wednesday • march • 19 • 2014

for over 120 years • today - tomorrow - your lowell area news source

by Tim McAllister

hall.

About

council during

contributing reporter

The Lowell Cable

Television (LCTV) money

will not be used for street

repairs. The Lowell city

council denied the LCTV

grant recommendations at

the city council meeting on

Monday, March 17 at city

attended the meeting. Six

citizens addressed the

comment." Bill Thomas

of Lowell spoke about a

clogged sewer drain in

his neighborhood that

damaged the basement of

his home. Two people, Barb

Barber and Peggy Covert,

spoke against using LCTV

money for street repairs.

Three people, Tyler Kent,

Jim Salzwedel and Greg

Canfield, spoke in favor of

using the money to repair

Wendt gave a speech

summarizing the history of

the LCTV fund, leading up

to a resolution, "clarifying

[the] composition of [the]

City attorney Richard

streets.

27

people

"public



The Lowell Cable Television money will not be used for street repairs

the lowell defined the lowell of the lowell

pages 8 & 9

### livestrong program



page 10

# odessy of the mind



page 11

### chess winners



by Kathryn Atwood contributing reporter Members of the Buffalo Bill Wild West Show will come to life on the stage of the Lowell Performing Arts Center (LPAC) this weekend when Lowell High School (LHS) productions presents "Annie Get Your Gun," a lively musical production loosely based on the life of sharpshooter Annie Oakley. Senior Shelby Antel will take on the headlining role of Oakley leading a singing and dancing cast of 50 fellow students, including co-star Nick Smith as Frank Butler, Oakley's love interest and rival; Chief Sitting Bull played by Archer Pina and Buffalo Bill Cody played by Mark Slaktoski.



The council then voted down the proposed LCTV grants. Councilpersons Sharon Ellison and Jim Hodges voted "yes." Councilpersons Jeff Altoft and Jim Hall voted "no." Councilperson Chris Schwab was absent. Three "yes" votes are required for a measure to pass. This means that \$50,000 of the LCTV money will not be used to repair streets in the city of Lowell, as was proposed.

The grant resolution's failure inspired a brief dialogue between councilpersons Altoft and Ellison.

"I made a motion to put that [money] into the streets and in the equipment fund," Altoft said, referring to when the LCTV fund was originally conceived, "and now there's two people sitting on this board that voted against it. And now after we went through all this to get this all set up so that it would be nice for the city, now you want to start raping this fund for the streets."

"If we'd have spent that money on the streets it would have been gone," Ellison replied. "Now we have this perpetual fund. That fund is there for things that are needed, things that are wanted and the streets are one of those things. I don't feel like we're 'raping the fund' when someone asks for something you need."

At the end of the meeting the council resumed discussion of the LCTV money.

City council meeting, continued, page 3

# "Annie Get Your Gun" Musical this weekend



vol. 43

www.thelowellledger.com

issue 22

Barb Barber questions the city council.

# Benefits questioned at light and power board meeting

by Tim McAllister contributing reporter

The light and power board met last Thursday, March 13. Five residents attended the board meeting, which lasted just over an hour.

Two citizens spoke during the opportunity for "public comment." Peggy Covert asked the board for an update on

page 14





The Wild West trio of Charlie Davenport, Chief Sitting Bull and Buffalo Bill played by Tim Bem, Archer Pina and Mark Slaktoski respectively.

Musical, continued, page 3

transformers that were damaged in the flood last spring.

"We're in the process of trying to schedule for an April project start," said general manager Greg Pierce.

Covert then asked if any of the city's linemen would be eliminated. Pierce said this would not happen.

City maintenance worker Ralph Brecken gave a brief presentation in which he said light and power employee Tom Russo has been using a company vehicle for personal business and has spent the night in the light and power building. Brecken displayed surveillance photographs of the vehicle in question parked at a location near the intersection of Verlin and Meddler streets in Gowen.

"This was taken over a course of three months starting in the end of December of last year and throughout January and February of this year," Brecken said.

Brecken went on to ask the board if the rules regarding the use of a vehicle as a "fringe benefit" were followed and if all necessary taxes were paid correctly. The board did not answer.

The terms of the contract with SPART to run the biodigester were changed. "Black start capability" and "thermal energy sales" were removed. Instead the price

Light and power meeting, continued page 2

# Musical, continued

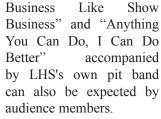
This is Antel's second leading role; she also played Hermia in Shakespeare's A Midsummer Nights Dream in her sophomore year. "Annie Get Your Gun" will be her ninth overall performance in LHS productions. She says that she is grateful to have earned the Oakley role, "I was so happy! I was thrilled to get the part. There were a lot of girls who were really good that were auditioning this year and I am feeling really lucky to get it. It is a lot of fun!"

LHS musical director Heidi Kolp describes the western style musical as fast-paced and full of theater magic. "This show is a really great mix of genres with multiple love stories, adventure and tons of comedy. The audience should expect a few surprises as we are pulling off a Wild West Show on the stage. There are all kinds of tricks up our sleeves to pull this one off," said Kolp.

Fun musical numbers including well-known show tunes "There's No



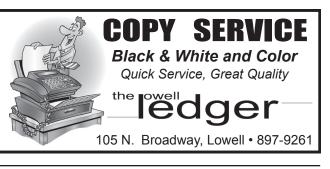
Parker Groom as Tommy Keeler and Lexie Bocskey as Winnie Tate finishing up one of the many song and dance numbers in the musical production.



"We are feeling very ready. We are really prepared for this. We have been working hard," said Antel of the five upcoming performances of their upbeat two-hour show.

Showtime is 7 pm for the four remaining evening dates: March 21 and 22. Tickets for the show are available in advance online at http:/ seatyourself.biz/lowellhs for \$8 or at the LPAC doors for \$10 beginning a half hour before each show. All proceeds benefit future productions of the LHS theater department.







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.

### LIVELY LIONS LUNCHING IN THE LIBRARY

On April 4 the Alto Lions club will participate in the World's Longest Lunch Relay. Lions clubs worldwide will schedule lunch at noon local time, following the time zones around the world for 24 hours. You are invited to lunch at the Alto Library. Drop in any time between 11 am and 1 pm. Share a complimentary lunch and find out more about what the Lions club does for the community and how much fun it is to be a Lion.

# Light and power meeting, continued

will be raised from 9.54 cents per kilowatt hour to 9.75 cents per kilowatt hour of electricity generated by the biodigester. The cost of transporting manure from Swisslane Dairy to the biodigester more than doubled, rising from \$8,837 to \$20,000.

The board went over its annual budget, comparing this year's debits and credits to last year's.

The next light and power board meeting will be Thursday, April 10 at the light and power building.

\* \* \*

In three words I can sum up everything I've learned about life: it goes on. - Robert Frost







### (USPS 453-830)

Published weekly for <sup>\$</sup>25<sup>°°</sup> a year for zip codes beginning with 493 or 495 <sup>\$</sup>36<sup>°°</sup> a year any other zip code. Deadline for display advertising is Friday at Noon Deadline for classified advertising is Monday at 5 pm

JON JACOBS	Publisher
JEANNE BOSS	Editor
TIM MCALLISTER	CONTRIBUTING REPORTER
KAREN JACK	SPORTS REPORTER
JUSTIN TIEMEYER	CONTRIBUTING REPORTER
KATHRYN ATWOOD	CONTRIBUTING REPORTER
TAMMY JANOWIAK	CLASSIFIED/ACCOUNTING
JON JACOBS	ADVERTISING SALES

### (616) 897-9261 E-Mail: ledger@lowellbuyersguide.com Second Class Postage Paid at Lowell, MI *Published every Wednesday* POSTMASTER: Send address change to: The Lowell Ledger P.O. Box 128 • Lowell, MI 49331 www.thelowellledger.com

### - the level dger

# **City council meeting, continued**

"In regards to my vote on the LCTV fund," councilperson Hall said, "I don't believe it's a fund that anybody but city people belong... I think it's all city money, I think it belongs in the city. The LCTV fund allows the council to override whatever the commission has voted for, so now it's the council's decision. We'll leave it at that until I hear differently."

"I'm just disappointed that all the hard work did not be accepted by the city council," councilperson Ellison said, "considering it was all the entities together, so... not sure where we are going from here, but kind of disappointing and I guess we'll just have further discussions about that."

After a presentation by Dr. James Reagan, the council approved the "comprehensive tree plan."

There is an opening on the arbor board. The seat is supposed to be filled by a member of the light and power board, but they are having difficulty finding somebody whose schedule will permit this. Any citizen can apply to mayor Jim Hodges if they are interested in the position.

After nearly an hour, the meeting adjourned for a closed session to discuss union negotiations. The next city council meeting will be at city hall on Monday, March 31.



Councilpersons Jeff Altoft and Sharon Ellison discuss the LCTV fund.

# Sen. Hildenbrand reads at Alto Elementary



Sen. Dave Hildenbrand visited Alto Elementary on Monday and read to a class of kindergarten students. The book of choice was Dr. Suess' One Fish, Two Fish, Red Fish, Blue Fish.

In honor of March is Reading Month, Sen. Hildenbrand has been visiting local elementary schools and reading to students. He also talks about the legislative process and the importance of reading and learning to achieve goals and dreams.

Every year, school children throughout Michigan celebrate "March is Reading Month." The purpose is to highlight reading as a fun activity that children and parents can do together, while promoting literacy.

# LMS students of the second trimester

Teachers at Lowell Middle School (LMS) select students who have been outstanding in the categories of academics, citizenship and attitude each trimester. The following students have been selected as "Students of the 2nd Trimester" at LMS, Melody Antel, Collin Baker, Danielle Barnes,

Keaton Bell, Jayleigh Bileth, Lauren Booth, Amber Brown, Alita Cadwallader, Shelby Chumney, Ella Dougherty, Miles Droski, Foster, Marlie Hannah Fowler, Ava Frederickson, Aaron Fritsma, Braiden Hamilton, Khloe Hayes, Austin D. Johnson, Patrick Kargl, Kelly Kroll, Hunter Krzysik, Alex Laird.

Ben Lobbezoo, Gramm McCormack, Gabrielle McRee, Mathew Meyer, Channing Perry, Grant Pratt, Ivan Reynolds, Julianne Ritsema, Payton Russell, Kaitlyn Senneker, Jared Sweet, Jordan VanOosten, Ethan VanderWarf, Zach Vatter, Jenner Willard, Stephanie Zalis.



Pictured, Hannah Foster, Khloe Hayes and Gramm McCormack with LMS principal Dan Vander Meulen.



### BETTER HEALTH STARTS HERE **AT FAMILY DENTISTRY OF LOWELL**

As dentists, we know that oral health is the key to better health, and it all starts here at Family Dentistry of Lowell.



We provide the traditional dental services you would expect plus the health care extras that set us apart, such as blood pressure screenings and nutritional counseling.

We even make customized sleep appliances that help reduce snoring.

Experience better health through dentistry.

Tamily Dentistry of Lowell 147 NORTH CENTER STREET, LOWELL 616-897-4835

### 7:00 pm at the **Lowell Performing Arts Center** Silent Auction begins at 6:00 PM **Concert begins at 7:00 PM** Refreshments Cost is \$5.00 / ticket are FREE Suggested Donation **AN EVENING OF FUN** AND ENTERTAINMENT Select ensembles from members of the **Lowell Area Schools Music Department**

will perform for you





page 4



### Financial "spring cleaning" can brighten your investment picture

The days are getting longer and warmer — a sure indication of the arrival of spring. Another sign of the season may be the urge you get to do some spring cleaning. But you might not have realized that some of the same spring-cleaning techniques that can be used on your home can also apply to your investments and your overall financial strategy.

Here are a few ideas to consider:

• Get rid of "clutter." As you do your spring cleaning, you may well find some clutter — a bunch of items vou no longer need. As an investor, you might look at your portfolio and also find "clutter" in the form of investments that are no longer appropriate for your objectives. For example, perhaps some of them are virtual duplicates of other investments you own, thereby diminishing your potential for diversification. Or maybe some investments are now too risky for your needs. In any case, you may be better off rebalancing your portfolio.

• Get organized. As you clean your home, you might find ways to organize your belongings and furniture more efficiently. And you may also be able to organize your investments more effectively. One possibility: Consider consolidating your investment accounts with one provider. If you have an IRA here, another one there and some other investments scattered about, you may be paying more in fees and commissions than is necessary. By consolidating these investments, you might save money and paperwork — and more importantly, you may find it easier, with all your investments under one "roof," to follow a single, unified investment strategy. "cracks." • Seal

Over time, the grout between your kitchen or bathroom tiles can crack, so you'll need to re-grout to protect your flooring. And you may find that, in looking at your overall financial strategy, your "protection" component — primarily in the form of insurance — might have developed some "cracks" or "chips." Specifically, has your life insurance kept up with changes in your family situation? Events such as marriage, remarriage or the arrival of a new child can all trigger the need to review your life insurance. And you'll also want to make sure you have adequate disability insurance. Consult with a financial professional for information on appropriate protection vehicles.

• *Do* some "dusting." As part of your spring cleaning, you may need to dust furniture, shelves and other surfaces in your home. And if you've been investing for a long time, you may need to metaphorically "dust off" your financial strategy to "freshen it up" to reflect changes in your life. To cite one possibility, as you get close to retirement, you may need to shift some — but certainly not all of your growth-oriented investments into incomeproducing ones. But you may also need to review and revise your financial strategy at other points in your life, such as when you begin saving for your children's college education.

Just as spring cleaning can bring more light into your home, sprucing up your investment picture can help you brighten your financial outlook. And these improvements can help you in all the seasons of your life.



### YOUR BUSINESS COULD BE HERE! SAVE \$\$\$\$ Advertising in this space!!! Only \$1700 PER WEEK!



Find us on Facebook

Check us out online ... f





### Shipping UPS For Over 20 Years!

### Our Rates Are Great! Better Than On-line & Most Competitors! Call To Compare!

When calling in for a price quote we will need to know what is in the package, the weight, dimensions & zip code.

IECGEC 105 N. Broadway, Lowell Ph. 897-9261

HOURS Monday - Thursday 8 a.m. - 5 p.m. Friday 8 a.m. - noon Daily UPS Pickup at 3 p.m. S f Off when you ship with us. Present coupon when paying. Limit 1 coupon per person per day. the lowell Oger 105 N. Broadway, 897-9261 Expires 4/30/14 ledger

# to the editor

### grateful to live in a great community

To the editor,

I often brag about the wonderful community we live in. I've lived here most of my life, volunteer in the community, and encourage others to do the same. It takes all of us to make it the wonderful community it is. I have never been on the receiving end of the community's generous and caring nature until Saturday.

I want to thank the gentlemen that saw the flames coming from our chimney. I am so thankful that you pounded on my door and alerted us of it. I must admit I was in shock before the "mom" mode kicked in and I got all the teenagers out of the house while calling 911.

Bart Olin climbed on my roof and extinguished the flames with snow. What great neighbors we have.

The Lowell Fire Department's response time was very quick.

To everyone out there using their fireplaces and wood burners 24/7 (as we have), please make sure you inspect them regularly, but more importantly get them cleaned and inspected by the professionals yearly.

Sunday was Daylight Saving Time. Did you check your smoke detectors?

I truly appreciate everyone that helped and I'm glad I live in a community that takes care of each other. Because of all of you, we escaped safely and there was only damage to our chimney and not our home.

> Marcia Roth Lowell

### the city needs the truth

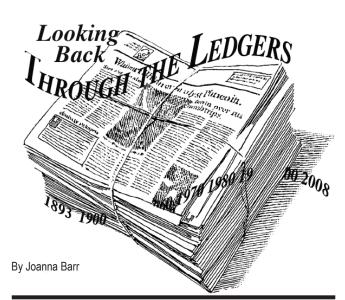
Dear editor,

ew/

If you haven't read the March 12 Letter to the Editor by Alan Teelander, I suggest you do. There were allegations made in the article about how the city of Lowell is being managed. It's very possible that there will be a rebuttal over Mr. Teelander's comments. But it's not a rebuttal the city needs. What the city needs is the truth and that truth should be brought to the forefront by the way of public hearings. Not like the public hearing the city had when constituents were threatened to be removed because they demanded answers, but legitimate public hearings where we can get at the whole truth. I have a question of my own. Did the city council deliberately draw out the negotiations with the union knowing that if they held out long enough that they would have the final say? I suggest the city council should hold public hearings on all the allegations made in the article by Alan Teelander and then some. The city council should acknowledge promptly if they plan on having public hearings. If they don't hold public hearings soon then we can assume that Mr. Teelander's allegations are correct.

oint

Jim Howard Lowell



### 125 years ago Lowell Journal March 20, 1889

After the trial of the Fess Dawson case, the Sentinal gave a report of the motion for a new trial. An affidavit by Fred T. Mason was among the papers submitted and the Journal got the names confused and announced Fred T. Mason as the party convicted of criminal assault. On observing the blunder the Sentinal telephoned the Journal, notifying it of the error and explaining who Mr. Mason was and his relation to the matter. The Journal, in its issue of that day, admitted its error and added that so far as known to it. Mason was a myth, or words to that effect. Being further advised in the matter and that the "correction" was not satisfactory to Mr. Mason, no further reference to it was made. A few days since Attorney John H. Mitchell called at the Journal office and requested that Mr. Mason be righted. His reception was not satisfactory and on Monday Capt. Mitchell began suit against the Journal by summons, placing Mr. Mason's damages at \$10,000 - Ionia Sentinel. Yesterday J. H. Hull and S. Finch were building fence on the line between Mr. Hull's and Mr. Buchanan's land, north of the cemetery. They noticed a spot of earth which had evidently been recently dug over and investigated it, out of curiosity. About two feet down they found the body of a girl baby, which had evidently died at the time of its birth or thereabouts, but how or why remains a mystery. They notified Justice Hunter, who looked over the matter carefully and as there seemed to be no clue to follow, ordered the body buried in the cemetery. A copy of the Evening News of Feb'y 6 was wrapped around the body. To all appearance it had been buried four to five weeks. Mr. Hull remembers having seen buggy tracks into his field about that time and wondered what it meant. There is something which doesn't look exactly right, for if the child was born at the proper time, as appearances indicate and of proper parentage, but still born, its parents wouldn't be very apt to bury it in a back lot in the night time, as this seems to have been.

Lowell needs – more manufacturing enterprises; a city hall and engine house on the "bridge;" a good team of horses to work on the streets and draw the hose wagon to fires; a man to attend the team and have it in readiness at any time in the night; better sidewalks; the ordinance relative to teams driving on and obstructing the walks enforced; more men who are not afraid to invest their money in their own town; and one-half the usual amount of money put on the streets for a year or two and the balance put into the city building above mentioned.

There might be some more arrests for fast driving if the speed of the horses was not limited.

The Lowell Cutter Co.'s new engine, which is a beauty, arrived Friday.

J. C. Train is building a large store house west of his hotel block.

It only cost Allegan \$4,860 last year to keep its tramps and prisoners.

### 100 years ago The Lowell Ledger March 19, 1914

Headline: A new building – U. B. Williams to put up two new stores. Two new store buildings will be built

Prof. F. A. Barbour of Ypsilanti, who delivered two addresses here last Friday before the teachers at the Bi-County Institute, is in a hospital suffering from injuries received when he drove his new automobile into collision with an interurban car.

F. P. Hakes returned Friday from Winona, III., where he purchased a black percheron stallion of the Burgess Stock farm. The horse weighs 2100 lbs. and is three years old this month. He is a handsome animal with many fine points and stock men will be interested in looking him over.

### 75 years ago The Lowell Ledger March 23, 1939

John Callier's biddy lays double duty egg. Freaks in the animal world occur quite often but an egg that was laid by one of the hens in the flock of John Callier of South Boston was unusual. The egg was nearly three times as large as average, the outside shell being very thin. Upon breaking this outer shell it was found that it held the yolk and white, as usual, but also contained an egg of average size enclosed in its own shell.

One of the most hopeful and optimistic outlooks is that picture of a 93-year-old man with his head buried in a seed catalog.

Theron Richmond has purchased from Paul Kellogg the brick block at the corner of Main and Broadway, thus assuring a permanent home for Richmond's Café. It is a fine location.

The new brick block which Frank's bazaar is

by U. B. Williams adjoining the post office building on the east, work to begin Monday and to be completed as soon as possible in thirty days. Each apartment will be 18x50 feet, frame, one story high with gravel roof. On one site of present Macham barbershop will be occupied by Mr. Macham and the other by Naum & Terppa of Ionia for a wholesale and retail confectionary and retail confectionary and ice cream business. Mr. Macham will find temporary quarters in Scotty's lunch and billiard room, while the old shop is torn down and the new one built. The new candy store is to be known as the "Sugar Bowl."

A Lowell man who had a severe cold says he had to submit to having his wife rub some "animal digestion" on his chest, but it didn't smell so very bad after all.

Master John Scott was happily surprised when eight of his boy friends gathered to celebrate his eighth birthday on the eve of St. Patrick's Day. A dainty green and white luncheon was served.

About twenty of the Cheerful Doers enjoyed a sleighride one evening last week to the home of Mr. and Mrs. Seymour Coles in East Lowell. They took their lunch and Mr. and Mrs. Coles served warm sugar.

erecting at the corner of Main and Riverside Dr. is rapidly nearing completion. It is a good location and a fine improvement for the business district.

Columbus Jay and Bud Gaunt report seeing a full grown deer quietly feeding with some cattle Monday afternoon on the Fallasburg Park road.

Fred Ottmar of St. Johns decided his 28-year-old horse wouldn't eat because it had poor teeth, so he hired a man twice to sharpen them up, paying \$1 for each job. When the horse didn't respond to treatment, Ottmar took the animal to a veterinarian at Michigan State College, East Lansing. There he learned the poor old critter just didn't have any teeth!



# anniversaries

Clouser



Frances and Ralph Clouser

Ralph and Fran Clouser of Lowell are still in love and are celebrating their 50th wedding anniversary. They were married March 21, 1964, in Cadillac. They have six children, Kris Parish of Saranac, Kevin (Lisa) Clouser of Lowell, Kim Doyle of Lowell, Kathy (Greg) Zalewski of Caledonia, Kay (Marty) Green of Lowell, and Kurt (Bobbie) Clouser of Grant. They have 21 grandchildren and eight great-grandchildren.



Frances and Ralph Clouser, in 1964

# FAXING First sheet 50¢ each additional sheet



happy birthday!

**MARCH 19** Jeremy Barber, Elmer Czapek, Terry B. Abel, Kimberly Dixon, Sean Ellison, Alberta Ryder.

MARCH 20 John Roudabush, Cody Moore, Denise Fyan.

MARCH 21 Terry Raymor, Ardis Barber, Gary Yeiter, Molly Clark, Steve Kovacs.

MARCH 23 Brian Gabrion, Richard King, Brendan Lally. Caleb Koeppel.





**METHODIST CHURCH** 3189 Snow Ave. SE, Lowell **Pastor Tony Shumaker** .....Sunday School 9:45 A.M. .....Fellowship 10:30 A.M 11:00 A.M.....Worship



MARCH 24 Joe Vezino Jr., Candy Angela Speerstra, Titcombe, Marian

Rutherford.

### MARCH 25

Chris Yeiter, Shirley Carigon, Sari VanKeulen, Andy Quada, Troy Sloan.



**LUTHERAN CHURCH** 10305 Bluewater Highway (Missouri Synod) Halfway between Lowell & Saranac on M-21 www.goodshepherdlowell.org

Worship Service ..Sunday -10:30 A.M. (Nursery available) Sunday School .9:15 A.M

Joseph Fremer, Pastor 897-8307 All facilities are wheelchair accessible

### **CALVARY CHRISTIAN REFORMED CHURCH OF LOWELL**

Pastor Rod Galindo



Force Airman Air Nathan T. Zick graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas.

The airman completed an intensive, eight-week program that included military training in discipline and studies, Air Force core values, physical fitness and basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

Zick is the son of Steve and Darby Zick of Saranac. He is a 2011 graduate of Byron Center High School.

# health

radon and lung cancer

With Drs. Paul Gauthier,

Jim Lang, Wayne A. Christenson III, John G. Meier & Tracy Lixie

Lung cancer is one of the most common types of cancer. Most people are aware that smoking is the biggest risk factor for developing lung cancer. Smoking causes 90 percent of all lung cancer. Few people realize, however, that radon gas exposure is the leading cause of lung cancer in non-smokers.

Radon is a naturally-occurring colorless, odorless gas that is formed from decaying uranium found in soil, rock and water. It occurs naturally in all 50 states, including Michigan. Radon gas levels can be detected almost everywhere. Levels below 4 pCi/L are generally considered safe. Radon levels can sometimes rise above this safe level and build up inside of houses. Homes with basements and sump-pumps are at higher risk for radon accumulation. Homes that are found to have a higher concentration of radon can have a mitigation system installed to vent this outside.

The U.S. Surgeon General and the Environmental Protection Agency both recommend that all homes be tested for radon. A simple test kit can be purchased online or at any hardware store. To learn more about this topic, visit the National Safety Council's website at www.ncs.org and search radon.



page 6

### "ledger

# **Dust off your financial plan**

April is National Financial Literacy Month the perfect time to spring into action when it comes to planning your financial future. If you already have a plan, this is a great opportunity to take another look at it and make sure you're still "on track" to reach your financial goals.

According to a 2013 survey by the Employee Benefit Research Institute, the past few years have seen a sharp decline in Americans' confidence about their retirement savings. Only 13 percent of workers feel very confident about having enough for a comfortable retirement and 28 percent are not at all confident. More than half of workers have less than \$25,000 in total savings and investments. Twenty-eight percent of workers have saved less than \$1,000.

If you haven't begun saving for retirement, now is a good time to start no matter what your age. If retirement is near, you'll want to jump into the fast lane right away. If you're younger and retirement seems a lifetime away, it's still in your best interest to begin saving now. Here's how much the magic of compound interest will work to your advantage. For example, a 25-year old who begins saving \$100 a month and earns a modest five percent interest will have more than \$150,000 at age 65. Save \$200 a month and you're looking at more than \$300,000. Experts agree that saving when you're

young will make a world of difference when the time comes to draw on your retirement savings.

A great way to start figuring out how much you will need for retirement is to use Social Security's online *Retirement Estimator*, which offers an instant and personalized estimate of your future Social Security retirement benefits based on your earnings record. Try it at www.socialsecurity.gov/ estimator.

Get started on planning your future right now at www.socialsecurity.gov.

Vonda VanTil is the public affairs specialist for West Michigan. You can write her c/o Social Security Administration, 3045 Knapp St NE, Grand Rapids, MI 49525 or via email at vonda. vantil@ssa.gov

# Lowell Women's Club welcomes new members



The Lowell Women's Club hosted Kenneth Estelle who spoke on Feeding America, West Michigan Food Bank on March 12 at Schneider Manor. Two new members were welcomed, Stacey Confer and Christa Wetzel. Wetzel was presented with diapers and wipes for Alpha Women's Center Pictured, left to right: Ellen Lietzke and Christa Wetzel.

# Looking Back, continued

Miss Tillie Ive Ben Told says that "Another definition of a Lowell home, is that place where we grumble the most and are treated the best."

### 50 years ago The Lowell Ledger March 19, 1964

Headline: Rare books on display at Jr. High School. What makes a book rare? When the students in the seventh and eight grade literature classes found out the qualities which make books rare, they began searching at home, in libraries and attics. The results were brought to school in boxes and shopping bags and a careful selection was made for a display in the big school showcase. The display, which created much interest from both students and teachers, included volumes of Tom Swift, books by Horatio Alger, jr. and a battered copy of Elsie Dinsmore. These books, which were so popular about half a century ago, are rare, not because they were ever considered to be great literature, but because they are out of print and libraries no longer carry them...Not all rare books are worth a lot of money. Like any other antique items, a buyer must want them before they have monetary value.

Lowell firemen have been kept on the run over the weekend with six grass fires. High wind and careless burning have given the firemen their usual spring workout. The most serious of the grass fires was Monday noon when the DeMull Junk Yard had old cars and portions of the fence burning. The firemen fought the fire for over an hour.

Avery Block, Lowell Police Chief, announced this week that Sargeant Ray Heck has resigned from the local force to join the Kent County Sheriff's department. Steven McCarthy of Lowell has been added to the Lowell police force to bring the unit up to full strength. Sargeant Heck in a communication to the Ledger, paid his highest respects to the Lowell Chief and the members of the force. He also expressed his thanks to the community for allowing him to serve them.

Otto Wisner, Route 3, Lowell, retired Friday the 13th from the Root-Lowell Manufacturing Company on East Main Street. He was honored with a party, given by his fellow workers and employers. Otto had been employed by the local firm for the past 43 years.

Despite the unpredictable weather that has prevailed throughout Michigan during the past several weeks, Mrs. Glenn Gooden, Main Street, reports finding two dwarf pansies in full bloom on March 12. Area thermometers reached a high of 60 degrees on Monday and dropped to 15 degrees on Tuesday.

### 25 years ago The Lowell Ledger March 22, 1989

Headline: Fire station – City council gives project unanimous approval. Plans for a new fire station received unanimous approval from the Lowell City Council at Monday's regular meeting. The new fire and emergency vehicle building will be located south of the Department of Public Works' garage on South Hudson. The building site will require extensive fill, but was selected over other sites because of its proximity to the city's major thoroughfares...The station will feature five drive-thru bays with 14 ft. high doors. Also included are restrooms and a locker room, meeting room, hose drying tower, a small kitchen, a small sleeping area for ambulance personnel, an office for the fire chief and storage areas. Building costs are \$438,300, site costs \$101,900 and soft costs (architectural fee, survey, borings, testing, etc.) \$40,000. Total cost is \$580,200. The building is to be paid off over a five-year period using an elaborate formula which includes the City of Lowell, Lowell Township, Vergennes Township, the Look Fund and the Steelcase Foundation.

Even police cruisers are not immune to spring mud. The fairgrounds were a little soggy this past week. One of Lowell's finest, AI Eckman, found himself stranded in his squad car, looking for help.

By a vote of 3-2, the Helen Daly LOOK Fund board denied the Lowell YMCA's request for start-up funds of \$28,775.50 for a community day care center in Lowell... The Lowell YMCA child care center would offer a wide range of child care services including infant/toddler, preschool and school age full and part time care. Quality programs would include needs assessment, in-depth budget and curriculum planning, child assessment, on-going staff development, and parent development. According to YMCA director Doug Ybema, currently 10 percent of Lowell's community day care needs are being met. "There is not a community day care center in Lowell. There are, however, family day care homes," he says. Ybema added that standards and restrictions for day care homes are not as stringent. "The purpose of the child care center is to provide high quality, accessible child care to families in need, serving those from all backgrounds. A primary role of the YMCA in all of its child care programs is to support and strengthen families," Ybema said.



Get our 3-Bed.



Find Out What The Buzz Is All About Is All About with a subscription to the owel Decoded Call to start your subscription B97-9261



Deborah Wilks, Agent 11827 Fulton St E Lowell, MI 49331 Bus: 616-897-9237 dwilks@deborahwilks.com

### 2-Bath, 4-Door, V-6 discount.



### Put auto and home together for hundreds in savings.

When you have a State Farm<sup>®</sup> car and a State Farm home, get ready to drive around with a big, money-saving State Farm smile. **GET TO A BETTER STATE.** CALL ME TODAY.



1103161.1

State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, Bloomington, IL

# Lowell the Next Place to Be for new businesses to highlight their specialties at the 2014 Expo

While the Lowell Community Expo will be packed with many businesses that the people of Lowell have grown to know and love, Lowell wouldn't be the next place to be without business growth.

The following young businesses will have booths at the expo.

### Nikki Jane's Boutique

If you expect Nikki Jane's Boutique to be the product of two friends named Nikki and Jane, you will be disappointed. The clothing and jewelry store known as Nikki Jane's is the brainchild of Sarah Brown and Jaime Klingler, and it is anything but disappointing.

Nikki Jane's celebrated its grand opening on Feb. 1 of this year. Brown and Klingler worked in retail together prior to opening the store and used their Gap knowledge to search out new and interesting styles for the people of Lowell.

"The Lowell community has been amazing," Brown said.

Nikki Jane's provides great fashion at an affordable cost, keeping locals from making long trips into Grand

Rapids in order to keep up with trends. Expect a variety of products at their booth for all ages and fits.

### **Red Barn Market**

Barb Roth is the owner of the yet-to-be-unveiled produce market and ice cream shop called Red Barn Market. While this shop does not open until April and won't hold their grand opening until closer to Memorial Day, they are sure to make an impression at the Community Expo with apples and coupons for \$1 off the first visit.

Though Red Barn Market is new to the community, Roth is anything but new to the produce business. At Core Farms, Roth and her family have been growing apples for over 100 years. Her children mark the fifth generation of apple-growers in the family.

"We're looking forward to getting some exposure," Roth said.

### **Goldfish Swimschool**

Goldfish Swimschool is a highly successful educational facility reaching throughout the Midwest

which was started in Southeast Michigan. The Cascade location at 2845 Thornhills Avenue is owned by Grand Rapids' residents Matt and Kendra Watson and Will and Sarah Alberts.

Goldfish teaches swimming with classes for children from four months to 12 years old and occasionally older. Children get weekly lessons at their own pace where they are challenged along the three steps of learning to have fun, building confidence and gaining technique. There is no passing or failing and no time frame, so instruction is catered toward the individual.

Though located outside of Lowell, Goldfish has many swimmers and employees from the Lowell area. Watson believes that children shouldn't be denied swim education simply because of a lack of pools.

"Lowell has been an area that has really supported us," Watson said.

The Goldfish booth will have information about classes and a raffle for lesson packages and swim-related items.

# **Greenridge Realty a part of Lowell for 25 years**

Greenridge Realty, Inc. has been located in Lowell for 25 years and remains the only full-service real estate company in the community.

Greenridge is the leading independent residential real estate broker in West Michigan. In addition, Greenridge is consistently one of the Top 100 recognized Power Brokers in the nation, as ranked by RIS Media. In 2013, Greenridge Realty was ranked 93rd in America with over 4,700 transaction sides and nearly \$560,000,000 in closed real estate sides.

Since its inception in 1980, Greenridge has maintained its pledge to offer the finest in professional real estate services. Greenridge was founded on purposeful dedication to providing innovative,



~At the Expo all 18 years! ~In Lowell 25 Years!

Visit our booth.. -Our free delicious cookies have returned! -Take the **Greenridge Quiz! Win Prizes!** 



to providing innovative,

w/WG dinner roll, seaonsed broccoli (served at Alto, Cherry Creek & Murray Lake), (seasoned corn served at Bushnell), fruit & veggie bar: spinach & romaine side salad, celery sticks, (baby carrots served at Bushnell), applesauce, pears.

**TUES:** Beef & cheese nacho, refried beans, fruit & veggie bar: spinach & romaine side salad, red pepper strips, banana, dependable, high quality real estate services to buyers and sellers. believing there is no substitute for integrity, professional skill and hard work.

The growth of Greenridge is testimony to their unparalleled excellence. Today, Greenridge Realty serves the greater West Michigan area with 23 offices and nearly 350 agents. Greenridge sales associates set the standard for training, relocation, technical and marketing innovations; and industry leadership roles and awards are no substitute for integrity, professional skill, and hard work.

Greenridge understands the importance of being a good corporate citizen and as a result, they established the Greenridge Dream Team Foundation in October of 1999. Contributions to the Dream Team go to Make-A-Wish Michigan® to fund the wishes of children who are suffering from life threatening illnesses. Greenridge expects to fund their 100th wish in 2014. Greenridge agents and offices both contribute to the Greenridge Dream Team.



## GREENRIDGE Realty, Inc.

hin hin

MMUNITY

See us at booths 39 & 40

1160 West Main St., Lowell, MI 49331 616-897-9239 www.GreenridgeLowell.com

mixed fruit.

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

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

FRI: Tony's 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, baby carrots, pineapple, juice.

### SERVICE BUSINESS



**OWNER RETIRING** Servicing Ada, Lowell, Saranac & surrounding areas. Will divide.

# 616-446-5909

### "\_\_\_\_edger\_

# Expo sponsors hope to build business opportunities

While the Lowell Community Expo wouldn't be much fun without the many small businesses of Lowell, there are a couple of businesses without whom the expo literally would not be possible.

The following businesses are among those who have done the lion's share of work to get the 2014 expo off the ground.

### **Arrowhead Golf Course**

One benefit of being the chairman of the Community Expo is that Josh Bruwer has been able to create buzz for his business Arrowhead Golf Course, which he describes as a combination of quality and value.

For Bruwer, the key to running a successful golf course is making each hole a unique and memorable occasion. The two newest holes, for example, are comparable to Northern courses with multiple elevation changes and wooded areas.



Many people think that those who own golf courses just hang out and play golf all day, but this is not the case. In fact, Bruwer's journey with Arrowhead has been anything but easy. He took over the family business after late-90s predictions of a boom in golfing with the retirement of the baby boomer generation oversaturatingthe market with new courses. Bruwer's father had worked another job while he owned the course and couldn't dedicate himself full time to its needs.

"A lot of folks tried to talk me out of it," Bruwer said.

Bruwer modernized the golf course with new equipment and irrigation. After dedicating his life to making the family business a success, he has decided to bring this same attitude to the Lowell Expo.

"If you don't put your all into your business, next thing you know your product is subpar," Bruwer said. "No pun intended."



### Arctic Heating and Cooling

Evert and Catharina Bek are one of the most highly celebrated couples in Lowell. After 30 years in business, they are still heavily involved in the day-today workings of Arctic Heating and Cooling, enough so to win them one of the most coveted awards at the 2013 Chamber of Commerce Annual Winter Gathering.

While Arctic does a lot of work with furnaces and air-conditioning, these veterans have also dedicated themselves to advancements in green technology, such as geo-thermal and high-efficiency equipment.

"We try to stay up with what's going on in the industry," Catharina Bek said.

After husband Evert moved to the United States from the Netherlands in 1977 he got into commercial contracting in heating and cooling. This led him to consider opening his own business.

"That's the only thing he's ever known," said Bek.

The Everts have been at every Lowell Expo since the very first. This year they plan to display geo-thermal units, furnaces and air-conditioning units. "The community - Lowell, Forest Hills, East Grand Rapids, Ada - has been very good to us over the years," Bek said.

Though there is not much for a heating company to hand out at an expo, the Beks hope to use the opportunity afforded them to keep building business. When asked if they ever plan on retiring, she explained that their son-in-law would have no problem running the family business, but they were nowhere near ready to stop.

### **Mercantile Bank**

Mercantile Bank of Michigan is a locally-owned subsidiary of Mercantile Bank Corporation with seven offices in Grand Rapids, Holland and Lansing. After the completion of their merger with Firstbank, there will be even more locations to visit, including one right here in Lowell.



Though Mercantile Bank will not have a booth at this year's expo, the event itself owes to their generous sponsorship.

The merger of Mercantile, Firstbank, and Keystone banks, described as "a true merger of equals," will be finalized in the second quarter of this year, after which Mercantile's dedication to cutting edge technology and customer service will be felt throughout Lowell.





# GET A LOCAL PERSPECTIVE ON SHOPS & SERVICES

From community developments to a look at rising stars on the local business, dining, sports and entertainment scenes, The Lowell Ledger has it all!



616-897-9261 • ledger@lowellbuyersguide.com

# Visit us at Booth 138 Market 16@HeatingCoolingOnline.com Market 16@HeatingCoolingOnline.com

Sales, service and installation. Established in 1983. Licensed and insured.

# Livestrong program offered by Gilda's and YMCA

### by Kathryn Atwood contributing reporter

Gilda's Club and the YMCA of Lowell will soon be commencing the first of four twelve-week sessions of LIVESTRONG at the YMCA, a program designed to address the physical and emotional health of cancer survivors.

The program, generously funded for one year by the Lowell Area Community Fund, meets twice weekly at the Lowell YMCA where participants are guided and supervised by expert trainers in developing and executing a physical fitness routine that fits their capabilities. Representatives from Gilda's Club also offer educational pieces and provide resources to the survivors in an effort to promote emotional well being during the cancer recovery process.

Six community members, each in different

stages of their recovery, took part in the inaugural session. Class size is purposefully kept minimal to ensure superior one-on-one attention. Participant Liz Pratt, wife of Lowell Area Schools' superintendent Greg Pratt and mother of two sons, thinks that the small class size also adds to the welcoming atmosphere of the program. "It is nice to come here because it is the same people each time and you get to know them all so it is very relaxed and open," commented Pratt.

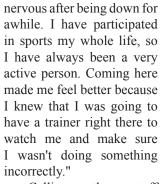
Pratt's cancer journey began when she discovered a lump in her breast in 2012 during a life saving self-breast exam. The growth had previously gone undetected despite her health conscious practices, "In all the years previous, since I was 18, I had gone in and had yearly physicals and it was never detected by the mammogram." After doctors proved the lump to be cancerous she underwent a double mastectomy and had several lymph nodes removed in order to rid her body of the disease.

Pratt said she was a bit apprehensive about joining the group and getting back into the gym after being advised by doctors to refrain during her recovery, "I was excited but I was also

Fellow participant Tabora Bellomy echoes Pratt's enthusiasm for the program saying it has been one of the key factors in rebuilding her self-esteem and feeling like herself



LIVESTRONG participants: Tabora Bellomy, Liz Pratt and Dan Nugent take on the treadmill during their customized workout session.



Calling the staff both motivating and friendly, Pratt regards the experience as a positive one, "Everybody is here to work on their own goals and to encourage others, which is wonderful."



again. "The people that I have met here in my group have offered me a lot of encouragement," Bellomy said.

Bellomy joined the group LIVESTRONG just as her chemotherapy treatments came to an end. Her battle with breast cancer began just last summer when discrepancies were found in her mammogram. The stage one growth was caught early and removed with a lumpectomy. Bellomy, a 1986 Lowell graduate and mother of four, has ongoing radiation treatments as she continues to fight the disease.

One of the many highlights of the program for Bellomy has been the introduction of yoga into her health repertoire. "I really like yoga. My legs feel stronger and my core seems to be stronger," she said after joking about her lack of balance and coordination. "I have enjoyed it, I really have," Bellomy said of her LIVESTRONG experience, "I am kind of sad that it is coming to an end."

Participant Dan Nugent has already passed on his LIVESTRONG torch by recommending the program to a friend currently battling both pancreatic and bladder cancer. The friend is now signed up for the second session of the class. "It has been a good program. It is very well-structured," said Nugent, a 1969 Lowell graduate who has been supported throughout his cancer journey by his high school sweetheart turned wife, Barb.

In May of 2012 Nugent underwent a bone marrow transplant in an effort to beat myelodysplastic syndrome, a form of leukemia. He unfortunately says that his road to recovery has been longer than expected, "It has been a long slow road. It knocks you down quite a ways. I lost over 100 pounds."

Nugent originally anticipated being back to work, at a local welding supply company, within nine months of the procedure but has not recovered as quickly as his doctors expected. "It has been two years and I am still fighting immune deficiencies," he said. Adding that though it was difficult some days to find the motivation to hit the gym, he was always glad he did afterwards. "It has been quite enjoyable to get out and exercise, you just feel stronger," added Nugent.

The second session of LIVESTRONG begins in mid-April. The program is free of charge for participants and meets on Tuesday and Thursday mornings. Those interested in participating are invited to stop by the YMCA or to call (616) 855-9570 to learn more.



3/26 at 4:15 p.m. Forest Hills Eastern\* 4/1 at 4:15 p.m. Grandville 4/2 at 4 p.m. Wyoming

### **BOYS' VARSITY GOLF**

\* Denotes a meet at Deer Run Golf Course 4/15 at 12:30 p.m. Kent County Classic at Highlands Golf Club

### **GIRLS' VARSITY LACROSSE**

\* Denotes a game at Red Arrow Memorial Stadium 3/24 at 7 p.m. Northview\* 3/26 at 7 p.m. Grand Haven 3/31 at 7 p.m. Hudsonville\* (at Burch Field) 4/2 at 7 p.m. GR Christian\* (at Burch Field)

### **BOYS' VARSITY LACROSSE**

\* Denotes a game at Red Arrow Memorial Stadium 3/25 at 7:30 p.m. Grandville 3/28 at 7:15 p.m. Kalamazoo Central 4/1 at 7:15 p.m. Holland Christian\*

### **GIRLS' VARSITY SOCCER**

\* Denotes a game at Red Arrow Memorial Stadium 3/28 at 6:45 p.m. Lansing Christian\* 3/31 at 6:45 p.m. Greenville\* 4/2 at 6:45 p.m. Byron Center\*



# Lowell Odyssey of the Mind teams compete at regional tournament

Where can you go to see teams that have built their own vehicle to complete a driver's test; take a visit to a prehistoric art festival; create a haunted house with illusions that are meant to frighten - but cause a different reaction and build a structure using only balsa wood and glue that is integrated into an artistic representation of Earth? They are all parts of solutions to problems used by Lowell Odyssey of the Mind teams at the region 13 competition in Greenville. Lowell was represented by six teams made up of students from all four elementary schools and the middle school.

First-time parent, Mandi Foreman said, "The whole experience has been absolutely wonderful! OM gives my daughter the opportunity to be creative and think outside the box. It also has eliminated any misconceptions/stereotypes she may have had and has taught her that girls can do hands-on projects and build things. It was great to see the older kids at the tournament enjoying OM and witnessing the things the kids come up with as their skill levels advance. I have noticed my daughter's confidence grow in leaps and bounds. She has ideas and is not afraid to voice them."

The teams competed by presenting their solutions to a problem they have been solving since early their solutions were and how well they worked together as a team.

Clinching a first-place finish and qualifying for the State Finals tournament was the Division 1 and 2 "Stackable Structure"



The Lowell Middle School "Not So Haunted House" team performing their long-term performance, are pictured, left to right: Abigail Kastanek, Abby Davis, Kate Florian and missing from photo are Emily Lothian and Leah Bredwell.

in the school year, as well teams as solving a problem that Lake was unknown to them until Lowel one minute before they had Their to solve the problem. The them teams are scored by how a str well their solutions solved balsa the problem, how creative was m

teams from Murray Lake Elementary and Lowell Middle School. Their problem required them to design and build a structure using only balsa wood and glue that was made up of separate



The primary division team of students from Bushnell, Cherry Creek and Murray Lake elementary schools ready to perform their long-term performance about "The World's First Art Festival," are pictured, left to right: Nicholas Lothian, Hope Kanouse, Eleanor Westbrook, Noah Schwab, Gray Butler and Ania Fleszar.

components stacked on top of one another. The more components used to make up the structure, the higher the score. These components were tested by balancing and supporting weights after they were stacked to form a structure.

Also advancing to the State Finals was the Division 1 "Driver's Test" team from Murray Lake Elementary. This team's problem was to design and build a vehicle that was driven by a student driver character taking a driving test. The vehicle attempted to complete tasks and travel using different propulsion systems.

The "Not So Haunted House" team represented by Lowell Middle School placed first in their problem and division for their spontaneous portion and the "Not So Haunted House" team represented by Murray Lake and Cherry Creek Elementary placed sixth out of 14 teams in their problem and division. The complete list of scores can be found online at www.miodyssey. net under the region 13 competition page.

The State Finals competition will be held March 29 in Traverse City. Teams that do well at the state competition will be invited to compete at the World Finals competition May 28-31 at Iowa State University. The Odyssey of the Mind program fosters creative thinking and problem-solving skills among kindergarten through college level students from around the world. New teams will be forming in the fall if you have a student that may be interested in participating. Watch for information at your school building in the fall.

Sunshine Week: What does that mean and why does it matter?

by Mike MacLaren Michigan Press Association Executive Director

The answer lies at the end of the Gettysburg Address: "...that government of the people, by the people, for the people shall not perish from the earth."

It's our government and we have the right to know what it's doing. Michigan's "Sunshine Laws" – the Freedom of Information Act (FOIA) and Open Meetings Act (OMA) -- protect that FOIA ensures that parents can review the qualifications of teachers in their school system so they know that qualified teachers are being hired without regard to race or gender.

FOIA ensures that the police blotter is always available so that citizens can be warned that car thefts are occurring in their neighborhood.

FOIA ensures access to applications for government

can see that only qualified entities are obtaining taxpayer dollars.

Sunshine laws are about accountability. They can help spot wrongdoing and weaknesses, but they can also provide us with information to improve our neighborhoods, our schools and our society. FOIA and OMA are critical in government of the people, by the people and for the people the following paragraph: "It is the public policy of this state that all persons, except those persons incarcerated in state or local correctional facilities, are entitled to full and complete information regarding the affairs of government and the official acts of those who represent them as public officials and public employees, consistent with this act. The people shall be informed so that **GRATTAN TOWNSHIP** Regular Meeting 10:00 a.m. Synopsis of Minutes February 24, 2014

Motions Approved:

Application for Springtime Road Bond for water hauling

Our next Township Meeting will be April 14, 2014 at 10:00 a.m.

The approved minutes may be reviewed on our website at www.grattantownship.org

right for "all persons" in Michigan. For example:

benefits so that citizens Michigan's Freedom of Information Act opens with

Sunshine Week, continued, page 12

# **SPORTS REPORTER NEEDED**

The Lowell Ledger is looking for a stringer to cover Lowell High School sports. Opportunity to earn some extra cash doing something you enjoy! Photography experience a plus but not necessary. Along with your name, address and contact information, applicants should send writing examples to: The Lowell Ledger

P.O. Box 128 Lowell, MI 49331

or email: ledger@lowellbuyersguide.com • In subject line "Sports Reporter"

### wednesday • march • 19 • 2014

### obituaries

### KOWALCZYK

George A. Kowalczyk, aged 73, of Alto, died unexpectedly on Wednesday, February 12, 2014, at his home. He is survived by his wife of 49 years, Sandy;

his children and grandchildren, Karen and Brian Hendrick and their children. Douglas Meghan, Thomas; Doug and Kelly Kowalcyzk and their daughter, Audrey; one brother and his sister Mary Lou (Chris) Smith; brother-in-law Richard (Barbara) Rose; and several nieces and nephews. He was preceded in death by his parents, George and Marian



Kowalcyzk; his in-laws, Carl and Eleanor Kropf; and his brother-in-law, Kenneth R. Kropf. George retired from Spartan stores after nearly 30 years. A Celebration Party of George's life was held Saturday at Bowne Center United Methodist Church. Burial at Bowne Township Cemetery. The family requests that memorial contributions be given to the Alto Fire Department. ledger

### NELSON

Dolores 'Lori' Nelson, age 56 of Lowell, formerly of Brookfield, IL; passed away February 24, 2014. Lori was the beloved wife of Paul R.; dear sister of Mary Therese (Charles) McGaughan, Margaret (Stephen) Benson, Eileen (Rob) Kleps, Kathleen (Mark) Vuolo, Tom (Tim Flesch) Gull

and the late Edmund Gull; dear sisterin-law of (Gary) Joan Kemper and Janet (Patrick) Blaney and the late Eric Nelson; fond aunt and great-aunt of many; devoted daughter of the late Edmund



and Eileen Gull. A memorial service will be held 1:00 p.m. Saturday, March 22nd at Roth-Gerst Chapel, 305 N. Hudson, Lowell MI. Visitation with friends and relatives 11:30 - 1 p.m. also at the chapel. Memorial contributions may be made to the Flat River Outreach Ministries, Attn: Treasurer, 11535 Fulton St. E., Lowell, MI 49331.



# Sunshine Week, continued

they may fully participate in the democratic process."

The last sentence of that paragraph fully defines the importance of open government at every level in Michigan. Unfortunately, over the almost 40 years the Freedom of Information and Open Meetings laws have existed they have been eroded and in some cases ignored by government officials.

Sunshine Week (March 16-22, 2014) is a nationwide effort to raise awareness

of these laws for Michigan citizens and elected officials. It is crucial to a well-run governmental unit in a democracy that citizens are aware of what it going on with everything from their tax dollars to the property in their community...and things in between like schools and economic development efforts.

In the last few years legislators have been made aware of problems in the way current laws are executed and to that end Representative Tom McMillin (R-Rochester) and Representative Mike Shirkey (R-Clarklake) have introduced bills to address some of the bigger issues.

McMillan has sponsored and held hearings on HB 4314 which would establish Government Open an Commission that would serve as a body that could hear appeals on FOIA issues and prevent citizens and local governments from having to pay attorneys and court costs. Rep. Shirkey has introduced HB 4001, which would form a consistent fee structure that will in

most cases lower the costs of getting a FOIA request filled and will also provide some enforcement tools to urge compliance with the times for filling a request prescribed in current law.

The Michigan Press Association supports these bills. We also feel that adding additional language to HB 4314 that would provide for education of government officials on transparency laws would be very beneficial to Michigan citizens. This is especially true in the era of term limits when change occurs often in every level of government.

### LOWELL CHARTER TOWNSHIP PUBLIC HEARING

**PLEASE TAKE NOTICE** that the Lowell Charter Township Zoning Board of Appeals will hold a public hearing on

# Don't stress over fraud

April is Stress Awareness Month, but one thing that should never cause you stress is doing business with Social Security.

However, if you fall victim to fraud, it can really stress you out, not to mention damage your credit score and wallet. We encourage you to be cautious of suspicious email, letters, and phone calls or any time someone asks for your personal information.

Generally, Social Security will *not* call or email you and ask for your personal information, such as your Social Security number or banking information. If someone contacts you and asks for this kind of information and claims to be from Social Security, do not give out your personal information without first contacting us to verify the validity of the request. It could be an identity thief phishing for your personal information. Contact our toll-free number at 1-800-772-1213 (TTY 1-800-325-0778).

Report suspicious calls to our Fraud Hotline at 1-800-269-0271 or online at http://oig.ssa.gov using the "Fraud, Waste, and Abuse" link. When making a report, please include as many of the following details as possible:

The alleged suspect(s) and victim(s) names, addresses, phone numbers, dates of birth, and Social Security numbers;

Description of the fraud and the location where the fraud took place;

When and how the fraud was committed;

Why the person committed the fraud (if known); and Who else has knowledge of the potential violation.

Identity theft is one of the fastest-growing crimes in America. If you or anyone you know has been the victim of identity theft, you should contact the Federal Trade Commission at www.idtheft.gov, or call 1-877-IDTHEFT (1-877-438-4338); TTY 1-866-653-4261.

Learn more about identity theft and misleading advertising by reading our publications on the subjects at www.socialsecurity.gov/pubs. You may have enough stress already. Don't get stressed over fraud.

Vonda VanTil is the public affairs specialist for West Michigan. You can write her c/o Social Security Administration, 3045 Knapp St NE, Grand Rapids, MI 49525 or via email at vonda.vantil@ssa.gov



East Main Street, Lowell for the purpose of receiving comments from the public on the following:

**CITY OF** 

LOWELL

PUBLIC HEARING

The Lowell City Planning commission -

Citizen Advisory Committee will conduct a

public hearing on Monday, April 14, 2014

at 7:00 p.m. at the Lowell City Hall

Council Chambers, Second Floor, 301

To consider a Special Use Permit request from James Reagan, who wishes to establish an apartment in the top floor of 211 1/2 West Main Street. Since the property is zoned Central Business (C-2), a Special Use Permit is required.

Interested persons may submit written comments or appear in person at City Hall, 301 East Main Street, Lowell, MI 49331.



### WEDNESDAY, APRIL 9, 2014

at 7:00 p.m. at the Lowell Township Hall, 2910 Alden Nash, SE, Lowell, MI 49331.

Case Weston has made application for a variance from the Bulk Table of Regulations of the Lowell Charter Township Zoning Ordinance to allow for an 8 foot side yard setback, where 25 feet is required, for a garage on property located at 1215 Montcalm Avenue, Lowell, MI, Permanent Parcel No. 41-20-01-200-029.

The required annual meeting will be held following the public hearing.

The application is available for review at the Township Hall during regular office hours on Monday, Tuesday, and Thursday.

Linda S. Regan, Clerk

-	<i>'</i> ``	)	-	1	• •		1	<i>'</i> ``				
Т	Ι	L	D	Е	С	R	Т	G	Е	Ν	R	Е
Α	D	0	S		Α	В	А	Е	D	Е	М	А

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

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

# classifieds

### for sale

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

### HIGH EFFICIENCY CLAS-

SIC - Outdoor Wood Furnace from Central Boiler. 25 year warranty. 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.TEN

ELEVEN CAROL BUR-NETT DVDS - 2-3 hours each, no commercials, \$100. Call 897-9792.

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

2000 CHEVY SILVERADO 1500 - extended cab, short bed, \$4,100, 142,500 miles, V8 4.8 liter engine, 2 wheel drive, four door, running boards, air conditioning, towing package, power windows/locks. 616-516-1345.

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

11.5 WOODED ACRES IN LOWELL FOR SALE -Perfect for your new home. Deer, turkey & wildlife yet conveniently located near bike trail & town. \$84,500. Call 269-519-9493.

FRY DADDY'S - Sunday/Monday, March 23/24 - Pollock Basket for just \$4.99. 608 W. Main Street, Lowell.

TWIN BED - Mattress, box spring & frame, (Sealy),

### help wanted

NOW HIRING - and training for career positions with West Michigan's leading real estate company. Call Rick Seese, Greenridge Realty, Inc. for a confidential interview. 616-437-2576 or 616-974-4250.TEN

DRIVING ROUTE CAR-**RIER NEEDED - for deliv**ering the Buyers Guide on Saturdays. Please apply in person, 105 N. Broadway, Lowell. No phone calls please.

SPORTS REPORTER NEEDED - The Lowell Ledger is looking for a stringer to cover LHS sports. Opportunity to earn some extra cash doing something you enjoy! Photography experience a plus but not necessary. Along with your name, address & contact information, applicants should send writing examples to: The Lowell Ledger, PO Box 128, Lowell, MI 49331 or email to: ledger@lowellbuyers guide.com, please put sports reporter in the subject line.

**GENERAL LIGHTING LA-**BORER - A local lighting maintenance company is in need of hard working employees. The positions will require significant amounts of travel & working in a team environment. If you are interested in the opportunity, please call 642-9853 ext. 108, ask for Mike.

**CENA'S NEEDED - Laurel** Health Care Co. is a national provider of skilled nursing, sub-acute & assisted living services. The Laurels of Kent, a 153-bed faciliity has an opportunity for CENAs. We offer competitive salary, great working environment w/supportive staff & excellent benefit package, including 1 week vacation after 6 mos. If you have a caring attitude & enjoy working in a fast-paced environment, then Laurels may be the place for you. We currently have FT 2nd shift CENA positions available. Submit an application to the attention of Terrie Kerschen, RN DON online at www.laurelhealth.com or in person at 350 N. Center St., Lowell.

WANTED INDEPENDENT

### help wanted

**REGISTERED NURSES** NEEDED - Shift Supervisor and Navigator Nurse. Laurel Health Care Company is a national provider of skilled nursing, sub-acute, and assisted living services. The Laurels of Kent is a 153 bed facility. We offer a competitive salary, a great working environment, and an excellent benefit package. We currently have a part-time 2nd shift Supervisor position, as well as a full-time 2nd shift Nurse Navigator position available. Interested and qualified applicants are encouraged to complete and submit an application to the attention of Terrie Kerschen, RN DON online at www.laurelhealth.com or in person at 350 N. Center St., Lowell, MI 49331..

### for rent

WE DO BUSINESS IN AC-CORDANCE 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).

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

HALL FOR RENT - Lowell Veteran's Center, 3100 Alden Nash. Newly remodeled, smoke-free, private, great location & great rate! www.VFW8303.org.FREE All Vets Coffee Hour at the center the 3rd Thursday of each month. Bring a friend. Call John at 299-0486 or 897-8303.TFN

### services

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

SHIP YOUR UPS PACK-AGES 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, 897-9261.

GLOBAL DISCOUNT GA-RAGE DOORS - Spring repairs, electric openers replaced & repaired. Free estimates. Lowest prices guaranteed. Call 616-334-3574.TEN

•••••

QUICKBOOKS, & AC-**COUNTING SERVICE** - by certified Quickbooks advisor. Call Kathy 897-0686.TFN

services

TAXES, PAYROLL,

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

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

### sales

page 13

ESTATE SALE - March 20-23 (Thur.-Sun.) 9 a.m.- 6 p.m., 242 S. Hudson, Lowell (near 4-H fairgrounds) Antiques: Hoosier cabinet, cream separator, oil lamps, victrola, Zenith radio, large old trunk, old dolls. Camel back sofa, wing back chair, bedroom suite, patio set. Sewing machine, bread maker, rotisserie, boxed flatware, lots of glassware & much more.

ANTIQUE REPURPOSED SHOW - Barry County Expo Center, Sat., March 29, 10 a.m. to 5 p.m., Sun., March 30, 10 a.m. to 3 p.m. Located right on M-37 just 20 minutes south of M-6, just past Middleville. \$4 admission.

.....

**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 sub-mitted by fax: 897-4809, email: classifieds@lowellbuyersguide. com, by mail: PO Box 128, Lowell, MI 49331 or in person: 105 N. Broadway, Lowell.

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

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.

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

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

'live' from the www.wlhsradio.org internet radio website.

FIT CLUB - Every Tues. at 9 a.m., Clarksville Area Library, 130 S. Main, Clarksville. 616-693-1001.

### FREE SENIOR PANCAKE BREAKFAST - Every third Wed. from 7:30 - 9:30 a.m. at Laurels of Kent, 350 N. Center St. RSVP 897-8473.

VERGENNES CLUB MEETS - at 1 p.m. on the first Thursday of the month March thru Nov. Meeting at Schneider Manor Community Room. Program & refreshments. Guests welcome.

CARVING CLUB - meets 2nd & 4th Thursdays from 6:30-8:30 p.m. at LowellArts! New members welcomed. Call for information, 616-752-0096.

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

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.

FRIDAY FUN - Every Friday, 11-11:45 a.m. Enjoy stories, songs, rhymes, games & a simple craft. For 3-5 year olds. Alvah N. Belding Library, 302 E. Main, Belding. 616-794-1450.

Club - Lowell Clubhouse, 314 S. Hudson, Lowell.

STORYTIME - Wednesdays, 11 a.m., children 0-18 mos.; Fridays, 10 a.m., children 18-36 mos.; Fridays, 11 a.m., children 3-5 years. Books, rhymes. songs & crafts at Alvah N Belding Library, 302 E. Main St., Belding, 616-794-1450. www. belding. michlibrary.org

KNITTING GROUP - March 25, 10 a.m. - noon at the Village Hall. Clarksville Area Library, 130 S. Main, Clarksville, 616-693-1001.

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.

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.

TECH CLASS - March 27, 1-4 p.m. By appointment. Clarksville Area Library, 130 S. Main, Clarksville, 616-693-1001.

LOWELL ROTARY CLUB - meets each Wednesday at noon at Lowell City Hall. New members welcome.

COOKIES, COFFEE & CON-VERSATION - March 26, 6:30 p.m. Clarksville Area Library, 130 S. Main, Clarksville, 616-693-1001.

\$85 complete. Hammond Wholesale, 320 W. Main St., Carson City, 989-584-1600. See us on Facebook.

ALWAYS LOOKING FOR SOMETHING TO WRITE ON? - We have scratch pads available for \$1.50 per lb. at the Lowell Ledger.

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

### wanted

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

**DISTRIBUTORS - Press** carriers, Lowell area. Reliable transportation required. Contact Paul at 616-541-0564 or Brian at 616-541-0563.

LOWELL BUSINESS LOOKING FOR TEMPO-RARY PART-TIME - help making sales calls. Experience with computer programs helpful. Daytime hours vary. Call 987-4444.

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, would require 1 weekend shift per week. Alto area. E-mail resume/inquires to: animalcaregivers@ou tlook.com or 868-7382.

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

### misc.

WOMEN'SINTERDENOM-INATION LYDIA PRAYER MINISTRIES CELEBRA-TION - sponsored by Evergreen Missionary Church. The speaker is Patsy Lewis of Titus Women's Ministries. To register go to reneelavere@gmail.com by March 29.

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

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

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

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 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.

NEW STORY TIME AT FROM - first Wed. of every month, 6-7 p.m. at FROM, 11535 E. Fulton, Lowell.

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

WOMEN FOR SOBRIETY - meets every Monday, 7-8 p.m. at Bowne Center United Methodist Church, fellowship hall, 12051 84th St., corner of Alden Nash. Call Sue at 868-6219 or www.womenforsobriety.org

KIDSTALK-CANCERORGRIEF - 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

ADULT PROGRAM - Topic Alzheimer's, resources for patients & caregivers," presented by Craig Stevens, Commission on Aging. March 27, 6:30 p.m. Saranac Public Library, 61 Bridge St., Saranac. 616-642-9146.

MOMS IN TOUCH INTERNA-TIONAL - 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 missykooistra@gmail.com with any questions.

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 School students participate in chess tournament

Fourteen Lowell Area School students participated at the chess tournament, held at Thornapple/Kellogg

School on Sat., March 15. Out of 175 students from over 15 school districts, 11 Lowell Middle School



Sixth grade, back row, left to right: Noah Hayden, Koby O'Strander and Ian O'Strander; front row, left to right: Bradley Baas, Brandon Baker, and Brecken Pawloski.



Eighth grade, left to right: Brianna Roest, Mitchell Haff, and Hunter Krzysik.

(LMS) chess club students, two Murray Lake Elementary (MLE) students, fifth grader William and third grader Patrick deVoest and one fifth-grade student, Lauren Haff from Cherry Creek Elementary (CCE) played in the all-day tournament. Each student played five chess matches from computer shuffled pairings in their age group. Lowell students who placed in the tournament were Patrick deVoest, first place, third grade, MLE; William deVoest, runnerup, fifth grade, MLE; Koby O'Strander, runner-up, sixth grade, LMS; Ian O'Strander, runner-up, sixth grade, LMS; Bradley Baas, first place, sixth grade, LMS; Brandon Baker, first place, sixth grade, LMS; Brecken Pawloski, runner-up, sixth grade, LMS; Ryan Roest,

runner-up, seventh grade, LMS; Nathan Roest, runnerup, seventh grade, LMS; Brianna Roest, runner-up, eighth grade, LMS; Mitchell Haff, first place, eighth grade, LMS; and Hunter Krzysik, runner-up, eighth grade, LMS.



Seventh grade, left to right: Ryan Roest and Nathan Roest.



Patrick deVoest, Murray Lake third grader, took first place.



Kathryn Denhouter Ph.D.

I feel so anxious! I wonder if it is normal or if it's over the top? Should I be this anxious? Many of us ask these questions daily and sometimes even hourly. What is this feeling that follows us around? Anxiety in adults takes the form of worry, rumination, fear, physical discomfort, tension and irritability. This can result in using substances to numb the feelings and/or overeating and often results in difficulties with getting to sleep. In children, because they have difficulty identifying their feelings, it takes the form of acting out, defiance or angry outbursts.

When does anxiety become a problem? In children, it becomes a problem when it interrupts the three main "jobs" of childhood: to learn, to make friends and to have fun. Similarly, in adults, anxiety becomes a problem when it keeps us from successfully holding a job, being able to sustain friendships and makes it hard to relax and have fun.

There is normal anxiety and problem anxiety in both children and adults. It becomes problematic when we encounter major life events such as a loss of friends, a major move, pressures at home or school, divorce, death or illness. Aureen Wagner, Ph.D in her book "Worried No More" presents indicators of normal and problem anxiety. Normal anxiety is: reasonable, productive, manageable, mobilizing, specific, time-limited and age appropriate. Problem anxiety is: excessive, detrimental, uncontrollable, paralyzing, pervasive, chronic, and age-mismatched.

In the subsequent months, there will be articles addressing the many aspects of anxiety. These topics will include: 1.) Separation Anxiety, 2.) Generalized Anxiety, 3.) Social Anxiety, 4.) OCD, 5.) PTSD, 6.) Panic Disorder, 7.) Body Dysmorphic Disorder, 8.) The Causes and Triggers of Anxiety, 9.) Medications for Anxiety, 10.) What Parents Can Do To Help Their Children With Anxiety, and 11.) Challenges on the Road to Recovery.

If you have any general questions or specific questions about anxiety, please contact me at kathryndenhouter@gmail.com.

\*\*\*

Life is what happens to you while you're busy making other plans.

-Allen Saunders

# -LEGAL NOTICE -

**STATE OF MICHIGAN PROBATE COURT** COUNTY OF KENT NOTICE TO **CREDITORS Decedent's Estate** FILE NO. Revokable Living Trust Estate of WILMA C. HULL LIVING TRUST, dated June 6, 1996. Date of birth: June 15, 1928. **TO ALL CREDITORS:** NOTICE TO CREDITORS: The decedent, Wilma C. Hull, died February 18, 2014.

Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented Ellen Moore. to Successor Trustee, at 705 Cumberland Ave. SE, Lowell, within 4 months after the date of publication of this notice. March 11, 2014 Mary L. **Benedict** (P45285) 4519 Cascade Rd. SE Ste 14 Grand Rapids, MI 49546 616-942-0020





Ellen Moore 705 Cumberland Ave. SE Lowell, MI 49331 

### THEME: **CHILDREN'S BOOKS**

### ACROSS

1. Bikini, e.g. 6. U.S. central bank 9. Old World duck New Guinea 13. 14. Luau souvenir 15. \*Middle-earth region 16. Not slouching 17. Be in a cast 18. \*Black Beauty Heffley's 19. \*Greg brother without 21. Take owner's consent 23. Compass dir. 24. Agitate 25. OB-GYN test 28. "The Sun Rises" 30. Marked by smallpox 35. Misfortunes 37. Flock members 39. Alluring maiden 40. Surveyor's map 41. \*King of the Elephants 43. Long forearm bone 44. Carried a torch 46. Buddhist teacher 47. \*Piglet and Winniethe-Pooh, e.g. 48. Quill-dipping vessel 50. \*"Froggy Goes to 52. E or G, e.g. 53. Adam's apple spot 55. \*Shel Silverstein's © StatePoint Media constrictor

57. \*"The Jungle Book" protagonist

60. \*Roald Dahl title character

64. Painting support 65. Poor man's caviar 67. Dora the Explorer's

farewell 68. Accent mark

014	<sup>4</sup> ————————————————————————————————————													
C R O S S W O R D														
1	2	3	4	5		6	7	8			9	10	11	12
13						14				15				
16						17				18				
19					20			21	22					
			23				24							
25	26	27		28		29			30		31	32	33	34
35			36		37			38		39				
40					41				42		43			
44				45		46					47			
48					49		50			51		52		
				53		54			55		56			
	57	58	59					60				61	62	63
64						65	66			67				
68						69				70				
71						72				73				
desh. Make the Switch to Dish Today and Save Up To 50% Call Now and Ask How! 1-800-318-5121 Call 7 days a week 8am - 11pm EST Promo Code: MB0113 Promotional Promotional Packages starting at only 1000 0														



### **MARCH 12 - MARCH 18**

- President Obama joined the EU (European Union) in imposing sanctions on Russia over crimea vote.
- GM recalls another 1.5 million vehicles involving faulty ignition switches. Models include 08-13 Enclave Acadia, 09-13 Traverse and 08-13 Outlook.
- 'Tonight Show' favorite David Brenner dies at 78.
- 4.4-magnitude earthquake hits Los Angeles area, bringing no reports of damage.
- Jett Webb, a hunter in North Carolina, killed an 8 foot, 500 pound boar. Veteran hunter tagged the boar with a single shot .308 caliber rifle.
- Some 26 nations are now involved in the massive international search for Malaysia Airlines Flight 370.



**OFFICE HOURS** Monday - Thursday: 8 am - 5 pm Friday: 8 am - Noon

years!

69. PC monitor technology, accr. 70. \*Children's literature, e.g. 71. Fusses 72. Lawyers' league 73. Swelling

Puzzle solutions appear on page 12

### SUDOKU

### you could save 28%

Call 1-866-929-9071 to see how much you could save on car insurance.

\*National average annual savings based on data esurance from customers who reported savings based on data Esurance between 12/1/11 and 4/30/12.

### DOWN

1. Impersonator 2. Hawaiian tuber 3. Kind of column 4. Filthy dough 5. Sonia Sotomayor or Gloria Estefan, e.g. 6. Antiaircraft fire 7. European org. 8. "Likewise" 9. \*Old Woman's home 10. Type of missile, accr. 11. Gaelic 12. \*Like Willie Winkie 15. \*Abused beagle

Jimmy

20.

guest, e.g.

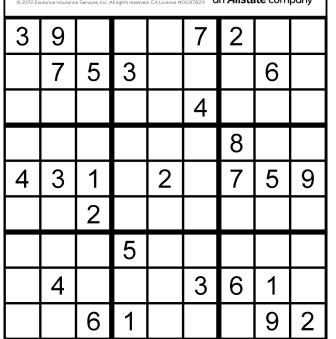
Muppet 34. \*" of a Wimpy Kid" 36. Flight segment 38. Actress \_\_\_\_\_ Gilbert 42. "Dancing with the Stars" number 45. Thumb drive, e.g. 49. Rolodex abbr. 51. Thick soup 54. Approximately, as in date 56. Helped 57. \*Amelia Bedelia,

32. Russia's prosperous

33. "Sesame Street"

peasant





### © StatePoint Media

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

22. Not square 58. Norse capital 24. Sears' partner 59. Marries 25. \*Pig-tailed, read-60. Self-referential headed nine-year-old 61. Pick-up 26. To bet everything 62. Student's quarters 27. Isometric core 63. Away from port exercise 64. Greek H 29. vs. Class 66. Scepter's partner 31. 1973 event in Chile e.g.

e.g.

Fallon's



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

the owell

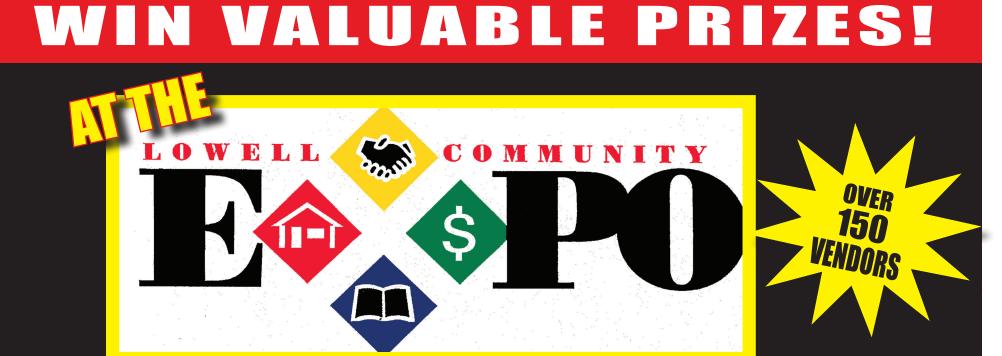
When calling for a price, we need the weight & dimensions of the package & a zip code to where it is being shipped to.

105 N. Broadway

Phone 897-9261

qer







# SPONSORED BY ....







### **Lowell Area Schools**





