

## City manager apologizes to residents, liquor license granted to Main Street BBQ

by Tim McAllister  
contributing reporter

Lowell city manager Mark Howe told city residents "I made a mistake and I apologize" for the ongoing union negotiations at the city council meeting on Tuesday, Jan. 20.

Howe's statement came near the end of the city council meeting.

"The Michigan Unemployment Relations

Commission met last week to review the recommended order regarding the unfair labor practice charge filed by the International Brotherhood of Electrical Workers in 2013," Howe

said. "I think it's important to note that that was not appeal. That was part of the normal process, that an administrative law judge issues a recommended order and then that recommended

**"My only hope is that it does not cast a shadow over the many great things we can accomplish by working together..."**

~ Mark Howe

order goes to a three member panel, a three member commission, to then make a decision whether or not they uphold the recommended order, whether or not they reject it, or whether or not they modify it, so it was not an appeal, it was part of the normal process. As part of the normal process we then submitted a brief to the commission and the result of that was that the commission decided to uphold the recommended order with the exception of the \$1.00 per hour pay increase for the water certifications, as was mentioned earlier. I will forward a copy of the final order. We don't have it yet.



Lowell city manager apologized after being found guilty of unfair labor practices.

I will forward a copy of that to you when I receive it. Each day I make decisions about the operations and future of this organization affecting the citizens here. In this case a decision I made to withhold a \$1,000 off-schedule pay increase was held to be in violation of the Public Employment Relations Act. I apologize for that decision and I apologize for my actions relating to that decision.

My only hope is that it does not cast a shadow over the many great things we can accomplish by working together and I appreciate the comments from the earlier speaker, that I hope this a day where we can start moving forward and we can start pulling together because I do believe we have a great team. I think we all make mistakes. I certainly made

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lunch with the super



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the three pigs on stage



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lhs sports



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Larkin's Restaurant owner Mike Larkin discussing liquor licenses.

## Deadline fast approaching to sign up for health insurance coverage through marketplace

As the Feb. 15 deadline approaches, HHS encourages consumers to enroll in quality, affordable coverage through the Marketplace

As the Feb. 15 deadline to sign up approaches, the U.S. Department of Health and Human Services is encouraging Michigan consumers to check out their options for quality affordable coverage through the Health Insurance Marketplace. As of Jan. 16, 299,750 Michigan consumers selected or were automatically reenrolled in Marketplace coverage. According to a report with additional details released today by HHS:

- 88 percent of those

selected a plan with financial assistance

- 34 percent were under 35 years of age. 25 percent were 18 to 34 years of age
- 67 percent reenrolled in a Marketplace plan and 33 percent selected a plan for the first time.

"We're pleased that in Michigan, 299,750 people are signed up for Marketplace coverage, and 88 percent are able to lower their costs even further by getting tax credits, making a difference in the lives of so many families," HHS Secretary Sylvia M. Burwell said. "The deadline to sign up for coverage is just a few weeks away. We are encouraging Michigan consumers to visit

HealthCare.gov, call the call center or get in touch with a local assister to check out their options for quality, affordable coverage. We still have a lot of work to do before February 15, but are encouraged by the strong interest we've seen so far."

Open Enrollment in the Marketplace runs from Nov. 15, 2014, through Feb. 15, 2015. Consumers should visit HealthCare.gov to review and compare health plan options. Find local help at: Localhelp.healthcare.gov/. Or call the Federally-facilitated Marketplace Call Center at 1-800-318-2596. TTY users should call 1-855- 889-4325. Translation services available. The call is free.



## Top LMS spellers

This year the Lowell Middle School (LMS) spelling bee was held in the middle school media center on January 21 and involved 28 students from sixth, seventh and eighth grades. After 17 rounds and 169 words, the winner was Derek Mohr. Runner-up was Josiah Gissendanner, both are sixth-graders. Both boys will receive a one-year subscription to Encyclopedia Britannica Online for kids and will represent Lowell Middle School in the regional round on February 10 at Northpoint Middle School.

Pictured, Derek Mohr, left and Josiah Gissendanner.

50 CENTS



# City council, continued

one here, probably bigger than I would have liked, but I made a mistake and I apologize for that and I hope we can move forward.”



**Rachell VanVeelen asked city manager Mark Howe to remove himself from the union negotiations.**

An earlier speaker, Lowell Light & Power employee Ralph Brecken, said that the city's one small victory, the \$1.00 pay increase, was actually not a victory for them at all.

“The MERC appeals board did not grant the approval of the \$1.00 per hour increase because they did not have the jurisdiction to do so,” Brecken said. “They did not say that the city manager was correct by withholding this increase, only [that] they did not have the jurisdiction to rule on the personal contract.”

Another member of the 28 members of the public in attendance, Rachell VanVeelen of Lowell, called for Howe to step down from the bargaining table.

“Mr. Howe, you've mentioned in the past that

you'd like to build a team,” VanVeelen said. “As a team leader you, Mr. Howe, need to lead by example. One way you could do that would be to step down as the representative for union negotiations at this time. I implore you, the city council, to handle all further contract negotiations and settle a contract that upholds the employer's rights as much as the employee's.”

Before the meeting began councilor Jeff Altoft asked to add an item to the meeting's agenda.

“I'd like to make a motion to add to the agenda under 'new business' a resolution to eliminate legal council from the law firm of Abbott and Nicholson, John McGlinchey, and resume legal council from [the] previous law firm that we

used to negotiate contracts before Mark Howe,” Altoft said.

This motion was defeated.

A subsequent motion by councilor Matt Mayer to add “that we finish the city manager's evaluation and discuss his performance” to the council's 'closed session' agenda was approved.

Later in the meeting Altoft led a discussion of the MERC decision.

“I've been lied to by him, by Mark Howe, and just about everybody when it comes to union negotiations,” Altoft said. “There's only one group of people that can tell me that I can't attend one of the meetings and that is the citizens of Lowell. The council has no right to tell me I can't attend a



**The logo for the new restaurant.**

negotiation meeting. There's a lot of deception that's been put upon the council. Evil and spiteful things. I seen that man [Howe] in action at that meeting and I can see why there's no contract. [...] This has been going on for three years. There's no reason that we can't mirror the police department's contract.”

The council voted to grant a “developmental liquor license” to a restaurant called Main Street BBQ that will open at 210 E. Main St. (the old Moose building) in the near future. In order to obtain a developmental liquor license the owner of the business must obtain approval from the local city council. According to the meeting agenda, a developmental liquor license is “a special license allowed in a downtown development district based on public and private investment during the past five years.”

Mike Larkin, owner of Larkin's Restaurant, asked the council to consider how granting the license would impact established businesses.

“If Ella's coffee shop would like to serve wine, they come before the council, would they be approved?” Larkin asked. “If somebody buys Keiser's,

decides they want to serve beer and wine and they come before the council, would they be approved? There's Mynt Fusion down the road. It doesn't offer alcoholic beverages. Would they be approved? If you start doing this randomly you decrease the value of the businesses that are already in this town. Sneaker's. Century Post. People who have been in this town for over 30, 40 years, and I'd just like you to consider that.”

Erin VanEpps, one of Main Street BBQ's owners, was on hand and spoke to the council.

“I think that there's been a lot of interest in a new restaurant in this area,” VanEpps said. “It would not happen or be successful without that liquor license.”

There are openings on the Board of Review and the Construction Board of Appeals. If interested, contact mayor Jim Hodges or city clerk Sue Ullery at Lowell city hall, 301 E. Main St., 616-897-8457.

The city council will have another work session at city hall at 6 pm on Monday, Jan. 26. The work session will focus on the legal aspects of the council's job. The next regular meeting will be at 7 pm on Monday, Feb. 2 at 7 pm.



## along main street

### BLOOD DRIVE

Be somebody who shares. Give blood on Fri., Jan. 30 from 8 to 11 am at Lowell YMCA, 1335 West Main St. Appointments recommended. Contact Marta Rozema at 897-8445 or mrozema@grymca.org.

### AFFORDABLE CARE ACT ASSISTANCE

Available on Feb. 3 from 1-5 pm and Feb. 10 from 10-4 pm at Flat River Outreach Ministries, 11535 Fulton East. Call 897-8260 for additional information.

### FROM VOLUNTEER ORIENTATION

Volunteer orientation at Flat River Outreach Ministries (FROM) will be Wed., Feb. 4 at 6 pm. Please call 897-8260 for additional information.

### SYMPHONY IN LOWELL

The Lowell High School symphony orchestra and the Grand Rapids Symphony will play a side-by-side concert at the Lowell Performing Arts Center on Feb. 11. Doors open at 7 p.m., concert at 7:30. For more information contact Wendy Tenney, 616-821-9537.

### CLASS OF 2019 ORIENTATION

The Lowell High School (LHS) class of 2019 orientation will be held on Thurs., Feb. 12 from 7:00-8:30 pm in the Lowell Performing Arts Center. This orientation is for parents and their students who will be entering high school in the fall of 2015. In addition to an informational session, teachers and club sponsors will also be available for questions. Call the LHS counseling office at 987-2908 with questions.

Feel free to send your event information to the Ledger for Along Main St. All submission requests for Along Main St. are subject to space limitations. The Ledger makes no assurances that they will appear in print. To ensure that an event notification will appear in the Ledger, it is best to place a paid advertisement. All efforts will be made to place suitable items in the Along Main St. column but they are printed at the discretion of the publisher. For profit events, church services, yard sales and the like, will not appear in this column.

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# City council work session discusses governing the “right” way

by Tim McAllister  
contributing reporter

Lowell city council had a two hour and 21 minute “work session” meeting at city hall on Monday, Jan. 26. The work session was titled “Governance 301: Restoring Trust in Government and Doing Government the Right Way in the City of Lowell.”

The work session was led by Lowell attorney Peter A. Letzmann, who has given two similar presentations to the city council in the past. According to his LinkedIn profile, Letzmann “solves legal-related issues for local governments, usually during a crisis mode.”

The work session again resembled a college classroom, this time with Letzmann as the professor. Once again councilor Jeff Altoft was the focus of much of the discussion, and there was some back-and-forth between Letzmann and Altoft. Overall, councilor Sharon Ellison, Altoft and Letzmann had a civil and respectful discussion. Councilor Jim Hall and mayor Jim Hodges did not say much. Councilor Matt Mayer was absent. Nine members of the public attended the meeting.

The topics discussed during the work session were listed in Letzmann's PowerPoint presentation as, “civility and acceptable behavior at council meetings by the public [and] by the council members, orderly meetings and discussions, obtaining information from

the administration, truth and transparency, [and] obligations, responsibility and roles of council, mayor and city manager.”

Letzmann said he reviewed archived city council meetings on YouTube. He offered the city councilors tips on how to improve communication and how to have less contentious city council meetings.

“There are some things that I saw on the tapes that, to be quite candid with you, I wish I would not have seen,” Letzmann said.

Letzmann suggestions included that the councilors do not refer to each other by their first names, but instead by saying “council member” followed by the last name. He also suggested that during meetings they don't speak directly to each other, but instead communicate by having mayor Jim Hodges recognize each new speaker. Many of Letzmann's suggestions seemed to be directed toward councilor Jeff Altoft. For example, Letzmann suggested that Altoft not attempt to add agenda items during meetings, but to instead announce during “council comment” that he wants to add the item to the next meeting's agenda.

“That everybody,” Letzmann said. “Nobody gets sand-bagged. That gives the [city] manager [Mark Howe] an opportunity to take a look at [the issue], and you can make a more informed and better decision.”

The councilors were also told how to approach city hall for information.

“If you are going to make a request of the city manager, be as specific as you possibly can be,” Letzmann said.

Letzmann told the council to look at “the big picture” instead of getting bogged down in trivial details.

“What's the big picture?” Letzmann said. “Are we doing those things that fit into the big picture? I noticed that there was big discussion about depth of underground burial of cables or electrical stuff. Lots of discussion about that. Important? Of course. But should that be delegated to the appropriate administrative enforcement agencies?”

Letzmann also suggested that members of the public who are upset about an issue should not come to city council meetings and speak during “public comment.” Instead,

Letzmann said that members of the public who are upset about an issue should write a letter to the city manager.

“I would suggest that you write letters instead of personal appearances,

I know you want to get on television,” Letzmann said. “You say you can't afford a lawyer, so you have to make some decisions. If the nature of your complaint is significant and so on. If it's

insignificant, maybe you have to kind of just let it go.”

The city council's next meeting will be at city hall on Monday, Feb. 2 at 7 pm.

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## Senators Stabenow and Kirk elected chairs of the senate Great Lakes Task Force

U.S. Senators Debbie Stabenow (D-MI) and Mark Kirk (R-IL) were elected by their Great Lakes colleagues today to chair the Senate Great Lakes Task Force. The Task Force is a bipartisan working group that advocates for the protection of our Great Lakes.

As chairs, Senators Stabenow and Kirk will convene meetings of members and staff representing the states bordering our Great Lakes and will coordinate efforts to provide agency oversight and advance legislative initiatives and funding priorities.

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## WRWW 92.3 & Internet Schedule

<p><b>[SUNDAY]</b> <b>[02-01-15]</b></p> <p><b>9:00 pm Old-Time Radio</b></p>	<p><b>[MONDAY]</b> <b>[02-02-15]</b></p> <p><b>11:25 'Noon with Noah' with Noah Worsley</b></p> <p><b>2:45 'The Infinite Show' with Raiden Miller</b></p> <p><b>4:30 'Kids These Days' w/Roman the Showman</b></p>	<p><b>[TUESDAY]</b> <b>[02-03-15]</b></p> <p><b>11:25 'Noon with Noah' with Noah Worsley</b></p> <p><b>3:00 'The Lovely Beats Show' with DJ Cupid</b></p> <p><b>4:30 'The Archer Pina Show' with Archer Pina</b></p> <p><b>7:00 Boys Basketball vs Kenowa Hills</b></p>
<p><b>[WEDNESDAY]</b> <b>[02-04-15]</b></p> <p><b>11:25 'Noon with Noah' with Noah Worsley</b></p> <p><b>2:30 'The Music Locker' with Connor Smithee</b></p> <p><b>4:30 'The ToxicTunes Show' with Jacob Hulst</b></p> <p><b>7:00 Varsity Wrestling vs Forest Hills Central</b></p>	<p><b>[THURSDAY]</b> <b>[02-05-15]</b></p> <p><b>2:30 'The No Topic Show' with Dakota Krzysik &amp; Devin Read</b></p> <p><b>4:30 'The Classic Music Show' w/Clayton Brown</b></p> <p><b>7:00 Pre-Festival Orchestra Concert</b></p>	<p><b>[FRIDAY]</b> <b>[02-06-15]</b></p> <p><b>11:25 'Noon with Noah' with Noah Worsley</b></p> <p><b>6:00 Boys Basketball vs East Grand Rapids</b></p> <p><b>7:30 Girls Basketball vs East Grand Rapids</b></p>

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**When the above-mentioned programs are not 'airing', a variety of music is played.**

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**TUESDAY:** Chicken taco on soft tortilla shell, refried beans, fruit & veggie bar: spinach & romaine side salad, celery sticks, mixed fruit, pear.

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

**THURSDAY:** Rotini w/meat-sauce w/dinner roll & seasoned broccoli (served at Alto, Cherry Creek & Murray Lake), WG breaded chicken nuggets w/roll & mashed potatoes & gravy (served at Bushnell); fruit & veggie bar: spinach & romaine side salad, cherry tomatoes, chilled peaches, grapes.

**FRIDAY:** Homemade cheese pizza on WG crust, side salad, fruit & veggie bar: spinach & romaine side salad, celery sticks, applesauce, juice.

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## college news

Marquette University in Milwaukee, Wis. has been named to the Dean's List for the fall 2014 semester. The following are local students, their degrees, and plans: Ada Kaitlin Kraus, Bachelor of Science in

Nursing, nursing. Lowell: Jacob Anderson, Bachelor of Science, physiological sciences and Alexandra Heffron, Bachelor of Science, biomedical sciences.

Erik Ver Hoef of Alto, majoring in civil engineering and Hannah Tawney of Lowell, majoring in interior architecture have been named to the dean's honor roll at Lawrence Technological University for the fall 2014 term. To be named to the honor roll a student must maintain at least a 3.5 grade point average for the term.

## financial focus



Christopher C. Godbold

### What do low oil prices mean for investors?

As you've no doubt noticed, your trips to the gas station have been a lot more pleasant these past several months. There's not much doubt that low oil prices have been welcome to you as a driver. But when oil is cheap, is that good for you as an investor?

There's no clear-cut answer. But consider the following effects of low oil prices:

- *Positive impact on economy* — When you spend less at the gas pump, relative to recent years, what will you do with your savings? Like most people, you'll probably spend most of it on goods and services. If you multiply the amount of your increased spending by the millions of other Americans who are also saving money on gas, you can see that you and your fellow consumers are likely adding billions of dollars to the economy. Typically, a strong economy is also good for the financial markets — and for the people who invest in them.

- *Different results for different sectors* — Different sectors within

the financial markets may respond in different ways to low oil prices, even if the overall effect is generally positive. For example, businesses such as consumer goods companies and auto manufacturers may respond favorably to cheaper oil and gas. But the picture might be quite a bit different for energy companies.

You could spend a lot of time and effort trying to adjust your investment portfolio in response to low oil prices. In fact, you may well want to consult with your financial professional to determine which moves might make sense for your individual situation. Yet there's actually a bigger lesson to be learned here: Don't *overreact* to temporary developments. The recent decline in oil prices has certainly had an economic impact, but no one can predict how long these prices will stay low or what other factors may arise that would affect the financial markets. That's why you can't reconfigure your portfolio based on particular events, whatever they

may be — oil price drops, interest-rate fluctuations, political squabbles at home, natural disasters in faraway lands, and so on.

If you can keep from being overly influenced by specific events, you may be able to gain at least two key benefits: First, by not making trades constantly in reaction to the headlines of the day, you can avoid piling up heavy fees and commissions — costs that can reduce the return rate on your investments. Second, you'll find that if you aren't always thinking about what's going on in the world *today*, you can focus your investment efforts more intensely on where you want to be *tomorrow*. The most successful investors set long-term goals and don't focus on factors they cannot control, such as oil prices, interest-rate changes or other economic events. Instead, these investors make adjustments, as necessary, to accommodate changes in their goals as well as other changes, such as revisions in tax laws — but they basically stick to their same approach for the long term.

So be aware of low oil prices, but don't get so "pumped" about them that you sludge up your consistent investment strategy — because that strategy has the energy to keep you moving toward your important objectives.

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# viewpoint

## to the editor

Dear Editor,  
It's been four years since the union representing the employees of the Department of Public Works (DPW) started contract negotiations with the city and I'm still waiting for the city to sign a just contract with employees of the Department of Public Works. I have followed the contract negotiations since they began and have been a supporter of the employees of the DPW for one reason, because I believe they are getting a bad deal. I believe the deck has been stacked against the employees of the DPW from day one.

The city manager sits in on the negotiations and then the council makes decisions from the information and advice given by the city manager. I believe the city manager position in the contract negotiations is a conflict of interest considering the city manager and his decision making is the reason the members of the DPW joined the union in the first place. I believe the constituents of Lowell were deliberately left out of the contract negotiations and have been wrongly denied their rights. I believe if the constituents of Lowell

would have had a say in the negotiations a just contract would have been settled long ago. Dragging the contract negotiations out for four years has cost the city tens and tens of thousands of dollars in lawyer fees. They way the city council has handled the negotiations is deplorable. I have followed the negotiations from day one and could go on and on but I'm tired of writing about the negotiations. The negotiations should have never gone on as long as they have. The only reason the negotiations have gone on as long as they have is

because Lowell has a self-centered and self-serving city council. The only thing I haven't said is that after four years of going to council meetings I have come to the conclusion that there are three members of the city council that should step down for the betterment of the community. They are Mayor Hodges, councilmember Sharon Ellison and councilmember Jim Hall. That's my personal opinion for whatever it's worth.

Sincerely,  
Jim Howard  
Lowell

## outdoors

winter woodlands

Dave Stegehuis

Winter is a very special time in the woods. Greys and browns dominate the landscape in the hardwoods while dark green pine boughs stand out bold against a white backdrop. The unique shapes of rocks, trees, and meandering streams are now visible without the cloak of dense summer foliage. Snow pack absorbs natural sounds, so the woods are relatively quiet to those who would pause and listen. Tracks in fresh snow tell of woodland creatures which have recently passed that way. Wildlife that remain active all winter are easy to spot and usually too busy to be overly concerned about human visitors. This part of our world goes unnoticed and therefore unappreciated by a great number of people.

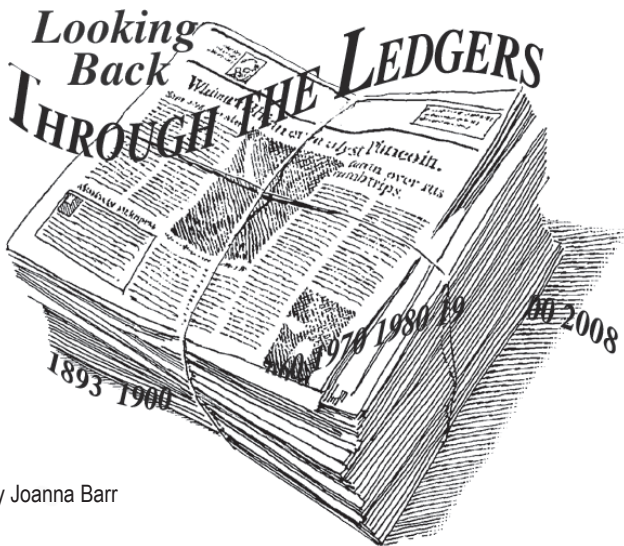
natural areas can be easily reached by a network of roads which include interstate highways down to two tracks winding through secluded forests. Thousands of miles of designated trails lead to yet more remote locations.

Cross country skis and snowshoes provide the means to seek out special places in the backcountry when snow depth makes walking too difficult. For those with limited mobility, it's not always necessary to get far off the beaten path to enjoy nature.

It is best to pick a suitable time to visit the winter woods. Poor winter driving conditions, for example, can add unwanted stress to the adventure. Wearing clothing appropriate for winter outdoor activities will make the experience more comfortable. Carry a phone, GPS or compass, map, and tell someone where you plan to go if you anticipate getting off the well-trodden path. You are on your own in the backcountry.

Residents and visitors of Michigan have few excuses not to take advantage of and enjoy our special natural resources. Uncrowded peaceful environs are easy to find in the winter. Our state has huge tracks of public land as well as nature preserves and parks spread across both peninsulas. Destinations overrun with tourists and vacationers during the summer are all but abandoned in the winter. It seems strange to sit in quite solitude in an area that was a bevy of activity a few months earlier. These

Winter won't last forever, so make plans to get out and experience nature at a time when most folks spend the days indoors. If you haven't done it, you don't know what you are missing.



By Joanna Barr

### 125 years ago Lowell Journal January 29, 1890

Miss Mabel Ranney was obliged to dismiss her school Friday afternoon, on account of the grippe. Out of thirty-six scholars enrolled in her room, the attendance was only twelve.

There have been three locks broken off the cover of the reservoir and Supt. Hendrix threatens the perpetrators with sudden annihilation, if discovered. It has been very annoying, to say the least, to have their efforts to beautify the grounds, wantonly destroyed. Some of their most beautiful and thriving shrubs having been torn out or cut down.

Ort Hill has completed the interior decorations of his building and it is ready for occupancy, in fact, the occupant E. Y. Hogle, is getting his new goods in now. The building has been all furnished over, the side walls and ceiling newly papered and a complete new set of shelving of antique ash put in; the finish being equal to a fine furniture finish and it makes the nicest interior in town.

There have been 200 new books added to the District Library recently and they will soon be listed for circulation.

The grippe still retains its grip and the many sufferers are wondering what will come next. Have any escaped?

We had a light fall of snow last week and a few venturesome ones tried it with a cutter. It did not slip easy enough.

The experiment of no recess in the school was not

a success, so they have decided to have a five minute recess in each session.

Jas. Murphy goes to Grand Rapids this week, to open a meat market, to fill a long felt want, as it were.

J. L. Starkweather, Pension Attorney of Romeo, Michigan, will be at Train's Hotel, Lowell, on Friday, Jan. 31st, 1890. Rejected claims a specialty. Drafted men who served entitled to pension, widows, dependent mothers and fathers entitled to pension. Call and get your pension increased. He never gives up a worthy claim. Call and see him. Advice free.

### 100 years ago The Lowell Ledger January 28, 1915

Ada farmer charged using fraudulent weight. John J. Byrne, sealer of weights and measures, has brought to the prosecutor's attention a matter of alleged short weight in which he asks a warrant. H. H. Ellis of Ada, proprietor of the Ellisada farm, is accused by John Miller, grocer, 939 Fourth street, N. W., of having sold four cans of apple butter that fell about ten pounds short of the forty pounds' weight for which money was paid. The sealer of weights and measures investigated and the request for the warrant followed. Assistant Prosecutor Jonkman issued a warrant for Ellis' arrest on the charge of using fraudulent weights, the warrant being drawn under the weights and measure statute.—Grand Rapids Press, Jan. 25.

After a three weeks' illness with the grippe Will Denick is again at work at the Cutter factory.

Oliver Cade, the Lowell young man who faces trial for perjury in the Ionia circuit court for swearing falsely to the age of Miss Christine Van Horn of Portland, when he obtained a license to wed her last summer, will base his defense on the assertion that his wife represented her age to him as 18 years. Mr. and Mrs. Chas. Van Horn of Portland, parents of Mrs. Cade, declare their daughter was of an unmarriageable age at the time of the incident. Shortly after their marriage Cade deserted his young wife and fled to California. It is claimed that his arrest would not have been brought about had it not been for his desertion of his young bride and his refusal to support her.—Ionia Sentinel.

The state's share of the bill for cattle killed during the fight against the hoof and mouth disease last fall is about \$110,000. Claims for this amount will be taken to Lansing for official approval previous to payment out of the state's general fund.

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# health

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



## pneumonia vaccination

Pneumonia is an important cause of morbidity and mortality in children, older adults and patients with a medical condition that interferes with their immune system.

There are two different pneumonia vaccines that have been given for years, PCV13 to infants in the first year of life and PPSV23 to older adults and those at higher risk due to a medical condition. These vaccines have been shown to significantly reduce the risk of invasive pneumococcal disease in recipients.

Adverse reactions are

usually minor and include injection site pain and tenderness, slight swelling at the injection site and redness. These symptoms generally last less than 48 hours.

Recently the United States Advisory Committee on Immunization Practices has recommended that all adults over the age of 65 should receive the PCV13 vaccine that we used to give only to infants. Studies have shown that it boosts the immune response to the old vaccine they may have been given previously.

For adults 19-64 years

old at intermediate risk such as smokers, people with heart or lung disease, diabetes, alcoholism, or liver disease we recommend pneumococcal vaccine with PPSV23 alone.

For adults 19 or older at high risk such as those with HIV, cancer, or advanced kidney disease we recommend vaccination with PCV13 followed at least eight weeks later by PPSV23.

For all adults 65 or older we recommend vaccination with PCV13 followed six to twelve months later with PPSV23. If you have already been vaccinated with PPSV23, you should wait at least one year before receiving the PSV13.

This schedule can be somewhat confusing so don't be afraid to discuss this with your doctor. The main point is that all adults over 65 should now receive the PCV13 vaccine that we used to give to only infants.

# business matters



Litehouse, Inc., the nation's premier salad dressing, sauce, dip, herb and cheese company, is pleased to announce that effective December 22, 2014, 100 percent of the company's stock has been sold to its employees through an Employee Stock Ownership Plan (ESOP). The move continues the opportunity for all current and future employees to become owners of this industry-leading brand, which has been family owned for over 50 years. Litehouse first formed an ESOP plan in 2006 selling 30 percent of the company as a commitment to their employees and their communities. The move to 100 percent ESOP ensures continued local ownership.

Litehouse is an award-winning leader in

refrigerated salad dressings, dips, cheese and herbs, employing 650 people throughout the nation. The Litehouse brand founded by the Hawkins brothers Doug & Edward merged with Wendell Christoff and his family dressing company, Chadalee Farms, of Lowell, Michigan in 1997. Core to the success of the brand is the company's commitment to shared success and its role as a strong and active member of its communities.

Doug, Edward and Wendell will continue their roles as active board members. In 2010, Jim Frank was named President and CEO of Litehouse and continues to lead the company in double digit sales growth.

With the move to 100 percent ESOP, Litehouse joins a growing list of forward-thinking companies, believing firmly that employee ownership is beneficial to companies and their teams. ESOPs allow companies to gradually sell their company to their employees who helped them build it. It provides a legacy that founders value and provides all employees with a stake in a business. The participatory management structure of ESOPs have been shown to increase employee satisfaction and retention. Studies have found that companies with ESOPs grow at a higher rate than comparable non-ESOP companies.[1] There are more than 10 million participants in ESOP programs in the United States.[2]

**You've got to do your own growing, no matter how tall your grandfather was.**

~ Irish Proverb



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**HAPPY 105<sup>th</sup> BIRTHDAY**  
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**JAN. 29**

*Happy Birthday!*

A 1927 Lowell High School graduate, she has two children, Barb and Gary Cavanaugh, of Alto and Jerry and Charlotte Lane of Pennsylvania.

*If you would like to send a card:*  
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# area churches

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1151 West Main Street, Lowell, MI  
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Sunday School.....11:20 A.M.  
Evening Worship.....6:00 P.M.  
Nursery available at both services  
Barrier-Free

**SNOW UNITED METHODIST CHURCH**  
3189 Snow Ave. SE, Lowell  
Pastor Tony Shumaker  
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10:30 A.M.....Fellowship  
11:00 A.M.....Worship  
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**GOOD SHEPHERD LUTHERAN CHURCH**  
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www.goodshepherdlowell.org  
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(Nursery available)  
Sunday School.....9:15 A.M.  
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Sunday School.....9:30  
YOUTH GROUPS (JR. & SR. HIGH).....6:00 p.m.  
Pastor Brad Brillhart

**happy birthday!**

**JANUARY 28**  
Ryan White, Cher Mastenbrook, Amy Newhouse, Renee Peters, Veda Joyce Nearing, Kyle Washburn.

**JANUARY 29**  
Brenda Traetz, Kim Call, Karen Potter, Zach DeBold.

**JANUARY 30**  
Susan Roudabush, Nicholas Kinsley, Tyler Call, Josh Dietz, Shirley Stevens.

**JANUARY 31**  
Rick Fonger, Brian Rasch.

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

**FEBRUARY 2**  
Marie Wade, Sarah Baker.

**FEBRUARY 3**  
Dale Phillips, Clarice Poisson, Sana Bryant, Cassandra Thomas, Chris Dennie, Olivia Dennie, Jon Jacobs.

# Murray Lake kids have “Lunch with the Leader”

On January 12 Lowell Area Schools superintendent, Greg Pratt, hosted lunch with a small group of Murray Lake students. His new initiative, “Lunch with the Leader,” was designed so that he can connect with the hearts of the kids he serves. Pratt believes that “breaking bread” with students will help him to learn, first-hand, about their school experience, and understand the issues they face at school or among their peers.

Murray Lake students enjoyed a healthy lunch and comfortably shared their ideas. Communication is key to a leader’s success, and listening to stakeholders plays an important role in any organization. A group of our stakeholders (students) representing a cross-section of kids from each school will be invited to “Lunch with the Leader” throughout the school year.



**Pictured with the superintendent are: Kennedi Weed, Olivia Barber, Owen Carpenter, Sam Kaminski, Blake Bennett, Leo Tavarone, and Jamie Johnson.**

# Changes ahead for Lowell Area Farmers’ Market in 2015

The Lowell Area Chamber of Commerce is sharing some progressive changes that will be taking place at the Lowell Area Farmers’ Market in 2015.

The market will be moving to a new mid-town location on June 11. Vendors will be setting up in the shaded public parking lot, at the corner of Monroe and Avery streets, one block north of Main Street, right

behind Lowell City Hall. This location will offer people the added attractions of the Riverwalk, the Englehardt Public Library, and a nearby playground,

as well as the downtown stores and restaurants. Other key features will be safe, off-street parking which includes handicap parking and restrooms close by.

The new market hours will be noon to 5:30 pm so that the Farmers’ Market will be more accessible to those who work. The 2015 market season will run from

June 11 thru Sept. 24. Bonus Market Day will take place on Saturday, October 10, during the annual Harvest Celebration.

# Task force, continued

“No other state has more at stake than Michigan when it comes to the protection of our Great Lakes and the issues we face today are as challenging as ever,” said Stabenow. “This is an important leadership role that will continue to give Michigan a strong voice as we work together to protect our Lakes and water resources. I look forward to working with my co-chair, Senator Kirk, and our task force members as we tackle these critical challenges.

invasive species and ending sewage dumping in the Great Lakes, the Crown Jewel of the Midwest’s ecosystem, once and for all,” said Kirk. “It is crucial that we work together with this bipartisan Task Force to protect the reverence of the lakes and ensure they remain clean and contaminant-free for the next generation.”

the Great Lakes Restoration Initiative through Congress, and authored the 2014 Farm Bill, which included a historic investment in land and water conservation.

work across the aisle and with local stakeholders to advance legislation to ban sewage dumping in the Great Lakes and combat the threat of invasive species. Additionally, Kirk has co-authored comprehensive Great Lakes legislation to restore and protect the Great Lakes, including the Great Lakes Restoration Initiative (GLRI).

...  
**You cannot live a perfect day without doing something for someone who will never be able to repay you.**

~ John Wooden (1910 - 2010)

“As co-chairs, my colleague Senator Stabenow and I are committed to cleaning up toxic hot spots, removing the threat of

Sen. Stabenow’s record on Great Lakes issues is longstanding. Her first legislation to pass the Senate was a ban on drilling for oil and gas in the Great Lakes. She authored the bipartisan Stop Invasive Species Act to address the threat from Asian carp, has championed

Senator Kirk has served as a co-chair of the Senate Great Lakes Task Force since 2011 and believes the lakes are our country’s most precious natural resource. Throughout his time in Congress, Kirk has fought to restore contaminated hot spots, such as Waukegan Harbor in Illinois, to their full economic and environmental potential. The Senator continues to

The Senate Great Lakes Task Force was founded in the mid-1980s and is associated with the Northeast-Midwest Institute.

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# SCORE BIG

## With Game Day Snacks

### FAMILY FEATURES

The game is on, and your home is filled with friends decked out in those familiar colors, ready to cheer their team to victory. Now there's only one more thing you need to make this game day gathering great — a feast of delicious, easy to enjoy goodies.

Whether your team consists of spice fanatics or sweets enthusiasts, Blue Diamond offers a huge variety of delicious snack almonds perfect for every preference or craving. Complete your game day spread with delicious dips — and don't forget the dippers. Add variety and color with sliced up carrots, bell peppers and broccoli to serve alongside tasty Blue Diamond Nut Thins, a perfect, crunchy dipper that's also gluten-free.

Get in the game with these recipes and more by visiting [www.bluediamond.com](http://www.bluediamond.com).

### Blazin' Buffalo Potato Skins

Servings: 6-8

- 3 pounds small russet potatoes
- Olive oil cooking spray
- 1 cup shredded reduced-fat or regular Monterey Jack cheese
- 1 cup shredded rotisserie chicken
- 1/4 cup buffalo wing sauce
- 1/2 cup crushed Blue Diamond Hint of Sea Salt Nut-Thins
- 1/3 cup chopped Blue Diamond Smokehouse Almonds
- 1/2 cup light sour cream
- 1/4 cup sliced green onion tops

Preheat oven to 450°F and line baking sheet with foil.

Rinse potatoes and pat dry; pierce with fork or sharp knife. Place in large microwave-safe bowl; cover and microwave on HIGH for 15 minutes or until potatoes are soft when gently squeezed. Remove and let cool slightly.

Cut in half and scoop out potato leaving 1/4-inch rim of potato inside skin. Place on prepared baking sheet and spray both sides of potato skins liberally with cooking spray; bake for 15 minutes to crisp.

Sprinkle equal amounts of cheese into each skin. Stir together chicken and wing sauce and spoon over cheese. Top with nut chips and almonds and bake for 5 minutes more. Add dollop of sour cream to each and sprinkle with green onions. Serve with and additional wing sauce, if desired.

### Bacon Avocado Dip

Servings: 1 cup

- 1 large avocado, peeled and mashed
- 1/2 tomato, seeded and chopped
- 1/3 cup Blue Diamond Jalapeño Smokehouse Almonds, chopped
- 1/4 cup diced red onion
- 3 strips cooked bacon, roughly chopped
- 2 tablespoons sour cream
- 1 teaspoon minced garlic
- Juice of 1/2 lime
- Salt and pepper, to taste

In small bowl, mix all ingredients. Serve with tortilla chips or your favorite flavor of Nut Thins.



### Honey Dijon Pretzel Chicken Tenders

Servings: 3-4

- 1 package (about 1 1/4 pound) chicken tenders
- 1 egg, whisked
- 1 tablespoon Dijon mustard
- 1 teaspoon garlic powder
- Salt and pepper
- 1 cup crushed pretzels
- 1 cup crushed Blue Diamond Honey Dijon Almonds

In small bowl, coat raw chicken with egg, mustard and spices. Let marinate in refrigerator for 20 minutes.

Preheat oven to 375°F.

Mix pretzels and almonds, and spread on large plate in even layer. Coat each chicken tender in pretzel-almond mixture, then place on greased baking sheet. Bake for 20 minutes, or until chicken is cooked through.

### Grab n' Go Popcorn Balls

Servings: 12

- 1 tablespoon canola oil
- 1/2 cup popcorn
- 6 tablespoons butter
- 1 (10-ounce) bag mini marshmallows
- 3/4 cup Blue Diamond Oven Roasted Sea Salt Almonds
- 1/2 cup chocolate chips
- Sea salt, for garnish

In large Dutch oven, heat oil and popcorn over medium heat. Cover with lid, shaking pan occasionally to coat kernels. Once you hear first pop, continue shaking pan until popping slows down and all kernels have popped. Set aside.

In large saucepan, heat butter over medium-low heat, until melted. Add marshmallows and mix until fully melted. Add cooked popcorn. Gently stir until popcorn is evenly coated with marshmallow mixture. Add almonds and chocolate chips, and continue to stir until incorporated into mixture. Remove pan from heat, and let cool for few minutes. Sprinkle with sea salt.

Moving quickly, mold popcorn-marshmallow mixture into balls with hands. (Washing hands with water will help ensure mixture won't stick.) Place balls on parchment paper, and let cool. Store in airtight container or bag.





# “The Surprising Story of the Three Little Pigs” a humorous, twist on some familiar fairy tales

by Kathryn Atwood  
contributing reporter

LowellArts! took audiences on a funny and whimsical trip when they presented the youth theater production “The Surprising Story of the Three Little Pigs” at the Lowell Performing Arts Center last Saturday.

The comedy production was directed by LowellArts! veteran Laura Leasure with the assistance of stage manager Teresa Goldner. The cast of the one-hour show was comprised almost entirely of local, talented youth.

The play tells three classic fairy tales “The Three Little Pigs,” “The Three Billy Goats Gruff,”

and “Goldilocks and the Three Bears” with a few fun twists.

In the story, written by Linda Daugherty, the goats, pigs and bears band together to rewrite their own stories after a chance encounter with the narrator, The Voice, played by Randi Richardson.

“The Three Little Pigs” played by Olivia Ettinger, Sierra Hieshetter and Kyla Sanders opens when the trio encounters The Voice and learns that they are inside of a story. Hieshetter, pig no. 2, decided she has had enough of the terrifying wolf in their story and sets off to find a new one.



“The Three Little Pigs” played by Olivia Ettinger, Sierra Hieshetter and Kyla Sanders meet their stories narrator played by Randi Richardson.



“The Three Billy Goats Gruff” meet pig no. 2.

On her journey she meets “The Three Billy Goats Gruff” portrayed by Mary Jo Buechler, Ethan Jewell and Maria Leigh and “Goldilocks and the Three Bears” played by adult actors Dan Jones and Susan Veenema (Mama and Papa Bear), Sophia Flickinger (Baby Bear) and Isabelle Bartel (Goldilocks).

Pig no. 2 soon discovers that she is not the only one tired of their once-upon-a-time tale and the entire group decides to rewrite their stories.

By the end of the cute

and uproarious production, each villain finds a new home and each character is happy with the new story they are about to write.

“We fell in love with this script right away,” said Leasure, “It cleverly and hilariously weaves the three fairy tales together. There are some really funny and unexpected parts in the show.”

Leasure also complimented the young cast which also included William Jewell, Olivia DeCator, Anna Snell, Izzy Tackman and Elliana James.

“The cast and crew have had an amazingly fun time putting this production together. I am very proud of their hard work.”

Throughout this week, the cast and crew will present the play to more than 2,000 elementary students in the Lowell and Saranac school districts. They will also hold a second public performance on Saturday, Jan. 31 at 7 pm inside the Saranac Performing Arts Center. Doors open at 6:30 pm and admission benefits future LowellArts! events and programs.

## Air zoo provides a fun, educational visit to Alto students

by Kathryn Atwood  
contributing reporter

Alto Elementary Parent Teacher Organization (PTO) presented a fun night of learning when they welcomed the Kalamazoo Air Zoo (KAZ) to their school the evening of Jan. 26.

The museum is well known for their high technology, hands on, aerospace museum.

Fewer know that the organization also provides a variety of educational programming for school-age kids on-site and on the road with live, educational shows. From the ocean floor to outer space the programs and camps at KAZ are designed to entertain and inform and are developed by certified Michigan teachers.

Nearly 300 students turned out for the 45-minute program titled “Fizz, Boom, Soar.”

The high-energy presentation included multiple experiments and demonstrations that introduced and illustrated science concepts including physics, chemistry and flight science.

Highlights included a fizzy chemical reaction experiment, the use of a potato gun to produce a sonic boom and several soaring aircraft's including a drone.

PTO president, Cindy Johnston, was thrilled with the turn out and was happy to have had the opportunity to bring the program to the Alto students.

“We want to show our students that a foundation in math and science opens doors they might not have realized. Science and math can be a ton of fun,

hard work, but fun. If we can expose them to the possibilities now while they are young we might create

just enough spark to keep them working hard and developing a true love for the whole package- science,

technology, engineering and math.”

The special event was sponsored by the Garage

of Lowell, the Gilmore Collection and Social Strategies.



Students took aim through hula hoops as part of the interactive PTO sponsored event.

# Red Arrow GYMNASTICS SPORTS

## Gymnasts take two places at Kenowa Hills Invitational

by Kathryn Atwood  
contributing reporter

Red Arrow varsity gymnastics claimed both third and sixth place at last weekend's Kenowa Hills Invitational where the area elite converged for conference competition.

Lowell's Team A scored 138.575 to earn the third place spot behind meet winners Rockford and runners up Grand Ledge. The squad was led by Lauren

DeHaan who scored a 9.05 on the floor exercise earning her sixth place overall in the competition on that event. She was followed closely by Lauren Browning (9.0), Maura Fitzpatrick (8.75) and Danielle Krajewski (8.3).

DeHaan also earned highest marks on the vault for her team coming in with a 9.075 good for fourth place

honors in the competition. Browning (8.875) followed once again this time joined by Alise Forward (8.8) and Corah Kaufman (8.75).

On the beam Bethany Kaczanowski earned top honors amongst her teammates and fifth among all competition with an 8.625. She was followed by Kaufman (8.375), DeHaan (8.225) and Browning (8.1).

Kaufman earned a personal best on the bars to lead the Lowell pack with a 9.0. Her performance earned her a third place overall finish on the event and the accolades of her coach Michele DeHaan, "Corah is the first gymnast I have ever coached to earn a 9.0 on bars, I've been coaching 20 years, she could even be the first to score a 9.0 since the school record was set by Laura Kropf in the 1990's."

That record (9.175) fell just short of Kaufman's reach when she smacked her toe on the bar during her dismount incurring a 0.2 deduction. "She knew had she not hit her foot, she would have broke that school record. She is a very determined young lady and that record is now the goal," added DeHaan.

Gymnastics,  
continued, page 11

**Corah Kaufman**  
doing a drop kip on bars.



Lilly Quiggle getting a congratulatory hug from teammate Bethany Kaczanowski after sticking her first beam routine ever.



## Competitive cheer shines at first and only home meet

by Kathryn Atwood  
contributing reporter

Loud and proud Red Arrow cheer was spread last weekend when the Lowell varsity competitive cheer team hosted their first and only home meet of the season last Saturday.

Formerly known simply as the Lowell Invitational, the home event took on a new name and a new life this year under new head coach Diane Jager. The first annual Arrowfest welcomed middle school, junior

varsity and varsity cheer squads from throughout Michigan to participate in the premier event that pays homage to Lowell's mascot, "Our mascot is unique and I wanted to incorporate the name into our invitational," reported Jager.

The event went off without a hitch according to Jager whom expressed her gratitude, "Huge thank you goes out to all of the parents, the custodial staff, Dream Team Designs,

who not only produced our Arrowfest shirts but also ran the tally table, athletic director Dee Crowley and athletics administrative assistant Betsy Maki."

Belding, Byron Center, Cedar Springs, Forest Hills, Pewamo-Westphalia, Whitehall, Zeeland West and Wayland each had teams represented in the three round competition that kicked off by honoring the Lowell seniors enjoying their last home meet.

On the mats in round one of the competition Cedar Springs just barely edged out Lowell to win the round with a score of 213.0 to the Arrows 205.2. Belding scored third best among the varsity competitors with a 196.1.

Jager said she is happy with the progress being made by the team in this round, "Round one is coming along just fine. We will be adding more transitions and arm whips to make it more difficult and appealing to the judges."

In the second round, each increases in difficulty, Lowell scored third best with a 172.92 behind

Belding (176.18) and Cedar Springs (206.46).

"Round 2 is our weakest round as our timing and execution of each skill needs a lot of work," said Jager. "We are working closely with our tumbling instructors to not only time each skill but to perfect the skills."

Cedar held a commanding lead moving into the final round more than 40 points ahead of their closest competitor the Red Arrows. Lowell scored a 267.3 in the final round bringing their total score to 645.42. Their effort awarded them an outstanding second place finish. Cedar totaled at 689.86 to claim top honors at the meet.

Following round competition several stunt groups also participated in The Silver Slipper Contest. The fun competition asked participants to hold their flyers in a one leg extension while she untied, removed, replaced and retied their sneakers. The team accomplishing the feat fastest was awarded a silver slipper trophy. Cedar Springs wound up on top



Squads participated in the fun Silver Slipper Contest following round play for a special trophy and bragging rights.

of this contest as well accomplishing the task in approximately ten seconds.

The second annual Arrowfest is already in the making and will be held January 23, 2016. The squad

will be in action both Friday and Saturday this week when they participate in the seasons second Jamboree competition at Grand Rapids Christian and the Oriole Invite in Charlotte.



Lowell cheerleaders flying high during round two of their home meet.

# Red Arrow SPORTS

## Big win over Jenison on the road, 68-55

by Kathryn Atwood  
contributing reporter

Lowell's consistent offense combined with late success from the free throw line added up to a 68-55 Arrow win over the Jenison Wildcats.

Despite going into their second OK White Conference match up of the season against a struggling Jenison squad, currently 2-9, head coach Kyle Carhart knew his team would have to be at their best to claim the win.

"Playing at Jenison is

always difficult. They have a very good atmosphere and it is a tough place to play. We knew that we were going to have to play very well in order to be successful."

The Red Arrows did just that last Friday led by two of the teams top scorers, sophomore Matt Beachler and junior Ryan Stevens, who racked up 19 points apiece in the teams offensive effort.

After a slow defensive start that allowed Jenison to end the first period with a

two point lead, Lowell went on to trump the Wildcats in the second by five points to claim the lead at the half 32-29.

The Red Arrows continued to up the defensive pressure in the third period putting the stop on the Wildcat offense by only allowing eight points to their 14 maintaining the Lowell lead 46-37 moving into the final period of the game.

"As the game went on our defense got better and

better," said Carhart of the teams win, "Ryan and Matt did a great job throughout the game. Josh Branagan was outstanding on both ends of the floor and really gave us a lift. Friday was also the first game for Mitchell Davis who just came to us from Lakewood. I know that he was excited to play after sitting out the first half of the season and he really gave us a lift as well."

Branagan added 16 points to the game total

while Gabe Steed and Austin Branagan contributed four. Carter Noskey chipped in two.

"It truly was a great

team effort and that is what it takes to be successful on the road especially in conference," said Carhart.

**Lowell (1-1, 6-3) will face back-to-back conference match ups this week on the road when they face both Caledonia and Forest Hills Central.**

## Girls get back on track during competition last week

by Kathryn Atwood  
contributing reporter

Lowell girls varsity basketball team hit the floor twice last week eager to "get things back on track," according to head coach Jake Strotheide.

Their first challenge in that effort was East Kentwood High School, a savvy and physical team known for their prowls on the court. After suffering a big loss to the team last season Strotheide knew that much of the game would be mental, "East Kentwood is a very good team and they kind of took it to us last year. I wasn't sure how we would respond to their pressure as they are one of the best teams in the area in creating steals and easy points. Before the game we talked

about the "fight or flight" complex in how we would respond to a team that no one thought we could beat."

It seems his pep talk was effective. Though Lowell started slow and ended the first period trailing by eight, due to forced turnovers and unsuccessful basket attempts, they moved into the second with a renewed energy that allowed them to outscore EKHS in the remaining three periods of the game and claim a hard fought three point win 51-48.

"We had to dig deep and find a way to win, find a way to compete with their tempo. We were at a point that we could quit or try to fight back and compete. We choose the later," said

Strotheide of the teams non-conference victory.

Lowell scored a massive 33 points from the free throw line in the win. Kate Montgomery led that effort earning 12-16 there and earning 17 points total along with six assists.

Ally Frederickson went 6-8 at the line and racked up 11 total while having an outstanding game defensively for the squad. The junior chalked up 13 rebounds and four blocks for the team, her best game of the season.

Katie Holzhueter added 11 to the game total including a pair of key back-to-back three pointers at the close of the first half. Bridget Garter contributed six points and Tara McQueen and Bailey

Reitsma each netted three.

"The game was so much fun and our girls really found a way to fight back and get the win. I thought it was big for them as well as our program to see that we can play a physical style, against a very good team, and find a way to win."

A balanced and aggressive offensive showing from the Arrows led to a second win for the team on Friday against OK White rival Jenison.

Lowell opened scoring quickly in the first when Reitsma landed a quick three point shot complimented by two from Montgomery to put the Arrows up 5-0. While Jenison did acquire the lead briefly Lowell took

back over going up 12-10, a lead they did not relinquish for the remainder of the game despite a fourth period charge from the Wildcats. The game ended 73-52 in the Arrows favor.

"We had things clicking all night for us at Jenison where we have not played well in the past. It was a complete team effort tonight as we had all 11 players score on our team," reported Strotheide.

Holzhueter and Reitsma led that offensive charge earning three point baskets each and both totaling 11 points for the team. Holzhueter also added three steals while Reitsma

claimed six rebounds. McQueen and Montgomery each earned 10 points while Garter came in at nine, Kennedy Coxon with six and Catherine Stump five.

"It was nice to get a win like that and have some of our girls who have not played a ton get some extra time. They all work so hard and deserve that time to show off their improvements they've been making. I was very happy for Jordan Mixon, Rae Mongar, and Bre VanLaan who combined for seven points, six rebounds and two steals," said the coach.

Lowell, (1-1, 8-3), will face

**Caledonia at home and Forest Hills Central on the road in a pair of important OK White conference matches this week.**

## Gymnastics, continued

Sarena Wilterdink (8.65) DeHaan (8.5) and Fitzpatrick rounded out the squads top scorers on the bars.

Both DeHaan and Browning also earned all around honors for the team coming in at third (34.85) and sixth (34.175) respectively.

Team B for the Arrows landed in the sixth spot overall scoring 119.35 and placing one all around gymnast, Karmen Anderson

who placed ninth with a 33.375. She led the team on two events including bars where she earned an 8.25 far ahead of her teammates Sela Bauman (7.75) and Leana Weiler (7.4).

Anderson also finished best for the B team on the beam with an 8.25 followed by a fall free personal best from Lilly Quiggle (7.425), Colleen Cater (7.275) and Bauman (6.475).

Weiler led on the vault launching an 8.7 with

Anderson (8.5), Cater (8.4) and Bauman (8.3) rounding out the pack.

On the floor Bauman ranked first amongst her teammates with an 8.5 closely followed by Anderson (8.375), Quiggle (7.95) and Cater and Paige DeHaan who both earned 7.8.

Coach DeHaan said that she is pleased with the girls performances and is eager to continue perfecting routines

as they prepare for the next level of competition, "I am so proud of the girls. For us to place again as a team at an invitational, I'm just so proud. They keep working hard at practice. We still have room to improve, still making some mistakes. Mistakes now are fine. We have time still to fix them, it's regionals that really counts so we are focused on being ready for that in March."



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**This week the squad faces Forest Hills Northern on the road and then welcomes Rockford on Wednesday evening beginning at 7 pm in the auxiliary gym.**

obituaries

# Looking Back, continued

**COX**

Erwin Alvin Cox, age 76, of Lowell, passed away Friday, January 23, 2015. He is now with his beloved wife, Bev, who passed away in 2004. Erwin was preceded in death by his mother, father, 1 sister, 2 brothers, and 1 son. He will

be remembered and is survived by children Pam and Doug, Kathy and Vern, Rusty, Randy, and Julie, many Grandchildren and Great-Grandchildren. He loved to fish and hunt. A funeral was held. Interment Sunset Memorial Gardens. Memorial contributions may be made to the Lowell Senior Neighbors Center, 314 South Hudson Street, Lowell, MI 49331.



**MARTIN**

William Eric Stebens (Steb) Martin of Hastings, formerly of Lowell and Alto, passed away at home January 21, 2015. Steb was born January 5, 1952. Steb married Mary Miller Lambert January 23, 1978. Steb enjoyed fishing, hunting, playing cards and music, playing his guitar, but most of all loved his family, friends and his dogs. He was preceded in death by his mother, Sally Gano Martin and grandmother, Helena Hughson Gano Dintaman. He is survived by his wife of 37 years, Mary; children, Jeff (Estes) Lambert of Hastings, Wendi Lambert (Troy) of Battle Creek; grandson, Steven Lambert (Kayla) of Dowling; granddaughter, Tara (Terry) Farrah of Battle Creek; great-grandsons, Vaughan and Berkeley Farrah of Battle Creek; sister, Michelle (Arlan) Overholt of Ionia; and several nephews and nieces. Cremation has taken place. Luncheon to take place Sunday, February 1 from 1-4 pm at Freeport Village Hall, 133 Warren St., Freeport.



**75 years ago  
The Lowell Ledger  
February 1, 1940**

At the annual meeting of the King Milling Company, held a few days ago, Mrs. Eda M. Starkey was elected secretary for the ensuing year, the other officers of the company continuing as heretofore. Mrs. Starkey's election was in recognition of capable service over a period of several years.

Ned Kyser of East Main St. believes he has a "scoop" on other early birds in this community. Mr. Kyser reports having seen the first robin of the season last Friday up in his neighborhood. He feels that the bird must have had an "inner sight" and came to call on the shut-ins, Harley and Anna Maynard. Wouldn't be surprised but what you're right, Mr. Kyser.

Removal of the Lowell post office from the London block, W. Main St., to the beautiful new federal building, corner Broadway and Chatham, was completed last Saturday night and on Monday morning patrons began transacting business at the new location. The building is a model of convenience and durability and when the work of landscaping the grounds is completed in the spring will present a picture in which the entire community will take justifiable pride.

J. C. Hatch was the first patron to buy a postage stamp at the new post office when it opened for business last Monday morning. The stamp was used to mail a letter to U. B. Williams of East Lansing, formerly of Lowell.

Rudolph VanDyke, who is serving as local chairman for Finnish relief, reports that a check for \$100 has been forwarded to the state headquarters chairman who in turn will send same to national headquarters. Mr. VanDyke also reports that additional contributions are being received every day at the State Savings Bank and that another check will be forwarded in the near future. The people of the community are responding generously and Mr. VanDyke was especially pleased when told of the little boy who gave a penny to one of our local pastors last Sunday, saying he "wanted to help the Finns." Well, there's the heart of a little lad for you and we feel certain that the Lord will bless his gift.

**50 years ago  
The Lowell Ledger  
January 28, 1965**

Headline: Plans for community growth presented to large gathering. Plans for the central business section of the community were presented by City Planning Consultant Scott Bagby, at an open meeting Monday night, in which he explained the proposed changes. A principal change calls for dividing M-21 thru the central business district, with the present Main Street as one-way westbound and a new route south of Main Street, with a new bridge, for eastbound traffic. One of the first projects scheduled is the filling in of the river, just

north of Main Street on Lafayette St., which would be a location for city buildings, parking, and additional playground area for the school. Part of Bagby's plan calls for closing off Monroe Street to halt thru traffic in the school area and join the two school sites. Lafayette Street is planned as a main traffic street, connected with Division Street. On the West side, Hudson Street is planned for main traffic north, with Lincoln Lake Avenue, which carries most of the traffic, blocked off at Elm and Hunt Street to prevent thru traffic. Diverters would be used to force traffic onto Hudson Street. A shopping center is planned on the east side of Flat River, now occupied by the King Milling feed mill.

Snow, freezing rain hit Lowell Friday and caused a major disruption of activities in the community. School scheduled for Friday morning was called off until noon, when classes were held. There was no school on Monday. On Tuesday, rain was falling, but temperatures were high enough to keep from forming ice. School was dismissed at 2 pm on Tuesday when the weather threatened to freeze up the roads. The rain of Friday turned to snow on Saturday and by Sunday morning most residents were stuck in their driveways and on many of the side streets in the ice coated snow. Monday most streets were cleared and traffic started to move again. The rain on Tuesday morning threatened to freeze but high temperatures fortunately kept highways wet but not slippery.

Surplus foods will be distributed on Wednesday, February 10, it was announced by the Kent County Welfare Department, instead of the usual Thursday in February. A trial has been scheduled to take place in the Lowell City Hall on the 11th, causing the change in date.

**25 years ago  
The Lowell Ledger  
January 31, 1990**

Headline: Board brings pageantry to Showboat. The start of a new decade has brought with it the rebirth of the Miss Lowell Showboat Queen Pageant. Jean Patton and Judy Straub, co-chairmen of the event, announced that the pageant is scheduled for March 24 at the Lowell Middle School. The pageant not unlike the Showboat Talent Show, the Lowell Showboat Parade... is being used to help further promote the Lowell Showboat, to start people thinking and to get them excited about the June extravaganza.

Headline: Lowell Cable expands its coverage area. If United Artist (UA) Cable had any desire of penetrating into the Lowell area it may have set itself up for disappointment. According to Vergennes Township Supervisor, Jim Cook, UA Cable was looking to penetrate the boundary line between Lowell and Vergennes Township and the area south of Parnell. Lowell Cable, however, was able to respond faster and has already received approval from the cable board to serve residents on Foremen, Alden Nash and Parnell south to Cumberland and back into Eastgate. A little more than a month ago the UA Cable Franchise signed a non-exclusive contract for Murray Lake, coming in from the Grattan area. "All cable contracts are non-exclusive," Cook said. Because both cable franchises are open-ended. UA Cable could still serve residents in those areas if it wished to, according to Lowell Cable Supervisor, Herb Haines. "Since Lowell Cable started serving the areas first, it's highly unlikely that UA Cable would come into the area," Haines acknowledged. "At our next cable meeting we will seek the okay from the Lowell Cable Board to service residents on Bennett Street," he said.

For Drs. Todd Gillan and David Durkee come late May, early June, times will be a changing. Gillan will move from his 109 W. Main location and Durkee from his 1002-D W. Main address as the two Drs. will share office space in the former "Changing Times" building.

## PUZZLE SOLUTIONS

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# DNR unveils 2015 turkey cooperator patch, reminds hunters to apply for spring turkey license

The Department of Natural Resources encourages hunters to think spring and get in the turkey hunting spirit by purchasing a wild turkey cooperator patch and applying for a spring turkey hunting license.

The 2015 turkey patch, designed by Phoebe Talaga of Lake Orion High School, is now available for purchase. The Michigan chapter of the National Wild Turkey Federation, in partnership with the DNR, coordinates the wild turkey patch program. Proceeds from patch sales are used to fund wild turkey-related projects and management in Michigan.

Young hunters, 17 years old and younger, who have a valid wild turkey hunting license may receive a free patch. To receive a patch, please send name and complete address, along with a legible copy of the youth's valid wild turkey hunting license, to National Wild Turkey Federation, Wild Turkey Patch Program, P.O. Box 8, Orleans, MI 48865. Please allow four to six weeks for delivery. If you have questions, please e-mail michiganwildturkeypatch@yahoo.com.

Adult hunters, collectors and other interested individuals may purchase the patch for

\$5, including postage and handling. Only the current-year patch is available for purchase. You do not have to harvest a turkey to purchase a patch. Send orders to the address above and please make check or money order payable to the National Wild Turkey Federation.

The DNR also reminds hunters that the last day for purchasing spring turkey hunting applications is Sunday, Feb. 1. The 2015 spring turkey season runs April 20 through May 31, with several different hunt periods to choose from.

The application is \$5 and may be purchased anywhere hunting licenses



are sold or online at [www.mdnr-elicense.com](http://www.mdnr-elicense.com). Beginning March 2, applicants can check whether they were drawn for a license at [www.michigan.gov/huntdrawings](http://www.michigan.gov/huntdrawings). Any leftover licenses will be sold until the quota is met in each hunt unit and hunt period.

Information about spring turkey hunting can be found at [www.michigan.gov/turkey](http://www.michigan.gov/turkey).

A base license is required for every resident and nonresident who hunts in Michigan. Hunters may purchase a spring turkey license only after they have obtained a base license for the year. The base license is also a small game license.

## EARTH TALK™

### Questions & Answers About Our Environment

**Dear EarthTalk:** What are some basic guidelines about seafood consumption, especially for women and in light of all the pollution threats to our oceans and waterways? – *Betsy Draper, Boston, MA*

Between mercury poisoning, overfishing and the environmental impacts of fish farms or “aquaculture,” some might expect to see a “Proceed with Caution” sign above seafood counters soon. Others contend that fish and shellfish are an important part of a healthy diet, providing high-quality protein and omega-3 fatty acids. The U.S. Food and Drug Administration (FDA) recommends eating up to 12 ounces of fish and shellfish per week, but only if they are “lower in mercury.”

Mercury can be released into the air through industrial pollution and can accumulate in streams and oceans. The FDA warns that if you regularly eat types of fish that are high in mercury, it can accumulate in your blood stream. They add that mercury is removed from the body naturally, but it may take over a year for levels to drop significantly. For this reason, women trying to become pregnant should avoid eating high-in-mercury fish like shark, swordfish, king mackerel and tilefish, and gravitate toward low-in-mercury shrimp, canned light tuna, salmon, pollock and catfish. According to the Monterey Bay Aquarium’s “Super Green List,” fish that are low in mercury and also good sources of especially healthy “long-chain” omega-3 fatty acids include Atlantic mackerel from Canada and the U.S., freshwater Coho salmon from the U.S., wild-caught Pacific sardines and Alaskan wild-caught salmon (fresh or canned).

Of course, it’s possible to obtain long-chain omega-3s without eating fish. Ovega-3s supplement is derived from a strain of algae that naturally produces high amounts of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), the healthiest omega-3s. Although most people think fish are the original source of DHA and EPA, these omega-3s actually come from the algae lower in the food chain.

“When salmon farming began in North America, farmers discovered that without fish oil in their diet, farmed salmon did not contain salmon oil in their tissues,” says Udo Erasmus, Ph.D., author of *Fats that Heal-Fats that Kill*. “Fish get their ‘fish oil’ from the foods they eat. When

we trace these supplement oils back to their origin, we find that the oils we call ‘fish oils’ are actually made by plants at the bottom of the food chain. One-celled red-brown algae makes fish oils. Fish oils are actually plant-based products.”

Algae and other plant-based omega fatty acids also will not deplete the ocean’s supply of fish. Industrial overfishing practices have wiped out certain types of fish before they’ve had a chance to repopulate, and unintentionally killed other

marine species besides fish—known as “bycatch”—in their large nets. Upwards of one million sea turtles, for example, were estimated to have been killed as bycatch from 1990-2008, according to a report published in *Conservation Letters* in 2010. The transition to aquaculture, where fish are raised in confined quarters (like the “factory farming” of pigs, cows and chickens) has its own environmental burdens.

According to the Mangrove Action Project, an estimated three million hectares of important coastal wetlands, including mangroves, have already been lost in order to make room for artificial shrimp ponds.

**CONTACTS:** FDA, [www.fda.gov](http://www.fda.gov); Seafood Watch, [www.seafoodwatch.org](http://www.seafoodwatch.org); Ovega, [www.ovega.com](http://www.ovega.com).

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## At Your Local Library

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

### KDL Lab: ReFashion It! -

Put your creativity to the test and see what you can make with old T-shirts, other clothing items and odd pieces of fabric. We supply the tools, you bring an old T-shirt and your imagination. Participants must be age 14 and older. For teens and adults. Saturday, February 7, 11 am.

### Heart to Heart Craft Party -

Roses are red, violets are blue, join our Valentine event, just for you! Celebrate Valentine’s Day with snacks and crafts. For all ages. Thursday, February 12, 10 am.

### Introduction to Mindfulness Meditation -

Over 35 years of published research supports the mental and physical benefits of mindfulness meditation. Instructors from the Grand Rapids Center for Mindfulness will introduce you to the theory and lead you through several foundational practices. A guided meditation CD and handouts will be provided. Pre-registration is required. Saturday, February 14, 11 am.

### KD aLe: Wrap-up Party and Beer

#### Release with Gravel Bottom Brewery

Learn all about how Gravel Bottom brews their beers, including KD aLe, which will be tapped for the first time that very night. Peruse their homebrew supply store and watch a homebrew demonstration. Don’t forget to show your library card to get a special deal on beer tasting. Tour and talk will be held at the Gravel Bottom Brewery, 418 Ada Dr. For adults. Wednesday, February 25, 6:30 pm.

...

**To die for an idea; it is unquestionably noble. But how much nobler it would be if men died for ideas that were true!**

~ H. L. Mencken  
(1880 - 1956)

**THEME:  
PRESIDENT'S DAY**

**ACROSS**

- 1. Cookie amount
- 6. "You betcha!"
- 9. Bartenders typically split these
- 13. Ancient Greeks' assembly area
- 14. Snake-like reef dweller
- 15. Gent or guy
- 16. Salad dressing vessel
- 17. African grazer
- 18. \*Truman's "State of the \_\_\_\_\_" was first one on TV
- 19. \*\*"Return to Normalcy" President
- 21. \*Uniform \_\_\_\_\_ Holiday Act
- 23. A Beatle bride
- 24. Cowboy's prod
- 25. Egg cells
- 28. Wisecrack
- 30. Old fashioned expression of disapproval
- 35. Bruce Wayne in "The Dark Night"
- 37. Chinese dynasty from 960 to 1279
- 39. High-strung
- 40. Jessica \_\_\_\_ of "Dark Angel"
- 41. Kind of test
- 43. Stake driver
- 44. \*The nation did this in Nov. '63 with Jackie
- 46. Sainly glow
- 47. Stack
- 48. Bracelet for the arm
- 50. "Scene one, \_\_\_\_\_ one"
- 52. Feather glue?
- 53. Cleanse
- 55. Bird-to-be

CROSSWORD														
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JANUARY 21 - JANUARY 27

- Miss Colombia, Paulina Vega, 22, has been crowned Miss Universe, winning out over contestants from 87 other countries.
- The New England Patriots spent a great deal of time defending and/or denying they knew anything about their footballs being underinflated. The Patriots face the Seattle Seahawks during Super Bowl XLIX this Sunday, Feb. 1.
- People across the Northeast braced for a "crippling and potentially historic" storm that could bury communities from northern New Jersey to southern Maine in up to 2 feet of snow.
- A baby in the French city of Valenciennes was named Nutella (after the chocolate, hazelnut spread) but a judge renamed her Ella saying the name "wasn't in the child's best interest."



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- 57. \*\*"He Kept Us Out of War" was his slogan
- 60. \*He hailed from Hope
- 64. BBQ spot
- 65. Building addition

- 67. Dry white Italian wine from Verona
- 68. Tim or Woody
- 69. \*George H. W. Bush led it in the '70s
- 70. "The Lego Movie" hero
- 71. Join together by heating
- 72. Barbie's beau
- 73. Nostradamus and Tiresias, e.g.

**DOWN**

- 1. "Cello Suite No. 1" composer
- 2. Site of Taj Mahal
- 3. \_\_\_\_ of duty
- 4. Belief
- 5. Detesting
- 6. Safecracker
- 7. Even, to a poet
- 8. Like Raphael's cherubs
- 9. Be inclined
- 10. Hipbones
- 11. Clever tactic
- 12. \_\_\_\_ Gabriel
- 15. Non-competitive race
- 20. White \_\_\_\_
- 22. Not safe in baseball
- 24. Having physical sensation
- 25. \*\*"Change We Can Believe In" President
- 26. Courage in the face of danger
- 27. Vinyl collectible
- 29. \*\*"No Child Left Behind" President
- 31. Impermanent employee
- 32. Characteristic
- 33. Throat dangler
- 34. \*\*"Tippecanoe and \_\_\_\_ Too"
- 36. Anglo-Saxon nobility title
- 38. Apple variety
- 42. Bumpkin
- 45. \*President Ford's VP
- 49. Chinese "way"
- 51. Knights' breastplates
- 54. T-shirt style
- 56. Fairytale garden dweller
- 57. Whip lash mark
- 58. It shall, for short
- 59. Behaved like Pinocchio
- 60. Family or kin
- 61. Like a broken horse
- 62. Last word in radio transmission
- 63. They now play in Brooklyn
- 64. "Hand" with claws
- 66. \*George Washington couldn't tell one?

Puzzle solutions on page 12

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

**THIS WEEK'S  
ONLINE  
POLL**

**Does all this talk about underinflated footballs dampen your enthusiasm for Super Bowl XLIX?**

- YES - I'm not going to watch
- NO - I'll watch anyway
- No opinion one way or the other

**TO VOTE IN  
THIS WEEK'S  
ONLINE POLL**

**WWW.  
thelowelledger.com**



# January in Pictures



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[www.redbarnmarket.biz](http://www.redbarnmarket.biz)  
 616.987.3182  
 3550 Alden Nash Ave NE: Lowell  
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 90° Curve South on Alden Nash  
 Market is on your Left

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**OPEN ALL YEAR!**  
 Monday-Saturday  
 8:30am - 5:30pm  
 Sunday  
 11:00am - 5:30pm

Ice Cream & Food  
 Soups • Sandwiches  
 Baked Taters • Hot Dogs  
 Gluten & Dairy Free Treats  
 Cookies & Muffins  
 Ice Cream ALL YEAR!

• FREE COFFEE •

Produce & More  
 Michigan Apples  
 Tomatoes • Potatoes • Onions  
 Jams • Salsas • Dressings  
 Michigan Maple Syrup  
 Firewood & Kindling  
 Michigan Amish Cheese  
 Wisconsin Cheese  
 Milk • Eggs • Bread

