time begins at 6 pm.

- BOWLING

Bowlers are 2-2 in conference

by Karen Jack

The Lowell bowling teams are holding their own in the OK White conference, with both the girls' and boys' teams at 2-2.

For the boys, Lowell started off beating East Grand Rapids 1791-1108. High scorer in that meet was Justin Everitt with 209 and

202. Josh Rocco followed him with a 161 and 193. Jordan Dennie was close with a 181 and 171.

The Arrows also beat Forest Hills Central 1756-1620. Leading the charge in that meet was Dennie with a 199 and 178, followed by Jason Price with a 170 and 204.

The boys' team dropped to both Jenison and Caledonia. High scorer for the Arrows in the Jenison meet was Justin Everitt with a 187 and 178.

The girls' team also beat East Grand Rapids 1279-840. Leading the scorers in that meet were Ally Stockreef (142, 151)

and Paige Rozell (121, 146). The team beat Jenison 1358-1173. Again, Rozell and Stockreef were the high scorers.

Dropping to both Forest Hills Central and Caledonia, Rozell and Stockreef led the charge.

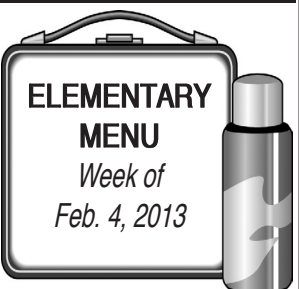
“I’m pleased with the play these kids are giving

this year. We’ve had a few difficult meets, but I’m confident we will do well in the league this year and hopefully that leads us to some great post-season play,” said head coach Rocky Eickhoff.

The bowlers travel to Jenison on Wednesday, starting at 3:30 pm.

Go Red Arrows!

LUNCH MENU



MON: WG pancakes w/ turkey sausage, warm cinnamon apples, fruit & veggie bar: broccoli florets, fresh baby carrots, orange juice, pears.

TUES: Cheeseburger on WG bun, baked beans, fruit & veggie bar: romaine side salad, fresh baby carrots, mixed fruit, fresh cantaloupe.

WED: Breaded fish sticks w/WG roll, corn on the cob, fruit & veggie bar: fresh baby carrots, fresh cauliflower bites, applesauce, mixed fruit.

THURS: Turkey & gravy w/WG biscuit, mashed potatoes w/gravy, fruit & veggie bar: romaine side salad, cucumber coins, fresh banana, peaches.

FRI: Tony's pepperoni pizza, seasoned green beans, fruit & veggie bar: red pepper strips, celery sticks, mandarin oranges, pears.

obituaries

FRYOVER

William E. Fryover, age 92 of Ada, passed away Monday, January 21, 2013. He was preceded in death by his wife of 68 years, Lillian, in 2011 and son, James Fryover. He is survived by children, Karen DeRidder, Steve (Su) Fryover; brothers-in-law, Bruce Fase, Darrell (MaryAnn) Fase; sister-in-law, Dorothy (Hal) Collins; a loving, caring grandfather of, Renea DeRidder, Shannon Fryover, Scott Fryover; several nieces and nephews. Mr. Fryover served in the Marines during World War II. Funeral service was held January 25 at Roth-Gerst Chapell. Rev. Peter St. Martin of Second Congregational Church officiated. Interment Oakwood Cemetery. Memorial contributions may be made to Spectrum Health Hospice, 100 Michigan Street NE, Grand Rapids, MI 49502.



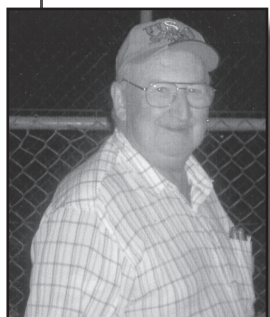
OLSON

Nicholas Joel Olson, age 26 of Lowell, passed away unexpectedly Wednesday, January 23, 2013. He was preceded in death by his grandfather, Jim C. Olson and uncle, Jay Olson. He is survived by his parents, Jim and Terese Olson; sister, SamiJo; girlfriend, Lauren Wisniewski; grandparents, Joyce Terkelson, Dewayne and Janie Whitehead, Sue Pugh; aunts and uncles, Jaedyne Olson, Laureen Olson, Jason "Jake" (Linda) Olson, Joe (Chris) Whitehead, Bill (Gina) Whitehead, Wendy Sweeney, Bill (Tommie) Foote; and many cousins. Funeral services were held at the Roth-Gerst Chapel, 305 N. Hudson, Lowell.



In Loving Memory of
HAROLD E. CARIGON JR.
 July 07, 1937 ~ January 28, 2012

It's been a really long year without you.



"Those we love don't go away, They walk beside us every day, Unseen, unheard but always near, Still loved, still missed and very dear."

*Always in our hearts
 Love, Your Family
 and Friends*

In Memory of
BILL DAWSON
 DEC. 22, 1919 ~ JAN. 27, 1984

SICILIANO

Mrs. Diane (Yost) Siciliano, of Lowell, passed away peacefully on January 24, 2013. Born in 1938, she was the oldest daughter of Paul Yost and Dora Terpstra. Married to Antonio Siciliano, they began their life together in Grand Rapids, moving to Lowell to raise their family. Surviving are her children, Tina "Sophia" (David) Cadwallader, Trent Siciliano, Toni Kay (Brian) Postema, Lisa (Benn) Ward; her grandchildren and great-grandchildren; also surviving are her sister, Jody (Glen) Johnson and her sister-in-law, Penny Yost. She was a long-time employee of General Motors, retiring in the 80's. She was also an active member of the Democratic Party, volunteering for many elections. She was active in the United Auto Workers Union, serving as the editor of her local 1231 newspaper, and was a CAP delegate. She coordinated the bus trip to travel to Washington, D.C. to commemorate the 30th anniversary of Reverend Martin Luther King's "I Have A Dream Speech." In her retirement, she traveled the world extensively. She also enjoyed spending time with her family, and had many dear friends. She was preceded in death by her husband, Tony; and her son, Tower, and her brother, Paul Yost. Memorial contributions in Diane's memory may be made to Alzheimer's Association or the Lowell Area Historical Museum. To share memories, pictures and condolences with Diane's family please visit www.stegengafuneralchapel.com

Looking Back, continued

If you find that many of the proprietors of the business houses of Main-st. are absent this week, it may possibly be due to the fact that they are in Washington attending the President's conference with small business men. You see, those invited are the ones doing an annual business of a million dollars or more.

For the first time in the history of the Lowell high school the number of freshmen at the beginning of the second semester exceeds the number that enrolled during the first semester. The largest freshmen class in the history of the school enrolled last September, when 89 boys and girls entered the 9th grade but due to added enrollments the number in this class has mounted to 93. The rest of the enrollments in grades 10, 11 and 12 have also been maintained and the total number in the upper four grades is 313. It appears now that a class of over 65 will graduate in June. The largest number to have received diplomas heretofore was in 1935 when 63 were awarded the coveted certificates.

50 years ago The Lowell Ledger January 31, 1963

Headline: Re-zoning of Main Street Draws Developers Fire. Both the Lowell Zoning Board of Appeals and the city planning commission have voted to repeal the zoning changes on Main Street approved last July by the city council, and return the area to residential. Last week the zoning board agreed that it was a mistake to change the zoning on Main Street, west of the old village limits from residential to commercial and they proposed that the council repeal their change voted last July. On Monday night of this week the city planning commission voted to request the council to return this area to residential. The only objector to this move by the council has been Wendell Berman, head of Lowell Development Company and Dok Builders, who have purchased lots and built two model homes. According to the city attorney, Richard VanderVeen, the change last July of this area from residential to commercial was improperly done, because certain hearings and notices were not given and the zoning change is null and void. Berman and Dok Builders claim that this will adversely affect their plans for developing this area. The city council and the planning commission have held meetings with the two objectors and after hearing their objections voted to go ahead with the change back to residential.

Lowell firemen were called out by the automatic alarm system at Superior Furniture Company on Friday evening. They discovered that a pipe in the sprinkler system had frozen and broke allowing water to spread over a warehouse area. William S. Lee, president of the company, said that little damage was done by the break, but appreciated the prompt response of the local firemen. Just a few weeks ago, a small fire kicked off the alarm system at the plant.

25 years ago The Lowell Ledger February, 3, 1988

S.J. Bob Furniture will store all the valentines it can collect in this "Valentines for Hostages" box. The Valentines will then be mailed on Feb. 8 to the eight Americans still held captive in Beirut.

A film documentary entitled "Lowell: Contrasts and Conflicts," put together by Beverly Persha, will air on local cable in February. The film, which contrasts the nature's serenity and the commercial hub-bub of the city is scheduled to air on Monday, Feb. 8... Persha did the film in the Spring of 1987 while attending Grand Valley State College. She has earned her fine arts degree at Wayne State University. "I've lived in Lowell since 1978 and have noticed a change," Persha said. "Lowell's grown from a small community which used to have a parade at the drop of a hat, to a community where parades are now commercial." Persha added, that the 16-minute film shows how the quiet and serene side of nature and the hustle and bustle of the city can co-exist.

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Odyssey of the Mind teams meet at Cherry Creek

Recently, eight Odyssey of the Mind teams from Lowell met at Cherry Creek Elementary to practice a variety of spontaneous problems in preparation for their upcoming Region 13 competition on March 9.

Odyssey of the Mind is a program that fosters creative thinking and problem-solving skills among kindergarten through college level students around the world. Teams work to

solve any one of a number of long-term problems, from building mechanical devices and balsa wood structures to creating a unique interpretation of a literary classic.



Pictured, above, left to right, working on a hands-on spontaneous problem are third and fifth graders from Murray Lake and Cherry Creek Elementary, Bradley Rohen, Hayden Lowrie, Jared Lardie, Mitchell Anderson, and Brandon Baker.

At left, working on a hands-on spontaneous problem are, from left to right: fourth and fifth grade Murray Lake and Cherry Creek students: Jenna Happe, Krin Beach, Noah Oswald, Jared Sweet, Ben Fabiano, Bryce Shelley, and Jonathan Franz.

Local scholar-athlete award finalist announced

Pierce Watson, of Lowell, was among the 120 finalists for the Michigan High School Athletic Association's Scholar-Athlete award for the 2012-13 school year.

The program, which has been recognizing student-athletes since the 1989-90 school year, will honor 32 individuals from Michigan High School Athletic Association

(MHSAA) member schools who participate in at least one sport in which the association sponsors a postseason tournament. Farm Bureau Insurance underwrites the Scholar-Athlete award and will present a \$1,000 scholarship to each recipient. Since the beginning of the program, 576 scholarships have been awarded.

Scholarships will be presented proportionately by school classification, with 12 scholarships to be awarded to Class A student-athletes, six female and six male; eight scholarships will be awarded to Class B student-athletes, four female and four male; six scholarships will be awarded to Class C student-athletes, three female and three male;

and four scholarships will be awarded to Class D student-athletes, two female and two male. In addition, there also will be two at-large honorees which also are part of the general judging process, may come from any classification and are designated by their school at the time of entry.

Every MHSAA member high school could submit as

many applications as there are scholarships available in its classification and could have more than one finalist.

Multiple-sport participation remains the norm among applicants. The average sport participation rate of the finalists is 2.48, while the average of the application pool was 2.16 — both within a tenth of last year's rates in those

categories. There are 59 three-plus sport participants in the finalist field and all but one of the 28 sports in which the MHSAA sponsors postseason tournaments are represented.

Of 409 schools which submitted applicants, 54 submitted the maximum allowed.



lend a hand

volunteering opportunities

tutor information session

The Literacy Center of West Michigan has scheduled an information session on Wednesday, February 13, 2013, for prospective volunteer tutors. This session is held at 6:30 pm and lasts one hour. It allows persons interested in becoming volunteer tutors to find out more about the center and its literacy programs. At the end of the session, there will be an opportunity to sign up for tutor training.

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

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

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

New to electronic payments?

Beginning March 1, with few exceptions, all federal benefits, including Social Security and Supplemental Security Income (SSI) benefits, are to be paid electronically. That's according to a rule from the U.S. Department of the Treasury.

For years, Social Security has stressed the convenience, security, and safety of getting benefit payments electronically, offering peace of mind that your payment will arrive on time, even in the event of natural disasters or being

away from home when the check is in the mail.

Electronic payments (direct deposit or Direct Express) are not only the best way to receive federal benefit payments — for most people, starting in March, they are the only way.

If you get your payments the old-fashioned way and electronic payments are new to you, here are some things you may want to know about your future payments.

- Electronic payments are safer: there's no risk of checks being lost or stolen;
- Electronic payments are easy and reliable: there's no need to wait for the mail or go to the bank to cash a check;
- Electronic payments are good for

the environment: they save paper and eliminate transportation costs; and finally;

• Electronic payments save taxpayers money to the tune of \$120 million per year: there are no costs for postage, paper, and printing; and

• Electronic payments could save you money on check-cashing and bank fees.

Please visit www.GoDirect.org today to learn more about getting your Social Security and SSI payments the safe, easy, inexpensive, and green way — electronically. And rest assured that on payment delivery day, you won't have to wait for your money; your money is already in the bank and ready for you to use.

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If you ask what is the single most important key to longevity, I would have to say it is avoiding worry, stress and tension. And if you didn't ask me, I'd still have to say it.
~ George Burns (1896 - 1996)

What's Your Sport?

Keep Caught Up On All The Lowell High School's Sports Action In

The Lowell Ledger

**THEME:
THE GRAMMYS**

ACROSS

1. *Previous Grammy nominees Ant and Lambert
6. *Best New Artist, possibly
9. Hit the bottle
13. Relating to a node
14. Arrival time
15. *She's a 6-time Grammy winner and Michael's sister
16. Harry Potter's antagonist _____ Malfoy
17. Always, in verse
18. Uncredited actor
19. *Female artist with most wins
21. Like Horn of Plenty amount
23. Exclamation expressing disgust
24. Pea houses
25. Ratio of adjacent side to hypotenuse of right-angled triangle
28. With minimal sound distortion
30. Go ashore
35. Shades
37. Electric and moray fish
39. Less bright than supernovae
40. Von Bismarck or Hahn, e.g.
41. *Grammy winner Keb Mo is a _____ Blues icon
43. Allen Ginsberg poem
44. Stands for
46. A ride to mountain top
47. Cambodian money
48. Magician's word
50. Double reed woodwind
52. Wine quality
53. Wild goat
55. Flash _____
57. "Last Tango _____"
61. *Grammy Museum location

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JANUARY 23 - JANUARY 29

- Over two-hundred young people were killed in a Brazilian nightclub when a band shot fireworks into the ceiling causing a massive amount of smoke and fire.
- Brendan Marrocco, the first soldier to survive losing all four limbs in the Iraq War, there have been four since, has received a double-arm transplant. The 26-year-old tweeted that the new arms "already move a little." He had the transplant on Dec. 18 at Johns Hopkins Hospital in Maryland.
- Barbara Walters has the chickenpox and remains hospitalized more than a week after going in after falling and hitting her head at a pre-inaugural party in Washington on Jan. 19. The 83-year-old news veteran apparently never had the childhood disease and it can be serious in older people because of the possibility of complications like pneumonia.
- Hugh Hefner's longtime secretary, Mary O'Connor, has died. She worked for Playboy for over 40 years.
- Actress January Jones says her hair is falling out because of dying it too much. "I have been every color and now my hair is falling out in clumps. I'm going to have to shave it off and wear a wig."

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DOWN

1. Plus
2. Rachel Renee Russell's "_____ Diaries"
3. Month of Purim
4. Last European colony in China
5. Outer covering that can be shed
6. Fine print add-ons
7. Shoshonean
8. Narcotics lawman
9. *Grammy winner Bob James wrote theme for this DeVito sitcom
10. "I'm _____ you!"
11. Cuzco country
12. Plural of #14 Across
15. *Call her maybe?
20. It usually precedes "away"
22. Like Jack Klugman on TV
24. Jackie O's hat
25. "_____ at the bit"
26. Kind of space
27. Bristles
29. Fifteen of these from basket to foul line
31. Physicist Niels _____
32. Steer clear of
33. More raw
34. *What doesn't kill her makes her stronger
36. *They play with Mumford
38. Wild guess
42. Something in the air
45. Provoke
49. _____-Wan Kenobi
51. Eroded by wind
54. English homework?
56. This was his name-o
57. In or of the present month
58. Warsaw Pact opposition
59. Opposite of knit
60. Desert-like
61. Cleaning cabinet supplies
62. Sink or swim, e.g.
63. D'Artagnan's weapon of choice
66. Singular of #61 Down
68. Rolodex abbr.

Puzzle Solutions on page 12

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