

Holiday Guide

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LHS student speaks at United Nations Rotary event

Annually Rotarians, Rotoractors, Interactors, foreign exchange students and group study exchange groups from all over the world gather at the United Nations in New York City (NYC) to talk about peace and health issues that affect people everywhere.

When the United Nations was first formed, the formation group came to Rotary International and requested help in writing the first ever charter based upon Rotary's experience of working with people all over the world. Since that time, Rotary has held a chair in the general assembly as the only nonpolitical group in the world to do so.

This year Hayden Sutton, a junior from Lowell High School of Michigan was asked to speak to the assembled masses on a hunger program that his interact club at Lowell High School runs. His focus was not necessarily based on the size of the interact project, but on the ability of everyone to do the same sort of thing no matter where they live.

While on the podium, Hayden had the opportunity for a photo taken with the president of Rotary International, Mr. Gary C.K. Huang of the Rotary Club of Taipei, Taiwan.

This was the first time that anyone from the state of

Michigan had been asked to speak at the United Nations for this Rotary event. Hayden's interact club is lead by Mr. RJ Boudro who is their advisor and also serves as a guidance counselor and wrestling coach at the high school. The Lowell interact club is sponsored by the Lowell Rotary Club.

Hayden was joined by two Interactors: Evan Twarog and Antonio DiSilva, both from Keene, New Hampshire and by District 6290's Interact district coordinator, Douglas Mealey of the South Kent Rotary Club in Bryon Center.



Hayden Sutton at United Nations Rotary event.

Preservation of rare, untouched ecosystem in Lowell Township

by Tim McAllister
contributing reporter

Huckleberry Hills is a rare, untouched ecosystem located at 2910 Alden Nash SE in Lowell Township. A local man, Michigan State University botanist Jesse

Lincoln, wants to preserve this unique wild space.

"Our landscape has changed dramatically since being settled by Europeans," Lincoln said. "Ecosystems that were once prevalent have become

rare. The system in Lowell Charter Township is what's known as an 'oak savanna' or an 'oak barrens' and that type of community once covered over a million acres in southern and lower Michigan. Now less

than half a percent of that remains."

Even though the land might not serve a purpose to people, it is important to preserve natural spaces like Huckleberry Hills.

"There are a lot of plants and animals that rely on unique systems and by protecting these, we're protecting the home of many species," Lincoln said. "In doing this I'm trying to protect some of the connections that we don't even understand. There's a lot out there, it's a really complex world. I think to allow things to disappear is morally wrong. I'm trying to protect it even though we

don't exactly understand everything about it and even though it may not be useful to humans. I think there's value in protecting things just because they exist. It's not just a park, it's more than that. The impetus is to protect this example of a rare ecosystem. It's a living example of our natural history, our natural heritage and that's pretty uncommon."

Lincoln and a team of volunteers have been working to return the land to its original state.

"We've been working

Huckleberry Hills,
continued, page 3

District Champs

Red Arrows defeat Grand Rapids Christian 49-31



Junior Gabe Steed runs in a 65-yard touchdown pass from quarterback Ryan Stevens during the first half of play. See page 10 for the story.

Christmas Through Lowell

Fri., Nov. 14 - 9am - 9pm

Sat., Nov. 15 - 9am - 7pm

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50 CENTS



Big day for Republicans, gain control of Senate

by Tim McAllister
contributing reporter

The “mid-term” election took place on Tuesday, Nov. 4. It was a big day for Republicans, who gained control of the senate while retaining incumbents.

Democrat Gary Peters beat Terry Lynn Land for Carl Levin’s seat in the United States Senate.

Voters chose to reelect governor Rick Snyder over his Democratic challenger Mark Schauer. Republican Ruth Johnson will continue to serve as Michigan’s Secretary of State and Republican Bill Schuette is still Michigan’s attorney general. Republicans Bill Huizinga and Justin Amash

were reelected to the state house, while Republican Dave Hildenbrand will continue serving in the Michigan Senate.

Both of the wolf-hunting proposals were defeated. Supporters of the proposals were in favor of hunting wolves, while opponents were against

hunting wolves. The proposals were supported by governor Snyder, as well as organizations such as the Michigan Bear Hunter Conservation Association, Safari Club International and the Michigan Hunting Dog Federation. Those who came out publicly against the wolf-hunting proposals

included the Humane Society, the Audubon Society, the American Society for the Prevention of Cruelty to Animals, the Center for Biological Diversity, rock singer Iggy Pop and actress Kristen Bell.

The “veterans services” millage passed. It will raise

over \$1 million a year in Kent County by raising taxes by “five cents per \$1,000 of the taxable value on all real and personal property subject to taxation,” according to the language on the ballot.

Tips to prepare now for severe winter weather ahead

Cold temperatures, heavy snow, and treacherous ice storms are all risks of the impending winter season.

“Severe winter weather can be dangerous and even life-threatening for people who don’t take the proper precautions,” said FEMA Region V acting administrator Janet Odeshoo. “Preparedness begins with knowing your risks, making a communications plan with your family and having an emergency supply

kit with essentials such as water, food, flashlights and medications.”

Once you’ve taken these steps, consider going beyond the basics of disaster preparedness with the following tips to stay safe this cold season:

Winterize your emergency supply kit:

- Before winter approaches, add the following items to your supply kit:
- Rock salt or other

environmentally safe products to melt ice on walkways. Visit the Environmental Protection Agency for a complete list of recommended products.

- Sand to improve traction.
- Snow shovels and other snow removal equipment.
- Sufficient heating fuel and/or a good supply of dry, seasoned wood for your fireplace or wood-burning stove.
- Adequate clothing and

blankets to keep you warm.

Stay fire safe:

- Keep flammable items at least three feet from heat sources like radiators, space heaters, fireplaces and wood stoves.
- Plug only one heat-producing appliance (such as a space heater) into an electrical outlet at a time.
- Ensure you have a working smoke alarm on every level of your home. Check it on a monthly basis.

Keep warm, even when it’s cold outside:

• If you have a furnace, have it inspected now to ensure it’s in good working condition.

• If your home heating requires propane gas, stock up on your propane supply and ensure you have enough to last an entire winter. Many homeowners faced shortages due to the record freezing winter weather last year, and this season there’s the possibility of lower than normal temperatures again. Don’t be caught unprepared.

• Avoid the dangers of carbon monoxide by installing battery-powered or battery back-up carbon monoxide detectors.

• Winterize your home to extend the life of your fuel supply by insulating walls and attics, caulking and weather-stripping doors and windows, and installing storm windows or covering windows with plastic.

Prevent frozen pipes:

• If your pipes are vulnerable to freezing, i.e., they run through an unheated or unprotected space, consider keeping your faucet at a slow drip when extremely cold temperatures are predicted.

• If you’re planning a trip this winter, avoid setting your heat too low. If temperatures

dip dangerously low while you’re away, that could cause pipes to freeze. Consider draining your home’s water system before leaving as another way to avoid frozen pipes.

You can always find valuable information to help you prepare for winter emergencies at www.ready.gov/winter-weather. Bookmark FEMA’s mobile site <http://m.fema.gov>, or download the FEMA app today to have vital information just one click away.

FEMA’s mission is to support our citizens and first responders to ensure that as a nation we work together to build, sustain, and improve our capability to prepare for, protect against, respond to, recover from, and mitigate all hazards.

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along main street

FINE ART AND CRAFT HOLIDAY SALE

The Rogue River Artisans’ 32nd annual Fine Art and Craft Holiday Sale will be held Sat., Dec. 6 from 9 a.m. – 4 p.m. at Lowell High School, 11700 Vergennes. This show features the area’s finest selection of more than 100 juried artists and craftsmen. Artists will feature beautiful and quality sculpture, pottery, jewelry, glass, wood, furniture, wild life art, photography, painting, wearables, seasonal decor and more. A special holiday lunch will also be available. \$1 admission benefits Lowell Red Arrow special activities.

“THE GEMS”

A precious and prize winning way of looking at the different stages of Dementia/Alzheimer’s on Wed., Nov. 19 from 6-8 p.m. at 108 N. Lafayette St., Greenville (location of Heartland Clubhouse). A presentation packed full of valuable insights and techniques for interacting with the senior or loved one with Dementia. Admission is free. Snack and beverage provided.

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.

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Huckleberry Hills, continued

on it for about a year," Lincoln said. "We're getting the trails installed, we're removing invasive species and we're going to take a step back over the winter and see what we need to tackle next year. We've gone after a lot of the pine. The pine is all non-native. We've gone after non-native shrubs [such as] autumn olive and honeysuckle. We staked out a trail system and we've started to push some of the younger oaks back from the grassland areas."

Nature isn't just Lincoln's hobby, it's his day job.

"I work as a botanist and ecologist for Michigan State University," Lincoln said.

"I do vegetation mapping on state land, so all the state game areas around here; I walk them and describe the vegetation. I put that [data] into a database so that it can help them manage it, so I see the range of quality of habitats. This one happened to be owned by Lowell Township and happened to be in really good condition and Lowell Township just happened to be open to the idea of this thing, so it was just like this perfect storm. It was really great."

Lincoln wants to get local schools involved in the Huckleberry Hills preservation project.

"At this point I'd like to include schools," Lincoln



Volunteers got to use chainsaws during the preservation project.



Flowers at Huckleberry Hills in Lowell Township.

said. "I've got a vision of maybe getting a wood shop together to help me build a sign, maybe some biology classes to write what should be on the sign and maybe some art classes to design it. I want to get young people involved because I think that's how it's going to have the biggest impact."

The next step in the project is to raise awareness.

"I think the next phase for me is outreach," Lincoln said. "Maybe doing plant tours next May when it's blooming. That's going to be the easiest way for me to get people on board. I'd like to do a slide show at the township and talk about

it, but I think the most important next step for me is to get the schools involved." If you want to get involved in the Huckleberry Hills preservation project, there are a couple ways to contact Lincoln.

"I started a Facebook page to keep track of these work days at this site and

others," Lincoln said. "It's called 'West Michigan Conservation Group.' I post there every month or two, to tell people what's going on and arrange meetings." Otherwise they could email Lincoln at lincolnj@michigan.gov.

Greenridge Realty celebrates 25 years in Lowell

by Kathryn Atwood
contributing reporter

Greenridge Realty will be celebrating 25 years of service in the Lowell community this Friday, November 14, with a public birthday party from 8-5 at their office located at 1160 West Main Street.

According to manager and associate broker Rick Seese the informal event will offer both sincere thanks and birthday cake to those in attendance, "We

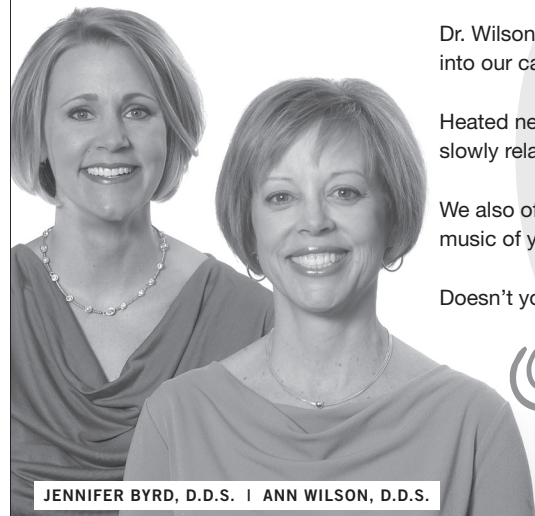
are celebrating 25 years because of the community's support and trust. We just want them to know that we appreciate their loyalty since we opened our doors as Greenridge Realty on November 14, 1989. It is just a small way to say thank you."

Since their opening, the Greenridge office has closed over \$500,000,000 in real estate transactions here in Lowell and throughout West Michigan. They have also generously sponsored Pink

Arrow Pride and hosted this fall's first ever "Community Pinknic."

"We are proud to be a homegrown real estate company that has emerged as one of the top companies in America," said Seese. "Our everyday goal is to build and maintain relationships and to deliver quality customer care. We are very happy with our results thus far and look forward to the next 25 years in Lowell."

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financial focus



Christopher C. Godbold

Yipes! IPO hype can lead to risky investing

All investors probably wish they had gotten in on the “ground floor” of Apple or Microsoft or any other big success story. And, in fact, you can indeed “be there from the beginning” by taking part in a company’s initial public offering (IPO). However, the ground floor of many IPOs may be shakier than you’d think — and might not provide you with the solid footing you need to invest wisely.

Of course, not all IPOs are the same. Many large, profitable companies, seeking to raise capital, have gone public in recent years through IPOs. However, IPOs of newer, unproven companies share some characteristics that should give pause to serious, long-term investors. Consider the following:

• *Hype* — Let’s face it: A big part of the appeal of IPOs is the “wow” factor. It looks really cool when the company’s CEO — or perhaps a visiting celebrity — rings the opening bell at the New York Stock Exchange. And the rush to buy shares in the now-public company always garners big headlines. Yet “hype” is just

one letter removed from “hope” — and hope alone is not a good reason to invest. Furthermore, no single stock — even one that might have strong growth potential — is likely going to be the ticket to investment success.

• *Lack of track record* — By definition, newer companies that launch IPOs don’t have long track records. And while it’s true that “past performance can’t predict future results,” it’s nonetheless useful to see how a stock has performed in various economic climates and how the company management has responded to different challenges over time.

• *Exceptional volatility* — All stocks fluctuate in value. But IPOs tend to be especially volatile — not just in their first few days of trading but also in their first few years of availability to the public.

• *Higher risk potential* — Generally, IPOs of newer companies are better suited for aggressive investors — those who can handle a higher degree of risk in exchange for potentially higher returns.

• *Nonstandard accounting* — Some IPOs, particularly Internet start-ups, use nonstandard, or “customized,” accounting measures to depict their companies in the best possible light. While these measures are not illegal — and in some cases, may even be useful in illuminating a company’s performance — they tend, overall, to make it more difficult for potential investors to accurately evaluate a business’ profitability, or at least potential profitability. At the end of the day, good old-fashioned profits and cash flow are still the key driver of companies’ stock prices.

As an alternative to pursuing an IPO, you could use any extra “investable” money you may have to fill gaps in your current portfolio, based on your goals. Or, if you are truly attracted to the type of business in which an IPO is involved, you might want to consider investing in a more established company in the same industry.

Taking part in an IPO sounds fun and exciting. But as we’ve seen, IPOs can have some serious drawbacks. And while it may not sound glamorous, a steady approach to investing — one that involves diversification, responsiveness to one’s risk tolerance and a constant focus on both short- and long-term objectives — is usually the right choice for most of us.

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viewpoint

to the editor

A wake-up call

Dear Editor,
First I'd like to thank Nancy Stroosnyder for her thoughtful "Letter to the Editor" in the October 29 Lowell Ledger. As a businesswoman in our city she is right to be concerned about what is happening in our city government.

I would be remiss if I did not correct one point made by Ms. Stroosnyder. In her letter she stated, "While Mayer may have been out of order to ask for an addition to the agenda (additions to the agenda

should have been presented prior to commencement of the meeting").

I spoke with Matt Mayer and he did send his agenda items to city hall the week before the meeting. When he got his councilmember packet on Thursday he was shocked to discover his additions had been deleted.

Mayer called Jim Hodges and complained. Hodges told him that the city manager sets up the agenda and it is his call what to put in it. What? For years it has appeared that our

government is a case of the tail wagging the dog. This is proof.

Hodges told Matt to talk to the city attorney and he would be set straight on his rights as a councilman. Since Mayer's agenda items concerned questioning the city manager's recent behavior and mistakes, it is self-serving to allow him to decide if he can be questioned or not.

The final straw was when Hodges and city manager Howe brought the city attorney in to sit through the council meeting for the single purpose of shutting up councilman Mayer.

Our tax dollars are being used to fight the very representatives that we voted into office. Now we not only need a new city

manager, we also need a new city attorney. One who knows whom he represents. Pay close attention Mr. Wendt, you work for those who pay the bill. In this case the citizens of Lowell, not Mark Howe or Jim Hodges.

To the residents of Lowell, this is a wake-up call. If this arrogant activity bothers you, please contact your councilmembers and let them know that you do indeed care.

Or send a letter to them in care of Lowell City Hall, 301 E Main St., Lowell, MI 49331. They, a few of the councilmembers, seem to think that if only four or five people speak up against them that means they are doing a great job.

Sincerely,
Barb Barber

USS Detroit will honor a city, protect a nation



Sen. Carl Levin

In mid-October, I joined hundreds of people in celebrating the christening and launch of the future USS Detroit, which will be the sixth ship in the history of that name. The ship, built at Marinette Marine's shipyard in Marinette, Wis., just across the state line from the Upper Peninsula, is part of the Navy's growing fleet of Littoral Combat Ships, a new class of warship designed to meet the new security threats of the 21st century.

The shipbuilders at Marinette Marine – including about 1,000 Michiganians – have many reasons to be proud. They have built a great ship as part of a great program, and the way they have done it – not just with high quality, but with efficiency – has allowed our Navy to acquire more capability, more quickly and at lower cost. That's good for our national security, for our Navy, and for taxpayers.

But as proud as they feel, and rightly so, I think I was the proudest guy in the shipyard. I got to watch a great ship christened with the name of my hometown, and I got to watch my partner and shipmate of 53 years do the christening. My wife, Barbara, is the sponsor of the USS Detroit. That means she had the ceremonial duty of breaking

the traditional champagne bottle on the ship's bow at the christening.

As the ship's sponsor, she will also have an ongoing relationship with the ship and her crew and will have additional duties when, more than a year from now, the ship is formally commissioned as a U.S. Navy vessel at a ceremony in Detroit. Barb will be a fantastic sponsor of this ship and friend to the crew and their families. For several years now she's been active in the Military Family Education Coalition, so she's familiar with the challenges military families face.

Barb feels a special bond with the USS Detroit. As I told Navy Cmdr. Michael Wohnhaas, who will serve as the first captain of the ship, if Barb provides the Detroit and her crew just a fraction of the support, encouragement, wisdom and love she has provided me over the years, he and the crew will have a sponsor for the history books.

They will also have the support of a great city and state. As a lifelong Detroit, I am proud that this latest of a new class of ships being born is named after my hometown that is in the process of being reborn. I look forward to joining cheering throngs of

Levin, continued, page 6

the grounds and as no defense was put in the divorce was granted. She was given the custody of their daughter.

100 years ago The Lowell Ledger November 12, 1914

James P. Draper, veterinary surgeon at Lowell, informs The Press that it was his machine that figured in the Campau automobile accident on the Ada road last Sunday night. He tells a story that differs materially from that credited to young Edward Campau.

Advertisement: Fire Sale! About three weeks ago we had a fire in our basement that smoked and damaged a quantity of our stock. A large quantity of this stock is all right inside, we think, but the labels and wrappers are soiled and certain others are partly burned, the balance remaining perfectly good. Next Saturday we are going to put this salvage on sale and close it out. "Mr. Ikey Instein, with a genuine Jew fire sale" – that is the way others put it--but there are some great bargains here if you can use any of the material.

The arrest of a minor for being drunk, with the resulting information that the liquor was furnished by a "friend," brings to mind again that meanest of offenders, "the go-between." Even where liquor dealers obey the law forbidding sales to minors and drunkards, there is always someone low enough to put the poison to his neighbor's lips. There is absolutely no excuse possible for this class of offenders. Let justice be done.

B. F. Wilkinson has picked over four thousand bushels of apples this year. Expects to finish this week.

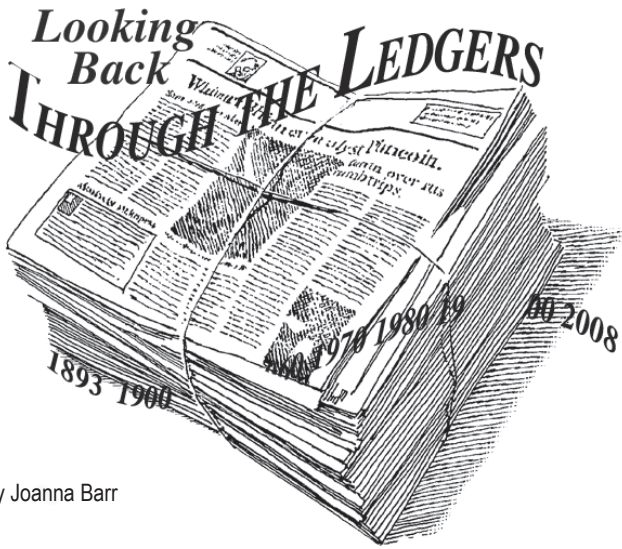
The apron sale and social given at the church by the Ladies Aid society was a success socially and financially. A splendid program, consisting of music and recitations, was given.

75 years ago The Lowell Ledger November 16, 1939

Having reached its millionth gallon of cider vinegar the other day, the Kellogg Vinegar Works has decided to call it enough and will manufacture no more vinegar this season. All storage tanks filled to capacity.

Zero hour Wednesday found scores of hunters from this vicinity included among those deployed over most of the 34,500 square miles of Michigan deer territory by a red-coat army in the state's history. Early indications

Looking Back, continued, page 7



By Joanna Barr

125 years ago Lowell Journal November 13, 1889

C. McCarty leaves to-morrow for a hunting trip up north. He took two guns along and expects to bring back another bear.

The Michigan Cutter Co. is now running full blast and turning out finished cutters at the rate of twenty-five a day. A trip through their factory is most interesting and well worth the time it takes.

There has been shipped from this place this fall 18,840 barrels of apples besides over 28,500 bushels of drying and cider stock marketed here. Not very much of a market for apples either, considering that there was a short crop this year.

We are glad to be able to report the wounded Wesbrooks as gaining. The baby appears as well as ever although his head is terribly swollen and the marks of the blows are still visible. The older-girls were able to be up to dinner Sunday and are now around the house. Mrs. Westbrook is not improving as fast as the others, but is gaining slowly.

The Committee of Arrangements for the Sons of Veterans Annual Ball have decided to give a Military and Fancy Dress Masquerade, instead of a "Shadow Party."

We are glad to be able to report that Mrs. Ruebens, who met with an accident several weeks ago, is improving very fast and is now able to walk across the room with the aid of a cane.

Ella L. Swan was granted a divorce from Emmett Swan, Monday, in the Circuit Court. Drunkenness was

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happy birthday!

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Scott MacNaughton,
Cory DuBridg, Tyler
Shindorf, Mary Schutts,
Anastasia Barnes, Ali
Wernet.

NOVEMBER 15
Beth Stouffer, Emily
Myers, Gina Gildner, Doug

NOVEMBER 18
Brent Noskey, Sandy
Roe, Lindsey Sherman.

**All the world is birthday cake,
so take a piece, but not too
much**

George Harrison

Faces and facts tell the story of disability

Every family has stories—stories are a great way to carry on family legacies, pass lessons on to future generations, and share what is important to your family with the rest of the world. Your family stories may include ones about the birth of a child, serving in war, helping people in need, or the deaths of loved ones.

We'd like to share some stories about what it means to receive disability benefits from Social Security and we have a website that does just that: The Faces and Facts of Disability is ready for you to explore at www.socialsecurity.gov/disabilityfacts.

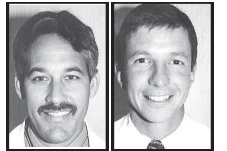
Learning the facts and hearing people's stories about disability allows for a fuller understanding of what is perhaps the most

misunderstood Social Security program.

The Social Security Act sets a very strict definition of disability. To receive disability benefits, a person must have an impairment expected to last at least a year or result in death. The impairment must be so severe that it renders the person unable to perform not only his or her previous work, but also any other substantial work in the national job market. Social Security does not provide temporary or partial disability benefits. Because the eligibility requirements are so strict, Social Security disability beneficiaries are among the most severely impaired people in the country and tend to have high death rates.

Disability, continued, page 14

health



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

gout

Gout is a painful inflammatory joint reaction. It is characterized by the sudden onset of intense pain, swelling and redness, typically of the large toe. It is so tender that even a bedsheet touching it hurts. It can also occur in your hands, wrists and knees. It can last days to weeks and is often debilitating. Onset is typically abrupt and frequently at night.

Gout occurs due to urate crystals building up in a joint. These crystals form when there is too much uric acid in the blood. This can occur due to decreased excretion of uric acid or increased production in the body.

Many factors can increase the risk of gout, such as increased alcohol intake, dehydration, certain foods (red meat), medications and medical conditions like hypertension, diabetes and high cholesterol.

Your doctor may order a blood test or analyze joint fluid in addition to examining the painful joint.

Treatment consists of anti-inflammatory medications, like Motrin or Indocin, and medicines that decrease uric acid production and also improve excretion. Dietary changes and staying well-hydrated are also keys to avoid future gout attacks.




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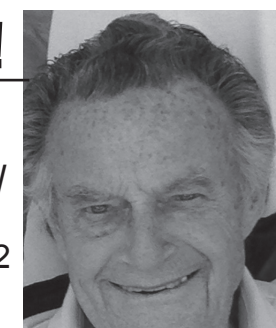
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Levin, continued

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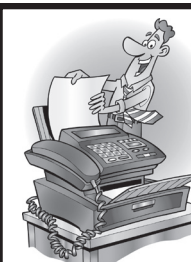


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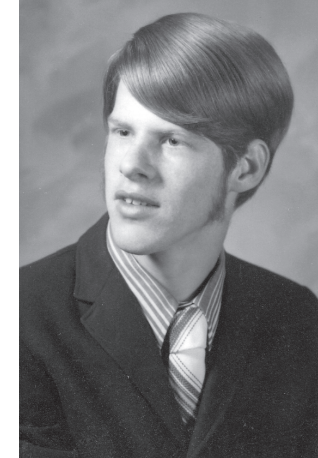
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HAPPY BIRTHDAY

**Happy 60th Birthday
Jim Perkins**

November 13, 2014

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Looking Back, continued

are that 170,000-odd hunters are in the north woods or will move into deer country before the season ends.

The wild fowl sanctuary on Flat River, just south of the Main St. bridge, continues to provide much interest to visitors passing through here every day of the week, including Sunday, who often stop for an hour or more to view the antics of the hundreds of wild Mallards as they play in the water. The other day we heard a 5-year-old youngster shout lustily and clap his hands in great glee as he saw the ducks "stand on their heads" as he expressed it when they dove head foremost in their quest for food and last night, as we crossed the bridge about ten o'clock, now heard a full-grown man shouting a continuous quack, quack in competition with the ducks and all the while entirely oblivious of those around him. All of which caused us to realize that it is a great thing to be able to feel just natural.

Bob Riley and Fred Cox announce the opening of the White Barn on Laraway Road, two miles west of Cascade on Saturday evening, Nov. 18. Dancing and good music with an occasional square dance. Sandwiches and soft drinks served.

The farm home of Howard Heintzelman on the Ada-Vergennes road was destroyed by fire around eight o'clock Wednesday morning. It is reported that it started from the chimney. Everything was saved but the clothing. The property was covered by insurance.

"Hello Central" is on the way out in many Kent County communities. Within the past year dial telephone systems have been installed in Cedar Springs, Kent City, Sparta, Byron Center, Ada and Alto. Farmers in those vicinities report they like the new telephone.

50 years ago The Lowell Ledger November 13, 1964

Mr. and Mrs. Peter Mulder and Mr. and Mrs. George Butler who were out searching the side roads for red holly berries Sunday afternoon sighted a large bull elk standing in a buckwheat field. They were on Bowen Road a few miles north of Potter's corners in Keene Township. The elk was only about 100 feet from the car and moved off slowly as they stopped in amazement. This is thought to be the same elk sighted in Grand Rapids recently.

Art Warning, operator of Art TV and Appliance Store on West Main Street, is remodeling the former garage building, just east of the Debonaire Shop for a retail store department. He plans to move from the smaller

shop he has been renting. Mrs. Peg Bedell plans to move her jewelry and watch repair service into the new quarters, along with Art.

District Director Harold Williams reports extensive red oak and soft maple selective timber harvesting from the 28 acre woodlot in Oakfield Twp. Harold was pleased with the good re-growth made since the last harvest in 1949. Soft maple once thought of as a weed tree is now in demand. Sixty to 80 percent of this maple shows worm damage. This grade can only be used as "hidden stock" by the furniture industry.

Christmas is only 43 days away and members of the Moose Civic Affairs Committee are busy repairing used toys and clothing for their annual Operation Santa Claus project. Old toys are mended and repainted by members of the lodge and given to less fortunate area youngsters on December 25. The lodge has been boosting Santa Claus' load in this area for the past 13 years. Over 100 families per year have benefited from this project.

Ladies of the Vergennes Cooperative Club held a dinner meeting at the Vergennes Town Hall on Saturday to open their drive to interest the entire county in establishing a reconstructed Early American community at Fallasburg. Civic leaders of Kent County, Lowell and other communities were invited to join with the club in hearing of plans to reconstruct the town of Fallasburg. This thriving community of the 1860s, rebuilt, could be an outstanding West Michigan tourist attraction and a real credit to Kent County.

25 years ago The Lowell Ledger November 15, 1989

Headline: Red Arrow girls share O-K White title. LHS girls head for Districts tonight. The Lowell girls varsity basketball team traveled to Sparta Friday evening needing a victory to preserve a share of the OK White conference championship. They were not to be denied. A 55-40 win tied them with Forest Hills Central, both with 12-2 records in league play... The conference co-champions will meet Wednesday evening in district tournament play. The winner of that game will play Friday for the district title.

Lowell's Board of Education was presented with the school's 1988-89 audit report by Ed Timmer of Helmholtz and Company at the November Board meeting. The report reflected the signs of the times as the revenue from local taxes is nearly \$2 million higher than the amount of state aid the school received. "About 10 years ago those figures would have been reversed," Lowell Assistant Superintendent Gary Kemp said.

All incumbents retain seats in City Council election. Jim Hodges, a newcomer to the council when he filled a vacancy left by Dean Collins in January, earned the most votes with 407 and a four year term. Incumbent Councilman Jack Fonger finished second in the balloting to earn a four year term on the Lowell City Council. Charlie Doyle was third in the balloting with 320 votes, good enough to retain his council seat for two years.

To All of our Loyal Customers

Wanted to take a brief moment and thank our customers for persisting through this road construction on West Main Street. Can't remember ever seeing so many barrels in one place! Fortunately most of our patrons look at these barrel obstacles as a challenge and refuse to be deterred! Then there are the folks that try to traverse the uprooted sidewalk as they plod through blocks of fresh mud! Muddy shoes and boots are welcome!

We haven't heard of a completion date. Hopefully the snow plows won't be subjected to the same issues we've endured!

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Holiday Guide

Gift wrap tricks to save time

Holiday shopping may be done, but that enormous pile of presents still needs to be wrapped.

People have varying degrees of ability with regard to wrapping gifts. Some excel at those creased corners and perfect bows, while others are less adept at wrapping. The task of wrapping gifts may not be something to look forward to, but wrapping gifts is an essential element of the holiday season. Fortunately, there are a few tricks of the trade wrappers can

lean on to make the process of wrapping gifts go as quickly and as smoothly as possible.

- Stock up on double-sided tape. Wrapping with double-sided tape helps you avoid unsightly tape lines and creates a neat finished product.

- Use a toilet paper tube to preserve wrapping paper rolls and keep them from unravelling. Simply cut the tube lengthwise and snap it over the open roll of paper to serve as a handy clip to keep the paper tidy.

- When you lose the edge of the tape on a roll, it can take precious time trying to find it again and then lift a piece of tape off the roll. Use a plastic bread clip to hold the place of the edge of the tape to prevent this from happening.

- Turn snack containers into handy gift wrap options. Empty potato chip canisters can be wrapped and used to hold other food gifts or smaller stocking stuffers. Turn a foil-lined chip or popcorn bag inside out, first cleaning away any grease and crumbs,

and use the bag to wrap a gift and tie off the end with a decorative ribbon.

- Wooden spoons or popsicle sticks can make clever gift tags. Poke a hole in the end and tie onto your gift.

- Use a piece of fabric to wrap a present if you're not too skilled with traditional paper. Fabric can be reused and is more durable, and you won't run the risk of tearing an edge or poking a hole through it. This can be especially useful for oddly shaped gifts.

- Newsprint tied with natural cord and some pine boughs is an inexpensive, classic-looking gift wrap.

- Kraft butcher paper or brown mailing paper can be used in a pinch. Stamp images on the paper to customize the gift wrap and use ribbons and bows to further dress things up.

- Always work on a hard, flat surface, as working on the floor or a soft surface makes it more difficult

- Reuse old boxes to create a greeting card. Use a piece of ribbon and a bow and your newly created



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Holiday Guide

Green giving gift ideas

Giving eco-friendly gifts is now easier than ever before. As more and more people are conscious of reducing their impact on the planet, the demand for environmentally conscious products and services has grown.

Choosing earth-friendly gifts is not only generous, but gift-givers also can rest assured they're doing their part to safeguard natural resources for future generations. The following are some gift ideas for the eco-conscious people on your holiday shopping list.

Locally made products

Locally made products make great holiday gifts. Such gifts are not produced halfway around the world, meaning they don't contribute

to greenhouse gas emissions and global warming like products that need to be flown or driven across the globe. Craft fairs and artisan shops are good sources for locally made gifts, which also are a great way to support businesses in your community.

Gifts of service

A massage or music or tutoring sessions are examples of gifts of service. These gifts do not require much use of natural resources, and recipients find their personal nature very thoughtful. Gifts of service also can include tasks you do yourself for the gift recipient, rather than paying another person to handle. For example, teach a senior member of your family how to navigate their new smartphone or agree to help them shop for groceries.

Recycled goods

When many people think of recycling, they tend to picture piles of discarded plastic bottles, glass jars and aluminum cans. While the end product of many of these recycled pieces is new cans, bottles and jars, recycled materials also can be turned into new and unique pieces. Trivets and spoon rests made from recycled and melted wine bottles make for clever and attractive gifts. Recycled fire extinguishers have been turned into vases, and you can even find bike parts that have been used to make wind chimes and belts if you know where to shop.

Natural gifts

Natural gifts are among the most environmentally friendly ones you can give. Foodies may appreciate an

herb-growing kit that enables them to experiment with freshly picked basil or thyme in the kitchen, while tree-growing kits and flower seed packets are nice stocking stuffers for budding gardeners. Offer to purchase a living Christmas tree for a relative, so that he or she can plant the evergreen after the holidays have come and gone.

Antiques

New, shiny gifts are not the only ones that have appeal. Gifting a sentimental piece of family history is an earth-friendly way to share the holidays. Pass down a cherished piece of jewelry or, if you do not have anything in your own collection, browse antique shops for items that have interesting histories.

The holiday season is often a time of excess, but giving doesn't have to be detrimental to the environment. Givers can seek out earth-friendly gifts and share even more this time of year.

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Red Arrow **SPORTS**

- FOOTBALL

Red Arrows take district championship; face Zeeland Friday at regionals

by Kathryn Atwood
contributing reporter

After earning an extremely close one-point win over East Grand Rapids in the first round of the OK White district playoffs last week, the Lowell Red Arrow varsity football team hit the home turf in round two Friday taking on Grand Rapids Christian (GRC) for the district title.

Despite GRC striking first with a 90-yard touchdown pass only 18 seconds into the game, Lowell's offense was fired up and answered that score quickly, tying up the game at seven after a nine-yard touchdown run from junior Max Dean and a successful extra point from freshman kicker George Gonzalez

making his second start on the varsity squad.

Tough defensive play from Derek Massey, Danny Kruse, Austin Hoekstra and Tanner Barnes was not enough during GRC's next possession. The Eagles were able to make it to the end zone and reclaim the lead, 14-7, with just under six minutes left in the first quarter.

Minutes later Lowell's Gabe Steed caught an amazing 65-yard touchdown pass from quarterback Ryan Stevens with one hand never breaking stride to tie the score at 14 with another good kick from Gonzalez.

The Eagles were forced to punt in their next possession after failing to

make headway against the Arrow defense. Sawyer Olesko brought the ball to the 41-yard line. Moments later Stevens found Josh Branagan for a 61-yard touchdown run that put the squad up 21-14 with the extra point from Gonzalez heading into the second.

In the second quarter Lowell wasted no time offensively as Stevens quickly moved the ball down the field with the help of Dean and Branagan and brought the ball across the line himself on a quick one-yard run. In the first half alone Stevens threw for 173 yards and three touchdowns along with 50 yards rushing

With the score 28-14 in the Arrow's favor GRC was beginning to fight an uphill battle toward the championship. That became even more evident as they were held to only a field goal in their next possession moving the score to 28-17.

Lowell took advantage of a bobbled nine-yard punt from GRC that put them in excellent scoring position when Stevens once again found Branagan this time for 59 yards and the halftime lead 35-17.

After the Lowell High School marching band performed a series of festive jazz standards for those in attendance, the two rival teams took back to the field for the second half of play. Lowell started with the ball after deferring in the first, but it was GRC who made the

first strike once again taking advantage of a loose Arrow ball and earning seven with high hopes of continuing to close the scoring gap. But the Arrows maintained their 35-24 lead until the end of the third quarter.

Dean came out swinging in the fourth scoring twice within minutes and pushing the Arrow lead to 49-24 over the now struggling Eagles. He finished with 125 yards on the ground on 30-plus carries on the game. GRC managed one additional touchdown in the waning moments of the game but the Arrows prevailed 49-31.



Josh Branagan runs in one of his two big touchdowns of the night, a 61-yard touchdown pass in the first quarter.



Freshman kicker George Gonzales made a second successful varsity start nailing each of his field goal attempts.

With the district championship behind them and an excellent 10-1 record, The Red Arrows will now face tough regional competitor Zeeland West this Friday at Dux Stadium. Zeeland is undefeated this season and averages more than 40 points per game. The winner of the face-off will move on to the semifinals.



Coach Noel Dean and his varsity team on the field just prior to the finals held at Red Arrow Memorial Stadium last Friday.

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Red Arrow - VOLLEYBALL SPORTS

Volleyball sweeps through semifinals; tough loss in district finals

by Kathryn Atwood
contributing reporter

A monumental 3-0 semifinal win against league rival Grand Rapids Forest Hills Central (FHC) and a hard fought loss against Northview in the finals wrapped up a successful season of growth for the Lowell varsity volleyball team last week.

Facing FHC for the third time this season with two tough losses under their belts, the team came onto the court fired up and driven to finish with a win. According to head coach Julie Quist, "Our intensity and will to win was not missed. We served tough and played aggressive, keeping the pressure on FHC."

The team's amped up intensity and communication led to close wins in the first and second

set which ended 25-21 and 25-23 respectively. Moving into the third game with a 2-0 lead the Arrow squad finished what they started with a decisive 25-13 victory, giving them a 3-0 sweep and the opportunity to move on to the OK White Class A District finals.

Paige Wilson scored five aces and five blocks for the team. Rachel Fox and Catherine Stump each earned six kills. Tara McQueen led the team in digs earning 18. Bethany Kaczanowski added 17 assists.

"I really couldn't be more proud of Lowell volleyball," said Quist. "You want to be playing your best volleyball at the end of your season and that's exactly what we did."

At the district finals on Thursday the Arrows faced Grand Rapids Northview

on the Wildcats' home court with high hopes of earning their way into regional competition. Faced with a ferociously supportive

home crowd, Lowell had trouble achieving their stride in the first two sets which ended in matching 25-19 Northview wins.

tough environment to play in but they battled hard taking them to four sets," said Quist, "It was a tough loss for all, but especially

Despite their season being over with a 14-30-2 record, Quist was proud of how her team battled all year long, "I am thankful



The team converges to congratulate and celebrate their impressive 3-0 sweep during the team's final week of competition.



Lowell's varsity volleyball squad exploded with excitement as they sealed their district win over tough opponent FHC.

In the "must win" third set the Arrows pulled ahead and grabbed a 25-19 win forcing a fourth set. Unable to repeat that momentum the squad lost the fourth set and the match, falling short by just four points, 25-21.

"Lowell volleyball played their hearts out; we asked them to leave it all out there on the court and they did. Northview had a huge crowd and it was a

and proud of how varsity played in these last few weeks. They defined the direction that Lowell volleyball is headed in by setting a great example for future LHS volleyball players."

Kaczanowski contributed an impressive 29 assists and 14 digs during the match. Fox scored five aces and earned 12 kills. Katie Bush also earned 12 kills and threw in three blocks for the team.

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John Wick is an action masterpiece

by Justin Tiemeyer
contributing reporter

A few years ago, actor Keanu Reeves was photographed sitting on a park bench eating what appears to be a sandwich. Normally, this is not front page (or any page) news, but on this particular occasion Reeves just happened to look pretty melancholy. As a result, an internet meme

- Sad Keanu - was created, flooding the internet with photos of sandwich toting Keanu photoshopped into a variety of memorable pictures, a rollercoaster, a tricycle and most notably, a bench next to Forrest Gump.

On first glance the film John Wick, starring Reeves as the title character, is a one hour 41 minute,

feature-length, big budget, Hollywood sad Keanu meme. Wick is a retired hitman whose wife has recently died and who embarks on a long and bloody revenge plot once a local mob boss's son steals his car, trashes his house and destroys the last gift his wife ever gave him.

If you've seen the trailers for John Wick, you may have the idea that this is a silly film with an overdone theme with an actor who may or may not be using this film as an audition tape for the next "Expendables" film. For the first twenty minutes of the film, you might think that you were right to have prejudice against this movie, but that prejudgment dissipates as the film goes on.

What slowly becomes clear is that John Wick is more than your average action/revenge flick. Sure, Reeves drives his car fast and is the best killer on the

block, but as he seeks out his quarry, we are brought into an interesting contract killer sandbox with unexpected people, places and events. John Wick presents a world that you want to spend some time in and though the film wraps itself up in an incredibly satisfactory manner you end up wanting a sequel, a prequel, a spin-off - anything that will let you spend more time in the Wick-verse of vice, theft and murder for hire.

John Wick is not without its fair share of camp. Many of the lines are over-written and there are moments of uncomfortable comedy following disturbing violence and loss. This is balanced, however, by some of the best action sequences to hit the big screen in years. Slick, sometimes acrobatic moves, the likes of which haven't been seen since the Wachowski Brothers's work on the Matrix, exist side-by-side with gritty,

realistic combat - think the sauna fight in "Eastern Promises" - to deliver jaw dropping action scene after scene. Reeves's John Wick is James Bond if Bond ever concerned himself with reloading in a tense moment.

Another and perhaps the most profound surprise is the fact that there is some serious emotion in this film. Reeves's sadness and the darkness that ensues feels real. If you can get past the purposely clunky for the sake of campy dialogue, it is fairly easy to feel for John Wick. In fact, this might be Reeves's most honest and exemplary performance, a kind of catharsis for some of the tragedy that hit Reeves between Matrix films. In 1999, his girlfriend Jennifer Syme gave birth to a stillborn daughter and died herself a year-and-a-half later. Knowing this, it is difficult not to watch John Wick without feeling like you are staring into Reeves's

soul and sharing with him in a few ounces of his agony.

John Wick certainly is not for everyone. There is one scene in particular featuring violence against a dog that many people will have difficulty stomaching. In fact, the violence - though artful - is sometimes a bit much, especially for children or families. However, if you can stomach the tragedy and the blood, you really ought to see John Wick. It is perhaps the apex of action films with the fun and campy aspect of Schwarzenegger's ever-so-quotable film "Commando," the uncommon grace of "Crouching Tiger Hidden Dragon," the feeling of speed and action from the Abrams' era "Mission Impossible" films and the depth of "The Professional." You may be surprised to find that John Wick is the best film you watched in 2014 (at least before the Christmas-time academy award rush).

LHS November Students of the Month

Jacob Hanson, 9th grade; and Zeth Dean, 11th grade are the Lowell High School November Students of the Month. In order to be eligible for this honor a

and voted on at the monthly department chair meeting. Students are selected based on academic achievement, character and work ethic. There are 1,200 students eligible for nomination, so this is quite an accomplishment for Hanson and Dean. The students receive a \$20 movie gift card and a certificate.

Chaye Klomprens nominated Hanson and she writes, "Jacob is an outstanding student. He works hard, not just learning but mastering Spanish. He participates and volunteers in class on a daily basis. Jacob asks questions often to make sure he fully understands the material. Lastly, Jacob is very mature for his age. He regularly displays this maturity with

appropriate classroom behavior and respect for myself and his peers."



Zeth Dean

concepts and vocabulary as the other AP Spanish students. One of Zeth's concerns about testing out of Spanish 4 was whether he would be strong enough with his conversational skills and I am completely impressed by how much he is pushing himself to use Spanish. Every day I hold conversations with Zeth in Spanish and every day I smile a little bit more because this young man can do it.

Dean was nominated by Tammi Dent and she writes, "Zeth is doing an outstanding job in AP Spanish. He tested out of Spanish 4 and worked hard all summer long to be as advanced in grammar

This program is made possible by the support of the LHS Academic Boosters, who support the high school in many ways. If you are interested in helping support the LHS Academic Boosters you may contact the office at 987-2900.

Education is what remains after one has forgotten what one has learned in school.

Albert Einstein

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

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DEER HUNTING - ammo-sabots, rifle, pistol, reloading supplies. Lowell Gun & Tackle, 100 W. Main, Lowell. MWF, 10-6, Sat. 9-12. Sale 9mm 223.

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8 SPEED WHEEL HORSE - 1983 garden tractor w/ mower, plow blade, wheel weights, & chains, \$650. Call Jerry 897-9432.

COLD WEATHER IS ON ITS WAY - & along with it, comes chapped hands! Try something different this year - homemade, all natural hand lotion. Non-greasy, lasts a long time & leaves your skin super soft! Many scents available. Check out my store at www.etsy.com, search for NanaHannahs.

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

CENTER COORDINATOR - to manage a Senior Center located in Lowell. Part-time, 30 hours. Oversee meals program & activities. Must possess organizational & people skills. Computer knowledge, creativity & some physical labor required. Send cover letter & resume by email to ngebben@seniorneighbors.org or by mail to: Senior Neighbors Inc, 678 Front Ave NW, Suite 205, Grand Rapids, MI 49504. "An Equal Opportunity Employer" No phone calls.

sales

HUGE BARN SALE - Fri. & Sat., Nov. 14 - 15, 9 am to 6 pm. Corner Vergennes and Lincoln Lake in Lowell. Much glassware, dishes, antique secretary, old crocks, collectibles, household, snowshoes, much more!

CRAFT SALE/BAKE SALE - at Key Heights, 11335 Fulton (M21), Nov. 14 & 15, 9 a.m. - 7 p.m.

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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. 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.

misc.

SNOW UNIT-METHODIST CHURCH - at 3189 Snow Ave SE will serve a family-style turkey & dressing dinner on Wed., Nov. 12 at 5:30 p.m. Adults are \$10 & children 6-12 are \$4 & children 5 & under are free. Take out dinners also available.

card of thanks

MY THANKS TO YOU
 Thank you to my friends Chris, LilaLee, Julia, Neil, Dee, Eleanor, Lyndsay, Karen, Robin, Ruth, Stu, Bobbie, Jean, Larry, Jim and my fabulous family Bernie, Kelly, Karin, Hailey, Jim and Noah. You have all been there for me during my recent recovery after surgery and I am so very thankful for your love and support. My return to normal has been an amazing period of physical, emotional and spiritual growth made easier with your love, support and prayers. I thank you with my whole heart!
 Donna Boelema

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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 run on a space available basis & ARE NOT GUARANTEED TO RUN. If you would like to make sure your event is placed in the paper, please call our office & place it as a classified ad. We will not run ANY Garage or Rummage Sales as a coming event. All Coming Events or changes to coming events should be submitted by fax: 897-4809, email: classifieds@lowellbuyersguide.com, by mail: PO Box 128, Lowell, MI 49331 or in person: 105 N. Broadway, Lowell.

COMMODITIES DISTRIBUTION - Dec. 4, 9 a.m. - 11 a.m. at Flat River Outreach Ministries, 11535 E. Fulton, Lowell.

ALTO LIBRARY HOURS: Tues. & Wed., 12-8 p.m.; Mon. & Sat., 9:30-1:30 p.m.; Thurs., 1-5 p.m. Info., call 784-2007.

MOVIE NIGHT - Nov. 24, 6 p.m. Showing "How to Train a Dragon 2" Free popcorn. Saranac Public Library, 61 Bridge St., Saranac. 616-642-9146.

ENGLHARDT LIBRARY HOURS - Mon.-Wed., noon - 8 p.m.; Thurs. & Fri., 9:30 a.m. - 5 p.m.; Sat., 9:30 a.m. - 1:30 p.m. 784-2007.

LOWELL ARTS! GALLERY HOURS - Mon.-Fri., 10-6 p.m.; Sat., 1-4 p.m.; 149 S. Hudson. Visit www.lowellartsmi.org or call 897-8545.

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.

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.

ST. MARY'S PREGNANCY CENTER - 402 Amity. Mondays: 5:30-7:30 p.m. and Thursdays: 5:30 - 7:30 p.m. Non-denominational. Help for pregnant women/adolescents in need. Provides support, referrals, food,

clothing/infant items. Lowell area. 897-9393.

LOWELL SERENITY CLUB MEETINGS - (AA) Mon., Wed., Thurs.: 12-1 & 8-9 p.m.; Tues. & Fri.: 12-1, 4:30-5:30 p.m. & 8-9 p.m.; Sat. & Sun.: 10-11 a.m. & 8-9 p.m. The first step is always the hardest. If your life has become unmanageable due to alcohol, please join us at 101 W. Main. 897-8565.

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

FREE ALL VETS COFFEE HOUR - 3rd Thurs. of each month. Bring a friend. Lowell Veteran's Center, 3100 Alden Nash, Lowell. Call 868-7426 or 897-8303 for more information.

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

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

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

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

COFFEE WITH THE COUNCIL - Come meet & have a cup of coffee with your city council members. First Saturday of each month at the Lowell Area Chamber of Commerce office, 113 Riverwalk Plaza, Lowell. 8 a.m. - 10 a.m.

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

GRIEF-ADULT GROUP - Tuesdays, 6-7:15 p.m. A committed group for adults who have experienced the death of a family member or friend. Gilda's Club, Lowell Clubhouse, 314 S. Hudson, Lowell, 897-8600.

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

VOLUNTEER ORIENTATION FOR FROM - 1st Wednesday of the month, 6 p.m. and 3rd Thursday of the month at 1 p.m. FROM, 11535 Fulton St. E. Call for more information 897-8260.

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

COUNTDOWN TO HAPPY "NOON" YEAR! - Dec. 31, 11:30 a.m. We're giving kids an exciting way to ring in 2015 with a countdown, noisemakers, goodies & fun - at an hour that won't keep them up way past their bedtimes. For all ages. Englehardt Public Library, 200 N. Monroe, Lowell. Ph. 784-2007.

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

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

WINTER SNOW PARTY - Dec. 29, 10:30 a.m. Celebrate winter wonderland indoors with crafts, games & activities! For ages 6 & younger. Alto Public Library, 6071 Linfield Ave, Alto. Ph. 784-2007.

Special visitors at school board meeting



Some of Murray Lake student council members decided to pop in on the Lowell school board meeting held on Monday, November 10. The student council members attended to see what type of items the school board discusses at their meetings and to see how their meetings are run. The Murray Lake student council meetings are held in a similar format to the school board meetings, so it was a good experience for the students to see a live board meeting in action.

Pictured, left to right, back row: Paige Wilson, Gary Blough, Pat Nugent, Jim Turner, Laurie Kuna, Brian Krajewski, and Tom Kaywood; front row: Olivia Barber, Gavin Barber, Lexi Organek, Ella Todd, Savannah Brown, Emma McCormick and Lily Hornick.

Disability, continued

In addition, Social Security conducts a periodic review of people who receive disability benefits to ensure they remain eligible for disability. Social Security aggressively works to prevent, detect, and prosecute fraud. Social Security often investigates suspicious disability claims before making a decision to award benefits—proactively stopping fraud before it happens.

Please read and watch some of the stories about real cases of people who have benefited from Social Security by visiting the Faces and Facts of Disability website at www.socialsecurity.gov/disabilityfacts.

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

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LAS Elementary Lunch Menus
week of 11/17/14

MONDAY: Cheese quesadilla, refried beans, fruit & veggie bar: spinach & romaine side salad, broccoli, applesauce, fresh pear.

TUESDAY: Sweet & sour popcorn chicken over brown rice (served at Alto, Cherry Creek & Murray Lake); popcorn chicken w/roll (served at Bushnell), seasoned green beans; fruit & veggie bar: spinach & romaine side salad, cucumber coins, apple slices, fresh grapes.

WEDNESDAY: Cinnamon glazed French toast w/eggs, (served w/sausage at Bushnell), hashbrowns; fruit & veggie bar: spinach & romaine side salad, baby carrots, applesauce, fresh orange slices.

THURSDAY: Tony's pepperoni pizza on WG crust, baby carrots; fruit & veggie bar: spinach & romaine side salad, baby carrots, mixed fruit, juice.

FRIDAY: 1/2 day of school. No lunch served.

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Player Spotlight

Our Spotlight Athlete This Week: *Tara McQueen*

Team: Volleyball **Grade:** Senior

Tara McQueen leads the Lowell varsity volleyball team with "quiet confidence" according to head coach Julie Quist. The senior honors student and year-round athlete excels both on and off the court earning respect for her incredible work ethic, "Her team respects her because she gives them her all and only asks of them what she is willing to do herself," said Quist.

How long have you been playing volleyball and what drew you to the sport?

I started playing volleyball in 7th grade. I have always liked to play sports and compete.

What is your relationship like with coach Quist?

I have had coach Quist as a coach for every year I played except 7th grade and my junior year. Coach Quist is an all-around great coach and person. Everyone on the team has a great relationship with her.

Do you participate in any other athletics?

I play soccer and basketball.

What extracurricular activities, clubs or groups are you involved in?

Honors Society, Youth Group and Lady Arrow Varsity Club.

Will you be attending college and if so will you continue to play volleyball?

Yes, but I am not continuing my volleyball career.

What career path are you interested in pursuing and why?

I plan on pursuing a career in math. I have always found an interest in math.

Who is your personal inspiration?

Jon Bell. He was the leader of a mission trip I went on this summer to Chicago. He's a trustworthy and reliable person.

What is the greatest lesson you have learned through athletics?

It doesn't matter how good you are individually, all that matters is how well you can work together as a team.



What has been your greatest moment on the court at LHS?

Winning two sets against Forest Hills Central.

How do you feel sports have helped you grow off of the court?

The sports I play have opened up new friendships and they have made me more outgoing.

What is unique about representing LHS in competition?

When you are competing in a game you are not playing for yourself, you are playing for your school and for your teammates.

EARTH TALK



Questions & Answers About Our Environment

Dear EarthTalk: I hear that many school cafeterias have nutrition standards no better—even worse—than those of fast food chains. What can be done about this? - *Betsy Edison, Nashville, TN*

Americans have done a great job making sure that our kids have something to eat at school regardless of socioeconomic status, with the National School Lunch Program providing low-cost or free lunches to upwards of 31 million students at 92 percent of U.S. public and private schools.

But that doesn't mean the food has been especially nutritious, and public health experts say it's no wonder our kids are more obese than ever when we feed them trans fats, salts and sodas for lunch. Kids get half their daily calories at school, so what's for lunch there has a big impact on health and lasting eating habits.

A 2008 analysis of school lunches by the Institute of Medicine (IOM) concluded that American kids consume very few fruits and vegetables in their cafeterias—with potatoes accounting for a third of all vegetables consumed. IOM also found that kids were eating many refined grains and too much saturated fat and sodium. A 2009 study by *USA Today* found that meat used by McDonald's and Burger King was tested for bacteria and unsafe pathogens up to 10 times as much as meat bound for U.S. school cafeterias.

In response to these stark findings, along with vigorous advocacy by First Lady Michelle Obama, things are starting to improve. In 2010, Congress voted to revamp the nation's school lunch program by enacting the Healthy, Hunger-Free Kids Act (HHFKA). The higher standards in the new law

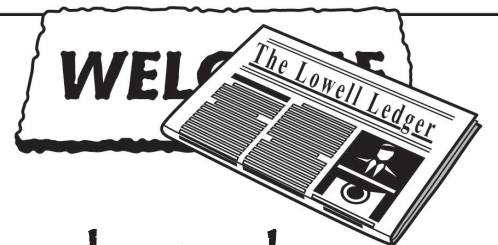
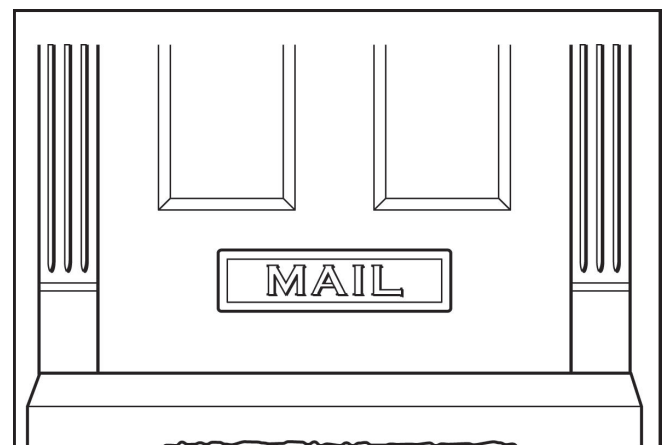
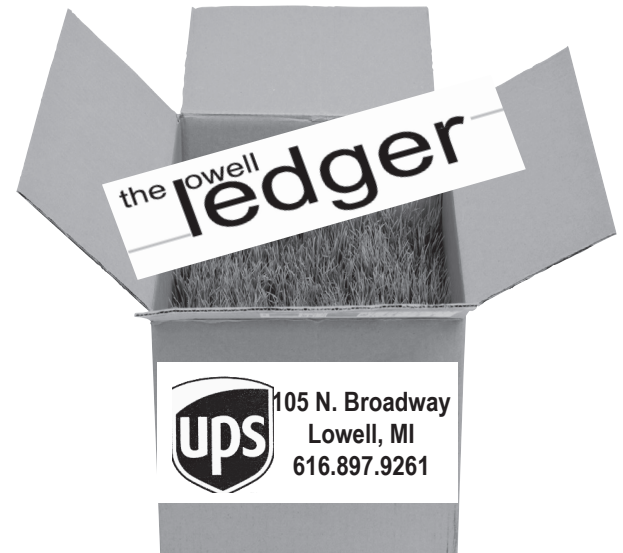
seek to align school meals with the federal 2010 Dietary Guidelines for Americans by upping the availability and portion sizes of fruits, vegetables and whole grains (and requiring students to select a fruit or vegetable), establishing calorie ranges, removing trans fats and limiting sodium levels. The law also incentivizes schools to take part with generous meal reimbursement funds. The new standards went into effect in 2012 and have been working their way through school districts from coast-to-coast and getting rave reviews in the process.

Researchers from the Harvard School of Public Health who collected plate waste data among more than 1,000 students in four schools in urban, low-income school districts both before and after HHFKA took effect found that fruit selection increased 23 percent following implementation: "Average per person fruit consumption was unchanged," said researchers, "but because more students selected fruit overall, more fruit was consumed post-implementation." Also, per student vegetable consumption went up 16.2 percent.

But just because public health researchers think the program is going well doesn't mean Congress will keep it going. The Republican-dominated House of Representatives has included waivers for school lunch nutrition standards in its fiscal-year 2015 Agriculture Appropriations bill. "The provision would allow schools with a 6-month net loss of revenue to opt out of providing the healthier meals outlined by the HHFKA," Dr. Jennifer Woo Baidal writes in the *New England Journal of Medicine*. "A deficit of any amount from any cause could allow schools to return to the same meals that the IOM found in 2008 to be nutritionally lacking." Consumers interested in protecting the new nutritional standards should weigh in by calling, writing or e-mailing their Congressional representatives and speaking up for healthier kids.

CONTACTS: National School Lunch Program, www.fns.usda.gov/nslp/national-school-lunch-program-nslp; IOM, www.iom.edu; HHFKA, www.fns.usda.gov/initiative/hhfka.

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 Dir: 2 Miles E of Ada on E. Fulton to Settlementwood, N to Woodfern
HOST: Jackie Dorony 616-788-3098
Rick Seese 616-437-2576, 897-9239

CALEDONIA



NEW LISTING!
 • 5 bedroom 3 bath Brick front ranch
 • 3,260 Finished Sq. Ft.
 • 2 acre gorgeous wooded acres
 • Under ground sprinkling
 • New roof, Lighted drive
 • \$294,900, #14056797
Selena DeGrote 304-4078 , 897-9239

GREENVILLE



NEW LISTING!
 • 3 bedroom, 2 bath ranch
 • Quality 1400 Sq. Ft
 • Over 1/2 acre
 • Master suite, Hardwood floors
 • Underground sprinkling
 • \$129,900, #14060453
Don Reedy 890-2598, 897-9239

LOWELL



LOWELL!! NEW LISTING!
 • New Construction
 • 4 bedroom, 3 bath walkout ranch
 • Great room with fireplace
 • Quality wood floors
 • Granite Kitchen
 • \$284,500, #14047304
Rick Seese 616-437-2576, 897-9239

LOWELL



LOWELL!! NEW LISTING!
 • 3 bedrooms, 2 1/2 bath farmhouse
 • Country in the city with 3 acres
 • 500 ft of private stream frontage
 • Wood floors, 30x40 pole barn
 • Kitchen with island
 • \$199,900, #14060269
Rick Seese 616-437-2576, 897-9239

LOWELL - COMMERCIAL



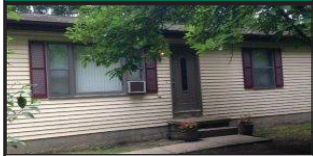
NEW LISTING!
 • Former Towing business
 • Stedfast 40x40 pole barn
 • 16 ft sidewalls, 14 ft overhead door
 • Security camera's, 3+ acres
 • Ionia County, no zoning
 • \$99,900, #14060397
Amy Reedy 616-890-2594, 897-9239

SARANAC



NEW LISTING!
 • 3 bedroom, 2 bath
 • 9.2 acres, set up for horses
 • 30x40 barn with 3 stalls
 • Insulated tack room, 220 elec.
 • Harmon Pellet stove
 • \$139,900, #14054592
Lisa Brown-Gilbert
616-485-2807, 897-9239

SARANAC



NEW LISTING!
 • 3 bedroom, 1 acre
 • Large yard, Affordable country!
 • Large kitchen w/eating area
 • Full basement for future expansion
 • One Year home warranty
 • \$119,900, #14045464
Ryan Hesche 443-3072, 897-9239

CLARKSVILLE



MORRISON LAKE!
 • Morrison Lake Cottage
 • 2 bedrooms
 • 10' deeded access with dock
 • Can be year round
 • Appliances and some furnishings
 • \$109,900, #14051412
Lisa Brown-Gilbert
616-485-2807, 897-9239

LOWELL



SCHOOL HOUSE!
 • Charming School house!
 • Renovated, new windows!
 • 15 ft ceilings, new furnace
 • New electrical, drywall, flooring more!
 • Huge curb appeal! Own history!
 • \$69,900, #14036291
Kim Schwacha
616-485-0099, 897-9239

LOWELL



ACREAGE!
 • Executive brick walkout ranch
 • Renovated, new windows!
 • 3 bedroom, 2 1/2 bath
 • 4 season room, fireplace
 • 4,200 Sq. Ft. total finished
 • #14031935
Kim Schwacha
616-485-0099, 897-9239

LOWELL



ACREAGE!
 • 4 bedroom, 3 1/2 bath
 • Nearly 3,000 Sq. Ft
 • 5 acres quiet wooded privacy
 • Quartz Kitchen, majestic ceilings
 • Quality through out
 • \$289,500, #14023937
Rick Seese 616-437-2576, 897-9239

LOWELL



ACREAGE!
 • 4 bedroom, 2 1/2 bath
 • 5.36 acres, Lowell Schools
 • Custom built one owner
 • Red oak floors, Geo Thermal heating
 • Finished walkout level
 • \$274,900, #14051771
Lisa Brown-Gilbert
616-485-2807, 897-9239

LOWELL



ACREAGE!
 • 4 bedroom, 2 1/2 bath
 • 5 acres, minutes to town
 • 28x60 pole barn, 220 electric.
 • Stone fireplace, New central air
 • Custom closets, copper gutters
 • \$259,900, #14036746
Selena DeGrote 304-4078 , 897-9239

LOWELL



ACREAGE!
 • 3 bedroom, 1 owner home
 • 2 baths, one with whirlpool
 • 3,300 Sq. Ft. 2+ Acres
 • Stone woodburning fireplace
 • Large oak kitchen with appliances
 • \$229,900, #14049969
Lisa Brown-Gilbert
616-485-2807, 897-9239

LOWELL



CORNER LOT!
 • 5 bedroom, 3 1/2 bath
 • Custom built, Corner lot
 • Theater room, surround sound
 • Chef's kitchen
 • Maple flooring
 • \$229,000, #14039119
Andrea Johnston
616-644-7471, 897-9239

LOWELL



ACREAGE!
 • 3 bedroom , 2 bath ranch
 • 5.5 private acres
 • Refinished wood floors
 • Ceramic tile kitchen
 • Pond for wildlife!
 • \$189,900, #14037054
Amy Reedy 616-890-2594, 897-9239

LOWELL



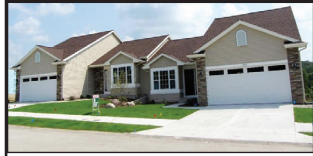
CUL-DE-SAC!
 • 3 bedroom, 3 bath
 • Nearly 1 acre cul-de-sac setting
 • Living room with fireplace
 • Partially finished daylight basement
 • Master suite, all appliances
 • \$186,500, #14050241
Don Reedy 890-2598, 897-9239

LOWELL



NICE LOT!
 • 3 bedroom, 2 1/2 baths
 • Sliders off Dining to deck
 • Sliders off Walkout to patio
 • Nice lot backs up to woods
 • Hardwood floors
 • \$185,000, #14030831
Don Reedy 890-2598, 897-9239

LOWELL



LOWELL!
 • 2 bedroom, 2 bath Ranch
 • New Cumberland Ridge Condos
 • Walkout basement for expansion
 • Spacious open plan
 • Lowell Twp taxes
 • \$168,463, #14050054
Rick Seese 616-437-2576, 897-9239

LOWELL



ACREAGE!
 • 2 bedroom, 1 1/2 bath
 • 3.33 acres, 15x34 in ground pool
 • 2 stall attached, + 2 stall carport
 • Gas fireplace, walkout basement
 • Newer roof, bay window
 • \$159,900, #14037825
Don Reedy 890-2598, 897-9239

LOWELL



RIVER FRONTAGE!
 • 2 bedroom, 2 bath
 • 107' of Flat River Frontage
 • 20x40 huge garage
 • Huge deck on the River
 • These don't come along often!
 • \$159,900, #14040884
Don Reedy 890-2598, 897-9239

LOWELL



RIVER FRONTAGE!
 • 3 bedroom, 1 bath
 • 887' of Grand River frontage
 • Spacious kitchen with island
 • Ground level walkout,
 • 2 stall garage
 • Deck with great views of River
 • \$134,900, #14033265
Phil Hooker 616-635-0861, 897-9239

LOWELL



LOWELL!
 • 3 bedroom, 2 bath
 • 3/4 acre in the city!
 • 2 stall garage
 • Living room with fireplace
 • Pool for summer enjoyment!
 • \$129,900, #14029163
Kim Schwacha
616-485-0099, 897-9239

LOWELL



ACREAGE!
 • 3 bedroom, 1 1/2 bath ranch
 • Home needs work
 • 4.25 acres, backs up to state land
 • New 4 inch well
 • Natural gas, Lowell Schools
 • \$120,000, #14050838
Amy Reedy 616-890-2594, 897-9239

LOWELL



CLOSE TO TOWN!
 • Country living, 3 blocks to town
 • 1/2 acre, wildlife abounds!
 • Master bedroom with gas fireplace
 • 2 stall garage with loft
 • Glass enclosed front porch
 • \$117,500, #14028277
Ryan Hesche 443-3072, 897-9239

LOWELL



MOVE-IN READY!
 • Affordable Move In Ready!
 • New roof, windows, furnace
 • Mostly new flooring
 • All major repairs are done
 • 3 bedrooms, 1 bath
 • \$114,900, #14058554
Amy Reedy 616-890-2594, 897-9239

LOWELL - COMMERCIAL



GREAT OPPORTUNITY!
 • Flexible commercial opportunity
 • Over 1600 Sq. Ft Finished
 • Barrier free entrance
 • Paved parking for 6-8
 • 2 stall detached garage
 • \$109,900, #12024151
Rick Seese 616-437-2576, 897-9239

LOWELL



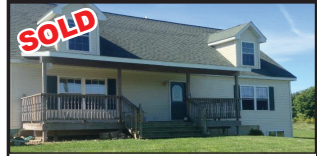
UPDATED!
 • 3 bedroom, 1 1/2 bath
 • 3 stall 2 story carriage barn
 • Spacious kitchen with island
 • Updated baths, Warranty!
 • Lots of updates
 • \$109,900, #14034681
Lisa Brown-Gilbert
616-485-2807, 897-9239

SARANAC



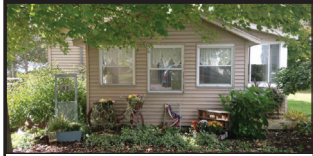
SARANAC SCHOOLS!
 • 4 bedroom, 2 1/2 bath ranch
 • 2 Quiet wooded acres
 • Hardwood floors, stone fireplace
 • Finished basement
 • Saranac schools
 • \$224,900, #14035302
Ryan Hesche 443-3072, 897-9239

SARANAC



ACREAGE!
 • 4 bedroom, 3 bath cape cod
 • 2.35 country acres
 • Garage/pole barn. Set up for horses
 • Repainted, new carpets
 • Large pasture for your horse
 • \$149,900, #14051758
Ryan Hesche 443-3072, 897-9239

SARANAC



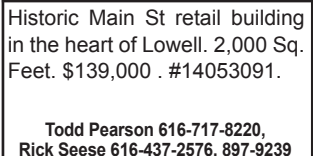
GREAT OPPORTUNITY!
 • Must See! 3 bedrooms
 • 1,430 Sq. Ft of Living area
 • Large family room
 • Remodeled bath
 • Main floor laundry
 • \$89,900, #14055931
Ryan Hesche 443-3072, 897-9239

WAYLAND



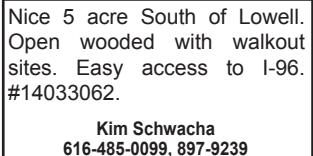
ACREAGE!
 • 3 bedroom, 2 bath ranch
 • 3.69 acres, close to town
 • Master suite at one end
 • 2 bedrooms, bath at other end
 • Fireplace in living room
 • \$89,900, #14044897
Lisa Brown-Gilbert
616-485-2807, 897-9239

LOWELL



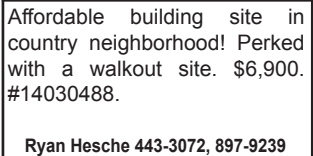
Historic Main St retail building in the heart of Lowell. 2,000 Sq. Feet. \$139,000 . #14053091.
Todd Pearson 616-717-8220,
Rick Seese 616-437-2576, 897-9239

LOWELL



Nice 5 acre South of Lowell. Open wooded with walkout sites. Easy access to I-96. #14033062.
Kim Schwacha
616-485-0099, 897-9239

LOWELL



Affordable building site in country neighborhood! Perked with a walkout site. \$6,900. #14030488.
Ryan Hesche 443-3072, 897-9239