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CENTS



New roomier vehicle for Lowell's patrolmen

by Tim McAllister
contributing reporter

Lowell Police Department has purchased a brand new police car.

"The vehicle was provided in part by the Lowell Area Community Fund," said Lowell police chief Steve Bukala. "They provided 75 percent of the funding and we did a 25 percent match. Next year it'll be a 50 percent match, year three will be a 25 percent match and then year four we're going to be 100 percent responsible."

The department bought a 2014 Ford Police Interceptor, a large "utility" vehicle with a \$25,283 base price.

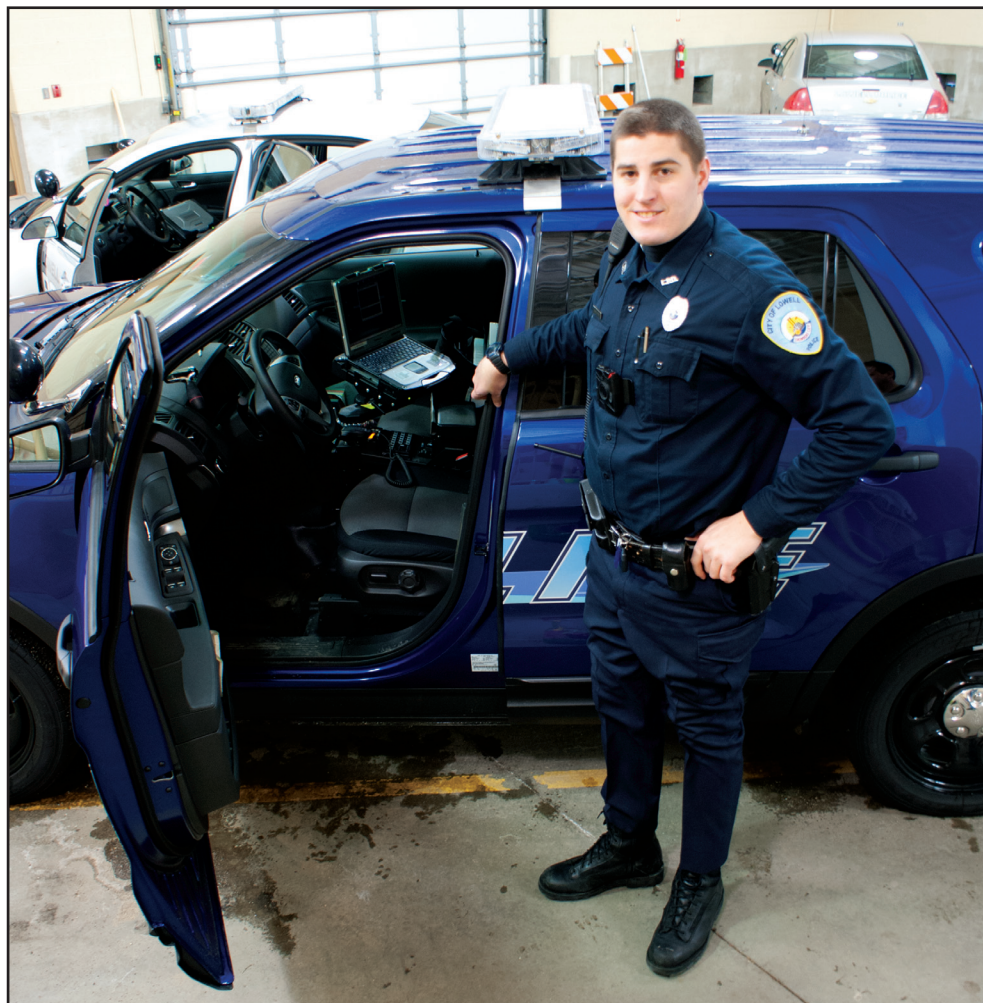
"Basically it's the Ford Explorer," Bukala said. "It's the same car as the Ford Taurus with the engine, drive train and undercarriage. It gives us an all wheel drive vehicle and a larger work area for the officer inside. Gas mileage is the exact same as the Taurus because of the drive train."

The larger car will improve the health of officers who are on long shifts.

"We went with the slightly bigger vehicle due to officers working 12-hour shifts," Bukala said. "It's just a more ergonomically-effective vehicle for the officers to be in for a long period of time. You get stuffed in a small car for a 12-hour shift, it gets tiring. Your body can sometimes take a beating. The difference is this vehicle you step out of, versus stepping out and up from a smaller vehicle."

"I'm 6'5". My entire career so far I've been crammed in small cars," said Lowell police officer Spencer Sellner. "To be able to sit in this and look up and see the ceiling; it's been a real good asset. It's not hard to get into and there's a lot of room for me."

New vehicle, continued,
page 2



Officer Spencer Sellner and the new car.

Wind chill warnings keep kids out of school and may be responsible for water main break in Lowell

by Tim McAllister
contributing reporter

Lowell, as well as the rest of the state, continues to be menaced by the sub-zero temperatures this week, as residents learned why scientists call it "climate change" instead of "global warming."

The winter of 2013-2014 has been one of the harshest on record, with major snow events rivaling even the "Blizzard of '78."

Air temperatures were as low as -7, which felt like -20 degrees with the wind chill. Winds gusted up to 33 mph on Monday, Jan. 27.

Michigan has gotten more snow than any other state. The entire state is covered in snow, anywhere from 10 to 40 inches as high as 60 inches in parts of the Upper Peninsula.

The National Weather Service issued a "Winter Weather Advisory" and a "Wind Chill Warning" and local law enforcement agencies asked people to stay indoors.

Lowell Area Schools have been closed for six days so far during this long bout of winter weather.

"We have had a difficult winter with some highly unusual weather," said superintendent Greg Pratt. "The weather has run a course of scenarios including ice, snow, wind and extreme cold. Students have been out six days and in a typical year we are off only three days. A variety of athletic events have had to be rescheduled."

Pratt said that school officials don't know if kids will have to make up the snow days.

"Too early to make that call," Pratt said. "The legislative body has forgiven weather-related days in the past when there are these types of extreme conditions, but we have not heard anything yet."

The cold weather could have had something to do with a water main break on Wed., Feb. 28, although one city official is skeptical.

"There's no rhyme or reason why it broke, it's just a water main break," said Bob Robinson, Lowell's water distribution supervisor.

"The break was at the

500 block of N. Hudson," Robinson said. "It got repaired yesterday about 4:00 in the afternoon. The break was noticed by someone at 6:30 in the

morning. Somebody called the police department."

The break didn't

Wind chill,
continued, page 3

New security system installed in Lowell schools

by Kathryn Atwood
contributing reporter

In order to promote a safer environment for students in the classroom, Lowell Area Schools (LAS) began installation of a highly improved security system for the entrances of the district's four elementary level buildings on Dec 27, 2013.

The new system, called AIPHONE, will run in conjunction with the existing card access security called Sitemaster 2000 and include both audio and video feeds to be utilized by office personnel. Persons seeking entrance into the buildings during school hours will

have to follow one of two procedures. Staff members and other authorized personnel will have to scan

their issued security cards to gain entry. Those without access cards will be asked to press the device's buzzer located either outside the front door or inside the school's vestibule. Staff will then correspond with guests to determine if entry will be granted. Doors will be kept unlocked during arrival and dismissal times.

LAS superintendent Greg Pratt reports that installation of the security measure is about 75 percent complete at this time, "We



Audio and video equipped buzzer entry systems have been installed in elementary buildings.

New security,
continued, page 3

New vehicle, continued

With more room, officers will have an easier time doing their job.

“Everything is moved away from the driver,”

Bukala said. “Our computer can be swung out of the way or it can be rotated back and you can use it if you’re doing reports.”

“Even the people going to jail have a little bit more room,” Bukala said.

The new car is a “flexible

fuel” vehicle, which means it can run on ethanol.

“You can use the E85 or

regular unleaded gasoline,” Bukala said.

The new car is especially important in the winter.

“This thing is all-wheel drive, so it’s nice, especially in the winter because we are in Michigan,”

do need a traffic vehicle,” Bukala said.

The department bought a Ford instead of some other brand to save money.

“We’ve been buying Chevrolets since I’ve been here,” Bukala said. “The Chevrolet Impala, which



along main street



Lowell’s new police car.

COFFEE WITH COUNCIL

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

THE PRINCESS AND THE PEA

The LowellArts! Thebes Players present *The Princess and the Pea* on Sat., Feb. 1 and 8 at 7 pm at the Lowell Performing Arts Center. For advance tickets, call 897-8545.

GILDA’S CLUBHOUSE ACTIVITIES

Family Night – Tues., Feb. 4, 6-7:30 pm. Kids, grab your adults and join your friends from Gilda’s Club Lowell for our monthly Family Night! Each month, Jacqueline Scherer will lead a fun activity specifically designed for the whole family. All supplies will be provided. **Green Smoothie Class** – Tues., Feb. 4, 6-7:30 pm. The simple habit of having one green smoothie a day has the power to improve your health and transform your life in amazing ways. Join Linda Carrington to find out what green smoothies can do for you! Samples and recipes will be provided. Please register in advance. **Laughter Circle** – Tues., Feb. 11, 4-5 pm. Come exercise your laughter muscles! Join Lindsay Jousma for this well being workout that encourages laughter for no reason. No yoga mat or experience is required. Please wear comfortable clothes and prepare to leave happy, healthy and energized! **Woodcarving** – Tues., Feb. 18, 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., Feb. 18, 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

FROM VOLUNTEER ORIENTATION

Volunteer orientation at Flat River Outreach Ministries (FROM) will be Wed., Feb. 5 at 6 pm. Please call 897-8260 for additional information.

CALL FOR ACTORS

Seeking five male actors and three female adult actors for the play MOLL, written by John B. Keane and directed by Laurie Kuna. MOLL will be presented as a weekend dinner theater production from April 25 - May 10, 2014 in downtown Lowell. Auditions will be held at LowellArts!, 149 S. Hudson on Thursday, Feb. 6 from 6-8 pm and on Sat., Feb. 8 from 10 am-12 pm. To pick up a script, visit LowellArts! Tuesday-Friday 10 am-6 pm or Saturday 1-4 pm. For more information, call 897-8545 or e-mail: info@lowellartsmi.org.

WINTER FEST

An afternoon of winter-filled fun including bird watching and snowshoeing will be held at Wittenbach/Wege Center on Sat., Feb. 8 from 12:00 – 4:00 pm. The first 100 snowshoe rentals will be available for half-price (\$2) thanks to the generosity of Lowell Community Wellness. At 2:00 pm, Anna Laidlaw from Wild Birds Unlimited will share information on how to make your backyard more bird friendly. Laidlaw will also have birdseed samples and coupons available for the Wild Birds Unlimited store on Northland Drive. A must-see program for anyone interested in creating or improving their backyard bird feeding station.

HIGH SCHOOL ORIENTATION

The Lowell High School class of 2018 orientation will be held on Thursday, Feb. 13, 2014 from 7:00-8:30 pm in the Lowell Performing Arts Center. This orientation is for parents and their students who will be entering high school in the fall of 2014. In addition to an informational session, teachers and club sponsors will also be available for questions. Please call the Student Services Center at 987-2908 with questions.

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.

Sellner said. “If you have to go somewhere and go somewhere fast, you’re not going to be sliding all over the place.”

Obsolete vehicles are retired by the department.

“Our fleet, we try to run them up to 100,000 miles, then we take them out of service,” Bukala said. “We are closing in on that on all of them.”

Once removed from service, old cars are sold. One old Lowell police car is currently for sale.

“The oldest vehicle we have is a 2003 and that’s the one that’s up for auction,” Bukala said. “We have it listed on Craigslist as well as the Lowell Police Department’s Facebook page. It’s a 2003 Chevrolet Impala police package with 136,500 miles. Our starting bid is \$1,200. Kelly Blue Book had it listed between \$2,164 and \$2,939.”

Next year the department plans to get a smaller police car.

“We will be getting the Taurus Interceptor on our next one because we

we currently drive, is now no longer available in a police package. Chevrolet is going with the Caprice and the Tahoe, which are considerably more expensive than the Ford vehicles. In the long run we saved money doing it this way. In these times, with budgets being tight, I’m trying to be as fiscally responsible as I can be.”

They didn’t buy the car from a local dealer, but only because they couldn’t.

“It came from Signature Ford in Owosso because they have the state contract,” Bukala said. “All the police agencies buy from the one dealership so they can have a higher volume and still make some money on it. To buy that from the local dealership, they were going to lose money.”

The department will buy a new car every year for the next three years.

“Everybody was looking for a change,” Bukala said.

“This is a great tool, I’m glad we got this,” Sellner said.

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Buyers Guide

Relay for Life kickoff celebration slated for March

American Cancer Society Relay For Life of Lowell 2014 kick-off celebration Thursday, March 6 – Lowell Middle School Cafeteria – 6 pm

Ever wonder what Relay For Life is all about? Everyone is invited to come find out at the Lowell Middle

School (750 Foreman SE.) on Thursday, March 6 at 6 pm when Lowell Relay For Life hosts a Kickoff Celebration to officially start the 2014 Relay Season!

Kickoff is a great opportunity to learn more about Relay, sign up to

join or start a team and to celebrate our cancer survivors and caregivers. This year's Relay theme is "Holidays for Hope." There will be a short informative program as well as light refreshments served.

Although the Relay For

Life of Lowell is still over three months away (it will be held at the Lowell High School Red Arrow Stadium on June 20-21) this is the time to get involved.

Everyone is welcome – come alone or invite your family, friends or neighbors to join you for this motivating and inspiring kick-off celebration. This summer's Relay for Life will be the 9th here in Lowell. Since 2006, the Lowell Relay has raised over \$450,000 for the American Cancer Society's on-going fight against cancer. Your participation

and support this year can help the American Cancer Society "Finish The Fight" against cancer!

Relay For Life is the American Cancer Society's signature event, dedicated to increasing awareness and raising funds to fight cancer. Teams of family, friends and co-workers camp out overnight, taking turns walking the track. During the event, participants and visitors will have a chance to: celebrate the victory of cancer survivors during an opening Survivors Lap; remember those we have

lost to the disease during a poignant Luminaria ceremony in the evening; and participate in a "Fight Back" ceremony that gives everyone a chance to proclaim their way of taking action against the disease.

Learn more about the June 20-21 Lowell Relay for Life (RFL) and how to join or start a team by visiting the website www.relayforlife.org/LowellMI. Or call one of the Lowell RFL co-chairs: Shelby Sakowski (616-481-7777) or Lori Ingraham (616-450-6958) for more information.



At Your Local Library

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

Craft Away the Winter Blues -

Shake off the winter blues with Jennifer Ackerman-Haywood, crafter extraordinaire, for do-it-yourself party planning on a budget. Pre-registration is required and

participant spots are limited. For adults. Sat., Feb. 8 at 11 a.m.

Heart to Heart Craft Party -

Roses are red, violets are blue, join our Valentine event, just for you!

Celebrate Valentine's Day with snacks and crafts. For all ages. Thurs., Feb. 13 at 10:30 am.

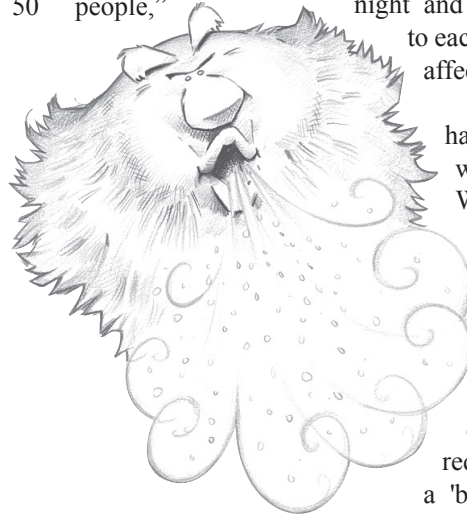
Fancy Nancy Soirée

Come dressed in your fanciest regalia and baubles (clothes and jewelry) as we celebrate the magnificent Fancy Nancy! Join your friends at the bibliothèque (library) for a Fancy Nancy Storytime, complete with glamorous crafts and tasty surprises. For all ages. Sponsored by Karl Orthodontics. Tues., Feb. 25 at 6:30 pm.

Wind chill, continued

affect much of Lowell's population.

"It was approximately 50 people,"



Robinson said. "After it was fixed, we had to go ahead and knock on doors last night and hand out letters to each person that was affected."

Those 50 people have to boil their water through Wednesday.

"Whenever the pressure in the water main goes below 20 psi the state health department requires us to issue a 'boil water' notice

because contamination could get back in the line," Robinson said.

The residents affected should boil any water they plan to consume.

"It's basically anything that's consumable, so they have to boil their water if they're going to drink it, brush their teeth or cook with it," Robinson said. "Everything else should be fine."

We should only have a few more weeks of this type of weather. Groundhog Day is Sunday, Feb. 2.

New security, continued

have done some trials, but the systems are not fully operational yet. The initial indication from parents and staff is very positive."

Principal Randy Fleenor at Alto Elementary, where the system was tested briefly, concurs that the typical parent reaction has been positive saying, "The test went well. Parents are happy with it."

Tracy Wolfe, whose daughter Kasey attends kindergarten at Alto Elementary, says she is all for anything that keeps kids safe.

"Every childcare center I have been to or worked at has had a similar system. I think this technology in the Lowell school system is long overdue. Any parent who complains about having to wait a few minutes at the door to be let in should consider the alternative: anyone and everyone able to just walk in," said Wolfe.

Superintendent Pratt agrees that this type of door security has become necessary to ensure the safety of students. "It is more important than ever for our staff to know who is coming into our buildings. We have seen an increase in violence at schools across the country," stated Pratt.

This is the first of multiple projects in the works for the district involving increased safety that were made possible by the recently approved bond proposal. Plans are also currently being made to install vestibules in both the middle and high school entryways.

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financial focus



Christopher C. Godbold

Investors can learn much from Super Bowl teams

If you're a football fan (and probably even if you aren't), you are aware that we're closing in on the Super Bowl. This year's event is unique in that it is the first Super Bowl held in an outdoor, cold-weather site — New Jersey, to be specific. However, the 2014 game shares many similarities to past Super Bowls in terms of what it took for the two teams to arrive at this point. And some of these same characteristics apply to successful investors.

Here are a few of these shared traits:

- *A good offense* — Most Super Bowl teams are adept at moving up and down the field and crossing the goal line. And good investors know how to choose those investments that can provide them with the gains they need to keep moving toward their own

goals, such as a comfortable retirement. That's why, at every stage of your life, you will need to own a reasonable percentage of growth-oriented investments, such as stocks and stock-based vehicles.

- *A strong defense* — Even a good offense usually isn't enough to vault a team into the Super Bowl, which is why most participants in the Big Game also have strong defenses. Similarly, the best investors don't just put all their money in a single type of aggressive instrument and then forget about it — they know that a downturn affecting this particular asset class could prove extremely costly. Instead, they "defend" their portfolios by diversifying their holdings among a range of investments: stocks, bonds, government securities, certificates of deposit, and so on. And

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

~George Burns

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you can do the same. Keep in mind, however, that although diversification can help reduce the impact of volatility on your portfolio, it can't guarantee a profit or always protect against loss.

- *Perseverance* — Every team that makes it to the Super Bowl has had to overcome some type of adversity — injuries to key players, a difficult schedule, bad weather, playoff games against good opponents, etc. Successful investors have also had to overcome hurdles, such as bear markets, bad economies, political battles and changing tax laws. Through it all, these investors stay invested, follow a long-term strategy and continue to look for new opportunities — and their perseverance is often rewarded. You can follow their example by not jumping out of the market when the going looks tough and not overreacting to scary-sounding headlines.

- *Good coaching* — Super Bowl teams contain many fine players, but they still need coaches who can analyze situations and make the right decisions at the right times. Smart, experienced investors also benefit from "coaching" — in the form of guidance from financial professionals. It's not always easy for busy people to study the financial markets, stay current on changing investment-related laws, monitor their own portfolios and make changes as needed. By working with a financial professional who knows your situation, needs, goals and risk tolerance, you will find it much easier to navigate the increasingly complex investment world. As we've seen, some of the same factors that go into producing a team capable of reaching the Super Bowl are also relevant to investors who want to reach their own goals. By incorporating these behaviors and attitudes into your own investment strategy, you'll be following a pretty good "game plan."

viewpoint

to the editor

To The Editor,

Earlier this week we learned that nine snowy owls were shot and killed at the Gerald R. Ford International Airport. Because of the severe cold weather in Canada these beautiful owls are flying south. We find it ironic that airport officials did not choose to use Blake Cartridges or

Propane Canons to scare the owls from airport property. Snowy owls are a protected species in the U.S. Sad day for Gerald R. Ford International Airport officials who brought about this tragedy.

Tom & Connie
Vaughan

outdoors



ice fishing today

Dave Stegehuis

Parking spaces were in short supply on the cold Saturday afternoon at the public access site on a local lake. A pair of fishermen were unloading enough gear for a pack in elk hunt. Catching a few bluegills through the ice has apparently become as complicated and expensive as everything else in our

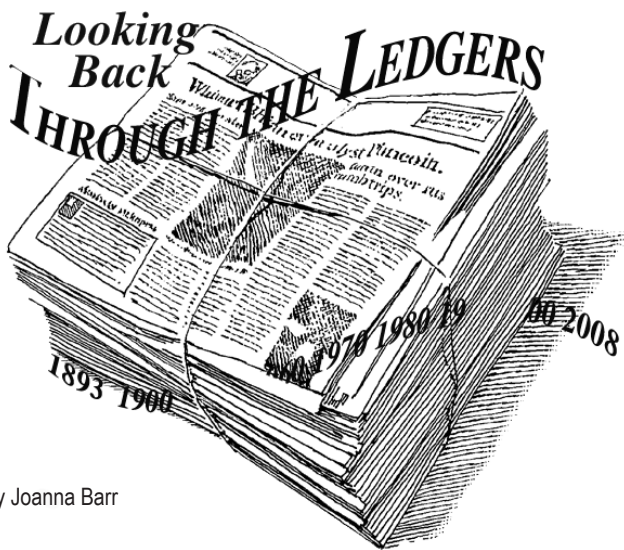
lives these days. People over 60 must be amazed at what has become common and normal in our culture.

Fishing equipment has not been overlooked in our quest for comfort and convenience. Just about everything but live bait has been upgraded. Lightweight pop-up shelters, with comfortable seating, fold

down into a sled to haul the rest of the gear behind a 4-wheeler or snowmobile. Gas and electric power augers cut quickly through the thickest ice. Sonar fish finders display the depth and bottom structure and anything in between. Underwater cameras take the rest of the mystery about what is going on under the ice. Sensitive graphite rods and miniature spinning reels help detect the slightest bite and reel up the catch on the end of special ice line. High performance inner and outerwear can provide protection in the worst weather. All of this gear has made ice fishing more comfortable and productive which encourages more people to get involved and helps to retain the old timers. The more people participating in fishing and hunting, the greater our chance of preserving outdoor traditions for future generations.

If all this appears a

bit overdone and seems expensive and difficult to manage, don't despair. Ice fishing can be very simple. A short rod and minimum tackle is all that is necessary to catch fish. I fished today sitting on a box made from a recycled desk drawer hastily put together one afternoon almost 50 years ago. An assortment of sinkers, a pinch on depth finder, and an assortment of tiny jigs are stored in a peanut butter jar and go in the box along with a fiberglass rod with a stamped metal spool—all of which are as old as the box. That vintage gear caught fish in the 60's and still works today. I did give up my homemade ice spud made from a leaf spring for an ice auger to drill holes, but didn't need it today because I fished abandoned holes drilled by anglers long gone. It is possible to get back to basics and have fun. Good luck fishing and always be cautious on any ice.



By Joanna Barr

for higher motives. Anyhow, "Good riddance to bad rubbish." Grand Rapids is welcome to it. For the Lord's sake, good people of Lowell, let us get our thoughts and ambitions above booze and heels and fists. Now, let us try for something which uplifts rather than for that which degrades. Which side are you on; and how much? Prize fights in masquerade.

The eighth annual banquet of the Lowell Board of Trade, at the city hall last evening, was one of the very best in the history of the organization. The attendance was good, the spread was excellent and the program was above par from start to finish. Dr. C. H. Anderson was elected president, L. J. Post vice president and Dr. F. E. White director for four years. Reports of Secretary Nash and Treasurer Van Dyke showed the board to be in sound financial condition.

125 years ago Lowell Journal January 30, 1889

Missing for seventeen years. Seventeen years ago Winslow Shaw, a lumber dealer, disappeared from Rockford and having a large sum of money on his person at the time was supposed to have been murdered for his money. In 1883 a skeleton was found in Rogue river, where Mr. Shaw had last been seen and it was supposed to be Shaw's. The other day his son received a telegram from Waucedah, Mich., stating that Shaw had died there and had disclosed his identity when informed that he was about to die.

Joseph Steele, of Grand Rapids Township, went to the County Clerk's office, Tuesday, with a wolf's head and claimed \$8 bounty for killing a wolf. He chased it with dogs from the suburbs of Grand Rapids to Reed's Lake, where he shot it. It was owned by Ezra Nelson, of the Rapids and had broken loose.

Health in Michigan. Reports to the State Board of Health by fifty-nine observers in different parts of the state for the week ended on January 29 indicated that bronchitis and diphtheria increased and remittent fever, inflammation of the bowels, tonsillitis, consumption of the lungs decreased in area of prevalence. Diphtheria was reported at twenty-one places, scarlet fever at forty, typhoid fever at thirteen, measles at two and small-pox at nine places.

100 years ago The Lowell Ledger January 29, 1914

Headline: "Good riddance to bad rubbish" Sheriff O'Donnell has forbidden any more "boxing matches" in Lowell. While most of our people will be glad for the prohibition, they will not waste much praise on the officer when they learn that it is apparently for the purpose of calling all such attractions to Grand Rapids, on the pretext that there will be less danger of killings or serious injuries there, with their superior facilities for handling fistic battles. We would like to praise him

75 years ago The Lowell Ledger February 2, 1939

More good publicity for Lowell, the following paragraph having been given wide publicity by Detroit, Grand Rapids and other state papers: "For 74 consecutive weeks not one of the 80 members of the Lowell Rotary Club has missed a meeting. The Lowell Rotarians give full credit for their record to Frank Coons, their secretary. The club as a unit also has attended the district convention at Lansing and is planning to go together to the next district convention at Grand Rapids and the International convention at Cleveland."

Miss I've Ben Told, who hears of most everything happening around town, called at the Ledger office yesterday morning and in the course of her conversation said: "I think it would be a good idea if the merchants, when cleaning snow from their sidewalks, would place same on the walk directly in front of car parking spaces instead of pushing the snow over the curb for people to have to wallow through in getting to and from their cars." Well, we'd say that's a good idea. Some merchants follow this practice and all could well follow suit.

Walter Cronin, construction engineer for the new post office, has established his residence with his family in the late W. S. Winegar home on Washington Ave. Mr. Cronin expects that his duties will keep him here about ten months.

50 years ago The Lowell Ledger January 30, 1964

There were several accidents over the week end caused by the snow covered streets, but only minor property damage resulted and no one was injured, Lowell police reported. Michigan again proved itself to be the state of great temperature changes. Last

Looking Back,
continued, page 7

data breach - another form of bank robbery

an op-ed
by Dennis Koons,
President and CEO,
Michigan Bankers Association

The most recent revelation in the exploding saga of data breaches involved Neiman Marcus. We now know more than 100 million consumers' cards, accounts and personal information were breached since holiday-season announcements from retail giant Target. In recent years, TJX (T.J. Maxx parent) and many other breaches, some as local as a West Michigan convenience store chain, seriously inconvenienced consumers and amount to the most massive bank robberies in history.

Consumer inconvenience can be crippling in identity theft. Fortunately though, banks protect consumers from financial responsibility for fraudulent card use. The bank that issued their card covers these losses. In nearly all cases, regardless where the breach occurred, regardless where lax security existed or card users were not properly identified, a bank that issued the consumer's card took the hit not only for the fraud loss, but also for the costs and inconvenience to contact the customer, freeze

a compromised card and account, and re-issue cards.

Banks routinely insist on proof of identification for their customers and invest in the highest standards for data and identity security. Banks take very seriously the sensitivity of personal and financial data. The banking industry uniquely supports a massive system of regulators, regulations and examiners that aggressively enforce privacy and account security laws. The industry invests hundreds of millions of dollars annually in the best security systems and rigorous employee training for prevention and required immediate reporting.

The consumer is held harmless financially—should be, he or she is the victim of very sophisticated thieves. When accounts are breached, a grocery store, hardware store or the doctor's office still gets paid. Even when, as is common, a retailer made no effort whatsoever to verify the card user's identity, the retailer gets paid.

A bank that issued the card and invests aggressively in fraud prevention takes the

Data breach,
continued, page 7

Health department reports cervical cancer is preventable through HPV vaccination

In recognition that January is Cervical Health Awareness Month, the Michigan Department of Community Health (MDCH) is reminding all women to stay current on their cervical cancer screening as a means to improve their health in 2014. In 2010, 344 Michigan women were diagnosed with invasive cervical cancer, and in 2011, 121 Michigan women died from this disease. Despite these statistics, cervical cancer is essentially preventable.

About 70 percent of cervical cancer in the United States could be prevented by the timely, extensive and consistent provision of the human papillomavirus (HPV) vaccination. Three

doses of HPV vaccine are recommended for girls and boys at 11-12 years of age, but the vaccine can be given up through age 26. The HPV vaccine is safe, effective, and produces better immunity when given at the recommended age of 11-12 years. However, as of Oct. 2013, only 30.1 percent of females and 7.5 percent of males ages 13-17 had received the entire three-dose vaccine series, according to Michigan Care Improvement Registry data.

A simple, affordable, and easy-to-administer screening test for cervical cancer has been widely available for 70 years. Still, more than half of cervical cancer deaths are seen in women who have either

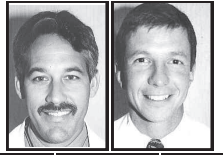
never had a Pap test, or have not had testing in more than five years. Along with lack of screening, the most significant risk factor for cervical cancer is infection by the HPV. In fact, 99 percent of cervical cancers are caused by HPV.

Screening for cervical cancer is recommended to begin at age 21. Under the Affordable Care Act (ACA), women's preventive health care – such as mammograms, screenings for cervical cancer, prenatal care, immunizations, and other services – is covered. Pap tests are available at Family Planning Clinics, and for women ages 40-64, testing is accessible through the Breast and Cervical Cancer Control Program.

Vaccines for Children (VFC), Medicaid, MI-Child, and most health insurances pay for the HPV vaccine. If your child does not have health insurance, or does not have insurance that covers these vaccines, ask your health care provider or local health department about the VFC program. VFC provides no-or-low cost vaccines to eligible children, 18 years of age and younger.

For more information regarding HPV and cervical cancer, visit www.michigan.gov/hpv or www.michigan.gov/cancer. More information about vaccination in general can be found at www.michigan.gov/teenvaccines.

health



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

influenza "the flu"

The past two weeks we have noted a dramatic increase in the number of patients with the "real flu" or influenza virus. It has been affecting both children and adults equally. Several children have developed pneumonia. If you have received the flu shot, you will still develop some flu symptoms, but they should be mild and quite a bit shorter in duration. Influenza A or H1N1 is by far the most common type of influenza that we are seeing. The flu vaccine this year is a good match and if you have not had the influenza vaccine, you still will benefit from receiving it.

The flu spreads through the air and is very contagious. It generally takes two to three days after exposure to develop the


illness. Initially, an abrupt fever occurs. This is usually between 102 and 105. Body aches and fatigue set in. The fever lasts from two to five days. On about day four, respiratory symptoms start to appear. These typically involve sore throat, hacking cough, "cold" type symptoms, but also may involve ear infections, bronchitis/bronchiolitis and pneumonia.

Please do not go to work or school if you have the flu. It is highly contagious and spreads very easily. Stay home, drink plenty of fluids, take Tylenol and decongestants and get plenty of rest. If you are diagnosed within 48 hours of initial symptoms, Tamiflu may be prescribed to decrease the duration of your symptoms.

Please join us in celebration of Betty Yeiter's 90th Birthday!

Sunday, February 9
2:00 - 4:30 pm

Lowell United Methodist Church
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Please, no gifts.



happy birthday!

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JANUARY 31
Rick Fonger, Brian Rasch.

FEBRUARY 1
Lila Grummet, Chris Vezino, Ryan Teelander, Sommer Mercer, J. Johnson, Monica Burt, Ryan Peel, Lydia Koeppel.

FEBRUARY 2
Marie Wade, Sarah Baker.

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Questions & Answers About Our Environment

Dear EarthTalk: How is it that climate change is responsible for killing whitebark pine trees and thus impacting mountain ecosystems? - Dale Livingstone, Salem, OR

Whitebark pine trees are a "keystone" species in high-altitude ecosystems across the American West, meaning they play an important role in maintaining the natural structure of many of our most iconic mountain regions. Wildlife from grizzly bears to songbirds are dependent on whitebark pine seeds for nourishment, while forest stands of the trees

stabilize and shade the snowpack in winter, which helps reducing avalanches and helps extend snowmelt flows into the dry summer months. "This slow melting process not only keeps rivers cool for trout and other aquatic wildlife but also helps maintain sufficient water resources for the people living in the arid American West," reports the non-profit Natural Resources Defense Council (NRDC), a leading U.S. environmental group.

Given how important the iconic tree is to Western mountain ecosystems, it's no wonder that NRDC and other green groups are distressed by its recent decline due to changing environmental conditions. "White pine blister rust, a lethal disease accidentally brought to the continent on imported seedlings, has wiped out roughly 50 percent of the whitebark pine in the Rocky Mountains since its arrival in the early 20th century," reports NRDC. "In some areas such as Glacier National Park, it has killed 85 to 95 percent of the whitebark pine. Infected trees can take a long time to die, but the disease can also cause their cone production to drop significantly, affecting grizzlies and other wildlife."

And now a newer threat, expanding populations of mountain pine beetles, is exacerbating the effects of blister rust. These small insects bore into mature pine trees, killing them by eating critical tissue under the bark. "Cool year-round temperatures and freezing winters once kept this beetle confined to low-elevation forests, where native lodgepole pines evolved natural defenses against beetles,"



reports NRDC. "Global warming, however, has allowed the mountain pine beetle to expand its range into high-elevation forests, where the whitebark pine is virtually defenseless against this newcomer and its explosive attacks."

NRDC fears that this one-two punch—beetles attacking mature whitebark pines and blister rust killing smaller ones—could have a devastating impact on high-altitude forests across the American West. In late 2008 the group petitioned the U.S. Fish & Wildlife Service to protect the tree under the Endangered Species Act. A year and a half later the agency indicated that the tree might be worthy of endangered species status, although the case is still under review.

"Endangered Species Act protections could help federal agencies focus their whitebark efforts and could bring increased resources for research, conservation, and restoration efforts," adds NRDC.

Everyday people who live in or near whitebark pine territory can help the cause by taking photographs and writing down observations about the changing health of high-altitude forests and the prevalence of Clark's nutcrackers, red squirrels and grizzly bears, each of which depends on the trees for sustenance. The Whitebark Pine Citizen Scientists Network, a project sponsored by NRDC and TreeFIGHT.org, coordinates this research and synthesizes the findings to give researchers and policymakers more information so they can make sensible land management and species protection decisions.

CONTACTS: NRDC, www.nrdc.org; Treefight.org, www.treefight.org.

EarthTalk® is written and edited by Roddy Scheer and Doug Moss and is a registered trademark of *E - The Environmental Magazine* (www.emagazine.com). Send questions to: earthtalk@emagazine.com.

Looking Back, continued

week Lowell enjoyed temperatures in the high and low 50s. Friday night, it was a steady drop and Saturday morning snow, cold, blowing and temperatures near 15 degrees prevailed.

Police this week did not identify the lady who called them and complained that her husband had pushed her out of their car. But she got even with him, however, when she pointed out his car, while she was riding in the police cruiser. He was ticketed for speeding 50 miles an hour in a 35 mph zone.

A dinner party was held in Grand Rapids Tuesday evening, January 21, honoring Lee E. Lampkin, who was celebrating his 50th anniversary with the State Savings Bank. The event was planned by Harold J. Englehardt, the bank's president. Other board members and bank officers were in attendance.

We're wearing a new dress! Like a lady of the house who wants to have a change, the Ledger this week is changing to a new type face...In a day when everything is getting smaller – the candy bar, the roll of bathroom tissue and the automobile, our new type face is the same width but stands up higher to make for more readability. In the next few weeks there will be more changes to make the Ledger easier to read and more interesting.

25 years ago The Lowell Ledger February 1, 1989

A new eating establishment opened in Lowell on Tuesday, Jan. 31 - "Lucchesi's Spaghetti House." If

the name sounds familiar - it should. Jack Lucchesi is the same restaurateur who owned and ran Lucchesi's Pizza House on 119 E. Main St. from 1975 through 1981; and Lucchesi's Ranch House from 1978 through 1981. Lucchesi, along with Emma, his wife, of 38 years, spent from 1981 up until now in retirement. Part of that time he spent nursing himself back to health. "Retirement grows tiring, you're not around people," Emma Lucchesi said. Jack Lucchesi adds, "Not only that, but I love this town (Lowell) and I love to cook." If you couldn't tell by the name, the food will have an Italian flavor. Lucchesi will serve spaghetti, pizza, submarine sandwiches, Mexican tacos, burritos, tostados and lasagna. "Emma will run the restaurant. I'm just going to oversee," Jack Lucchesi said. However both Ma and Pa Lucchesi will cook. "We have the best spaghetti sauce," smiles Emma. "It's the same sauce recipe that Jack's mother used years ago." Prior to getting involved in the restaurant business, Lucchesi drove a semi for 20 years, "I loved it. It enabled me to see the entire country." For as much as he liked driving semis, the Lucchesis are even more determined that the Spaghetti House will be successful. "People loved our food before and we've had people ask us to return," relates Jack Lucchesi. Emma adds that competition is good for everyone. "There are 4-5 eating establishments on each block in Grand Rapids – so I'm sure Lowell can use another one," she says. The restaurant business has not only played an important role in Lucchesi's lives but was involved in their paths crossing in 1945. "I met Emma at Kate's Hamburger Shop. She made pretty good hamburgers," he smiles while giving the so-so hand signal. Lucchesi chose the location for sentimental reasons. They brought with them their favorite employee from the Ranch House, Patty Courser. "She first started working for us when she was 16 years old," Emma said. Lucchesi's determination might lead one to think the Spaghetti House will be here as long.

Data breach, continued

hit, again both for the losses and for the costs of account and card replacement.

Card theft is bank robbery. Bank robberies, like all crime, cost everyone more. Sophisticated thieves pull these heists from anywhere in the world. The banking industry invests hundreds of millions in the best technology and training. The system and the consumer are most vulnerable at the points of lowest protections. Every purchase, every point of sale.

Consumers should protect their cards and their data—account numbers, PIN numbers, cards and identification at all times.

Deal only with reputable merchants and websites. Review your accounts regularly and immediately report any unusual activity.

Well-organized thieves will continue to challenge the best security. Every party involved with cards and accounts, including retailers at point of sale, must step up to the challenge, meet industry standards for security systems, train their staffs to spot fraud, and must be accountable for failing their customers. Our consumers deserve it.

Consumers—protect your identity, and know that your bank is working 24/7 doing the same for you.



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Lowell Area Schools working to assimilate Common Core curriculum into classrooms

by Kathryn Atwood
contributing reporter

Since Michigan's State Board of Education adopted Common Core State Standards (CCSS) for Mathematics and English Language Arts (ELA) in June of 2010, Lowell Area Schools (LAS) have been hard at work adapting to the curriculum that is scheduled to go into full effect by the 2014-2015 school year.

These new educational standards, according to assistant superintendent of instruction Roger Bearup, replace the state's current grade level and high school content expectations, "These standards improve upon Michigan's current standards by establishing clear and consistent goals for learning."

While a total of forty-five states, four territories and the Department of Defense education activity have already adopted the CCSS there has been much debate among educators and legislatures regarding its use, leading to confusion for parents and communities at large. This article seeks to ease that confusion by breaking down what the CCSS are, who developed them and their implications for students, teachers and the future of education as a whole.

The CCSS were developed by the National Governors Association's Center for Best Practices and the Council of Chief State School Officers, a group comprised of state superintendents including Michigan's superintendent of public instruction, Mike Flanagan, who serves on the organization's board of directors.

The two groups formed the CCSS Initiative, which pooled the opinions and expertise of people from many groups, including The American Federation of Teachers, the National

Education Association, The National Council of Teachers of English and Mathematics, as well as educators from the states in participation, of which Michigan was one. They also accepted guidance from representatives from the College Board, ACT and other education organizations.

These collaborating groups developed the CCSS with the intent of providing a clear and consistent understanding of learning expectations for our youth to better prepare them for both college and career success. According to Bearup, "The standards promote equality by ensuring all students, no matter where they live, are well prepared with the skills and knowledge necessary to compete with their peers in the United States and abroad. The common core is designed to provide higher level learning experiences that connect to real world scenarios and experiences."

The CCSS website, which can be found by going to www.michigan.gov, summarizes it in this way, "Building on the excellent foundation of standards states have laid, the Common Core State Standards are the first step in providing our young people with a high-quality education. It should be clear to every student, parent and teacher what the standards of success are in every school."

Groups expressing support of the standards include the U.S. Army, the National Parent Teacher Association, the National School Boards Association,

the U.S. Chamber of Commerce and corporations like Boeing, IBM, Dell, Intel and Microsoft.

CCSS began by identifying what they call "anchor standards." These are the basic skills and abilities that a student should possess. They then break down these skills by grade level to identify the elements of each skill that students should learn. Standards for English focus on writing, reading, speaking and use of language. Mathematics focuses on several areas as well, including basic arithmetic, fractions, geometry, algebra, statistics and probability.

Many of the CCSS are already being used in LAS classrooms. Dan

VanderMeulen who is the principal at Lowell Middle School (LMS), reports that, "The standards are fully in use in our math and ELA classes and the science department is in the process of transitioning to what's called The Next Generation Standards." Social Studies continues to use grade level expectations at this time.

Standards that represent curriculum in the classroom is not new to the educational process. Teachers and administrators within the district say that the CCSS did not change what students are learning in the classroom. Instead, they say the significant difference is how they are expected to learn it. "Teachers, for years, have been used to working

with "what" students should learn. That part is not new." said VanderMeulen, "What's new is now teachers are learning about the "how" instruction should occur."

Assistant superintendent Bearup said that Lowell teachers and administrators have spent a great deal of time engaged in discussion, planning and training centered around the CCSS. "The standards are intended to approach education using different learning modalities, or ways, in which kids learn. Not all students learn the same way. We have been involved in professional learning opportunities centered around the

"how students learn" of the common core. Collaborative teams have me [to] discuss what is currently in place for all students to demonstrate learning and determine what areas may need different approaches or strategies."

There are three key ways teachers are employing the CCSS in the classroom. The first is encouraging critical thought by requiring students to discuss, analyze and evaluate more and by asking them to justify and explain their thinking, often in writing.

The second key is the use of integrated learning. Students are expected to learn while using several disciplines, or subjects, combined into a single task. For instance relating

ELA vocabulary skills to a mathematic's lesson.

Asking students to show how they know something is the third strategy being employed by LAS teachers. The CCSS emphasizes evidence and proof and does away with skill and drill learning that was essentially limited to worksheets and fact memorization. Students will no longer be taught or tested in this manner.

"In short, students are now being asked to think much more deeply than in the past." said VanderMeulen. "We are asking students to be problem solvers, reflective thinkers, [to] analyze data, work collaboratively and be more creative than in the past. We are less concerned with the amount of material we cover than in students having a greater understanding of those materials. In a short time we have made significant strides at LMS."

Teachers in LMS's math and science departments concur that they are seeing differences in student performance and participation levels already. Math faculty member Vickie Patrick has been teaching with Lowell schools for almost twenty years and states, "I am amazed and really so proud of the gains they have made. It is harder, but they are going to learn more, be smarter and have more opportunities."

Under the CCSS teachers are still allowed the freedoms to develop their lesson plans individually and continue to teach in a style that is comfortable for them. While the standards are concrete, the road to achieving them is flexible. "The best understanding of what works in the classroom

Common Core,
continued, page 16



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the lowell ledger

Thebes players present The Princess and the Pea

by Kathryn Atwood
contributing reporter

LowellArts! Thebes Players will present the classic Hans Christian Andersen story of a prince's quest to marry the perfect princess in two public theatrical performances of the fairy tale *The Princess and The Pea*.

Lowell Performing Arts Center at Lowell High School will host the first performance of the family friendly production on Saturday, Feb 1. A second show is scheduled for Saturday, Feb 8 at the Saranac Performing Arts Center located at 150 Pleasant St. in Saranac. Box offices for both shows will open at 6:30 pm with the two-act production, which runs slightly over an hour plus intermission, scheduled to begin at 7:00 pm.

The once upon a time narrative, first published in 1835, follows a prince's pursuit of a real and suitable princess to make his wife. The prince searches the world far and wide to find her, but has no luck until one stormy night when a rain soaked young woman, claiming to be a princess herself, seeks shelter inside the prince's own castle.

Directed by longtime friend of LowellArts! and veteran director Laura Leasure, the funny and whimsical play boasts a cast of 29 local actors, including both adults and children as young as age eight. "The cast is working very hard. It's a joy watching them all grow [into] their characters," said Leasure of her talented thespians. "There are some really strong actors in the cast and I wish I could have given them all large roles. All the little scenes are important and they fill those roles very nicely. Some are playing multiple parts and are enjoying doing that."

Despite many snow-day rescheduling issues, a rash of winter illness that disrupted practices and the loss of their originally cast prince, Leasure says that the lively stage production is coming along well. She points to Tyler Armstrong as a stand-out in his role of the recast prince, "He has filled the role nicely."

Leasure also boasts about her strong production crew, "My costume people, Nancy Wood and Ron Wood, have been a great help. They have worked hard to adjust costumes to fit all the cast and keep them in the correct time period."

Janet Teunis who is the project director at LowellArts! said that they are very pleased to have Leasure directing this magical children's

"The production was truly a family affair and I am sure both those involved in it and those who come out to see it will agree that the experience was magical."

~ Janet Teunis

production. "She does a wonderful job coaching the kids and helping them develop their acting skills and makes it fun at the same time. She is a dedicated and talented director," Teunis said.

Leasure has also served as a stagehand and manager, actor, costumer and set builder for past Thebes Players' productions and also holds a seat on the board of directors for LowellArts!

"She has passed her passion for theater on to her daughter, Teresa Goldner, who is the assistant director and stage manager for this production," said Teunis, also noting the participation of Leasure's husband Frank, "who has done an amazing job creating sets over the years including one for this production." Leasure's other daughter Mary and son-in-law Lyle helped out

with the play's scenery as well. "The production was truly a family affair and I am sure both those involved in it and those who come out to see it will agree that the experience was magical," said Teunis.

The cast will also perform for an estimated two thousand elementary students in the Lowell and

neighboring Saranac school districts in free private performances in the same locations.

Admission cost for both public performances is \$5 per person. Revenues raised will support future projects of LowellArts! To purchase tickets in advance call LowellArts! at (616) 897-8545.



Emily Hoeksema, Elise Charron, Kylie Albert and Mary Jo Buechler strike a pose during rehearsal.

Surrounding the king, Ron Wood, at dinner are Keana Fahrni, Chase Homrich, Janna Chesser, Charlotte Hayden, Tyler Armstrong and Salem Grody.

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Red Arrow SPORTS

- GYMNASTICS

Lowell finds Forest Hills challenging

by Karen Jack

On a roll this year as a team, the Red Arrow gymnasts let one slip with a loss to Forest Hills this week, 136.35-133.10.

"I knew this would be a tough meet, as Forest Hills has a strong program of talented girls," said coach Michele DeHaan.

Lauren Browning led the team on vault with 8.65. Bethany Kaczanowski and Corah Kaufman both had 8.5 and Meghan Plutschouw scored 8.45.

On bars, Kaufman led the team (8.5), followed by Jordan Lytle (8.1), Browning (7.6) and Sela Bauman (7.25).

Lisa Price led the team on floor exercise with 8.7. Plutschouw scored 8.3, Dani Krajewski scored 8.25 and Bauman scored 8.2.

On beam, Lytle led with 9.2, followed by Plutschouw (8.4), Krajewski (8.3) and Browning (8.2).

Plutschouw was on top in the all-around with 31.9.

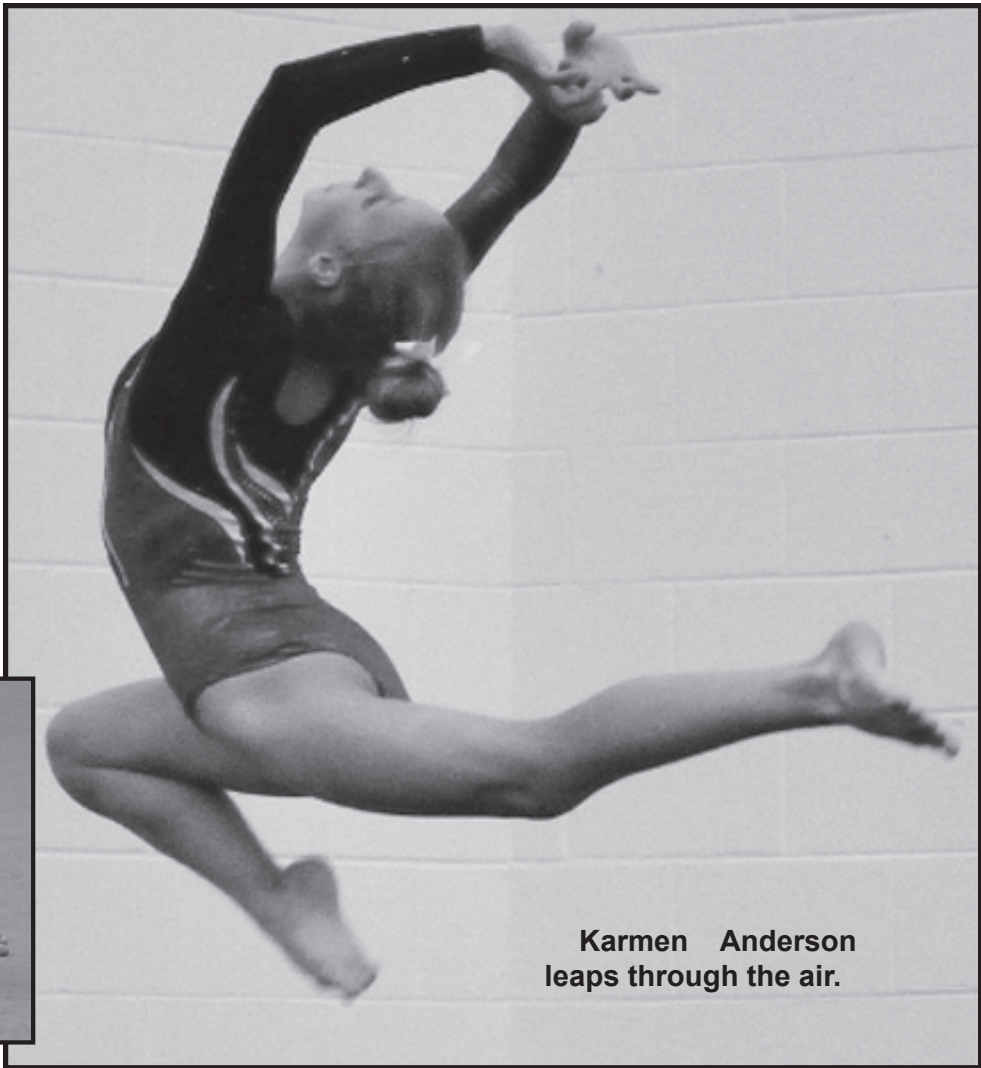
"Beam was definitely the highlight of this meet for us," said DeHaan. "Meghan has come so far on beam this year. She added two full turning cat leaps that increase the value of her routine and Lauren Browning has stuck two

routines in a row and can definitely see the difference in her scores. I feel like the girls are finally getting their confidence and hitting routines when they need to. It is not often that we count all four routines above an 8.0 and for our beam score to tie our vault score and to be higher than our floor score, I don't remember that happening ever."

The team will host Kenowa Hills on Wednesday for senior night. Meet time is 7:00 pm.



Meghan Plutschouw shows her flexibility on floor.



Karmen Anderson leaps through the air.

LUNCH MENU

ELEMENTARY MENU
Week of
Feb. 3, 2014

MON: Cheeseburger on WG bun, seasoned green beans, fruit & veggie bar: spinach & romaine side salad, baby carrots, mandarin oranges, apple, milk.

TUES: Chicken taco on soft tortilla shell, refried beans, fruit & veggie bar: spinach & romaine side salad, cucumber coins, mixed fruit, pear, milk.

WED: French toast sticks served w/sausage, warm cinnamon apples, fruit & veggie bar: spinach & romaine side salad, baby carrots, pears, orange slices, milk.

THURS: Rotini w/ meatsauce, seasoned broccoli (served at Alto, Cherry Creek & Murray Lake), WG breaded chicken nuggets, mashed potatoes & gravy (served at Bushnell), fruit & veggie bar: spinach & romaine side salad, red pepper strips, chilled peaches, apple, milk.

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

Player Spotlight

Our Spotlight Athletes This Week:
Meghan Plutschouw & *Lauren Browning*
Team: Gymnastics & **Team:** Gymnastics
Grade: Senior & **Grade:** Sophomore

Meghan Plutschouw



How long have you been doing gymnastics?
I have been doing gymnastics since I was about six years old.

What other sports do you play?
I do not do any other sports. I am a year-round gymnast.

Have you received any awards for gymnastics?
I received all-conference honorable mention my junior year and academic all-state my sophomore and junior year.

Have you broken any records?
I have not broken any school records but I have broken a lot of personal best records this year.

Do you have siblings?
I have one older sister, Katie, who graduated from LHS.

What do you do for fun?
I love to go shopping, swim and go out on my family's boat.

Your personal best?
My personal best in gymnastics is a 9.0 on vault.

What does playing a sport mean to you?
Gymnastics is important to me because it has been a part of my life for many years and I have made life long friends that mean the world to me.

Do you plan on playing any sport in college?
I plan to possibly continue my gymnastics' career in college for a club but not for a school. I hope either to go to Michigan State or Grand Valley.

Lauren Browning



Do you have siblings?
Hunter Browning, who attends the middle school in seventh grade.

What do you like to do for fun?
Hanging out with my friends and coaching the Red Arrow youth gymnastics girls.

Do you have siblings?
Hunter Browning, who attends the middle school in seventh grade.

Your personal best?
My personal best is an 8.9 in high school gymnastics on floor.

Why is gymnastics important to you?
Gymnastics is important to me because it has helped me create so many lasting friendships and memories that I could not have gotten any other way. To me, sports means learning new values and lessons that can be applied everyday outside of just sports.

Do you plan on playing any sport in college?
I do know that I do want to go to college, but I haven't really gone into thinking of where and for what yet.

How long have you been doing gymnastics?
I've been doing gymnastics since fifth grade.

What other sports do you play?
Gymnastics is my only sport.

Have you received any awards for gymnastics?
Freshman year I got voted rising star by my team if that counts.

Have you broken any records?
No, I haven't broken any records.

Red Arrow SPORTS

- BASKETBALL

Lady Arrows start strong against East Kentwood

by Karen Jack

The Lady Arrows hosted East Kentwood on Tuesday and started off strong, but couldn't hold on, falling to them 54-34.

The game was pretty even after the first quarter, although it was ripe with turnovers on each side. Lowell was leading by two at the end of the quarter. In the second quarter, East Kentwood outscored Lowell by five, so Lowell went into halftime down by three.

East Kentwood came out of the locker room on fire, making most of their shots and rebounding well. They outscored Lowell by nine, holding the Arrows to only four points in the third quarter. The Arrows did better in the third quarter and got the score within six with three minutes to go in the game. East Kentwood stole the ball and went on an 8-0 run in about 30 seconds which took the wind out of Lowell's sails.



Aubreigh Steed wins the jump ball.

"We did some things really well in the first half," said coach Jake Strotheide. "We handled their pressure well early, but also got in foul trouble early with our point guards, with both of them getting three fouls in the first quarter. It's tough to handle their pressure the entire game. East Kentwood is a very good team and I thought we matched them pretty well. We just can't miss those opportunities and beat good teams like that."

Leading both the offense and defense was Aubreigh Steed with 13 points and 12 rebounds. Kate Montgomery had eight points and Tara McQueen had six.

The Lady Arrows will travel to Greenville on Wednesday and then host Jenison on Friday.



Katie Holzhueter brings the ball down the floor.

Knights of Columbus free throw champs

Pictured are the Knights of Columbus free throw champions, left to right, back row: Sara Landon, Marc Langlois, Carly Hoekstra and Mackenzie Jordan; middle row: Morgan Kistler, Joey Antel, Kenny Kropf, Alexander Pollock and Alexis Kapcia; and, in

front: Christian Teachworth. These Knights of Columbus council 7719 winners will now move on to a district competition on February 1 in Pewamo. From there contestants have an opportunity to move on to regional and state contests.



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Financial course to “move people beyond the point of need”

by Justin Tiemeyer
contributing reporter

In November, Flat River Outreach Ministries (FROM) was surprised to receive a Michigan Energy Assistance Program (MEAP) grant from the Michigan Public Service Commission (MPSC) to finance a community energy assistance program. This grant brought money paid by Lowell Light & Power electricity subscribers back into the community.

Funded by the MEAP grant, FROM held its first session of the first six-week financial literacy course on Monday, January 20 from 6:30 pm until 8:00 pm. Each course is taught by FROM volunteers who trained with the Center for Empowerment Coaching at Grace Bible College who follow the Steps to Change curriculum from New Focus. The first session was taught by volunteers Barba and

John Williams and covered issues such as where you are currently spending money, the difference between needs, wants and desires and the consequences of choices.

“We are changing the way we do business,” said Tamela Spicer, the director of FROM.

Spicer likened the way FROM used to do business to an ATM. With the resources donated by the community, they simply gave out goods and services to people in need. FROM was doing a transactional form of business.

“We would rather act like a partner,” Spicer said. “We want to work alongside people in need to affect change.”

Spicer’s goal is to remove the need for assistance rather than setting up a situation in which people in need keep coming

back for more assistance. While money from the MEAP grant is certainly used in a transactional way - to pay for utility needs - the financial literacy course aims to prepare people for a world where they can function without assistance.

“The point is to move people beyond the point of need,” Spicer said.

The financial literacy courses are open to anyone in the community, not just

people who receive benefits from FROM services. Those who missed the first session can feel free to join the second session, which starts March 24.

While Spicer expects a great deal of good to come from the MEAP funded coaching and financial literacy courses, she admits that in the greater scheme of things this is a test case. If this system is successful, Spicer expects that FROM

will change its entire financial system using what they learned from using the MEAP funding.

“Ideally, our job should be to work ourselves out of business,” Spicer said.

Though Spicer is encouraged by the idea that FROM could work toward a community without need, she is reminded of a truth that has likely motivated her and FROM for years.

“Scripture tells us that the poor will always be among us,” Spicer said. Disturbing as this fact is, as long as FROM does its work these poor can be found out and elevated to the benefit of the entire community.

Anyone interested in attending the financial literacy course should contact FROM for more information.

Kent District Library earns safety award for employee and patron safety measures

Kent District Library (KDL) was recently awarded the Linda E. Anderson Award from *Employers for Better Health*. The award was in recognition of KDL’s achievement in providing system-wide cardiopulmonary resuscitation (CPR) and first-aid training and for the installation of defibrillator

machines in all 18 branches and its Comstock Park Service Center.

All KDL employees – more than 300 people – recently underwent hours of training in basic first aid, CPR and how to use an automatic external defibrillator (AED) machine. Just after completing the training, Tammy Schneider,

a collection development librarian at the service center in Comstock Park, used it to save her eight-year-old son’s life when he started choking during a meal at home.

“KDL staff have long expressed interest in being proactive and prepared in the event of an emergency,” said Brian Mortimore, KDL director of human resources and organizational development. “No other training we provide can produce the possible return on investment that this can: to save a life.”

“We have millions of visitors each year. With this training, we’re better equipped to provide them with life-saving services if called upon.”

Employers for Better Health & Safety is a nonprofit

initiative supported by Certified Risk Architects at Ottawa Kent Insurance to improve the health and safety of its community members by increasing awareness and reducing risk through the collaborative efforts of West Michigan employers. The annual Linda E. Anderson award is named for a West Michigan woman who passed away in 2002 after suffering a heart atrial fibrillation at work where there wasn’t access to an AED device.

Kent District Library is supported by millage dollars and private donations. KDL serves 395,660 people in all areas of Kent County except the cities of Grand Rapids and Cedar Springs, the village of Sparta and Solon and Sparta townships.

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COUNTY OF KENT

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NOTICE TO
CREDITORS
Decedent's Estate

NOTICE TO
CREDITORS
Decedent's Estate

FILE NO. 13-194892-DE

FILE NO. 13-194893-DE

Estate of MILDRED S.
DALBY. Date of birth:
11/06/1923.

Estate of ROBERT L.
DALBY. Date of birth:
09/18/1924.

TO ALL CREDITORS:

TO ALL CREDITORS:

NOTICE TO CREDITORS: The decedent, Mildred S. Dalby, died 09/21/2013.

NOTICE TO CREDITORS: The decedent, Robert L. Dalby, died 10/04/2013.

Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to Andrew Rogers and Daniel Rogers, personal representative, or to both the probate court at 180 Ottawa, 2nd Floor, Grand Rapids, MI 49503 and the personal representative within 4 months after the date of publication of this notice.

Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to Andrew Rogers and Daniel Rogers, personal representative, or to both the probate court at 180 Ottawa, 2nd Floor, Grand Rapids, MI 49503 and the personal representative within 4 months after the date of publication of this notice.

January 27, 2014

January 27, 2014

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Red Arrow SPORTS

- WRESTLING

Arrows come out on top against powerhouse teams

by Karen Jack

The Red Arrow wrestling team is the real thing. Truly tested this week, facing both Detroit Catholic Central (DCC) (ranked No. 19 in the nation) and New Lothrop (ranked No. 2 in Division 4), the Arrows powered through to win both meets.

The DCC meet was held in front of the entire high school student body on Wednesday and was highly touted as the match of the year, with two nationally-ranked teams going head-to-head and it lived up to be the exciting match everybody was predicting.

Bailey Jack started off the action, beating No. 6-ranked Evan Toth at 130 lbs. by major decision which garnered four team points. In the next match-up, Jordan Hall beat Greg Johnson by decision, making the team score 7-0.

Lowell dropped the next five matches, allowing DCC to get their foot in the door and leading the match 24-7.

The tide turned in Lowell's favor when Max Dean moved up a weight class to 189 lbs. to face Logan Marcicki, who is

ranked nationally at No. 17. Dean pounced on Marcicki and pinned him to gain six points for the team.

Garett Stehley also moved up a weight class to 215 lbs. and beat No. 5-ranked Nick Giese by major decision (13-1). Josh Colegrove, Lowell's normal 215-pounder, also moved up to heavyweight and beat no. 3-ranked Jimmy Russell by decision to increase Lowell's team score to 20. Still down by four and only four matches to go, Sam Russell stepped up at 103 lbs. and pinned Davis Pastique, putting Lowell in the lead at 26-24. Lucas Hall solidified the lead with another pin against Tommy Herrmann, and then Zeth Hall shut them out of any possible win with a technical fall against Parker O'Brien. Final score was 36-27.

"This match was a great test for our team," said coach RJ Boudro. "DCC is one of the best teams in the country and we handled the pressure of wrestling in front of our peers very well. I think our guys did a tremendous job of not worrying about anything other than the task at hand. We have a great

community and fan base and the atmosphere that our fans created was awesome."

The team then traveled to Michigan State to wrestle before MSU's college meet on Sunday, facing Division 4's No. 2 team, New Lothrop, beating them 33-28.

Winners in that meet

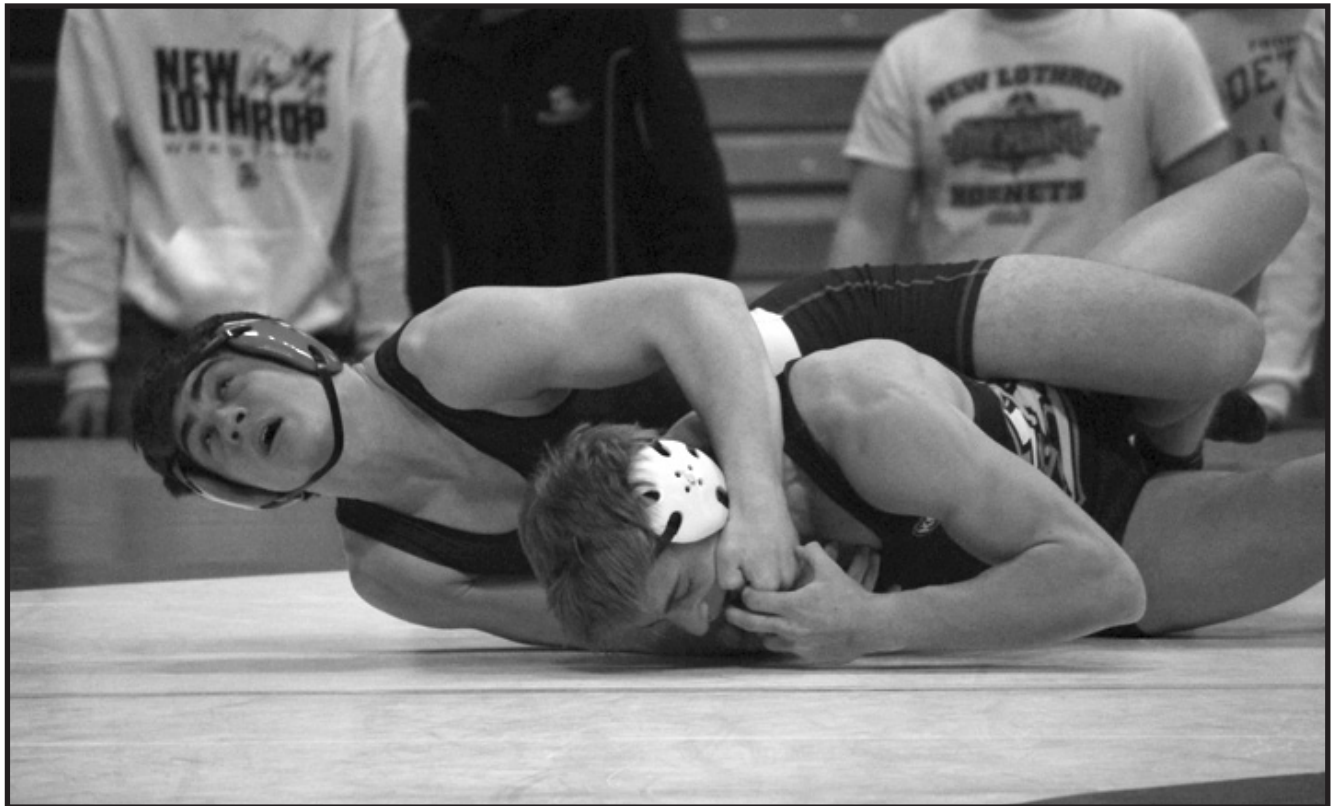
were Max Dean (decision), Stehley (decision), Colegrove (pin), Logan Wilcox (decision), Lucas Hall (pin), Jordan Hall (pin) and Danny Kruse (decision).

"We came off a weird week of practice, blizzard, cancelations and no school and then we wrestled on Sunday, so I think all the

chaos was good for our team," added Boudro. "We had a few of our studs get pinned and we were still able to pull out a win

against a team ranked no. 2 in the state, which speaks volumes about our team's depth and ability to deal with adversity."

The team hosts Jenison on Wednesday for senior night, and then travels to East Grand Rapids for the conference tournament on Friday with meet time at 5:00 pm.



Max Dean works on rolling his opponent.



Lucas Hall turns his opponent on his back.



Derek Krajewski goes for the takedown.

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6. "And She ____" by Talking Heads
9. "For Whom the ____ Tolls"
13. Wall coat
14. B&B, e.g.
15. *He fell in love with a face "that launched a thousand ships"
16. February "People," e.g.
17. Parental involvement org.
18. Trojan War story
19. *He fell in love with Little Red-Haired Girl
21. ____'s fee
23. Old age, archaic
24. Display displeasure
25. *Bride and groom say their "I ____"
28. Choir voice
30. Part of Yugoslavia
35. Iris holder
37. Paleozoic and Mesozoic
39. The fourth prime number
40. Rigid necklace
41. Of the kidneys
43. Baseball points
44. Was attached
46. Jittery
47. It should be opened when starting a fire
48. Winslow ____ and ____ Simpson
50. Back talk
52. "C'__ la vie!"
53. EU currency
55. "Just an ____-fashioned love song"
57. *Cyrano de Bergerac's love interest

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JANUARY 21 - JANUARY 28

- The iconoclastic American folk singer, Pete Seeger died Monday at the age of 94.
- The unusually snowy, cold weather has closed most of the schools in Kent County as well as colleges and some businesses. The wind chill factor is the main reason for the closings.
- Teen heartthrob, Justin Bieber has been arrested for DUI after racing down a neighborhood street. He is also in trouble for egging his neighbor's house.
- Paul McCartney and Ringo Starr perform at the 2014 Grammy Awards. Yoko Ono and son Sean Lennon were in the audience dancing along to their performance.
- U.S. Rep. Trey Radel announced his resignation in a letter to House Speaker John Boehner, saying that while this year has "already been tremendously positive ... some of my struggles had serious consequences." He will step down Monday. Although several GOP leaders had asked him to resign, Radel initially pledged to stay in office.
- Eric Lawson, who portrayed the Marlboro man in cigarette ads during the late 1970s, has died of chronic obstructive pulmonary disease (COPD). He was 72.

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60. *Popular Valentine's delivery
64. Disturbances
65. Get it wrong
67. Spur on
68. Strong adhesive
69. By means of
70. Fragrant resin
71. "I, Claudius" role
72. Bird-to-be
73. *What Snow White did before Prince Charming's kiss
27. Red Cross supply
29. Arborist's concern
31. Lord's worker
32. Egg cell
33. *Aphrodite's Roman counterpart
34. Early stage of sickness, e.g.
36. High school breakout
38. "The Twilight ____," romantic film series
42. Popular disinfectant
45. Like Danny Zuko's hair
49. "Your Love is Like the Morning ____"
51. Skiers' turfs
54. *His character fell in love with Lois Lane
56. Be situated within
57. Tug-of-War equipment
58. Emanation
59. *Kisses and hugs
60. Hand grenade
61. "All for one, one for all" sword
62. Beef cut
63. Rotisserie skewer
64. *Dudley Moore/Bo Derek romantic comedy
66. 18-wheeler

DOWN

1. Larger-than-life
2. Alfred "____" LaRue
3. Americans need one to enter Australia
4. Accustom
5. Sister to Blanche DuBois
6. Clean the blackboard, e.g.
7. Symbol of industriousness
8. Mix-up
9. Like white-headed eagle
10. Albany-Buffalo canal
11. His pants are on fire?
12. Hallucinogen
15. Slang for communist sympathizers
20. Lazybones
22. Breed
24. What's-his-name
25. *Even-Steven kind of date
26. Convex molding

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~ Eleanor Roosevelt (1884 - 1962)

Puzzle solutions appear on page 12

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Common Core, continued

comes from the teachers who are in them. That's why these standards will establish what students need to learn, but they will not dictate how teachers should teach. Instead, schools and teachers will decide how best to help students reach the standards. They actually give teachers more flexibility and a common, general focus that allows teachers to exercise professional judgment in planning instruction," a document on the CCSS website states.

Classroom structure under CCSS calls for an increased level of group work and dialogue, hands on activity and project-based learning

that focuses on real world applications of the skills being taught. This structure, according to Patrick and her math counterpart Katey Johnson, has led to more time for one-on-one instruction between teacher and student, allowing them a better understanding of each student's individual level of understanding.

Science teacher Katie Hatchett explains the changes in her department stemming from the adoption of CCSS in this way, "It is not just about knowing what a fossil fuel is or where it can be located, for instance; it is about understanding the impact it has on them and

their communities as well as the impact they have on it."

Both Breuker, a fifteen-year veteran in LMS's science department, said that, "We are transitioning from just understanding science to also understanding the engineering and mathematics behind it."

All four of the teachers interviewed agreed that though the transition has been challenging, they feel the rewards are great when it comes to the futures of their students.

Parents are encouraged to support the common core at home by utilizing the strategies being used in the classroom during their

own interactions with their children. "There are a lot of things at home or in the summer, just for five minutes a day, that a parent can do to support this process," said Patrick. Some of these ways include asking open-ended questions; asking "why?" when a request is made and by giving reasons of

explanation in your decision making and expecting the same from them. Parents are also encouraged to speak with their students about the changes they are experiencing at school and to not hesitate to reach out to teachers and administrators with questions.

"Lowell educators have been working hard to implement the CCSS," said Bearup. "We will continue to refine the implementation and will analyze how our students are doing with them when the assessment is released in [the] spring of 2015."

Murray Lake's volunteer of the month

Murray Lake Elementary (MLE) parent Tammy Wade has been named MLE's Volunteer of the Month for December. "Tammy does such a great job running our book fairs every year. She spends hours and hours of her time making sure the book fair runs smoothly," commented MLE P.E. teacher Missy (Norm) Harrison.

Wade and husband John have two boys (Johnny, 9th grader at Lowell High School and Justin, a fifth grader at MLE). "The book fair has been very important because it is our only fundraiser for the library. It is such a joy to do and is successful because of all the amazing MLE parents and my wonderful co-chair Kris Rickert. It is also successful because of the helpful staff we have at MLE," said Wade.

Wade and her husband run a small business in Lowell. When they are not busy with the business they enjoy spending time doing things as a family and entertaining friends and family at Murray Lake where they reside. Pictured are Wade and her son Justin.



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college news

Michigan Technological University has released the dean's list for the 2013 fall semester. To be included, students must achieve grade point averages of 3.5 or higher.

Among the honorees from this area are the following students: Daniel Ellis, mechanical engineering; and Kyle

Ver Hoef, mechanical engineering; both of Alto. Corey Bilski, computer science; Derek Chopp, computer engineering; Quincee Denault, engineering management; Lee Hovey, mechanical engineering; Kendra Rasch, management; and Steve Trierweiler, biomedical engineering; all of Lowell.

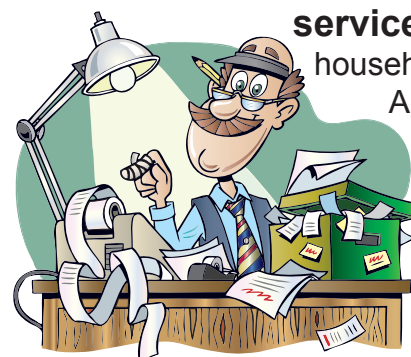
Alexandra Heffron of Lowell has been named to the dean's list for the fall 2013 semester at Marquette University in Milwaukee, Wisconsin. Heffron is pursuing a Bachelor of Science in biomedical sciences.



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