

l's winter sports teams



pages 8, 9 & 16



city council meeting



page 3

l's sports



pages 10 & 11

50 CENTS



Cold and cloudy skies have dominated Main Street but slightly warmer temperatures are on the way.

Snowpocalypse 2014

by Tim McAllister
contributing reporter

A record-breaking storm blanketed Lowell in snow as temperatures plummeted.

People were calling it "Snowpocalypse" and "Snowmageddon," although its official National Weather Service name was the "2014 North American Polar Vortex."

The storm started Saturday, January 4 and continued through the beginning of the week. It covered half of the United States and Canada.

Between four and six inches of snow fell each day. Winds were between 15 and 25 mph. Temperatures were between 14 and four below zero and the wind chill got down to 30 below zero, breaking the last record set in 1994. Snow accumulation was almost 16 inches deep in spots.

"It's just plain cold," said Liz Baker, director of the Lowell Area Chamber of Commerce. "Our hats are off to all those that keep our communities running, warm and safe; snow removal, utilities, fire and police; and anyone that has to endure [any of] these types of outdoor working and driving conditions."

"We're using three big trucks, two pickups and a skid steer, all with drivers," said Lowell maintenance supervisor Ralph Brecken. "We've been at it since Saturday night almost 'round the clock. I had to use the power washer to remove a big ball of ice from under one of the big trucks."

Over 360 closings of schools, businesses and other organizations were reported. Thousands of airplane flights were cancelled or delayed.

Grocery stores were crowded all weekend as people stocked up on essentials. Social media was full of photos of snowmen, debates about global warming and complaints about the weather.

There were dozens of car accidents, mostly slide-offs. State police advised motorists to stay off the roads. Governor Rick Snyder also released a statement urging Michigan residents to stay in their homes if possible.

"I wish people would stay off the roads for the time being, until conditions get better," Brecken said.

Editor's note: Feel free to email any interesting snowy weather pictures to the Ledger at ledger@lowellbuyersguide.com Be sure to tell us who took the picture, where it was taken and who is in the shot. Who knows? You may see it in the Ledger or Buyers Guide in upcoming issues.

City manager Howe clears the air on real estate transactions

by Tim McAllister
contributing reporter

Since last fall one of Lowell's biggest sources of contention, rumors and hearsay has been 'Proposal III,' which was defeated in November's election.

The resolution would have amended the city charter, allowing the city council to "enter into

writes this, sends it to the attorney general and then the attorney general's office either says, 'Yes, it's fine' or 'No, you have to make changes.' In this case I don't recall if they said that we had to make changes or not."

According to

"I think what happened was people thought when they were voting on this was that there already was a provision in the charter requiring that if the council was going to sell land it had to go to the voters,"

~ Mark Howe

contracts" up to 99 years long. Contract lengths are currently limited to 10 years.

"The council adopted a resolution and in that resolution they said that this is the new language that would appear in the charter," said city manager Mark Howe. "The city attorney [Richard Wendt]

Michigan law, ballot proposals must be less than 100 words long.

"You have this ballot language that may implement this law that might be several pages long," Howe said. "The ballot is just a summary."

Proposal III would
City manager clears the air,
continued, page 2

New corner station will offer more amenities and job openings

by Kathryn Atwood
contributing reporter

The corner of Main and Hudson will soon be the site of a brand new and largely expanded BP gas station and convenience store.

The location has been owned by Merle Boes Inc. (MBI) since the summer of 1994. They purchased it from the Stuckey family who had previously operated the station under the Amoco name.

MBI currently operates a total of nineteen gas stations in Michigan. They converted the store to the BP flagstaff and continued to utilize the original building until this past year when demolition of the entire station and the property just behind it, began.

MBI's retail division manager, Dalane VanDenBerg says that their company is excited to open the new store.

"We feel that we have a great location in Lowell. With the purchase of the additional land, we will now be able to offer expanded services and a higher level of convenience to the Lowell community."

The new 3,000 square foot location, more than three times the size of



This design of the Merle Boes C-Store and Car Wash, provided by R2 Design Group, shows the building as viewed from the northeast.

the original building, is scheduled to open in early March - weather permitting. The outside of the station will have a total of four pumps, including one containing diesel fuel and will boast a Tidal Wave Touchless Car Wash.

"The new site plan will allow for a fresh and contemporary interior and exterior and offer expanded access and parking," said VanDenBerg.

The inside of the convenience store will feature a large cooler and freezer section including a walk in "cave" to keep beverages extra cold for customers.

Their dramatically expanded

beverage wall will contain a built-in fountain machine with both crushed and cubed ice, as well as a four-head slushy machine offering flavor burst options allowing guests to blend up their own unique flavor combinations.

Other beverage choices will include the popular F'Real shake machine and an expanded coffee and cappuccino bar.

Due to the large expansion and expected increase in customer traffic the company plans to more than double the number of employees on their current team. VanDenBerg reported that hiring for those new positions will begin in early February.

City manager clears the air, continued

have changed Section 13.3 of the charter.

“The key about this section of the charter is, Section 13.3 talks about limitations on contractual power,” Howe said. “This first section talks about entering into contracts. The second section talks about purchase, sale or disposing of real estate. All we were doing was we were saying this section of the charter says you only have the power to enter into a contract that will be fully executed within a period of 10 years unless the contracts are approved by a majority of the voters. So if you want to do a contract longer than 10 years you have to go to the voters.”

There are three exceptions to these rules.

“One is ‘services with a public utility,’ the biodigester,” Howe said. “One is ‘contracts with one or more governmental units.’ That’s the fire authority, we created the fire authority. Or ‘debt secured by bonds or notes which are permitted to be issued by the city.’ That’s the bonds for building city hall, the 30-year agreement with the bond holders that they’re going to give them money and we’re going to pay them back. So the exceptions are public utilities, governmental units and bonds. What we were asking was could we also have an exception for ‘purchase or sale of real

estate, or lease thereof.”

Howe said that in the recent sale of a small strip of land to Lowell Area Schools the city followed all the rules outlined in the charter.

“Purchase, sell or dispose of real estate is covered under 13.3(b),” Howe said. “In the case of a sale there shall be at least two advertisements for bids prior to adoption of a resolution.’ We put two ads in the Lowell Ledger before we had our special meeting [on December 9, 2013]. The action has to be approved [by] four or more members of the council, so we needed to have four votes. Then in the case of real estate the city owns, the resolution ‘shall be completed in the

manner in which it is finally passed and has remained on file with the clerk for 20 days before the final adoption.’ It just sits there so the public has the opportunity to come in and so there aren’t any surprises when you’re selling real estate.”

Another part of the charter governing real estate transactions is Section 5.12(a).

“It says, ‘The council shall not have the power to sell any park, except where such park or part thereof is not required under an official master plan of the city,’” Howe said. “The city of Lowell has a recreation plan, which is, essentially, our park master plan. It identifies the various parks,

for example, the Boy Scout property. It’s called “the North Washington property” and it’s identified in the master plan. The charter amendment wasn’t touching that at all.”

Howe blamed the confusion on poor wording of the proposal.

“This is the confusing part and in retrospect, we should have taken ‘purchase or sale of real estate’ out of here,” Howe said. “It just should have been ‘lease,’ because when are you ever going to have a contract that’s longer than 10 years for buying real estate? Let’s say you own a piece of property and the city wants to buy that piece of property. We would never say to you, ‘We want to enter into a 15-year contract with you to buy that property.’ We wouldn’t do that, we’d just buy it outright. If you’re going to have a purchase or sale of real estate, you’re just going to execute it. Lease is a different matter and lease was really the issue for us, and that’s all the charter amendment would have done. That’s it.”

The defeat of Proposal III does not mean that all real estate transactions must now have voter approval.

“No, that’s not true,” Howe said. “The charter didn’t change.”

Instead, the city council and city manager must work within the rules that are already on the books.

“I think what happened was people thought when they were voting on this was that there already was a provision in the charter requiring that if the council was going to sell land it had to go to the voters,” Howe said. “I think that’s what they thought and it isn’t the case.”

Howe said that because of the rules in place, it would be impossible to do anything nefarious.

“This is like the ultimate in transparency,” Howe said. “You can’t just slide a sale through. First of all it takes a supermajority, it takes four votes of the council. But you can’t just run a special meeting and hurry up and get the votes and sell it and be done with it.”



along main street

SMOKING CESSATION CLASSES

Free smoking cessation classes begin Wed., Jan. 8. Tobacco Free For Good class meets for six weeks on Wednesday evenings from 6-8:00 pm at Lowell Family Medical Center, 2550 East Main Street. Each participant receives an individual quit plan designed by a Mayo Clinic trained and certified facilitator. Registration encouraged. Call 616-446-7058.

CHRISTMAS TREE RECYCLING

For an environmentally friendly way to dispose of your Christmas tree bring it out to the Wittenbach/Wege Agriscience and Environmental Education Center before Jan. 12 to be shredded and used for mulch around the center. Please do not bring out any items that contain wire, such as wreaths or garland as we do not have the ability to remove the wire. No trees will be accepted after January 12. For more information, call 616-987-2565.

FROM VOLUNTEER ORIENTATION

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

Feel free to send your event information to the Ledger for Along Main St. All submission requests for Along Main St. are subject to space limitations. The Ledger makes no assurances that they will appear in print. To ensure that an event notification will appear in the Ledger, it is best to place a paid advertisement. All efforts will be made to place suitable items in the Along Main St. column but they are printed at the discretion of the publisher. For profit events, church services, yard sales and the like, will not appear in this column.

LOWELL GILDA'S CLUB CLUBHOUSE ACTIVITIES

Neuropathy Informative Workshop – Tues., Jan. 14, 3-4 pm. If you are living with neuropathy, come and join others who are also. We will learn, share and laugh together. **Woodcarving** - Tues., Jan. 21, 3:15-4:15 pm. Learn how to make easy and beautiful wood carvings with Doug Shassberger. Beginners are welcome and supplies are provided. **Book Club** - Tues., Jan. 21, 4:15-5:15 pm. Join Kathy Mieras for a relaxing and cozy book club. Pick up your book to borrow at the parlor desk. Lowell Clubhouse, 314 S. Hudson St. For more information call 897-8600 or visit www.gildasclubgr.org/pinkarrow

FREE THROW CHAMPIONSHIP

The annual Knights of Columbus Free Throw Championship will be held on Thursday, Jan. 16 at 7:00 p.m. in the Lowell Middle School gym. This event is free and you may sign up at the event. All boys and girls ages 9-14 are invited to compete. Trophies are presented to winners at each age level. If you have any questions, please contact Brent Noskey (307-0020).



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Mayor reappointed at combative city council meeting

by Tim McAllister
contributing reporter

Lowell confirmed its mayor and mayor pro tem and the public had a lot to say at a city council meeting Monday, January 6.

Jim Hodges and Sharon Ellison were reappointed to their positions as mayor and mayor pro tem.

The meeting was sparsely attended, but the

five who made it through the snowy weather had an interesting evening.

During an impromptu burst of citizen comment at the start of the meeting, local resident Alan Teelander had tense exchanges of words with city manager Mark Howe and Tony Ellison, husband of mayor pro tem Sharon Ellison, while councilperson Jeff Altoft insisted a letter from Voters Organized In Civic Excellence (VOICE) member Barb Barber be read aloud.

"It's my understanding before you move to point two, I can say something, is that right or wrong?" Teelander asked, "As a citizen do I have that right?"

"No, council comments is...," city manager Mark Howe said.

"No," councilperson Jeff Altoft said. "I disagree with you, mister manager. It says right on the bottom of this page, 'any person who wishes to speak on an

item included on the printed meeting agenda may do so.' And this item is on the agenda."

"You're right," Howe said.

"I'm thinking that he really doesn't understand some of the things that he's talking about."

~ Tony Ellison

"Okay," Altoft said. "And then I would like you to read this letter too."

A letter from Barb Barber dated November 7, 2013, was then read aloud.

"The recent election spoke more eloquently than any of us who have addressed the council in the last two years," Barber's letter said. "The votes that Jeff Altoft received show that there are more than a few residents who are concerned with the direction we are currently headed."

City council meeting, continued, page 4



Tony Ellison

It's time to nominate the Person of the Year

Since 1986 the Lowell Area Chamber of Commerce has been selecting a person for the honor of being named Person of the Year. This special award will be given out at the annual Winter Gathering of the Membership being held this year on Feb. 20 at the Grand Volute Ballroom.

The public is asked to nominate someone who deserves this prestigious award by the following guidelines.

- Over time, the candidate has freely donated considerable time to the community, school district, church or humanity. This is over and above the demands of their regular profession
- The community is a better place to live because of the efforts of the candidate
- The candidate positively promotes the community in both word and action
- The candidate possesses new and innovative ideas that benefit the community
- The candidate cannot be a chamber board/foundation board member at the time of nomination

The nominations are given to the selection committee to be chosen. The selection committee is comprised of Person of the Year award recipients from the last five years.

If you know someone who is deserving of this honor, please submit in writing a detailed nomination to LACC, PO Box 224, Lowell, MI 49331, e-mail to info@lowellchamber.org or fax to 897-9101. Deadline for nominations is Tuesday, Jan. 14.

Teen severely injured in New Year's Eve accident

The Kent County Sheriff Department responded to an injury accident in front of 11724 36th Street SE on New Year's Eve.

A Ford Taurus was westbound on 36th Street when it attempted to avoid a Ford pickup truck that was stopped on the roadway assisting a vehicle in the ditch.

The Ford Taurus was

driven by an 18-year-old female that was uninjured. A 17-year-old front passenger suffered several serious injuries.

She was transported to Spectrum Butterworth Hospital and was initially listed in critical condition. Relatives now state that at this time she is recovering and being transferred to

Mary Free Bed Hospital for continued therapy.

A second 17-year-old rear passenger suffered minor injuries; a third 17-year-old rear passenger was uninjured. All occupants were wearing seatbelts and alcohol is not a factor in this accident. The names of the juveniles are being withheld at this time due to their age.



The most severely injured teen was riding in the front passenger seat of this Ford Taurus.

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City council meeting, continued

The letter went on to ask the council not to reappoint Hodges to mayor.

Alan Teelander then took the podium.

Teelander said that he applied for a vacant seat on the light and power board but was turned down because of his gender. He then accused Hodges, Howe and other city officials of sexism.

"That's three officials of Lowell and one board member all discriminating against me based on my gender," Teelander said.

Tony Ellison took the podium.

"I'm thinking that he really doesn't understand some of the things that he's talking about," Ellison said. "I really have a lot of problems with somebody like him being on that board, so I would very much like to have him excluded from consideration for the board."

After a brief argument between Teelander and Howe, the meeting continued.

Hodges was then reappointed as Lowell's

mayor and Sharon Ellison was reappointed as mayor pro tem.

Later in the meeting during "citizen comments for items not on the agenda," Teelander came to the podium again to respond to Tony Ellison's remarks, after which Ellison came back to

with Howe in her defense and it was accepted that Ellison would be able to vote.

The council then reappointed people to terms on a long list of boards, including the Downtown Development Authority, the LCTV endowment board

"That's three officials of Lowell and one board member all discriminating against me based on my gender."

~ Alan Teelander

the podium to respond to Teelander's response. The men continued to argue in the hallway after the meeting was over.

During the discussion about selling an eight-foot strip of city-owned property to Lowell Area Schools, councilperson Altoft asked if councilperson Ellison was eligible to vote on the sale.

"Sharon Ellison works for the school system and I think that's a conflict of interest," Altoft said.

Ellison cited the city charter and a discussion

and eight others. Tamela Spicer was appointed to the vacant seat Teelander wanted on the light and power board. There are still open seats on the arbor board and the Downtown Historic District Commission.

During the "council comments," Hodges claimed to be a pioneer in combating sexism, citing an incident from 25 years ago when he "sponsored" a woman's admittance to the Lowell Rotary Club, the first time a woman was allowed to join.

"It's no secret that I kind of like women," Hodges said. "I married one."

Howe then spoke, addressing Teelander.

"I'm also looking at maintaining civility in our public discourse and I don't think it's right or fair to throw out accusations," Howe said. "As part of your public comment you accused me of some type of discrimination because the mayor had told you that he had discussed this appointment with you and first of all, I think that's an unfair accusation and second of all, I'm not going to sit by lightly and let accusations be thrown around."

Despite an objection from Altoft the meeting then went into a closed session.



Alan Teelander

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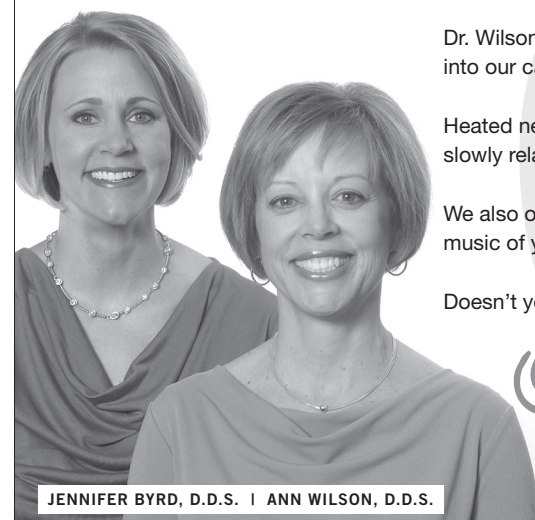
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viewpoint

to the editor

happy with electric service

To the Editor and the citizens of Lowell,

Do you remember approximately six to eight years ago when many citizens of Lowell were very disgruntled because LLP was cutting down trees that were near telephone lines along Bowes Rd and along Hudson Street, maybe other streets too?

Well, thank goodness for the foresight on the part of LLP or we could have been like the rest of Kent, Ottawa and Barry counties.

We, in Lowell, haven't

seen a power outage since that time. I hated to see the trees come down as well, but I'm sure happy now. Because of their foresight we weren't put through the misery these other counties were put through. Aren't you happy too?

Let's stay out of their business and let them do THEIR job, as they know better than you or I do.

Happy with LLP and Happy New Year.

Dee Doyle
Lowell

financial focus



Christopher C. Godbold

what's your vision of retirement?

When you start out in your career, you're probably not thinking much about retirement. At this point, your picture of a "retirement lifestyle" may be, at best, hazy, hidden as it is behind a veil of experiences you've yet to encounter. But as you move through the years, your view of retirement comes into clearer and closer focus — and this vision will have a big impact on your savings and investment strategies.

Consequently, to create and implement those strategies effectively, you'll need to define your retirement vision by identifying its various parts. Here are some to consider:

- *Travel* — If you're like many people, you may dream of traveling during your retirement. But what does "travel" mean to you? Do you envision taking a cruise or an international trip every year? Or is your idea

of travel just a short jaunt to a popular destination, such as a lake or the mountains or the beach? The difference in costs between global and U.S.-based travel can be enormous, so you'll need to define your goals and estimate your expenses.

- *Second home* — Once you retire, you'll have to make some housing-related decisions. Should you sell your home and "downsize"? Or do you want to keep your current residence and possibly purchase a second home, such as a condominium, in another part of the country? Obviously, you'll need to factor in these choices when you think about how to invest before you retire and how to manage your withdrawals from your 401(k), IRA and other accounts during your retirement.

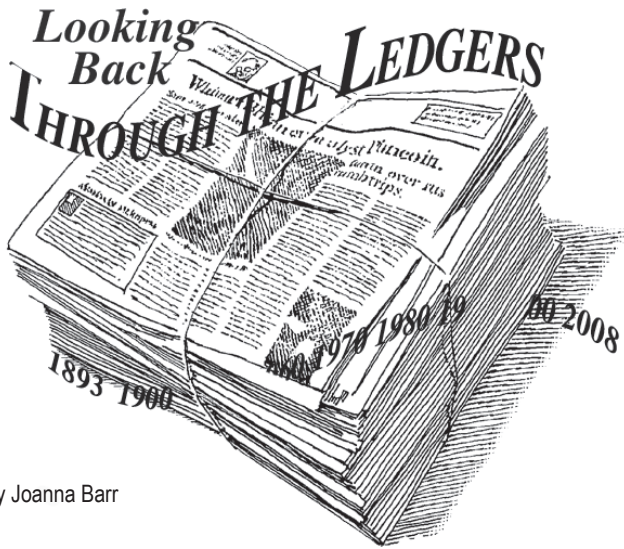
- *Volunteer activities* — You might think that your volunteer activities during retirement won't affect your finances much. But if you are particularly ambitious, and your volunteerism involves travel, renting space, purchasing equipment and so on, you might be looking at some large cash outlays. Furthermore, if you host people at your house, you may be incurring some types of liability risk, which you might need to address through appropriate insurance coverage.

- *Hobbies* — During your working years, you may pursue your hobbies always with the thought

that you can devote a lot more time to them after you retire. However, expanded hobby activities may involve expanded costs. For example, if you're good with cars, you might decide to invest in that foreign sports car of which you've dreamed. Or, if you're fascinated by genealogy, perhaps you'll start traveling to places once inhabited by your ancestors. These types of activities can be expensive, so you'll have to evaluate your saving, spending and investing habits to determine how to accommodate your increased expenditures on your hobbies.

- *Second career* — Many people look forward to retiring from one career so they can start another — opening a small business, consulting or even taking a part-time job. Clearly, if you were to start your own business, some expenses would be involved, so you'll have to plan for them. Even if you become a consultant or work part time, you could incur various costs, including travel. And, in relation to these types of work, you may also have insurance and health care issues to address.

By identifying the various components of your retirement vision, and estimating their respective costs, you can make those saving, spending and investment choices that can help you work toward your retirement dream.



By Joanna Barr

125 years ago Lowell Journal January 9, 1889

About as sensible a thing as this town could do at present would be to invest a little money in a town clock and have some kind of universal time.

As Arthur Morgan was standing in his buggy Friday night lighting the lamp in front of Clark & Winegar's store, his horse started suddenly, throwing him out with such force as to break his collar bone, which will disable him for a time. A. B. Ransford is taking his place.

The workmen at the Lowell Furniture Co.'s factory, where A. M. Jones has been Secretary so long, caned him in elegant style Friday after work was suspended. They all gathered in the superintendent's room and then sent for "Anse" and after getting him fairly cornered, A. H. Whitcomb, on behalf of the "The Boys," presented him with a splendid gold-headed cane, with the legend, "Ansel M. Jones - From The Boys," neatly engraved upon it. Under the circumstances, Mr. Jones says he would rather have that cane than a corner lot.

The Lowell Furniture Company preparing for double the work of former years. Among Lowell's manufacturing institutions there is perhaps none in which the citizens take a greater interest or pride than the factory of The Lowell Furniture Company. It is in every sense a home institution, backed by home capital and furnishes a living for a large number of families. The past two years have been years of prosperity with this company and the present year promises to be one of greater industry and profit than any of its predecessors. The company have orders already on hand for double the product of last year and are making due preparations to meet the emergency by adding a considerable

amount of new machinery and putting more men on the pay rolls as they can use them. Last year's product was \$30,000.00 and this year the volume will reach at least \$60,000.00 and probably considerably more.

A terror to snow-drifts - a monster machine for packing the snow in the street and flattening out snow-drifts was recently tested and proved a success at Negaunee. It consists of two rollers on a heavy shaft. The rollers are a little over six feet in diameter and are about that in length, the width of the machine being ten or twelve feet. The rollers consist of heavy iron castings covered with hard wood lagging. Scrapers behind keep the snow from sticking to the rollers.

Wanted—A man of good address who is not afraid of work and can give the best of references can find employment by applying at Rooms 27 & 28, Widdicomb Block, Grand Rapids, Mich.

100 years ago The Lowell Ledger January 8, 1914

James Robinson, who has been an employee of the D., G. H. & M. division of the Grand Trunk for 49 years, 35 of which he was employed as a conductor, punched his last ticket yesterday and made his last trip through Grand Rapids. He will be placed on the pension list today. - Saturday's Herald. Travelers in and out of Lowell, who have known the genial old ticket puncher for many years, will wish him a happy old age. If we mistake not, he told us some years ago that his first lessons in railroading were learned as an office boy in the old D. & M. depot at Lowell.

The last Friday evening of last term was the evening of a brilliant class party in the eighth grade given by the class officers. Many games and amusements were indulged in, after which refreshments were served and a flash light of the group taken.

New Years' afternoon while the first skating party were enjoying the smooth ice on Morse Lake, Dale Curtiss skated into an air hole. He had presence of mind to break the thin ice until it was firm enough to hold up one of his companions and Joe and Harold Scott rescued him. He was chilled through and his face was badly cut by the broken ice, but did not suffer much from his cold bath.

Preliminary to active participation in the County Y. M. C. A. work, a tempor[ar]y organization was made here Monday evening with O. C. McDannell as chairman and W. O. Merrill secretary. Secretaries Van Aiken of Grand Rapids and Angell of Ionia were present to outline the plan of operations. It was decided to lay

We love to hear from you!

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Letters may be submitted via email to: ledger@lowellbuyersguide.com ("to the Editor" in subject line), dropped off or mailed to: The Lowell Ledger, 105 N. Broadway, Lowell, MI 49331.

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ask kathryn



Kathryn Denhouter Ph.D.

Previously, we have discussed four of the six components of high self-esteem. These have included 1.) one's choice to live consciously, 2.) self-acceptance, 3.) self-responsibility, and 4.) self-assertiveness. We have two more to discuss. They are "living purposefully" and finally, "practicing personal integrity." Today the topic will be living purposely.

Maria Montessori, an Italian medical doctor who transformed the field

of education said, "All people are made happy through meaningful work." The kind of purpose she is talking about gives us a clear direction of who we are and where we are going. To live without a purpose is to live a life that is at the mercy of chance. When our life is aimless we become someone who is reactive rather than proactive to life. When we have a purpose and direction, we have a fully energized life. Self-discipline is required for a

purposeful life. We become self-disciplined when we have the self-control to delay gratification for a more important goal.

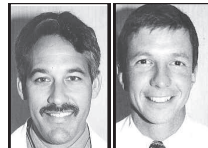
Our self-esteem is enhanced when we have a purposeful life. High self-esteem becomes evident when there is 1.) conscious goal setting, 2.) determining the action steps needed to be made to achieve your goal, 3.) monitoring of behavior to make sure that it is consistent with the goal, and 4.) assessing actions to determine if they are in fact achieving one's goal.

Conscious goal setting is critical for a purposeful life. Tough questions need to be asked, like, "What do I want to do with my life?" or "Do I want marriage and a family?" Once these questions have been answered, you can

determine the steps you need to take to make these goals happen. Next, we have to monitor our behaviors to make sure that we are not at "cross-purposes" with our goal. As we move through life, distractions happen and problems surface that set us on a different path or direction. Instead of giving into these twists and turns, we need to have enough mental focus to redirect our steps so we can successfully accomplish our goal. Finally, even though we have good intentions sometimes we miss the goal or end point. At this time, it becomes important to recalculate and make another attempt toward a successful completion. All of these are the key components of a purposeful life.

Next month, the importance of practicing personal integrity and the part this plays in self-esteem will be discussed. If you have questions about this article or general questions, please email me at kathryndenhouter@gmail.com

health



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

low testosterone

Testosterone is an androgen, or male hormone. It is responsible for most male sexual characteristics. Testosterone is produced in the testicles and regulated by glands in the brain. Low testosterone or hypogonadism can result from a problem either in the testicles or in the brain. Doctors can treat low testosterone with a gel, patch or injection.

Many of the signs and symptoms of low testosterone are vague and nonspecific. Some may develop over time. They can include loss of interest in sex, difficulty getting an erection, fertility problems, tiredness and lack of energy, loss of bone density, muscle weakness, and loss of body hair. Because these symptoms can have many causes, a blood test is necessary for the diagnosis. A blood sample is obtained in the morning, when testosterone levels are the highest.

Like women, men experience a decrease in sex hormone levels as they age. This is a normal process, sometimes called male menopause. Men with certain chronic conditions are more likely to have low testosterone. Some of these conditions get worse with age. They include diabetes, abnormal cholesterol levels, chronic lung disease, and HIV/AIDS. Other reasons for low testosterone include medications, other hormone disorders and genetic conditions.

If you have low testosterone, treatment can help your symptoms. Recent studies found that treatment helped with sexual function and depression. However, there are some risks to treatment. Short-term risks of testosterone replacement therapy include prostate enlargement, prostate cancer, heart disease, shrunken testicles, acne, lowered sperm count, and blood clots in the legs.

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...
When I'm working on a problem, I never think about beauty. I think only how to solve the problem. But when I have finished, if the solution is not beautiful, I know it is wrong.

~ R. Buckminster Fuller
(1895 - 1983)

happy birthday!

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JANUARY 11
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Free recycling available for unwanted electronics

During the holidays, many Michiganders received new televisions, computers, tablets and more, often as replacements for older electronics. Instead of throwing their predecessors in the trash, the Department of Environmental Quality (DEQ) reminds citizens that convenient and free electronics recycling is available at many local stores.

Rather than filling a landfill, recycling allows the valuable commodities electronic items contain — such as copper, silver and gold — to be reused.

The Michigan Electronics Takeback Program requires the manufacturers of covered electronic devices to provide no-charge recycling opportunities for the devices they sell. Under

this law, TVs, desktop and laptop computers, tablets, computer monitors and printers from residents and businesses with fewer than 10 employees can be recycled without charge.

“Recycling is a simple way for all of us to do our part in protecting our environment and supporting our economy,” DEQ director Dan Wyant said. “Let’s

make this holiday season a little bit greener by properly recycling our unwanted electronic devices.”

Consumers can easily recycle electronic items in several ways:

- Many retail and non-profit outlets recycle electronic items for free, including Best Buy, Goodwill, Habitat for Humanity ReStores,

Salvation Army and Staples. It’s best to call ahead to confirm which electronics are accepted.

- Free collection events that take place throughout the year at various locations, organized by county and local governments and nonprofit partnerships. The DEQ Sustainable Materials Management Unit,

reachable at 517-284-6589, can provide information about recycling services and upcoming events.

- Consumers also can take their items to permitted electronics recyclers, some of which offer pick-up service. A list of certified recyclers is included on the Electronics Takeback Program website www.michigan.gov/deqwaste

Red Cross tips to stay safe in cold weather

Millions of people from the Midwest to the Northeast and right here in West Michigan are facing extremely cold temperatures, high winds, and heavy snow over the next few days, and the American Red Cross has safety tips for the cold weather and home fire risks.

More than 100 million people are under storm watches and warnings in this early January winter storm, Weather experts predict the storm could bring as much as a foot of snow or more to some areas, combined with gusty winds, extremely low temperatures and coastal flooding.

The Red Cross is watching the storm and is prepared to respond as necessary. To stay safe during this winter storm, the Red Cross urges people to follow these steps:

Cold and Snow

- Wear layers of lightweight clothing to stay warm. Gloves and a hat will help prevent losing body heat.
- After the storm, be extremely careful if you have to shovel snow. It is physically strenuous work, so take frequent breaks and stay hydrated.
- Seek medical attention immediately if you have symptoms of hypothermia, including confusion, dizziness, exhaustion and severe shivering.
- Watch for symptoms of frostbite, including numbness, flushed gray, white, blue or yellow skin discoloration, numbness, or waxy feeling skin.
- Don’t forget your pets — bring them indoors. If they can’t come inside, make sure they have enough shelter to keep them warm and that they can get to unfrozen water.
- Avoid frozen pipes — run water, even at a trickle, to help prevent them from freezing. Open the kitchen

Cold weather tips, continued, page 12

LAS WINTER SPORTS SCHEDULE

BOYS' VARSITY ICE HOCKEY

- * Denotes a game at East Kentwood Ice Arena
- 1/10 at 6 p.m. West Ottawa
- 1/17 at 8:15 p.m. West Catholic*
- 1/18 at 3 p.m. Kalamazoo Central

GIRLS' VARSITY BASKETBALL

- * Denotes a game at Lowell High School main gym
- 1/10 at 6 p.m. Kenowa Hills*
- 1/14 at 7 p.m. FHC*
- 1/17 at 6 p.m. EGR

BOYS' VARSITY BASKETBALL

- * Denotes a game at Lowell High School main gym
- 1/10 at 7:45 p.m. Kenowa Hills*
- 1/17 at 7:45 p.m. EGR

BOYS' VARSITY WRESTLING

- * Denotes a game at Lowell HS
- 1/10 at 7 p.m. Grandville* at LMS gym
- 1/14 at 7 p.m. FHC
- 1/11 at 9 a.m. Hastings*

GIRLS' VARSITY BOWLING

- * Denotes a game at Lowell Lanes
- 1/9 at 3:30 p.m. Mona Shores*
- 1/13 at 3:30 p.m. Forest Hills Central*

BOYS' VARSITY BOWLING

- * Denotes a game at Lowell Lanes
- 1/9 at 3:30 p.m. Mona Shores*
- 1/13 at 3:30 p.m. FHC*

GIRLS' VARSITY COMPETITIVE CHEER

- * Denotes a game at Lowell High School
- 1/11 time TBA Gull Lake Invitational
- 1/15 time at 7 p.m. at West Catholic

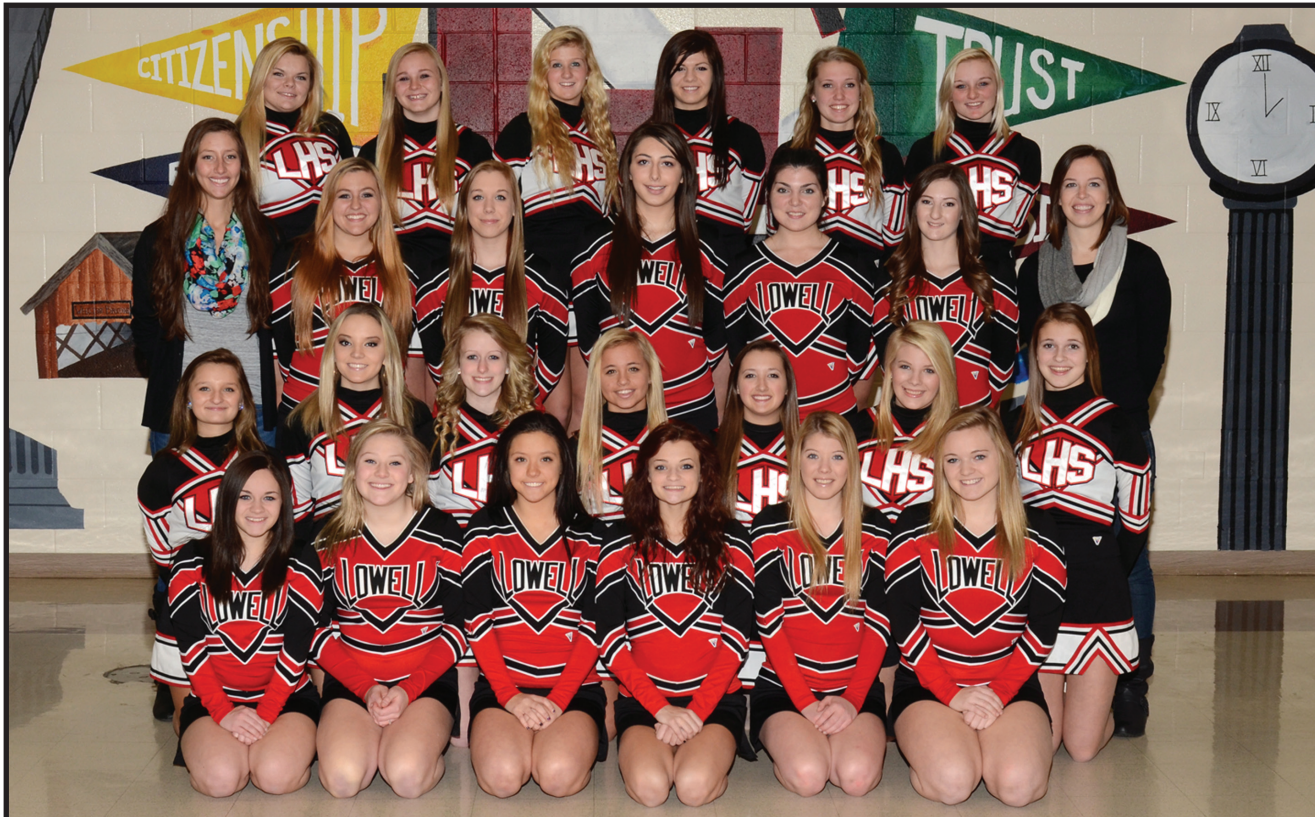
GIRLS' VARSITY GYMNASTICS

- * Denotes a game at Lowell High School Auxiliary Gym
- 1/13 at 6 p.m. at EGR
- 1/15 at 7 p.m. Kenowa Hills*



LHS WINTER SPORTS TEAMS

Varsity Competitive Cheer



First row, left to right: Khayli Scott, Makyla Martinez, Sophia Winn, Jocelyn Polinskey, Zoey Kramier, and Kaylee Tucker; second row: Shelby Mutschler, Claire VanBuren, Baylee Bennett, Katie Taylor, Justine Anes, Hunter Kramer, and Kaitlyn German; third row: coach Sydney Burrows, Katelyn Yuhas, Braylin Conner, Michelle Smith, Shannon Gorman, Katie Haan, and coach Kylee Karas; fourth row: Madeline Knapp, Mikayla Brooks, Kalie Kopecek, Kenzie Huver, Taylor Ergang, and Hannah VanWynen.

In her first year as the varsity competitive cheer team coach, Sydney Burrows thinks the world of her team. While she knows

they're young, she also says they all work well together and are hungry to get better, which is half the battle. She believes the team has a definite chance of making it out of districts this year, which also happens to be their long-term goal for the season.

Stacked with some underclassmen in Kenzie Huver, Braylin Conner, Kalee Tucker and Katie Taylor, they're also very strong bases for the team. "They continue to amaze me with their strength," said Burrows.

A few others to watch are freshmen Sophie Winn who is one of the best tumblers on the team and Hannah VanWynen who is also a good tumbler.

The standout senior to watch this year is Katie Haan who Burrows believes has the all-around package – great jumps, beautiful

tumbling, strong and clean stunting, and is a great leader on the team.

The team also has the advantage of having a coach who was also a competitive cheer coach, so she knows what they're looking for. Prior to the head coaching job at the high school, Burrows coached the middle school cheer team for three years.

Last year, the team ended up with the highest total score in the high school's history and ended up sixth at districts. Their goals this season are to move up in conference, make it out of districts and break 700 points for their total score.

"These girls are working very hard and are hungry for a win. We are excited to have back tucks in our round two this year, which should help increase our scores," added Burrows.

Varsity Wrestling



First row, left to right: Sam Russell, Danny Kruse, Zeth Dean, Lucas Hall, Bailey Jack, Mikey Trupke, Isaiah Rowley, Kyle Washburn, Josh Kinsley, and Thomas Hubert; second row: Colton Churches, Ethan Pearson, John Rogalke, Nate Stephens, Richard Misak, Jordan Hall, Derek Krajewski, Louie Hart, Max Bishop, Austin Luft, and Logan Vandermulen; third row: John Wade, Brad Anderson, Brandon Churches, Noah Hawkins, Jacob Garcia, Kanon Dean, Garrett Stehley, Elijah Boulton, Ben Mullins, and Tom Mahalic; fourth row: Zach Weston, Alex Kaminski, Bailey VanAmbargh, Jacob Bishop, Nick Higgins, Josiah Buns, Steve Williams, and Logan Wilcox.

The Red Arrow wrestling team returns nine state placers this year and has the goal of making it to the state finals to win the championship. The challenge that coach RJ Boudro sees for the season is finding the right wrestlers for the middle weights that were vacated by the seniors last year. With some talented freshmen coming

in, plus wrestlers who were already in the program, he has a lot to choose from.

"We've been trying to put them in difficult matchups to see how they handle the pressure and so far, so good," said Boudro.

Obviously, the strength of the team is having some high quality wrestlers who have all been to the individual state competition

and know how to handle the pressure of being on the team that everybody else wants to beat. Three of the seniors have already committed to colleges with strong wrestling programs, including state runner-up Garrett Stehley who committed to Lehigh, state placer Kanon Dean who committed to Harvard and

state champ Bailey Jack who committed to Duke. Derek Krajewski, the other starting senior, has chosen to defer where he wants to attend college until the spring.

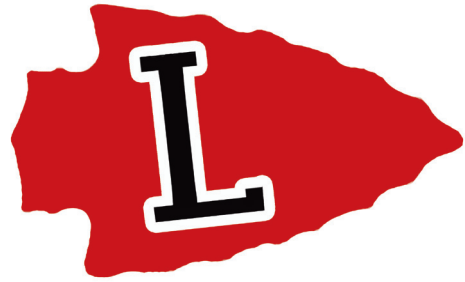
Add to those four powerhouses, the other five state placers in juniors Josh Colegrove and Jordan Hall and sophomores Lucas Hall

Zeth Dean and Max Dean, and the team has nine of the fourteen weight classes locked solid.

With head coach Dave Dean leaving this year and the four seniors who have been to the state finals two times, the team has a reason to want the state championship.

"I think this is the best

team we've had in a while. They all work together well and understand the concept of team, which is half the battle of producing a championship team. Many of them have experienced winning the districts and regionals, [so] now we just need to fill their resumes with that state championship," said Boudro.



LHS WINTER SPORTS TEAMS

Varsity Boys' Basketball

Coach Kyle Carhart knows he has a young team. With only two returning seniors in Josh Bearup and Spencer Lyons, he finds himself rebuilding this year. "We have only three players with varsity experience and we have a lot of work to do," said Carhart.

Being in one of the most difficult conferences doesn't help matters. As part of the OK White, the Red Arrows have to face off with such teams as Jenison and Grand Rapids Christian, who have teams that will definitely give the Arrows a

challenge. "Our conference is always one of the better ones in West Michigan, so only time will tell how we match up with them."

The Arrows strengths are their eagerness to work hard, but their size and experience is the other spectrum of the equation. "We will definitely miss all-conference and all-state honorable mention player Jason Malling this year," said Carhart. Coach Carhart is putting his faith in Ryan Stevens, who is their returning point guard, to help lead the team.

Their short-term goal is to improve every day, which Carhart says is already happening. The long-term goal of the team is to win a conference championship for Lowell for the first time since 1978.

This is Carhart's third year and the Arrows have gone 8-12 both of his first two years. Carhart wants to improve on that this year and if they reach their short-term goal for the year, they should be able to improve in the win column.



First row, left to right: Ryan Stevens, Gabe Steed, Isaac Brenner, Nick Geisen, and Matt Beachler; second row: coach Kyle Carhart, Josh Branagan, Austin Branagan, Josh Bearup, and coach Connor Hoke.

Varsity Girls' Basketball



First row, left to right: Kath Montgomery, Mallery Yaw, Katie Holzhueter, Catherine Stump, and Tara McQueen; second row: coach Jake Strotheide, Kennedy Coxon, Ally Frederickson, Aubreigh Steed, Sarah Oesch, and Breanna Oesch.

With only two returning seniors, the girls' basketball team would normally be considered young. But the two seniors who returned are Aubreigh Steed and Sarah Oesch who both have leadership qualities that coach Jake Strotheide says the team relies on. Steed was all-conference last year and is heading to Lake Superior State on a full-ride scholarship for basketball and can play any position for the team. Oesch rebounds really well and usually guards the opponent's best post player. "I just think the world of our seniors. They've had a lot of adversity through their careers and I think they deserve a great season," said Strotheide.

He's optimistic that they can deliver to the seniors

and believes the team has the potential to really put things together this year, but also knows they have to work hard to get there.

It helps that he has two other returners who have some on-court experience. Kate Montgomery was the team's second leading scorer last year and they're hoping she can carry the team in the same way. Strotheide said she's good at attacking the rim and welcomes contact. Katie Holzhueter is a returning three-year player and leads the offense as point guard. "She's a very smart player and is a great shooter if left open," said Strotheide. Throw in Tara McQueen and Ally Frederickson and it's hard to find a weakness on their team. According to Strotheide, McQueen

"can flat out defend." She's good at handling the ball and is getting better every day on offense. Fredrickson is a six-foot sophomore whose defense is one of her strongest qualities.

The rest of the team all brings good depth and Strotheide believes there's no reason they can't compete this year. With the typically tough OK White conference, the Lady Arrows should show well and have a better record than last year's 7-14 season.

"I think that we will be much better this year with the increased depth that we have. The girls really like playing with each other and for each other. I think we are able to give different looks defensively this year that we couldn't last year."

Varsity Gymnastics

Stacked with a depth they've never had before, the gymnastics team has a real chance at meeting their goals of making it to regionals as a team, having several girls qualify for the all-around and having each member on the team qualify on at least one event for regionals.

Michele DeHaan said she has 20 girls on the team which is the most she's

ever coached in her 16 years of coaching, but she's excited about the depth this brings to the team as all the freshmen coming in all have competition experience.

DeHaan believes the team is definitely better than last year's team. "Most of the girls came back stronger and now adding talented freshmen, it's a coach's dream."

The team's strengths

include not only the depth of the team, but their floor routines have always been good. She believes they will do much better on the bars this year as well. As far as weaknesses go, it's getting the younger team members used to high school routines which are longer and more difficult than the ones they did in youth competition.

One of the standout gymnasts to watch is first-

year senior Jordan Lytle, who is the first division one gymnast Lowell has ever had. Division one means she has competed at a United States Association of Gymnasts (USAG) level eight or higher. All the other members of the team are division two and have never competed higher than a club level seven. Lytle's strengths are the floor and the bars.

Other standouts include Lauren Browning, Lauren DeHaan, Meghan Plutschow, Danielle Krajewski and Bethany Kaczanowski who are all great all-arounders.

Last year the team was third in conference and

fifth at regionals, but the team's goal is to smash the team record set in 2002 of a 137.225 team score. The closest they have come since then was 132, but DeHaan believes the talent they have this year can come together to get past that record.

Note: Our apologies, the high school did not supply a picture of the gymnastics team.



Red Arrow SPORTS

- WRESTLING

A team win at Detroit Catholic Central Invitational

by Karen Jack

The Red Arrow wrestling team made a statement at Detroit Catholic Central on Saturday, winning the team event, crowning four champions and placing six others in a tough competition littered with 18 other teams.

The Arrows scored a total of 222 points for the day, with the next closest team being division one #2 ranked DCC with 146.5 points, followed by division four #1 ranked Hudson with 132 points. Other powerhouse teams in attendance included Toledo Central Catholic, Allegan, Oxford, Tecumseh and Grand Rapids Catholic Central. In this type of team event, the team receives points not only for what level of win (pin, technical fall, major decision, decision) but receive extra points every time a wrestler advances to the next round. The farther they go into the bracket, the more points they score.

“It’s great to be on the mat again after the holiday break and while this was a tough tournament to enter, we were interested to see

where we would land as a team. This tournament is a long day for our guys and is a good example of what the post-season individual tournaments will be like,” said coach RJ Boudro.

The event was not only a team event, but an individual event as well. Lowell took 14 wrestlers and placed 12 of them, sending six to the finals, netting four champions, two runners-up and six other placers. Champions included Lucas Hall, Bailey Jack, Jordan Hall and Josh Colegrove. Lucas Hall beat Roddy Hamdan from Hudson 8-4 in the 112 lb. finals; Jack beat Zane Corey from Allegan in the 130 lb. finals 5-1; Jordan Hall decisioned Collin Tompkins 10-6 in the 135 lb. finals; and Colegrove, who is ranked #15 in the country at 220 lbs., beat #13 Jordan Brandon of John Glenn in a tough match 3-2 to take the championship.

Other placers were runners-up Zeth Dean at 119 lbs. and Garrett Stehley at 189 lbs.; Max Dean (160 lbs.) and Kanon Dean (171

lbs.) both placed third; Derek Krajewski (125 lbs.), Jake Garcia (152 lbs.) and Logan Wilcox (285 lbs.) all placed sixth; and Sam Russell placed seventh.

“This was a great

day all-around for us,” said Boudro. “The kids have worked hard getting prepared and came to wrestle. To place 12 of 14 is really promising for us as a team.”

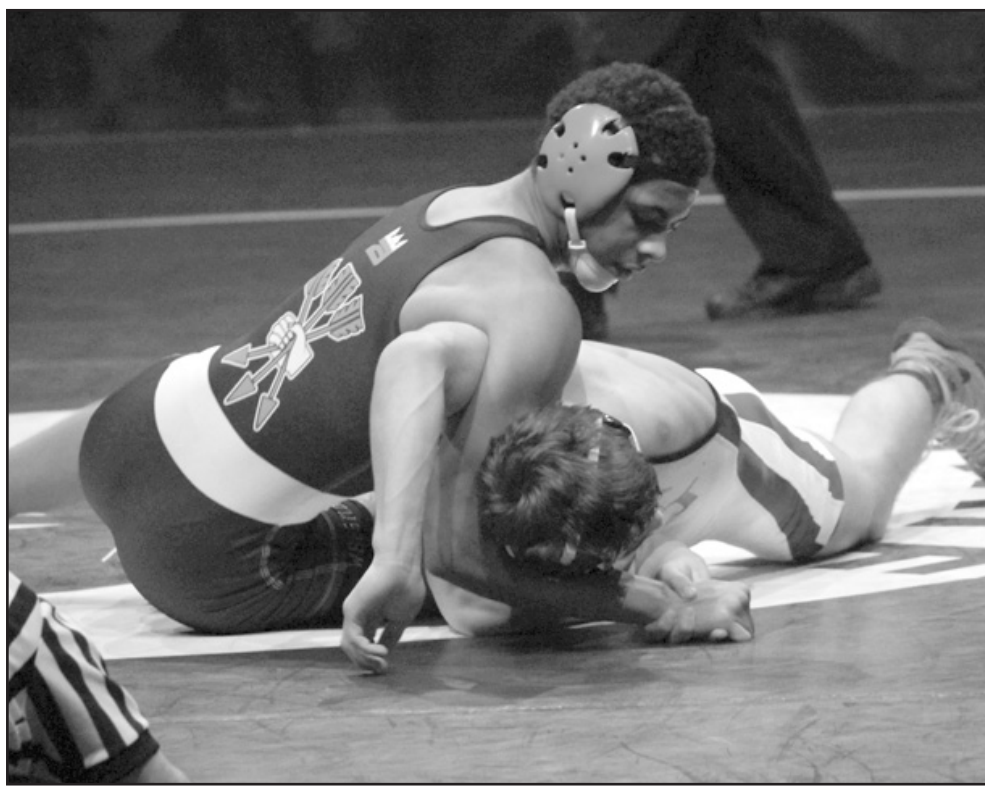
The team faces Grandville on Friday at the middle school gym with the start time of 7 pm and then hosts the Gary Rivers Memorial tournament on Saturday at the high school beginning at 9 am.



Josh Colegrove on the podium accepting his award.



Lucas Hall takes control in the finals.



Jordan Hall tries turning his opponent on his back.

What's Your Sport?



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

the lowell ledger



Red Arrow SPORTS

- GYMNASTICS

Friendship meet starts the season

by Karen Jack

Each year, coach Michele DeHaan starts the season with a friendship meet, where another team comes and instead of competing against them, they split Lowell's team with the opponent's team to form two different teams. This year it was Kenowa Hills. One of those teams is coached by the two head coaches and the other is coached by the two assistant coaches. DeHaan believes it's a way for the athletes to get to know each

other and learn the art of sportsmanship. "It's great watching our girls root for girls who would normally be their opponent and vice versa."

This year, the head coaches' team won. "It's all in fun, but these girls are so competitive that they insist we keep team scores. Plus, if my team loses they like to ride me about it."

The top scorers from both teams on vault were Lauren DeHaan (8.8), Meghan

Plutschouw (8.45) and Leana Weiler (8.45). On bars, it was Jordan Lytle (8.55), Corah Kaufman (8.0) and DeHaan (7.8). The beam's top scorers were Lytle (8.4), Weiler (8.0) and Plutschouw (7.8). On the floor exercise, the top scorers were DeHaan (8.55), Lisa Price (8.55) and Bethany Kaczanowski (8.35).

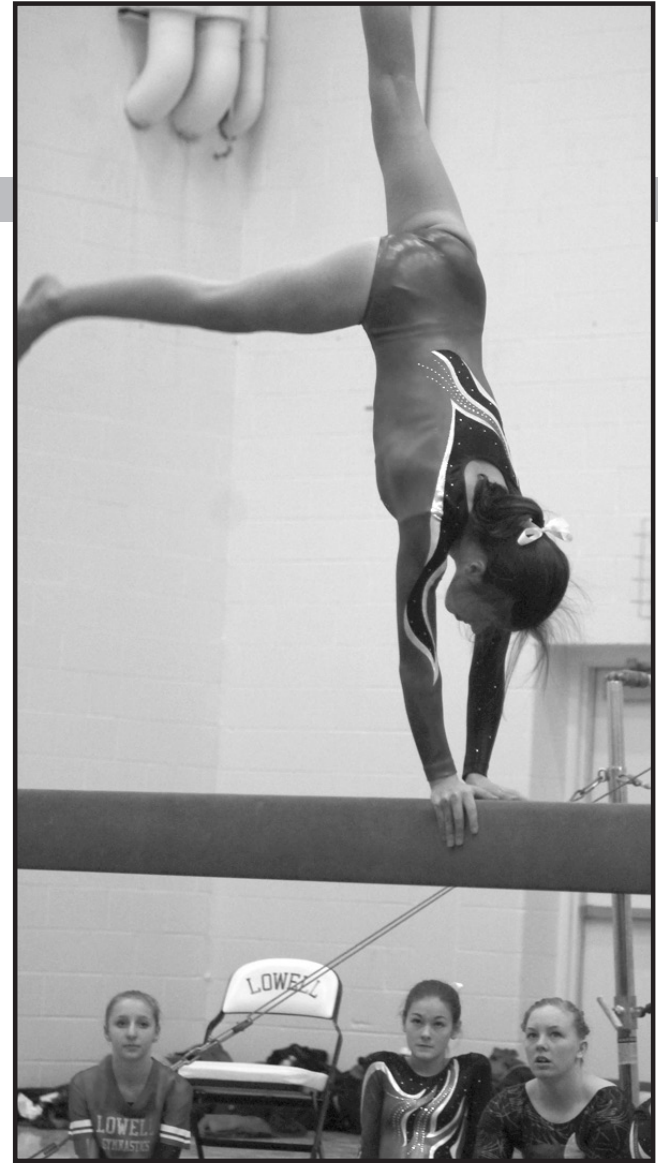
"This was a good season opener, because everybody got to compete on something - that's the nature of the meet," said DeHaan.

Kaufman and Weiler were the only beam queens that received Burger King crowns for staying on the beam their entire routine.

On Saturday, the team traveled to Rockford for their invitational meet and took two different teams because they have so many on the team. The Red team placed sixth and the White team placed tenth.

The top scorers for the Red team were DeHaan (8.75), Danielle Krajewski (8.7) and Lauren Browning (8.55) on the vault. Kaufman took third place overall on the bars with 8.3, DeHaan took fifth place overall with 8.2 and Browning took 11th place overall with (8.05). Kaufman was also Lowell's top scorer on the beam with 8.425, followed by Price (8.325) and Kaczanowski (8.15). The floor exercise's top scorers were Browning (8.9), Price (8.8) and DeHaan (8.75).

For the White team, the top scorers were Plutschouw (9.0), who also placed fifth overall on the vault, followed by Colleen Cater (8.6) and Lytle (8.55). For bars, the top scorers were Plutschouw (7.9), Lytle (7.85) and Kaezi Bladey (7.8). On beam, it was Lytle (8.6), Weiler



Corah Kaufman does a back walkover on the beam.

(7.8) and Plutschouw (7.65). On the floor, it was Lytle (9.125), Plutschouw (8.3) and Sela Bauman (8.175).

"I haven't had this talented of a team in 12 years," added DeHaan. "Jordan Lytle is so strong for us on the beam and the floor and Danielle Krajewski learned a new vault which is putting her right up there with our top vaulters. The team has really improved on the bars, scoring mostly eights

when last year it was mostly sevens. Freshman Lisa Price is proving to be an asset on the floor with an extensive dance background and Corah Kaufman will be a consistent all-arounder due to her club experience. I really think we're going to break some records this year."

The team hosts Rockford on Wednesday night at 7 pm, then travels to East Kentwood on Monday starting at 6 pm.



Danielle Krajewski splits in the air as part of her floor exercise.

- BASKETBALL

Both Red Arrow teams crush Lakewood in heated play

by Karen Jack

Basketball in Lowell was hot and heavy this week, with both the girls' and boys' teams taking it to Lakewood - the girls winning 51-34 and the boys winning 76-56.

In the girls' game, they started off powerful and never stopped. In the first half, the Arrows scored 24 points to Lakewood's 16 and Aubreigh Steed was on fire in both shooting and drawing fouls, scoring 11 of her 15 points in the first half.

The team got themselves into foul trouble early on, so coach Jake Strotheide had to go to the bench and rely on them to keep the flow running. Coming out of the locker room in the second half, the Arrows held strong on their defense and passing the ball to make sure they got good shots to outscore Lakewood by nine points.

"I thought that we played well on offense,"

said Strotheide. "We were very patient and got some better looks in the second half. Lakewood did a nice job of packing in their zone,

so we had to make the extra few passes to get the looks that we wanted. It was a total team effort as we had nine girls score for us. Kennedy

Coxon and Catherine Stump came up with seven points each scoring all their points in the second half."

Steed led the scorers, followed by Coxon, Stump and Kate Montgomery with seven points. Katie Holzhueter had four steals in the game and Steed had 10 rebounds, five blocks and two steals.

For the boys, the game was pretty evenly matched in the first half, with Lowell going into the locker room with only a one-point lead. They obviously made some adjustments in the third quarter, outscoring Lakewood by eight, but really poured it on in the fourth, outscoring them by 11 points. Two scorers were in the double-digits for Lowell. Matt Beachler scored a game-high 30 points and Ryan Stevens scored 20.

The teams host Kenowa Hills on Friday. The girls start at 6 pm and the boys are scheduled for 7:45 pm, but will start 20 minutes after the girls' game is finished.



Playing tough defense is Tara McQueen.



Ally Fredrickson goes up for the jump ball.

obituaries

BRZEZNIAK

Nicholas Stewart Brzezniak, age 18 of Lowell, passed away unexpectedly Sunday, January 5, 2014. He was preceded in death by his grandfather David Brzezniak. He is survived by his parents Brad and Carol Brzezniak; brother Jared; their dog Malcolm; grandparents Rich and Jo Anne Tuszynski and Barbara Brzezniak. Nicholas was a member of the 2013 graduating class of Lowell High School. Mass of Christian Burial will be celebrated Thursday 11:00 a.m. at St. Patrick Catholic Church, 4351 Parnell N.E., Ada, MI. Rev. Mark Peacock presiding. Visitation will be Wednesday 3-7:00 p.m. at Roth-Gerst Chapel, 305 N. Hudson, Lowell, MI 49331. Memorial contributions may be made to Lowell Pink Arrow Pride, PO Box 246, Lowell, MI 49331.



COOK

Elizabeth (Betty) Cook, 70, entered eternal life December 28, 2013. She moved to Lowell from Muscatine, Iowa after the 2008 death of her husband Philip G. Cook. She is also preceded in death by her parents Kenneth and Catherine Cline. She leaves behind one sibling, Sister Barbara Cline, a Franciscan Sister of the Eucharist. Elizabeth was a member of Franciscan Friends, a volunteer program of the Franciscan Life Process Center. A Memorial Mass for Elizabeth was held.



McPHARLIN-HARPE

Terri Jeane McPharlin-Harper, age 62 of Lowell, passed away January 2, 2014. She was preceded in death by her parents. She is survived by sons Drake and Gus Harper; sisters Nancy (David) Klinger, Diane (Andy) McPhalin, Candi (Dennis) Williams, Sheila (Walter Pierson) McPhalin. Terri taught origami at Gilda's Club of Lowell. She loved visual arts of all kinds and enjoyed teaching art her entire life. Private services were held.



SCHNEIDER

Lawrence Schneider, age 84, peacefully went to be with his Lord and Savior on Sunday morning, December 22, 2013. He is survived by the love of his life and wife of 63 years, Dorothy; five adult children: Schott Schneider, Gail Miller, Rich Schneider, Steve Schneider, and Mark Schneider; 13 grandchildren; and eight great-grandchildren, as well as two on the way. Larry was born in Lowell on March 19, 1929. He attended Lowell High School where he met Dorothy. After their graduation they were married in Lowell on September 1, 1950. He later enlisted in the US Army where he served stateside in Texas teaching radio communications to fellow soldiers. After Larry was honorably discharged from the Army in 1953, he and Dorothy returned to Michigan and he enrolled in the General Motors Institute, where he studied engineering, all while working to support his young, growing family. He graduated with a degree in Industrial Engineering in 1958. The family moved to Glendale, Arizona, in 1959 and Larry went to work at Goodyear Aerospace, west of Phoenix. He was employed there until his retirement in 1989. Larry was involved with several important national defense and classified projects and had top security clearance. After retirement, Larry and Dorothy bought a summer home in Dolores, Colorado and they enjoyed summers there for over 20 years. They also sold their longtime home in Glendale and downsized to a smaller winter house in Sun City. Larry was able to spend a lot of time outdoors and do the things he enjoyed most, such as fly fishing, working on remodel projects around the houses, volunteering at church and spending time with Dorothy. When Larry's health began to decline in 2010, he and Dorothy reluctantly sold their two homes and moved to Heritage Palmeras retirement community in Sun City, Arizona, where they enjoyed meeting many new friends and were able to be closer to family. Dorothy and Larry have continued to be involved in church and have been members of Church on the Green in Sun City for the past 14 years. Larry has lived a long and full life and has touched numerous people in his lifetime. He will be fondly remembered and missed by many. A memorial service will be held at Church on the Green, 19051 N. RH Johnson Boulevard, Sun City, on Friday, January 31 at 10 am. Instead of flowers, the family requests donations to be made in Larry's memory to Hospice of the Valley, 623-583-4848.

Cold weather tips, continued

and bathroom cabinet fireplace embers are out doors to allow warmer air to circulate around the plumbing. Be sure to move any harmful cleaners and household chemicals out of the reach of children. Keep the garage doors closed if there are water lines in the garage.

- Keep the thermostat at the same temperature day and night. Your heating bill may be a little higher, but you could avoid a more costly repair job if your pipes freeze and burst.
- Download the American Red Cross First Aid App for quick, expert advice on what to do in case of an emergency. This free app is available on the Apple iTunes or Google Play stores. See all Red Cross apps at redcross.org/mobileapps.

Space Heaters, Fireplaces and Generators
Heating systems are running at full force and many people are resorting to other sources to keep their homes warm. To avoid fire danger, you should remember the following:

- Never use a stove or oven to heat your home.
- If you are using a space heater, place it on a level, hard surface and keep anything flammable at least three feet away – things such as paper, clothing, bedding, curtains or rugs. Turn off space heaters and make sure

fireplace embers are out before leaving the room or going to bed.

- If you are using a fireplace, use a glass or metal fire screen large enough to catch sparks and rolling logs.
- Use generators correctly – never operate a generator inside the home, including in the basement or garage.
- Don't hook a generator up to the home's wiring. The safest thing to do is to connect the equipment you want to power directly to the outlets on the generator.

Please Give Blood
This storm could result in the cancellation of Red Cross blood drives in those areas impacted by the weather. Despite the storm, hospital patients across the country will still need blood. If you are in a region unaffected by the storm, please consider making an appointment to donate blood or platelets.

- To give blood, someone must be at least 17 years of age, meet weight and height requirements and be in general good health. Donors should bring their Red Cross blood donor card or other form of positive ID with them. Some states allow 16-year-olds to give with parental consent.

- For more information on how to stay safe this winter, visit the winter storm safety information available on this web site.

PUZZLE SOLUTIONS

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

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

STATE OF MICHIGAN
PROBATE COURT
COUNTY OF KENT

PUBLICATION OF
NOTICE OF HEARING

FILE NO. 14-194913-
GA, 14-194914-CA

In the matter of VALIJA
POLIS.

TO ALL INTERESTED
PERSONS including:
the missing and
unknown heirs of Valija
Polis whose address(es)
is/are unknown and
whose interest in the
matter may be barred
or affected by the
following:

TAKE NOTICE: A

hearing will be held on
01/24/2014 at 9:00 am at
180 Ottawa Avenue NW,
Grand Rapids, MI 49503
before Judge David M.
Murkowski (P35026) for
the following purpose:
on the petition for
the appointment
of a guardian and
conservator for Valija
Polis.

01/03/2014

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

Fonda Jones
121 Franklin SE
Grand Rapids, MI 49507
616-430-9587

office hours:
Mon.-Thurs. 8 a.m.- 5 p.m.
Fri. 8 a.m. - noon
closed Sat. & Sun.

classifieds

for sale

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

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

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.

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

2003 DODGE RAM 1500 - 5.7 liter Hemi w/auto transmission, 2 wheel drive, 4 door cab, short box, clean inside & out. Very good condition, good maintenance. 120,420 miles. Call Greg, 616-889-6698 or Mike, 616-808-5801.

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.

FEDEX NOW AVAILABLE AT THE BUYERS GUIDE Buyers Guide, 105 N. Broadway, Lowell.

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.

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. 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.

**UPS SHIPPING
 FEDEX PICKUP
 COPY SERVICE,
 (black & white & color!)
 FAX SERVICE,
 LAMINATING
 & 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**

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.

ANIMAL CAREGIVER - Looking for an ambitious, physically fit person to care for many small dogs in a large, impeccably clean facility. 1st or 2nd shift, includes some weekend hours, Alto area. E-mail resume/inquires to: animalcare@outlook.com

COMMERCIAL CLEANING COMPANY - Different positions available. Must be 18 years of age with valid drivers license. Flexible hours. Call for interview, 897-1119.

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).

RENOVATED 2-BEDROOM VICTORIAN (circa 1870) HOME IN LOWELL - 8 room (original woodwork/stained glass) including a pantry w/floor-to-ceiling cabinets & bonus room. New kitchen/bathroom cabinets & fixtures. Newer fridge. Washer & dryer included. New gas furnace & central A/C. Utilities (except water) included. Newly painted inside & out. Yard maintenance provided. Sits on 1 acre wooded lot w/plenty of space to play. Only a 3-minute walk to historic downtown Lowell. No smoking. \$950/month. Call 312-203-7350 for details. Available Jan. 1, 2014.

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

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.

for rent

ASSISTED LIVING - Beautiful modern country home in Alto, excellent care. Cathy, 616-891-1840. Email: AssistedLivingAlto@charter.net

wanted

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

HELP US DELIVER THE PAPER...please DIG OUT around your newspaper tube, mailbox, steps, walkways & porches! Let's all try to **HELP EACH OTHER survive the Winter.**

misc.

SINGLES DANCE - Jan. 17 & 31 at Candlestone Inn, 8100 Storey Rd., M-91 off Belding. 7 p.m. - midnight. 21 & over. \$7 per person. Free snacks with cash bar. Call Mae at 616-255-4641.

services

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

BUSINESS CARDS - Before you order your cards from somewhere else - check our rates! Call Lowell Litho, 897-9261.

services

SHIP YOUR UPS PACKAGES WITH US & SAVE!! - Call us for a price comparison. We will need: weight, zip code & dimensions of the box. No Hazardous materials or firearms accepted at this location. Daily UPS pickup at 3 p.m. Lowell Ledger, 105 N. Broadway.

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

LAMINATING SERVICE AVAILABLE - Next day service. Drop off & pieces will be available by 9 a.m. the next day. Cards, .50 each, 8 1/2 x 11 paper, \$1 each. Lowell Litho, 105 N. Broadway, Lowell.

services

YOGA CLASSES - at 901 W. Main, \$9 walk-in. Mixed level, Tues. 7:30 a.m. & Sat. 9 a.m. Tues. & Thurs., 6:30 p.m. Gentle, Tues. & Thurs., 4:45 p.m. For specials: www.thehammockllc.com. 616-893-5661.

CUSTOM CLEANERS - Homes, offices, all your cleaning needs. Weekly, monthly, one time clean up. No job too big or small. Carey Rubbish Removal Services, 616-329-4598.

LEDGER OFFICE
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 Phone 897-9261
 Fax 897-4809
 www.lowellledger.com
 There is a Drop Box in the Door Closest to the Post Office if you need to drop something off to us after hours.

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.

BOWNE TOWNSHIP HISTORICAL SOCIETY - meets the second Monday of the month at 10 a.m. in the Historical Museum at 84th/Alden Nash.

NEEDLERS - Second & fourth Monday evenings, 5:30 to 8:30 p.m. Schneider Manor Community Room.

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

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

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

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

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

TAKE OFF POUNDS SENSIBLY TOPS MI #372 - every Tuesday, weigh-ins at 5:45 p.m. Key Heights, 11335 Fulton, Lowell.

LOWELL - Varsity sporting events, concerts, school board meetings, city council meetings, DDA meetings & planning commission meetings can be viewed on the 'local' Comcast public access channel (25) within a day or two of when they were held. Many athletic contests & concerts can be heard 'live' from the www.wlhrsradio.org internet radio website.

GRIEF - NEW MEMBER MEETING - Call the clubhouse to schedule your introductory meeting for grief support groups. Gilda's Club - Lowell Clubhouse, 314 S. Hudson, Lowell, 897-8600.

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

QUAKE-ZIK SPORTSMANS 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.

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

ALPHA WOMEN'S CENTER - 517 E. Main. Hours: Mon. 11-3 p.m.; Tues. 12-8 p.m.; Wed. 10-3 p.m.; Thurs. 10-6 p.m. 987-9533. Diapers, formula, clothing & free pregnancy testing available. www.awclowell.org

AVERILL HISTORICAL MUSEUM OF ADA - 7144 Headley, is open every Friday & Saturday 1 - 4 p.m. or by appointment. Closed Jan. & Feb. 676-9346.

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.

KID CRAFT SATURDAY - Third Saturday of each month. Drop in anytime between 9 a.m. - noon. Make a craft & take it home. All ages are welcome. Alvah N. Belding Library, 302 E. Main, Belding. 616-794-1450.

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. Visit www.lowellartsmi.org or call 897-8545.

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

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

LEGODAYS - first Saturday of the month, 10 a.m. - noon. Saranac Public Library, 61 Bridge St., Saranac. 616-642-9146.

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

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

TODDLER THURSDAY - Every Thursday 11-11:30 a.m. Stories, songs, rhymes & learning. Ages 18 mo. - 36 mo. Alvah N. Belding Library, 302 E. Main, Belding. 616-794-1450.

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

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

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.

KIDSTALK-CANCER OR GRIEF - Tuesdays, 6-7:15 p.m. A group for children in 1st - 4th grade on a cancer or grief journey. Incorporates curriculum based activities, discussion & playtime. Gilda's Club - Lowell Clubhouse, 314 S. Hudson, Lowell.

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

CRAFT AWAY THE WINTER BLUES - Sat., Jan. 25, 10:30 a.m. Shake off the winter blahs with Jennifer Ackerman-Haywood, crafter extraordinaire. In this session, participants will learn English Paper Piecing. Pre-registration is required & participant spots are limited. Alto Branch Library, 6071 Linfield Ave. SE, Alto, 616-784-2007. www.kdl.org

TEEN & TWEEN TALK - CANCER OR GRIEF - Tuesdays, 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. Gilda's Club - Lowell Clubhouse, 314 S. Hudson, Lowell.

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

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

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

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

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

Looking Back, continued

the matter before the Board of Trade at the annual meeting.

C. B. Smith and A. A. Dickerson are “doubles” to some of their acquaintances, one being frequently mistaken for the other. Wouldn't it be a joke if one got a “right smart” bill of goods charged to the other?

75 years ago The Lowell Ledger January 12, 1939

If you see an automobile passing along the main drag displaying a 1939 license plate reading “BB210” please be informed that that is also the personal telephone number of Dan A. Wingeier, energetic president of Lowell B. of T. Why bother with a phone directory when all you have to do when you want to ring Dan, is to stand on the street until you see his car whiz by.

Women throughout the nation are organizing National Consumers Tax Commission units to combat taxes that increase the prices of necessities and raise the cost of living for their families. In this era of hidden levies consumers have found that just when they thought they could make both ends meet, some tax came along and moved the ends.

50 years ago The Lowell Ledger January 9, 1964

The Showboat board of directors that met this week for the second interview with booking agents thought that Liberace would be a fine headline act for the 1964 Showboat. Superintendent Nisbet, who is also an endman and member of the board, agreed it was a great act and exclaimed, “Look what we can save on lighting.”

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LUNCH MENU

**ELEMENTARY
MENU**
Week of
Jan. 13, 2014

MON: Chef Boy RD ravioli w/WG dinner roll, seasoned corn (served at Bushnell), seasoned broccoli (served at Alto, Cherry Creek & Murray Lake), fruit & veggie bar: spinach & romaine side salad, fresh baby carrots, applesauce, pears, milk.

TUES: Beef & cheese nacho, refried beans, fruit & veggie bar: spinach & romaine side salad, fresh red pepper strips, banana, mixed fruit, milk.

WED: WG Pancake & scrambled eggs, warm cinnamon apples, fruit & veggie bar: spinach & romaine side salad, fresh baby carrots, fresh grapes, orange wedges, milk.

THURS: Grilled cheese on WG bread, tomato soup, fruit & veggie bar: spinach & romaine side salad, broccoli florets, mandarin oranges, fruit goop, milk.

FRI: Homemade cheese pizza on WG crust, seasoned corn (served at Alto, Cherry Creek & Murray Lake), side salad (served at Bushnell), fruit & veggie bar: spinach & romaine side salad, fresh baby carrots, pineapple, juice, milk.

25 years ago The Lowell Ledger January 11, 1989

Headline: FMB loses a 28-year institution; at 88, Englehardt prepares for life after work. A great deal of satisfaction emanates from Harold J. Englehardt, the son of a Frankenmuth farmer, when he relates how his work has allowed him to enjoy success and to help people, much like the fruits of labor his father enjoyed while caring for 80 acres of land. Whether it was the train-riding hobos who stopped off in Lowell, who Englehardt fed each week at the Louie Racine restaurant during the 1929 depression; or hiring people to do odds and ends so that they could pay their light bill, Englehardt has always found helping people to be very gratifying. The Frankenmuth native came to Lowell in 1922 as an assistant cashier for the City State Bank - 66 years later, at the age of 88 Englehardt contemplates what he will do in retirement, leaving the banking industry and stepping down from his active duty as FMB State Savings Bank chairman of the board. “It's time to give others here at the bank a chance,” he said. His retirement from FMB after 28 years of service will remove Englehardt from work in which he found a great deal of satisfaction. “A person cannot be successful if he does not enjoy his work. I looked forward to coming to work every day,” Englehardt said.

Jim Hodges, owner of Lowelectronics and former director of the YMCA, was appointed to the Lowell City Council to fill the void left by the departure of former councilman Dean Collins. “I've been thinking about seeking a board position the last couple of years. But as the director of the Lowell YMCA, I thought it was inappropriate,” Hodges said. “Now, as an independent business owner, I can become involved in the community with the appointment to this key position.” Hodges received word of his unanimous appointment from Mayor James Maatman. He will sit in on his first meeting as a councilmember on Jan. 16.

EARTH TALK™

Questions & Answers About Our Environment

Dear EarthTalk: I recently heard the term “ocean sprawl,” which was a new one on me. We all know “sprawl” as it manifests itself above sea level. But in the oceans? Can you enlighten? - *Bill Chadwick, Nantucket, MA*

We are all familiar by now with “urban sprawl”—the uncontrolled spread of urban development into areas beyond the city. But environmentalists warn that the next frontier in sprawl is on the high seas, where the proliferation of fishing, shipping, tourism, resource extraction, energy development, military exercises and other human activity has begun to call into question just how vast our oceans really are.

According to the non-profit Natural Resources Defense Council (NRDC), our oceans are already under siege from problems like pollution, overfishing and acidification, and increased industrial activity off-shore—leading to so-called “ocean sprawl”—will jeopardize the food, jobs and recreation we have come to depend on the oceans to provide. It's hard to believe, given how much planning goes into various types of development and human activity on land, that the oceans are still like the Wild West—with various entities staking claims on huge stretches of open water for different purposes.

A promising approach to combat ocean sprawl is called coastal and marine spatial planning (CMSP), a form of zoning for the seas to help define who can do what and where. Says the National Oceanic and Atmospheric Administration (NOAA), the federal agency charged with predicting changes in climate, weather, oceans and coasts, CMSP “identifies areas most suitable for various types or classes of activities in order to reduce conflicts among uses, reduce environmental impacts, facilitate compatible uses and preserve critical ecosystem services to meet economic, environmental, security and social objectives.”

“Marine planning places sound science and the best available information at the heart of decision-making and brings federal, state, tribal and other partners together to cooperatively develop coastal and marine spatial plans,” continues NOAA. “This process is designed to decrease user conflict, improve planning and regulatory efficiencies, decrease associated costs and delays, engage affected communities and stakeholders, and preserve critical ecosystem functions and services.”

President Obama's 2010 National Ocean Policy directs NOAA and other federal agencies to work with ocean users, industries and coastal communities on ways to implement CMSP in America's off-shore waters to prevent ocean sprawl at home while setting an example for other nations around the world. Nine regional planning bodies are currently tasked with developing detailed plans for their own regions by early 2015, at which point federal policy makers will begin to coordinate implementation.

In response to momentum on CMSP, a coalition of industries including offshore energy, shipping, fisheries, recreation, mining and others formed the World Ocean Council to have a say in how and where marine spatial planning is implemented. The group organized a National Business Forum on Marine Spatial Planning in 2011 and will take part in a World Ocean Summit in San Francisco in February 2014.

Those of us who appreciate the sea certainly hope that CMSP and other approaches will succeed in turning the tide for oceans and not be undermined by special interests only concerned with bottom lines.

CONTACTS: NRDC, www.nrdc.org; NOAA Coastal & Marine Spatial Planning, www.msp.noaa.gov; World Ocean Council, www.oceancouncil.org.

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**THEME:
THE GRAMMYS**

ACROSS

1. Leigh is to Scarlett as _____ is to Rhett
6. ___ de deux
9. "Through" in text message
13. "___ fair in love and war"
14. Under the weather
15. Sand bar
16. Disturb
17. "New" prefix
18. Equestrian's attire
19. *Eminem's 2013 hit
21. *Rogers' duet partner
23. Driver's aid
24. Sub station
25. Acid
28. Often held on sandwich
30. *Girl on Fire
35. Creole vegetable
37. Poverty-stricken
39. Bank ware, pl.
40. Bit attachment
41. Israel's neighbor
43. Catch-22
44. Weight watcher's choice, pl.
46. Black cat, e.g.
47. First rate
48. Take to one's heart
50. Aquarium dweller
52. *"___ at Work," Best New Artist of '83
53. Conceited
55. Lt.'s inferior, in the Navy
57. *Macklemore's kind of shop
60. *This year's Grammy host
64. Song of praise
65. Shed tears
67. The _____, Netherlands
68. Take down masts

CROSSWORD														
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JANUARY 1 - JANUARY 7

- Dennis Rodman creates a stir and represents himself poorly in an interview on CNN explaining why he thinks it's a good idea for him to bring a team to play basketball in North Korea.
- An escaped prisoner in Kentucky decided to turn himself in because of the extreme cold. He escaped from a minimum security facility and as temperatures dropped the man walked into a motel and asked the clerk to call police.
- What could be the first documented case of Siamese twin gray whales were reported by scientists in Mexico's Scammon's Lagoon. The conjoined gray whale calves did not survive and scientists believe they most likely were miscarried being that they were only about seven feet long and normal calves would be 12 to 16 feet long.
- A man who slapped a crying toddler on a Delta Air Lines flight from Minneapolis to Atlanta last February was sentenced to eight months in prison. Joe Rickey Hundley apologized in court to the child's mother for striking the 19-month-old boy in the face. Prosecutors had recommended a six-month prison sentence, but a federal judge opted for a stiffer punishment.

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69. Clod chopper
70. Blatant
71. Gardener's storage
72. *"Owner of a Lonely Heart" band won one Grammy
73. Offends with odor

DOWN

1. Clothing of distinctive style

2. Medicinal house plant
3. Something that happens so fast
4. Famous Hungarian composer
5. High regard
6. *"Just Give Me a Reason" nominee
7. Barley brew
8. North face, e.g.
9. "___ does it!"
10. Tramp
11. *In '85 Prince won two for "Purple ___"
12. Final, abbr.
15. High-pitched
20. Gathers harvest
22. Chicken ___ king
24. Kind of security guard
25. *"Royals" nominee
26. Knitter's quantity
27. Often done to fruit
29. It goes up and down
31. Bit
32. Billiards bounce
33. Cuckoo
34. Ski destination
36. A chip, maybe
38. Cambodian money
42. Clarence in "It's a Wonderful Life", e.g.
45. Pinching pennies
49. Churchill's "so few"
51. Boat load
54. Nervous and ansty
56. Dry white Italian wine
57. Hyperbolic tangent
58. At this point
59. Police action
60. Potassium hydroxide solution, pl.
61. Curved molding
62. Lie in wait
63. *Multi-Grammy winner Elton's, "Bennie and the ___"
64. From a wound
66. Poor man's caviar

Puzzle solutions appear on page 12

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**THIS WEEK'S
ONLINE
POLL**

*Did you go to a movie in a theater over the holidays?
If so, how many?*

1-	20%
2-	0%
3-	0%
4-	0%
None -	80%

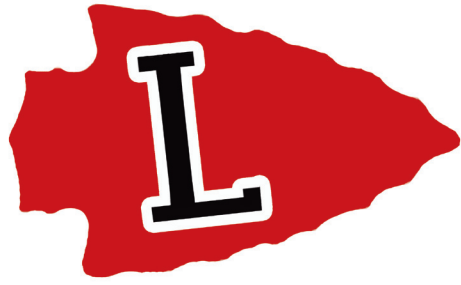
**TO VOTE IN
THIS WEEK'S
ONLINE POLL**

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LHS WINTER SPORTS TEAMS



Varsity Hockey

The Lowell High School hockey team is made up of players from Lowell, Caledonia and South Christian with about an equal amount of players from each area, but they've returned a solid core of defense from last season. Coach Tim Beurer is hoping they will be able to settle in and carry the load defensively for the team.

"I will have to rely on all of my returning players to lead by example this season and help form the kind of hockey players we want in our program," said Beurer.

One weakness is being short on experience at this level. They had to bring

up several players from the junior varsity program. "This group of players will have to learn as the season goes to adjust to the speed of the game at the high school level. I am hoping they respond quick and can start contributing right from the start of the season."

He purposely scheduled tough opponents for their first five games of the season just to see where they were at as a team. They won two of the five, so that's promising that the team will perform well within the conference and Beurer believes they will finish above the .500 record for the season and will definitely do better than last year's record of 6-18-



Pictured (not in order): Nick Oostr, Alec VanZee, Ethan Campbell, Adam Alkema, Kyle Sundstrom, Alex Osborn, Zack Fogg, Halle Hayes, Austin Bieri, Luke VanLaar, Austin Lovely, Josh Dillon, Cam Bonney, Eddie Heikkila, Eli Barr, Nate Pinder, Josh Riemersma, and Nate Winterburn.

2. More than that, though, they want the conference championship and with players like Lowell's Austin Bieri and Eli Barr, they can.

Other Lowell players include senior Halle Hayes, junior Cam

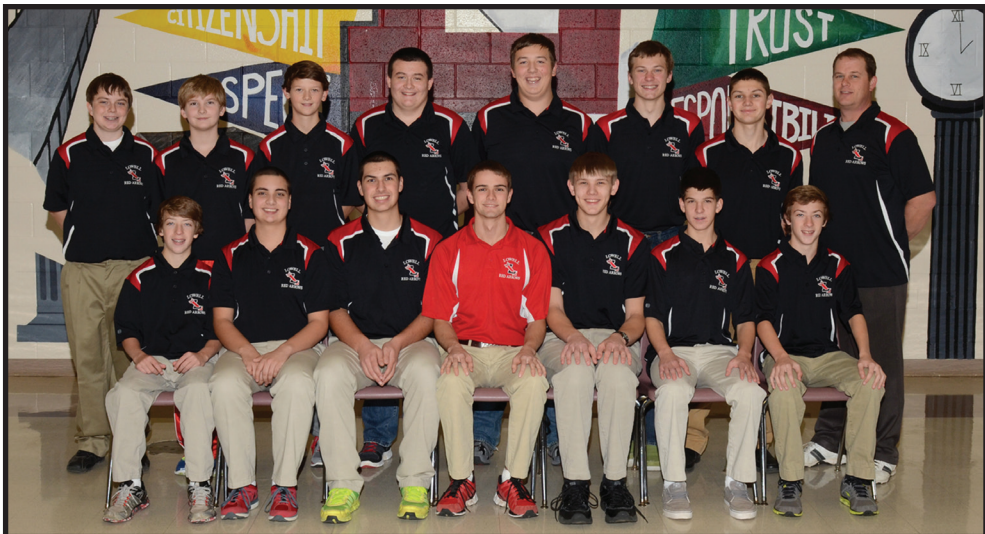
Bonney, sophomore Ethan Campbell and freshman Eddie Heikkila.

Beurer says that Jenison will probably be their toughest opponent in the conference as they have several returning players

and have added some talented players through an exchange program, so that game will really determine where the Lowell team stands and will help them prepare for the run at the end.

Even with the lack of experience, Beurer believes there will be competition in each game. "It will be a learning experience for many of our players, but we will get better as the season progresses."

Varsity Boys' Bowling



First row, left to right: Landon Smith, Tim Buechler, Josh Buechler, Carl Mitchell, Sean Ritsema, Ben Noffke, and Logan Smith; second row: Adam Korzen, Daniel Moore, Jake Wosinski, Justin Everitt, Jared Laux, Steven Tripp, Jason Price, and coach Dan Stockreef.

Varsity Girls' Bowling



First row, left to right: assistant A Melissa Mosher, Krystal Sheldon, Paige Rozell, Autumn Sheldon, and assistant B Sarah Mosher; second row: coach Dan Stockreef, Alyssa Darby, Kenya Jones, Marilla Marks, Stacy Andrakavicz, Ally Stockreef, and Mary Hess.

Junior Varsity Girls' Basketball



First row, left to right: Anna Sleeman, Rae Mongar, Breanna VanLaan, Kelsey Emmanuel, and Bryndal McGillicuddy; second row: coach Jesse Vasquez, Bridget Garter, Mallory Koster, Lena Hinkel, Bailey Reitsma, Jordan Mixon, and Christy Lyon.

Junior Varsity Boys' Basketball



First row, left to right: Marcus Malling, Brady Schaefer, Joe Geisen, and Carter Noskey; second row: Ryan Hessler, Avery Buckius, Ethan Bates, and Jacob Sprague.