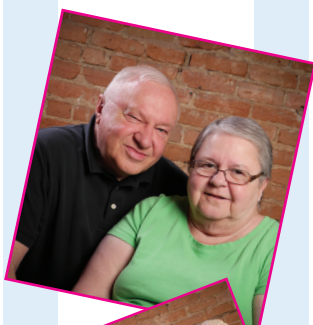


2014

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A Community Fighting Cancer

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50 CENTS



## Jazz on the Riverwalk

West Michigan's jazz elite were on hand last Thursday for a jam-packed edition of the Lowell Showboat Sizzlin' Summer Concert along the Riverwalk. The Grand Rapids Jazz Orchestra (GRJO) welcomed featured guest singer Edye Evans Hyde for the lively performance which featured impressive ensemble work, noteworthy instrumental solos and smooth vocals with a fun mix of scat. The GRJO is known as the area's premier big band jazz ensemble and Hyde is a former winner of the West Michigan Jazz Society Musician of the Year award who also boasts an impressive resume of theatrical performances. Country/rock band Kris Hitchcock and Small Town Son will help kick off the Riverwalk festival Thursday, July 3 at 7 pm.



## Union talks resume between IBEW and city

by Tim McAllister  
contributing reporter

Union negotiations were recently moving again after an extended period of inactivity, but have since reached another stalemate.

On May 23 the International Brotherhood of Electrical Workers [IBEW] union filed 'unfair labor practice' [ULP] charges against both the city of Lowell and Lowell Light & Power. This week the city filed a ULP charge against the union, while Light & Power has filed a motion to have the charges against them dismissed.

There are three ULP charges against the city of Lowell. First, that city unlawfully denied licenses to two employees. Second, that the city engaged in "bad faith bargaining." The final charge says the city denied pay raises to a union employee "in retaliation" for union activity.

The city's ULP charge against the union says that the IBEW "has continually engaged in a pattern of tactics to delay, subvert and debilitate contract negotiations" and "has expressly refused to bargain."

The first charge says that the city of Lowell denied the requests of two employees, Todd Phillips and Ralph Brecken, to obtain additional licenses relevant to their work at the water treatment plant. The union said this was "unlawful unilateral

changes to existing work policies and practices," and was therefore "unlawful coercion and retaliation."

City manager Mark Howe said that because Brecken "doesn't spend any time up there" at the water treatment plant it is therefore not necessary for Brecken to obtain any higher level licenses than he already has.

"What Ralph has been doing is, he has been filling in part-time," Howe said. "Mostly in the summer or on vacations, but mostly in the summer when we're pumping a lot of water. But during the winter he hardly ever works there."

Brecken said he actually spends quite a bit of time helping out at Lowell's water plant.

"So far this year I have worked 240 hours in the water departments," Brecken said. "I have worked 173.25 hours in water treatment and 66.75 hours in water distribution."

Howe said it would be a waste of time for Brecken and Phillips to get higher licenses.

"Why?" Howe asked. "It didn't seem necessary to me. Because for Ralph to pursue this F-2, he's only working a few hours a year up there. For Todd to get the S-2, he's not even working in distribution. It makes no sense."

"They've always gotten

Union talks,  
continued, page 14

## Schwab relocating - resigns from city council

by Tim McAllister  
contributing reporter

Lowell lost a city councilmember and voted not to add a proposal to November's ballot at this week's city council meeting on Monday, July 7.

Mayor Jim Hodges announced the resignation of councilperson Chris Schwab effective July 8. Schwab has accepted employment in Pennsylvania.

"Thank you for giving me the chance to do this," Schwab said. "It's been a pleasure. I wish you all well. I wish that process continues, that people continue to be open and listening on all sides to the events that come up."

"I won't miss you as much as I'll miss your wife," councilperson Jim Hall said. "She is leaving the planning commission. That's going to be a tough one to fill."

The city has 30 days to replace Schwab. They will be accepting applications for a replacement councilperson until noon on Friday, July



Chris Schwab

25. A decision will have to be made by August 8.

The council also accepted another resignation, that of airport manager Jim Sowle. His resignation is effective October 1, 2014.

The council also voted not to add a charter amendment to the November 4 ballot. The ballot proposal was a variation on the controversial one that was soundly defeated by voters last November.

City manager Mark Howe presented the council with two possible versions of the charter amendment. The first version would have allowed the council to lease land for periods of 50 years or less. The second version would have done the same, but with the additional requirement of "supermajority" approval by the city council, meaning four out of five members would have to vote "yes."

The council had a productive, civil 20 minute discussion about the issue, finally deciding to take a vote on the "supermajority" version.

"I don't want to give somebody a 50-year lease on a building, but if you don't put that in there it could happen," councilperson Jeff Altoft said. "That's why there's only 10-year leases."

"It doesn't mean every contract that we have has to be 50 years," said

City Council,  
continued, page 4

# July is community paper month

The community publication you are reading represents one of over 100 similar publications serving readers and advertisers throughout Michigan. Nationally, there are thousands of community newspapers and shopping guides. In a coordinated effort to jointly celebrate the freely distributed newspapers and shopping guides across the fruited plain, July has been designated Free Community Paper Month by PaperChain, a national community paper industry group. In Michigan, Governor Rick Snyder recently signed a proclamation designating July 2014 Community Paper Month!

Community Papers of Michigan (CPM),

is the trade association based in East Lansing, MI., representing freely distributed community newspapers and shopping guides in this state since the early 1940s. CPM's member publications range in size from 3,000 weekly circulation within one edition, to over 600,000 within 19 weekly editions. The markets covered include Greater Detroit to Traverse City, Niles to Manistique, Grand Rapids to The Thumb and most communities in-between. 2.1 million Michigani-ans receive a community publication in their mailbox or at their doors each and every week. Some of these publications have remained in the same family for generations, while others are

owned by the largest media companies in the country.

Community publications deserve month-long recognition as they play a vital role in the lives of over three million weekly readers in Michigan alone. These publications are the conduit between residents and local retail, service and professional businesses and local government. Now more than ever, large national retailers have taken notice that these freely distributed publications afford a tremendous value with their vast readership and are requesting their pre-printed ads to be featured in these publications! Community newspapers deliver the news that matters the most to you - where you live, work and worship and is typically not found elsewhere. They announce engagements, the birth of your children, celebrate sports and academic achievements, graduations, the loss of your loved ones and so much more.

Your community newspaper or shopping guide is one of the few things in life that you receive absolutely free. These publications are delivered to the doors and mailboxes to more residents than any other medium. While these publications are freely distributed, they are by no means FREE...it costs thousands of dollars each week to bring you each edition. The owners of community publications are deeply vested in the communities they serve.

They own or lease buildings, hire full- and part-time staff members, as well as contract independent workers, all of which strengthen the communities they serve by providing stable jobs. Community publications are also consumers and spend thousands of dollars weekly on products and services

required to compose, write, edit, print and distribute their publications. Employees of these publications know that their success lies in the success of the communities they serve, which is why so many are involved with civic groups and charitable events in their areas.

Here are some interesting facts that may surprise you: Collectively, community papers have maintained 99 percent of their readership since the millennium. There are few industries that have

Community paper month, continued, page 4

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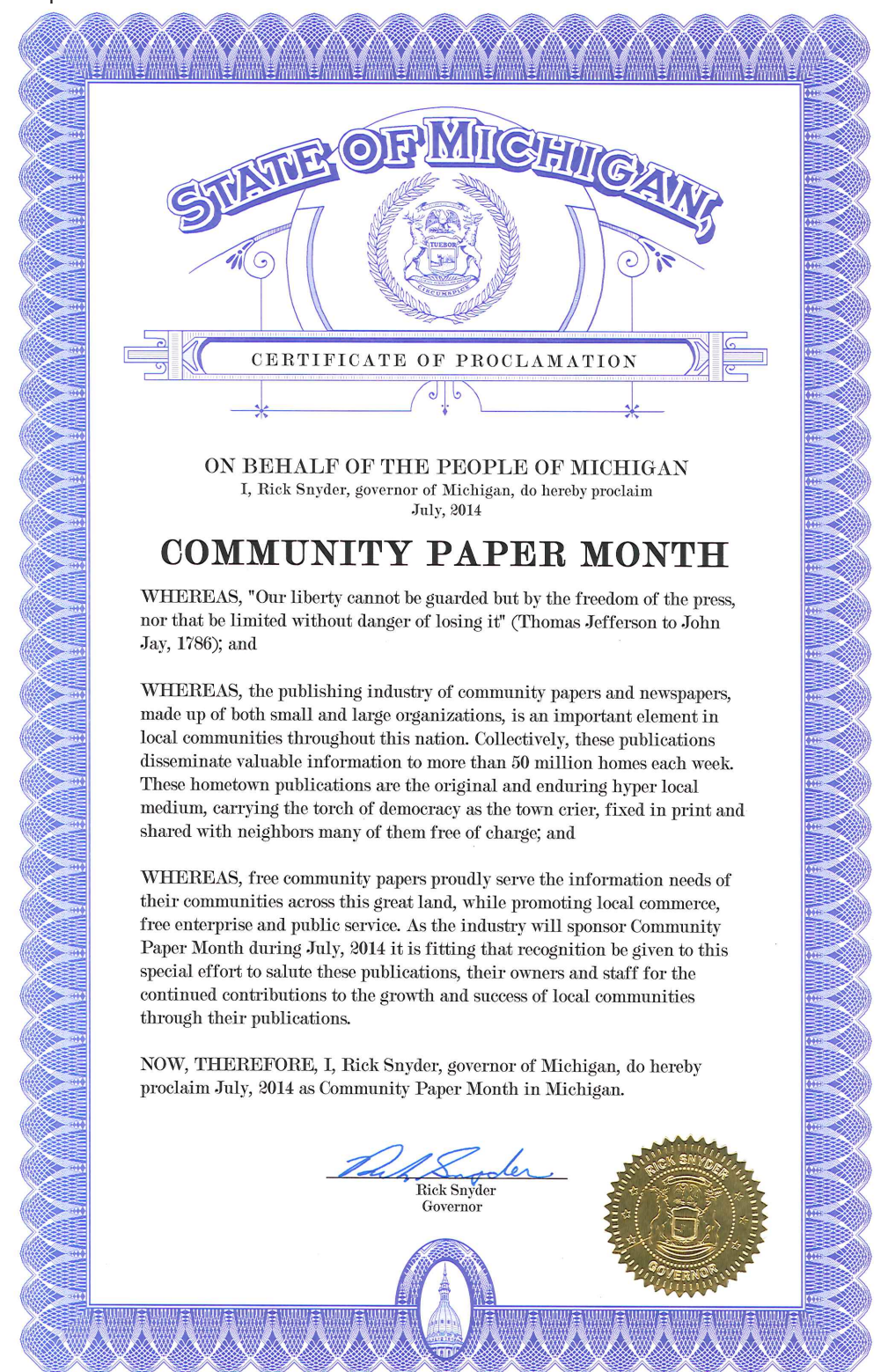
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Governor Rick Snyder recently signed this proclamation designating July 2014 Community Paper Month.

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### BACK-TO-SCHOOL BACKPACK PROGRAM

**FROM** will be distributing backpacks and school supplies on **Tuesday, August 19** from 1:00 - 6:00 p.m.

Pre-registration is required and open to elementary through high school students living in the Lowell School District.

Register in the Food Pantry:  
 Mon., Tues. & Thurs. 2-4:30 pm  
 Wed. 5-7 pm  
 Fri. 10 am - noon

**Deadline to sign up is August 12!**

*This program sponsored by Advanced Eye Care, Amway and Great Clips*

# T-Rex Ten Miler held July 4 at Fallasburg Park

by Kathryn Atwood  
contributing reporter

Avid and amateur runners alike shared the trails at Fallasburg Park on Independence Day for a duo of challenging yet lighthearted races put on by the Old Farts Running Club.

The T-Rex Trail Ten Miler and the Wimpy 8K both convened at the open shelter at Fallasburg at 7 am on the 4th for registration with both spirits and participation numbers high. Nearly 200 runners participated in the simultaneous races which took place on the park's challenging trails.



Nearly 200 runners took off from the finish line for their 8- or 10-mile trek on the trails.

Wimpy 8K participants were the first to begin crossing the shared finish line. Prior race participant Patrick Lawrence was the first to cross clocking an impressive time of 28:31. His time beat the previous course record of 29:26 which he himself achieved in 2012. "Old Farts Running Club puts on a really great race. It is a lot of fun and one of the most affordable races you can find," said the college student following his victory.

First-place female finisher Rachel Cudney finished about eight minutes later with a time of 37:41. Cudney, who runs on a regular basis, said she was glad she opted for the "wimpy" race, "I decided to run the short one today. I guess that was a good decision!"

The dinosaur themed T-Rex trail race has been going on for more than half a decade and has developed somewhat of a

cult following in the local running scene due to its laid back and comedic nature. Participants are asked to brave the "Stegasaurus Ridge", dodge past piles of "Dinosaur Eggs" and to climb the beast known as "Tyrannasaurus Rex Hill" during their ten-mile trek.

Top finishers for this year's prehistoric racing challenge were William Trice III who finished with a time of 1:07:13 and Alyssa McElheny who came in at 1:12:12.

Finishers of both races were congratulated and given humorous prizes, such as miniature whoopee cushions, T-Rex medals. Winners were awarded trophies.

Fallasburg will also be the site of "The Old Farts Festival of Races" which is scheduled to take place on August 16. This challenging and fun day of competition will offer a choice of three runs for participants



## along main street

### LOWELL CREW CLUB

Want to know what rowing is all about? Find out with Learn to Row! Incoming eighth graders to 80-year-old adults are welcome to attend. Meet in the parking lot next to the library, 200 N. Monroe on Mondays and Wednesdays from 6-7:30 pm starting June 23 and running until August. The cost is free, asking for donation if you can. For any questions or concerns you may contact coach David Cadwallader, 616-381-9152 or coach Sara Cadwallader, 616-980-6254 or email: lowellcrewteam@gmail.com

### LHS ALL ALUMNI GATHERING

The Lowell High School (LHS) All Alumni Gathering will be held on Sat., July 12, from 9-11:30 am at Keiser's Kitchen for brunch. For information e-mail: tcadfish@gmail.com

### LHS CLASS OF 1973 REUNION

Big Honkin' Party at Fallasburg Park Pavilion on Sat., July 12, 5 to 10 pm. Potluck, but always plenty of food, so come with or without. All LHS grads welcome.

### COVERED BRIDGE BIKE TOUR

The Fallasburg Historical Society's Annual Covered Bridge Bike Tour will be held Sun., July 13. All well-marked

*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.*

routes from 12 to 100 miles begin and end in the historic village of Fallasburg, north of Lowell. Refreshments at scenic rest stops along the way and a home cooked meal with all the trimmings when you finish. Register in advance online at [www.fallasburg.org](http://www.fallasburg.org) or on site at the Schoolhouse Museum from 7-9 am the day of the event. All proceeds benefit the continued preservation of Historic Fallasburg Village. For more information or to volunteer call 682-0785 or e-mail: kentamke@comcast.net

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## Community paper month, continued

fared that well through the great recession. This industry represents some of the largest customers of the U.S. Postal Service. The newsprint used for each edition is a renewable resource. The pulp and paper industry is another vital industry supported by printed community publications.

Nationally, the power of freely distributed newspapers and shopping

guides is staggering, as these current statistics from Circulation Verification Council will show there are over 2,673 community newspapers and shopping guides that offer a combined weekly audited circulation of 65,187,292; these publications have an amazing 97.1 percent receivership and 76.9 percent readership; and 74.4 percent of our readers make buying decisions based

on information derived from free community publications!

Check out CPM member publications by visiting [mifreeads.com](http://mifreeads.com). There are links to dozens of publications throughout the state that readers have found very useful.

If you have heard that print is in peril, it is certainly NOT the community paper industry!

## City Council, continued

councilperson Sharon Ellison.

"I think it makes sense to stick with 10 years," councilperson Chris Schwab said. "I think it really comes down to what the city wants to be."

"You put a certain amount of trust in the people that have been elected to sit here and to make those decisions," Howe said.

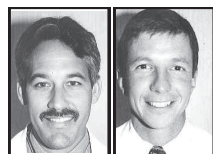
Mayor Hodges and councilpersons Ellison and Hall voted to approve the resolution, but councilpersons Schwab and Altoft voted against it so the resolution failed.

"It's done for this year," Howe said in an interview after the meeting. "I think it just needs more discussion. We saw democracy in action tonight."

Mayor Hodges appointed Cliff Yankovich to the Downtown Development Authority. There are currently openings on the Historic District Commission and the Planning Commission.

The next city council meeting will be at city hall on Monday, July 21 at 7 p.m.

## health



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



as well. Untreated, this pain can also cause pain in the knee and hip due to changes in gait.

Evaluation includes careful examination of your feet, examining your shoes and sometimes x-rays.

Initial treatments include rest, ice, Motrin, new shoes and insoles, metatarsal pads, and custom arch supports. At times, surgery may be required to correct foot deformities.

Prevention involves excellent shoe fit/selection, cushioned insoles and maintaining a healthy weight.

Metatarsalgia is a condition in which one experiences a sharp, achy, or burning pain on the sole of the foot just behind the toes. It worsens when you stand, run, flex your feet, or walk. It is worse if you're not wearing shoes. It is also described as a sensation of "a pebble in my shoe."

Most often, many factors combine to cause this. Runners are at high risk due to intense and repetitive training. High arches and having a second toe that's larger than the first also predispose to this. Poor fitting shoes, high heels, hammer toes, and excess weight all contribute to this

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~ John Lennon

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# viewpoint

## to the editor

### women's club lends a hand

To The Editor,

The Lowell Women's Club mentors chosen Lowell High School (LHS) senior girls each school year. With the assistance of the girls, projects are developed that will raise funds for both scholarships and funding for local charitable organizations which are beneficial to our entire community. In 2013-2014 we were able to award individual scholarships to our eight exceptional junior members from LHS.

The club is also honored to provide funding to the Flat River Outreach Ministries, Pink Arrow Pride, Gilda's Club, St. Mary's Pregnancy Center, Relay for Life, Lowell Farm and Wildlife Center, Mary Free Bed Hospital, The Lowell American Legion's Civil War Memorial Restoration Project and the Lowell Area Historical Museum. These are all groups who deserve our community's support.

Donations to different groups vary from year to year which is determined by the amount of money we raise in our projects. Our membership votes each year on which organizations we support. We are proud to be able to contribute to both local charitable organizations, as well as to our scholarship fund. Our members also devote considerable time to many local charitable groups and churches. The total number of volunteer hours contributed by our regular members and high school junior members

totalled 6,043 hours in 2013-2014 which would equate to nearly \$45,000 at the current Michigan minimum wage level. That is a very, very impressive number of volunteer hours.

Our club is very grateful to Lowell for supporting our projects which provide funding for numerous projects and scholarships which benefit the greater Lowell area."

Lowell is truly the community that is "The Best Place To Be!"

Jan Thompson.  
President,  
Lowell Women's Club



### out of lansing

Sexual assault victims deserve justice and the public needs to be better protected from the people who commit such crimes, Gov. Rick Snyder said Thursday as he signed a bill to ensure evidence kits are analyzed more quickly.

Snyder signed House Bill 5445, sponsored by state Rep. John Walsh. The bill, which creates the Sexual Assault Kit Evidence Submission Act, was approved unanimously in both the state House of Representatives and Senate. It is now Public Act 227 of 2014.

"Crime victims need to know that law enforcement agencies will respond quickly, with evidence analyzed in an urgent manner so police can find the people responsible for the crimes and bring them to justice," Snyder said. "This is about giving our residents peace of mind, and making Michigan a safer place."

The bill establishes time periods for sexual assault evidence collection kits to be retrieved by the investigating law enforcement agency, submitted to forensic laboratories and analyzed for forensic evidence.

"Prolonging justice for rape victims is inexcusable and in no situation should investigations be delayed," Walsh said. "Evidence kits not just in Wayne County but in every region of Michigan should be collected, submitted and processed in a timely manner because victims deserve full, thorough investigations and fitting communication from law enforcement."

Snyder signed the bill at the Michigan State Police Forensic Science Laboratory in Lansing, joined by Walsh; Attorney General Bill Schuette; MSP Col. Kriste Kibbey Etue; Debi Cain, the executive director of the Michigan Domestic and Sexual Violence Prevention & Treatment Board; and Mary Morrow, assistant prosecuting attorney and project director of the Wayne County Prosecutor's Office Sexual Assault Kit Project.

"Critical DNA evidence from thousands of violent crimes against women was shelved for years, but

today we are creating new safeguards to ensure it never happens again," Schuette said. "This legislation will strengthen victims' rights, improve our criminal justice system, and help take dangerous serial rapists off the streets."

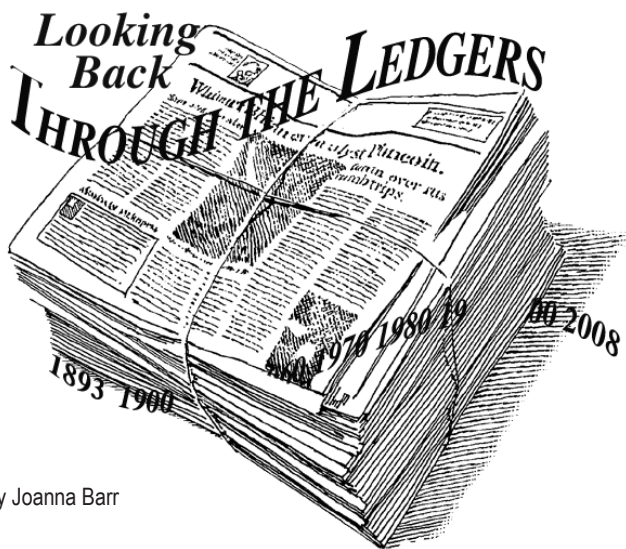
The legislation comes after a 2009 discovery of more than 11,000 evidence collection kits in a Detroit Police Department storage facility. Those kits are now being tested by state and private authorities. More than 2,600 kits have been analyzed to date, with a special supplemental state appropriation in 2013 providing the needed resources to test the remaining kits – expected to be completed in May of 2015.

Timely processing of evidence kits is paramount because rapists often go on to commit other crimes. Police can compare DNA samples from the kits with state and national databases.

"The Sexual Assault Evidence Kit Act is a monumental and powerful means of assuring sexual assault survivors in Michigan that they matter," Cain said. "This act guarantees victims who have released their sexual assault kit that this evidence will indeed be processed. It ensures both the victim and our entire community that DNA that may identify a sexual predator will be utilized to its fullest."

Wayne County Prosecutor Kym Worthy has spearheaded efforts to process the discovered evidence collection kits, some of which are more than 20 years old. State and local law enforcement agencies have worked together to analyze the kits, create profiles of victims and perpetrators and determine whether cases could be adjudicated.

KC Steckelberg, director of public affairs for Prosecuting Attorneys Association of Michigan, and Herb Tanner, PAAM's domestic violence and sexual assault training attorney, have done a tremendous amount of work on the Detroit evidence kit project and also attended the bill signing.



By Joanna Barr

### 75 years ago The Lowell Ledger July 13, 1939

The first open-air band concert of the season which was held last night in Richards Park was greatly enjoyed by a large number of people. The music rendered was of an unusually high order. Bruce Walter, the director, announces that the band will play again next Wednesday evening during the amateur try-out for the Showboat.

Night football under electric lights was first introduced in Michigan nine years ago by the Lowell H. S. grid team and immediately sprang into popular favor, with many other high school teams following Lowell's cue. Night baseball is growing in popularity in both major and minor leagues and no doubt within two or three years major league teams will be playing regular night schedules during July and August. Night games are popular because they enable a larger number of people to attend and this probably is the reason for the large crowds attending the diamond ball games under the lights at Recreation Park.

### 50 years ago The Lowell Ledger July 9, 1964

Gertrude Schlernitzauer Lowell's champion pistol shot will not be going to the Tokyo Olympics even though she placed second at the Olympic tryouts in Fort Benning, Georgia, this week. The reason for not going to the Olympics is the result of Avery Brundages ruling on women competitors...too bad "Trudie," guess you'll have to stay home and help mind the store.

### 25 years ago The Lowell Ledger July 12, 1989

Opening scheduled for July "Other Place" brings life back to theater. A long time Lowell landmark will see life again, this time as a swinging night spot. Listed in the 1831-1931 Lowell Centennial book as "The New Strand Theater," The Strand was an inviting, every Friday and Saturday night tradition for the youngsters of the community. In the fall of 1985, with the advent of personal video equipment, the Strand closed its doors. Competition from the big city super cinemas, combined with the explosion of the consumer VCR market made it impossible for the home town theater to survive.

### 125 years ago Lowell Journal July 10, 1889

John L. Sullivan again demonstrated his ability to whip any living man, Monday, by defeating Jake Kilrain, in a 75 round contest. The fight showed that Kilrain could not stand up, fairly, in front of Sullivan for 15 minutes.

L. H. Cooper's saw mill and oar factory at Saranac caught fire from a heated journal at 10 o'clock yesterday morning and in 30 minutes was burned to the ground. This is a serious loss to Saranac, as the mill employed from 10 to 15 men throughout the year. Loss \$4,000; partly insured.

### 100 years ago The Lowell Ledger July 9, 1914

C. A. Billinger on a return trip with repairs from Grand Rapids Thursday at 10 p.m. had a collision at the Main and Broadway street crossing, corner Hotel Waverly, with a car driven by a Mr. Seiger from Freeport, who dashed out of the side street and collided with Billinger's car hard enough to turn it end for end. Both cars were considerably damaged but the occupants luckily escaped injury.

The evening of the Fourth was very pleasantly spent, when about 80 of the neighbors gathered on the spacious lawn at the home of Earl Curtiss. A fine display of fire works was enjoyed after which ice cream and cake was served.

# Alto lets children get creative at the library

by Kathryn Atwood  
contributing reporter

Children of all ages gathered at the Alto Branch of the Kent District Library to exercise their creativity during the annual summer event "Art Attack" held last Thursday afternoon.

The free event was underwritten by Karl Orthodontics located on Cascade Road in Grand Rapids, featured several creation stations manned by teenage volunteers who demonstrated the different techniques involved in each artistic style or medium.

Around two dozen attendees enjoyed making colorful mosaics and unique wire sculptures, using watercolors and oil pastels and painting in the styles of blot art and pointillism. The little Picasso's also created



Brothers Jeffrey and William Boyd.

an artistic snack by dipping and decorating their own white chocolate pretzels.

Branch manager Sandy

Graham, who shares a fun and personal repertoire with librarygoers, said that the boisterous family event is

a great way for "kids to get out some creative energy" and is always well-attended by the community.



Taylor Lacic and Maeve Dougherty work on their masterpieces as they learn the painting style of pointillism.

## ask kathryn



Kathryn Denhouder Ph.D.

Last month social anxiety was the topic of interest. This month, GAD is the topic of discussion. GAD refers to Generalized Anxiety Disorder. This is the most common of all the anxiety disorders. Some symptoms are uncontrollable worry over every day events. Fears are disproportionate

to reality. Improbable catastrophes take over one's thinking. These thoughts often co-occur with physical symptoms, such as tightening of the stomach or chest. Also, headaches, nausea and shortness of breath can accompany anxiety.

Children with GAD are often perfectionistic and

fear disastrous outcomes when they make mistakes. They often need frequent reassurance that they are doing their assignment the right way. A child with anxiety might struggle with concentration in school. For instance, past conversations with friends or bullies or family problems can preoccupy their thoughts and keep them from reading the class assignments. These oppressive thoughts sometimes will not "clear out" so they can get their school work done.

Another concern for children with GAD is they have a hard time falling asleep because their worries keep them from settling down into a good night's sleep. Lack of sleep interferes with their daily life and they struggle to stay alert during the school day.

Medication is the last resort for children, adolescents and adults that suffer from GAD. Cognitive therapy continues to be the best course of treatment.

Ask Kathryn, continued, page 12



## happy birthday!

- JULY 9**  
Elaine Haines, Leo Pfaller.
- JULY 10**  
Pete VanLaan, Austin Bieri, Carter Peel, Kelly Landman.
- JULY 11**  
Dina DeCator, Jodi Hutchinson, Savannah Rice.
- JULY 12**  
Cole Burdette, Samantha Bellah, Jill Taylor, Hayley Fritz, Georgan Watrous.
- JULY 13**  
Travis Thomet, Cheryl Doyle, Justin Craig, Janet Burns, George Miles, Esther Newell, John Jones, Izzy Tackmann, Sharon Landman.
- JULY 14**  
Ernestine Bundy, Katie Stouffer, Richard Ellison, Mindy Tykocki, Bethany Kaczanowski.
- JULY 15**  
Mari Stone, Joyce VanDyke, Keenan Hacker.

### area

# churches

**GOOD SHEPHERD 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)

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

**CALVARY CHRISTIAN REFORMED CHURCH OF LOWELL**  
897-7060  
Pastor Rod Galindo  
1151 West Main Street, Lowell, MI

Morning Worship.....10:00 A. M.  
Sunday School.....11:20 A.M.  
Evening Worship.....6:00 P.M.  
Nursery available at both services  
Barrier-Free

**FIRST BAPTIST CHURCH OF LOWELL**  
2275 West Main Street • 897-7168  
Barrier Free  
Internet:[http://www.fbclowell.org]

Rev. Jon Pickens & Pastor Phil Severn

Sun. Worship Service.....9:30 A.M.  
Sunday School, nursery - adult.....11:00 A.M.  
AWANA - K-5, during school year.....Wed. 6:15 - 8 P.M.  
Youth Ministry - grades 6-12.....Mon. 6:30 - 8:30 P.M.  
(Youth Ministry moves to Wed. during summer)

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www.ourbigchurch.org

**SNOW UNITED METHODIST CHURCH**  
3189 Snow Ave. SE, Lowell  
Pastor Tony Shumaker

9:45 A.M. ....Sunday School  
10:30 A.M. ....Fellowship  
11:00 A.M. ....Worship

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Worship Programs Provided

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**CHRISTIAN LIFE CENTER (Assembly of God)**  
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Robert Holmes, Pastor

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Worship: 10 a.m.

**WEDNESDAYS:**  
Family Night (for all ages): 7:00 p.m.  
"The Source" Youth: 7:00 p.m.  
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Youth Ministry - grades 6-12.....Mon. 6:30 - 8:30 P.M.  
(Youth Ministry moves to Wed. during summer)

**FIRST UNITED METHODIST CHURCH OF LOWELL**  
621 E. Main Street  
897-5936  
www.lowellumc.com

Barrier-free entrance

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July & August at the Riverwalk

YOUTH GROUPS (JR. & SR. HIGH).....6:00 p.m.  
Wednesday After-School Kids' Club until 5:30 p.m.

Rev. Rick Blunt

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Saturday confessions: 3-4:30 PM  
Prayer & adoration each Wed. 8:00 AM - 8 PM

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**SON TREASURE ISLAND VBS**

Calvary CRC in Lowell will be hosting  
**SON TREASURE ISLAND VACATION BIBLE SCHOOL**

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We look forward to sharing this exciting event with the children in the neighborhood.

**Contact Calvary Christian Reformed Church office at 897-8841 to sign up or go online at www.calvarylowell.org**

Friday, July 18 6-9 PM  
and  
Saturday, July 19 10 AM - 3 PM

# perseverance *A community fighting cancer*

## Fuller Septic - involved on a personal and business level



Jane Tschannen owns Fuller Septic Services, 2051 Bowes Rd. The company has been in business for over 30 years.

Tschannen is both a cancer widow and a cancer survivor.

"Like most septage haulers we were a 'mom and pop' operation," Tschannen said. "Tom drove the truck;

decided that septage was where he wanted to focus and he got out of all that other stuff and now we just pump residential septage. We also install and replace septic tanks."

Jane's husband Tom Tschannen tried to keep his illness secret.

"Tom didn't really want anybody to ever know he was sick, so most people didn't even know he had cancer until after he passed away," Tschannen said. "He just didn't want people to view him as weak or sickly or anything like that. He was actually pumping tanks and working in the office probably six months before he passed away."

Despite his bravery, the cancer eventually caught up with Tom. Then it came for Jane.

"Tom passed away of chronic lymphocytic leukemia in January 2011, then three months later I was diagnosed with breast cancer," Tschannen said. "I had my surgeries five months to the day after Tom passed away."

Jane also worked during her illness, but she wasn't a maniac about it.

"I have a great secretary who took care of me," Tschannen said. "I worked from home and she just took over and when Tom passed away the guys stepped up to the plate. Really, really good people here."

Instead of selling out and running away, when she felt up to it Tschannen took on the responsibility of running the business she and her husband started together.

"People said to me after Tom passed away, 'You could just start over, sell the business and do something different with your life' and I thought that was really almost

Run with some of my girlfriends, doing things like that. I just wanted to be more a part of Lowell than we had been in the past. I wanted to be more respected, acknowledged and represented in the local community. The community of Lowell is a great place to be. It's a great place to live; it's a great place to work."

Tschannen said Lowell has set a good example for towns across the country.

"The community of Lowell should take so much pride in what they do for Pink Arrow Pride and what a shining example it is for the nation," Tschannen said. "You see them popping up all over the country and

"Tom passed away of chronic lymphocytic leukemia in January 2011, then three months later I was diagnosed with breast cancer."

~ Jane Tschannen

"The community of Lowell should take so much pride in what they do for Pink Arrow Pride and what a shining example it is for the nation."

~ Jane Tschannen

I did the books. Then we expanded a little bit and over the years he got into excavating, plumbing, Roto-Rooting and portable toilets. I stayed home to raise the kids. Eventually he

scariest, so I took over the running of the business."

Running the Fuller Septic Services keeps Tschannen very busy, so she supports Pink Arrow financially.

"Financially, I'm involved," Tschannen said. "I buy ad space. Personally not as much, just because of time restraints. After Tom passed away I decided that I wanted to be more involved in the local community. I wanted to do some more local advertising, get involved in the Quiver

it started here. The city of Lowell deserves a huge, big pat on the back for bringing the awareness and the recognition to the cancer endeavor that they're doing here."

Tschannen wouldn't want to be in business anywhere other than Lowell.

"I really like being in business in Lowell," Tschannen said. "I like the community and I love the people. Everybody's been very supportive."



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# perseverance

*A community fighting cancer*

Throughout July the Lowell Ledger and the Buyers Guide will highlight the stories of area cancer survivors. Each writer will convey, in their own words, their experiences as they walk through the many phases of their personal journey.

~ All photos taken by Dan Johnson of Modern Photographics

## Jim Hall

My story begins quite simply. I was in need of an annual physical, which I like to keep up with in a timely manner since I had a heart attack back in 2003. That one required five bi-pass heart surgery. So let's try to do a better job in the future Jim, with annual meaning annual. The physical was routine or so it seemed. My urine sample was "almost perfect" except for the smallest of small spot of blood noted by my physician.

This was one of those decisions or hunches that could go either way and he decided that just maybe we should schedule a follow-up with a urologist. "Oh god, not the urologist! This is not what I wanted to hear, nor was I looking forward to someone looking "upward."

A thousand images plagued me for days about my visit but none of them were even remotely accurate. Much of what happened is still a blur, fortunately. I do remember the nurse saying that the doctor would see me soon! Oh boy! I can hardly wait. Up on the table, shoes and socks still on, pants and shorts around my ankles



**"I would be remiss if I did not mention that the primary cause of bladder cancer is attributed to smoking."**

~ Jim Hall

and now he walks in and says, Okay, let's see what's going on! We'll be using this instrument, a cystoscope, to see inside your bladder and you'll be able to view it with me on this monitor. "You mean I'll be awake?" "Sure. No problem." "Yah right! No problem." "We'll be using this numbing agent before we start." "You bet you will, I mumbled." Even with the numbing agent, the examination was more than memorable. This was like a blind date gone terribly, terribly wrong. At one point I was reminded by the doctor, that it was possible that I could relax, uncurl my toes, straighten my legs and get that arch out of my spine! I also had a message for the doctor and that was that he would never be a "best friend forever."

The testing was completed and the final results were that I, in fact, did have bladder cancer. Not really the results that I wanted, but it was good to know that surgery was possible. Surgery was scheduled and yes, I would not be awake during the procedure. Some really good news after all. Testing after surgery confirmed that all of the

cancer had been removed and none of the surrounding muscle had been involved.

Following surgery, I was scheduled to visit the urologist weekly for six weeks to have a "fluid" inserted into my bladder, which I was "to have and to hold" for at least an hour and preferably longer. This liquid contained "an active bacteria" and under no circumstances was I to urinate anywhere other than a toilet, nor was I to flush the toilet without adding one cup of bleach to the water and then to wait for five minutes before flushing, never knowing if and when the toilet police or the DNR would be showing up at my house. As I reside in Lowell and the doctor's office is in Kentwood, I was never really confident that I wasn't going to embarrass myself in beautiful downtown Ada. Fortunately, for the Ada residents and myself as well, I was always able to arrive home with plenty of time to spare.

A series of checkups were scheduled for once every three months to make sure the cancer had been completely removed. And, of course, with my luck, something

suspicious did show up so a follow-up was scheduled. Fortunately this was a false alarm. Better safe than sorry, as the term goes.

I will continue to see the urologist every three months for the first year and then at six month intervals. I would be remiss if I did not mention that the primary cause of bladder cancer is attributed to smoking. I was a smoker for over 45 years. No amount of lecturing will make anyone quit. It's just a fact. Plain and simple! All in all, I'm happy that the

a chance to put things in order. A chance that so many of our lifetime friends were deprived of. Thankfully, our friends, but particularly our family has stood by us in our collective fight. We are truly blessed.

As a reminder, on September 5th of this year, you'll probably see Bev and me at a Pink Arrow function. I want to remind everyone that this is a community-wide event that supports our local residents and organizations in its quest to support a very worthwhile cause. And please

**"My philosophy is that if you can laugh a little and try to keep a positive attitude, you'll be doing yourself and everyone around yourself a big favor!"**

~ Jim Hall

medical progress has made this kind of cancer treatment almost routine. And, my philosophy is that if you can laugh a little and try to keep a positive attitude, you'll be doing yourself and everyone around yourself a big favor!

Cancer has seemingly inundated this community and as many of you know, my wife Beverly has cancer, but in her case the cancer is inoperable. Many of our friends and acquaintances have also been touched by the disease. But, in our case, we have had a notification of our mortality. We have been given

remember that goes well beyond the boundaries of Lowell and our surrounding townships. The Hall family experience has been through generous gift cards that help offset some of the expenses incurred during our collective journey, for gasoline for the many trips to the hospital and for our many prescriptions. Additionally we know that help is always available from Gilda's Club, not only for us, but our family as well. Your personal support to this organization is always appreciated by everyone involved.



# perseverance

*A community fighting cancer*

## Paula Potter Balzeski

Someone recently told me I was the strongest woman they knew. After a long pause, I said, "So you don't know very many women – do you?"

When I think of a strong woman, two come to mind. My mother Sharon and daughter Danielle, both cancer survivors along with myself and they both seem so much stronger than I.

When I was young, I would hear about other families in the community that were handling many issues, such as cancer, multiple deaths in their families and I thought to myself "how can one family have so much heartache while others seem to go through life without a care?" Little did I know then, that it would soon be our family's turn to learn about difficult times and here is a bit of our story.

As our parents age many of us become familiar with surgeries for what I refer to as "wear out items." Bunionectomy, back disk surgery, hysterectomy, dentures with titanium implants, gallbladder, and removal of a kidney, which was thought to have been cancerous (but wasn't) were just a few of the surgeries I had attended in the past 30 years at my mother's side.

While the cancer scare with the kidney and surgery was serious, mom always seemed to pull through every time with a good attitude and it was back to work as usual.

She soon found out that she had



treatment needed. Caught early (on a mammogram) the doctors were confident that with resection and radiation therapy she could beat this. She then went through with the surgery and did radiation daily for weeks on her way to work in the morning and then working all day after radiation. She truly is a strong woman.

Multiple scans later, she was doing

clumps. She had her dream job that summer; managing a pool snack bar at a local country club and insisted on continuing to work, taking only the therapy day and the day after off and then continuing on as usual. She ended up shaving her own head as the hair loss became too much to deal with in her working environment (with food). I offered to help her shave it, but it was something she needed to do on her own. Again, like her grandmother, what a strong woman!

Soon the treatments were over, hair was starting to grow back and all scans showed success at kicking the cancer! We were so overjoyed and glad to have our happy healthy gal back. It's been five years and all clear scans, so doctors think she can pretty much say she has beaten it! YEAH!!!

Again, life back to normal and hoping that we all could finally be

**"I went home in shock, yet mom had been through it and it hadn't yet returned, so I could get through this too."**

~ Paula Balzeski

healthy and happy in our daily lives.

I was due for my annual mammogram, but hadn't been too concerned as the doctors told me that it was highly unlikely I would get the same cancer as my mother because she got it later in life.

After a mammogram, the usual protocol is to get dressed and we will see you next time. This time the nurse said to me, "Paula if we could have you dress and sit out here in our waiting area." I knew at that moment they had found something. Then a nurse came and asked if I had anyone with me and wanted me to go sit in another room. I knew what they had to tell me, as I had been through this with my mother just a few short years prior. Yes, sure enough breast cancer!

I went home in shock, yet mom had been through it and it hadn't yet returned, so I could get through this too.

I opted for a lumpectomy and radiation, just as my mother had done. I drove myself to radiation treatments in the morning prior to work for weeks and worked all day afterwards, just as my mother had done. Afterward life went back to normal as I felt that we had caught it early, did the right thing and hopefully had beaten it.

Is the story over? No! Once again it was mom's turn, only this time it makes the three prior cancers seem like a common cold. I took her to the emergency room for what had seemed like stroke symptoms and found it not a stroke at all but a deadly type of brain cancer called glioblastoma multiforme. For the next few days following this diagnosis we really were undecided as to what

cancer of the tongue and resection of the area was required, but because they caught it early, no additional treatment would be necessary other than keeping an eye out for any reoccurrences. Again a grueling surgery, but mom pulled through like a champ and didn't even need the speech therapy they thought she may need after losing part of her tongue.

I started referring to my mom as the Timex – "she takes a lickin and keeps on tickin."

Skin cancer on her back was the next time that cancer would enter into our lives, but again- found early, resected and no further treatment needed. Thank God!

After a while of life back to normal, sure enough, cancer is rearing its nasty head in my mother's life again. But this time it was breast cancer and resection wasn't the only

well with no reoccurrence of the breast cancer. We were all back to our normal day-to-day hoping that this would be our last time "The Big C" word would enter into our lives.

What happened next, I never saw or would think it coming. My 20-year-old daughter Danielle and I were having lunch and I noticed a lump on her neck. I mentioned it to her and like all young people she responded with "it's nothing mom!" But I wouldn't let it go and insisted she see her doctor. The next few days seemed to be a blur. She needed a biopsy and it came back cancerous. How could this be happening to my baby? She was diagnosed with Hodgkin's lymphoma and would need a vigorous dose of chemotherapy over the next few months. She dreaded every treatment; it made her so sick and her hair was falling out in

**"I started referring to my mom as the Timex – "she takes a lickin and keeps on tickin."**

~ Paula Balzeski

# perseverance

*The spirit of Pink Arrow Pride*

## Steve Williams

Why am I in Gilda's Club?

Well, on May 17, 2013, something happened that pretty much changed the way I look at life.

One of the most helpful and important people in my life got in an accident and we lost him. Most everyone was his friend. Andrew Seth Nauta.

At first, I thought this is stupid and who is she to say I'm sad. But I learned over a year of meetings, every Tuesday, that the group was helping me out a lot.

The Gilda's Club has helped me through a loss that I probably couldn't have handled alone. I would like to thank them for everything and

**"The Gilda's Club has helped me through a loss that I probably couldn't have handled alone."**

~ Steve Williams

I was sitting in school when I was called down to the office. I thought I was in trouble. To my surprise I wasn't. It was someone that would help me get through some tough stuff.

everyone in my group. Gilda's Club may do a lot with the Pink Arrow project but there is more that they do. This is just one of the things that you guys, the people of Lowell, supports.



## Paula's story, continued

was the right thing to do. She didn't want anyone cutting into her brain to remove the tumor, but without surgery the tumor would continue to grow and end her life much sooner than without the surgery. But on the other hand, if something were to go wrong in the surgery, she could die on the table. It was agonizing trying to decide what the right choice would be. She opted to go for it! She had beaten all the others and she wanted to live.

The surgery was as successful as it could be; they resected 80 percent of the tumor and after recovery she had no signs of stroke or severe memory loss and even had her sense of humor. We felt that we had definitely made the right decision. We spent a month at Mary Free Bed doing rehabilitation every day; then after she came home, we started chemo and radiation until the chemo got to be too much. She finished out her radiation treatments, but we won't know if any good or damage has been caused for up to a year or more. She continues to have MRI scans of her head and until recently they had come back unchanged. Now the scan is showing signs that some of the tumor has started to grow and she is now undergoing another form of chemo trying to keep the growth down. She is a fighter and continues to fight for each and every day God will grant her.

While trying to help my mother

through this difficult time, things just seem to keep getting more difficult. Another mammogram for me and again being asked to get dressed and wait in the waiting area. And oh yes, don't forget "do you have any family with you?" You have got to be kidding, right? Like having a mother with brain cancer isn't enough! My cancer has returned. This time there was no hesitation about what I was to do. "Take 'em off," I told the doctor. It was in the early stages and we had once again caught it early because of a mammogram.

The cancer was in the same breast that I had it in originally and it had already been treated with radiation; this would be the safest form of treatment for me and best chances of it not returning.

The surgery was difficult and I had complications with automatically trying to reconstruct because of my badly damaged radiated skin from two years earlier. I had three surgeries in five months and I'm still not close to normal- but I'm alive and I will take that over what I look like under my clothes any day.

I plan on having two more surgeries to complete the reconstruction after the New Year, hoping that my skin and luck will be more prepared for such a major event. In a scan looking for what was causing pain after the surgeries, the doctors found multiple large-size tumors in my uterus and decided that with family history and

my breast cancer, a hysterectomy should be done as soon as possible. Not another one! I am trying to take care of my mother; I definitely do not have time for this in my life. But if it was cancerous, I just couldn't wait.

So again I went under the knife. This time the doctors found more than they bargained for and I had a softball-sized tumor outside the uterus as well and it was growing into my pelvic floor area and would require much more time to remove

As bad as this all seems, I continue to remember that there is always someone out there who has it worse and you never know what life may hold for you next. Testing and early detection can make all the difference.

For all in this wonderful community who continue to support Pink Arrow; I thank you. Not just for the support given during the game, but for remembering to support your friends, family and neighbors in our community and Pink Arrow thru out

**"I had three surgeries in five months and I'm still not close to normal- but I'm alive and I will take that over what I look like under my clothes any day."**

~ Paula Balzeski

than they had thought. Quickly they sent a sample off to the lab to check if it was cancerous, but not until after it had basically disintegrated into my abdomen. The doctor was concerned that if it was cancer, he may have just spread it into my entire body.

Complications during the long surgery landed me with receiving four units of blood and things were looking pretty bad for a time. Thank God! The results came back negative – No cancer! While it was a very difficult surgery, I am so thankful that was the result.

the year.

My mother and I both live in Lowell and have for most of our lives; we were so thrilled to be the recipients of the generous gift that the Pink Arrow Foundation and the Lowell community has given us. Cancer is expensive no matter what type of insurance you have and the financial stress definitely doesn't help with healing. Your generosity has brightened our day and we are proud to be residents of this little town called Lowell. God bless!

# Lowell gymnasts head to Florida for competition

Four Lowell gymnasts traveled to Disney World for the Amateur Athletic Union (AAU) Age Group Nationals held at the ESPN Wide World of Sports this past weekend.

Senior, Meghan Plutschow, was awarded a scholarship for her to use towards furthering her education at Grand Valley State University this fall. Freshman, Paige DeHaan, placed third on the balance beam in her age division.

Sixth grader, Julia Pytlik placed sixth all-around, fifth on the floor and third on the vault.

Junior, Lauren DeHaan, placed seventh on floor, seventh on vault, fifth on beam, fifth in the all-around and earned National Champion by taking first place on bars with a score of 9.7.

The girls also enjoyed a day together meeting Mickey Mouse at Disney's Magical Kingdom.



**Pictured, from left to right: Lauren DeHaan, Julia Pytlik, Meghan Plutschow, and Paige DeHaan.**

# Red Arrow baseball wraps up the season with honors

submitted by, Sue Groom

The Lowell baseball team was named All-State

Academic as a team and was the highest of all divisions in the State of Michigan with a

grade point average (GPA) of 3.728.

Several players were

also given Individual All-State Academic honors.

Parker Groom was

named the team's most valuable player (MVP) and

Scholar Athlete and he was

joined by Jeff Houston, Kyler Shurlow and Zach Stevens on the All-State Academic team.

Four seniors were also on the 2012 District Championship team. The 2014 team won the OK White Conference title and the District Championship.

Groom was also named to the Division 1 All-State team. He made the second team as utility because he pitches (7-1) and plays shortstop. He joins Torsten Boss as the second baseball player in Lowell's history to earn Division 1 All-State. He led the team with a .452 batting average, .527 slugging percentage, 22 stolen bases, 32 runs batted in (RBI) and 33 runs scored.



Lowell's All-State Academic team.

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# obituaries

## JENSEN

Robert M. Jensen age 72 of Lowell, passed away Saturday, June 21, 2014. He was preceded in death by his wife, Yvonne; son, Greg and father, Joseph Jensen. He is survived by his mother, Adele; sisters, Peg Serbenta, Patsy Riggs; brothers, Larry, Donald, Terry, and John Jensen. Bob was an avid hunter and fisherman. A graveside service will be Thursday, July 10 11:00 a.m. at Bailey Cemetery. Memorial donations may be made to Pink Arrow Pride, c/o Lowell Community Wellness, P.O. Box 246, Lowell, MI 49331.



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## JONES

Jeffery Louis Jones, age 56 of Lowell, passed away Monday, June 30, 2014. He was preceded in death by his father Norman. He is survived by his children, Jessica Jones, Christopher Jones and their mother Linda Jones; parents, Carol (Bob) Chiaino. Jeff worked for over ten years at River City Mechanical. Funeral service was held Thursday July 3 at O'Brien-Eggebeen-Gerst Chapel, 3980 Cascade Rd. S.E., Grand Rapids. Officiated by Rev. Leonard Sudlik. Memorial contributions may be made to National Kidney Foundation of Michigan, Inc., 1169 Oak Valley Drive Ann Arbor, MI 48108



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## KOHTZ

Evan Thomas Kohtz, age 21 of Lowell, passed away unexpectedly Wednesday, July 2, 2014. He was preceded in death by his grandparents Laine and Elva Kohtz. He is survived by his parents, Heather (Robert) DeJonge and Ken (Shelley) Kohtz; sister, Sophie; brother, Benjamin; step-sister, Deanna (Austin) Line; step-brother, Derek DiCesare; grandparents, Thomas and Sally Hendricks; and many aunts, uncles, and cousins. Evan graduated from Lowell High School in 2011. He had a love of soccer and golf. A celebration of Evan's life was held Tuesday, July 8, 2014 at St. Mary's Catholic Church, Lowell. Memorial contributions may be made to Evan Kohtz Soccer Scholarship.



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## MC MULLEN

Charles W. Mc Mullen, 84, of Cedar Springs, died Thursday, July 3, 2014, at Metron of Belding. Mr. Mc Mullen was born March 5, 1930 in Marne. He served in the U.S. Army from 1947-1951 as a welder. He enjoyed woodworking and being involved in the North Kent Senior Center. Surviving are his wife, Ruth; sons, Chuck (Shirley) Mc Mullen, Joe Mc Mullen, Mike Mc Mullen; step-children, Karen L. Bansen, David (Cherrie) Patterson, Steven (Teresa) Patterson, Ray Patterson; many grandchildren and great-grandchildren. He was preceded in death by his first wife, Bertha. The family will greet friends Tuesday from 10:00 am until time of service at 11:00 am at the Bliss-Witters & Pike Funeral Home, Cedar Springs. Pastor Tom Logsdon officiating. Interment Oakwood Cemetery, Lowell. Memorial contributions may be made to the American Heart Association.

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# financial focus



Christopher C. Godbold

## Women must know what to expect from Social Security

Everyone needs to be aware of the financial resources they will have available in retirement. But if you're a woman, you must be particularly diligent, for a variety of reasons. And that means you'll need to know just what to expect from Social Security.

Why should you, as a woman, pay extra attention to Social Security? For one thing, women often take time off from their careers to care for children and older parents, so they may accumulate less money in employer-sponsored retirement accounts, such as 401(k) plans. And women still live several years longer than men, according to the Census Bureau.

Clearly, then, you need to get the most you can from Social Security. To do so, you will need to consider at least three key factors:

- **Age** — You can start taking retirement benefits as early as 62, but your benefits may be reduced by up to 30 percent unless you wait until your "full retirement age," which is likely 66 or 67. If you delay taking benefits until 70, your monthly benefits may be up to a third larger than if you started collecting Social Security at your full retirement age. You'll need to weigh a variety of factors — such as family longevity, income from employer-sponsored retirement plans and your anticipated financial needs — in determining when you should start taking Social Security.

- **Employment** — If you work while receiving Social Security benefits before you reach full retirement age, your benefits will be reduced by \$1 for every \$2 you earn over an annual limit, which generally increases each year. In the year you reach full retirement age, your benefits will be reduced by \$1 for every \$3 you earn over the limit before your birthday. But once you reach full retirement age, your benefits will no longer be adjusted for earned income.

- **Marital status** — As a spouse, you can generally receive Social

Security payments based on your own earnings record or collect a spousal benefit of up to 50 percent of your husband's Social Security benefit. The benefit will be reduced if you start taking it before your full retirement age. To start collecting Social Security spousal benefits, you must be at least 62 years old and your husband must also have filed for his own benefits. If you're divorced, and you're not currently married, you can generally receive benefits on your ex-husband's Social Security record, as long as you meet certain conditions. (For example, you had to have been married to your ex-husband for at least 10 years.)

No matter how much Social Security you ultimately receive, it's almost certainly not going to be enough to provide all the income you'll need. So during your working years, try to contribute as much as you can, for as long as you can, to your IRA and your 401(k) or other employer-sponsored retirement plan. At the same time, look for other investment opportunities. And when you reach retirement, create a withdrawal strategy that allows you to stretch out the income you receive from your investments for as long as you can.

By saving and investing as much as possible during your working years, maximizing your Social Security payments and carefully managing your financial assets when you're retired, you can help improve your chances of enjoying the retirement lifestyle you deserve.

*This information is believed to be reliable, but investors should rely on information from the Social Security Administration before making a decision on when to take Social Security benefits. It is general information and not meant to cover all scenarios. Your situation may be different, so be sure to discuss this with the Social Security Administration prior to taking benefits.*

## Ask Kathryn, continued

Systematic retraining of the mental self-statements is the most effective and the most sustainable of the treatments. When the excessive worry takes over, it's important that they see these thoughts as distortions of reality and then replace those thought distortions with reality-based thinking. Counselors who specialize

in CBT (Cognitive Behavioral Therapy) can be most helpful here.

Next month, OCD (Obsessive Compulsive Disorder) will be the topic for review. If you have any questions about this article or general questions about anxiety, please email me at [kathryndenhouster@gmail.com](mailto:kathryndenhouster@gmail.com)

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**HALL FOR RENT** - Lowell Veteran's Center, 3100 Alden Nash. Newly remodeled, smoke-free, private, great location & great rate! [www.VFW8303.org](http://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.<sup>TFN</sup>

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

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## sales

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**WALNUT HILL LAWN SERVICE** - Rototilling for gardens, flowerbeds & lawns. Lawn mowing, fertilizing, tree & shrub trimming. Licensed, reasonable rates & free estimate. Call Aaron at 616-328-9558.

**BARN/MOVING SALE** - July 10, 11 & 12, 8 a.m. - 5 p.m., 13886 Oberley Dr., SE, Lowell.

**ELECTRICIAN** - retired electrician doing small jobs. Reasonable rates, discounts for seniors. Call 616-401-6547.

**GARAGE SALE** - 3180 Emberwood Dr., Thurs & Fri., July 10 & 11, 9 am - 5 pm.

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**RELATIONSHIP-PRE-MARITAL SEMINAR** - Building a solid foundation, July 22 from 6-8 p.m. in Lowell. Must reserve a spot. <http://www.lifetransitions-therapy.biz/> or 616-238-2116.

**YARD SALE** - Fri., July 11, 9 a.m. - 4 p.m., 614 Forstrom.

# Coming Events

Public Library, 61 Bridge St., Saranac. 616-642-9146.

son, Lowell, 897-8600.

**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](http://www.belding.michlibrary.org)

**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.

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

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

**WHITES BRIDGE HISTORICAL SOCIETY** - Meets 3rd Tuesday of each month at the Lowell Chamber of Commerce office at 6:30 p.m. Public is invited to join our group as we plan to raise funds to restore Whites Covered Bridge. For additional information [www.WhitesBridge-HistoricalSociety@gmail.com](http://www.WhitesBridge-HistoricalSociety@gmail.com) or 616-437-1927.

**SUPPER TOGETHER** - Tuesdays 5:30 - 6 p.m. Join in a meal together before groups begin. Gilda's Club, Lowell Clubhouse, 314 S. Hudson, Lowell, 897-8600.

**MICHIGAN BLOOD BLOOD DRIVE** - every second Monday, noon - 7 p.m. Kent County Fairgrounds, King Memorial Youth Center. Walk-ins are welcome, but appointments are recommended. 1-866-MIBLOOD, [www.miblood.org](http://www.miblood.org)

**TEEN & TWEEN TALK** - Tuesdays, 6 - 7:15 p.m. A group for youth in middle school or high school on a cancer or grief journey. Incorporates curriculum based activities, discussion & some fun. Gilda's Club, Lowell Clubhouse, 314 S. Hudson, Lowell, 897-8600.

**BREAST CANCER SUPPORT GROUP** - We will meet the first Tuesday of every month at LowellArts! at LowellArts! 6:15 - 7:15 p.m. A monthly support group for those impacted by breast cancer to learn & share together Please join us for supper at Gilda's Club, Lowell at 5:30 p.m. prior to the group meeting. Gilda's Club, Lowell Clubhouse, 314 S. Hudson, Lowell, 897-8600.

**BINDER PARK ZOO** - July 24 at 1 p.m. at the Clarksville Village Hall. Sponsored by Clarksville Area Library, 130 S. Main, Clarksville, 616-693-1001.

**ADULT CANCER SUPPORT GROUP** - Tuesdays, 6-7:15 p.m. A committed group for those diagnosed with cancer. Gilda's Club, Lowell Clubhouse, 314 S. Hudson, Lowell, 897-8600.

**PARK PARTY** - July 31 at 1 p.m. at the Clarksville Elementary School pavilion. Sponsored by Clarksville Area Library, 130 S. Main, Clarksville, 616-693-1001.

## WEDDING INVITATIONS

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## Union talks, continued

licenses for the people when they've wanted them," said IBEW attorney Ted Iorio. "The practice has always been that they were entitled to get licenses. Howe has changed that policy without bargaining."

"I don't know the history, I wasn't around then," Howe said.

Section 15.2 of the Lowell city charter says, "All municipally owned or operated utilities, except the electric utility, shall be administered as a regular department of the city government under the management and supervision of the city manager."

Section 25-1 of Lowell's Code of Ordinances says, "The water and sewer disposal systems of the city shall be administered as regular departments of the city under the management, supervision and control of the city manager... The city manager may employ or designate such persons in such capacity as he deems advisable."

"That's the charter," Howe said. "That's what the voters of this city have said."

"The charter may give him that right in a non-union setting, but not in a union setting," Iorio said. "Once you have a union you have to bargain over terms and conditions of employment. State law preempts the charter. He can have the charter with non-union, but if it affects terms and conditions of employment, which this one did, he's got to bargain with the union regardless of the charter. That's state law."

Howe said that taking the decision out of his hands results in a conflict of interest between the affected employees.

"If these licenses result in wage increases, are we going to put ourselves in a position where we have members of the union allowing other members to receive wage increases?" Howe asked. "Should members of the bargaining unit be making decisions about whether or not other members of the bargaining unit receive wage increases?"

"First of all, you're talking about how many people?" Iorio said. "There aren't more than two or three people involved here. There's been a practice, it's in the best interests of the city and the reality of it is our people have not gotten any increases to wages for five or six years. That's just complete nonsense that we're going to dictate when we get increases. No. If there were no union here he could do whatever he wanted. That's the reality of it."

The second ULP charge against the city says that they have, "engaged in unlawful bad faith bargaining and illegal surface bargaining... tactics that are designed to prevent the parties from reaching an agreement and to frustrate the bargaining process."

"Surface bargaining" is a form of bad faith bargaining where one of the parties merely "pretends" to bargain with no intention of ever reaching an agreement. The union alleges this has been an unlawful tactic used by the city during negotiations.

"We can prove it because bargaining has gone on for well over two years and they still have those 'at will' and subcontracting proposals on the table," Iorio said. "They could subcontract all their work away. Insurance or benefits, they can take it away any time they want during the term of any contract. We say that is an example of surface bargaining and that it constitutes bad faith bargaining."

According to the city's ULP charge against the union, it's actually the IBEW who has been stalling the process by refusing to negotiate important items in the contract.

"Basically they are saying to us, on one hand, 'You've got to bargain with us over these subjects,'" Howe said. "But then on the other hand they're saying, 'But you can't bargain with us over these subjects.'"

The city and the union are unable to agree on which parts of the contract are "mandatory" and which are "permissive" subjects of negotiation.

"Mandatory is... under state law and through MERC [Michigan Employment Relations Commission] decisions there are certain things that you have to bargain over. Wages, fringe benefits. You have to bargain over those things," Howe explained. "Permissive subjects are things that you can bargain over, but if one party says, 'I don't want to bargain over that,' then you can't. They're saying it's fringe benefits. They're saying it's the grievance process."

"An example of a permissive subject is the insurance," Iorio said. "We're willing to talk about all the benefits, but we're not willing to agree that they have the right to take them all away if they want to and we have no say in it. That's part of their proposal. The law says when a proposal goes that far it's permissive and you cannot condition a settlement based on a proposal that is permissive."

"Grievance procedure, non-bargaining unit

personnel, subcontracting and fringe benefits," Howe said, quoting an April 25 letter from the IBEW to the city. "They want these to be permissive. They're saying, 'We don't want to bargain over this stuff.'"

Howe produced a series of letters back and forth between himself and Hank Matulewicz, business manager of the IBEW.

"[In an April 22 letter] we said, 'Okay, we have asked before,'" Howe said. "Identify specifically the authority, you know, if there's some case law or something like that where you feel that grievance procedure is a permissive subject instead of a mandatory subject, tell us where that is. Tell us why you feel that's the case." They said [in an April 25 letter], 'Ah, we're not going to tell you. Some but not all of the available authorities that may assist you are in the fact-finding briefs.' Some but not all. So we write back [on April 29] and we say, 'We need more time to consider this, then. I mean, if you're not going to tell us what the authorities are, we need more time and so we'll get back to you by May 30.'"

"They're paying a high-powered management attorney," Iorio said. "He clearly knows what the issues are. In prior correspondence to him, in our briefs and the fact-finding report on these issues we cited some case law. They could look at that. They are just trying to delay more and more. This is just subterfuge, what he's doing. It's really nonsense. They know what the issues are. The letter says, 'Look at the briefs that we've filed before.' This isn't anything new that we're raising."

"They write back on May 2 and they say, 'Your council has vast experience and background representing employers,'" Howe said. "[They're] basically grandstanding in this letter, but [they] didn't really give us anything more. We said we needed 'til May 30. They didn't give us until May 30 to respond. They filed [ULP charges] May 23."

The third ULP charge against the city says that the city "retaliated against Brecken" for union activity by "proposing wage schedules that would reduce and/or freeze his hourly wage for years." Brecken's wage is \$27.22 an hour. His last pay increase was on July 1, 2009.

"They're saying that we're retaliating against Ralph because we didn't offer a pay increase to him," Howe said. "We didn't propose to reduce his wage. Our point is that... he already exceeds and so if he already exceeds then he's

going to have to wait until the scale catches up to him. The maximum we proposed was \$23.13 an hour."

"His hourly wage stems from the fact that he's got all these certifications that help the city," Iorio said. "And the only reason that he's not getting anything, we believe, is simply because he's been very active with the union and holds the city's feet to the fire in terms of trying to be fair with people. That's why he's the only one in the unit who's not getting an increase."

"He's \$4 an hour more than our supervisors," Howe said. "We have people who are supervising other people who are making less money than the mechanic. He's almost as high as the top-paid police officer. They're saying we're retaliating against him because he's a union steward. We're saying he's paid pretty well and the union's own 'comparable contracts' show that he's paid pretty well. The facts are the facts and I'm going to deal with the facts. I'm not going to get into the grandstanding or pointing fingers. I'm not going to attack them. Let's just deal with the facts and find a way to move forward."

Howe said Brecken's wage has been inflated over the years in various ways.

"It's been through certifications," Howe said. "There was a \$2 an hour raise there just because. Just because. There was a period of time where, two or three years, where his pay really accelerated."

"They should be clapping their hands because they've got Ralph, who can do so many different things for the city," Iorio said. "He's a mechanic, he can fabricate, he plows, he's got water licenses, he can do everything. It makes it unnecessary to hire other people. So that is all just manufactured."

Howe said Brecken will eventually get a pay increase, but it would be several years before the pay scale catches up to him.

"Typically what you do when you give wage increases you say, 'We're going to give a two percent increase,'" Howe said. "So you take that whole scale and you increase that scale by two percent. The next year you might do another two percent. So the scale increases and eventually that maximum would catch up to him. Then he'd be on the scale with everybody else."

"The fact that Ralph would get no increase for years and he's been the most active, that's retaliatory," Iorio said.

In a previous ULP charge the IBEW filed against the city last October

a judge ruled that the Howe and the city did indeed bargain in bad faith. Howe and city attorney John McGlinchey were quoted at the time saying the city would "appeal" this ruling, but now Howe says this is not actually the case.

"It's not an appeal," Howe said. "That's something that's important to understand about the way the process works. Everybody was calling it an appeal, but it's not an appeal. A ULP goes to an administrative law judge. They issue what's called a 'recommended order.' If you go back and look at it, it's a 'recommended order,' it's not a final decision. That recommended order goes to the MERC and they decide whether or not to accept it, reject it or modify it. That's where we're at in the process. All we were doing was writing a brief to MERC to explain to them why we think they should reject that opinion. It's still before [MERC]. The appeal would be if we then disagree. If MERC upholds that recommended order then you appeal to the Court of Appeals. And that's a pretty simple brief, too. There wouldn't be a lot

of cost to that. And then the Court of Appeals ultimately decides. They're the final arbitrator and they make the final decision. I think the odds are pretty good."

Neither side can even agree what the next step in bargaining will be. Both sides say it's up to the other one to make the next move.

"We rejected their last proposal. He's indicated they're unwilling to make any other movement and that's why we ended up with the ULP," Iorio said. "Because if he's not going to make any movement and isn't going to compromise or to try and work things out, why spend more time, money and energy? The ball's not in our court. We've told him where the problems are. He knows what they are and they're not going to move."

"They're not giving us a new proposal," Howe said. "They're not making movement. They're not negotiating. They're trying to use ULPs and stir up the public as their leverage and we're just dealing with facts."

A decision on the ULP charges should be reached by MERC later this summer.

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## CITY OF LOWELL PUBLIC NOTICE

In accordance with Section 4.9 of the City Charter, when a Council vacancy occurs in mid-term, the City Council shall appoint a person until the Monday following the next regular City Election. The City is seeking letters of interest for this Council position. City residents who are registered to vote in the City and are interested in serving on the City council should submit a letter of interest to the City Clerk, Lowell City Hall, 301 East Main Street, Lowell, MI 49331 by 12 noon on Friday, July 25, 2014.



Betty R. Morlock  
City Clerk



# FROM FOOD FIGHT



**FLAT RIVER  
OUTREACH  
MINISTRIES**

	1	2	3	4	TOTAL
NORTH	6,133	5,176	2,150	2,309	15,768
SOUTH	7,162	3,414	2,258	3,515	16,349

11535 Fulton St. East  
897-8260

[www.fromlowell.com](http://www.fromlowell.com)

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**EVERY DOLLAR YOU DONATE IS WORTH ONE POINT  
EACH FOOD ITEM YOU DONATE COUNTS AS ONE POINT**



*Drop your non-perishable goods at those businesses listed in red*

## 2014 FOOD FIGHT PRESENTED BY TEAM MANAGERS

ALLEN EDWIN HOMES • ALTO LIONS CLUB • **B.C. PIZZA** •

**CANFIELD PLUMBING & HEATING** • ENWORK • **KING MILLING CO.** • **LOWELL LEDGER/BUYERS GUIDE/LOWELL LITHO** • **LOWELL LIGHT & POWER** • MEIJER • RED CREEK WASTE SERVICES • RIVER VALLEY CREDIT UNION • TIMPSON TRANSPORT INC.

## TEAM COACHES

ATTWOOD • BERNARD'S ACE HARDWARE • COMMON CENTS RARE COINS • **CURTIS LAUNDRY AND DRY CLEANERS** • **GREENRIDGE REALTY, INC.** • HOOPER PRINTING • METRIC MANUFACTURING CO • **PORTLAND FEDERAL CREDIT UNION**

## TEAM TRAINERS

Alto Bar • Alto Marathon • Bieri Auto Body • **Builders Fireplace Co.** • **Chimera Design, LLC** • **Dery Physical Therapy Services** • Edward Jones • Elite Auto Body • **Farm Bureau Insurance, Mike Curtis Agent** • **Great Clips** • Grand Volute Ballrooms • Ice Cream Caboose • **J & H Family Stores** • James E. Reagan DDS • JB Harrison Ins. Agency • Judd T. Carroll DMD, PLC • **Larkin's** • Lowell Granite Company • Lowell Women's Club • McPherson Lean Partners • Modern Photographics • Optec, Inc. • Yonker Fischer Ventures, LLC

## TEAM CAPTAINS

Addorio Technologies • Arctic Inc. Heating & Cooling • Ball's Softee Cream • **Birchwood Gardens** • Dependable LP Gas Co. • **Dollar General** • Fifth-Third Bank • **Firstbank of W. Michigan** • Fuller Septic • Grand River Orthodontics • **Grand River Veterinary Hospital** • **Heidi's Farmstand** • L.A. Trim • **Mynt Fusion Bistro** • Noreen K. Myers, Attorney at Law • **Pauly's Beer, Wine & Spirits** • Phase 2 Financial Group • William Wheeler CPA

## VISIT THESE TEAM CAPTAINS FOR FOOD FIGHT SPECIALS

<p><b>ADA/LOWELL</b> 5 2175 W. Main St. Coupon for free 20 oz. drink</p> <p><b>ADVANCED EYE CARE</b> 1335 W. Main St. 10% off non-covered services &amp; free cleaning cloth</p> <p><b>ALTO BEAUTY SHOP</b> 6077 Linfield, Alto \$2 off per 5 cans of food</p> <p><b>B.C. PIZZA</b> 1335 W. Main St. \$1 off for every two food items</p> <p><b>CURTIS CLEANERS</b> 1410 W. Main St. 10% off Dry Cleaning / \$5 Maximum</p> <p><b>DEER RUN GOLF CLUB</b> 13955 Cascade Rd. SE Buy one, get one green fees for 18 holes</p> <p><b>FLAT RIVER GRILL</b> 201 E. Main St. 10% off food order</p> <p><b>FRY DADDY'S</b> 608 W. Main St. \$1 off any regularly priced basket</p> <p><b>GLASS HOUSE DESIGNS</b> 215 W. Main St. Make a free ornament on Open Studio Wednesdays</p>	<p><b>GRAND CHRYSLER DODGE JEEP</b> 930 W. Main St. 4 oil changes for \$69.95(excluding diesels and synthetic oil) with at least 3 food items</p> <p><b>GREAT CLIPS</b> 11635 Fulton St. E. \$3 off regular priced haircut</p> <p><b>HAROLD ZEIGLER</b> 11979 E. Fulton St. \$50 off vehicle purchase with 5 or more items</p> <p><b>LARKIN'S RESTAURANT</b> 301 W. Main St. Free fries with sandwich order</p> <p><b>LOWELL HISTORICAL MUSEUM</b> 325 W. Main St. 10% discount in the gift shop</p> <p><b>LOWELL FAMILY CHIROPRACTIC</b> 2531 W. Main St. Free exam valued at \$65</p> <p><b>LOWELL LIGHT &amp; POWER</b> 127 N. Broadway 5 items=CFL;20 items=Gift bag with CFL's &amp; LED nightlight</p> <p><b>QUALITY EXPRESS</b> 11729 Fulton St. East \$3 off Valvoline oil change; not combined with other offers</p>	<p><b>ROOKIES SPORTSCARDS PLUS</b> 106 W. Main St. One wooden nickel (good for store credit) for each item</p> <p><b>SHOWBOAT AUTOMOTIVE</b> Free water bottle with 3 or more items</p> <p><b>SNAP FITNESS</b> 2173 W. Main St. 5 items for free enrollment <u>or</u> 2 free training sessions</p> <p><b>SNEAKERS</b> 211 E. Main St. Free fries or non-alcoholic beverage</p> <p><b>SPRINGROVE VARIETY</b> 123 W. Main St. 10% off your order with food items</p> <p><b>WALGREENS</b> 11980 Fulton St E Bring 3 food items for 50% off photo greeting card order</p>
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**We are into the last quarter!  
There's still time to get in the game!**

**In addition to our Team Captains & sponsors listed in red above, you may drop off your non-perishable food donations with these nonprofit partners:**

**Schneider Manor ♥ Senior Neighbors ♥ YMCA of Lowell**

# CPA and Michigan Retailers unite to encourage shoppers statewide to shop locally

Community Papers of Michigan (CPM) and Michigan Retailers Association (MRA) formally joined each others' association earlier this year. At a recent meeting, the presidents of both associations met for the first time to discuss synergies and common issues facing both memberships.

CPM president Jon Jacobs, stated, "We discussed getting caught 'blue handed.' This is a statewide program designed to encourage citizens to shop locally. CPM and local community papers, leading up to the event, will be publishing a special section promoting it. This is just one example of how

we are working together to strengthen Michigan retail." I look forward to working with MRA's president Hallen on future endeavors.

The Michigan Retailers Association is the unified voice of Michigan's retail industry and a trusted resource for all types of businesses. Retailers provide more than \$100

billion worth of goods and services annually to consumers in Michigan and employ 450,000 Michiganians.

Headquartered in Lansing, MRA provides aggressive legislative representation and a wide range of profit-boosting services to nearly 5,000 member businesses, which own and operate more than 15,000 stores and websites across the state. Members range in size from the smallest single store operations to the largest national and international chains.

Incorporated in 1940 to help retailers succeed in business, MRA has become the nation's largest state trade association of general merchandise retailers.

Community Papers of Michigan is based in East Lansing and represents over 100 home-delivered newspapers and shopping guides across Michigan, with a combined circulation of over 2.1 million households receiving a community publication each week.

Community Papers of Michigan was established in 1945 as an association of shopping guide owners who would regularly meet and exchange information and ideas. Through the years, the community paper industry has grown exponentially to include community newspapers, which now represent over 60 percent of CPM's membership. The common thread community shoppers and newspapers share is they both provide retail businesses and professionals a powerhouse medium to reach readers in their homes within the communities they serve. Community papers offer the largest circulation coverage to all residents

within their defined market areas to unite buyers with sellers and provide hyper-local news coverage that is second to none.

CPM's executive director, Jack Guza, explained, "CPM assists our members with sales support, fully funded circulation audits, training and information sharing opportunities. We also offer streamlined advertising placement services to businesses that want to reach beyond their local market through state-wide classified, display and preprint network opportunities that are facilitated through our office quickly and effectively."



Left to right: Community Papers of Michigan president Jon Jacobs and Michigan Retailers Association president and chief executive officer (CEO) James P. Hallen.

## BIRD BERRY FARM

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