

# The Grand Valley Ledger

Volume 10, Issue 4

Serving Lowell Area



Readers Since 1893

December 11, 1985



## SANTA CLAUS PARADE TELEVISED

The Lowell Chamber of Commerce Santa Claus Parade will be televised on Lowell Cable Television's Public Access Channel 2 on the following dates and times: Wed., Dec. 11 at 12:00 noon, Thurs., Dec. 12 at 2:00 p.m., Fri., Dec. 13 at 4:00 p.m., Sat., Dec. 14 at 10:00 a.m. and Sun., Dec. 15 at 1:00 p.m.

The Lowell First United Methodist Church service of Sunday, December 8 commemorating the second Sunday of Advent will be aired on the Public Access Channel on Thursday, Dec. 12 at 7:00 p.m.

## ALUMNI HOCKEY GAME IS COMING

The Annual Lowell Red Arrows Alumni Hockey Game is slated for Thursday, December 26 at 7:00 p.m. at the Kentwood Ice Arena. Admission will be \$2.00 for adults and \$1.00 for students. Skaters are asked to arrive no later than 6:15 that evening.

## NEW YEAR'S EVE SOCK HOP

The Lowell High School "Teens Involved" Group is sponsoring a New Year's Eve, 50's style "Sock Hop". The Hop will be held at the American Legion Skating Rink on Tuesday, December 31 from 9:30 until 12:30. Teens are urged to dress for the occasion . . . Poodle Skirt and all! High School Students, Only, Please! Cost is \$2.50 in advance \$3.00 at the door.

## SURPLUS COMMODITIES DISTRIBUTION

Surplus government commodities will be distributed at the Lowell Moose Club at 210 East Main on Thursday, December 19 from 10:00 a.m. until 5:00 p.m.

## DID YOU KNOW? . . .

. . . Excessive absenteeism at Lowell Senior High was reduced by 54% during the 1984-85 school year as a direct result of the new attendance policy? Parents will be glad to know that Lowell Area Schools is one of the few school districts in Kent county to conduct regular school bus evacuation drills.

## OFF THE BLOTTER

Roderick Steel, 20, of Ionia lost control of the car he was driving Thursday evening, December 5. Steel was westbound on Main near James Street, and went left of center striking a pickup truck driven by Phillip Dibble, 53, of Lowell. Steel's car then struck a truck trailer of another westbound vehicle driven by Kenneth Vanek, 29 of Kentwood. Steel's car then bounced into a third westbound car driven by David Kampe, 31, of Lowell. No injuries were reported.

Russell Razmus, 25, of Rockford MI struck the rear of a vehicle driven by Steven Fox, 25, of Wyoming, Friday afternoon, December 6 on West Main Street at the C&O Railroad crossing. Razmus was injured in the accident.

Joan Kaminski, 68, of Ada pulled from the curb lane of West Main Street near Broadway Wednesday, December 4 and struck a car driven by Bonnie Grooters, 45, of Lowell. There were no injuries.

David Williams, 26, of Nashville, Mi was involved in a property damage accident Wednesday, November 27, when his car was struck from the rear by a car driven by Timothy Marshall, 27, of Muir.

Randy Miller, 19, of Lowell struck a fence on school property Monday Evening, December 2. No one was injured.

A car owned by Robert Houston sustained damage Saturday evening, December 7, when a car owned by Lori Tupper slipped from park into reverse on Chatham near Hudson Street, and struck Houston's parked car.

Michael Corwn, 20, of Lowell lost control of his pickup truck late Thursday evening, December 5, and struck a tree on Fremont Street in Oakwood Cemetery near Washinton. No one was injured.

Arrested by Lowell Officers for driving while license suspended early Sunday morning was Lance Willingham, 19, of Belding.

Taken to the Kent County Juvenile Detention Facility Friday afternoon, December 6, was a Juvenile female from Lowell. Formal charges are pending at this time.

## Lowell is aglow with the season

A tour of the city in the evening is a very "illuminating experience" these days. The Chamber of Commerce officially lit the downtown Christmas trees last Wednesday, despite a conflict with the High School Pep Band's schedule. It was necessary to move the event forward a few minutes, and many people missed the ceremony. "I know a lot of people missed the throwing of the switch, and didn't get to hear the band play, but I hope the lights made up for their disappointment" said Chamber President Bob Pfaller. The Pep Band had to leave at 6:45 to play at a "Meet The Athletes" function at the school. "We just didn't know that they had to leave early", Pfaller said.

Besides the city's lighted decorations and the 40 trees strung with lights purchased by the Chamber of Commerce, visitors to the downtown are treated to the sight of a beautifully lighted Showboat with a huge Christmas tree on the top deck. The view of the Showboat is probably at its best when either walking or driving slowly up Riverside Dr.

Many residences have also joined in with extensive lights and decorations. The Keith Caldwell home at 555 Foreman and the Perry Beachum residence at 924 Riverside are two that are definitely worth a look as you drive or walk past. The Chamber sponsored judging of residences begins tonight, and continues through Friday. These should be prime nights for viewing decorated homes throughout the city.

The judges will make their rounds beginning at 6:30 p.m. each evening, so if you want to be included in the competition, please have your lights on by that time. If your home is not in the city limits, but you would like to be included in the competition, please call the Chamber office at 897-8545.

On Thursday evening there will be competition among local church choirs as they sing Christmas Carolés on the downtown street corners. Santa Claus will be at Cousins' Cards & Gift Shoppe from 6:30 until 8:00. The Bushnell Christmas Concert is also slated for Thursday evening at 7:00.

Other upcoming holiday festivities include Santa visiting at Heritage Meat Market from 2:00 until 4:00 on Saturday. On Monday the Runciman/Riverside Christmas Concert is at 2:15 p.m. and the Middle School Band Concert is at 7:30. On Tues-

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10 lb. bag ice, 96¢ plus tax at Heritage Meat Market, Lowell 897-7049



This photo does not serve justice to the beautiful lighting at the 924 Riverside residence of Mr. and Mrs. Perry Beachum. There are several beautifully lit homes in the city this holiday season, making a drive or stroll around town a delightful experience.

day, December 17 Santa will be at The Straw Basket from 6:30 until 8:00 and Horse Drawn Carriage Rides will be offered from 5:00 until 9:00 p.m. The rides

will leave from a coach stop set up just north of Lambert's Variety on Riverside Dr. The Athletic Boosters will be on hand to serve warm goodies to those waiting

for carriage rides. The carriage route will travel north up Riverside to Mercer, east to Lincoln Lake, south to Elm and back to the coach stop.

## Meyer speaks to Rotary



World Class runner Greg Meyer quipped that he obviously wasn't speaking to many runners as he addressed the Lowell Rotary Club last Wednesday.

The Lowell Rotary Club was treated to an internationally recognized guest speaker last Wednesday. Famous runner, Greg Meyer, was the guest of Rotarian Dr. James Lang. Meyer won the prestigious Chicago Marathon in 1982 and the famous Boston Marathon in 1983. Meyer holds the third fastest time for an American marathon, and currently holds the record for the fastest 10 mile run.

Meyer is a native of Grand Rapids and ran for the University of Michigan. He said he remem-

bers running in a meet here in Lowell when he was in high school. He says he recalls that day specifically, because his brother threw up on his father while driving home. Meyer moved to Boston, a runner's Mecca, when famous runner Bill Rodgers convinced him to take his running seriously. Meyer has recently moved back to Grand Rapids, and plans to return to competition following a nagging injury which has kept him off the circuit for about two years.

Meyers quipped as he looked around at the audience, "There don't appear to be many runners here, so I won't bore you with a talk about my training program". Instead, Meyers talked about the business end of running. He said that runners of his caliber command fees of up to \$20,000 just to enter some of the big races like the Chicago, Boston and New York Marathons. He said that even though he earns a great deal of money from running and endorsements, he is still considered an amateur by Olympic standards. "Everything I make is first paid into a trust fund, from which I can draw a salary", Meyers said. The roundabout method of payment allows him, and others, to earn a living at their sport, while retaining amateur status.

Meyer referred to his running as "a God given talent" and said that he feels he will never do anything as well as he is running right now. "I feel blessed to be able to make a good living doing what I love the most", he said.

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cont'd. back pg.

# Obituaries

**LIND** - Georgiann M. Lind, aged 42, formerly of Lowell, died in Hyde Park, N.Y. on November 21, 1985. She is survived by husband James W. Lind, daughter Mrs. Christine (Wm.) Briehof, son James R., grandchildren Sean and Ryan, all of Hyde Park; a brother Steven Simpko of Montrose, N.Y.; foster mother, Mrs. Dorothy Forst of Lancaster, PA; father-in-law Harold (Mildred) Lind; sister-in-law, Mrs. Jeanne (Garth) Olson all of Lowell; brother-in-law, Robert (Bonnie) Lind of Saratoga, CA; 4 foster brothers, John, Gordon, Jerald and Martin Lind all of PA, several nieces and nephews. Services were held at the Darrow Funeral Home and Mass of Christian Burial in Regina Coeli Church on Saturday November 23rd. Burial in Union Cemetery in Hyde Park, N.Y.

**THEBO** - Melvin (Art) of rural White Cloud, died Wednesday, December 4 in Big Rapids, at the age of 69. Surviving are his wife, Joyce; two daughters, Mrs.

Sandra Ensing of White Cloud and Mrs. Sharyn Darnell of Manton; three sons, Gary of Ada, Ron of Big Rapids, and Rick of White Cloud; 18 grandchildren; eight great-grandchildren; three sisters, Mrs. Lois Deacon of Big Rapids, Mrs. Wanda Gardiner of Sand Lake and Mrs. Ilah Tule of Morley; a brother, Lee of Big Rapids and several nieces and nephews. Funeral Services were held Saturday at the Woodville Christian Reformed Church with Foster Brummel officiating. Burial in Woodville Cemetery.

**BAILEY** - Mr. Floyd I. Bailey, of Wyoming, passed away Thursday, December 5, 1985 at the Lowell Medical Care Facility, following a short illness at the age of 67. Mr. Bailey resided at the Duiper Funeral Home where Funeral and Committal Services were held Monday with pastor, The Rev. C.E. Whitwer of Park Congregational Church officiating. Interment Chapel Hill Memorial Gardens.

**SLOWINSKI** - Wilson D.

Slowinski, of Parnell, formerly of Ionia, passed away at his home Tuesday, November 26, 1985 at the age of 66. He was a member of St. Patrick's Catholic Church of Parnell, Knights of Columbus Lodge #944, Knights of Edward D. Kelly Assembly of Grand Rapids. Surviving are his wife, Lucille S.; five daughters, Mrs. John Powell of Ionia, Mrs. Kathleen Evans of Stockton, CA, Mrs. Dan Fitzpatrick of Grand Rapids, Mrs. Michael Plaska of Lowell, Mrs. Jack Weeber of Parnell; two sons, Terry Nugent and Dennis Nugent both of Parnell; 15 grandchildren; three sisters, Mrs. Frances Gazalla of Grand Rapids, Mrs. Marguerite Mitchell of Lowell, Mrs. Louise Sarlouis of Lake

Odessa; three brothers, Frank and John Slowinski of Jackson, Donald Slowinski of Grand Rapids; several nieces and nephews. Funeral Mass Services were conducted at St. Peter & Paul Catholic Church - Ionia, with Interment Mt. Olivet Cemetery.

**WRIGHT** - Lillian Wright, of Lowell, passed away December 7, 1985 at the age of 92. She is survived by her daughter, Mrs. LeRoy Guild; four grandchildren; and six great-grandchildren. Funeral Services were held Monday at the Roth-Gerst Funeral Home. Rev. Darrell Wilson of First Baptist Church of Lowell officiating. Interment Chapel Hill Memorial Gardens.



Judo is believed to have been developed in the 1880s by a Japanese, Jigoro Kano, a little man who wanted to defend himself against bullies.

# Letters . . .

Dear Roger,  
The Lowell Area Chamber of Commerce wishes to thank the Lowell High School Pep Band for taking time from their busy schedules to play at the tree lighting Wednesday December 4.  
They provided the atmosphere needed to kick off the holiday season here in Lowell. The time and talent they gave to the community in sub-freezing temperatures is greatly appreciated.  
Again, Thank you.

Sincerely,  
Robert Pfaller  
President  
Chamber of Commerce

Dear Roger,  
I like your suggestion of the council to withdraw the name of "Creekside" to the new park and let it be used for a year or two before trying to put a tag on it. My reasoning, along with others I have talked with, is that Lowell has had many civic minded individuals in its history who could be honored for having the park named after them. I'm not thinking of the benefactors, such as Look and Lee, but persons who devoted their entire lifetime, or part, in making Lowell a better place to live. I certainly meant no disrespect to the park commission for their suggestion or to the present council in the name "Creekside" but believe all concerned citizens should have some input in naming THEIR park. Possibly, the Ledger could have a contest (and impartial judges) in its history who in the community in the naming of the new park.  
One thing for certain, with the present controversy in the name,

Sincerely,  
Kris Kniola

Dear Roger,  
I wish to thank all those who helped make the Santa Parade a success by marching, walking or entering floats. Also thanks to our Police for their help with traffic.  
Thank you, Arlene Lambert

Thank you, Arlene Lambert

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Friday . . . . . 9am - 5:30pm	Friday . . . . . 8:30am - 5:30pm
Saturday . . . . . 9am - Noon	Saturday . . . . . 8:30am - 1pm

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cozy corner  
by Roger Brown

I talked to one Main Street merchant who says his Christmas sales aren't what they were at this time last year, and he has an interesting theory as to why. Last year Thanksgiving fell on November 22, this year it was celebrated on the 28th, almost a full week later. According to this merchant's theory, Christmas shoppers are still digesting their turkey, and haven't really started shopping yet. He's probably right. It seems that Christmas is sneaking up on nearly everyone I talk to. If you read this on the publication date, you have less than two weeks to get it together, and get that shopping done! Scary, isn't it?

And that's if you're normal. If you're as abnormal as the Brown's, then you're really in trouble. Because the Ledger has been traditionally closed between Christmas and New Years, and because Terese gets several days off over the holidays, and because the kids are out of school, we only have one choice if we want to get away for a trip south. Consequently, we have celebrated Christmas early, and headed south seven of the last eight years. We're going again this year, and because of the way the holidays fall, we will be celebrating Christmas this Sunday, December 15 . . . my birthday. We've had our little celebration early before, but never this early. That, coupled with the fact that I was also lulled into a sense of false security by the late Thanksgiving, means I am in extra deep trouble.

Being the world class shopper that she is, Terese has picked up most of the gift buying load, which everyone on our Christmas gift list can be thankful for. If it were left up to me, there would be a lot of empty stockings and barren floor under the tree. However, I was assigned some shopping duties. Terese gave me orders to find toys for Casey, something for my parents, a present for the paper boy and of course, Terese's gifts. I haven't yet been able to convince her that she should buy her own, and thus be assured that she is getting things that she wants, and things that will fit. She says I'm cynical. I say I'm practical.

Casey is easy, and fun. Looking for boy's toys is right up there on my list of fun things to do. He's pretty well taken care of, though I've seen lots more things I, er, uh, he could have fun with. The paper boy should be pretty easy too. I figure I'll get him a new tube for his bike, or a box of rubber bands to roll his papers with. A gift for my parents is always a real toughie. I have a system for them, though. I just wait until the last possible minute, and go out and buy on impulse. I rush through the stores, and pretty soon something clicks, "Mom would like that", or "Dad would get a lot of use out of that", and that's it. Sometimes it takes a couple of hours, and sometimes it only takes a few minutes.

Terese is a whole different story. Clothes, jewelry, perfume, cosmetics, lingerie etc. are the types of things she enjoys. Housewares are definitely out. If she opened up a gift wrapped frying pan, I'd likely catch it up along side my head. So, between now and Sunday, I'll have to listen to a sales clerk tell me what a great buy a certain gold chain is. I'll have to suffer through a counter girl spraying samples of perfume on me. And, I'll be embarrassed by a sales girl holding up a little lace under garment and hollering across a crowded lingerie department to her manager, "This gentleman (wierdo) wants to know if this comes in pink?"

Go ahead and laugh, but remember, this will all be over for me come Sunday. The only difference between you and I, is ten days. You'll all be rushing around looking for last minute gifts, and it will all be history for me. I'll be baiting a hook, while the rest of you guys are skulking around in those lingerie shops and fainting at the jewelry prices. Happy shopping.

Until 1752, the British and their American colonies celebrated New Years on March 24th. That is, March 24, 1750 was followed by March 25, 1751.

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# Happy Birthday

**DECEMBER 11:** Chris Eizinga, Valerie Johnston, Jennifer Wieland.  
**DECEMBER 12:** Brad Briggs, Joyce Stormzand, Patrick Rasch.  
**DECEMBER 13:** Doug Wester, Carla Rozman, Sarah Dombak, Orand Kazemier, Christina Thaler.  
**DECEMBER 14:** Denise Southland, Mark Knottnerus, Chris Kropf, Julie Tarak.  
**DECEMBER 15:** Danny

Kathian, Karen Latva, David Kryger, Ellen Kwant, Richard Ysseldyke.  
**DECEMBER 16:** John Osmolinski, Klaas Kwant, Jeff Hendrick, Joan Carless, Jim Willyard, Marilyn Keim, JoAnn Frey, Helen Waters, Ernie Blasher, David Blakeley, Russ Breckon.  
**DECEMBER 17:** Shirlee Schneider, Laurel Hayward, David Dombak, Scott Behnke, Billie Ellison.

# Coming Events

**Notice in the Ledger's "Coming Events" are free of charge to any non profit organization in the Lowell, Ada, Alto, and Saranac area. We prefer such notices to be kept brief and to be submitted by mail, but will accept notices by phone at 897-9261.**

**QUA-KE-ZIK SPORTSMAN'S CLUB** meets every 2nd and 4th Tuesday at 8:00 p.m. at the club building at 11400 Foreman Road, Lowell.

**EVERY THIRD THURSDAY** Pack Meeting, Cub Scout Pack 3188 will meet at Runciman School, beginning at 7:00 p.m. This is a family event. Future activities will be discussed and awards presented.

**WOMEN OF THE MOOSE** Chapter night meeting is held the first Monday of each month, at 8 p.m.

**THE RECYCLE CENTER** at Eberhard's parking lot is open for bottles, tin cans, aluminum, newspaper, and brown paper bags.

**LOYAL ORDER OF MOOSE** canned goods or other non perishable foods can be left at the rear of the Club Room for the Christmas baskets.

**THE LOWELL COMMUNITY BAND** will rehearse the 2nd and 4th Monday of each month at 7:30 P.M. in the Lowell High School band room.

**SUN., DEC. 15:** The First United Methodist Church of Lowell's annual Children's Christmas Program, "Rainbow of Promises." The public is invited to attend in the Church sanctuary at 6:00 P.M. Birthday cake following.

**FRI., DEC. 20:** Come share in the warmth of Christmas with your friends at the Lowell Library, located in the west side of the historic Graham Building at the corner of Main and Hudson Streets. An open house will be held from 2:00 to 4:00 on Friday afternoon, December 20. Librarian Kris Vogelar and Page Chris Hodges will be on hand to care for your reading needs and Board members will be happy to serve you cookies and coffee.

## HOT LUNCH MENU

### WEEK OF DECEMBER 16, 1985

**MONDAY**  
Ravioli or noodle casserole, tossed salad or carrot sticks, French bread w/p-nut butter, assorted fruits or pudding, milk.

**TUESDAY**  
Swiss steak or breaded chicken, mashed potatoes or rice and gravy, green beans or sweet potatoes, dinner rolls or bread w/honey butter, jello w/whip or fruit, milk.

**WEDNESDAY**  
Hot dogs or cheeseburgers, lettuce salad w/dressing, corn off the cob or mixed veggies, chilled fruit or jello, bars or cookies, milk.

**THURSDAY**  
Macaroni and cheese or chili w/crackers, carmel rolls w/butter, garden salad, choice of fresh or canned fruits, milk.

**FRIDAY**  
Fishwicked or bologna salad sandwiches, potato chips and pickles, soup or salad, fruit or pudding or jello, bars or cookies, milk.  
Price of lunches to students includes milk. Elementary 85¢, Middle and Senior High 90¢.

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\*\*\*\*\*  
WHAT TO DO BETWEEN CHRISTMAS AND NEW YEARS?  
\*\*\*\*\*

## the SNO BALL TOURNAMENT

A MEN'S ONE PITCH, DOUBLE ELIMINATION, SOFTBALL TOURNAMENT WITH ORANGE BALLS PROVIDED. HELD ON SATURDAY, DEC 28th AND SUNDAY, DEC 29th ... NO MATTER THE WEATHER! TEAM FEE OF \$85 IS DUE TO THE YMCA, 323 W MAIN, LOWELL (or call 897-8445) BY DECEMBER 24th.

GET YOUR TEAM TOGETHER FOR THE LAST TOURNAMENT OF '85!!!

\*\*\*\*\*

# new arrivals

Betsy Jo Osborne of Lowell would like to announce the arrival of her baby brother Dustin Scott on Saturday, December 7, 1985, weighing 9 lbs. 7 ozs. Parents are Scott and Kim Osborne of Lowell. Grandparents are Morris and Doris Osborne of Alto and George & Janet Rollins of Lowell. Great-Grandmothers are Cornia Rollins of Montgomery, Michigan and Mary Bromage of Bryan, Ohio.

It's a boy! Jason Alan Mathews arrived on Wednesday, November 27, 1985 weighing 9 lbs. 3 oz. and 22" long to Alan and Jayne Mathews of Lowell. Also welcoming him home was big sister Abbey Jo. Grandparents are Bob and Jalene Fetting of Marne and Jack and June Mathews of Ada. Great-grandparents are Lucile Hall of Big Rapids, Leonard and Catherine Vinkle of Baldwin, and Lester Benjamin of Belmont.

## Alderink-Heintzleman wed Sept. 6



Mr. and Mrs. Michael P. Alderink

Teresa L. Heintzleman and Michael P. Alderink were joined together in marriage on September 6th at the St. Mary's Church in Lowell. Parents of the couple are William and Josephine Heintzleman of 11024

Bennett Road, Lowell and Martin and Mary Alderink of 9485 Cascade Road, Ada. Diana Bock attended the bride as maid of honor and Thomas Herbst served as the best man.

## Coloring contest held by Fire Department

A coloring contest was held by the Lowell Fire Department at the end of Fire Prevention Week in October. The kindergarten classes from Runciman and Bushnell Schools were asked to color a picture of what they thought a fire truck should look like. There were winners from each class room. They were then entered in a drawing for each school to have a grand prize winner.

Bill McPherson and Charlie Johnson cashed in on the grand prize. They were the guests of

the Fire Department for the Christmas Parade. Each one was able to ride in one of the fire trucks. One of their parents rode along to share in the experience. The winners were able to learn about the truck that they rode in. Along with using the flashing lights and the sounds of the siren. A good time was had by all.

Members and officers of the Lowell Area Fire Department would like to wish everyone a safe and joyous Holiday Season. Frank C. Leasure, Public Relations Officer

## Homespun Devotions

By Pauline Spray

... if thou knowest any men of activity among them, then make them rulers over my cattle (Genesis 47:6).

"If you want something done, choose a busy person to do it." Pharaoh acted wisely when he instructed Joseph to choose "men of activity" to rule over his herds. He knew the profit involved in choosing aggressive and wide-awake men to work for him.

Jesus showed no favor toward slothful men, but He chose those who were active to become His helpers. He Himself left the carpenter shop to begin His earthly ministry. Some of the men He chose to follow Him were fishermen; another was a tax collector, and another, a physician.

One has testified that "the worst days of darkness through which I have ever passed have

been greatly alleviated by throwing myself with all my energy into some work relating to others."

God is looking for "men (and women) of activity." He has work for them to do in His Kingdom today. As we make and take time to do good unto others, we are helping Him. God loves "busy people."

Prayer: O Lord, often my days are so filled with pressing duties, it seems I have no time to work in Thy vineyard. Enable me to "make" time, to "take" time, for Thee. Amen.

If you cannot cross the ocean, And the heathen lands explore, You can find the heathen nearer.

You can help them at your door.

DANIEL MARCH

## Athletic Boosters Club Meeting News...

There were only 22 members present at the December meeting again. Apparently that is going to be the maximum number of members we can expect to attend. We welcomed at least a few new members and still encourage all the Boosters to attend the meetings. Parents and coaches are especially invited to participate in our meeting discussions.

Joe Vezino will be completing the layout work for the Winter Sports Program after the team pictures are taken at the Winter Sports Night on Wednesday, December 4. Look for these programs at the athletic events and when you patronize our advertisers, please tell them thanks. Joe is also busy making plans for our annual booster spring dance. I hope more than 20 members and friends show up for the dance at least!

The Boosters are looking for volunteers to work an occasional night in the concession stands at the boys basketball games. Please volunteer a Tuesday or Friday night to help our athletic programs. Call John Stencil or Denise Dommer to volunteer.

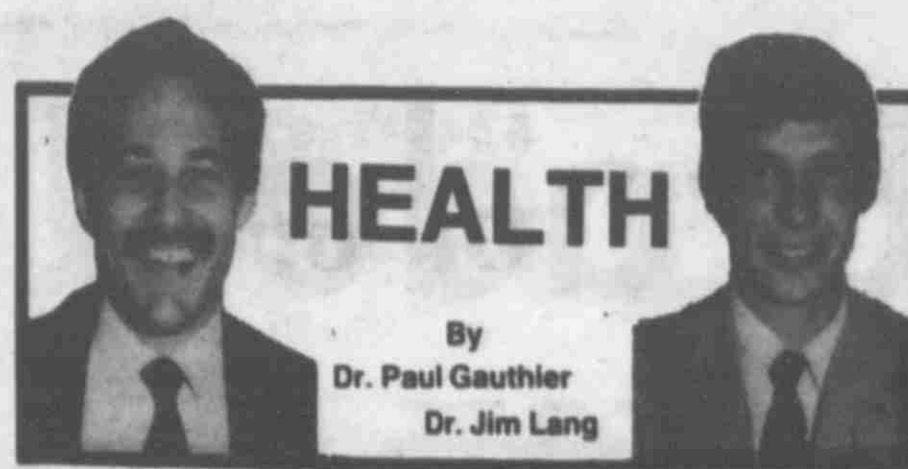
Lowell will host a High School Wrestling Tournament on Saturday, January 18, 1986. The boosters will need workers for weigh-ins, scoring tables, concession stands, and pastry donations to be sold during this all day tournament. This tournament is a good fund raiser, so jump right in and do your volunteer thing to help out!

The Boosters voted to supply funds to subsidize the travel costs of the visiting Canadian wrestlers participating in the annual wrestlers exchange with the Lowell wrestlers at this tournament.

Tammy Fitzpatrick, the new Gymnastics coach, has found a replacement balance beam for a worn-out one that she remembers using as a competitor when she was Tammy Nagy. The Boosters voted to purchase this replacement item to update our failing equipment. Hopefully this will keep our League competitors coming to Lowell for our home meets.

The Boosters will be assisting the Lowell Chamber of Commerce by selling hot drinks and concessions at their "Buggy Ride Event" on December 17, from 5:00 to 9:00 P.M. Look for us there.

At our next meeting on January 6, 1986, the Boosters will be discussing our by-laws to prepare for official confirmation of those by-laws in future meetings. Please attend this meeting at the K-Quad in the High School at 7:30 P.M. (Or forever hold your peace).



## HEALTH

By Dr. Paul Gauthier  
Dr. Jim Lang

### EATING FOR A HEALTHY HEART

How does the old saying go... you are what you eat? Today we're going to discuss our diet and how it can adversely affect our heart. In particular, we are going to discuss cholesterol and fat.

Important risks in developing heart disease are smoking, high blood pressure, diabetes, obesity, a family history of heart disease and elevated cholesterol levels in the blood stream. Cholesterol is a fat like substance in our blood stream that can deposit along the inner lining of the blood vessels. Over time, this can cause a narrowing of the vessels. The narrowed blood vessels do not allow enough oxygen rich blood to get to areas where it is needed most. If the blood vessels of the heart (coronary arteries) become involved, chest pain (angina) or a heart attack can occur.

Cholesterol enters the blood stream from the food we eat and is also produced by the liver. Studies have shown that by lowering cholesterol levels in our blood we decrease the chances of having a heart attack. Over half of all middle aged adults in America have cholesterol levels which put them at risk for developing heart disease. Currently American males consume about 500 milligrams of cholesterol per day, while the American woman will consume 320 milligrams per day. To decrease cholesterol levels and the associated risks, the American Heart Association recommends a diet containing less than 300 milligrams per day!

To find out if your cholesterol level puts you at risk, the American Heart Association recommends that everyone have their cholesterol checked by age 30 with a repeat test every 5 years. If other family members have had heart disease, the level should be checked more frequently. Cholesterol levels are considered "high" depending on your age and sex. Most heart attacks occur in individuals with cholesterol levels greater than 210 and a level of 265 or greater can put you in a high risk category.

If your cholesterol level places you at a high risk your doctor will probably recommend a diet that is low in cholesterol and saturated fats to lower this level. Diet alone can reduce your blood cholesterol by five to ten percent. In general, the diet consists of reducing intake of whole dairy products, high fat meats, cholesterol, egg yolks and saturated fats. Lean meat, fish, poultry, vegetables, grains and polyunsaturated fats are encouraged. The American Heart Association has many booklets that can be obtained by calling 452-6908. They are very useful and include recipes, charts that list cholesterol/fat contents of specific foods, and ways of preparing meals. Some general recommendations are noted below.

1. Eat no more than 3 egg yolks a week.
2. Fish, poultry and veal should be eaten more frequently than pork, beef or lamb. Trim all visible fat.
3. Avoid fatty meats such as sausage, salami or bacon.
4. Avoid frying food.
5. Broiling, baking, boiling or roasting help remove fat.
6. Use margarines rich in polyunsaturated fat instead of butter.
7. Use skim or lowfat milk instead of whole milk.



The British call the day after Christmas Boxing Day. On this day, they give boxes of money to the milkman, postman, and others who have served them throughout the year.

## LOWELL TOWNSHIP NOTICE

Taxes are due and payable in the Township of Lowell between December 1, 1985 and February 14, 1986. Office will be open December 26 and 27.

I will be at the Lowell Township Hall, 2910 Alden Nash Avenue, S.E., on Thursdays and Fridays between 9 A.M. and 5 P.M.

Dog licenses are due and payable January 1, 1985 current certification of vaccination is required.

Assistance will be provided to Senior Citizens and Veterans for the Michigan CR1040 Homestead Tax Forms. Phone 897-7600.

Anyone desiring to register for voting may also do so at this time.

Doris Boyd,  
Lowell Township Treasurer  
C3&4

## Red Arrow Hockey Team is 4-2

The 1985-86 season is well under-way for the Lowell High School Hockey Team. After six games the Arrows have compiled a 4-2 record.

Lowell opened its season against Northview with a 7-3 victory. Six players registered goals. Matt Vredenburg had two goals while Scott Fosburg, Eric Schwamberger, Marty Vredenburg, Darl DeCator, and Brad Hendrick each scored once.

### Quada voted to Honorable Mention Soccer Team

Lowell Senior High School was recently notified that Matt Quada, 10th grade, was selected to the OK Rainbow Division All Conference Honorable Mention Soccer team. Quada who plays right forward for the Lowell Area Soccer club has been a member of the team since its inception. Quada's aggressive play and sportsmanlike attitude were cited as some exceptional qualities he possessed during the entire season.

Congratulations to Matt.

### Be careful using decorative materials during the Holiday Season

In the interest of holiday fire safety, the State Police Fire Marshal Division and local fire departments join in cautioning Michigan residents about the use of natural and artificial decorative materials.

Officials say every year tragic fires involving loss of life, property, and personal injury occur due to the unsafe or improperly maintained holiday decorations. For a safer holiday, the following precautions are suggested:

1. Before natural trees are set up, the trunk of the tree should be freshly cut at least one inch above the original cut and maintained in a container of clear water. Tree stands must be able to provide adequate support and should have a large reservoir for water.
2. A tree showing signs of unusual dryness should be removed from the residence immediately.
3. Trees should not be located in residence exit areas.
4. Artificial trees should bear testing labels indicating they are "flame-resistant."
5. Electrically operated or lighted tree stands and electric light sets should bear testing laboratory labels and should be examined for defects prior to use.
6. Use of electric lights on trees should be supervised by responsible persons.
7. If metallic trees are used, no electrical lights or wiring should be placed on or in contact with the tree.
8. Use of candles or open flame near decorations is strongly discouraged. Dispose of Christmas wrappings safely and promptly. Do NOT burn them in the fireplace.
9. A portable fire extinguisher should be readily accessible in the event of fire. All family members should become familiar with its operating procedures.
10. Post telephone number of your local fire department at each telephone.

If you have any questions about holiday fire safety, contact your local fire or building department or the nearest State Police post.

Flat River VFW Post

## New Year's Eve Party

8 P.M. 'til 2 A.M.      \$5.00 Per Person

### Dance to the Music of "The Easy Roads Band"

EVERYONE WELCOME



BEST GIFTING IDEAS

## AT GREAT SAVINGS

### Jantzen Crew Neck Sweaters

Reg. \$27<sup>50</sup>

# \$18<sup>66</sup>

### Women's Lee Straight Leg Jeans

Reg. \$23<sup>95</sup>

# \$19<sup>99</sup>

HOLIDAY HOURS  
Mon.-Fri., 9:30am-9pm  
Sat., 9:30am-6pm

## Pfaller's CLOTHING

103 E. Main St., Lowell 897-6411

### Shop From Our Display Of Handcrafted Gifts...

- ▶ Clothes for Cabbage Patch Dolls
- ▶ Assorted Holiday Wall Plaques
- ▶ Toll Painted Santas & Christmas Items
- ▶ Decorative Holiday Baskets

Large Selection Of Art Supplies, Great For Christmas Giving!

★ All Easels 25% Off!  
★ All Oil Painting Kits 35% Off!

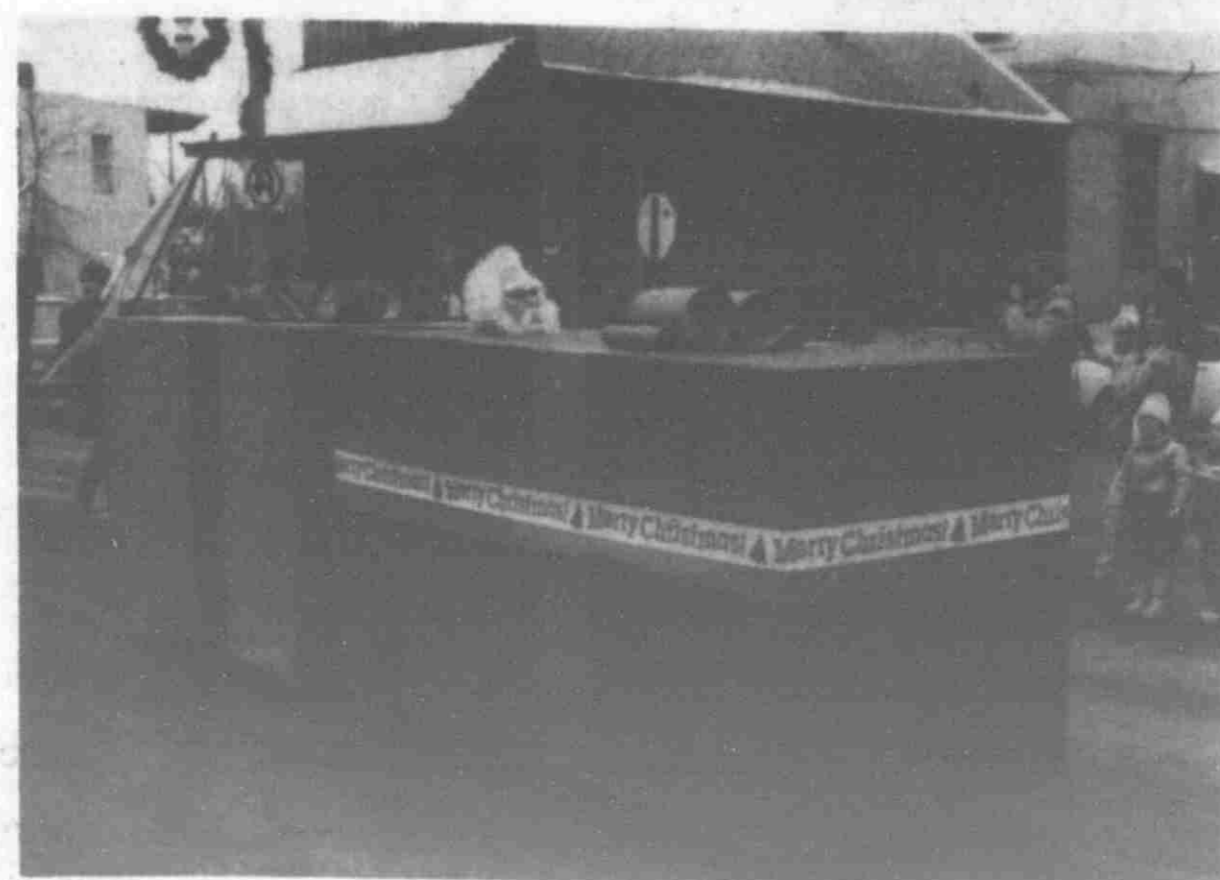
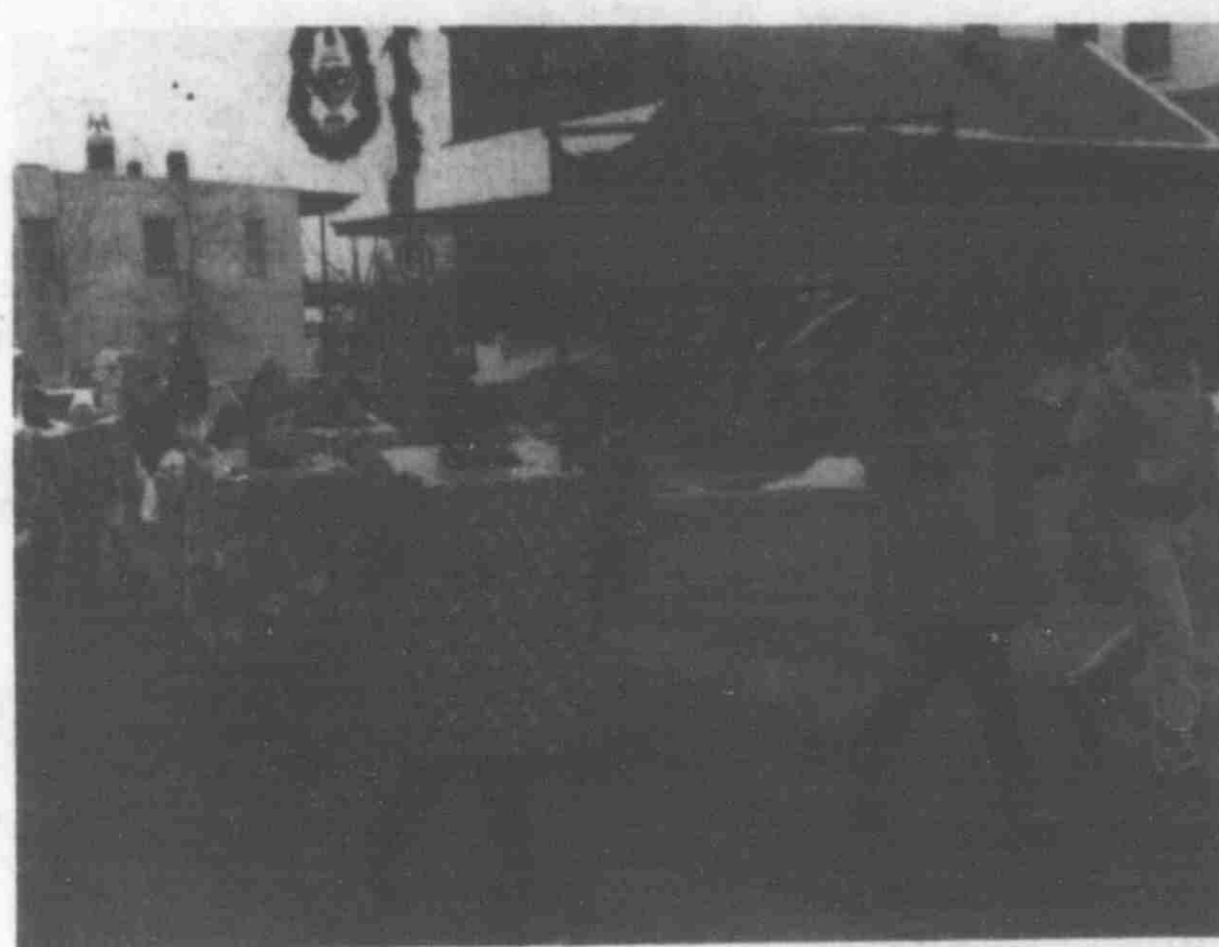
**BLUE CROCODILE CERAMICS**

Duncan FULL SERVICE RETAILER GRUMBACHER ARTISTS SUPPLIES

897-5859 - 508 W. Main, Lowell

ATTEND SERVICES			
<p><b>ALTON BIBLE CHURCH</b> Lincoln Lake Ave. and Three Mile Rd Lowell 897-5648</p> <p>Sunday School 10:00 A.M. Morning Worship 11:00 A.M. Family Bible Hour 7:00 P.M. Wednesday Ministries 7:00 P.M.</p> <p>Applying God's Word to Daily Life and God's Love to Hurting Lives</p>	<p><b>MISSIONARY CHURCH</b> 10501 Settlemore Ph. 897-7185</p> <p>Sunday School 9:45 A.M. Worship Service 11:00 A.M. Evening Service 6:00 P.M.</p> <p>Prayer and Bible Study 7:30 P.M. Wednesdays</p> <p>GLENN H. MARKS Foreman Road 897-9110</p>	<p><b>ADA CHRISTIAN REFORMED CHURCH</b> 7152 Bradford St. S.E. 676-1698 REV. BRIAN P. BOSSCHER</p> <p>Morning Worship 9:30 A.M. Sunday School 11:00 A.M. Evening Worship 6:00 P.M.</p>	<p><b>ADA COMMUNITY REFORMED CHURCH</b> 7227 Thornapple River Dr. 676-1032 Pastor JERRY L. JOHNSON</p> <p>Morning Worship 10:00 A.M. Sunday School 11:20 A.M. Evening Worship 6:00 P.M.</p> <p>WE INVITE YOU TO MAKE THIS COMMUNITY CHURCH YOUR CHURCH HOME. WELCOME TO ALL</p>
<p><b>FIRST BAPTIST CHURCH OF ALTO</b> Corner of 60th Street &amp; Bancroft Avenue</p> <p>Sunday School 10:00 A.M. Morning Worship 11:00 A.M. Jr.-Sr. High Young People 6:30 P.M. Evening Worship 7:00 P.M. Wednesday Bible Study 7:00 P.M.</p> <p>REV. GEORGE L. CGON 868-6403 or 868-6912</p>	<p><b>BETHANY BIBLE CHURCH</b> 3900 East Fulton REV. RAYMOND E. BEFUS</p> <p>Morning Worship (Broadcast 10 A.M. WMAX 1470) 9:50 A.M. Sunday School 11:15 A.M. Evening Service 6:00 P.M. Wednesday Service 7:30 P.M.</p>	<p><b>CALVARY CHRISTIAN REFORMED CHURCH OF LOWELL</b> 1151 West Main Street - 897-8841 REV. STEPHEN M. ARRIK</p> <p>Worship Service 10 A.M. &amp; 6 P.M. Sunday School 11:15 A.M. Supervised Nursery During All Services.</p>	<p><b>CHURCH OF THE NAZARENE OF LOWELL</b> 201 North Washington Street Rev. Rick Upchurch</p> <p>Church School 10:00 A.M. Morning Worship 11:00 A.M. Evening Worship 6:00 P.M.</p> <p>Wednesday Mid-Week Service Jr. Teens, Adults 7:00 P.M. Nursery-Come &amp; Worship With Us</p>
<p><b>FIRST CONGREGATIONAL CHURCH OF LOWELL</b> (Member United Church of Christ) North Hudson at Spring St. Lowell 897-5906 REV. DAVID HAGENS</p> <p>Morning Worship 10:00 A.M. Church School 10:00 A.M. (Cribbery &amp; Nursery Provided)</p>	<p><b>FIRST UNITED METHODIST CHURCH OF LOWELL</b> 621 E. Main Street 897-5936 REGULAR HOURS</p> <p>Morning Worship 9:00 A.M. and 10:45 A.M. Church School 9:30 to 10:30 A.M.</p> <p>REV. WILLIAM AMUNDSEN, MINISTER Nursery available at both services Barner - Free Entrance</p>	<p><b>GOOD SHEPHERD LUTHERAN CHURCH</b> Corner of Segwan &amp; Grand River</p> <p>Morning Worship 8:30 &amp; 11:00 A.M. Sunday School &amp; Adult Bible Class 9:45 A.M.</p> <p>JOSEPH FREMER, PASTOR 897-8307</p>	<p><b>RENT YOUR SPACE TODAY!!</b> <b>897-9261</b></p>
<p><b>SARANAC COMMUNITY CHURCH</b> (United Church of Christ) 125 Bridge St., Saranac, MI DIAL-A-PRAYER-642-9659 897-5906</p> <p>Morning Worship 10:00 A.M. Sunday School 11:15 A.M.</p> <p>ALLEN H. HERMANSADER, INTERIM PASTOR 642-6322</p>	<p><b>ST. MARY'S CATHOLIC CHURCH</b> 402 N. Arnty MSGNR JAMES MORAN NEW HOURS</p> <p>Saturday Mass 5:30 P.M. Sunday Mass 9:00 &amp; 11:00 A.M.</p>	<p><b>FIRST BAPTIST CHURCH OF LOWELL</b> 2275 West Main Street</p> <p>Sunday School 9:45 A.M. Morning Worship 11:00 A.M. Word of Life 5:30 P.M. Evening Worship 7:00 P.M. Awards - Wednesday 6:45 P.M. Wednesday Family Hour 7:30 P.M. DR. DARRELL WILSON 897-5300</p>	<p><b>FRIENDSHIP COUNTRY CHAPEL</b> Old Grange Hall 1019 Grand River Ave</p> <p>Sunday Services 10:30 A.M. Wednesday Bible Study 7:00 P.M.</p> <p>BOB ROUSH, PASTOR 897-7489</p>

# "Santa Claus Parade"



# Lowell Red Arrow Winter Sports . . .

## Varsity Basketball



Back Row: Brett Knoop (Mgr.), Paul Chaterdon (Mgr.) Don Reagan, Brett Noskey, Mike Dykstra, Salvador Rodriguez, Scott Hopkins, Coach Ken Akers.  
Front Row: Jeff Gessler, Kurt Kropf, Tony Beachler, Shawn Thompson, Jay Messner, Lonnie Swanson, Mike Dumas.

## BOYS BASKETBALL SCHEDULE VARSITY & J.V. 1985-86

J.V.'s - 6:00 P.M. Varsity - 7:30 P.M.

12-6	Delton	Away
12-13	*Northview	Home
12-17	Greenville	Home
12-20	*Forest Hills Central	Home
12-27	Lakewood	Home
1-3	Caledonia	Away
1-7	*Kenowa Hills	Away
1-10	*Sparta	Home
1-17	*Rogers	Home
1-21	*Wyoming Park	Away
1-24	*East	Away
1-28	Belding	Away
1-31	*Northview	Away
2-4	*Forest Hills Central	Away
2-7	*Kenowa Hills	Home
2-11	Ionia	Away
2-14	*Sparta	Away
2-18	*Rogers	Away
2-21	*Wyoming Park	Home
2-25	Make-Up	
2-28	*East	Home
3-8	Districts	
3-11-15	Regionals	
3-19	Quarter Finals	
3-21-22	Semi-Finals	
	*Conference Games	

J.V. Coach: Kurt Holzhueter Varsity Coach: Ken Akers

## WRESTLING SCHEDULE 1985-86

12-3	Comstock-Delton	Delton 5:30
12-5	Union-Belding-Ionia	Lowell 5:30
12-7	Alma-Muskegon Catholic	
	Grayling	Alma 12:00 P.M.
	JV Wrestling	Lakewood 9:00
12-12	Northview	Lowell 6:00
12-14	Olivet Invitational	Olivet 10:00 A.M.
12-19	Forest Hills Central	Lowell 6:00
12-21	Grandville Invitational	Grandville 10:00
1-4	Hastings Invitational	Hastings 10:30
1-7	Creston-Greenville-Northview	
	Northview	Creston 5:00 P.M.
1-9	Kenowa Hills	Kenowa Hills 6:00
1-11	Muskegon Invitational	Muskegon 11:00
1-16	Sparta/Canadian	Lowell 6:00 P.M.
1-18	Lowell Invitational	Muskegon 11:00
1-23	Rogers	Lowell 6:00
1-25	Greenville (JV Tourn.)	Greenville
1-30	Wyoming Park	Wyoming Park 6:00
2-1	Belding Invitational	Belding 10:00
2-6	East Grand Rapids	East 6:00 P.M.
2-8	Conference	Rogers 10:00
2-15	District	MHSAA
2-22	Regionals	
2-28/3-1	State	

Coach: Gary Rivers  
Ass'ts: Tom Harper and John Wilder

## L.H.S. Wrestling



Back Row: Coach John Wilder, John Heacock, Coach Gary Rivers, Aaron Adams, Todd Nauta, Aaron White, Aaron Wester, Bart Olin, Chad Sayen, Paul Wilcox, Greg Zimmerman, Tom Nugent, Wade Free, Mike Hewitt, Jeff Batey, Kyle Gildea, Ron Fox, Andy Jannenga, Rich Brown, Jeff DePew, Bob Rice, Craig Mersman, Ralph Anheuser, Tom DeJong.  
Front Row: Trevor Tyler, Brett Nagy, Chad Blasher, Tony Huver, Brett Kirby, Brian Fox, Jim Johnson, Jim Smith, Mike Nugent, Matt Nauta, Mike Barnes, Mike Rivers, Carl Pratt, Coach Tom Harper, Mgr. Andy Wester (Middle).  
Missing from photo: Joel Webstger, Tony Stepek, Eric Shear, Todd Probst, Steve Anderson, Toby Czarnpols.

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J.B. Wellman, D.C.

Lowell Granite Company  
State Savings Bank  
The Tire Exchange  
Third Base  
Keiser's Kitchen  
ITM Corporation

# L.H.S. Hockey



Back Row: Cubby Vezino, Dick Graham, Scott DeVries, Dave McGrew, Brad Hendrick, Scott Whaley, Ed Patton, Rich Marvin, Marty Vredenburg, Coach Rob McCormick.  
Front Row: Darl DeCator, Scott Fosburg, Eric Schwamberger, Chris Kloosterman, Matt Vredenburg, Chris Anderson, Wendell Johnson.

## GIRLS VOLLEYBALL 1985-86

12-30	Hasting Tournament	Away 9:00 A.M.
1-4	Kenowa Hills Inv.	Away 9:00 A.M.
1-9	Forest Hills Northern	Away 6:15 P.M.
1-13	Ionia	Away 6:30 P.M.
1-18	J.V.-Kenowa Hills	Away 9:00 A.M.
1-22	Saranac-Greenville	Home 6:00 P.M.
1-23	Rockford-Belding	Belding 6:00 P.M.
1-27	Northview	Home 6:00 P.M.
1-30	Forest Hills Central	Home 6:00 P.M.
2-1	Wayland Inv.	Away 9:00 A.M.
2-3	Kenowa Hills	Away 6:00 P.M.
2-6	Sparta	Home 6:00 P.M.
2-8	Delton Invitational	Away 8:00 A.M.
2-10	Lakewood-Hastings	Lakewood 7:00
2-11	Ionia	Home 6:00 P.M.
2-13	Rogers	Home 6:00 P.M.
2-17	Wyoming Park	Away 6:00 P.M.
2-20	East	Away 6:00 P.M.
2-22	Conference	Sparta 9:00 A.M.
2-24-27	Pre-District	Assigned
3-1	District	Assigned
3-8	Regionals	
3-15	State	

Coaches: Laurie Kuna & William Stouffer

## Varsity Volleyball



Back Row: Becki Mitchell (Mgr.), Jennifer Cosgrove, Pam Durkee, Tricia Frey, Jami Andrews, Amy Davis, Lori Esch, Jenny Crosby, Candi Wood, Coach Laurie Kuna.  
Front Row: Cheryl Treglia, Katherine Adams, Val Silva, Dianna Miller, Debbie Crawford, Mindy Dinnman, Chantel Cosgrove.

## J.V. Volleyball



Back Row: LuAnn Howard, Jill Kloosterman, Kathy McFall, Misty McClure, Alice Graham, Sue Schug, Mary Rollins, Kris Ann Knoop.  
Middle Row: Tammy Heacock, Angie Hoffman, Jody Andrews, Tracy DeWitt, Jen Johnson, Julie Idema, Mickey Denman.  
Front Row: Jennifer Vandermark, Kim Tryon, Tina Qualls, Megan Kirby, Stacy Davis, Doreen Schneider, Kris Kelley, Sarah Kettner, Carla Franks (Mgr.).  
Missing from photo: Tina Czarnopis, Vicki Gessler, Ann Hildenbrand, Krista Rozich, Amy Thomas, Missy VanderGallen, Tammy Knottnerus.

## HOCKEY SCHEDULE 1985-86

11-21	Northview	Kentwood 7:00
11-29	Kalamazoo Central	Kalamazoo 6:00
11-30	Kalamazoo Hackett	Kalamazoo 6:00
12-6	Creston	Kentwood 7:00
12-7	Bridgeport	Saginaw 8:30
12-8	Saginaw Eisenhower	Saginaw 6:30
12-14	East Grand Rapids	Kentwood 8:00
12-19	East Kentwood	Kentwood 7:00
12-20	Grandville	Kentwood 7:00
12-21	Kenowa Hills	Kentwood 6:00
12-26	Alumni (Scrimmage)	Kentwood 7:00
12-28	Forest Hills Central	Kentwood 8:00
1-4	East Grand Rapids	Kentwood 6:00
1-5	West Catholic	Ferris 4:00
1-11	Ottawa	Jolly Rogers 10:00
1-16	Central	Kentwood 7:00
1-23	Kentwood	Kentwood 7:00
1-29	Northview	Kentwood 7:00
2-1	Forest Hills Central	Kentwood 8:00
2-6	Grandville	Kentwood 7:00
2-8	Northview	Kentwood 8:00
2-15	Kenowa Hills	Kentwood 6:00
2-19	Grandville	Kentwood 7:00
3-5	Quarter Finals	
3-7	Semi-Finals	
3-8	Finals	

Rob McCormick

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# The Grand Valley Ledger's ...

## TV

### LISTING MAGAZINE

- Features Complete Listings of Lowell Cable TV Channels On A Daily Basis.
- Special Sports Listings
- Special Daily Movie Listings
- Listings Coincide With Numbers On Your Tuner
- Complete & Easy To Use

WKZO	Kalamazoo, MI	3 (3)
WUHQ	Battle Creek, MI	4 41
WXMI	Grand Rapids, MI	5 17
WLNS	Lansing, MI	6 (6)
WFLS	Lansing, MI	7 47
WOTV	Grand Rapids, MI	8 (8)
W4X	Jackson, MI	9 10
WGVC	Allendale, MI	11 35
WKAR	E Lansing, MI	12 23
WZZM	Grand Rapids, MI	13 13
HBO	Home Box Office	(HBO)
WTBS	Atlanta, GA	(MAX)
CINEMAX	Cinemax	(MAX)
USA	USA Network	(MAX)
DISNEY	Disney Channel	(MAX)
CBN	CBN Cable Network	(MAX)
WGN	Chicago, IL	(MAX)
ESPN	Sports Network	(MAX)
CNN	Cable News Ntwrk	(MAX)
NICK/ARTS	Nickelodeon	(MAX)



**CONTAINS LISTINGS FOR FRIDAY, DECEMBER 13  
THRU THURSDAY, DECEMBER 19, 1985**

It's that time of year — again. Christmas is quickly approaching, and what better way to celebrate than by tuning in Emmanuel Lewis (L.) and Mr. T as they celebrate the holiday season in "A Christmas Dream," airing Friday, Dec. 20 on NBC.

## Heritage Meat Market

**CHICKEN BREAST SANDWICH  
&  
FRENCH FRIES... \$1.99 Sandwich  
Only... \$1.49**

**CASUAL CATERING!!**

(by Heritage Meat Market)  
Don't forget! Let us help you plan your holiday party! Call Chris Collins at 897-7049

THE BEST FOOD & SERVICE AROUND

Next to McDonalds

**★ OPEN 7 DAYS-A-WEEK ★**

**MEAT SPECIALS:**  
Stuffed Pork Chops...lb. \$1.69  
Meat Chicken Legs...lb. \$1.69

**NEW WINTER HOURS:**  
Monday - Thursday . . . 9:00 P.M.  
Friday & Saturday . . . 10:00 P.M.  
Sundays . . . 11 A.M. to 9 P.M.

**Call Your Order In  
Ahead Of Time At**

**897-7049**

FRIDAY

FRIDAY 12/13/85

- MORNING
5:00 Old Spice Sports Review: Top Ranking Basing's Greatest Hits of 1985
5:30 [MAX] Comedy Experiment: Emo Phillips
6:00 [MAX] MOVIE: 'The Bugs Bunny / Road Runner Movie'

- 10:05 MOVIE: 'Christmas Holiday'
10:30 [HBO] MOVIE: 'Cheech and Chong's The Corsican Brothers'
11:30 [MAX] MOVIE: 'Buddy System'
12:00 [HBO] MOVIE: 'The Untouchables'
12:30 [HBO] MOVIE: 'One Night in Lisbon'

- 1:00 Speedweek
1:05 [MAX] MOVIE: 'Castle on the Hudson'
1:30 [MAX] MOVIE: 'Oxford Blues'
2:00 [HBO] MOVIE: 'Oliver!'
2:30 [HBO] MOVIE: 'Montreal at Philadelphia'
2:35 Small One
3:30 [MAX] MOVIE: 'The Competition'

- 3:50 [HBO] Inside the NFL
3:50 [HBO] Outside Life Magazine
6:00 [MAX] MOVIE: 'The Untouchables'
6:05 [MAX] MOVIE: 'The Untouchables'
6:30 [MAX] MOVIE: 'The Untouchables'

- 6:35 [MAX] MOVIE: 'The Untouchables'
7:00 [MAX] MOVIE: 'The Untouchables'
7:35 [MAX] MOVIE: 'The Untouchables'
8:00 [MAX] MOVIE: 'The Untouchables'

- 8:05 [MAX] MOVIE: 'The Untouchables'
8:30 [MAX] MOVIE: 'The Untouchables'
9:00 [MAX] MOVIE: 'The Untouchables'
9:30 [MAX] MOVIE: 'The Untouchables'

- 9:35 [MAX] MOVIE: 'The Untouchables'
10:00 [MAX] MOVIE: 'The Untouchables'
10:30 [MAX] MOVIE: 'The Untouchables'
11:00 [MAX] MOVIE: 'The Untouchables'

- 11:05 [MAX] MOVIE: 'The Untouchables'
11:30 [MAX] MOVIE: 'The Untouchables'
12:00 [MAX] MOVIE: 'The Untouchables'
12:30 [MAX] MOVIE: 'The Untouchables'

- 12:35 [MAX] MOVIE: 'The Untouchables'
1:00 [MAX] MOVIE: 'The Untouchables'
1:30 [MAX] MOVIE: 'The Untouchables'
2:00 [MAX] MOVIE: 'The Untouchables'

- 2:05 [MAX] MOVIE: 'The Untouchables'
2:30 [MAX] MOVIE: 'The Untouchables'
3:00 [MAX] MOVIE: 'The Untouchables'
3:30 [MAX] MOVIE: 'The Untouchables'

- 3:35 [MAX] MOVIE: 'The Untouchables'
4:00 [MAX] MOVIE: 'The Untouchables'
4:30 [MAX] MOVIE: 'The Untouchables'
5:00 [MAX] MOVIE: 'The Untouchables'

- 5:05 [MAX] MOVIE: 'The Untouchables'
5:30 [MAX] MOVIE: 'The Untouchables'
6:00 [MAX] MOVIE: 'The Untouchables'
6:30 [MAX] MOVIE: 'The Untouchables'

- 6:35 [MAX] MOVIE: 'The Untouchables'
7:00 [MAX] MOVIE: 'The Untouchables'
7:30 [MAX] MOVIE: 'The Untouchables'
8:00 [MAX] MOVIE: 'The Untouchables'

FRIDAY'S MOVIES

- 6:00AM [MAX] - 'The Bugs Bunny / Road Runner Movie'
7:30AM [MAX] - 'Hate!'
8:00AM [HBO] - 'The Bounty' (CC)
10:00AM [MAX] - 'Rachel and the Stranger'

- 10:05AM [MAX] - 'Christmas Holiday'
10:30AM [HBO] - 'Cheech and Chong's The Corsican Brothers'
11:30AM [MAX] - 'Buddy System'

- 12:00PM [HBO] - 'American Dreamer' (CC)
12:30PM [HBO] - 'One Night in Lisbon'
1:00PM [MAX] - 'Invitation to the Wedding'

- 1:05PM [MAX] - 'Castle on the Hudson'
1:30PM [MAX] - 'Oxford Blues' (CC)
2:00PM [HBO] - 'Oliver!'
2:30PM [MAX] - 'The Competition'

- 3:00PM [HBO] - 'Where the Boys Are'
3:30PM [MAX] - 'The Bugs Bunny / Road Runner Movie'
4:00PM [HBO] - 'It Came Upon the Midnight Clear'

- 4:30PM [HBO] - 'American Dreamer' (CC)
5:00PM [MAX] - 'Purple Rain' (CC)
5:30PM [MAX] - 'Raggedy Man'

- 6:00PM [MAX] - 'Going My Way'
6:30PM [MAX] - 'Bells Are Ringing'
7:00PM [MAX] - 'It's a Wonderful Life'

- 7:30PM [MAX] - 'Call it Murder'
8:00PM [HBO] - 'Bite the Bullet'
8:30PM [MAX] - 'Cheech and Chong's Nice Dreams'

- 9:00PM [MAX] - 'Van Ryan's Express'
9:30PM [HBO] - 'Miracle on 34th Street'
10:00AM [MAX] - 'Humongous'

- 10:00AM [MAX] - 'Killer by Night'
10:30AM [HBO] - 'Gain All the Way'
11:00AM [MAX] - 'Imitation of Life'

- 11:30AM [MAX] - 'Oxford Blues'
12:00PM [MAX] - 'At Gunpoint'
12:30AM [HBO] - 'Cal'

- 1:00AM [MAX] - 'Rivier of Mystery'
1:30AM [MAX] - 'Cheech and Chong's Nice Dreams'
2:00AM [MAX] - 'Rogue River'

- 2:30AM [MAX] - 'Rogue River'
3:00AM [MAX] - 'Rogue River'
3:30AM [MAX] - 'Rogue River'
4:00AM [MAX] - 'Rogue River'

SATURDAY

SATURDAY 12/14/85

- MORNING
5:00 [MAX] MOVIE: 'The Untouchables'
5:15 [MAX] MOVIE: 'The Untouchables'
5:30 [MAX] MOVIE: 'The Untouchables'

- 6:00 [MAX] MOVIE: 'The Untouchables'
6:30 [MAX] MOVIE: 'The Untouchables'
7:00 [MAX] MOVIE: 'The Untouchables'
7:30 [MAX] MOVIE: 'The Untouchables'

- 8:00 [MAX] MOVIE: 'The Untouchables'
8:30 [MAX] MOVIE: 'The Untouchables'
9:00 [MAX] MOVIE: 'The Untouchables'
9:30 [MAX] MOVIE: 'The Untouchables'

- 10:00 [MAX] MOVIE: 'The Untouchables'
10:30 [MAX] MOVIE: 'The Untouchables'
11:00 [MAX] MOVIE: 'The Untouchables'
11:30 [MAX] MOVIE: 'The Untouchables'

- 12:00 [MAX] MOVIE: 'The Untouchables'
12:30 [MAX] MOVIE: 'The Untouchables'
1:00 [MAX] MOVIE: 'The Untouchables'
1:30 [MAX] MOVIE: 'The Untouchables'

- 2:00 [MAX] MOVIE: 'The Untouchables'
2:30 [MAX] MOVIE: 'The Untouchables'
3:00 [MAX] MOVIE: 'The Untouchables'
3:30 [MAX] MOVIE: 'The Untouchables'

- 4:00 [MAX] MOVIE: 'The Untouchables'
4:30 [MAX] MOVIE: 'The Untouchables'
5:00 [MAX] MOVIE: 'The Untouchables'
5:30 [MAX] MOVIE: 'The Untouchables'

JOHNNY DANGEROUSLY
Michael Keaton
Joe Piscopo
An all-new comedy cast
proves that gangsters
can be funny.

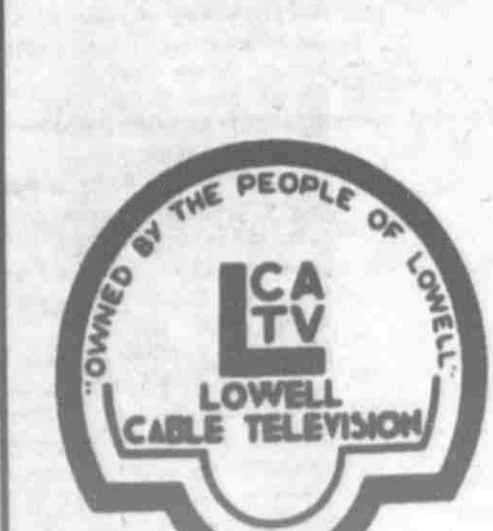
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FRIDAY

- 10:05 [MAX] MOVIE: 'Christmas Holiday'
10:30 [HBO] MOVIE: 'Cheech and Chong's The Corsican Brothers'
11:30 [MAX] MOVIE: 'Buddy System'

- 12:00 [HBO] MOVIE: 'The Untouchables'
12:30 [HBO] MOVIE: 'One Night in Lisbon'
1:00PM [MAX] - 'Invitation to the Wedding'

- 1:05PM [MAX] - 'Castle on the Hudson'
1:30PM [MAX] - 'Oxford Blues' (CC)
2:00PM [HBO] - 'Oliver!'
2:30PM [MAX] - 'The Competition'

- 3:00PM [HBO] - 'Where the Boys Are'
3:30PM [MAX] - 'The Bugs Bunny / Road Runner Movie'
4:00PM [HBO] - 'It Came Upon the Midnight Clear'

- 4:30PM [HBO] - 'American Dreamer' (CC)
5:00PM [MAX] - 'Purple Rain' (CC)
5:30PM [MAX] - 'Raggedy Man'

- 6:00PM [MAX] - 'Going My Way'
6:30PM [MAX] - 'Bells Are Ringing'
7:00PM [MAX] - 'It's a Wonderful Life'

- 7:30PM [MAX] - 'Call it Murder'
8:00PM [HBO] - 'Bite the Bullet'
8:30PM [MAX] - 'Cheech and Chong's Nice Dreams'

- 9:00PM [MAX] - 'Van Ryan's Express'
9:30PM [HBO] - 'Miracle on 34th Street'
10:00AM [MAX] - 'Humongous'

- 10:00AM [MAX] - 'Killer by Night'
10:30AM [HBO] - 'Gain All the Way'
11:00AM [MAX] - 'Imitation of Life'

- 11:30AM [MAX] - 'Oxford Blues'
12:00PM [MAX] - 'At Gunpoint'
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5:00AM [MAX] - 'Rogue River'
5:30AM [MAX] - 'Rogue River'
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- 6:30AM [MAX] - 'Rogue River'
7:00AM [MAX] - 'Rogue River'
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- 2:30AM [MAX] - 'Rogue River'
3:00AM [MAX] - 'Rogue River'
3:30AM [MAX] - 'Rogue River'
4:00AM [MAX] - 'Rogue River'

- 4:30AM [MAX] - 'Rogue River'
5:00AM [MAX] - 'Rogue River'
5:30AM [MAX] - 'Rogue River'
6:00AM [MAX] - 'Rogue River'

- 6:30AM [MAX] - 'Rogue River'
7:00AM [MAX] - 'Rogue River'
7:30AM [MAX] - 'Rogue River'
8:00AM [MAX] - 'Rogue River'

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SATURDAY CONT.

- 6:00 (3) (8) (13) News
(4) ABC News
(17) Battleground Galactica
(MAX) MOVIE: 'Norma Rae'

personally (CC)
(MAX) MOVIE: 'Blame It on the Night'
MOVIE: 'The Nesting' A mystery novelist undergoes supernatural experiences in a secluded countryside home.

- 10:30 (3) (8) (13) News
(4) ABC News
(17) Battleground Galactica
(MAX) MOVIE: 'Norma Rae'

Cyd Charise, 1954. 1:00
(HBO) MOVIE: 'Protocol' (CC)
(MAX) MOVIE: 'The Beach Boys: An American Band'

- 11:00 (3) (8) (13) News
(4) ABC News
(17) Battleground Galactica
(MAX) MOVIE: 'Norma Rae'

(17) MOVIE: 'Rolling Thunder' A former POW faces more trauma when his wife and son are murdered by hoodlums.

SUNDAY

- 5:00 Sports Review
Route 66
(MAX) MOVIE: 'The Last Starfighter' (CC)

(17) MOVIE: 'The Keegans' A professional football player finds his life on the line when he is accused of murdering his sister's brutal attacker.

- 6:00 (3) (8) (13) News
(4) ABC News
(17) Battleground Galactica
(MAX) MOVIE: 'Norma Rae'

(17) MOVIE: 'The Keegans' A professional football player finds his life on the line when he is accused of murdering his sister's brutal attacker.

- 7:00 (3) (8) (13) News
(4) ABC News
(17) Battleground Galactica
(MAX) MOVIE: 'Norma Rae'

(17) MOVIE: 'The Keegans' A professional football player finds his life on the line when he is accused of murdering his sister's brutal attacker.

- 11:00 (3) (8) (13) News
(4) ABC News
(17) Battleground Galactica
(MAX) MOVIE: 'Norma Rae'

(17) MOVIE: 'The Keegans' A professional football player finds his life on the line when he is accused of murdering his sister's brutal attacker.

- 12:00 (3) (8) (13) News
(4) ABC News
(17) Battleground Galactica
(MAX) MOVIE: 'Norma Rae'

(17) MOVIE: 'The Keegans' A professional football player finds his life on the line when he is accused of murdering his sister's brutal attacker.

SUNDAY CONT.

- 5:00 Sports Review
Route 66
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(MAX) MOVIE: 'Norma Rae'

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- 8:00 (3) (8) (13) News
(4) ABC News
(17) Battleground Galactica
(MAX) MOVIE: 'Norma Rae'

(17) MOVIE: 'The Keegans' A professional football player finds his life on the line when he is accused of murdering his sister's brutal attacker.

- 8:00 (3) (8) (13) News
(4) ABC News
(17) Battleground Galactica
(MAX) MOVIE: 'Norma Rae'

(17) MOVIE: 'The Keegans' A professional football player finds his life on the line when he is accused of murdering his sister's brutal attacker.

- 9:00 (3) (8) (13) News
(4) ABC News
(17) Battleground Galactica
(MAX) MOVIE: 'Norma Rae'

(17) MOVIE: 'The Keegans' A professional football player finds his life on the line when he is accused of murdering his sister's brutal attacker.

- 10:00 (3) (8) (13) News
(4) ABC News
(17) Battleground Galactica
(MAX) MOVIE: 'Norma Rae'

(17) MOVIE: 'The Keegans' A professional football player finds his life on the line when he is accused of murdering his sister's brutal attacker.

- 11:00 (3) (8) (13) News
(4) ABC News
(17) Battleground Galactica
(MAX) MOVIE: 'Norma Rae'

(17) MOVIE: 'The Keegans' A professional football player finds his life on the line when he is accused of murdering his sister's brutal attacker.

- 11:00 (3) (8) (13) News
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(17) Battleground Galactica
(MAX) MOVIE: 'Norma Rae'

(17) MOVIE: 'The Keegans' A professional football player finds his life on the line when he is accused of murdering his sister's brutal attacker.

- 12:00 (3) (8) (13) News
(4) ABC News
(17) Battleground Galactica
(MAX) MOVIE: 'Norma Rae'

(17) MOVIE: 'The Keegans' A professional football player finds his life on the line when he is accused of murdering his sister's brutal attacker.

- 1:00 (3) (8) (13) News
(4) ABC News
(17) Battleground Galactica
(MAX) MOVIE: 'Norma Rae'

(17) MOVIE: 'The Keegans' A professional football player finds his life on the line when he is accused of murdering his sister's brutal attacker.

- 2:00 (3) (8) (13) News
(4) ABC News
(17) Battleground Galactica
(MAX) MOVIE: 'Norma Rae'

(17) MOVIE: 'The Keegans' A professional football player finds his life on the line when he is accused of murdering his sister's brutal attacker.

TV TANGLE by HEARD
UNTANGLE THE LETTERS AND USE THE CLUE SHOWN TO SPELL THE NAME OF A COMEDIAN/ACTOR.
H C R R D I A O R R P Y
ANSWER: RICHARD PEPLO

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SATURDAY'S MOVIES

- 6:00AM (MAX) - 'Heart Like a Wheel'
6:30AM (HBO) - 'The Prince and the Pauper'
8:00AM (MAX) - 'Easy to Love'
8:30AM (HBO) - 'Fortress' (CC)
9:00AM (47) - 'The Scarlet Pimpernel'
10:00AM (17) - 'High Sierra'
(MAX) - 'Blame It on the Night'

SUNDAY'S MOVIES

- 5:15AM (MAX) - 'The Last Starfighter' (CC)
6:00AM (HBO) - 'The Secret of N.I.M.H.'
7:00AM (MAX) - 'Chattanooga Choo Choo'
8:00AM (HBO) - 'Christmas Story' (CC)
10:00AM (HBO) - 'The Blue Yonder'
11:00AM (MAX) - 'The Music Man'
12:00PM (HBO) - 'The River' (CC)
1:00PM (MAX) - 'The Goodbye Girl'

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# THIS WEEK'S SPORTS

FRIDAY 12/13/85		MONDAY 12/16/85		SATURDAY 12/14/85		TUESDAY 12/17/85		WEDNESDAY 12/18/85		SUNDAY 12/15/85		THURSDAY 12/19/85	
5:00AM	26	5:00AM	27	5:00AM	26	6:00AM	26	6:00AM	26	5:00AM	27	5:00AM	26
6:00AM	26	6:00AM	26	6:00AM	26	6:00AM	26	6:00AM	26	6:00AM	26	6:00AM	26
9:00AM	26	9:00AM	26	9:00AM	26	9:00AM	26	9:00AM	26	9:00AM	26	9:00AM	26
10:00AM	26	10:00AM	26	10:00AM	26	10:00AM	26	10:00AM	26	10:00AM	26	10:00AM	26
11:30AM	26	11:30AM	26	11:30AM	26	11:30AM	26	11:30AM	26	11:30AM	26	11:30AM	26
12:30PM	26	12:30PM	26	12:30PM	26	12:30PM	26	12:30PM	26	12:30PM	26	12:30PM	26
1:00PM	26	1:00PM	26	1:00PM	26	1:00PM	26	1:00PM	26	1:00PM	26	1:00PM	26
2:30PM	26	2:30PM	26	2:30PM	26	2:30PM	26	2:30PM	26	2:30PM	26	2:30PM	26
3:00AM	26	3:00AM	26	3:00AM	26	3:00AM	26	3:00AM	26	3:00AM	26	3:00AM	26
4:00AM	26	4:00AM	26	4:00AM	26	4:00AM	26	4:00AM	26	4:00AM	26	4:00AM	26

11:00PM 26 - Compaq Sports: College Football Bowl Clashes  
 11:30PM 26 - SportsCenter  
 12:00AM 26 - Sports Tonight  
 12:00AM 26 - Top Rank Boxing from Atlantic City, NJ  
 1:30AM 26 - Auto Racing: Can-Am Champs  
 2:00AM 26 - Mazda SportsLook  
 2:30AM 26 - TNT  
 26 - SportsCenter  
 26 - Sports Tonight

## DAYTIME

MORNING		AFTERNOON	
5:00	3	12:00	3
5:30	3	12:30	3
6:00	3	1:00	3
6:15	3	1:05	3
6:30	3	1:30	3
6:45	3	2:00	3
7:00	3	2:30	3
7:15	3	3:00	3
7:30	3	3:05	3
7:35	3	3:30	3
7:45	3	4:00	3
8:00	3	4:00	3
8:05	3	4:35	3
8:30	3	5:00	3
9:00	3	5:05	3
9:30	3	5:30	3
10:00	3	5:35	3
10:05	3	5:50	3
10:30	3	6:00	3
11:00	3	6:05	3
11:30	3	6:30	3
12:00	3	6:35	3
12:30	3	6:45	3
1:00	3	6:50	3
1:30	3	6:55	3
2:00	3	7:00	3
2:30	3	7:05	3
3:00	3	7:10	3
3:30	3	7:15	3
4:00	3	7:20	3
4:30	3	7:25	3
5:00	3	7:30	3
5:30	3	7:35	3
6:00	3	7:40	3
6:30	3	7:45	3
7:00	3	7:50	3
7:30	3	7:55	3
8:00	3	8:00	3
8:30	3	8:05	3
9:00	3	8:10	3
9:30	3	8:15	3
10:00	3	8:20	3
10:30	3	8:25	3
11:00	3	8:30	3
11:30	3	8:35	3
12:00	3	8:40	3
12:30	3	8:45	3
1:00	3	8:50	3
1:30	3	8:55	3
2:00	3	9:00	3
2:30	3	9:05	3
3:00	3	9:10	3
3:30	3	9:15	3
4:00	3	9:20	3
4:30	3	9:25	3
5:00	3	9:30	3
5:30	3	9:35	3
6:00	3	9:40	3
6:30	3	9:45	3
7:00	3	9:50	3
7:30	3	9:55	3
8:00	3	10:00	3
8:30	3	10:05	3
9:00	3	10:10	3
9:30	3	10:15	3
10:00	3	10:20	3
10:30	3	10:25	3
11:00	3	10:30	3
11:30	3	10:35	3
12:00	3	10:40	3
12:30	3	10:45	3
1:00	3	10:50	3
1:30	3	10:55	3
2:00	3	11:00	3
2:30	3	11:05	3
3:00	3	11:10	3
3:30	3	11:15	3
4:00	3	11:20	3
4:30	3	11:25	3
5:00	3	11:30	3
5:30	3	11:35	3
6:00	3	11:40	3
6:30	3	11:45	3
7:00	3	11:50	3
7:30	3	11:55	3
8:00	3	12:00	3
8:30	3	12:05	3
9:00	3	12:10	3
9:30	3	12:15	3
10:00	3	12:20	3
10:30	3	12:25	3
11:00	3	12:30	3
11:30	3	12:35	3
12:00	3	12:40	3
12:30	3	12:45	3
1:00	3	12:50	3
1:30	3	12:55	3
2:00	3	1:00	3
2:30	3	1:05	3
3:00	3	1:10	3
3:30	3	1:15	3
4:00	3	1:20	3
4:30	3	1:25	3
5:00	3	1:30	3
5:30	3	1:35	3
6:00	3	1:40	3
6:30	3	1:45	3
7:00	3	1:50	3
7:30	3	1:55	3
8:00	3	2:00	3
8:30	3	2:05	3
9:00	3	2:10	3
9:30	3	2:15	3
10:00	3	2:20	3
10:30	3	2:25	3
11:00	3	2:30	3
11:30	3	2:35	3
12:00	3	2:40	3
12:30	3	2:45	3
1:00	3	2:50	3
1:30	3	2:55	3
2:00	3	3:00	3
2:30	3	3:05	3
3:00	3	3:10	3
3:30	3	3:15	3
4:00	3	3:20	3
4:30	3	3:25	3
5:00	3	3:30	3
5:30	3	3:35	3
6:00	3	3:40	3
6:30	3	3:45	3
7:00	3	3:50	3
7:30	3	3:55	3
8:00	3	4:00	3
8:30	3	4:05	3
9:00	3	4:10	3
9:30	3	4:15	3
10:00	3	4:20	3
10:30	3	4:25	3
11:00	3	4:30	3
11:30	3	4:35	3
12:00	3	4:40	3
12:30	3	4:45	3
1:00	3	4:50	3
1:30	3	4:55	3
2:00	3	5:00	3
2:30	3	5:05	3
3:00	3	5:10	3
3:30	3	5:15	3
4:00	3	5:20	3
4:30	3	5:25	3
5:00	3	5:30	3
5:30	3	5:35	3
6:00	3	5:40	3
6:30	3	5:45	3
7:00	3	5:50	3
7:30	3	5:55	3
8:00	3	6:00	3
8:30	3	6:05	3
9:00	3	6:10	3
9:30	3	6:15	3
10:00	3	6:20	3
10:30	3	6:25	3
11:00	3	6:30	3
11:30	3	6:35	3
12:00	3	6:40	3
12:30	3	6:45	3
1:00	3	6:50	3
1:30	3	6:55	3
2:00	3	7:00	3
2:30	3	7:05	3
3:00	3	7:10	3
3:30	3	7:15	3
4:00	3	7:20	3
4:30	3	7:25	3
5:00	3	7:30	3
5:30	3	7:35	3
6:00	3	7:40	3
6:30	3	7:45	3
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5:00	3	3:30	3

# Varsity Cheerleaders



Top Row: Dawn Thompson, Denise Southland, Annette Chambers.  
Middle Row: Elesha Wiese, Cindy DeWitt, Valerie Kuyt, Michele Lindhout, Jenny Hoffman.  
Front Row: Coach Mrs. Carrie Haadsma, Asst. Coach Tina Franks.

# J.V. Cheerleaders



Back Row: Dana Blohm, Nancy Kwant, Kim Borg, Kerry Zywicki.  
Front Row: Stacey Schwamberger, Julie VerSluis, Kristy Crace, Stacy Johnson.  
Missing from photo: Coach Pam Heemstra.

## JUNIOR VARSITY ROSTER 1985-86

	Red	White
Matt Quada	13	12
David Hopkins	15	14
Nick Tap	21	20
Paul Stroosnyder	23	22
Ken Nelson	25	24
Todd Noskey	31	30
Todd Weststrate	33	32
Mike Ray	41	40
Bob Burritt	43	42
Jeff Phillips	45	44
Pat Scheidel	51	50
Fred Heeringa	53	52
Dan Byrne	55	54

## FRESHMEN ROSTER 1985-86

Jason Douma	10
David Kniola	12
Jeff Gurney	14
Tim Weststrate	20
Rick Stockreef	22
Pete Kemp	24
Erik Kelley	30
Ben Richmond	32
Rob Dine	34
Brian Gabrion	40
Todd Carless	42
Jeff Smith	44
Scott Johnson	50
Erik Fulkerson	52
Tony Nauta	54

## LOWELL HIGH SCHOOL BASKETBALL ROSTER

VARSITY 1985-86				
NUMBER	NAME	HEIGHT	WEIGHT	GRADE
10	Kurt Kropf	5'11"	145	12
14	Salvador Rodriguez	6'3"	160	12
20	Jay Messner	5'9"	140	11
22	Mike Dumas	5'11"	160	11
24	Shawn Thompson	5'8"	135	11
30	Lonnie Swanson	5'10"	150	11
32	Brent Noskey	6'1"	155	12
34	Don Reagan	6'1"	165	12
40	Scott Hopkins	6'0"	160	12
42	Jeff Gessler	6'0"	153	11
52	Tony Beachler	6'1"	178	11
54	Mike Dykstra	6'5"	190	12

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- Judy Tumino, Atty.

## The Bowling Corner

Every once in a while it's always kind of fun to look around our town and see who's hot in the bowling circles. If you've been a faithful reader of THE BOWLING CORNER, you'll no doubt recognize some of the names you'll read about today.

One of the hottest bowlers for the past few weeks is Chris VanDyke. Chris has made the City Honor Roll 4 times since it began, and is averaging a respectable 194 in a couple of different leagues at Lowell Lanes. A few weeks ago he shot a 268-693 that is still the high series for the city this year. Bryce Post also bowls in several leagues at Lowell Lanes, and he's made the Honor Roll 3 times since its inception.

So, who else is hot in our fair town just two weeks before Christmas? Linda Clouse is consistently on the Honor Roll, as is Lowell Women's Bowling Association secretary Linda Colburn. And while we're on the subject of women bowlers who are tearing been up the lanes, we can't forget to mention a few others who have pretty dam consistent lately, like Connie Roth, Dorothy Dougherty and Sherri VanPutten. Bev Traub deserves special mention here as well, since she's shot 3 consecutive 800 four game counts at Legion Lanes in the Wednesday Scratch League, and that's averaging 200 in anyone's book.

Steve Shepard may not be making the Honor Roll as often as he likes, but as near as I can tell, he's holding the City's highest average at 200+ so far this year, and that's no small accomplishment. Keep up the good work Steve! Ted Atwood is going at a 190 clip down at Legion Lanes in four leagues, while Ron Pastor holds the high average at the Legion with a 194 clip. Bob Granes has been hot of late at Lowell, making the Honor Roll a couple of times, and remaining fairly consistent.

I could go through a list of who's NOT hot during this bowling season (I'd probably be leading this list myself), but I doubt if the Ledger would allow me to publish a book of my own for this purpose, so I'll just suffice to say that a lot of us could be doing better on the lanes.

A lot of people have asked just how this City Honor Roll business got started in our town, so I think I'll take a few moments here to explain how it happened, and more importantly, why. During one of the few moments when I wasn't doing anything else (those moments are extremely rare by the way), I got to thinking "Gee, our bowlers out here are sure being ignored by the rest of the area as far as recognition goes for their accomplishments." With that thought, I called Lowell Lanes and talked to both Jack and Tom about my idea to recognize our bowlers on a weekly basis in The Ledger. Both were a little hesitant at first, wanting to make sure that the recognition would be fair and unbiased as to which house (Lowell or Legion) the scores were coming from. Three of us had the criteria for being included on the City Honor roll, and since that time the co-operation has been fantastic! No only do we have a true Honor Roll now in our town, but we also have something that is much more important, a way to recognize you, the bowlers in Lowell, for your accomplishments on the lanes. And I don't care what anyone else says, the bowlers in our area deserve to be recognized!

Jack, Tom and I are working on a couple of other ways to recognize your accomplishments too, and as the plans solidify, you'll be able to read them right here in THE BOWLING CORNER. There is one other person who deserves to be recognized in today's column, and it's not known whether he's a bowler or not, but his name is Roger Brown. Without Roger's understanding and co-operation, you wouldn't even be able to read this column, or the combined efforts of the staff at Lowell and Legion Lanes to recognize you, the bowlers of our area and our town. Thank you Roger, for helping us formulate a true City of Lowell bowling Honor Roll.

So, now you may ask, "What's the criteria for making the Honor Roll?" right? for men, a 600 or better series will get your name in print, while for women it takes a 540 or better series. From time to time I'll also make special mention of a high game that is rolled, or someone being well over his or her average. Basically that's all there is to it.

Before we get to this weeks Honor Roll, I'd like to remind you of a couple of special events taking place in Lowell besides Santa Claus being in town. First is the 10 game mini-marathon being held this Saturday, the 14th at 12:30 P.M. at Lowell Lanes. Entries for this tournament close on the 12th, and the entry fee is \$20.00. If you need more information call Jack, Tom or Helen at 897-8443. C'mon bowlers, let's make this first Holiday Marathon a successful one! Lowell Lanes also has weekly No Tap and Moonlight Doubles tournaments going on, so let's all get out and do some bowling!

Legion Lanes is hosting the 1st Annual 'Snow Bowl' doubles Tournament beginning Saturday, December 14th at 1:00 P.M. This tournament runs weekends from the 14th to January 26th and entry fee is \$15.00 per team with \$500.00 going to the first place winners (based on 200 entries). for more information call Jay at 897-7566. Teams for this event can be two men, two women, or a man and a woman.

Next week in THE BOWLING CORNER, we'll kind of scratch the surface as to what the American Bowling Congress is doing about lane conditions and about the fate of the urethane bowling ball.

By Jay Michaels

Before you start shoveling heavy snow, be heart-smart and make sure you're in shape. "Each year, many people die of a heart attack while shoveling snow," said Dr. Albert Sparrow, president of the American Heart Association of Michigan. "Too many people don't think of shoveling as exercise."

If you're 40 or older, Sparrow recommends you see your doctor for a physical before shoveling. "You need to make sure your heart can withstand the combination of cold weather and heavy exercise," Sparrow said. "The cold weather puts an additional strain on the heart, so outdoor activities should be controlled."

Besides shoveling, many people find themselves helping a neighbor by pushing a car out of the snowbank. That type of activity puts a lot of strain on your upper body and heart.

To get your heart in shape, Sparrow suggests you ask your doctor to outline a conditioning program for you. "The conditioning program is beneficial year-round," said Sparrow. "When you begin the program, think of it as a long-term commitment to your good cardiovascular health."

When you analyze shoveling you realize how strenuous it is. Shoveling combines lifting, turning and throwing. Most people don't do that on a regular basis, and suddenly they're clearing a driveway.

"Understanding how the cold affects our heart is important too," Sparrow said. "When we go out in the cold, our blood vessels near our skin contract to conserve body heat for the vital organs. As a result, the heart is receiving less oxygen."

To stay comfortable outdoors, wear a number of thin layers instead of one heavy layer. That way, you can peel off a layer if you get too warm once you start exercising. Wearing a hat and scarf is very important, since you lose up to 40% of your body heat through your head and neck, causing the blood vessels to contract even more to conserve your precious body heat.

"Before you start to shovel, learn the warning signs of a heart attack," Sparrow said. "They are: a feeling of fullness, heaviness or squeezing pain in the center of the chest, which may spread to arms, shoulders, neck

or jaw, and may be accompanied by nausea, vomiting, sweating or shortness of breath."

Keep in mind that shoveling your driveway is not an endurance contest. If you get tired, stop and rest. If your doctor recommends you don't shovel, he probably has a good reason. Consider hiring someone else to do your snow plowing for you.

"Being cautious is your best defense against the rigors of cold weather activity," Dr. Sparrow commented. "Take your time and stay healthy."

For the booklet "Heart Attack Survival Kit" and other literature on exercise, nutrition, and cardiovascular disease, contact your local office of the American Heart Association of Michigan, a United Way agency.

## Be heart-smart this winter

## Bowl tickets available at any AAA outlet

Tickets to the second annual Cherry Bowl at the Pontiac Silverdome on Dec. 21 are on sale at 56 AAA Michigan offices statewide and 14 JCPenny outlets in Southeast Michigan.

Tickets also may be purchased at Canadian Automobile Association offices in Windsor, Sarnia and Chatham, Ontario.

"Good seats are available in all seating areas and we anticipate that ticket sales will be brisk," said Lincoln Cavalieri, AAA Michigan Ticketing manager. "Tickets are expected to go quickly."

The game features the Orange-men from Syracuse University versus the Maryland Terrapins.

Tickets may be purchased at 54 AAA full service offices, the Renaissance Travel Center in Detroit and the Livonia Claim Center.

Each Cherry Bowl ticket costs \$20 and there is a \$1.00 service charge per ticket.

Payments may be made with cash, MasterCard or Visa. JCPenny will accept JCPenny charges.

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## "Capitol Column"

By  
State Senator  
Dick Posthumus



A good education is essential if we want our children to grow up with basic skills, good values, and a bright future. Good teachers are the core of a solid education. That's why the Senate has just passed legislation requiring teacher competency tests in Michigan.

S.B. 447 calls for graduating teachers to pass "basic skills" examination and subject matter examinations, to ensure they have both basic skills of teaching and special expertise in the subjects they will teach. The bill also requires teachers coming to Michigan from out of state to pass competency tests.

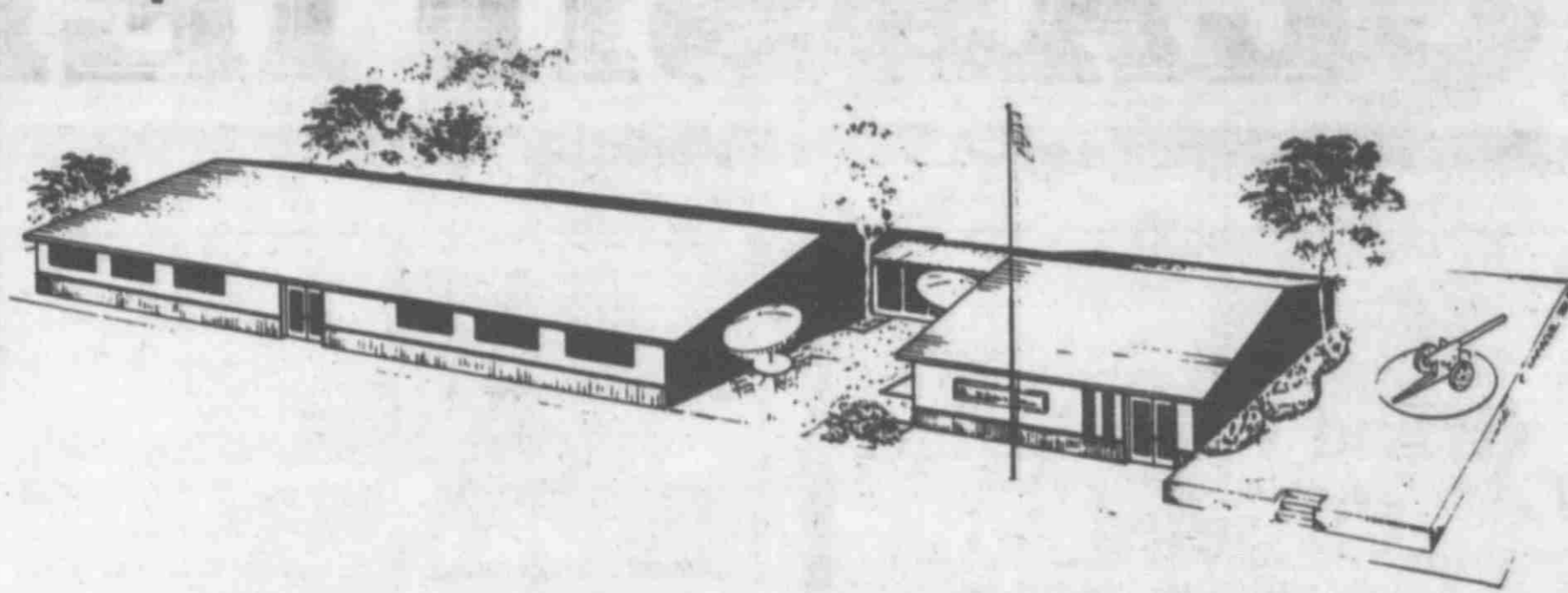
Doctors, lawyers and other professionals must demonstrate basic knowledge of their field before being licensed by the state. It seems reasonable to ask that teachers do the same, since they are participating in a profession just as vital to the well-being of the community and the individuals involved. In the past, we have relied upon the teaching programs at our universities to carry most of the responsibility for teacher competency. As long as a teacher went through the standard curriculum and graduated,

they generally received their certification.

But under S.B. 447, teachers would be required to be proficient in basic and specialized areas. The education courses of the college degree may make up only a small portion of the student's whole curriculum, and it is not uncommon to find teachers leading classes in which they have no expertise. Some opponents of the bill have argued that competency testing may apply to these problems, but will overlook the more important skills of teaching that cannot be measured by a test - such as dedication, sensitivity, and perseverance. Obviously, those talents can't be measured by a written test, or by the current system of certification, either. But while the Legislature can't guarantee that all teachers are born to teach, we can guarantee they are at least capable of doing the job.

S.B. 447 will do just that. It will help provide the kind of quality education Michigan needs to encourage growth, and will offer our children the real hope of a bright future in which they can take part.

## Proposed new home for Post 175



Proposed New Building for The Saranac American Legion LeRoy L. Dausman Post 175.

A spanking new American Legion Hall appears to be on the horizon for the LeRoy L. Dausman Post 175 of Saranac. Monday night, the Saranac Village Board approved the Legion's \$21,325.00 bid for a large lot formerly occupied by the old Saranac Milk Plant. The 100 by 240 foot lot was purchased by the 340 member post for the purpose of building a new post home and large banquet facility. The post is currently located in two older buildings on Saranac's Bridge Street in the central business district.

The village recently had the property condemned, razed the old milk plant, and graded the grounds. A Post Building Committee comprised of Dwight Brown, Chairman; Harold Vovilla; Velma Jean Moyer; Forest Estep; Ray Carrigan, Post Commander and John Hart, estimate that the new building as proposed,

will cost between \$100,000 and \$150,000. "We're looking at a building that will seat 300 people for dinner, BINGO, whatever," said Brown. The post club room will be a separate building connected to the banquet hall by a breezeway. A portion of the lot's frontage will be dedicated to a war memorial of some sort. "We're aiming at building a quality structure, that will be a real asset to the community in both its function and appearance", Brown added. "It's the first thing people see when they come into the town from across the river, and we think this building will be a real improvement over what was there", Brown said.

Money to pay for the lot will be raised through various contributions and fund raising events. "Once the lot is paid for, we will pursue selling our current buildings", Brown stated.

The building committee wants to have the lot paid for, and the current buildings sold, before beginning construction. "There's really no way to tell when we can begin construction, we have a lot of things to accomplish before we start building", Brown said.

Following the acceptance of the bid, the Saranac Village Board voted to use the proceeds to improve and pave the alley and parking lot adjacent to the

proposed American Legion Hall. A building of this type is something that Brown feels has been needed in the community for a long time. He cites the fact the Ionia K of C Hall, one of the few large rental halls available in the area, is booked every Friday night for about a year in advance. The Building committee feels that hall rentals should easily make payments on the new building.

## Holiday home tour in Saranac area

An event that is perfect for those in a holiday mood will take place in Saranac this Saturday, December 14. The Geranium Guild of the Ionia County Memorial Hospital is hosting a Country Village Home Tour. Seven Saranac homes will be open during the tour, which begins at 4:00 p.m. and runs through 7:00 that evening. Those wishing to go on the tour should register at the Saranac Community Church between 4:00 and 5:30 p.m. The cost for the tour is \$5.00 and all proceeds will be donated to the hospital.

This is the first time that the Geranium Guild has hosted this tour in Saranac. The annual tour is a major event of the guild. The homes on this year's tour include: Mr. and Mrs. Darrell Wadlington of 496 Main St.; Mr. and Mrs. Duane Patrick of 5982 David Hwy.; Mrs. Wanda Lehman of 5974 David Hwy.; Mr. and Mrs. Doug Ferguson of 188 Main St.; Mr. and Mrs. Don Bos of 106 Vosper St.; Mr. and Mrs. Clinton Sprague, Jr. of 140 Vosper and Mr. and Mrs. David Talcott of 299 Weeks Rd. All the homes on the tour are within the village limits, and maps will be provided.

All those registering for the tour are invited to a "Christmas Tea" while at the church. Light refreshments will be served from 4:00 until 5:30 p.m.

Tour tickets are good for more than the admission to the tour. Presentation of tickets stubs are good for discounts at several Saranac businesses, including: Larry's & 5¢, Kelly's Photos, Margaret's, Sherrie's Pizza, Germaine's Restaurant & Bar, Hinkley Drug Store and Adgate's Super Market.

Advance tickets are available at the Saranac Public Library, Daryl's Recreation and the BoKay Shop in Ionia. Tickets are also available the day of the tour.



The planet Neptune is temporarily the one furthest from the sun. Pluto's orbit brought it inside Neptune's in 1979. It will remain that way until 2000.

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Thanks again!  
Jim Eickhoff P4

**In Memory**

In loving memory of, Steven Bauer, who passed away, December 13, 1983. December comes with sad regrets, It brings a day we will never forget,  
A memory, a tear, a thought sincere,  
Of wonderful days when you were here.  
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Daughters, Susan Bauer  
Sharon & Tony Ellison  
Ann Bauer P4

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## SIZE LIMIT ON BASS NOTICE

Under the authority of Act 230, P.A. 1925, as amended, (being 300.1 through 300.5 of the Michigan Compiled Laws) the Natural Resources Commission, at its meeting on October 11, 1985, set the size limit on smallmouth and largemouth bass at 12 inches for a period of five years beginning January 1, 1986, through March 31, 1991, on all Michigan waters including the Great Lakes and connecting waters.

this order supersedes the previous order entitled "Size Limit on Bass", dated July 11, 1980, CFI-121.81.

C4,5,6

# School Board Briefs:

The Lowell Board of Education held its regular Board meeting on Monday, December 9, 1985.

Following the payment of bills, the Board adopted the amended resolution to the budget for the 1985-86 school year. As required by law, periodic amendments to the current year's budget are made to adjust actual

expenditures against known revenues.

The Board then took action on two personnel items. Approval was given to employ Nancy DeLoof as the Alto 2nd/3rd grade teacher to fill the vacancy created by Robyn Burradell's resignation. The Board accepted the resignation of half-time speech pathologist, Maria Fotias, who

has accepted a full time position with Forest Hills Public Schools.

In the last item of business, the board reviewed several proposals from engineering firms and construction companies regarding the replacement of the middle school roof. The project was awarded to Dan Vos Construction Construction Co. of Ada.

## Emergency phone use taught

Students in kindergarten through fourth grade at St. Patrick's School here are better equipped to handle the telephone in an emergency thanks to a program sponsored by AT&T.

Known as "Teach a Child," the program shows children how and when to use an operator in emergencies, emphasizes the importance of children knowing their phone numbers and addresses, and warns them about the dangers of playing phone pranks.

St. Patrick's is the first school in AT&T's Lake Michigan district to be involved in the program, which is conducted by AT&T volunteers and sponsored by a company community affairs committee. Lois Schlosser, an AT&T Grand Rapids operator, made the "Teach a Child" presentation earlier this year.

Among the techniques Schlosser used during the presentation was role-playing, during which students simulated an operator and a customer during an emergency situation. "This really brought it across to the children just what they should do if this kind of situation comes up," Schlosser said.

All children attending the presentation received a special package with a coloring book high-

lighting ideas stressed in the program, a pencil and a balloon. Parents of these children also received a letter explaining the program and its goals.

Schlosser was impressed by the response to her presentation. "The students had a lot of questions about telephone service," she said. "The response from them was really positive. It was also well-received by the teachers."

St. Patrick's principal Pat Harper echoed Schlosser, saying the presentation confronted children with information of which they have to be aware.

"I think it exposed the children to the importance of knowing their phone numbers and addresses and knowing just what to do in an emergency," Harper said. "These are things they really need to know. Anything that encourages children to use the telephone properly is an excellent aid."

Children are taught in regular classes what to do in an

The popular notion that Lincoln wrote the Gettysburg Address on the back of an envelope on the train to Gettysburg is false. In fact, he started writing it almost two weeks before the event.

emergency and how to handle the phone, Harper said, but a special program such as this reinforces those lessons.

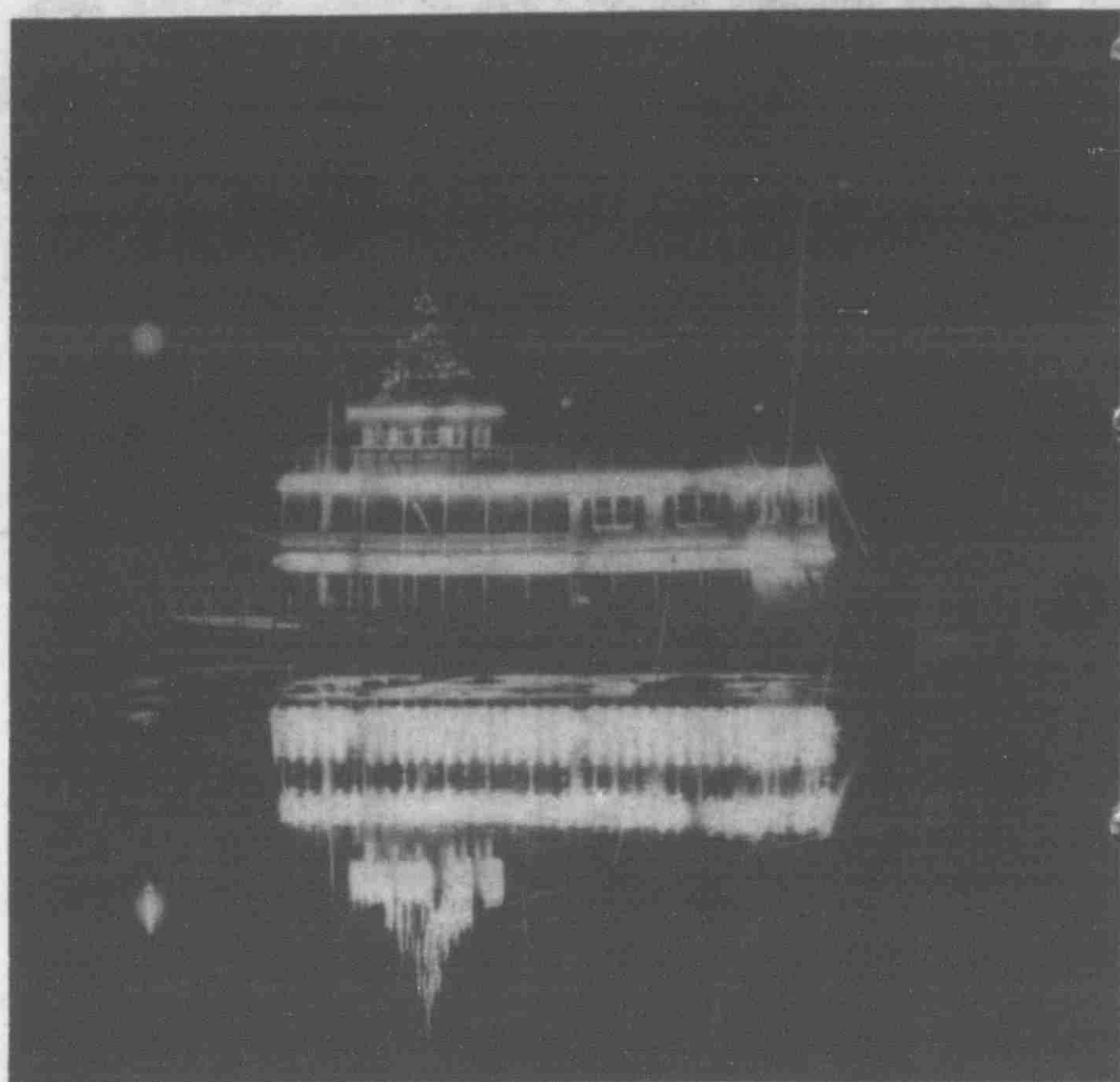
"I think when someone comes in from AT&T volunteers want to extend the program to other west Michigan schools. In fact, she will make a similar presentation to students at the Kelloggsville elementary school early in 1986.

"As a company, I feel it's necessary that we take a leadership role in showing children the importance of handling themselves correctly during an emergency," Schlosser said. "And if the children come home from the presentation saying, 'AT&T came to school today,' it reinforces the company's image in the home."

## 4-H Cookbook

Savor It, the new Michigan 4-H cookbook, has just been published and is available to help fill out your Christmas gift list. The 160-page, spiral bound book contains nearly 500 recipes from Michigan 4-H leaders and members and national figures (President and Mrs. Reagan, Governor

## Showboat is beautiful sight



The Lowell Showboat is particularly pretty with all its white lights aglow and a colorfully lighted Christmas tree on the top deck. A drive up Riverside Dr. offers the best view of the boat with its reflection on the still waters of the Flat River.

## "Main Street", cont'd.

Carl Lawrence, 18, of Lowell skidded into a stop sign on Lincoln Lake Street and Foreman Road Tuesday evening, December 3. Very little damage was sustained to his vehicle.

Bry Russell, 25, of Lowell, Lloyd Powell, 58, of Lowell and Harry Kooistra of Dutton, MI struck and killed deer in 3 separate accidents this past week in Kent County just outside of Lowell.

The Lowell Medical unit was dispatched 13 times in the month of November.

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**MEN'S NITE THURS. DEC. 19th**