

Stories of Perseverance

A Community Fighting Cancer Begin on page 7



Ihs sports



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Community Garden emphasizes organic methods

by Tony Wittkowski
contributing reporter

The Valley Vista subdivision has a new addition to the neighborhood that is being called the Creekside Community Garden.

What has been in the making for almost two years, has slowly been picking up momentum on the way to collecting volunteers.

Garden Coordinator Paula Mierendorf, who first played with the idea of the community garden, can attest to that.

"I began the process of identifying what was viable when I went to a city council meeting," Mierendorf said. "I asked them questions like who owns this land, what's the availability and what needs to be done?"

She soon started to meet with the parks and recreation commission, where the last couple of years have included several conversations.

The garden itself is located within Creekside Park, at the southwest corner where Faith Drive dead-ends into the park. The designated garden space has been called a place for local

residents to organically grow annual fruits, flowers and vegetables.

Mierendorf, who has been in the Peace Corps, knows you can build whatever you want, but it must fit a need.

She had a plot at another community garden where she discovered a need for one closer in town.

"There should be enough of a need that people will garden in whatever area is convenient to them," Mierendorf said.

With the water and fencing having been in place since the end of April, the community garden has been seeking more applicants.

The garden contains 15 plots, with eight small and seven large plots. There are three plots currently being used in the skinny 130 by 45 foot long patch of soil.

Each small plot is measured to be 10 by 12 feet, coming to \$20 a year, Mierendorf said. The large plot measures in at 10 by 25 feet, costing \$35 a year for maintenance.

The money will go toward the ongoing

expenses, including one of the tougher parts the city has, which is getting upkeep after initial funding.

"That's the beauty of a community garden, it supports itself if done correctly," Mierendorf said. However, she has taken money out of her own pocket paying for the fencing, which she has yet to be reimbursed for.

"It's one of those chicken and egg things," Mierendorf explained. "I'm discovering that I can't get gardeners until I have a fence, and I can't get a fence until I have money and I can't get money until I have gardeners."

Because of this hassle alone, she contemplated at one point calling it the "Chicken and the Egg Garden."

This has not been the only obstacle for Mierendorf in her attempt to get her two-year project off the ground.

She applied for different grants and received \$600 from the Pink Arrow Pride, which she is still grateful for.

Now with every

predetermined cost managed, the all-organic garden is ready for customers.

"Generally a lot of people are excited about it," Mierendorf said. "It's been wonderful and the city has been incredibly helpful and cooperative. I've been impressed with how great our town is."

If anyone in the area is interested in renting a plot for the summer, they can visit City Hall and fill out an application, choose a plot and pay the plot fee. Any questions regarding the garden can be directed toward Mierendorf through the garden's email at FriendsOfLowell@gmail.com.

Volunteers help promote outdoor exercise for seniors



Volunteers Logan Ryan and Tristan Bray toss the horseshoes at the newly made pit.

by Justin Tiemeyer
contributing reporter

Despite the heat, Ben Vinton and his three friends played a lot of horseshoes at Lowell Senior Neighbors this past week.

The new horseshoe pits only exist because of the hard work of these four men and a group of volunteers who assisted them.

"You know me, I'm Ben from the Moose," Vinton said, by way of introduction. His pride in the horseshoe pits was impossible to hide.

Vinton's crew included Harold Kettner, Doug Krause, Jason Ryan, Wes Hunter, Richard Polderdye, Lane Ryan, Logan Ryan and Tristan Bray.

Vinton divided the labor so no volunteer was getting in the way of any other, and the result was what Vinton described as a handicap horseshoe set, two pits set 30 feet apart.

Vinton is on a co-ed

pool league with the center coordinator Pam Krause and her husband.

"She asked me if I would help with the horseshoe pit and I said, 'Yeah, I'll help,'" Vinton said. Vinton and the Krauses were excited to give seniors something that will get them out of the house and help them get exercise.

If it were up to Vinton, he would have already started building another set of horseshoe pits this last weekend. Senior Neighbors intends to install two more pits of regulation length. According to Krause, construction will begin later in July.

Vinton mentioned that he is no longer a spring chicken, but the 73-year-old retired military man was also quick to point out that his age is not a handicap.

Volunteers promote exercise, continued, page 3

Council approves a new auditor

by Tony Wittkowski
contributing reporter

Three of the five councilmembers were at city hall Monday evening to discuss the replacement of damaged sidewalks and choosing a new auditor for the city.

After 133 letters were sent out to property owners who would be affected by the street and sidewalk construction areas, only four people showed up to the impromptu town hall meeting last month, said councilmember Andrew Schrauben.

What first started as an internal discussion on developing a sidewalk replacement program in August of 2011, has now developed into a schedule to break ground nearly two years later.

The city also approved a new audit proposal from Vredevelde Haefner LLC for a new three-year extension for Lowell Light and Power for \$7,500 a year.

"They are in the final year of a five-year deal. That audit cost is going up based on the additional work they are doing for the city," said police chief Barry Getzen.

Vredevelde Haefner LLC will also begin to audit the city as well, now putting one auditor in charge of Light and Power and the city.

Doing so will cost the city \$11,500 every year for the next three years. The proposal was passed by city council by all present councilmembers which included Schrauben, James Hall and Mayor James Hodges.

The company that is taking on the city's responsibilities was established to provide service and expertise to governmental and nonprofit entities having already worked with Ottawa County and cities that include Cedar Rapids, East Grand Rapids,

Ionia, Mount Pleasant, Rockford, South Haven and Walker.

The fees are expected to end on June 30 every fiscal year.

City manager Mark Howe was excused from attending the meeting because he was on vacation. However, Getzen was on hand to fill in.

Councilmembers Chris Schwab and Sharon Ellison were not present, were excused.

Howe, along with the other absent councilmembers, will be back for the next scheduled meeting on July 15, at city hall.

A pre-construction meeting was held for the Riverwalk extension project and is now scheduled to begin construction on July 15. On a further note, all city of Lowell offices will be closed this Thursday for the Fourth of July holiday.



along main street

continued on page 3

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.

CORRECTION REGARDING FIREWORKS DISPLAY-

A press release incorrectly stated that fireworks followed the Army Band concert. A fireworks display will be held on the Riverwalk on July 13 only.

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.

ANNUAL BIKE TOUR

The Fallasburg Historical Society presents the 19th Annual Covered Bridge Bike Tour, Sun., July 7. Pedal through the beautiful countryside at your own pace. All well marked routes from 12 to 100 miles begin and end in the historic village of Fallasburg, north of Lowell. All proceeds benefit the continued preservation of Historic Fallasburg Village. For more information or to volunteer call 616-682-0785 or e-mail kentamke@comcast.net

SENIOR EXERCISE CLASS

Ages 55+, cardio, strength, flexibility, balance. Begins July 8, Tuesdays and Thursdays from 7:30-8:30 pm. Call 855-9570 to sign up or for more details.

GILDA'S CLUB LOWELL CLUBHOUSE

"Look Good, Feel Better" – Tues., July 9, 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. **Healthy Snacks with Becky and Lauren** – Tues., July 9, 4-5 pm. Becky and Lauren Booth welcome adults and kids for this fun & informative class about healthy snacking. Yummy

snack samples will be provided. **Woodcarving** – Tues., July 16, 4-5 pm. Learn how to make easy and beautiful wood carvings with Doug Shassberger. Beginners are welcome and supplies are provided. **T-Shirt Scarf Workshop** – Tues., July 16, 4-5 pm. Join your friends in Lowell for a creative workshop where we will turn t-shirts into beautiful scarves! Led by Lindy Nawrocki. Materials will be provided, but please register in advance. **Book Club** – Tues., July 16, 4:30-5:30 pm. Join Kathy Mieras for a relaxing and cozy book club. This month's read is "Broken for You" by Stephanie Kallos. Pick up your book to borrow at the parlor desk. **Herb Garden in a Pot** – Tues., July 23, 4-5 pm. Join Gwen Hughes for a fun gardening class where you will create and plant your own herb pot to take home. Please register in advance. **Pink Arrow Community Day!** – Tues., July 30, 11 am-5 pm. Join us for the annual Pink Arrow Community Day at Gilda's Club Lowell! This year's event will feature a community blood drive, activities for children, and a free lunch. Pink Arrow VI t-shirts will be unveiled and on sale for the first time. Lowell Clubhouse, 314 S. Hudson St. For more information call 897-8600 or visit www.gildasclubgr.org/pinkarrow

USED BOOK SALE

Fri., July 12, 6-9 pm and Sat., July 13, 10 am to 4 pm under the striped tent at Riverwalk Plaza. Books for all ages and interests. Sponsored by the Friends of the Englehardt Library. Proceeds to support library programming. Want to shop early? Come to the pre-sale at 5 pm on Friday and become a member of the Friends for \$10. This is just one of the "perks" of membership.

FOOD DISTRIBUTION

There will be a special food distribution at FROM on July 19 from 4-6 pm (Spartan Store food show). Bring your own box. There will be fresh fruits, vegetables and fresh flowers. The regular Foodmobile will still be held at the fairgrounds on July 20.

Yarn-Bombing date announced

On July 9, the LowellArts! Adopt-a-Tree to Yarn-Bomb Project culminates.

Beginning at 7 pm, participants will gather at their adopted tree on Main Street, east of Hudson Street in downtown Lowell, to add their embellishments. Expect everything from knitted bands to crocheted pods and more. The skies the limit when it comes to "yarn bombing."

The yarn installations will remain in place until Lowell's Harvest Celebration in early fall. Each tree will display the names of the artisans/organization responsible for its decoration.

Yarn Bombing began in Europe in the early 2000's when artisans started covering multiple outdoor objects with knitted or crocheted decorations all at the same time.

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.

For more information, visit call 616-897-8545.

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CITY OF LOWELL PUBLIC NOTICE

Lowell City Hall, Department of Public Works and the Police and Light and Power offices will be closed on Thursday, July 4, 2013 in observance of Independence Day.

The City of Lowell refuse and recycling will be delayed one day, Thursday pickup will be on Friday due to the holiday.



Betty R. Morlock
City Clerk

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Harper and the Midwest Kind introduce new sound to Lowell



By Tony Wittkowski
contributing reporter

Despite the humid weather, Harper and the Midwest Kind ventured to Lowell and performed a few of their songs which held a different sound, a sort of world blues fusion.

After performing in Rockford a week earlier, the band was excited to try Lowell for the first time. "We're constantly touring all around the world, and it's nice to stay home and do a few shows," said Harper, the band's lead vocalist.

Although Harper is from Australia, he now resides in Michigan, along with the other three band members.

One of the things that has set this band apart from others who have cycled in throughout the Showboat Sizzlin' Summer Concert series is one of the instruments used in the performance. When he was not singing, Harper would often be playing the didgeridoo, an aboriginal wood instrument which emits deep sounds while also, "scaring the bejeezus out of people."

Church offers peaceful alternative to Food Fight

by Justin Tiemeyer
contributing reporter

Somewhere in a storage facility there are thousands of buckets, each filled with cleaning supplies that are ready to be shipped on short notice, to anywhere in the country thanks to the United Methodist Committee on Relief (UMCOR).

During the recent flooding, the United Methodist Church's emergency response team supplied 1,200 of those flood cleanup buckets, worth over \$60,000, to Lowell so the community could take its first steps toward recovery.

Reverend Rick Blunt is the minister at Lowell First United Methodist Church. Much of the volunteer organization for the Flat River Outreach Ministries (FROM) flood relief began in the sanctuary of his church.

"We're intensely involved with FROM," Blunt said. After all, in the early days FROM was no more than a food pantry operating out of the church's basement.

The relief buckets have been distributed and put to good use, but because of

FROM's Food Fight, Blunt finds two more buckets in his church, one to benefit the North side in the Food Fight and another to benefit the South.

The idea is that people living north of Main Street can donate in order to support their team and people living south of Main can support theirs. A peaceful alternative to the donation battle going on outside their doors.

"I live on the north and the church is on the north, so I do tease sometimes," Blunt said. This past week, Blunt announced that the north team was ahead in

order to spur churchgoers from the south to bring more donations.

Donations are something that is never in short supply at First United Methodist, be they in the form of time, money or supplies. In addition, to the UMCOR buckets, the church at large granted the community a \$1,000 assistance grant.

"We called the Monday after the flood. By Thursday, they had shipped 1,200 flood buckets," Blunt said. "It was a switch for us to be on the receiving end."

Food Fight,
continued, page 4

Volunteers promote exercise, continued

Vinton has surgical scars from his ankle to his knee, from his elbow to his armpit and a third scar from his Adam's apple to his belly from a five-way bypass heart surgery.

He attends dialysis frequently, but he still worked hard in the hot sun. It was this attitude that inspired young volunteers to join the effort.

Vinton hopes to use this same attitude to inspire seniors to make use of the horseshoe pits.

"If we can make them, then you can help us use them," Vinton said, addressing the senior citizens of Lowell.

Once the remaining

two horseshoe pits are completed, Vinton has challenged seniors from other senior communities to come over for some friendly competition.

"We're gonna hold tournaments," he added.

Any senior, aged 60 or older, is welcome to compete. Krause estimates the first tournament to be held in September. The current plan is that Senior Neighbors will host a barbecue for competitors and spectators, and winners will take home prizes.

Until then, Vinton can likely be found at Senior Neighbors, digging in the dirt.

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Food Fight, continued



Lowell First United Methodist Church volunteers help clean up Lowell neighborhood yards.

The church took up a special offering for the church, then proceeded to get to work with training. Several meals were needed for people in the neighborhood south of the church, spraying for mosquitoes, providing grants for furnace

replacement and rent for displaced person were all needed. Blunt was careful to note that the flood relief is not yet over. In July, he plans to gather over 100 volunteers in order to go from home to home and assist with repair work. He

expects they will be doing a lot of painting and dry wall, among other things. The pair of buckets in Lowell First United Methodist are certainly not the church's only means of helping those in need, but they need to be filled nonetheless.



The flood left a lot of debris, but the First UMC volunteers were happy to take care of it.



At Your Local Library

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

Magic: Can You Dig It? –

Tom Plunkard presents an amazing program filled with live animals and loads of audience participation. Witness flowers appearing

on your head and garden utensils vanishing and reappearing in the craziest places. For all ages. Tues., July 16 at 6:30 pm.

Beneath the Surface: Marble Magnets –

Create a set of magnets for yourself or a friend. What lies beneath the surface is for you to decide – they're easy and fun to make. For teens grades 6-12. Tues., July 9, 1 pm.

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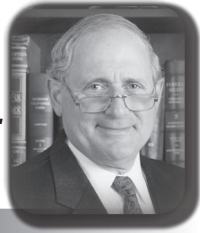
~ Steven Wright (1955 -)

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viewpoint

Great Lakes restoration bill aims to protect a precious resource



Sen. Carl Levin

We in Michigan know that the Great Lakes are a magnificent resource and unique in all the world. These water bodies, formed during the last ten thousand years, are the largest source of surface freshwater on the planet. The lakes shaped how people settled and secured resources for their survival. Native Americans, French explorers, early European settlers, immigrants flocking to new industrial cities all relied on the lakes for survival, just as millions do today. They provide us

food and drinking water, transportation, power, recreation, and magnificent beauty.

However, the vast resources of the Great Lakes should not be taken for granted. We must do all we can to protect these waters and clean up the areas that have been harmed by toxic contaminants, polluted runoff, untreated wastewater and destructive invasive species. That is why as co-chairs of the Senate Great Lakes Task Force, Sen. Mark Kirk of Illinois and

I, along with several of our colleagues, have introduced the Great Lakes Ecological and Economic Protection Act of 2013, or GLEPPA.

This bill builds upon the work of environmental organizations, business groups, tribal governments, community leaders and federal, state and local elected officials who worked together to craft the Great Lakes Regional Collaboration Strategy, a 2005 plan to guide restoration and protection for the Great Lakes.

Our bill would formally authorize the Great Lakes Restoration Initiative, an inter-agency program designed to implement the collaboration strategy. The GLRI targets the most significant problems in

the Great Lakes, including aquatic invasive species, toxics and contaminated sediment, nonpoint source pollution, and habitat and wildlife protection and restoration.

While broadly authorized under the Clean Water Act, the GLRI should be specifically authorized in law to clarify its purpose and objectives and to demonstrate support from Congress. Since the GLRI was launched in fiscal year 2010 with \$475 million in funding, we have made real progress in restoring the health of the Great Lakes: More than a million cubic yards of contaminated sediments have been cleaned up. More than 20,000 acres of habitat have been restored or enhanced.

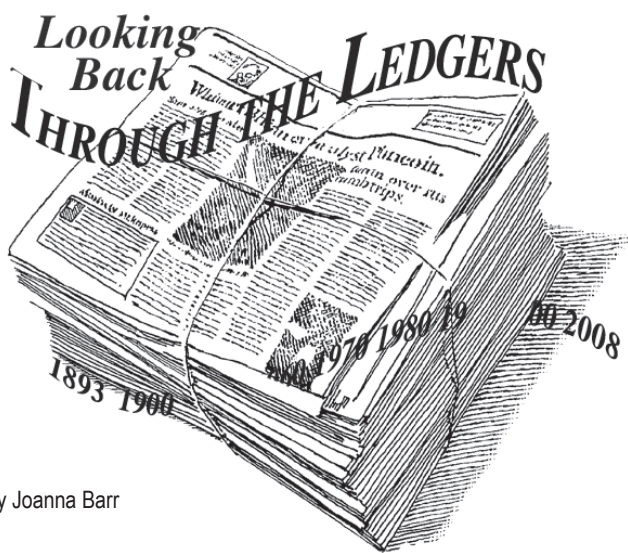
New technologies are being developed to combat the sea lamprey. Asian carp have been prevented from establishing a population in the Great Lakes. Hundreds of river miles have been restored to enable free fish passage from the Great Lakes to their spawning grounds. Reduction of nutrient loading from agriculture runoff has lessened occurrences of harmful blooms of algae.

In addition to authorization of the GLRI, this legislation would reauthorize two existing programs: the Great Lakes Legacy program, which supports the removal of contaminated sediments at more than 30 toxic Areas of Concern across the Great Lakes; and the Great

Lakes National Program Office, which handles Great Lakes matters for the Environmental Protection Agency.

The health and vitality of the Great Lakes not only provide immense public health and environmental benefits, but they are critical to the economic health of the region. For example, in Muskegon Lake, which is directly connected to Lake Michigan, cleanup of 430,000 cubic yards of sediment contaminated with toxic chemicals provided jobs to barge and dredge operators, truck drivers, biologists, chemists, toxicologists, and others. The cleanup will help lift fish consumption advisories

Levin, continued, page 6



By Joanna Barr

140 years ago Lowell Journal July 8, 1873

Burglars in town. Some sneaky thief entered the residence of John Hooker, about 2 o'clock on the morning of the 4th, for plunder. He went in at the front door, which was unlocked, and up the stairs into the room of little Jessie Hooker. And commenced searching. He found 35 cents in the girl's portmonie on the stand and borrowed it. Before leaving, he stood beside the supposed sleeper for a moment, when Jessie, with her eyes wide open, put her hand up to his face and discovered he had chin whiskers and a moustache. The girl said not a word, for she did not want to have her father mixed up in a skirmish with the burglar. A little girl of Jake Cummings' was sleeping with Jessie that night. The intruder next went down stairs into the dining room, when Mrs. Hooker was aroused from her slumbers and called "John." The burglar answered "ugh," opened the back door and departed before John could meet him in fond embrace. Nothing was missing from the house but the contents of Jessie's portmonie. The same individual it is supposed, called at Mrs. Tyler's the same night and at J. H. Wood's a few nights before. He wants kicking.

100 years ago The Lowell Ledger July 3, 1913

Headline: Boy drowned in Grand River – Glenn Hawley's fatal plunge. Body recovered after an hour. Grand River claimed another victim Saturday in the person of Glenn Hawley, son of Mr. and Mrs.

Hiram Hawley of the village, who was drowned near Hoffman's landing about 2 o'clock that afternoon. Glenn, in company with Clinton and Manly Johnson had been swimming for some time and the former was resting on a submerged snag on the south side of the river, when he fell and went to the bottom in deep water. Clinton Johnson says he made repeated efforts to save Glenn. Glenn was 16 years, three months and 14 days old.

75 years ago The Lowell Ledger July 7, 1938

Did you know that some of J. Edgar Hoover's G-men were working on a case in Lowell not long ago? They were called here because a prominent local woman had received a letter threatening the life of a near relative if she failed to deposit a specified sum of money in a certain place. Needless to say the contemptible scheme did not work.

50 years ago The Lowell Ledger July 4, 1963

The Lowell Police Department received an emergency telephone call from a distressed motorist at Fallasburg Park, late Sunday evening. The gentleman caller needed assistance in getting his lady friend back to town, so she could get home to her husband.

Lowell's Main Street suffered damage in several places because of the intense heat over the weekend. Large sections of highway M-21 and Main Street have buckled up and caused several near accidents.

25 years ago The Lowell Ledger July 6, 1988

Headline: Lowell woman charged with infant's death. A 19-year-old Lowell woman, Darci Lynn McCready is being held in lieu of \$50,000 bond, on an open murder charge, for the death of 19-month-old Allen M. Drayton, according to Ionia County prosecutor Gary Gabry. McCready, the girlfriend of the boy's father, Allen M. Drayton, originally told police the boy had fallen from a porch. According to Gabry, an autopsy Wednesday, June 29, showed the young Drayton boy died Tuesday, June 28, of internal bleeding from a lacerated intestine. "The injuries were not consistent with McCready's initial report on what happened," Gabry said.

outdoors



gone fishin'

Dave Stegehuis

Walleye puzzle

Crab fishing in the Bering Sea is featured on a popular cable reality show. Making a living by fishing is the main theme, but competition between boats to see who can make the largest catch adds interest to an already exciting and dangerous job. All of the crews use essentially the same gear and techniques to catch the crab.

Fishermen seeking to catch walleye on Little Bay De Noc in the U.P. must be prepared to use a wide variety of methods to catch fish. Water temperature, time of the year, time of the day, life cycle of the fish, available prey species, wind direction, and fishing pressure all affect where and when the walleye will bite.

The fish may be found on mud flats, drop-offs, weed beds, deep water, shallow water, reefs, or in a number of rivers. The location of the fish can change by the hour.

Fishing methods include trolling crank baits or spinners with flat lines, bottom bouncers, or planerboards. Jigging with lead-head jigs tipped with live or artificial bait. Dragging live bait rigs with floating jigs or spinners. Casting crank baits or jigs or fishing the classic

split-shot and hook under a float are additional options. Boat control is critical for getting the tackle in front of a fish.

A walleye boat must be able to handle occasional rough weather. Electric and gas motors are needed to troll down to 1 1/2 mph or less as well as push boats long distances at reasonable speeds. The wind can be employed for drift fishing and a drift sock can be deployed to slow the drift if the wind is strong. A circulating live-well to keep the catch is convenient and allows for sorting and releasing fish if necessary. Sonar and G.P.S. cut down on guesswork for finding fish and also enhance safety. The boat must have enough storage for all the gear.

The challenge is to find a combination of tackle and techniques to employ at the right time in the right place to catch walleye. Walleye are fun to catch and provide excellent table fare which keeps walleye fishermen on the water at all hours and in all kinds of weather. A professional walleye angler once told me that walleye are always biting somewhere on something. So, if you enjoy puzzles and fishing you may like walleye fishing.

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the lowell ledger

engagements

Green/Klap



Jessica Green and Christopher Klap

Jessica Green, of Holland, and Christopher Klap, of Allendale, will be wed on July 21, 2013. The bride is the daughter of Greg and Mary Green of Holland. She graduated from Grand Valley State University and is employed by Zeeland East High School. Her fiancé is the son of Ronnie and Judy Lane of Lowell, and the late Gary Klap. He is self-employed.

Levin, continued

and restore fish habitat, which is vital in an area that is a popular fishing and boating destination.

And preventing future damage to the lakes – from aquatic invasive species for example – could easily save the public hundreds of millions of dollars in future expenditures. With a \$7 billion fishery, \$16 billion in annual expenditures related to recreational boating, and over 30 million hunters, anglers and birders enjoying the Great Lakes each year, we cannot afford to not protect and restore this precious resource.

Our bill includes important safeguards to ensure that tax dollars are wisely spent on activities that actually achieve results. This legislation directs that projects are selected so that they achieve strategic and measurable outcomes, and which can be promptly implemented through leveraging additional non-federal resources. The bill would also authorize an inter-agency task force to coordinate federal resources in a way that most efficiently uses taxpayer dollars, focusing on measurable outcomes such as cleaner water, improved public health, and sustainable fisheries in the Great Lakes.

I hope the Senate Committee on Environment and Public Works will promptly act on this important legislation, as it did in 2010 when it approved similar legislation, and that we can quickly enact it into law.

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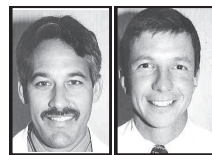
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health



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prediabetes

It is estimated that more than 30 percent of adults over the age of 20 in the U.S. have prediabetes and that only 11 percent are aware they have the condition.

People with prediabetes have a condition where the blood sugar is mildly elevated but is not high enough to be classified as diabetes. Those with prediabetes have a much greater change of developing diabetes in their lifetime.

Prediabetes is diagnosed if the fasting blood sugar on two separate occasions is between 101-125. Other risk factors for developing prediabetes include obesity and family history. Prediabetes is generally asymptomatic and is usually diagnosed during routine blood tests.

Identification of those with prediabetes is a critical

first step in the prevention of diabetes. Prediabetes is also termed Impaired Glucose Tolerance (IGT) in the medical community.

If you have been diagnosed with prediabetes it is important to take steps to prevent development of diabetes. Studies have shown that prediabetics who exercise at least 150 minutes per week, watch their diet and lose weight can actually prevent or delay the development of diabetes. Certain medications have also been shown to prevent diabetes in several studies.

Unfortunately, diabetes has become epidemic in the U.S. It is associated with significant morbidity and increase mortality. If you are at risk for diabetes talk to your doctor to see what can be done to prevent this condition.

happy birthday!

- JULY 3**
Alice Capen, Jamie Ryder, Maxin Ligman, Janet Bieri.
- JULY 4**
Barb Austin, Zachary Rhodes, Tara Sherman, Dan DeHaan.
- JULY 5**
Dave Burdette, Jacob Hiskey, Randi Ellis, Phyllis Condon, Brennan Page, Devinne Ossewaarde, Bob Canfield, Dee Doyle, Junie Hoag, Kylei Mae Nearing.
- JULY 6**
Marty DeYoung, Jason Barber, Amy Stencel, Darrel Hesche, Chris Page, Ed Walling, Jan Bieri.
- JULY 7**
Phil VanLaan, Elizabeth Gerard, Tim Tulppo, Zach Meiste, Wayne Racine, Brice Wingerter.
- JULY 8**
Jason White, Tony Stencel, Ryan Vashaw, Jessica Tulppo, Marilyn Venneman.
- JULY 9**
Elaine Haines, Leo Pfaller.

area churches

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Celebration.....10:40 a.m.
Wednesdays - Kid's Service, Teen's Service,
Adult Bible Study.....7:00 p.m.
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WEDNESDAYS:
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www.goodshepherdlowell.org
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Sunday School.....11:20 A.M.
Evening Worship.....6:00 P.M.
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JULY 14 - AUGUST 25
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perseverance

A community fighting cancer

Snap Fitness continues their support of Pink Arrow Pride

by Will Greenberg
contributing reporter

Lowell businesses are getting involved in Pink Arrow this year and local gym Snap Fitness is included.

Snap Fitness, located in Lowell on Main Street, is owned and operated by Ryan and Lori Lothian. The gym opened up three years ago and hosts clients from in and around the town of Lowell.

The gym offers key-card access any time of day, a newer trend in fitness centers, for those looking to work on their own for general fitness or conditioning. New members can take an orientation in proper use of the gym equipment as well as receive a fitness analysis by the staff.

Ryan Lothian says that most of Snap's clients are looking to lose weight and that working with a personal trainer is the best route for most people.

monitor and nutrition module that helps clients keep track of their diet along with their exercise. As the Snap staff says, "You can't out-exercise a bad diet."

"You can see how many calories you burned all day long and with the nutrition module you can see how much you've eaten," Lothian said. "You just have to burn more than you eat and you will lose weight."

Devon McQueen, a Lowell native and general manager of Snap Fitness, said Snap becomes a kind of escape for many of the clients who come in during the work week.

"It becomes more than just a general management position," McQueen said. "You become the counselor, the friend. That makes the job worth it."

With the Pink Arrow program starting before



Fitness manager Vanessa Tessmer takes a "stroll" on Snap Fitness' pink treadmill, which rests alongside an entire row of treadmills. It marked Tessmer's first day on the job, but the pink treadmill has been at work for the Pink Arrow fund since 2009, contributing a certain amount of money it raises for every mile in the attempt to improve cancer awareness.

purchasing a pink treadmill for the gym with money donated based on the number of miles run.

unity and regularity as Lowell does around the Pink Arrow game. The gym has been a financial donor to Pink Arrow for three years and Lothian said the program coordinators should "keep doing what they're doing."

"When you have friends that all of a sudden have cancer or have something where they a support group it's good to have in the community the resources for them to go find support," Lothian said.

McQueen agreed Pink Arrow was a

great way for the community to gather, even as a Lowell native she felt the program strengthened the bonds among Lowell citizens. Both McQueen and Lothian shared stories of cancer within their friends or family and McQueen said having one night dedicated to all those affected was an "amazing feeling".

"Sometimes you can live somewhere and not really get to know the people in the town," McQueen said. "Not that in one night you get to know

everyone but you're just all there supporting the same thing and it's just you know you have that pink shirt on and it's just a reflection night."

Beyond the benefits to those suffering from cancer, the Pink Arrow program is also a great experience in charity and a learning experience for the students involved, McQueen said. Even during a Friday night where most people are focused on the always exciting football team, the phrase "more than a game," is often used.

"When you have friends that all of a sudden have cancer or have something where they a support group it's good to have in the community the resources for them to go find support."

~ Ryan Lothian

"Our members that get the best results and have the most success typically work with personal trainers," Lothian said.

Snap also provides a personal activity

the opening of Snap Fitness, Lothian said he knew he wanted to get the gym involved. Early on Lothian was able to find a unique way to combine fitness and Pink Arrow by

Recognizing Pink Arrow as one of the pioneer charity-athletic programs in the area, Lothian said he has never seen a community come together with the same

These special Pink Arrow Pride pages are brought to you this week by...



Snap Fitness
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snapfitness.com/lowellmi

perseverance

A community fighting cancer

During the next five weeks, the Lowell Ledger and the Buyers Guide will highlight the stories of area cancer survivors. Each writer will convey, in their own words, their experiences as they walk through the many phases of their personal journey. Photos by Modern Photography



in the blink of an eye. The question became about what would we hold on to through this new and unexpected journey as well as where were we headed. We already knew what we had to hold on to, but the horizon of where we were headed was

pilot. That's a big part of my world so I'll come back to that a time or two. Hopefully, you'll enjoy my mid-air musings.

I sat at my desk one

turned to the only sure thing we knew we could trust. With Jesus Christ as the anchor of our souls and lives, we experienced a deep sense of peace as we moved

Kirby Comeaux



"And they lived happily ever after." Isn't that ending we all would like to our story? Of course it is, but so often after the story begins with "once upon a time...", there are many twists and turns that we don't expect. How we respond to those

unexpected events in our lives and relationships, determines what that ending line of the story will be.

We'll join our story already in progress in April of 2012. Joanie and I had been married sixteen years and had been blessed with

two beautiful children, ages nine and four (almost five). "Once upon a time" had begun a lifetime ago, although it seemed like it was just yesterday. Our family life was characterized by stability and complacency, but was about to change

completely obscured and was like flying through the clouds at night with no visible reference to see.

Of course it stands to reason that I would use a reference to flying, since by trade I am a corporate

morning in April of 2012, filing a flight plan for a scheduled trip that we had that morning. That particular morning didn't start off any different than any other, except that I had gotten up with some minor discomfort in my gut. I had pretty much ignored it, however, while sitting at my desk, that minor discomfort turned into major pain as if someone had flipped a switch. Needless to say, we didn't take to the friendly skies. Instead, we made an expedited trip to the emergency room.

After going through various tests, we were told that I had a rare form of pancreatic cancer that had also spread to my liver. I was forty-one years old with stage four cancer. This "flight" had just collided with an ugly disease, and I was anything but in the captain's seat. We were scared to death, but we

forward in the journey. It would be that peace and God's development of our faith that would sustain us as we walked this new journey after surviving a major "crash."

The treatment plan included two major surgeries to remove the tumors with chemotherapy in between them. I nearly didn't survive the first surgery, as there were some complications that were more difficult than expected. God preserved my life and gave me healing from that surgery along with renewed strength to deal with that next step of chemotherapy.

As we fast-forward to December of 2012 after a summer and autumn of chemo, the date of the next surgery to remove the tumors from my liver was

**Kirby's story,
continued, page 9**

Sister Mary Ann Schmitz, FSE

For several years I have observed how the enthusiasm of students, teachers and the general population of Lowell have sparked a movement that has captured the imagination of hundreds of people across the country. Until a few months ago I would never have dreamt that I would have a personal connection with Pink Arrow Pride.

Since my mother had breast cancer, which eventually led to her death after the cancer metastasized to her bones, I have always been faithful to having yearly mammograms to increase the possibility of early detection. Having so many done with no problems, I was surprised last November to be called back for further examinations.

Tests confirmed a small cancer in the left breast, which led to surgery on January 2, 2013. There were no complications so I proceeded with 33 radiation treatments in February

and March. Knowing what these weeks can be weather-wise in Michigan I was apprehensive about that this would mean for driving the 27 miles from our center to

the Lacks Cancer Center.

Fortunately, I am part of wonderful, loving, and generous community of Franciscan Sisters who made themselves available to accompany me to doctor's appointments and exams. Actually, there were only three days when I did not feel safe in driving and one of the Sisters took me so I did not have to skip any treatments and completed them on March 21. I am truly grateful to the doctors, nurses, valet drivers, and each person who helped me during these weeks.

After the surgery I did send in my name to the Pink Arrow Pride at the suggestion of the team at St. Mary's Comprehensive Breast Cancer Center since

my address was Lowell. Within a few days I received a call from Ethel Stears, who followed her call with a delivery of Meijer gift cards to use for groceries and supplies.

Although we raise and process much of our own food, the weekly grocery bills always count up when one is purchasing for fourteen adults. I was happy I could help my community in this way as they had been extending themselves to me in so many ways.

Now I just need to rest a little more, make a few

adjustments in my life's activities and say a prayer for all the kind people who

have given and continue to give to this wonderful Pink Arrow Pride. Indeed, it is

something for which the people of Lowell can be proud.

"Until a few months ago I would never have dreamt that I would have a personal connection with Pink Arrow Pride"

- Sister Mary Ann Schmitz



perseverance

A community fighting cancer

Alecia Burrows

My name is Alecia Burrows and I was 22 when my journey began. I have lived in Lowell most of my life. My greatest dream and goal was to be a wife, stay at home mother, to have dogs and a house with a white picket fence in the front yard.

I married my high school sweetheart, a year

later we moved into our home with the white picket fence in the front yard and a few months after that our daughter was born, a little over a year later our son was born and we bought a dog for both children. I had my dream and had achieved my goal.

Last year around a few months before June, I

started having pains in my right side that I ignored, but by June they had gotten so bad I couldn't pick up my kids, I couldn't swim because taking a deep breath was too painful. My husband finally made me go to the hospital where I was told that I had a 5cm mass on my liver. They told me it was a Hemangioma and that usually its not something that they worry about, but since it was causing pain they could possibly remove it.

The hospital had me go to my primary doctor and he scheduled several tests. I had MRI's, CT scans and Ultra sounds. It went from them believing it was an Hemangioma to being an Adenoma, which was of more concern because it could become cancerous.

During this time my children began staying with family because I was in too much pain and too sick to take care of them properly. They didn't

understand why their mommy couldn't play and couldn't hold them. I didn't want them to see me sick all the time, I was no longer able to keep food in me and had lost 50 lbs.

I went in for a biopsy and after it was over because I was having discomfort they did a CT scan. I could hear the doctor making some calls after he had seen my results from the scan and before he came in to talk to me I already knew what he was going to tell me.

They removed the right half of my liver, my gallbladder and part of my diaphragm. Two weeks after I got home I ended up back in the hospital from complications. They had to reopen my incision and put a tube in my back to drain two liters of fluid off my chest. I got to go home two weeks later.

Around October I started my chemo regimen. Because my type of cancer was so rare they chose the Ewings regimen. I

am not sure if it will come back. They have never been able to do case studies on it so most everything is unknown. That's what my journey was like a battle with the unknown.

My anger with God has subsided and my relationship with him is so much better. Not that I don't still get angry sometimes, but that is something I will be laying at his feet for a long time. He blessed me by giving me more time on this earth to see my daughter turn five, to see my son turn three to have many anniversaries with my husband to have grandchildren and great grandchildren.

However if he decides to call me home before that, that's ok too. I hope everyone is aware how fragile life is you never know how long you have and I took that for granted.

When you come face to face with what could be your death a lot of things change you learn not to sweat the small stuff anymore. "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11.

Enjoy your life, live for God and remember that even the bad things that happen are all in his plan for your life.

"I hope everyone is aware how fragile life is you never know how long you have and I took that for granted."

- Alecia Burrows

I didn't need the results to know that it was cancer I had known since the start what it was in my heart and in my soul I was already sure of it. My husband clutched my hand as the doctor told me that the tumor had grown over twice its size from the previous month.

My surgery was scheduled a week after my biopsy and my family was there when I went in for the surgery. They all prayed for me right before I went in, but I just went through the motions, my faith and trust in God had begun to waver, I had never been so angry or confused.

had something called Undifferentiated Embryonal Cell Sarcoma and there are only 60 documented cases of it. I spent a week out of every three weeks in the hospital getting treatment. I lost all of my hair, which for a woman is horrible, but I didn't wear scarves or a wig because it was what it was.

Justin and my family took great care of me, my church was there for me when I needed them and Gildas Club became a safe haven for me. My chemo ended in April of 2013 with no traces of cancer but they don't know what the odds



Kirby's story, continued

fast approaching. I wasn't exactly looking forward to enduring another surgery and the recovery afterward, but I was ready to get going if it meant we had a good chance of getting rid of the disease for good.

The surgery was successful, and despite developing an infection a few weeks afterward, the recovery process has gone very well. We followed

up the surgery with some preventive chemo, and as of my last scan in April, there was no evidence of disease! As time has gone on, I have regained quite a bit of strength and energy and am able to fulfill nearly all of my duties at work. Hopefully soon, I will be able to return back to flying again.

Now let's bring this story in for a landing. If you

find yourself reading our story and have never been through a life-threatening disease or injury, it's easy and natural to think you have all the time in the world. It's also easy to think that these things just happen to someone else, not you. After all, that's what I used to think. Cancer survivors and patients will tell you quite plainly how their outlook on life has changed.

Mine certainly has. And if I may, I'd like to tell you one last thing I have learned while on this "flight," having gained that new perspective. All too often, we grieve and fret over past mistakes, and we worry about all our plans, events and appointments coming up in the future. With either the past or future, we can get so stressed out that we miss the blessings of right now.

We certainly can't go back and undo the past, nor can we foresee and control the future. All we have is now, so just make sure that you don't miss it.

Well, we've cleared the runway, and as we park on the ramp, let me tell you that I thank God for every new day that He gives me, and that His mercies are new every morning. I know the very real possibility

that cancer can come back. Because of that, I consider each day that God grants me as a wonderful gift. My hope and prayer is that I will be blessed with long-term healing and long life. Whatever the answer turns out to be, I believe with deep certainty that God is good in all circumstances, and our family's desire is to live to honor Him wherever He takes us.

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PINK ARROW HEALTH FAIR
TUESDAY, JULY 30 • 10:00 - 7:00 PM



Michigan Blood Partners with Gilda's Club/Lowell for Pink Arrow Pride

Thanks to the efforts of Nancy Brinker, sister to Susan G. Komen, and thousands around the world, the color pink is nearly synonymous with the fight against breast cancer. Since 1982, Brinker and supporters have raised awareness and millions of dollars, using the pink ribbon on everything from apparel to trash barrels to paper products ... and even athletes do so. In 2007, the Lowell High School football team joined the movement, suiting up in pink jerseys to host Pink Arrow Pride to help raise money for their local Gilda's Club cancer support center. Their efforts helped raise \$800,000 in five years.

In 2010, Michigan Blood joined the Pink Arrow Pride efforts, hosting a blood drive to raise money for Gilda's Club – and equally important, raising awareness of the close connection between donating blood

and fighting cancer. Thirty-three (33) percent of blood products (red cells and platelets) are given to cancer patients to help offset the side effects of chemotherapy. In three years, Michigan Blood, with the support of its generous blood donors, have helped more than 500 patients and raised over \$3000 to underwrite cancer support efforts at the Gilda's Club in Lowell.

On Tuesday, July 30, 2013, from 10 am – 7 pm, Michigan Blood will be hosting a blood drive at the Gilda's Club in Lowell (314 S. Hudson Street, across from the Kent County Fairgrounds). Michigan Blood will make a \$10 donation to the Gilda's Club Lowell Pink Arrow Project for every person who attempts to donate blood during the drive.

To donate, you must be 17 years old (16 with

written parent's/guardian's consent), weigh at least 110 pounds, and pass the health screening. You also may not have donated whole blood within the past 56 days of attempting to donate. Potential donors that are 16 years old should read the information provided on the Michigan Blood website at www.miblood.org and bring their signed permission form.

Blood donors should bring photo ID (or two forms of non-photo ID). For additional information on donating blood, check out www.miblood.org.

Teresa Beachum, coordinator for the Pink Arrow Pride blood drive on behalf of Gilda's Club, notes: "Unfortunately, everyone knows someone who has had cancer or is fighting it, yet far less people know about how important blood therapy is to the cancer patient.

When loved ones ask how they can help, we encourage them to find a Michigan Blood drive and donate, as the blood stays local to help their family and neighbors."

Carole Gentry, BSN, RN, Clinical Services Manager of the Comprehensive Breast Center at Lacks Cancer Center, a major sponsor of the Pink Arrow Pride event; echoes Beachum's comments. "Making the connection between donating blood and helping people with cancer is so important. Red cell transfusions and platelets help counterbalance some of the effects of chemo treatments. Anyone who has watched a loved one struggle knows that an hour out of their day to help is the best feeling in the world. And donating as part of the Pink Arrow Pride event helps raise money for cancer support through Gilda's Club. It is truly a win-win-win."



Lowell Pink Arrow Pride Community Day & Blood Drive

Tuesday, July 31, 2012
10 a.m. – 6 p.m.

Gilda's Club
314 South Hudson Street, Lowell

- Bring your family & friends!
- Free meal & kids activities.
- Plan to donate blood. Michigan Blood pledges to donate \$10 to Gilda's Club for every person who signs in to donate at this blood drive.



For Appointment: miblood.org or 1-866-MIBLOOD (642-5663).

About Michigan Blood

Founded in 1955, Michigan Blood is an independent, nonprofit blood bank that provides blood for hospitals across Michigan's Lower Peninsula. Serving Michigan hospitals is the top priority for Michigan Blood, which collects more than 110,000 pints of blood each year at nine permanent donation sites and more than 3,700 mobile blood drives statewide. Related services available from Michigan Blood include a nationally recognized blood stem cell (marrow) program, therapeutic apheresis, DNA tissue-typing, transfusion medicine consultations, and Michigan's first public cord blood bank. Michigan Blood is a member of America's Blood Centers, a network of community blood banks spanning North America that together provide half the US blood supply. For more information, visit www.miblood.org.

perseverance *The spirit of Pink Arrow Pride*

Cara Sauber's original story was inadvertently published last week instead of her update. Our apologies for any confusion.

Telling my story for the Pink Arrow Pride has been such a positive experience. So many people have been so supportive. I have been recognized many times

from the article and asked how I was feeling or some people even said thank you for sharing. This is truly a community that cares.

Since finding a lump and discovering I carried the mutated BRCA2 gene, I decided to have a bi-lateral mastectomy. My chances of

getting breast cancer were almost 90 percent. I lost my mother and several other family members to this horrible disease.

My mother was gone too early and I know she would want me to do everything I could to remain healthy. My original surgery was in

November 2011. Due to infections and my body rejecting the implants I have had more surgeries than I had ever planned on.

This past year, I have had many ups and downs. I have had two more surgeries and I am anticipating a third. Currently, I am doing massage therapy to try to relieve some of the scar tissue forming around one of the implants.

It is not going as well as I had hoped and now I am in the process of deciding to either have corrective surgery to remove the scar tissue and start over or possibly just



have the implants removed completely. I am blessed to have a loving husband and family to support me and we will work through it together.

As with all of the people sharing their journeys, I feel I am letting people in on something deeply personal. At the same time, I feel it is an important story to tell. Knowledge is power.

This process has been much more difficult than I thought it would be but, I know it saved my life.

Now, when people hear about my surgery they say, "Oh, like Angelina Jolie." Let me set the record straight. I had the surgery first and wrote an article about it. Pink Arrow Pride was again way ahead of its time in working toward educating people and raising money to find a cure. Please continue to support this important cause.



In this moment ...

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Red Arrow SPORTS

Lowell gymnasts compete in Disney World

by Karen Jack

Two local high school gymnasts traveled to Disney World last week for the annual AAU Age Group National Championships and came home with fourth and fifth all-around honors.

The event was held at ESPN's Wide World of Sports, with 1,470 athletes representing 126 gyms from 21 different AAU districts across the country.

As part of the Red Arrow Youth Gymnastics (RAYG) program in Lowell, Lauren DeHaan, who will be a junior at Lowell High School in the fall, placed fourth in the all-around in the 15-16 year old age group, meaning she was the fourth best in all four competitions combined.

To get there, she placed fifth on vault (8.8), sixth on bars (9.05), seventh on beam (8.95) and eighth on the floor exercise (8.75).

All scores are combined to come up with their all-around scores.

Meghan Plutschow, who will be a senior in the fall, placed fifth in the all-around in the 17-19 age group, with a second on bars (8.95) and fifth on floor (8.65). She also scored well in the other events, including 8.7 on beam and 8.6 on the vault.

To attend the event, the girls had to qualify through their respective AAU district meets in the spring, earning them a trip to the nationals. While in Orlando, the girls were also able to visit Disney World, Universal Studios and spend a day at Cocoa Beach.

According to Michele DeHaan, owner and operator of RAYG, AAU gymnastics gives away thousands of dollars each year in scholarships to graduating

seniors. Competing in more AAU meets increases the girls' chances of winning a scholarship.

DeHaan and Plutschow also attended this meet last year at the Wisconsin Dells. Next year, the meet is scheduled to be held at Disney again and RAYG plans on attending with a contingent of gymnasts.

"I'm just so proud of the work ethic of these two girls to continuously improve to their highest achievement," DeHaan said. "To place like they did is phenomenal. The bonus was we had fun going to Disney and Universal, so it was a two-in-one trip for them."

RAYG will be taking 15 gymnasts, including Plutschow and DeHaan, to compete at the AAU Junior Olympic Games in Detroit at the end of the month.



Lauren DeHaan and Meghan Plutschow do a hand stand at the Magic Kingdom.

Lowell High School shooting team attends state meet

by Kelvin Anderson
contributing reporter

The end of June signaled the end of the competitive shooting season for the Lowell High School Shooting team. This month the team attended two state shoots.

The first of these shoots

was the State Skeet Shoot held on June 15 at the Detroit Gun Club. The team was represented by Anthony Erhardt, Kelvin Anderson, Zac Graves, Tristan Larson, Matt Ligman, Karson Murley, Noah Roth and Kenny Vickers.

Each team member shot four rounds of skeet. While the team did not place at this competition, they shot well. They had a good time and enjoyed shooting with their friends and performed well for their coach.

The second shoot was

the State Trap Competition held June 29 at the SCTP headquarters in Mason. While the day started out overcast and misty, the damp weather did not dull the competition.

At this shoot each person shot eight rounds of

trap. Lowell was represented by Matt Ligman, Alex Smith, Noah Roth, Karson Murley, Kenny Vickers, Kelvin Anderson, John Annible, Delaney Droog, Anthony Erhardt and Tristan Larson.

It was a close competition. From this shoot, the team brought

back a second-place trophy for Lowell High School. The team with the score that won the trophy consisted of Matt Ligman, Alex Smith, Noah Roth, Karson Murley and Kenny Vickers, however, the trophy goes to both teams and all performed amazingly well.

Shooting team,
continued, page 14



The trap team holding their trophy at the state trap shoot. Pictured, back row, left to right: Tristan Larson, Kelvin Anderson, Karson Murley, Delaney Droog and Matt Ligman; front row, left to right: John Annible, Alex Smith, Kenny Vickers, Noah Roth and coach Aaron Roth.



Kenny Vickers gets ready to break a bird.

obituaries

CARLISLE

Mrs. June H. Carlisle, age 93, of Fremont, passed away on Tuesday morning, June 25, 2013 at Sanctuary at McAuley in Muskegon. She was born on June 11, 1920 in Grand Rapids to Edward and Lela (Meyers) Travis. June was retired from Gerber Life Insurance Company, she was a member of Redeemer Lutheran Church in Fremont and she loved to play cards. On December 7, 1940 she married Herman Carlisle and he preceded her in death on March 21, 1995. She was also preceded in death by three sisters, Lucille Aldridge, Rachel Lamphire and Margaret Hozer. Survivors include four children, Ann (James) Marvin of Lowell, Phyllis (Robert) Willson of Muskegon, Charles (Judy) Carlisle of White Cloud, Susan (Grant) Berghuis of Muskegon; 17 grandchildren; 31 great-grandchildren; and three great-great-grandchildren; and one sister, Nina Shaw of Fremont. The funeral service was held on Friday, June 28, 2013 at Redeemer Lutheran Church in Fremont (680 E. Main Street) with Rev. James Schouweiler officiating. Interment will be in Sherman Township Cemetery. Suggested Memorials: Harbor Hospice or Redeemer Lutheran Church. You can sign the online guest book at www.kroeze-wolffis.com. Arrangements are by Kroeze-Wolffis Funeral Home, Inc. of Fremont, Michigan.

HUIZING

Sylvia A. (Helder) Huizing, age 85, of Jenison, formerly of Alto, passed away on Tuesday, June 25, 2013 and is standing in glory with her Lord and Savior and all the saints who went before her. Sylvia was born on July 13, 1927 to Martin D. and Ida (Vanden Berg) Helder. She was preceded in death by her parents; her beloved husband of 62 years, Herbert William Huizing; her precious sister and brother-in-law, Flossie and Frank Buist; two brothers, Alfred and Donald Helder; her in-laws, Albert and JoHanna Huizing, Hila Armstrong; and four nephews. Sylvia was a loving mother, grandmother, great-grandmother, and great-great-grandmother, who will be lovingly remembered by her children, Donna Quinlan, Kathy and Fred Rozema, Barbara and Steven Roth, Aletha and Clare Stoutjesdyk, Cristie and Timothy Snyder; 17 grandchildren; 33 great grandchildren; two great-great-grandsons; her brothers, Harry and Marge Helder, John and Gertrude Helder; her brothers-in-law and sisters-in-law, Wilbur and Pat Huizing, Louis and Joan Huizing, Lucille and Frank Rosekopf, Phil Armstrong; many nieces and nephews. The funeral service was held at Stroof Funeral Home, with Rev. Peter Adams officiating. Interment in Georgetown Township Cemetery. Memorial contributions may be given to Cambridge Manor. Stroof Funeral Home 1095 68th St. SE www.stroofuneralhome.com

No change in projected year of trust fund reserve depletion

The Social Security Board of Trustees released its annual report on the long-term financial status of the Social Security Trust Funds. The combined assets of the Old-Age and Survivors Insurance, and Disability Insurance (OASDI) Trust Funds are projected to become depleted in 2033, unchanged from last year, with 77 percent of benefits still payable at that time. The DI Trust Fund will become depleted in 2016, also unchanged from last year's estimate, with 80 percent of benefits still payable.

Other highlights of the Trustees Report include:

- Income including interest to the combined OASDI Trust Funds amounted to \$840 billion in 2012 (\$590 billion in net contributions, \$27 billion from taxation of benefits, \$109 billion in interest, and \$114 billion in reimbursements from the General Fund of the Treasury—almost exclusively resulting from the 2012 payroll tax legislation).
- Total expenditures from the combined OASDI

Trust Funds amounted to \$786 billion in 2012.

- The asset reserves of the combined OASDI Trust Funds increased by \$54 billion in 2012 to a total of \$2.73 trillion.
- During 2012, an estimated 161 million people had earnings covered by Social Security and paid payroll taxes.
- Social Security paid benefits of \$775 billion in calendar year 2012. There were about 57 million beneficiaries at the end of the calendar year.
- The cost of \$6.3 billion to administer the

program in 2012 was a very low 0.8 percent of total expenditures.

- The combined Trust Fund asset reserves earned interest at an effective annual rate of 4.1 percent in 2012.

The 2013 Trustees Report is available online at www.socialsecurity.gov/OACT/TR/2013/.

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 vontil@ssa.gov

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Grattan Township is seeking BIDs for the construction of a Natural Features Park as part of a grant from the Michigan Natural Resources Trust Fund. Project Number TF II – 004. The park will be a planned handicapped accessible site comprised of a parking lot, walking trails; gazebo and board walks with two observation decks overlooking the wetland areas of the park. Interested contractors can review the plans and specifications for this project at:

Grattan Township Hall
12050 Old Belding Road
Belding, MI 48809

On July * 8, 9 & 10 between 9 a.m. and 4 p.m. BID packages will also be available at this time (as long as they last) for interested contractors. If you are unable to make these dates give me a call to see if any plans are left. Bids are due July 18 no later than 1 pm. If unable to meet that time give me a call.

Any questions contact:
Frank Force @ 616-691-8450
M-W 9 a.m. - 4 p.m.

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HIGH EFFICIENCY CLASSIC - Outdoor Wood Furnace from Central Boiler. 25 year warranty. Call SOS your "Stocking Dealer" Dutton, MI 616-554-8669 or 616-915-5061.

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

BARN CATS - Seeking good homes, good mousers with lively personalities. Call 897-8613.

2004 DODGE DAKOTA QUAD CAB SLT - 4wd, 4.7L V8, \$8,275 obo. Sold-as-is. Fair condition. Clear title, vehicle inspection & Car-Fax reports available. 135k miles, grille guard, towing package, ABS, power windows, power locks, keyless entry & more. Call Mike at 616-204-4254.

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

PIANO WITH BENCH - 1960's console, walnut, \$250. Call 897-4974.

BED & MATTRESS SET - queen, Sealy, \$95 includes frame. Hammond Wholesale, 320 W. Main St., Carson City, 989-584-1600. See us on Facebook. Delivery available.^{TFN}

YAMAHA ELECTRIC PIANO - with foot pedal, 1994, great condition, \$100. Call 897-8190.

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

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

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

THE BUYERS GUIDE, LOWELL LEDGER & LOWELL LITHO OFFICE - will be closed on July 4 & 5 in observance of Independence Day. Normal hours will resume on Mon., July 8.

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

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for rent

WE DO BUSINESS IN ACCORDANCE WITH THE FEDERAL FAIR 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).

PRICELESS STORAGE - Indoor/outdoor. New Units on Alden Nash, 1 mile South of 196. Call for specials 558-2900.^{TFN}

WATERFRONT COTTAGES - 4 cottages for rent. Check us out at sites.google.com/site/lostlakecottages or call Ron 644-9414.

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}

wanted

DIVINE CONSIGNMENTS IS LOOKING FOR CONSIGNORS! - 217 W. Main St., Lowell, 616-490-8733. Call to set up an appointment to consign your gently used treasures, furniture & home decor.

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

CASH PAID - walnut trees. Call Bob Sayers, 616-527-4142, Ionia.

The Lowell Ledger office will be closed July 4 & 5 in observance of Independence Day

sales

RED BARN ANTIQUES & SPECIALITIES SALE - Barn wood birdhouses, mirrors, frames, scones, antique furniture, doors, lead glass windows, wash tubs & much more, something for everyone. Sat., July 13, 9 a.m. to 7 p.m., 930 N. Washington St., Lowell.

SALE - Fri. & Sat., July 5 & 6, 9-5. Lots of fishing & other men's stuff. U name it, we are probably selling it. 12071 Kinyon Trail, Lowell (off Grand River & Gulliford).

GARAGE/YARD SALE - July 5 & 6, 9 a.m. - 6 p.m. Kids toys & clothes, radial arm saw, king size headboard, John Deere front blades, Toro snowblowers, lots of other items. 120 Cumberland, south off Bailey Dr.

GARAGE SALE - July 4 & 5, 9 a.m. to 5 p.m. 222 S. Division.

The Lowell Ledger office will be closed on July 4 & 5 in observance of Independence Day!

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.^{TFN}

in

memoriam

IN MEMORY OF **Jim Alexander** who passed away June 8, 2013 of COPD.

Thank you to all who sent cards, prayers and came to the memorial. A special thank you to Pastor Joe Fermer and ladies of Good Shepherd Lutheran Church for the lovely lunch.

Jim Alexander's Family

DEADLINE FOR JULY 10 LOWELL LEDGER IS MON., JULY 8 AT NOON. ALL EARLY COPY IS APPRECIATED!

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The Lowell Ledger office will be closed on July 4 & 5 in observance of Independence Day!

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.

TEEN GROUP - CANCER AND GRIEF - First & third Tuesdays, 5:30-7 p.m. A committed group for teens in ninth - twelfth grade on a cancer or grief journey. Incorporates curriculum-based activities & discussion. Gilda's Club - Lowell Clubhouse, 314 S. Hudson, Lowell.

SUMMER READING PROGRAM REGISTRATION - is open at the Alvah N. Belding Library. Programs are available for everyone ages 2 years through adult. Activities begin the week of June 17. Call 616-794-1450 or stop in to the library, 302 E. Main St., Belding for more info & to sign up.

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

SUMMER READING PROGRAM - Safari Club, 1 p.m. on July 18 at the elementary school pavilion. Clarksville Area Library, 130 S. Main, Clarksville, 616-693-1001.

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

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

KENT COUNTY NARFE GROUP - for retired & current federal employees meet the 2nd Thursday at Trinity Lutheran Church, 2700 E. Fulton, 1/2 mile west of E. Beltline. Potluck at 12:30 p.m. & meeting begins at 1:30 p.m. Call Ed Moore for time, 616-784-6716.

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

WEE WEDNESDAYS - Every Wednesday, 11-11:20. Rhymes, stories, songs & fun for adult & baby. Babies birth to 17 mo. Alvah N. Belding Library, 302 E. Main, Belding. 616-794-1450.

COFFEE WITH THE COUNCIL - Come meet & have a cup of coffee with your city councilmembers. First Saturday of each month at the Lowell Area Chamber of

Commerce office, 113 Riverwalk Plaza, Lowell, 8 a.m. - 10 a.m.

CIVIL AIR PATROL - Meets the second & fourth Tues. of the month, 6 p.m., Benz Aviation Building at Ionia Airport, teen/adult programs available, Call Shawna, 616-430-1348 or visit online http://mi222.miwg-cap.org

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

SECOND MONDAY OF EVERY MONTH - Community Crisis Fund meeting at 7 p.m. at Poppa C's in Clarksville.

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

FREE ZUMBA GOLD CLASSES - Running until July 26. Classes are held at Schneider Manor at 10 a.m. Sponsored by Lowell Community Wellness.

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

STORMY THE MAGICIAN - 10 a.m. July 11. Saranac Public Library, 61 Bridge St., Saranac. 616-642-9146.

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

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

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

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

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

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

Shooting team, continued

For this team, this is only the beginning. Practice will be held throughout the summer and the team will recruit new members to expand their numbers.

Next year the team will compete in all competitions and begin participating in sporting clays as well as trap and skeet.

“I would recommend this sport to anyone who wants to have fun and loves to shoot,” said team member Tristan Larson.

The group will be sending three shooters to the Skeet Nationals in July held in Sparta, Illinois. This is a major event that attracts

teams from all over the United States.

During their short competition period, the Lowell team has gained

recognition among the Michigan shooting community as a team that is not to be underestimated... they will be back next year.

STONERIDGE DRAIN COUNTY OF KENT

NOTICE OF HEARING ON OBJECTIONS TO APPORTIONMENT OF COST STONERIDGE DRAIN

NOTICE IS HEREBY GIVEN, that the cost of the Stoneridge Drain, located in the Township of Lowell, has been tentatively apportioned as follows to wit:

Lowell Charter Township	94.85%
County of Kent {on account of drainage from county roads}	3.61%
State of Michigan {on account of drainage from state roads}	1.54%
Total	100.00%

NOTICE IS FURTHER GIVEN, that the Drainage Board for the Stoneridge Drain will meet on the 25th day of July, 2013, at 8:15 A.M., at the Kent County Administration Building, 300 Monroe, NW, 3rd Floor Conference Room, Grand Rapids, Michigan, for the purpose of hearing any objections to the said apportionment.

NOTICE IS FURTHER GIVEN, that at said hearing, any public corporation to be assessed, or any taxpayer thereof, will be entitled to be heard.

NOTICE IS FURTHER GIVEN, that after consideration of all objections to apportionment, the Drainage Board may confirm the apportionment as tentatively made, or if it considers the apportionment to be inequitable, it shall re-adjust the apportionment as provided in Section 469 of Act No. 40, Public Acts of Michigan, 1956, as amended. After confirmation, the Drainage Board shall issue an order known as the Final Order of Apportionment. Section 483 of Act No. 40, Public Acts of Michigan, 1956, as amended, provides that the Final Order of Apportionment shall not be subject to attack in any court, except by proceedings in certiorari brought within 20 days after the order is filed in the Kent County Drain Office, the Office of the Chairperson of the Drainage Board for the Stoneridge Drain, and that if no such proceeding shall be brought within said 20 day period the legality of the assessments shall not thereafter be questioned in any suit at law or in equity, either on jurisdictional or non-jurisdictional grounds.

NOTICE IS FURTHER GIVEN, that if the Drainage Board enters the Final Order of Apportionment, an assessment roll assessing the estimated cost of the drain project against the public corporations in accordance with the confirmed apportionment will be prepared and presented to the Drainage Board for approval.

Proceedings conducted at this public hearing will be subject to the provision of the Michigan Open Meetings Act and you are further notified that the information regarding this meeting may be obtained from the Kent County Drain Commissioner. Persons with disabilities needing accommodations for effective participation in the meeting should contact the Kent County Drain Commissioner (616) 336-3688 (voice) or through the Michigan Relay Center at (800) 649-3777 (TDD) at least 24 hours in advance of the meeting to request mobility, visual, hearing or other assistance.

This notice is given to and for the benefit of the aforesaid public corporations and all taxpayers thereof by order of the Drainage Board for the Stoneridge Drain.

William R. Byl, Chairperson
Chapter 20 Drainage Board
Stoneridge Drain

Dated: June 26, 2013



Team 2 shooting trap, from left to right: Kelvin Anderson, John Annible, Delaney Droog, Anthony Erhardt and Tristan Larson.



Anthony Erhardt takes a shot.



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**THEME:
INDEPENDENCE DAY**

ACROSS

1. Abraham, originally
6. Bag in Paris
9. The complete duration of something
13. Quickly fry
14. Lennon's wife
15. Welsh dog breed
16. "That is," in Latin
17. Like arctic air
18. Run _____ of the law
19. *Like the July 4th holiday
21. *March for the community
23. Be unwell
24. Boot
25. Triple _____
28. Treble _____
30. *Subject of Nathan's contest
35. Turkey dance
37. German composer Carl _____
39. *The whistle or crack of a firework
40. Dwarf buffalo
41. *"To prove this, let Facts be submitted to a candid _____"
43. Armor chest plate
44. Tear into shreds
46. *What fireworks do before exploding
47. Takes to court
48. Scraps
50. Def Leppard's "Rock of _____"
52. Plays for pay
53. Be inclined
55. Hole punching tool
57. Mozambique's neighbor
60. *What we celebrate on the 4th
64. Lace loop
65. Australian runner

CROSSWORD														
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71						72				73				



JUNE 26 - JULY 2

- Nineteen members of the Granite Mountain Hotshots, based in Prescott, Ariz., were killed Sunday when a windblown wildfire overcame them. It was the deadliest single day for U.S. firefighters since Sept. 11.
- A superior court judge rejected the pleas of parents from a San Diego County school district where yoga is taught, said the classes are inherently religious and violate the constitutional principle of separating church and state. The judge sided with administrators from the Encinitas Union School District who argued the practice while often religious is taught in a secular way to promote strength, flexibility and balance. The judge said parents who objected relied on personal opinions, some culled from Internet searches.
- A six-year old Alaskan boy climbed on top of his parents mini van and rode for three miles until he fell off. He was picked up by a passing motorist who called 911. No charges have been filed, yet.

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67. Mojave plant
68. Friend in a sombrero
69. Mitch's significant other on "Modern Family"
70. Concentration of a solution
71. Do over
72. It's of the beholder?
73. Don't take one's

- eyes off
- DOWN**
1. "Dream on!"
 2. Commanded
 3. Wished undone
 4. *Where French navy helped colonists battle British
 5. Kind of unit
 6. Sully
 7. Mandela's organization
 8. Beaver-like South American rodent
 9. Family room staple
 10. Poking instrument
 11. Fit of shivering
 12. Not a thing
 15. _____ of milk
 20. Give permission
 22. Campfire leftover
 24. Like a dune buggy
 25. *Symbolic of states
 26. Bert's roommate
 27. Take over, in a way
 29. Aphrodite's son
 31. Three on sloth
 32. Excavate
 33. Basketry stick
 34. Canvas prep
 36. Like a bow string
 38. *Old Glory
 42. Disconsolate
 45. _____ salad
 49. *Ross did this well
 51. Gym rat's garb
 54. Daughter of a sibling
 56. In accordance with law
 57. One of no words
 58. Battery fluid
 59. Apple's apple, e.g.
 60. Be furious
 61. It's often crunched
 62. Done
 63. Insignificant
 64. Golfer's goal
 66. "I wish I ____, I wish I might..."

Puzzle Solutions for this week are on page 12

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

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ONLINE POLL RESULTS

Should Paul Deen lose her job?

YES33%

NO67%

THIS WEEK'S POLL

Where is your favorite place to watch a Fourth of July fireworks display?

VOTE

WWW.
thelowelledger.com



**5th Annual
FROM Food Fight 2013
Boxscore**

END OF 3RD QUARTER

Facebook.com/fromlowell

4th Quarter Ends Saturday, July 13*

	1	2	3	4	T
North	5,871	5,044	4,266		15,181
South	5,671	3,845	3,848		13,364

**Game Ends at Conclusion of the Riverwalk Festival Parade*

Celebrate
The conclusion
of Food Fight at the
FROM Birthday Bash
JULY 17 • 5-8 PM
on the lawn at
FROM
11535 E. Fulton St.
Lowell, MI 49331
616.897.8260

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Dr. John Mogor—Honoring All Veterans—In Memory of Ivan Blough—Family Dentistry of Lowell—Barry & Darlene Latham—Lowell Postal Employees
Lowell Water Works—Main Street Inn—McPherson Lean Partners, Inc.—Alice Monks—Noreen K. Myers, Attorney at Law—Optec, Inc.—Pauly's—Lois Pearce
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Lowell Floral—Lowell Lanes—Noon Equipment—Rolling Creek Neighbors—Michele Rowe & Marie Schweitzer—William Wheeler CPA**

JOIN THE TEAM!

**Each dollar counts as a food item for your team of choice! The boundary line between North and South Lowell is Main Street/Fulton Street/M-21.
Sponsorships are \$50, \$100, \$200, \$300 and \$600+ and Food Fight Special Sponsorships are \$65.**

**Call Flat River Outreach Ministries at 616-897-8260 or send your monetary donation and team choice
to FROM at 11535 E. Fulton St., Lowell 49331**



FOOD FIGHT SPECIALS!
Donate non-perishable food to a businesses listed below and receive their in-store special. Look for their "Food Fight Special" poster and the North Team (red) & South Team (white) collection buckets and barrels!



- ADA/LOWELL 5 2175 W. Main St. 897-3456
- ADVANCED EYECARE 1335 W. Main St. 897-7000
- ALTO BAR 6064 Linfield, Alto 868-9961
- ALTO BEAUTY SHOP 6077 Linfield, Alto 868-6454
- ARROWHEAD GOLF 2170 Alden Nash NE 897-7264
- BACKWATER CAFÉ 109 Riverside Dr. 897-6370
- BC PIZZA 1335 W. Main St. 897-9261
- BIRCHWOOD GARDENS 765 Hunt St. 897-8049
- CANFIELD PLUMBING & HTG 411 E. Main St. 897-0887
- CHIMERA DESIGN 208 E. Main St. 897-9480
- COUSIN'S HALLMARK 223 W. Main St. 897-5000
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- DEER RUN GOLF 13955 Cascade Rd. SE 897-8481
- DERY PHYSICAL THERAPY 901 W. Main St. 897-7055
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- FLAT RIVER GRILL 201 E. Main St. 897-8523
- FROM THRIFT SHOP 11535 E. Fulton St. 897-8260
- FRY DADDY'S 608 W. Main St. 897-3474
- *GILDA'S CLUB 314 S. Hudson 897-8600

- GLASS HOUSE DESIGNS 215 W. Main St. 987-4527
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- GREAT CLIPS 11675 E. Fulton St. 897-9521
- *GREEN ACRES 11530 E. Fulton St. 987-9115
- *GREENRIDGE REALTY 1160 W. Main St. 897-9239
- HAIRSTUDIO 216 W. Main St. 987-0222
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- HEIDI'S FARM STAND 11999 Cascade Rd. SE 897-6707
- ICE CREAM CABOOSE 6300 Alden Nash, Alto 868-6602
- JUST SMART GUYS 11635 E. Fulton 622-4747
- KEISER'S KITCHEN 700 E. Main St. 897-8455
- LARKIN'S RESTAURANT 301 W. Main St. 897-5977
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- LOWELL BUYERS GUIDE/LEDGER 105 N. Broadway 897-9261
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- LOWELL MOBIL 4475 Alden Nash SE 897-8019

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- *LOWELL YMCA 1335 W. Main St. 897-8445
- *MAIN STREET INN 117 W. Main St. 897-1171
- *MESSENGER MINISTRIES 102 W. Main St. 987-3355
- *MODERN PHOTOGRAPHICS 216 W. Main St. 897-5606
- MYNT FUSION BISTRO 800 W. Main St. 987-9307
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*DENOTES FOOD COLLECTIONS ONLY