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fun on

the farm

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Ihs sports

wednesday • may • 8 • 2013

# 19<sup>th</sup> Annual Crop Walk raises funds to help the hungry

Ellen Mork contributing reporter

Lowell area churches took a stand against hunger Sunday afternoon by participating in the CROP walk. The 5.5 mile walk through downtown Lowell raised funds and awareness for local and international hunger relief programs. Church World Service, a "cooperative ministry of 37 Christian denominations working to eradicate hunger and poverty," runs the event. Twenty percent of the funds raised by the community goes to the Flat River Outreach Ministries Food Pantry, five percent goes towards Lowell Senior Neighbors lunch program and the remaining 75 percent is used by Church World Service.

121 people walked Sunday. First United Methodist Church (First UMC) hosted the event, and the walkers started and ended there. People from the First Congregational Church, Vergennes Methodist, Good Shepherd Lutheran, Bowne Center and the Alto Methodist church participated. Representatives for the Senior Neighbors and FROM also walked.

Sandy Lui, a member at First UMC, registered walkers, and was hoping for one hundred. 121 walkers registered by the time the walk began and she was sure other people would hand in donations after the event ended. She said it was "a very happy number," and was pleased the town could raise so much money for the great cause.

Even after the First UMC dealt with flooding in their basement the past few weeks, they were able to host a wonderful event and help those in need.

Walkers began at the First UMC, walked north towards Fremont and back to Main St. They then crossed the river, walked to Lincoln Lake and down Foreman to Gee. Finally, they walked to Ridgeview, back to Main Street and the Church. On average, the walk takes about one and a half to two hours.

When walkers returned, they had water, apples and oranges donated by Meijer.

It was a hot day, and support vehicles drove around making sure everyone was staying hydrated and healthy. The walk was representative of a walk hungry people in developing countries take to gather water, food, fuel and to get to the market every day.



The First United Methodist Church youth group and leaders pose for a photo during Sunday's Crop Walk.

Preliminary numbers showed walkers raised \$5,391, with an additional \$1210 coming from an anonymous \$10 matching donation for every walker. Lui estimated another \$1,000 would come in after the walk ended from people who couldn't walk and wanted to donate. They will also get internet donations but totals weren't available yet. So far, \$1320.20 is

going to FROM, \$330.05 going to Senior Neighbors and \$4950.75 going to CWC.

In the previous 18 years, the crop walk has raised \$333,834. So far this year, they've raised \$6,601. The number will rise and they've now raised over \$340,000 in the 19 years the Crop Walk has been held in Lowell.



City council continues discussion of 2013-2014 budget

### Ellen Mork Contributing reporter The cit

city council The mayor receives \$43 list, with only a 13% increase in wages puts the average resident pays \$924

www.yournews.com



# page 10 & 11



heard from a five-person compensation commission (the Commission) Monday night to determine whether wages should be increased for the mayor and city council officials. The Commission met three times

In addition to determining whether a wage increase was necessary, they also reviewed the Code of Ordinances pertaining to their commission.

beginning in February.

The Commission meets on odd numbered years to review this information.

Currently, city council members receive \$38 per meeting, for up to 35 meetings annually. This totals to \$1330 annually.

per meeting for up to 35 meetings annually. The mayor's salary totals \$1505 annually.

Crop Walkers hit the one-mile mark as they pass the cemetery.

The Commission reviewed the wages of council members in six similar sized cities throughout Michigan. Their findings revealed Lowell's council members' wages were in the middle, and wages ranged from \$800 to \$1600.

The Commission also reviewed the differentiation between the Mayor and council members' wages. In some cities the mayor received 50% more compensation than the council. Lowell was at the bottom of this differentiation

differentiation.

Based on the C.O.L.A. index, the cost of living has increased 5% since 2011.

Based on the average wages of other cities council members, the large wage differentiation between mayor and council members and the cost of living increase, the Commission recommended an increase in wages for the mayor and city council members.

The city council elected officials would receive \$40 per meeting, for up to 35 meetings, making the total \$1400. The mayor would receive \$47 per meeting for up to 35 meetings, making the total \$1645. This new price differentiation at 18%.

City Manager Mark Howe gave short а presentation pertaining to where property taxes go within the city. He cautioned that looking at how property taxes are spent is not the full picture. The average resident pays \$785 in property taxes, with about \$176 going towards general government, \$255 going towards police, \$94 going towards the city hall bond and \$64 going towards

By this measure, it seems the police budget is the largest, but that is false. Howe showed that the

streets.

for their electric bill yearly, \$480 for their sewer bill and \$384 for their water bill. Given more figures, it can be seen that Lowell Light and Power has the larger budget, at \$7 million per year. The police budget is fourth at \$770,000.

Howe showed the city budget is complex, and funding for departments comes from many sources, including property taxes, state income tax, sales tax and in utility bills.

The city has their budget review May 20 at 7 pm. They encourage residents to come hear more about the budget and share their comments.

### <sup>th</sup>ledger

# **Junior Regional Art Competition opens at LowellArts!**

The second annual LowellArts! Junior Regional Art Competition opened May 1 in the gallery at LowellArts!.

This exhibit features work from artists ages 13-18 living in Kent, Barry, Ionia and Montcalm Counties. Modeled after LowellArts!

West Michigan annual Regional (Art) Competition, the exhibition was designed to encourage entries from young people serious about

\_\_\_\_\_



"Linda Zippro Painting" is an acrylic painting by Plymouth Christian School student Linda Zippro, age 16, entitled, Village Christmas.

fine art and who have already shown a strong interest in developing their skills.

This year, the exhibit features 58 artworks submitted by 28 artists. Seven artworks have been selected for Artist Recognition Awards.

Recognition Award winners will receive merchandise packages donated by JRAC sponsors Daniel Smith, Inc., Dick Blick Art Materials, Forest Hills Fine Arts Center, Unlimited, Frames Kendall College of Art and Design of Ferris State University and Service Reproductions. These items include art supplies and gift certificates, a youth class at Kendall College, theatre tickets, instruction books and more.

The awards will be presented at the closing reception on Thursday, May 30, from 5-6:30 pm. The public is invited to attend. Regular Gallery hours are Monday through Friday, 10 am-6 pm and Saturday 1-4 pm. The gallery is located at 149 S. Hudson.



"Pots" is (from left) two vases from Lowell High School students Marilla Marks, age 15, entitled, Sea & Sky and Brigitte Casalina, age 18, entitled, Octo-Pot.



# the lowell dger (USPS 453-830)



### Adopt a Tree to Yarn Bomb

Remember the sweater you planned to knit? That crochet blanket that never went beyond purchasing the supplies? Or perhaps your interest in knitting simply dwindled over the years, leaving skeins of yarn gathering dust in the back of a closet. Well, now is the perfect time to grab those

needles, crochet hooks and fiber and donate them to LowellArts! because we're looking for volunteers to Adopt a Tree – to Yarn Bomb!

Yarn Bombing began in Europe in the early 2000's when artisans started covering multiple outdoor

objects with knitted or crocheted decorations. Late in the decade, American crafters took the art to new levels as they moved beyond cozy-covered tree stumps and door handles to huge public installations such as fiber-enveloped park benches, statues, cars, fire hydrants, utility poles, and fences. Methods vary from simple crocheted bands to elaborately knitted creations.

LowellArts! is looking for both yarn donations (the brighter, more colorful, the better) and volunteer knitters to Adopt a Tree in downtown Lowell. All projects need to be completed in time for Lowell Riverwalk Festival in mid-July. Sound like fun? Contact us at 616-897-8545 or stop by LowellArts!, 149 South Hudson, Lowell, Monday through Friday, 10 am - 6 pm, for more info.





### **SMOKING CESSATION CLASSES**

Free smoking cessation classes begin Thurs., May 16. Tobacco Free For Good class meets for six weeks on Thursday evenings from 6-8 pm at Lowell Family Medical Center, 2550 E. Main St. Registration encouraged, but not required. Call 616-446-7058.

### FROM VOLUNTEER ORIENTATION

Volunteer orientation at Flat River Outreach Ministries will be Thurs., May 16 at 1 pm. Please call 897-8260 for additional information.

### WILD WINE & BEER SAFARI

May 18 at Boulder Ridge Wild Animal Park in Alto. Adults only, presented by LowellArts! For more information visit www.lowellartsmi.org or call 897-8545.

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.

Published weekly for \$22<sup>oo</sup> a year for zip codes beginning with 493 or 495 \$3200 a year any other zip code. Deadline for display advertising is Friday at Noon Deadline for classified advertising is Monday at 5 pm

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# Lowell Light & Power honored with national award for safety

Lowell Light & Power has earned the American Public Power Association's Safety Award of Excellence for safe operating practices in 2012. The utility earned first place award in the category for utilities with 23,159 worker-hours of annual worker exposure. Bob Rumbaugh, chair of the APPA Safety Committee and energy services consultant, American Municipal Power, Inc., in Columbus, Ohio, presented the award on March 25, during the association's annual Engineering & Operations Technical Conference, held in Kissimmee, Fla.

"Keeping utility staff

and customers safe should be every utility's top priority," said Rumbaugh. "The utilities honored today have demonstrated serious commitment to this essential aspect of electric service."

More than 280 utilities entered the annual contest, which is the highest number of entrants in the contest's history. Entrants were placed in categories according to their number of worker hours and judged for the most incident-free records during 2012. The incidence rate, used to judge contest entries, is based on the number of work-related reportable injuries or illnesses and the number of worker-hours during 2012, as defined by the Occupational Safety and Health Administration (OSHA).

"At Lowell Light & Power, we are proud of our safety record," said Greg Pierce, general manager of Lowell Light & Power. "We have a staff of top-class professionals who strive to ensure safe operations in every facet of their work."

The Safety Awards have been held annually for the last 53 years. APPA is the national organization representing more than 2,000 not-for-profit, community- and stateowned electric utilities.



Legislative Update State Representative

Lisa Posthumus Lyons R-Alto

Serving as state representative for the 86th District is an incredible honor and privilege. I am currently in my second term leading the House as Assistant Majority Floor Leader and am extremely proud of the real results we have accomplished to begin Michigan's comeback.

Though this is my second term, the district lines have changed since last year. The 86th District now includes portions of Kent and Ionia counties including the cities of Belding, Ionia and Lowell as well as the townships of Easton, Ionia, Orleans, Otisco, Ada, Bowne, Caledonia, Cascade, Grattan, Lowell and Vergennes.

I hope you find this column helpful in keeping you updated on the issues being undertaken in the Legislature.

I want to first thank the entire Lowell community for demonstrating, once again, what it means to come together in the face of adversity. The recent flood brought people out in droves to assist wherever called upon. The commitment of its citizens is exactly why Lowell is a vibrant, thriving area. I have been in close contact with city leaders to offer support, and I will do everything possible to assist in any way. It gives me great pride to be a part of this community! I have the honor of serving as chairwoman of the House Education and House Elections & Ethics Committees. In addition, I serve on the Financial

Services, Insurance, Tax Policy and the Legislative Council Committees. I am committed to tackling issues in the Education Committee to ensure all Michigan kids the best education possible. In the Elections and Ethics Committee, we are working to streamline our election process to ensure every vote has value, and maintain the integrity of our elections.

Major issues in which we expect continued discussion include Auto No-Fault reform in Insurance Committee to stabilize the catastrophic claims system and make auto insurance more affordable; infrastructure funding proposals in Transportation and Tax Policy Committees to fix and maintain our crumbling infrastructure; and the state budget, which will be structurally balanced, provide essential services, and be completed by June 1. Stay tuned for more details in my future legislative update columns! If I can ever be of assistance to you, I am eager to help. Please feel free to contact my office with any questions or concerns tollfree at (855) 596-6786, via email at LisaLyons@house. mi.gov, or visit my website at www.repposthumuslyons. com.

# college news

James Flanagan, son of Pete and Tina Flanagan of Lowell, is a candidate for a Bachelor of Arts degree in accounting and management from Hope College. Commencement exercises were held Sunday, May 5.

# Support group started to compliment classes

Over 180 people have been helped since free smoking cessation classes began in Lowell back in January of 2007. Due to high demand another class scheduled to start Thursday, May 16 from 6-8 pm at Lowell Family Medical Center thanks to Lowell Community Wellness which uses funds earmarked for community education and cancer prevention from Pink Arrow Pride.

The success of Lowell's smoking cessation classes has given way to a new program. A monthly support group, beginning this June will allow graduates of the classes to get continued support as they learn to live their lives as a nonsmoker. Follow up and support are a critical part of relapse prevention. The support group meetings will take place the first Thursday of every month, from 6-8 pm also at Lowell Family Medical Center. The support group keeps former smokers focused on their quit plan and helps them address new concerns and problems that may have occurred

after the class ended. It will also address topics of ongoing stress management and weight gain which are common concerns for those who have recently quit.

In addition to supporting any graduates from past classes, this meeting will also serve as a Quit Clinic. The concept of a Quit Clinic is to allow anyone interested in quitting to stop in and talk to a certified tobacco treatment specialist about questions and concerns they have for themselves or a friend or loved one who smokes.

Free smoking cessation resource guides will be available during the two hour support meeting/clinic. Registration for classes



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# THANK YOU

Lowell Charter Township would like to thank the City of Lowell, Department of Public Works, Lowell Area Fire

Department, Timpson Transport, and all the volunteers who helped to keep the streets open during the recent flooding.

> We appreciate the efforts of everyone involved. This kind of cooperation is what makes the Lowell Area such an attractive place to call home.

# Lowell Area Schools Special Education Department INFORMATION FOR PARENTS AND STUDENTS

Student special education files are periodically purged after students' eligibility for special education ends. If you are a former Lowell Area Schools student born in 1985 or 1986 who received special education services, you can request your file by contacting the Special Education Office by phone at 987-2516 or by mail at 300 High St. Files of students born in 1985 and 1986 will be destroyed in September 2013.





No restrictions. Available for everyone. Also vaccinations, tests and parasite control **Call 897-8865** www.spayneuterexpress.com is encouraged. Anyone with questions or needing more information can call 616.446.7058.



# Gather your Friends

& Spend A Fun-filled Evening on the Wild Side! Join us at **Boulder Ridge Wild Animal Park** for **LowellArts! Wild Wine & Beer Safari** 

> Saturday, May 18 5:30 - 8:30pm

We've got a fun evening planned including Safari Rides, Petting Zoo, Reptile Show, "Have your Picture Taken with a Small Alligator or Snake", Make your Own Wild Animal Mask, and MANY MORE SUPRISES!

# Tickets \$40 each (Reservations Required)

(price includes park admission, picnic-style dinner & all activities)



For more info, see www.lowellartsmi.org or call 616-897-8545.

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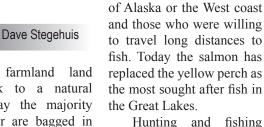
During the lifetime of each generation there is always a certain amount of change in how people live. My grandparents grew up without electricity, when horses were the mode of transportation, and lived to see a man walk on the moon while watching television. Over my lifetime there have been huge advances in technology which is influencing the life style of everyone. There have also been significant changes in how and where people hunt and fish.

After the state of Michigan was logged off at the beginning of the last century, the landscape recovering provided favorable habitat for whitetail deer. The vast forests of the Upper Peninsula drew hunters from southern Michigan on the promise of bagging huge whitetail bucks. Those forests eventually returned to old growth stands at the same time tracts of southern

Michigan farmland land grew back to a natural state. Today the majority of big deer are bagged in southeastern Michigan. So if you're looking for a big

buck, head toward Detroit. **Ring-necked** Pheasants were very popular game birds in the middle of the last century. Hunters of all ages would take time off from work and school for the pheasant opener. Vanishing habitat due to modern farming practices and land development reduced pheasant friendly habitat to the point where the birds are so scarce few people hunt them today. About the same time reintroduction of the wild turkey began, and the population steadily increased to the point where today it is hunted across the state and is considered a top game species. Dedicated sportsman groups and the state are working on bringing back pheasants the same way.

Salmon fishing was



Hunting and fishing equipment has also changed. Split bamboo has been replaced by graphite in the manufacturer of fishing rods. Orangewood long bows are making a comeback for a few archers, but compound bows and cross bows are the most popular today. Rifle and shotguns with burled walnut stocks and blued steel barrels have given way to composite camo and stainless steel.

Even with all of these changes, the essence of hunting and fishing remains the same. One must go into the field or out on the water. The sound of whirring wings and footsteps in dry oak leaves still creates the same drama as it did a hundred years ago. The tug of a fish on a line creates the same excitement for young and old. Some things don't change.



The title of this article is, "How can medication for bipolar be managed successfully?" When the diagnosis for childhood bipolar is given, medication is the usual course of treatment. Because this is largely a biochemical disorder (similar to diabetes in that regard), medication is needed to change the chemical imbalance.

Some questions that are asked by parents are: Will medication change my child's personality? The answer to that comes from a book entitled, Childhood Bipolar Disorder Answer Book written by Tracy Anglada and Dr. Sheryl Hakala: "keep in mind that medication is not given to make a child 'good' or to control a child's free will. The goal of medication is to ease the suffering of the child and to ease both manic symptoms and depressive symptoms."

These authors use the analogy of a child who has asthma. The medication helps the child stay free of asthmatic symptoms so they can enjoy life and the medication is not used to make their behavior "good." Often the first medications that are tried do not work for the child with bipolar. After a complete trial of the medication (consistent use for a month), the effectiveness of the medication can be determined. If it does not work or if it has too many side effects, another medication is tried. There is usually a learning curve for both the psychiatrist and the patient. Most often, because family members have a similar biochemistry, if a medication works for one member of the family, it usually works for the patient. Some trial and error in this process is often the

once reserved for residents

case. What do we do if the symptoms worsen? this Sometimes does happen for several reasons: 1.) Bipolar disorder can worsen over time so the medications are less effective; 2.) There can be episodic breakthroughs. While medication reduces the frequency and severity of the episodes, occasionally there are "breakthrough symptoms;" 3.) Changes in the environment can cause stress that triggers the symptoms; 4.) Sudden growth spurts can change how the body metabolizes the medication; 5.) Sickness

can alter how the body uses the medication; and 6.) Sometimes the medication increases the mood cycling. Whenever symptoms

get significantly worse, it is important to contact your



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Required for a Quote

The Lowell Ledger 105 N. Broadway, 897-9261 psychiatrist. Making an appointment with him will help with the medication management. Also, there are skills that you and your child should acquire such as: 1.) charting mood symptoms, 2.) taking medications regularly, 3.) learn how to self-advocate for your needs, and 4.) building a support network.

These skills add to one's quality of life and help the psychiatrist manage the medication better.

If you have questions about this article or have general questions about bipolar please contact me by email: kathryndenhouter@ gmail.com

to the editor,

**TiewDoint** 

flood surveyors impressed by attitudes

# what's with that site and what happened to the class of '63?

The LHS Class of '63

holds a unique place in

the community's history.

We were the last class to

graduate from the old high

school on Monroe Street

before the new school was

built on the other side of

town for the next graduating

class. That class almost

doubled the size of ours and

signaled that end of an era.

before our world changed,

with the assassination of

President Kennedy in the

fall, and we sent some of the

first young men to Vietnam.

We were the last class from

the pre-Beatles era and the

whole

changed after 1963 with a

loss of innocence and a war

class and the bridge we

built between two very

different eras. I want us to

be recognized as the unique

I am proud of our

end of early rock and roll.

The

in a faraway land.

We were the last class

To The Editor,

Imagine my surprise when I did a search for my hometown newspaper, typing in the Lowell Ledger and being redirected to a strident, conservative, rightwing on-line "newspaper" called "yournews.com." I don't know whose idea this was, but I am very disappointed and hope this decision will be reconsidered and the Ledger will no longer send us to the "new site."

My original intent was to note the upcoming of anniversary the graduating class of '63 from Lowell High School. I have returned to the state and would love to help organize a reunion, but was told there is none planned and that the class of '64 will be holding one next summer and we are all invited. How come the class of '62 was able to organize this year and hold a reunion and we cannot?

group that we were and hope at least a small group will consider getting together for a pizza to celebrate in June.

I am willing to drive down from the U.P., just as I was in the past, when I helped organize and then

It has been my privilege

to serve as a community

assessor of the flood damage

in Lowell. Some of our

assignments took us to the

south side of Jefferson,

Division, and to Front Street

where the river rose to

levels not seen before to this

we went door to door

was an amazing spirit,

approached many of the

homes, homeowners were

pumping water out of their

belongings to the curb to

be hauled away. Without

exception, they greeted

and/or

indomitable

What we found as

uplifting

within

As we

spirit

and

the

moving

To The Editor,

generation.

that was

contagious

homes

neighborhood.

an

world

drove back from the west coast to celebrate our 40th reunion.

Put me to work on this and let's make it happen. Tim VanderVeen

us with smiles and shared

with us their stories. Many

times that story involved

their concern for their

neighbors or their gratitude

for being able to live in such

expressed

a wonderful neighborhood.

gratitude for Flat River

Outreach Ministries, the

local churches, the Red

Cross, the Salvation Army

and for the ways the

community as a whole has

expressed their care. With

every visit, I would come

are no needs. This flood was

a tragedy and a trauma for

many. Some of the residents

have had to gut their homes

and start over, but one thing

This is not to say there

They

home uplifted.

LHS, Class of '63. Marquette, MI

is for sure in Lowell, in this neighborhood, they will not do it alone.

If you are reading this and you have a desire to be involved in Flood Relief efforts, please call Flat River Outreach Ministries at 897-8260 and press 8 to be

> Ann Dimmick Lowell

### bicyles should play by the rules

involved.

Dear Editor,

After reading the following article "Cyclist hit by car on corner of Main and Hudson," in publication vol. 42, issue 29 May 1, 2013. I was appalled at what I was reading.

Item 1: In the first paragraph of the article it is stated that a man riding his bike was hit by a car when he failed to yield to a red light. Bicyclist wants all of the rights on the road that a vehicle has, which I don't have a problem with. But along with obtaining these rights, are they not supposed to follow the same rules that a vehicle has to? Continuing the article states the cyclist was riding west on the Main Street side walk an did not stop at the red light and was struck by a car traveling north on Hudson. Fortunately the bicyclist only received minor injuries.

Item 2: "The Lowell Police Dept. is not taking any action against the man, but is using this as a teaching opportunity for others."

I wonder if it were two cars involved if it would still have been a teaching opportunity. What kind of teaching opportunity is this? I don't need to follow the rules, because I probably won't get a ticket.

Item 3: "Drivers need to also respect the cyclist's right to the road."

If you wait at an intersection you will see that at least 75 percent of bicyclists do not follow the rules. They do not stop for red lights or stop signs. They turn in front of cars. The way you get respect is it has to be earned, you can't give it away or sell it. So respect has to be earned and until bicyclists understand that they too have to play by the same rules that cars do, then they will earn the respect that they are seeking.

> Keith Cook Lowell

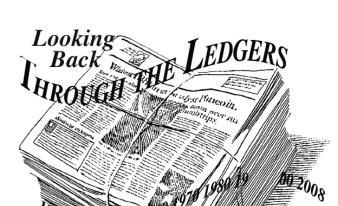
# community vision yields collaboration

To The Editor,

A momentous amount of gratitude to participants (individuals and groups) across the community for providing valuable feedback to facilitators regarding the Greater Lowell Community Vision Initiative. Participants shared inspiring ideas which helped to shape the vision and plan for the Lowell community. That feedback was powerful and provided a strong foundation for this project. There were at least 1,000 voices heard: 500 participants with community-wide surveys, 296 participants with Penny Jar/Events, 30 participants with governmental leaders at a consensus workshop, 20 participants with nongovernmental leaders at consensus workshop, а 20 participants with Alto Lions workshop, 46 participants with Lowell High School Interact Club, 111 participants with 3

Community Cafes, 33 participants with Rotary Club workshop.

The consulting team assisting with the visioning process facilitated phases which included current reality reports that helped the steering committee build a framework for gathering community input and opened the door for productive communication among community leaders.



The late rains have swollen the streams so as to cause the logs to hasten along towards their final destination. Flat River has been doing a rushing business this spring.

One of our village lads sat down on the side walk rather suddenly the other day and in getting up tried to pull a spike out with the surplus of his breeches. The surplus gave out but the spike didn't budge a peg and the boy went off without it, mad as a wet hen.

The Marshall thinks you ought to "git up and git" and not be so "dog-goned" slow about it. Look at the loose truck around your premises and you'll know what he refers to.

# 100 years ago The Lowell Ledger

page 5



# 140 years ago Lowell Journal May 14, 1873

The work of removing the old, to make room for the new, is being pushed forward satisfactorily on Bridge Street. Hunt & Hunter's drug store goes east of the Bank to rest a while in the road. Kopf's building goes back around the corner out of sight and Booths store will go somewhere soon to make room for workmen. The brick for this three story block comes from Heimer's yard and Saranac.

There are already about twenty horses at work on the Lowell track, making things lively there most of the time. The prospect is that there will be no stabling room after the entries are all made. Horsemen will do well to apply early.

# May 8, 1913

Editors Jackson and Johnson of the Journal and Ledger returned Saturday from an enjoyable outing to Chicago with the West Michigan Press association. The trip to Holland on the interurban was enlivened by a collision with a gravel train at Jamestown, which smashed the passenger car and gave the excursionists a good shaking up. Fortunately none were seriously injured and the party went on its way rejoicing, in a special car.

The old slaughter-house on the McCarty land east of the village slid off its foundation yesterday afternoon and Lee Jones just escaped being caught within. He was about to butcher a beef, when he heard a cracking and stepped out of the building just as the under pinning gave way and the building slid off the foundation and settled down on the side of the hill, still upright though rather one sided.

The Press reporter seems to think that Al. Falfa is a bigger man in Lowell than William Alden Smith, when it compares the attendance at the hay meeting last

Looking Back, continued, page 7

Next, a community input report was compiled using feedback from numerous community engagement sessions.

This process produced five themes: Business Recruitment/ Retention; Parks/Trails/ Arts/Culture/ Recreation; Historic Preservation; Food/Agriculture, Local and Collaboration/Talent Development.

Therewasstrongconsensustodevelop

To The Editor, continued, page 7

## 

# Kowalski/loan



Chris loan and Kelli Kowalski

Genie and Mark Rowlader of Lowell, would like to announce the engagement of Kelli Kowalski of Winston-Salem, NC to Chris Ioan of Winston-Salem, NC.

Kelli is a graduate of Lowell High School, Appalachian State University and University of North Carolina.

She is employed by Cone Health as a registered dietitian.

Chris is a graduate of Lincoln High School Appalachian State and University.

He is employed by Hurst Dental Lab as a lab technician. A 2014 wedding is

being planned.

### P.O. Box 128 Lowell, MI 49331 897-9261

# **OFFICE HOURS** 8 am - 5 pm

Closed Sat. & Sun.

# engagements anniversaries

### Lacic



### Al and Dot Lacic

Al and Dot (Hanes) Lacic of Lowell are celebrating their 64th wedding anniversary on May 7. The Lacic's have five children, Adeline Brower, Arthur Lacic, Dorothy House, Russell Lacic, and Mary Dillree; 13 grandchildren; six greatgrandchildren; and two great- great-grandchildren. A dinner is planned at a later date with family.



### **GOOD SHEPHERD LUTHERAN CHURCH** 10305 Bluewater Highway (Missouri Synod)

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# health

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

### preventative healthcare

Many people visit the doctor's office when they are sick or have a chronic medical problem. Did you know that it is just as important to visit the doctor's office when you are healthy? A visit to the doctor when you are healthy is a proactive approach to staying healthy as you age. A preventative service might be recommended to you based on your age, gender, risk factors, or family history. A preventative service might consist of a test, measurement, immunization, or advice.

Children should have regular Well-Child Exams (physicals) to monitor their growth and development. In general, young children should be seen for well-child six, nine, 12, 15, 18, and 24 months after birth. Older children should then be seen yearly. Immunizations are one of the most important preventative services offered in this age group. In addition to monitoring growth and development, advice may be given on topics such as diet, exercise, seatbelts, tobacco, and peer pressure.

exams at one, two, four,

Adult males should have regular complete physical exams every 3-5 vears until age 40, every two years in their 40's, and then yearly once they turn 50. Preventative services covered typically include

> Health, continued, page 11



### **MAY 8**

Rhoda Greenman-Batt, Rhonda Timmers, Mary Mooney, F.J. Johnson Jr., Emily Milstead.

### **MAY 9**

Tasha Brand, Ashley Reinbold, Hillary Briggs, Eric Witherell, Bobbie Clouser, Amy VanDuinen.

# **MAY 10**

Dee Boruta, Jim Lindhout, Eric Swift.

### **MAY 11**

Carol Briggs, Joel Uzarski, David Kaczanowski, Gary Hoag, Benjamin Hoag.

### **MAY 12**

Michele Lindhout - Barber, Jessica Covell, Carrie Kiczenski, Ian Duiven, Ryan Timmers, Christine Vickers.

### **MAY 13**

Korb, Rebecca Melanie Ligman, Jean Daverman, Ed Roth III.



**MAY 14** Winnifred Snieder, Kathy Thomas.

For life

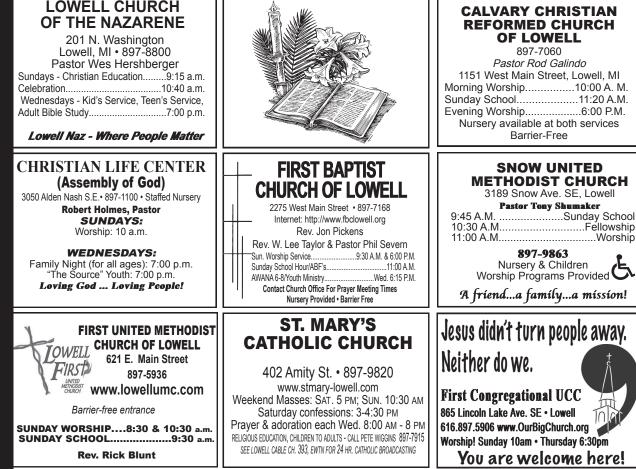
the ledger

Monday - Thursday: Friday: 8 am - Noon



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# Looking Back, continued

Friday with the smaller one at the Senator's campaign rally at the City hall last fall. There was a good crowd out all right; and Lowell farmers will take to alfalfa like a duck to water. The special train of speakers drew big crowds all through the county and this week the alfalfa boosters have been touring Allegan County with like results.

# 75 years ago The Lowell Ledger May 12, 1938

The Lee block at the corner of Main and Riverside drive is being razed this week preparatory to the erection of a new business block to be occupied by Frank's dime store. A wrecking concern from Grand Rapids is doing the razing and they will also remove the old barn on Monroe Ave. belonging to Wm. Pullen, just north of Hahn's grocery. Thus the old landmarks give way to the spirit of progress.

Lowell, in company with every other town and city in the county, state and nation, will observe National Air Mail Week May 15-21 to mark the 20th anniversary of the institution of air mail service by the U.S. Post Office Department. During that week every piece of air mall dispatched from Lowell will bear the stamped picture of the Lowell Showboat coming down Flat River. This stamp, or cachet as it is known to philatelists, will serve as an advertisement of Lowell and publish the fact that this city is cooperating in the Air Mail Week observance.

Although the 1938 production of the Lowell Showboat is 90 days away, work of preparation for this great mid-summer attraction has already

begun. General chairman N. E. Borgerson has held a meeting with the other members of the Showboat committee and [the following] sub-committees have been appointed for carrying out the details of what has come to be recognized as one of Michigan's outstanding events.

# 50 years ago The Lowell Ledger May 9, 1963

Several local and area citizens are discovering that picking up girls at local taverns is expensive and even dangerous. Tuesday night one citizen reported to police that he picked up two girls and took them to the home of a friend, where the girls stole an \$80 watch. While they were taking him into Grand Rapids, they stole his wallet and pushed him out of their car. Other incidents of this kind have been suppressed, because the men were too embarrassed to admit they had been robbed.

One of the newest engines at the Light and Power plant blew up last Thursday night about 10:30, shooting flames and engine oil all over the premises and the operator, Urban Lipps. The engine is being dismantled and a determination of whether to buy another rebuilt engine block or to repair the damaged engine, will have to be made by the board. At the time of the accident Lipps was sitting only a few feet from the engine which suddenly blew a piston that threw pieces of metal through the top and showered the entire engine room with oil. Fire scorched the ceiling and a fluorescent fixture was blown to the floor. Lipps grabbed a fire extinguisher, put out the fire and shut

# To The Editor, continued

a process to keep the vision alive through consistent monitoring and reassessment of the vision. The steering committee developed a framework for each of the five themes that incorporated a goals statement, action steps, measurable milestones, and identification of champions to serve as the leaders who will undertake the action steps. The steering committee will also establish a process by which to monitor the progress of the vision framework. consulting The team provided a myriad of best practices proven successful bv like communities/

organizations to help the steering committee further develop and implement the visioning plan. The steering committee will present the status of this project to all Boards and Councils, as well as other community organizations and the Greater Lowell Community at large.

As this process moves forward, the steering committee is committed to keeping all stakeholders informed of the community vision project status and next steps via site visits and community engagement sessions.

We are thrilled to announce the main themes of

...

If at first you don't succeed, failure may be your style.

focus that have been refined to the following four areas to support the core culture of collaboration in Lowell: Quality of Life, Economic Development, Education/ Development,

Infrastructure and Planning. Here's what a member of the community had to say about the visioning "The Greater process: Lowell Community has been blessed for generations with great community members and leaders who have often come together to help when there have been special projects or needs. My excitement about this initiative is Two-fold.

Talent

First, that we heard from

~ Quentin Crisp

so many individuals and groups that a collaborative effort is very important as this area continues to grow.

And secondly the steering committee is working on developing a more consistent way to bring people and conversations together."

> Pinky McPherson at-large member of the Steering Committee



down the plant. The entire city was without lights for 22 minutes, until the engine in the north end of the building could be put into operation.

A group of Ski-divers out of Grand Rapids has secured the use of the Lowell Airport to make practice jumps, weather permitting. This Thursday, the skidivers will be using the airport at 2 pm and local residents, if interested, may watch them in action. They will be using the airport for their antics every Sunday until June; after June, they will make jumps every Saturday and Sunday.

# 25 years ago The Lowell Ledger May 11, 1988

Headline: School board votes not to delete hockey program. "You know what that means? The 3-3 vote defeats the motion to delete hockey," explained Lowell board president John Haggai. With that said, the Lowell Hockey supporters broke out in a loud but relieved applause at the May board meeting... The vote will give the hockey committee and its program a year probation to rectify its problems with school board policy number 6200. 'The board will send out letters to all involved, stating the hockey program is on probation. During this time the board will look at its policy and check for any changes that may be needed," Haggai said. "At the end of the year we will reevaluate the progress of the hockey program." The policy states that an athletic program must meet at least five of the eight criteria stated in the policy. According to the report done by [Lowell High School principal Dick] Korb the hockey program met just three. Some of the hockey program's responses to the five areas in which it was felt the hockey program did not meet the criteria included: Although it did not generate a lot of revenue,

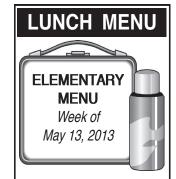
it did generate some from non-league ticket stubs. [Standing in for hockey spokesperson Dr. Clark Vredenburg, Rick] Simkins stated that hockey generated \$262 this past season. He compared that to these totals: The \$265 boys golf generated; \$292 by cross country; and \$303

by gymnastics.



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**Joel Eckman**, owner Lowell 616-802-2666 joeleckman80@yahoo.com



MON: Hot dog on WG bun, seasoned green beans, fruit & veggie bar: broccoli florets, fresh baby mixed carrots, fruit cocktail, fresh apples, milk.

TUES: Scrambled eggs w/ French toast sticks, warm baked apples, fruit & veggie bar: romaine side salad, fresh baby carrots, fresh apple slices, chilled peach slices, milk.

WED: Beef taco on soft

# A-1) MOBILE ROOF-OVER SYSTEM



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shell tortilla, refried beans, fruit & veggie bar: fresh baby carrots, salsa, fresh grapes, fresh orange smiles, milk.

THURS: Turkey & gravy over biscuit (WG breaded chicken nuggets served at Bushnell), mashed potatoes w/gravy, fruit & veggie bar: romaine side salad, fresh broccoli florets, fresh orange smiles, fresh pear, milk.

FRI: Homemade cheese pizza, fresh baby carrots, fruit & veggie bar: cucumber slices, fresh baby carrots, chilled peaches, chilled applesauce, milk.





<u>"l</u>edger

# Red Arrow SPORTS - TRACK

# Arrow teams compete against FHC and GRC

### by Karen Jack

boys track teams struggled this week against two powerhouse teams. On Tuesday, the boys lost against Forest Hills Central, 86-51, but the girls only lost by two points, 69-67. On Thursday, the boys lost against Grand Rapids Christian, 93-43, and the girls lost 78-59.

Forest Hills Central meet, the winners were Toby Marks in the shot put (41'10') and high jump (20'7.75"), Pierce Watson in the 110m (16.06) and 300m (42.89) hurdles, Jacob Khodl in the 100m (11.88) and 400m (53.16) dash, Sean Khodl in the 1600m run

(4:47.17), Gabe Gorman in Both the girls and the 200m dash (24.57). The relay team of Khodl, Khodl, Marks, and Zac Diamond won the 3200m relay (8:42). Watson, Gorman, Shannon Massey, and Liam Kelly won the 400m relay (46.85), as did the team of Khodl, Khodle, Marks, and Bryce Hrusovsky in the 1600m event (3:34.2).

"Forest Hills Central For the boys, at the was a fantastic meet, we had several personal bests, over 40 event bests," said boys' head coach Sarah Ellis. "We were very proud of our boys."

The winners in the girls meet were Mattie Newman in the shot put (35'3), Rebekah Betts I the 110m (17.68) and 300m (52.31) hurdles, Brianna Higgins in the 100m(13.25)and 200m (27.39) dashes, Rachel Walters in the 400m dash (1:02.3) and 800m run (2:32.4). The relay team of Alon Watson, Danielle Ordway, Betts, and Higgins took first in both the 400m (52.78) and 800m (1:51.1) events.

In the boys meet against Grand Rapids Christian, winners were Watson in the 110m (16.58) and 300m (42.87) hurdles, and Jake Khodl in the 400m dash (52.30). The relay team of Gorman, Massey, Watson, and Marks won the 800m event (1:41.11). Hrusovsky, Marks, Khodl, and Khodl won the 1600m relay (3:35.53).

"Our boys were really worn out for this meet, having five meets in eight days created many dead legs. That being said there were still many personal

bests -- our 4 X 800 relay took off seven seconds, finishing in 8:30; Sean Khodl had a personal record of 1:59.53, and our 4X400 relay is still undefeated," added Ellis.

\_\_\_\_\_

The winners in the girls meet were Higgins in the 100m (13.27) and 200m (27.74) dashes, Walters in the 400m dash (1:00.47) and the 800m run (2:29.55), and Mattie Newman in the discus (96-03.5) and shot put (33'10.5). The relay team of Watson, Ordway, Walters, and Higgins took first in the 800m (1:49.58) events. Betts, Walters, Breanna VanLaan, and Anna Sleeman took first in the 1600m relay (4:21.54).

Both teams have conferences on Thursday and Friday at Houseman Field, beginning at 4:00 pm.



Rebekah Betts hurdles to the finish line.



Jessica Graves pushes through after a long run.



Rachel Walters runs for the finish line.





# Go Red

# Arrows!



Riley Bancroft throws the shot put.

### - SOCCER

# Girls finish strong

by Karen Jack

The girls' soccer team started the week on a low note, dropping games to Grand Rapids Christian (4-0) and Forest Hills Central (7-1), but finished off strong beating Cedar Springs, 4-1.

In their win against Cedar Springs, Kate Montgomery scored two goals. Danielle

Ordway and Taylor VanderHorst each scored a goal as well. Hannah Fitzpatrick had two assists, and Ordway had one assist. In the Grand Rapids Christian game, Ally Laird had eight saves.

Ordway scored the lone

goal in the Forest Hills Central game, with Amy Carpenter getting the assist.

The team's next game is Wednesday, May 8 at Forest Hills Central. Game time is 7:15 pm. They play again on Friday at home, with game time at 6:45 pm.

# **Baseball goes 1-3 against EGR and drops two against Bulldogs**

### by Karen Jack

The week started out with a split in a double header against East Grand Rapids for the baseball team, winning the first game (8-1), then tying up the second game (5-5) on Tuesday until it was called for darkness. They finished that game prior to their scheduled game against them on Thursday, and couldn't manage to pull off the win, dropping that one 10-6, and then lost the next game, 13-3. The team also lost both games of a double header against Grandville on Friday, 6-3 and 10-2. In their win against the

wednesday • may • 8 • 2013

BASEBALL

Red Arrow

Pioneers, the Arrows came out strong, with three runs in the first inning, and then another run in the bottom of the third to go ahead 4-0. The Pioneers scored their only run in the fourth inning, and then the Arrows piled it on with one run in the fifth, and three more in the sixth. Parker Groom got the win, with five strikeouts. Titan Anderson and Jon Fox each got two hits, and Kyler Shurlow got one hit. Zach Huver and Jake Stephens each had two RBIs, with Alex Chavez getting one RBI.

Finishing the second game from Tuesday, the Arrows gave up five runs in the eighth inning, while only scoring one of their own. Shurlow had two hits and two RBIs, and Anderson had two hits.

ORTS

The second game against the Pioneers on Thursday proved a little more difficult. The team started off strong with one run in both the first and second innings, but the Pioneers' bats were too much for the Arrows, with a final score of 13-3. Anderson, Antel, Shurlow, Dawson, and Jon Wyckoff each had a hit. Anderson and Shurlow each had an RBI.

In their games against Grandville, Jake Stephens had two hits in the first game, with Shurlow and Zach Dawson each getting one hit. Tim Antel had two RBIs in the game. Dawson also had an RBI in the second game.

The next game is Thursday at home against Caledonia, starting at 4:15 pm.



Parker Groom throws a pitch.

# - LACROSSE

# **Red Arrow boys beat Spring Lake 9-8 in double OT**

by Karen Jack

In a barn-burner of a game, the boys lacrosse team pulled out a win against Spring Lake last Tuesday in double overtime, beating them 9-8. Showing much improvement since their last meeting with Spring Lake,



Doug Nordman races down the field.

in which they lost 13-0, the Arrows took their revenge out with both great offense and defense this game.

Spring Lake scored the first goal in the first quarter, then scored two more in the second, but Lowell scored three of their own in the second quarter, tying it up going into the half. Lowell scored four more in the third to Spring Lake's three. In the fourth quarter, the score was tied at seven. Lowell broke the tie, scoring with 29 seconds left in the game, but with four seconds left, Spring Lake managed to pull out a game-tying goal, sending it into overtime. Neither team scored in the first overtime. In the second overtime, Sawyer Olesko

put the ball into the net to win the game.

Not only did Olesko have the game-winning goal, but he also scored two more earlier in the game. Cody Selli scored two, with Dan Dyer, Jason Nagy, Blake Posthumus, and Kyle Blough each scoring one. Derek Bitterman had three assists, with Nagy, Olesko, Posthumus, Avery Buckius, and Dakota Barry each having one assist. Sawyer Buck had 22 saves in the game.

The team plays in the Tier II tournament on Friday if they win their game on Tuesday, May 7 against Grand Rapids Christian. The venue is still to be determined.



Diving to block the shot is Blake Posthumus.

# **Murray Lake chess champs**

# Health, continued

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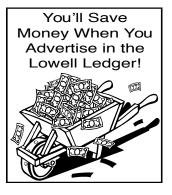
Forty-eight Murray Lake Elementary students participated in this year's chess tournament. This is the ninth annual chess tournament at Murray Lake. Students spend indoor recess playing their matches. This year, Brandon Baker, far left, came out on top and Zack Ward, middle, took second with Bernie Diekevers, at right, taking third place for the second year in a row.

blood pressure, weight, cholesterol and testicular cancer screening. Prostate cancer screening usually begins at age 40. Colon cancer screening begins at age 50 and typically consists of a colonoscopy every 10 years from then on.

Adult females should have regular complete physical exams every 1-3 years until age 40, every 1-2 years until age 50, and then yearly. Services typically covered include blood pressure, weight, cholesterol, and breast and cervical cancer screening. Pap smears are performed to screen for cervical cancer and should be done yearly on all sexually active, unmarried females. Females who are sexually active, but in a long-term monogamous relationship (marriage), should have pap smears done ever 2-3 years. Breast cancer screening is typically accomplished with breast exams with each physical, along with a mammogram. Mammograms are typically recommended for women every two years in their 40's and then yearly at age 50. Women should be screened for colon cancer at age 50,

for colon cancer at age 50, typically with a colonoscopy and then every 10 years afterward.

There may be circumstances which place a person at higher risk for certain disease states. This may require them to start preventative screens at an earlier age and to be screened more frequently. Lifestyle choices such as smoking and unprotected intercourse increase a persons risk for cancer. A family history of certain types of cancer may also increase a persons risk for cancer. If you have a family member with colon, prostate, breast, or ovarian cancer, you should start your preventative screens earlier.



### wednesday • may • 8 • 2013

# obituaries

### FOX

Robert Carver Fox, age 75 of Lowell, passed away Tuesday, April 30th, 2013. He is survived by his wife of 41 years, Grace; children Mark, John (Meghan), Bernadette (Jon Swinkunas) and Julie (Frank) Montane; brother John (Jama) Fox; sisters-in-law Nora Fox, Clare ledema, Petronella (Tom) Van Ewyk, Jennie VandeKemp, Antonia VandeKemp, Hendrika VandeKemp, Joyce Reynhout; brother-in-law Peter VandeKemp; grandsons Lincoln Joseph Fox, Gabriel Montane; granddaughter Mandy (Glen) Anderson; and great-grandchildren Rosalia and Elina Anderson. Bob attended Catholic Central High School, Grand Rapids, before enlisting in the Army in 1958. He worked for 32 years at General Motors at Fisher Body #2 Alpine. Bob received a Bachelor of Science degree from Western Michigan University in 1978. Mass of Christian Burial was celebrated Saturday at St. Mary's Catholic Church. Memorial contributions may be made to Grand Rapids Right to Life, PO Box 901, 2340 Porter Street SW, Grand Rapids, MI 49509-0901.





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# **CITY OF** LOWE **PUBLIC NOTICE**

The Lowell City Council will conduct a public hearing at their regularly scheduled meeting on Monday, May 20, 2013 at 7:00 p.m. at the Lowell City Hall Council Chambers, Second Floor, 301 East Main Street, Lowell for the purpose of receiving comments from the public on the following:

Discussion on a single contract for City wide

# .....ledger

### MILLER

Charlene M. Miller, age 62 of Three Rivers went to be with her Lord and Savior on Monday April 29, 2013. Charlene was born in Grand Rapids, MI on Nov. 28, 1950 the daughter of Calvin and Betty (Scofield) Miller.

She had worked as a nurse's aide at several nursing homes and was a volunteer at Gilda's Place. Charlene loved people and making enjoyed friends, new encouraging them to seek a closer relationship with the Lord. She has resided in Three Rivers the past two years coming from Lowell. While living here



she attended the Faith Tabernacle Church. Charlene is survived by a brother, Cecil Miller; five sisters, Cheyenne (Donald) Brower, Catherine Randal, Charlotte Miller, Colleen Miller, and Caryn Holloway; Pastor Randy & Andrea Geans and her church family. She was preceded in death by her parents; a brother, Calvin Miller, Jr.; and her former Pastor in Lowell, Robert L. Hubbard. Visitation was held Monday, May 6, 2013 at the Faith Tabernacle Church, 205 N. Main St., Three Rivers with Pastor Randy Geans and Pastor Robert Krauss officiating. Burial will follow in Riverside Cemetery. Memorial donations will be directed to the church. Assistance was provided by the Eickhoff Farrand Halverson Chapel. An online register is available at www.efhchapel.com

### NELSON

William George Nelson, age 84 of Lowell, passed away Wednesday May 1, 2013. He was preceded in death by his wife Juanita "Nita". He is survived by his children, Sandy (Richard) Trowbridge, Carolyn Gage, Betty Heard, Barbara Simmons, Bill (Lisa) Nelson; 13 grandchildren; and 9 great grandchildren. A Funeral Service will be held Saturday 7:30 p.m. at Roth-Gerst Chapel, 305 N. Hudson, Lowell. Visitation Saturday 2-4:00 p.m. and 6-8:00 p.m.





P.O. Box 128 Lowell, MI 49331 897-9261

**OFFICE HOURS** Monday - Thursday: 8 am - 5 pm Friday: 8 am - Noon Closed Sat. & Sun.



# **"Triple Crown"** of social media

tracks, people across the United States are already talking about this year's Triple Crown. The three thoroughbred biggest horse races in the nation the Kentucky Derby in Louisville, Kentucky; the Preakness Stakes in Baltimore, Maryland; and the Belmont Stakes in Elmont, New York - take place in the coming weeks. It has been 34 years since a horse has won all three and taken the U.S. Triple Crown.

Social Security has a horse in the race, so to speak. We offer our own "Triple Crown" of social media at www.socialsecurity.gov.

Facebook is a great place to stay in the know when it comes to useful information about Social Security. "Like" Social Security at www.facebook. com/socialsecurity.

Twitter is another place to get regular updates in short bursts. We promise to be brief as we keep you up to date in 140-characters or less. Select "Follow" www.twitter.com/ at socialsecurity.

Prefer watching videos? We've got those

From the stables to the too. The third part to our social media "Triple Crown" is our YouTube page, where you can find everything from informative webinars to short messages from Social Security. You can view fun public service announcements George Takei, starring Don Francisco, Chubby Checker, and the reunited cast of The Patty Duke Show. You can even watch Patty Duke apply online for retirement benefits in her pajamas! Join the fun and get some useful information at www.youtube.com/ socialsecurityonline.

> It's not easy to predict a Triple Crown winner. Affirmed was the name of the horse who won all three races in 1978. But everyone can be a Social Security social media Triple Crown winner simply by visiting www.socialsecurity.gov and selecting the three icons in the upper right corner.

> 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

# **PUZZLE SOLUTIONS**

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residential trash collection

City Operating Budget for 2013-2014. The document outlines proposed revenues and expenditures for the coming fiscal year. The General Fund has a total of \$2,708,900 in proposed expenditures.

Copies of the 2013-2014 Budget are available for inspection during normal business hours at City Hall, the Englehardt Public Library and the City web page www.ci.lowell.mi.us

Interested persons may submit comments to the Lowell City Hall, Attn: City Clerk prior to the meeting or appear in person.



Betty R. Morlock City Clerk

# OWELLPUBLIC NOTICE

LAST DATE TO FILE **NOMINATING PETITIONS** MAY 14, 2013 4:00 P.M.

Persons interested in seeking election to the Lowell City Council to fill one (1) two year term vacancy and three (3) two to four year term vacancies occurring, must obtain nominating petition forms for circulation and return not later than 4:00 p.m. on Tuesday, May 14, 2013. Petition forms are available between 8 a.m. and 5 p.m. from the Lowell City Clerk, Lowell City Hall, 301 East Main Street, Lowell.



Betty R. Morlock City Clerk office hours: Fri. 8 a.m. - noon

# for sale

SCRATCH PADS OF PA-PER - \$1.50 per lb. Available at the Lowell Ledger office, 105 N. Broadway.

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.TEN

WEDDING INVITATIONS - We offer Carlson Craft wedding invitations! Stop by & check out a book today! Lowell Litho, 105 N. Broadway, Lowell. 897-9261.

**KENMORE REFRIGERA-**TOR & STOVE SET -(2006), cost \$900, sell \$199 for pair. Hammond Wholesale, 320 W. Main St., Carson City, 989-584-1600. See us on Facebook.

**INTERESTED IN GAR-**DENING? - We can teach you! Do you want customized gardening services? We can make your garden beautiful for you. Call Chervl Tolley 616-691-8214 for more information or a free estimate.

BOB'S 16TH ANNUAL SPRING BIRDHOUSE SALE - Blue bird, wren & bat houses, wood duck nesting boxes, feeders. All cedar built to last. Great prices, Bob's Birdhouses, 12279 60th Street, Alto, 868-6633.

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

ELIMINATE YOUR HEAT-ING BILLS - with Classic Outdoor Wood Furnace from Central Boiler. Call SOS your "Stocking Dealer" Dutton, MI 616-554-8669 or 616-915-5061.

IF YOU NEED WATER - for your swimming pool, call Jerry at 616-761-3569.

TOTS ANNUAL PRE-SCHOOL CARNIVAL -Tues., May 14, 6:30 - 7:30 at Bushnell Elementary's gym, 700 Elizabeth, Lowell. There will be games, prizes, face painting, goodies... FUN! Cost is \$2 per child.

# for sale

BED & MATTRESS SET - queen, Sealy, \$95 in-cludes frame. Hammond Wholesale, 320 W. Main St., Carson City, 989-584-1600. See us on Facebook. Delivery available.TEN

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

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

BOAT - SeaRay 1968, 18 ft. 160 hp Mercruiser, runs perfect. \$1,800 obo. Call 616-644-8692.

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

3 BEDROOM - 2 bath mobile home for sale. Key Heights, nice corner lot, \$10,000 obo. 616-329-0728.

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

POTTED SPRUCE & PINE TREES - \$5 & up. Call 616-761-7588. www.yourtreelady.com 

# 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.TEN

ANIMAL CARE GIVER - An opportunity for a hard working adult to gain a long term position caring for many small dogs at a large facility. Part-time evenings. Involves some weekend hours. Experience not required. Must be able to pass drug test. Alto/Caledonia area. 616-437-0342 and send resume: jenpet. resume@hotmail.com

# for rent

WE DO BUSINESS IN AC-CORDANCE WITH THE **FEDERALFAIR HOUSING** LAW - Equal Housing Opportunity. It is illegal to discriminate against any person because of race, color, religion, sex, handicap, familial status or national origin. In the sale or rental of housing or residential lots; in the advertising the sale or rental of housing, in the financing of housing, in the provision of real estate brokerage services and in the appraisal of housing. Anyone who feels he or she has been discriminated against may file a complaint of housing discrimination: 1-800-669-9777 (toll free) 1-800-927-9275 (TTY).

FOR RENT - 2 bedroom cottage on Campau Lake, sleeps 6, includes fishing boat. 10 miles SE of Grand Rapids. Available June thru August. \$550 per week. 616-868-7214.

**PRICELESS STOR-**AGE - Indoor/outdoor. New Units on Alden Nash, 1 mile South of 196. Call for specials 558-2900.TEN

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.TFN 

# sales

GARAGE SALE - Bikes, furniture, clothing, household items. 855 Boynton Hills, Ada. Many families in one big sale. Fri., 5-10 & Sat., 5-11 from 9 a.m. - 5 p.m.

GARAGE SALE - May 10 & 11, 9 to ? 9541 E. Fulton. Step 2 swing set, toys, baby clothes, furniture, books, household items, crib mattress, all in great condition. Must see.

RELAY FOR LIFE GA-RAGE SALE - same sale. different location. 368 Alden Nash, 1/4 mile north of Meijer. May 9 & 10, 8:30 to 5 p.m. Houseware, furniture, books, tools & clothes.

# wanted

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

UNIT-SNOW ED METHODIST CHURCH - at 3189 Snow Ave. SE will serve a family-style roast pork dinner on Wed., May 8 at 5:30 p.m. Adults, \$10; children 6-12, \$4 & children 5 & under are free. Take out dinners also available.

# services

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

**DECKS POWERWASHED** & SEALED - Houses powerwashed. Quality workmanship! Reasonable rates! Free estimates. 616-577-1072 or 616-755-0683.

# services

JIM'S POWERWASHING Dirt, spores, mildew washed away, call today! 616-915-1745. 

**TIME TO SHINE WIN-**DOW WASHING is running a spring special. Call today for details & to set up your free estimate. 616-292-0695.

ASSISTED LIVING - Beautiful modern country home in Alto, long or short term. 616-891-1840, Cathy. As sistedLivingAlto@charter. net

PIANO LESSONS - \$15. Provided by patient, experienced, full-time professional musician. In beautiful Vergennes Township. Call/ text 616-915-9515.

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

TAXES, PAYROLL, QUICKBOOKS, & AC-COUNTING SERVICE by certified Quickbooks advisor. Call Kathy 897-0686.TEN

# **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

ALTO AMERICAN LEGION AUXILIARY - meets the second Monday of the month at 7 p.m. at CLUB - meets second and third Tuesdays at 8 p.m. at 8731 West Riverside Dr. Go to www.quake-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.

# services

BASEMENT WATER-PROOFING - Professional Basement Services waterproofing, crack repair, mold remediation. Local/ licensed. Free estimates. 517-290-5556. .....

**NEEDADUMPSTER?** - 14 to 20 yards available. Garage, attic, household cleanup, roofing, trash, junk etc. Dependable service & affordable prices. Call for free estimates. Contact Doug 616-295-6640.

**UPS SHIPPING** COPY SERVICE, (black & white & color!) FAX SERVICE, & MUCH MORE AVAILABLE AT THE LOWELL LEDGER **BUYERS GUIDE** 105 N. Broadway HOURS M-Th. 8-5 p.m. Fri. 8-noon Closed Sat. & Sun. Ph. 897-9261 Fax 897-4809



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.

Gilda's Club - Lowell Clubhouse,

314 S. Hudson, Lowell.

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.

LOWELL ARTS! GALLERY HOURS - Mon. - Fri., 10 - 6 p.m.; Sat., 1-4 p.m.; 149 S. Hudson Visitwww.lowellartsmi.org or call 897-8545.

FREE GREEN CLEANING WORKSHOP - Learn how to make safe, effective & cost effective cleaning alternatives. Sat., May 18, 11 a.m. at the Lowell Area Chamber of Commerce. Sponsored by Lowell Community Wellness.



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

This carnival is for children 1-5, older siblings welcome. Questions, call 987-2532.

50 BULLETS - 32-20 Winchester Special; 47 bullets, 32 Winchester Special, 170gm soft point. Call 616-450-5621.

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

PERSONALIZED GRADU-ATION OPEN HOUSE INVITATIONS - Stop in & let us help you design a one-of-a-kind open house invitation. Prices start at \$30 for full-color invitations w/envelopes. Quick turnaround. Lowell Litho, 105 N. Broadway, 897-9261.

DRIVERS - \$1,000 sign-on bonus! Get home weekly & weekends running dedicated account. Werner Enterprises 1-888-567-4857.

PRODUCTION EMPLOY-EE - Steel processor is seeking individuals with good work ethic, able to read micrometer, work in multiple departments in an industrial setting. Health insurance, dental, 401(k). Apply in person at: Michigan Wire Tech, LLC. 149 S. Broadway, Lowell, MI 49331. .....

GLENN WITTENBACH FARM GARAGE SALE -May 10 & 11, Fri. 10 a.m. to 6p.m.&Sat.9a.m.to3p.m. Antiques, toys, women's clothing, household items, etc. 13077 3 Mile Rd. NE, Lowell.

**MULTI FAMILY NEIGH-BORHOOD GARAGE** SALES - May 9 & 10, 8 a.m. - 3 p.m. Deerhaven Park Drive, Lowell (SE of Lowell just past the corner of Ware and Conklin). Clothes newborn to adult, toys, household items, stroller, Mary Kay, and tons of misc. items. Somthing for everyone and priced to sell.

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 GAR-DEN 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, weigh-ins at 5:45 p.m. Key Heights, 11335 Fulton, Lowell.

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

QUA-KE-ZIK SPORTSMANS

FLAT RIVER OUTREACH MIN-ISTRIES 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

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

LOWELL AREA HISTORICAL MUSEUM - open Tuesday, Saturday & Sunday:1-4 p.m. Thursday: 1-8 p.m. Families: \$10; individual \$3; ages 5-17 \$1.50; members free. 897-7688.

ST. MARY'S PREGNANCY CRISIS CENTER - 402 Amity. Mondays: 5:30-7:30 p.m. and Thursdays: 11 a.m. - 3 p.m. Non-denominational. Help for pregnant women/adolescents in need. Provides support, referrals, food, clothing/infantitems. Lowell area. 897-9393.

LOWELL SERENITY CLUB MEETINGS - (AA) Mon., Wed., Thurs.: 12-1 & 8-9 p.m.; Tues. & Fri.: 12-1, 4:30-5:30 p.m. & 8-9 p.m.; Sat. & Sun.: 10-11 a.m. & 8-9 p.m. The first step is always the hardest. If your life has become unmanagable due to alcohol, please join us at 101 W. Main. 897-8565. .....

# the lowell dger

# Lowell Red Arrow shooting team holds first competition

by Kelvin Anderson Lowell Ledger high school intern

Last Saturday was an exciting day for the members of the Lowell High School scholastic skeet team. Their first competition was held bright and early at the Kent Conservation Club.

These high school students have been practicing since February in anticipation of these

competitions. "This team was started to give the kids a next level of competition," said team coach Aaron Roth. "Scholastic is that next level."

The sport of skeet is an interesting one. It was originally created as a way for hunters to keep up their accuracy during the off season. Because of its quick spreading popularity, the practice eventually became a competitive sport that involves men and women of all ages from around the globe.

The team was excited to show what they could do when put into a competition. But it is not all about competing. The main thing is to have fun. "What I enjoy



Pictured, from left to right: Kenny Vickers, Zac Graves and Noah Roth all brought home silver medals.

# Simmons named Staff Member of the Month

Simmons was named Murray Lake Elementary is Simmons' 10th year of

the Month for March. This Schools.



Office assistant Julie (MLE) Staff Member of employment with Lowell She spent her first seven years working at Lowell High School and is now finishing up her third year at Murray Lake Elementary.

> Simmons and her sons, Jackson, 16, and Sam, 11, live on Murray Lake with two cats and a dog. Jackson is a junior and Sam is in sixth grade. Simmons grew up in Lowell and graduated from Michigan State University.

most about this is shooting with my friends," said junior Tristan Larson.

\_\_\_\_\_

The competition is only part of the experience. An added benefit of attending these competitions is that the team gets money just for participating, regardless of how well they do.

A sum of donated prize money is broken up amongst qualifying teams. This prize money is donated by Midway USA and put into an endowment account that is also open to private donations. The team is allotted a certain amount of money out of the account that they can use, in order to make sure that the account continues to grow. Teams can then use this money to purchase team shirts, ammunition, and other supplies.

At the end of the day, after the competition was over, the medals were awarded, with Lowell coming out near the top.



From left to right: Matt Ligman, Dellaney Droog and Alex Smith.

The gold medals went to the Mattawan Shooting Team with a score of 124, the Lowell High School team shot a 112, and the Bronze medals went to Grand Blanc Schools with a score of 102. This is a very good start to the beginning

of competitions and they all look forward to the next competition just around the corner. This competition is only the beginning on a road that can lead to much advancement, including college scholarships.



From left to right: Kelvin Anderson, Tristan Larson and Anthony Erhardt.

# Volunteer of the Month

Heidi named Volunteer of the Month at Murray Lake Elementary for the month of March. Barber has spent many hours of her time volunteering in her children's classrooms, as

Barber was kids are a part of it," said working out, golfing and Barber In her spare time Barber

enjoys reading, cooking,

doing new things with her family.



**Pictured is Simmons with Murray Lake Student** Greyson Meade. Editors note: The wrong picture was used in last week's Ledger, our apologies.

Julie has so much patience. She shows great compassion to some of our most needy students. It can get very crazy in the office, yet Julie has a way to keep everything under control," commented Murray Lake third grade teacher, Sue Wilterink.

In her free time, she likes photography, music, traveling and to be with family and friends. "I love working at Murray Lake Elementary because the staff and students are very kind, willing, and able. I find myself smiling as I walk into work every day. I feel very lucky to be a part of what's happening at MLE. It's good stuff," commented Simmons.

well as working the school store.

"Heidi has helped out in many ways throughout the year. She has taken class photos, worked on class projects, and coordinated a Halloween party. She is a wonderful parent volunteer," commented Murray Lake third-grade teacher, Sue Wilterink.

Barber and her husband Brandon (BJ) live in Lowell and have three children who attend Murray Lake (Grace, 5th grade; Olivia, 3rd grade; and Gavin, 1st grade).

"I enjoy volunteering to help out and to see my kids interact with their friends and their teachers. Murray Lake is a wonderful school and I am so glad that my

Heidi Barber with her children.

### **THEME: WORLD** LANDMARKS

### ACROSS

1. Between streets 6. Acorn producer 9. Dwelling choice 13. Garlicky mayonnaise 14. Club 15. Henry, Mary or Elizabeth 16. \*Amsterdam's Anne Frank House is where she hid from them 17. Pilot's announcement, acr. 18. Do penance \*Red 19. Square attraction 21. \*Lady 23. Always, in verse 24. Greek personification of Earth 25. Body, slang 28. Medicine bottle 30. Enter uninvited Augments 35. or increases, often precedes "out" 37. Pia trough contents 39. 1/100 of a rial Mount 40. \*Italy's Vesuvius is scarred by it 41. Equestrian's attire 43. Eye affliction 44. Wars between China and England 46. Con 47. Capital of Ukraine 48. Gary Coleman: "What you talking 'bout

?" 50. Mary had a little one 52. "Big Island" flower necklace 53. Calcium oxide 55. Napoleon of "Animal Farm" 57.\* Chapel 61. Trendy

65. Accustom

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66. Female gametes 68. All plant and animal life of a region 69. Farewell remark in France 70. \*Fort Sumter, where the Civil one began 71. To impede or bar Tiny 72. piece of anything

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*National average annual savings based on data from customers who reported savings by switching to	esurance						

74. Kind of tides Down 1. shot in basketball 2. Yarn spinner 3. Exude 4. Frigid, torrid or temperate one 5. Hanukkah month 6. Inviting sign 7. \*The Louvre in Paris has a lot of it 8. Bear Down Under 9. Mandolin's cousin 10. Carbon monoxide lacks this 11. Arial. e.g. 12. 3-pointer in basketball 15. Over-armor tunic 20. \*Like Blarney Stone at Blarney Castle 22. Junior's junior 24. A small round drop 25. Under 26. Giraffe-like African animal 27. Prince of Darkness

73. Home for

Across

29. Winglike 31. Classic board game 32. Justin Timberlake's the End of Time" 33. The one who the check is made out to 34. \*"Three Coins in the Fountain" fountain 36. First king of Israelites 38. \*Site of Leaning Tower 42. Allegro or lento 45. Environs 49. Break а commandment 51. \*Big clock 54. Cat sounds 56. Sheep's clothing to wolf

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**MAY 1 - MAY 7** 

- A cat named Porsche, lost in hurricane Sandy returned this past week. Six months after the storm, he showed up on the deck of his original house.
- Harmless cicadas will be outnumbering East Coast residents 600 to 1 soon. Any day now, billions of cicadas with bulging red eyes will crawl out of the earth after 17 years underground and overrun the East Coast. Scientists even have a horror-movie name for the infestation: Brood II. But as ominous as that sounds, the insects are harmless.
- The body of suspected Boston Marathon bomber Tamerlan Tsarnaev remained in limbo on Monday as his family searched for a cemetery that would accept him. Several Massachusetts cemeteries have refused to bury Tsarnaev.
- Three women, missing for as much as 10 years, have been found alive in a home in Cleveland, Ohio. It is still not known how they were held captive without discovery for all those years. Three men have been arrested.



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57. Thailand, once 58. -European language 59. Executive, slang 60. Tire swing prop 61. Deviate 62. I, to a Greek 63. Octagonal sign 64. Chance occurrences 67. Giant pot

**Puzzle Solutions for** this week are on page 12



**Our Rates Are Great!** Better than On-line & Most **Competitors!** Call to Compare!

When calling for a price, we need the weight & dimensions of the package & a zip code to where it is being shipped to.

The Lowell Ledger

105 N. Broadway

Phone 897-9261

### <sup>the</sup>leedger

# Lots of families enjoy learning about farm animals

by Ellen Mork contributing reporter

page 16 \_

Last week, the Lowell FFA Chapter held their annual Fun on the Farm Days at the Wittenbach/ Wege Center.

Preschoolers visited Wednesday and Thursday and on Friday all Lowell Area School District first graders came. Saturday, all families were welcome to visit from 9 am-12 pm.

At Saturday's public event, kids could pet a mini pony, goats, pigs, sheep, baby chicks and calves. During the week, FFA students also brought in some rabbits and a horse for the first graders.

The FFA raises calves and pigs at the Wittenbach/ Wege Center for the Kent County Youth Fair. They also are raising egg-laying

chickens. They will begin producing eggs in about six months and the FFA will sell eggs to teachers.

Kevin Nugent, the high school FFA advisor, said the main goal of the farm days is to teach children about animals and let the FFA members show what they've learned throughout the year.

The first graders spent time learning about animals in their classes and the farm day is a great way to have real experience with what they've learned. It

The Rester and Phelps families pet the sheep.

Support is vital for our quard and reserve families

FFA Fun on the Farm Day.

Recently I had the privilege of speaking to the National Research Summit on Reserve Component

held at the University of Michigan. This gathering of experts and advocates from around



the nation spent two days focused on the citizen soldiers, sailors, airmen and Marines of our National Guard and military Reserves and their families.

Special focus on our Reserve component is appropriate because so much must face.

component families don't live near major military installations, it's often harder for them to access Defense Department services. That isolation might also form a barrier that prevents Reserve component troops from seeking help for mental or physical health conditions.

Overcoming those challenges is of tremendous

More options for you!

importance because today, the United States cannot go to war without its National Guard and military Reserves. During the Cold War, we planned to call on our Reserve component only in extreme circumstances. Today, we call upon them routinely as part of our military operations around the world.

So we can't do without our Reserve component troops. But as is the case with our active duty troops, we can't recruit, train, deploy and retain skilled troops for our Reserve forces if they, as potential service members, don't feel that they and their families will be properly cared for. So taking care of our troops and families, giving them the support they need to continue serving our nation, is essential to our national security.

is a wonderful interactive opportunity for the kids.

Nugent said, "The FFA students like to interact with the younger students and talk about their animals and what they do with them."

The kids also got to take home an activity book with fun facts and pictures.

Saturday's wonderful weather brought in more families than usual, which made the FFA members pleased. Nugent estimated at least 100 people stopped in throughout the morning. In the past, when the weather was not the best, the event has gotten only 50 people.

The event even drew in a family from out of state. The Rester family, from Colorado, was visiting relatives in Lowell and came to see the animals. It was a great way to pass time, keep the kids entertained and have them learn at the same time.



A chick precariously perches on a goat.

But it's even more than that. It's a moral imperative. The men and women who put on our nation's uniform, work so hard, and sacrifice so much for us - we owe them a tremendous debt. If we do not support them and their families, we fail to keep a solemn trust.

But we can't just want to help our troops and their families. We have to learn the best ways to do so and act on them.

It's especially worrisome that suicides, which are an enormous problem across our nation, are taking the lives of far too many of our troops and our veterans. Army Chief of Staff Gen. Ray Odierno recently testified to the Senate Armed Services Committee, which I chair, that the number of suicides in the Army National Guard and Army Reserve is rising.

Another major concern unemployment among Guard and Reserve members. A good job is essential to any family's quality of life, and yet Army Secretary John McHugh told our committee that in the Army Guard and Reserve, unemployment is at 24 percent. That's a crisis. We have taken steps in a number of areas to address the needs of our Guard and Reserve families. On the Armed Services Committee, through our annual defense authorization bills, we have given Reserve component families improved access to the military's TRICARE health coverage; we've closed a gap in health coverage for Reserve component retirees who retire before reaching age 60; we've improved access to mental health assessments

and suicide prevention programs for Reserve component members; and we have authorized better access to job training for all troops, including Reserve component members.

In last year's bill we authorized the National Guard to provide "Transition Assistance Advisors" in each state to serve as single points of contact for Guard members seeking access to military and Veterans Affairs benefits. And we required the Pentagon to make sure that its medical practices reflect the best available research on the diagnosis and treatment of mental health conditions.

But we can never be satisfied with our efforts on this front. We should always be on the lookout for ways that we can improve the support we give military families.

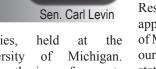
That's where researchers like those who gathered in Ann Arbor come in. We have questions that they are helping to answer, such as: What are the best ways to combat the stigma that discourages so many troops who may be at risk for suicide or suffering other mental health issues from seeking assistance? What prevents too many Guard and Reserve members from finding good civilian jobs? How can we meet President Obama's goal of ending homelessness among veterans by 2015? I'm grateful for the hard work these researchers are doing to help us keep the faith with our Guard and Reserves, and I look forward to hearing new ideas about how we can continue making a difference for our troops and their families.



Families,

Left to right: Alexis Howell, Katelyn Aasman

and Kayla Howell attempt to hold chicks at the





of Michigan's contribution to our military comes from our state's National Guard and Reserve units and because of the special challenges that Reserve component families

Because most Reserve

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