

**nature center
winter fun**



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lhs sports



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More clarity over city vs union negotiations

by Tim McAllister
contributing reporter

The unfair labor practice charges against the city of Lowell were reviewed by three judges and found to be valid.

The city has been negotiating a first union contract with the International Brotherhood of Electrical Workers for just over three years. According to information obtained through the Freedom of Information Act, the union negotiations have cost taxpayers \$134,433.68 so far.

The IBEW filed unfair labor practice charges against the city with the Michigan Employment Relations Commission. In Oct. 2013 a MERC judge decided that city manager Mark Howe broke the law by denying raises and

other rights to unionized workers. The city filed a brief to have a three-judge MERC panel review this decision and in an order dated Jan. 28, 2014, the city lost this review.

The order requires the city to “cease and desist from interfering with, restraining or coercing employees in the exercise of rights guaranteed in section 9 of [the Public

Employment Relations Act], including the right to speak to individual city councilmembers, to the city council or to the media and the right to encourage public support for the union’s position concerning contract negotiations; discriminating against employees regarding terms and conditions of employment in order to encourage or discourage

union membership or activity; threatening employees with retaliation for having engaged in conduct protected under PERA, failing to bargain in good faith; and refusing to promptly and completely respond to information requests made by [the union] related to wages, hours, working conditions or disciplinary matters.”

The order describes instances where Howe broke the law by engaging in unfair bargaining tactics and withholding pay raises and bonuses from union employees.

“Water department employees, before joining the union, regularly received a raise when they obtained a new level of state licensure. [...] After joining the union

[Lowell Department of Public Works employee Todd] Phillips received his F-4 license but was denied the pay increase. In addition to being denied the license-based pay increases, the employees who joined the union did not receive a \$1,000 one-time pay adjustment given to all other full-time city employees... Howe insisted that because the employees joined a union and were engaged in bargaining, [he] was ‘prohibited by law’ from granting the increase. [Lowell Department of Public Works employee Ralph] Brecken asked to speak to the city council about the issue and Howe responded that Brecken ‘could not speak to the city

More clarity,
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“...[Howe]’s conduct, both at the bargaining table and away from the table, demonstrated a failure to bargain in good faith...”

~ from the Michigan Employment Relations Commission’s Decision and Order

Biodigester up and running and expected, in time, to produce enough energy to power up to 300 homes

by Tim McAllister
contributing reporter

Lowell Light & Power’s new biodigester is up and running and creating electricity.

“It’s been up and running almost every day for the last week or

March we should be up and running full time.”

Once the biodigester is up and running 24 hours a day, Pierce said it will produce enough to power between 200 and 300 homes.

to look at it on the long term. It’s like buying a home. You buy a home and you have a mortgage payment now that’s tight and then 10 years from now it’s not so bad and 20 years from now it’s real easy. That’s kind of the way you have to look at it.”

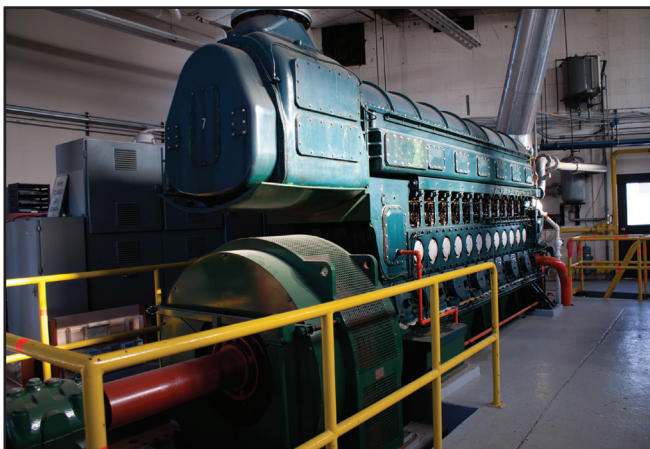
Pierce said that once the city buys the facility from LEAD, the company

that LL&P partnered with to open it, the city’s costs will decrease.

“The real savings to the customer will come when we actually buy the facility,” Pierce said. “That’s projected to be five years [from now]. We can cut out a lot of the other overhead costs when we run it ourselves.”

A biodigester creates electricity by mixing various waste materials with microbes. They have been hauling manure into the biodigester occasionally, but will soon increase this activity.

Biodigester,
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One of the combustion turbine engines in the Lowell Light & Power building.

so,” said Lowell Light & Power general manager Greg Pierce. “Not for the maximum projected time periods but for two or three hours here, two or three hours there. We’re still in the process of doing final testing. It’s a process involving [evolving] over a three or four-month period. We’re expecting that by

“I don’t think at this point in time it’s going to allow us to take a rate decrease so to speak,” Pierce said. “Over the time period that it’ll be running, which we’re expecting [to be] 20 years or more, it’ll help us keep our rates down. That’s one of the things with providing power. We have

“Hoops for Hope” fundraiser this Friday

by Kathryn Atwood
contributing reporter

The proceeds from a spaghetti dinner fundraiser entitled “Hoops for Hope” to be held this Friday will benefit 2002 LHS alumni Shelby Tomczak Offrink. The event will be held in the high school cafeteria from 5-7:30 pm.

Offrink underwent back surgery to remove a rare and aggressive cancerous tumor on her spinal cord last February. Doctors were able to remove about 75 percent of the stage four tumor, but due to complications were forced to leave the remaining 25 percent.

Though this type of

cancer is not considered curable, Offrink underwent radiation and chemotherapy over the past year in an effort to save her life.

This month the young wife and mother of two daughters, three-year-old Maeve and one-year-old Hazel, was re-admitted to the hospital and brain doctors delivered the devastating news that the cancer had spread to her brain. Choosing to continue the fight despite



the grim prognosis, Offrink began another physically draining round of radiation and chemotherapy in order to give her family every moment possible.

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CENTS



More clarity, continued

council about this matter [and] that it must stop with Howe... [Howe] denied [employees] the [\$1,000] adjustment in retaliation for protected... activity and in an attempt to coerce the employees... [Howe] claims that [he] had no independent obligation to provide the union members with the \$1,000 bonus. However, once [Howe] chose to award the bonuses, it could not lawfully deny them only to union employees and then blame the union for that denial. The record reveals that the decision to give the bonuses to all but union

employees was motivated by Howe's desire to retaliate against members for joining the union and engaging in other protected activity, and to deter future protected activity..."

The order describes in vivid detail Howe's "antagonistic" attitude toward the union.

"[Howe] insisted that he be the final arbiter on all grievances; that all employees be at-will as opposed to just cause; that [Howe] have the right to layoff full-time employees and replace them with non-union part-time employees; and that

[Howe] have the right to subcontract bargaining unit work without limitation... [Howe]'s conduct, both at the bargaining table and away from the table, demonstrated a failure to bargain in good faith... Howe's bargaining posture [is] particularly antagonistic, especially given Howe's insistence that the union be asked to give up all of the rights which might be found in an ordinary contract... [Howe]'s proposals [are] far outside the norm in public sector labor law and... intended to avoid

reaching a contract, as a contract based on such terms would be tantamount to no contract at all... Howe's demand that he be the final decision maker on all grievances, rather than a neutral arbiter, is evidence of an unwillingness to bargain in good faith. His

general bargaining stance, in essence, was that he have unfettered discretion to make all final decisions regarding any labor disputes."

There was one bright spot for the city. MERC's order says the city does not have to give pay raises

to employees who obtain higher-level water licenses because those raises were not part of the union contract.

"We lack the authority to order [Howe] to pay union members the raises. We do not police private contracts."

Lowell Area Chamber of Commerce is accepting nominations for Person of the Year

The Person of the Year award has been a chamber function since 1986. The Lowell Area Chamber of Commerce has continued

the tradition every year since then. This special award is given out at the Annual Gathering of the Membership that will be held on May 20 at the River Edge Bed and Breakfast.

The nominations are given to the selection committee and our Person of the Year is chosen. The selection committee is comprised of the last five years of recipients. Recipients qualified for this honor can be nominated by the following guidelines:

- Over time, the candidate has freely donated considerable time to the community, school district, church, or humanity. This is over and above the demands of their regular profession
 - The community is a better place to live because of the efforts of the candidate
 - The candidate positively promotes the community in both word and action
 - The candidate possesses new and innovative ideas that benefit the community
 - The candidate cannot be a Chamber Board/Foundation Board member at the time of nomination.
- If you know someone

who is deserving of this honor, please submit in writing your detailed nomination to LACC, PO Box 224, Lowell, MI 49331, email to info@lowellchamber.org or fax to 897-9101. The deadline for is Friday, February 6, 2015.

Past candidates include:

- 1986 - Chris Van Antwerp; 1987 - King Doyle; 1988 - Dr. Orville McKay; 1989 - Ivan Blough; 1990 - George and Dode Dey; 1991 - Dr. Robert Reagan; 1992 - Al Eckman; 1993 - Ray Quada; 1994 - Priscillia Lusmyer; 1995 - Mayor Jim Maatman; 1996 - Bob Pfaller; 1997- Jim Reagan; 1998 - Marsha Wilcox; 1998 - John Timpson; 1999 - Dr. Donald Gerard; 2000 - Dr. Roger LaWarre; 2001 - Bert Bleke; 2002 - Judy Straub; 2002 - Luanne Kaeb; 2003 - Jim Doyle; 2004 - Jim White; 2005 - Kraig and Jody Haybarker; 2006- Ray and Barbara Zandstra; 2007 - Marj Harding; 2008 - Betty Yeiter; 2009 - John Stencil; 2010 - Dave and Jan Thompson; 2011 - Joy Smith; 2012 - Perry and Teresa Beachum; 2013 - Noel Dean; 2014 - Greg Canfield.



along main street

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Come meet and have a cup of coffee with your city councilmembers on the first Saturday of the month from 8-10 am at the Lowell Area Chamber of Commerce office, 113 Riverwalk Plaza.

GILDA'S CLUB ACTIVITIES

Movie Matinee - Tues., Feb. 10, 3-5 pm. Join your friends in Lowell for an afternoon movie! **Yoga Meet and Greet** - Tues., Feb. 10, 4-5 pm. Have you ever wondered if yoga is something you can do? Yoga instructor Kathy Julien will be here to teach us about yoga, its benefits and help us discover if yoga is something we may benefit from. Kathy is excited to share her knowledge with the members of Gilda's Club. Come out and learn about this form of exercise that uses slow movements and stretching. **Book Club** - Tues., Feb. 17, 4:15-5:15 pm. Join Kathy Mieras for a relaxing and cozy book club. This month the book club is reading *Orphan Train* by Christina Baker Kline. Pick up a book to borrow at the parlor desk. **Laughter Circle** - Tues., Feb. 24, 4-5 pm. Come exercise your laughter muscles! Join Lindsay Jousma

for this well being workout that encourages laughter for no reason. No yoga mat or experience is required. Please wear comfortable clothes and prepare to leave happy, healthy and energized. Lowell Clubhouse, 314 S. Hudson St. For more information call 897-8600 or visit www.gildasclubgr.org/pinkarrow

AFFORDABLE CARE ACT ASSISTANCE

Available Feb. 20 from 10-4 pm at Flat River Outreach Ministries, 11535 Fulton East. Call 897-8260 for additional information.

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 can not agree on agenda, meeting canceled

by Tim McAllister
contributing reporter

Lowell city council could not agree on an agenda and canceled their Monday, Feb. 2 meeting at city hall. If it had proceeded, the meeting would have included a resolution to end the city workers' union negotiations.

Before the meeting started councilor Matt Mayer asked to add an item to the agenda.

"Under new business I would like to add 'Discussion of MERC decisions,'" Mayer said.

Mayor Jim Hodges and councilor Sharon

Ellison voted not to add it. Councilors Matt Mayer and Jeff Altoft voted to add it. Councilor Jim Hall was absent. Because of the tie vote the item was not added to the agenda.

The council's next order of business was to approve the meeting agenda "as presented," without any additions or corrections. Mayor Hodges and councilor Ellison voted to approve the agenda, while councilors Mayer and Altoft voted not to approve it. This caused confusion.

"So we don't have a meeting because we don't

have an agenda," Ellison said.

"Perhaps. Any guidance here," Hodges said to Howe.

"Should I call [city attorney] Dick [Wendt]?" Howe asked.

"This never happens," Ellison said. "I don't know what we're supposed to do."

"Sure, yes, please," Hodges said to Howe.

City manager Mark Howe called for a five minute break while he attempted to call city attorney Dick Wendt. Howe returned after several minutes and said

Wendt did not answer the telephone call.

"My best advice to you is that the meeting's adjourned," Howe said. "You do not have an agenda."

"We do not," Hodges said. "I declare this meeting adjourned."

If the meeting had gone as planned, Howe planned to present a "resolution to ratify a collective bargaining agreement with the International Brotherhood of Electrical Workers Local 876 and to decide not to appeal [the] MERC case."

The resolution states, "the city of Lowell and

the [IBEW], representing employees in the Department of Public Works, have reached a collective bargaining agreement which... has been ratified and signed." It also states, "the city of Lowell desires to ratify the collective bargaining agreement and move forward to an amicable and productive relationship with the [IBEW]."

"That is a resolution that I was prepared to give to the council under 'union negotiations,'" Howe said. "We were going to move

forward, and in the spirit of moving forward we're also going to commit to not appealing the recent MERC decision. The Light & Power board approved the agreement tonight [Monday] at its meeting. The agreement has also been approved by the union. It's been ratified by the employees and so it is only left for the council to approve that and sign."

The city council's next regular meeting will be at city hall on Monday, Feb. 16.

New Lowell health initiative draws regional partners

Later this spring, Lowell Community Wellness will officially launch a health initiative that is the first of its kind in Michigan. After two years of research and meetings with key community leaders, the local nonprofit has been awarded funding to create and conduct a health survey of the Lowell community. This survey will be used to identify health related programs and services not currently available in Lowell.

The initiative is called LoWellness and it is a multi-phase project designed to use data from the survey to guide decisions about programs that people in Lowell want to see offered locally. Community

Research Institute (CRI) has been contracted to design the survey and analyze the data. This firm specializes in community based research. It is part of the Johnson Center for Philanthropy at Grand Valley State University.

Surveys like this are often called health needs assessments and are typically conducted by large hospitals or health systems and county health departments. What makes Lowell's survey unique is that it is being conducted by a community, a private organization, for its own purposes and objectives. Surveys done by large institutions are designed to reduce health care costs or qualify for federal

funding. But that's not the objective of the survey for LoWellness. This survey will be used to identify needs of Lowell residents and uncover barriers to good health such as insurance, transportation and Internet access.

LoWellness has drawn the interest of regional partners who have stepped up to be a part of this effort. The advisory board has representation from Spectrum Health, Priority Health, the Alliance for Health and several programs at Grand Valley State University. Also serving on the board are representatives from the Lowell community including a local pastor, a counselor, a social worker, a school principal, a

business owner, a dietitian and executive directors from Flat River Outreach Ministries and Fountain View, both of Lowell.

Information from the survey will also be made available to community stakeholders such as Lowell Area Schools and Flat River Outreach Ministries. They will learn more about the economic and health needs of area residents which can assist them in developing programs to address unmet needs. Local employers and municipalities would also have access to the data for their planning purposes.

Barb Hoogenboom of Lowell, past president of Lowell Community Wellness, has been a part of the project from the

beginning and now is on the advisory board. "This is an innovative and exciting project for Lowell. It's great to see so many regional partners like Spectrum Health, Priority Health and Grand Valley State University come together on this effort.

LoWellness will change how communities identify and address the health needs of residents. It could be a role model of best practice for other communities on how to collaborate and create the right resources for the wellness of an entire community."

Fundraiser, continued

In addition, her husband Ben found out last August that his Hodgkin's lymphoma had returned, for a third time, since his cancer journey began in 2002. He is currently undergoing chemo while caring for his wife and two daughters.

After learning of the couple's plight, several members of the Lowell schools' community jumped into action planning a "Pink Out" and benefit dinner for the Offrink family during this Friday's varsity basketball double header against East Grand Rapids.

"Shelby was such a positive team player when she was involved in both basketball and softball at Lowell High School," said

vice principal Dee Crowley. It seemed like a great opportunity for the current athletic programs and our students to show positive support for her family."

The event is being planned by friend Zach Beachum along with friends and school staff, including Crowley and Murray Lake

Elementary principal Brent Noskey.

The cost for the dinner is \$5 per person. The meal will include a spaghetti main course, breadsticks, side salad, dessert and punch or water. 100 percent of proceeds will directly benefit the Offrink family.

Basketball games will start at 6:00. Admission to this game is free for all Lowell elementary students.

Those who would like to help but are unable to attend are asked to make electronic donations at www.youcaring.com/BenShelby2015

Randy Willcox takes over as new Bowne Township supervisor

by Tim McAllister
contributing reporter

Bowne Township is getting a new supervisor.

As of Feb. 1, Randy Wilcox will take over the duties of township supervisor. Christian Wenger, the current supervisor, is stepping down.

"I just decided I had enough of it after 22 years," Wenger said. "I finally agreed I would give it a try."

"He's been asking me to do it a long time," Wilcox said.

Wilcox said it's too early to have made any big plans for his new position.

"I'll just attend all the meetings, learn what it's all about, see if I can[t] benefit the community," Wilcox said.

"He's a good man, very good," Wenger said.

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financial focus 
Christopher C. Godbold



When investing, use the "power of three"

Many factors will affect your results as an investor — and some of these factors are beyond your control, such as interest-rate movements or the eurozone debt crisis or the sales results of the companies in which you invest. However, as you work toward your financial goals, you will find that you actually have control over three of the most important drivers of investment success: *time*, *money* and *return*.

Let's look at these three elements:
• *Time* — Time can be a big asset — if you use it wisely. However, many young people, just starting out in their working lives, think they can wait until "later" to begin investing, as their retirement is so far away. But this could be a mistake. The earlier you start to invest, the

more money you will put away, and the greater the potential for your money to appreciate. If you do wait until mid-career before you start seriously saving and investing for retirement, you will still have options, but you may need to make some trade-offs, such as possibly retiring later than you had originally planned. So here's the key: Start investing as early as possible — and keep investing.

• *Money* — Not surprisingly, the more money you invest on a regular basis while you are working, the more money you'll likely end up with when you retire. Suppose, for example, that you invested \$3,000 per year and earned a hypothetical percent annual return. After 30 years, you'd have accumulated about \$303,000 (assuming the investment

was placed in a tax-deferred account, such as a traditional IRA). But if you put in \$5,000 per year, instead of \$3,000, and earned the same hypothetical 7 percent annual return, you'd end up with about \$505,000 after 30 years, again assuming the investment was placed in a traditional IRA. The difference between \$3,000 per year and \$5,000 per year isn't all that much — just about \$40 a week — but after 30 years, these relatively small differences can add up to a big sum of money. Of course, this is just a simple illustration that shows how saving more can possibly put you in a better position in the future. Keep in mind that there are no guarantees and that the value of your investments will fluctuate.

• *Return* — You might think that your investments' rate of return is the one variable over which you have the least control. However, "least control" doesn't mean "no control." You *can* control your potential return to the extent of selecting a mix of stocks, bonds, government securities and other investments that reflects the level of risk you're willing to tolerate in exchange for the potential growth you'd like to achieve. By creating this mix, you can help yourself avoid the biggest investment risk of all — not reaching your long-term goals.

By investing for as many years as you can, putting in as much as possible each year and choosing an investment mix that provides you with the greatest potential reward given your risk tolerance, you can take command, to a significant extent, of your own investment success. And that's a type of authority you won't want to relinquish.

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ANIMAL HOSPITAL OF LOWELL

viewpoint

to the editor

seeking fairness

Dear Editor,
I would like to clarify a point in regard to your article on the city council meeting of Jan. 20th. It was well written and accurate but by omission I may have been misinterpreted by your readers. I am not opposed to a new restaurant in town and I am not against them serving alcohol! The reason I spoke at [the] council meeting was because I believe in equality. There are over 30 liquor licenses available in Kent County; they could purchase one of these on the open market just

like Sneaker's, Roll Away and the Century Post had to when they started serving the Lowell community. It may be more expensive but that is the cost of doing business and by the way, the city is planning on building them a parking lot for who knows how much? Maybe we should build Ella's one because they really have no place to park. And on and on it goes.

Mike Larkin
Larkin's Restaurant

wasted funds

Dear Editor,

I asked and received information under the Freedom of Information Act to reveal the total capital spent by the city manager in the year 2014.

The information received cost me \$22 and totaled \$31,641 spent by the city manager in the year 2014 to fight the city workers.

Anyone interested in seeing the paperwork can feel free to contact me at 616-634-3296.

The attorney for the city (not the city - actually Mark Howe) submitted 12 invoices to the city naming

at least four attorneys and a messenger.

This pushes the total spent by the city manager to close to \$150,000 in his fight (not Lowell's fight) against the city workers.

Your streets fall apart and the city manager spends the funds that could have been used to repair them on attorneys and actions he is required to apologize for.

Councilperson Altoft, in a recent city council meeting, submitted a motion "to have the firm representing the city in the case against the unionizing workers be dismissed along

with the current city attorney as both firms are not acting in the best interests of the citizens of Lowell."

The motion to second was submitted by councilperson Mayer and the three "stooges" on the

council having a majority voted the motion down.

Next time you see them, ask them "why they are not acting in the best interests of the citizens of Lowell?"

Alan Teelander

reader wants more than one opinion

To The Editor,

Wow. What a diatribe by the new Lowell Ledger senior contributor Jim Howard. In Jim's Jan. 28 edition, he clearly outlines the ongoing attacks on the city council is personal.

He writes in first person and reminds us 11 times it is about him and not the city or community at large. As subscribers we need to demand the Ledger drop Jim as a contributor to the paper and that they open the "To The Editor" section up for others and better yet other topics. It appears Jim will not be satisfied without a personal apology.

It is curious the adults involved with the union

debate do not represent themselves but let Jim do their bidding. A suggestion, Jim is not helping your cause or this community. All would be better off if Jim was asked to butt out. As you write Jim, you are personally still waiting for a signed contract. Personally. Really? Come on subscribers, let the Ledger know we want better than one person's personal opinions week after week.

Joe Sejat
Lowell

Editor's note: As it states in our disclaimer at the bottom of this page, "We love to hear from you!"

pay no attention to the man behind the curtain

Dear Editor:

Recently I've been hearing lots of questions being asked. Here are some of them.

1. Has the City Manager accomplished anything positive for the City in the three years he's been here that was not already in the works before he even arrived? For instance, he has taken credit for the Riverwalk Extension but this was originally spearheaded by Council Member Ellison before the City Manager was even hired.

2. Does the City Council really approve of paying the City Manager for spending so much time sitting in unproductive negotiation meetings where he refused to negotiate in good faith, and in court

hearings where he was being sued for unfair labor practices?

3. Did the City Council really approve of the City Manager spending more city funds to appeal the court findings that he disagreed with using the overpaid union-busting attorney?

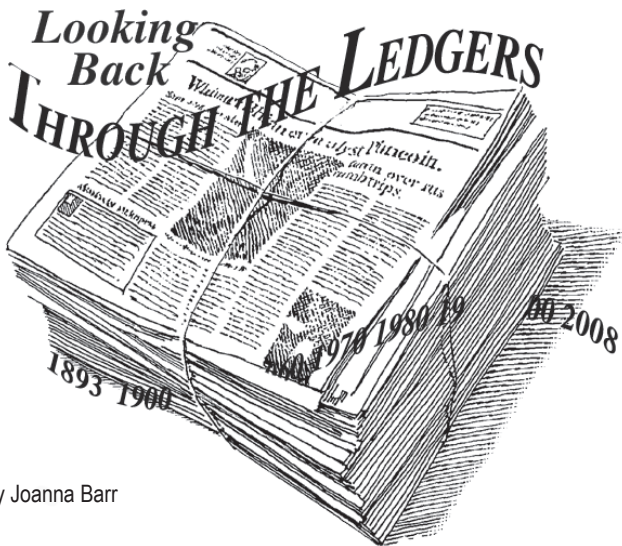
4. How can the City Manager say this wasn't an appeal? In the October 23, 2013 issue of the Lowell Ledger he stated "We're going to move forward and appeal the decision" and "We certainly have a right to appeal" and his attorney John McGlinchey said, "We plan on filing an appeal". Does the City Council really support this type of deceit and double talk?

To The Editor,
continued, page 7

We love to hear from you!

The Lowell Ledger welcomes your Letters to the Editor. Letters are required to bear the author's signature, phone number and address (for verification purposes only, not for publication). Letters will be published at the discretion of the publisher. Opinions expressed in "To The Editor" are not the views of the Ledger employees or the publisher. All letters are subject to editing for length and grammar. Thank you letters and advertising will not be printed.

Letters may be submitted via email to: ledger@lowellbuyersguide.com ("to the Editor" in subject line) or dropped off or mailed to: The Lowell Ledger, 105 N. Broadway, Lowell, MI 49331.



By Joanna Barr

125 years ago Lowell Journal February 5, 1890

The opportunity has come for us to have adequate railroad facilities, and now let us all put our shoulders to the wheel and lift together and we will surely have a railroad over town. Let there be no hanging back, everyone work and everyone talk and it will surely succeed.

Last fall Prof. C. Melville Fowler, Dancing Master, of Grand Rapids, opened a school here for dancing, with about twenty pupils. At present there is an attendance of some sixty and the number still increasing, which fact alone attests the Prof.'s merits as an terpsichorean artist. His method of teaching is so simple that a child can learn the most difficult dances in a few moments. Next Monday night the Berlin.

Harry Gough, our ex-laundryman, was in town this week. Harry says Lowell is home to them, in spite of all.

100 years ago The Lowell Ledger February 4, 1915

Headline: Yes, it was "three times and out" - Lowell votes for a \$50,000 school building. Nearly four hundred votes out. Venerable Central building doomed to abandonment. It was "three times and out" on the school building proposition and the Ayes have it by a large majority. At the special meeting of the voters of school district No. 1 at the Central building last Friday evening, 392 votes were cast. Of these 242 were "Yes,

144 "No" and 6 were thrown out for mutilation. When will people learn as simple a thing as "Yes" and "No.?" This vote commits the taxpayers of the district to a \$50,000 grade and high school building fully equipped and dooms the venerable old Central building to an early but honorable retirement.

The sleet and windstorms of Sunday night and Monday did great damage to telephone and electric light and power lines. Gangs of workmen went to work immediately on repairs but in Monday's blizzard found it almost impossible to accomplish much. The ground was frozen very hard and the wind driven icy particles in the air cut the faces and blinded the eyes of the workmen. If there is any delay in receiving The Ledger this week, it may be attributed to lack of power for press work.

Postmaster Earl Hunter assumed his new duties Tuesday. Garfield Ford remains with the new administration and Marie Perry will continue as clerk while the new postmaster is learning the ropes.

Headline: A business change - Rhodes Photograph Gallery is sold to R. E. Green. F. B. Rhodes has sold his photograph business to R. E. Green, formerly of Hastings, who will take possession in about two weeks. Mr. Rhodes has bought a gallery and home at Gaylord and will move to that place after closing up his business affairs here. He has been in business in Lowell about twelve years, is an expert photographer and a good citizen.

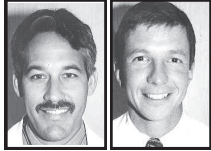
75 years ago The Lowell Ledger February 8, 1940

The common council voted Monday night to add to the village-owned property on Reservoir hill by purchasing from A. Velzy, lot 109 Ellsworth addition and the 66 feet of roadway. Acquiring of this property by the village will insure that the trees and the improvements now made and in the process of being made will be safeguarded. The purchase price was \$150.

It goes without saying that the Lowell high school gym will be crowded to the doors next Tuesday night for the third annual basketball game between Main St. supermen and the men of the high school faculty—or to put it another way, the battle of Brawn vs. Brains. The game will doubtless be played strictly according to London prize rings rules with no holds barred.

From Adrian F. Zwemer, Science teacher of the Lowell high school, we learn a matter of interest

health



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

fish oil supplements

Many people take fish oil supplements to help lower cholesterol and triglycerides. These products contain omega 3 polyunsaturated fatty acids (PUFAs) and are available over-the-counter and by prescription. Doctors have been recommending fish oil supplements for years for people with hyperlipidemia. PUFAs work by reducing triglyceride production in the liver, increasing triglyceride clearance from the blood and increasing HDL cholesterol levels. Daily doses of this supplement will reduce serum triglyceride levels by 20 to 50 percent. Recent studies have shown no convincing evidence that fish oil supplements reduce cardiovascular events or

decrease mortality in people with cardiovascular disease. Although supplementation improves our cholesterol numbers it does not appear to lower our overall cardiovascular risk. People that take fish oil supplements have reported excessive belching, stomach upset and an unpleasant aftertaste. Fish oil taken in large doses can interfere with clotting of blood and increase bleeding time. In conclusion, omega 3 polyunsaturated fatty acids may lower serum triglyceride levels by 20 to 50 percent, but they have not been shown to decrease the risk of pancreatitis and there is no convincing evidence that these supplements actually prevent cardiovascular disease.

Looking Back, continued

regarding the planets of our solar system, five of which are visible in the western sky to the naked eye in the early evening at the present time. Viewed from the earth these five planets are seen in the following order: Mercury, Jupiter, Venus, Saturn, and Mars. It will be many years before these five planets will again form the same assemblage, so let your eyes provide you with a great thrill as you gaze through millions of miles of space. You can pick the planets out from the fact that they do not twinkle as do the stars.

It would be appreciated if any person or persons who may have a victrola or records which they are no longer using, would donate them to the local schools, where they will be used in teaching students the appreciation of good music. Recordings of classical and semi-classical music are especially desired. Anyone wishing to make a gift of either victrola or records, may call the high school and arrangements will be made for getting the same.

50 years ago The Lowell Ledger February 4, 1965

The heavy snows this year have been rewarding to those who have been keeping their bird feeding stations well stocked with food for our fine feathered friends. Several bird feeders have been frequented by untimely birds. A robin was seen braving the bitter cold last week. Saturday morning, Mrs. Earl Ketcham, Lowell View Avenue, spotted a morning dove breakfasting at her feeder.

The next commercialized holiday is St. Valentine's Day, February 14. But February also calls attention to

National Boy Scout Week, American Music, Cherries, history, crime prevention, and beauty salons. Ground Hog's Day, Tuesday, saw the sun come out so maybe the animal's shadow was cast, so we can look forward to better weather.

Headline: Discontinue drivers license bureau here in June. The Lowell City Council was notified this week by the Michigan Department of State that Lowell will probably have to discontinue issuance of drivers licenses due to the requirements of the State. It was indicated that the license bureau is scheduled for removal in June. Under act of the legislature requiring a laminated photograph on every drivers license, Lowell not having this type of photographic equipment, will not be able to issue licenses. All drivers in Kent County will have to go to the Sheriff's Department in Grand Rapids. The only photographic equipment in the county will be there and at the Grand Rapids Police Department and probably in Wyoming City Police headquarters.

President of Lowell Showboat, Inc., Frank Stephens, has called a meeting of the Board of Directors for Tuesday, February 9. At the meeting the board will hear the proposal of Reginald Vorhees on taking over the 1965 show.

25 years ago The Lowell Ledger February 7, 1990

Headline: Keech enters plea of guilty to 2nd degree murder in boy's death. Charles Edward Keech, a 34-year old Lowell man, entered the plea of guilty to the charge of second degree murder in the Aug. 11, 1989 death of five-year old boy David Dickerson in exchange for the prosecutor's recommendation that Circuit Judge Charles Simon Jr. stay within the state's sentencing guidelines, which call for a minimum sentence of 4 to 15 years, according to Ionia County Prosecutor Gary Gabry. The prosecutor added that sentencing will be in six to eight weeks. Gabry said that some people feel that 12 1/2 years is far too short. "I didn't feel we were giving away anything. The public tends to minimize the impact of 15 years. Fifteen years is a long time to be locked up if you haven't been locked up before. But when you look at it from the standpoint that a little boy's life is gone, it doesn't seem that long."

Headline: City awaits approval on matching grant. Pending final approval from the state, the City of Lowell will receive \$47,000 in a matching Recreation Bond Grant. The money will be used to help assist in the development of Stoney Lakeside Park. The monies will be provided for establishing a beach area, bath shelter, picnic area and parking lot with access drive. There is over \$57 million requested through the grant process, but only \$14.4 million is recommended. The grant which is a 50-50 match totalling \$94,000.



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(Youth Ministry moves to Wed. during summer)

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FEBRUARY 5
Ann Mulder, Kenneth Gregersen Sr., Colleen Myers, Mandy Schneider, Mike Conklin.

FEBRUARY 6
Donna Oesch, Reed Stormzand, Norm Johnson, Angie Blough.

FEBRUARY 7
Margaret Peckham, Gordie Barry, Peggy Covert.

FEBRUARY 8
Laurie Chambers, Maya Newhouse, Steve Estes, Karis Dilly.

FEBRUARY 9
Tom Covell, Alan Ryder, Noah Newhouse, Madison Lombardo, Brady Foster, Dave Vankeulen, Charlotte Drake.

FEBRUARY 10
Richard Korb, Eric Kimble.

EARTH TALK™

Questions & Answers About Our Environment

Dear EarthTalk: What on Earth are plastic “microbeads” and how are they threatening the Great Lakes? - Billy Alexander, Macon, GA

Can brushing your teeth or using an exfoliating face or body wash be an act of pollution? Perhaps so, because over 1,000 personal care products contain tiny plastic “microbeads,” each about a half millimeter in diameter. The Los Angeles-based 5 Gyres Institute, which works to end plastic pollution in the world’s oceans, found about 360,000 of these plastic beads in one tube of Neutrogena Deep Clean face wash. Hardly visible to the naked eye, these tiny objects flow straight from bathroom drains into sewer systems.

In July 2012, 5 Gyres went on an expedition with researchers from the State University of New York (SUNY) at Fredonia to determine the micro-plastic pollution of the Great Lakes Region. Data from this study, which was published in the December 2013 edition of the peer-reviewed *Marine Pollution Bulletin*, revealed an average of 43,000 plastic microparticles per square kilometer in the Great Lakes. The highest concentrations were observed in Lake Erie, and accounted for about 90 percent of the total plastics found.

“We found high concentrations of micro-plastics, more than most ocean samples collected worldwide,” said Marcus Eriksen, the study’s lead author and co-director of the 5 Gyres Institute. “These were of similar size, shape, texture and composition to plastic microbeads found in many consumer products used as exfoliants, giving us circumstantial evidence that these products, designed to be washed down the drain, are not adequately being captured by sewage treatment.”

Sewage treatment facilities are not designed to capture tiny microbeads, and during rainy days sewage can overflow into waterways. Once they enter waterways, they move into

fish, which confuse them for food, then into those who eat the fish, including wildlife and humans.

“People simply don’t like washing their face with plastic, and the fact that it’s designed to go straight into the environment makes microbeads a particularly egregious source of plastic pollution,” says Stiv Wilson, Policy Director at 5 Gyres. “These beads are similar in size to fish eggs and can absorb and concentrate toxins found in the aquatic environment, making them an ecosystem wide threat to the food chain.”

Once they determined the scale of plastic microbead pollution in the Great Lakes region, the 5 Gyres Institute launched a campaign asking personal care product manufacturers to remove plastic microbeads from their products. The response has been very positive: Unilever

said that it would complete a global phase out of plastic scrub beads from personal care products in 2015; Procter & Gamble said that all of its products will be free of microplastics in 2017; Johnson & Johnson, the maker of Neutrogena facial products, has already begun the phase out of polyethylene microbeads in its personal care products and has stopped developing new products containing plastic microbeads; and L’Oreal has decided not to develop any new products with microplastic-pearls and is also working on a substitute for these exfoliating agents in existing product formulas.

You can determine if there are microbeads in your personal care products by checking the ingredients for polyethylene or polypropylene, or by using the 5 Gyres Institute app, Beat the Microbead, which scans the barcode

of products and informs you whether or not they contain plastic microbeads and if the manufacturer has agreed to remove them.

CONTACTS: 5 Gyres Institute, www.5gyres.org

EarthTalk® is produced by Doug Moss and Roddy Scheer and is a registered trademark of Earth Action Network Inc. View past columns at: www.earthtalk.org. Or e-mail us your question: earthtalk@emagazine.com.



...

"I disapprove of what you say but, I'll defend to the death your right to say it."

~ Evelyn Beatrice Hall (often misattributed to Voltaire)

To The Editor, continued

5. Does the City Council approve of spending well over \$150,000 of tax payer money fighting a Union that never would have been here in the first place but for this City Manager?

6. Is it true that over \$16,000 of tax payer money has been spent just to fight paying one employee the \$1 an hour raise he rightfully earned? Do you realize that would be about eight years worth of wages for that employee. Is this really sound fiscal management?

7. If not for all of this would the City Manager have had the time and money to do his job and see the city in a totally different position by now?

8. How can a simple apology be accepted when it has been determined by four judges in two separate rulings that the City Manager has broken City, State and Federal laws? Isn't this cause for immediate dismissal according to City Charter?

9. Was this really just one mistake on the City Manager's part or a whole series of calculated decisions?

10. Has anyone seen the movie *The Wizard of Oz*? Who is that man behind the curtain? Has it been the City Manager all along using smoke and mirrors

to blame everyone else for all the problems that have developed since his arrival?

Lots of questions that maybe the City Council should be asking themselves.

Lastly, I'd like to respond to a statement

made by Mr. Letzmann, “I know you want to get on television.” That was totally inappropriate. I don't think any of us who stand here before you like being televised. We have been here over and over again out of concern for this

city and the damage we see this City Manager and this City Council doing to our wonderful community. If Mr. Letzmann had done his homework he would have realized that!

Sincerely,
Peggy Covert



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WRWW 92.3 & Internet Schedule

[SUNDAY]
[02-08-15]

9:00 pm Old-Time Radio

[MONDAY]
[02-09-15]

11:25 'Noon with Noah' with Noah Worsley
2:45 'The Infinite Show' with Raiden Miller
4:30 'Kids These Days' w/Roman the Showman
7:00 LHS Band Concert

[TUESDAY]
[02-10-15]

11:25 'Noon with Noah' with Noah Worsley
3:00 'The Lovely Beats Show' with DJ Cupid
4:30 The Mitchel Brown Show
7:00 LHS & LMS Choir Concerts

[WEDNESDAY]
[02-11-15]

11:25 'Noon with Noah' with Noah Worsley
2:30 'The Music Locker' with Connor Smithee
4:30 'The ToxicTunes Show' with Jacob Hults
7:00 Varsity Wrestling: Team Districts

[THURSDAY]
[02-12-15]

2:30 'The No Topic Show' with Dakota Krzysik & Devin Read
4:30 'The Classic Music Show' w/Clayton Brown

[FRIDAY]
[02-13-15]

11:25 'Noon with Noah' with Noah Worsley

[SATURDAY]
[02-13-15]

10:00 'ArrowTalk': Healthy Minds
3:00 'The Random Explosion Show' with Joe Ryder

WRWW is a 24/7/365 radio station licensed by the FCC to Lowell Area Schools. It can be found at 92.3 FM. The station simulcasts on its internet radio station located at www.lowellradio.org When the above-mentioned programs are not 'airing', a variety of music is played.

Red Arrow **SPORTS**

Red Arrows beat Caledonia 82-81 in double overtime

by Kathryn Atwood
contributing reporter

A nail-biting double overtime win and a hard fought loss were the results of last week's Red Arrow varsity boys basketball schedule which featured OK White rivals Caledonia and Forest Hills Central (FHC).

At Caledonia on Tuesday Lowell started out strong leading after the first period 22-16, but Caledonia came back hard in the second outscoring the Arrows by eight to end the half on top 36-34. The Scots continued to outscore Lowell in the third period and extended their lead to 49-45.

Tighter defense from Lowell in the fourth

propelled them back into the lead in the waning moments of regulation play, but a two-point basket from Caledonia at the buzzer tied the two teams at 59 and forced the game into overtime.

Caledonia built up a seven-point lead in the first overtime before the Arrow's Matt Beachler landed three big three-point baskets to put Lowell back in the game. The evenly matched squads both earned 13 points in overtime to tie once again and propel the squads into a second extra period. Lowell was able to hold off the Scots by a single point to earn the double overtime win 82-81.

"Our team was able to make some winning plays and Matt made big shots for us," said Lowell head coach Kyle Carhart. "We were able to get a couple stops early in the second overtime and we were able to distance ourselves with some free throws to hold on."

Lowell went 24-29 from the line to earn an 82.8 percent success rate while Caledonia struggled going only 9-18 for 50 percent. The Lowell win was accompanied by an outstanding offensive effort from the young team. Sophomores Beachler and Austin Branagan earned 28 and 27 points respectively.

"Austin gave us some inside scoring. We really emphasized that in practice and Austin did a great job throughout the game of executing and finishing around the basket," said Carhart.

Junior Ryan Stevens also scored in the double digits logging 20 in the scorebooks. Carter Noskey, Mitchell Davis and Alex Anschutz also added to the team's winning point total.

Friday on the road the Lowell team faced the undefeated Rangers from FHC in their fourth OK White match-up of the season and suffered a decisive loss 72-57.

FHC's dominating effort was led by their "Big Three," Xavier Tillman, Chad Bauchan and Ike Kanu, who combined for a massive 48 points and 18 rebounds, along with a fast-paced defensive effort that made them nearly unstoppable on the court. The squad outscored Lowell in all but the last period to seal the win.

Beachler and Branagan led in points for the team at the glass once again, putting up 24 and 11 points respectively, while Stevens came in at nine. Josh Branagan, Gabe Steed, Marcus Malling and newcomer Davis also contributed to the offensive effort.



Sophomore Matt Beachler led the Arrows' offense last week earning a total of 52 points in the team's two OK White showdowns.



Junior Ryan Stevens used aggressive play and fast feet to score 20 points in the team's win against Caledonia.

Lowell (7-4 overall, 2-2 OK White) will compete twice at home this week taking on non-conference foe Kenowa Hills and OK White rival East Grand Rapids on Friday beginning at 6 pm.



HOOPS FOR HOPE A Dinner For THE OFFRINKS

Join the Lowell Community in supporting the Offrink family. Shelby Tomczak Offrink is a Lowell 2002 graduate and a former basketball and softball player. Currently Shelby and her husband Ben are both struggling with cancer. Shelby has recently received news that her cancer is now traveled to her brain and the prognosis is very grim. She and her husband have two beautiful daughters ages one and three. Please come out and support the Offrink family and cheer on the Lowell High School Varsity basketball programs as they take on East Grand Rapids. If you cannot make it, donations can be made electronically at: www.youcaring.com/BenShelby2015

At Huntington Bank -
Checks can be made payable to Offrink Family Donation Fund.

- **FRIDAY, FEBRUARY 6, 2015**
- **5:00 - 7:30 LHS Cafeteria**
- **Cost is \$5.00 proceeds to benefit the Offrink Family**
- **Dinner includes:** spaghetti with meat sauce, breadstick, salad, dessert & punch/water
- **Elementary night at the basketball games - all Lowell elementary students get in free!**



SPAGHETTI DINNER FUNDRAISER

GYMNASTICS

Red Arrow

SPORTS

Gymnasts earn top scores, defeated by slim margin

by Kathryn Atwood
contributing reporter

Despite visible improvements and excellent effort, the Lowell varsity gymnastics team suffered two slim margin losses last week when they faced both Forest Hills Northern (FHN) and Rockford.

Monday on the road the squad faced FHN and came up just less than a point short of the win, earning 138.6 to their opponent's 139.24.

Senior Lauren DeHaan earned top scores for Lowell on the vault (8.975), the beam (8.975) and the floor (9.2) and was the team's top all-around scorer earning a total of 35.625.

Also scoring in the top four for the Arrows on the vault were Lauren Browning (8.875), Corah Kaufman (8.8) and freshman Maura Fitzpatrick (8.6).

On the beam DeHaan was followed by Kaufman (8.7), Bethany Kaczanowski (8.6) and Karmen Anderson (8.225).

"The girls had a much better day on beam," said head coach Michele DeHaan, "Five out of seven girls had no falls and all four

scores that counted were above an eight. I am excited about the improvement the girls showed on this event. Their hard work at practice is showing."

On the floor exercise Browning (8.9), Fitzpatrick (8.55) and Leana Weiler (8.45) rounded out the top four behind DeHaan.

Sarena Wilterdink earned Lowell's top score on the bars with an 8.6, followed by DeHaan (8.475), Fitzpatrick (8.45) and Alise Forward (8.325).

Wednesday inside the Arrow auxiliary gym, the team competed against rival Rockford, this time coming up short just 2.525 points during another extremely close dual that left Rockford on top 139.75-137.225.

DeHaan and Browning both earned a 9.0 to lead their team on the vault followed closely by Kaczanowski (8.9) and Kaufman (8.8).

On the bars Wilterdink (8.45) came up with the team's top score. Kaufman (8.2), Browning (8.1) and DeHaan (8.075) also placed among the top four for their team on the event.



Sarena Wilterdink doing an uprise on bars.

Another great performance on the beam left Fitzpatrick in the top spot for the team earning an 8.85 followed by Sela Bauman (8.55), Colleen Cater (8.35) and Browning (8.3).

Kaufman led on the floor exercise with a score of 8.75 just ahead of her

teammates: Kaczanowski (8.675), Bauman (8.625) and Weiler (8.6), who also earned top all-around honors for the Arrows with a total score of 31.55.

Coach DeHaan said she was very pleased with the floor performances considering the team faces special circumstances in this

particular event, "Since we do not practice at the high school, we cannot use our spring floor for home meets due to the time it takes to move it and set it up. It really puts our girls at a disadvantage having to use a different floor than what we practice on. We have to water down the tumbling

because you can't do the same skills on a foam floor that you can do on a spring floor. So the points for the requirements we lose in changing the tumbling, we have to try to make up in jumps and leaps. To still have some floor scores in the high eights was good."



Karmen Anderson doing a back handspring on beam.



Paige DeHaan doing a cartwheel on beam.

The squad hopes to come out on top this week when they face East Kentwood High School on Monday and welcome Kenowa Hills on Wednesday to the team's senior night starting at 7 pm.

L
Go Red Arrows!



Catch Up On Lowell High School Sports

the lowell



ledger



BASKETBALL
Red Arrow
SPORTS

Tough week for Lowell girls basketball

by Kathryn Atwood
contributing reporter

Lowell's varsity girls basketball team suffered two tough conference losses last week when they battled Caledonia at home and Forest Hills Central (FHC) on the road in OK White action.

Lowell started out strong on Tuesday when they welcomed the Caledonia Fighting Scots. Rebounding well and going on a quick 10-1 run opening the game. With points coming from Ally Frederickson, Tara McQueen and Kate Montgomery, Lowell took the early lead.

Caledonia began to fight back toward the end of the period, but additional baskets from Montgomery and Katie Holzhueter kept the Arrows on top at the buzzer 14-8.

Lowell continued to lead in the second keeping Caledonia in their rear-view for the remainder of the half with help at the glass from Bridget Garter, Bailey Reitsma and Holzhueter, who after several missed attempts, landed an important three-point basket in the final moments of

the second period which ended 23-21 in Lowell's advantage.

In the second half Frederickson opened up scoring for the Arrows, but her effort was followed by five consecutive Scot baskets that began the tide change in the game.

"We started off well, but Caledonia fought back and chipped away at our

lead," said Lowell head coach Jake Strotheide. "We didn't shoot particularly well from the outside and Caledonia capitalized off of long rebounds."

Caledonia's charge for the lead was led by Ferris State University recruit Lexi Bush who earned an impressive 18 points in the half. Her team went on to outscore Lowell 40-31 in

the second to earn a 61-54 victory over the Red Arrows.

Holzhueter was Lowell's top scorer earning 17 points which included three three-point baskets. Montgomery and Frederickson each scored 10 while Garter and McQueen both earned seven. Kennedy Coxon also kicked in two points for the squad.

Defensively the team was led by Frederickson

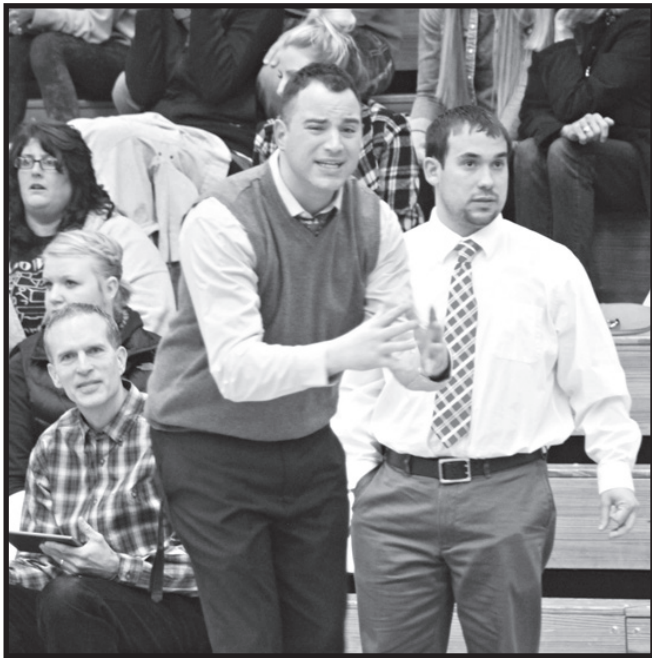
who chalked up eight rebounds and five blocks. Montgomery added five assists.

Lowell hit the floor once again on Friday hoping to bounce back from their loss by facing a tough FHC squad on the road.

After leading by one at the close of the first period Lowell lost ground to the Rangers in the second and ended the half trailing by one, 31-30.

FHC continued to pull ahead in the second half outscoring Lowell in both the third and fourth period ending the game with the win 66-55.

Despite the loss, Lowell had a solid offensive showing with three of their players earning double digits at the glass. Bridget Garter led the team with 13 followed by Montgomery who earned twelve and Frederickson who put up eleven. McQueen, Holzhueter, Reitsma and Catherine Stump also contributed to the team's total.



Girls varsity head coach Jake Strotheide shows frustration following a debated call in the final moments of the team's match-up with Caledonia.

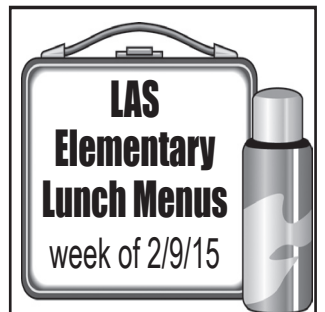


Junior Ally Frederickson led her team defensively against Caledonia earning eight rebounds and five blocks for the team.



Bridget Garter looks for a pass during the team's loss to OK White competitor Caledonia last week at home.

The Arrows, 8-5 overall, will face non-conference competitor Kenowa Hills on the road Tuesday and OK White rival East Grand Rapids on Friday at home this week.



MONDAY: Cheese quesadilla, refried beans; fruit & veggie bar: spinach & romaine side salad, celery sticks, applesauce, pear.

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

WEDNESDAY: Cinnamon glazed French toast w/eggs, (served at Alto, Cherry Creek & Murray Lake), w/sausage (served at Bushnell), hash-browns; fruit & veggie bar: spinach & romaine side salad, baby carrots, applesauce, orange slices, (grapes served at Bushnell).

THURSDAY: Hot dog on bun, French fries (served at Alto, Cherry Creek & Murray Lake), seasoned broccoli (served at Bushnell); fruit & veggie bar: spinach & romaine side salad, cherry tomatoes, pineapple, apple.

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

Peters cosponsors legislation to identify and prevent human trafficking

U.S. Senator Gary Peters (D-MI) cosponsored the Trafficking Awareness Training for Health Care Centers Act of 2015, which would establish a pilot program to train health care professionals to identify victims of human trafficking. Peters cosponsored the legislation with Senators Bill Cassidy (R-LA) and John Cornyn (R-TX).

“Human trafficking is a serious problem in Michigan, and we need to give our health care providers the tools they need to recognize and address human trafficking in their communities,” said Peters. “This program will provide health centers with

critical resources that will put us on a stronger path to ending these horrific crimes in Michigan and across the country.”

The bipartisan legislation establishes a program through the Department of Health and Human Services to award grants to accredited schools of medicine with experience studying and treating victims of human trafficking. The schools must consult with law enforcement, social services and other experts to develop best practices for identifying victims of trafficking.

“We need a coordinated approach that brings together law enforcement and service providers to successfully

combat trafficking. Health care professionals are in a unique position to identify victims of trafficking, and this program will help make them more effective partners in trafficking prevention,” said Peters.

A 2013 Michigan Commission on Human Trafficking report found that trafficking is a serious and growing problem in Michigan. The Commission identified five key factors that hinder the prevention of human trafficking in Michigan: Inadequate data on human trafficking, gaps within the state’s victim servicing framework, lack of awareness that human

trafficking exists, the need to strengthen anti-trafficking policies and the failure by professionals to recognize indicators of human trafficking.

During a July 2013 FBI investigation, more than 150 traffickers were arrested in a nationwide sweep, including 18 traffickers in metro Detroit—more than any other city involved in the operation. This legislation will continue to build on the successful work of programs like the Michigan Human Trafficking Task Force to combat trafficking in the United States and around the world.

business matters



Greenridge Realty announced that Don Reedy received Realtor of the Month in January and Realtor of the Year for the Lowell office for 2014. These awards recognize Reedy for his outstanding success and achievements.



Don Reedy

PUZZLE SOLUTIONS

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NOTICE OF PUBLIC HEARING LOWELL CHARTER TOWNSHIP

PLEASE TAKE NOTICE that at the regular meeting of the Lowell Charter Township Board to be held on February 17, 2015 at 7:00 p.m., the Lowell Township Board will take public comment on Ordinance 01-2015 - Dangerous and Dilapidated Buildings.

A summary of the ordinance reads as follows:

- Section 1: Title: Lowell Charter Township Dangerous and Dilapidated Buildings Ordinance.
- Section 2: Purpose: To regulate and prohibit the existence of dangerous and dilapidated buildings within Lowell Charter Township.
- Section 3: Definition of Terms - A listing of terms and definitions for dangerous and dilapidated buildings.
- Section 4: Prohibition of Dangerous Buildings.
- Section 5: Penalties for Violation of this Ordinance. A violation of this ordinance is a municipal civil infraction. Fines and penalties are defined.
- Section 6: Exemption for Bona Fide Farm Buildings.
- Section 7: Severability
- Section 8: Effective date

A copy of the complete text of the proposed ordinance can be obtained at the Lowell Township offices, 2910 Alden Nash SE, during regular office hours or by calling 897-7600. The proposed ordinance is also available on the Township's website: www.twp.lowell.mi.us.

Linda S. Regan, Clerk

LOWELL CHARTER TOWNSHIP BUDGET HEARING NOTICE

Please take notice that there will be a budget hearing on Tuesday, February 17, 2015 followed by a regular meeting of the Lowell Township Board. The hearing will be held at 7:00 PM at the Lowell Township Hall, 2910 Alden Nash SE, Lowell. At such time, in accordance with the law, a budget covering proposed expenditures and estimated revenues of the Township shall be submitted for consideration. Copies of the proposed budget are available at the Township Hall during regular office hours or on the Township's website - www.twp.lowell.mi.us.

Linda S. Regan,
Clerk

LOWELL CHARTER TOWNSHIP

NOTICE OF PUBLIC HEARING

TO THE RESIDENTS AND PROPERTY OWNERS OF LOWELL TOWNSHIP, KENT COUNTY, MICHIGAN, AND ANY OTHER INTERESTED PERSONS:

A public hearing concerning adoption of a Five Year Recreation Plan of Lowell Charter Township will be held on February 17, 2015 at 7:00 PM at the Lowell Township Hall located at 2910 Alden Nash Ave SE, Lowell, Michigan.

The draft plan is available and may be examined by the general public at the Township Hall, 2910 Alden Nash Ave SE, Lowell, Michigan, during regular business hours, and at the public hearing. All interested persons are invited to submit their comments in person or in writing at or before the public hearing.

Lowell Charter Township
2910 Alden Nash Ave SE
Lowell, MI 49331
616.897.7600

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in print, online or on the go - the lowell ledger keeps you connected to what's happening in the community



the lowell ledger
www.thelowellledger.com 616.897.9261

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

classifieds

for sale

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

QUEEN PILLOWTOP MATTRESS SET - Plush & thick, new, \$245 & up. Twin, full & king also available. Grand Mattress Co., 616-682-4767. Can deliver.

BED & MATTRESS SET - queen, Sealy, \$95 includes frame. Hammond Wholesale, 320 W. Main St., Carson City, 989-584-1600. See us on Facebook. Delivery available.^{TFN}

A CLASSIC OUTDOOR WOOD FURNACE - gives you an independent & self-sufficient lifestyle but only if you buy before EPA rule on or about April 2015. Call today to learn more & for special pricing, SOS your "Stocking Dealer" Dutton, MI 616-554-8669 or 616-915-5061.

SLEEP NUMBER BED - Why pay for name, advertising & mall rent. Queen P-5 Harmony, \$1,499; king, \$1,899; M-7 air cell: queen \$2,299; king \$2,799; I-10 Medalion: queen \$2,599; king, \$3,299. Air & Waterbed Store, 616-682-4767. Can deliver.

TWIN BED - Mattress, box spring & frame, (Sealy), \$85 complete. Hammond Wholesale, 320 W. Main St., Carson City, 989-584-1600. See us on Facebook.

FOR SALE - 14x70 mobile home, 2 bedroom, 1 bath, garage & shed located on lot. \$7,000 cash. Lot 109, Fara St. 299-6626.

200 APPLIANCES - Washers, dryers, refrigerators & stoves. Guaranteed. From \$69. Hammond Wholesale, 320 W. Main St., Carson City, 989-584-1600. See us on Facebook. Delivery available.^{TFN}

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

COLD WEATHER IS HERE! - & along with it, comes chapped hands! Try something different this year - homemade, all natural hand lotion. Lasts a long time & leaves your skin super soft! Many scents & unscented available. Check out my store at www.etsy.com, search for Nana-Hannahs. For local pickup, use coupon code LOCAL15 & we can arrange a pickup in Lowell.

2011 GMC SIERRA SLE - Loaded, tow pkg, running boards, 115,000 hwy miles. \$19,995 obo. Call 269-208-9223.

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

help wanted

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

MUST TRAVEL - Construction laborer. Requirements: travel 2+ weeks at a time, valid drivers license, comfortable with heights, drug screening required, must work in all weather conditions. Will train. Heavy lifting & climbing involved. Apply at www.NoBullBarns.com or send resume to: Derrick Tyler Construction, 206 S. Robinson St., Lyons, MI 48851 - Angelina@NoBullBarns.com

HOUSEKEEPING/LAUNDRY - Part-time, Mon-Wed, 8am-4pm, plus fill-ins as needed. Must be reliable and detail-oriented. Complete an application at Sentinel Pointe, 2900 Thornhills Ave. SE, Cascade.

ANIMAL CARE GIVER - Still looking for that special person who wants permanent work. Ambitious, physically fit person to care for many small dogs in a large, impeccably clean facility. Part or full-time. Alto area. E-mail resume/inquiries to: animalcaregivers@outlook.com or 868-7382.

SELL AVON - Only \$15 to get started. Call 616-897-5086 or sign up now at www.startAvon.com and use ref code SGRIMM

ARROWHEAD & MORRISON LAKE GOLF COURSES ARE HIRING! - We'll be hosting a job fair on Feb. 27, from 10-4 p.m. Call Josh for an appointment, 616-218-3669. Morrison Lake Golf Course, 6425 Portland Rd., Saranac.

DRIVERS - CDL-A - solos & O/Op's. New openings! Round-trip dedicated lane from Walker, MI to Arlington, TX. Home 2 days/week! Great bonus programs! 855-200-3671.

TAKING APPLICATIONS - Composites, an ISG company is taking applications for: fiberglass fabrication, general shop work & field services. Apply between 9 a.m. & 3 p.m. 683 Lincoln Lake Ave SE, Lowell, MI 49331.

DANCING PARTNER - for 81-year-old lonely guy who loves to dance. No results to my prior ads. Isn't there anyone out there who likes to dance? Absolute security guaranteed by Lowell or GR police. 676-9734.

KITCHEN/DINING ROOM - Hiring part-time, 11am-2:30pm and 4:15pm-7:15pm front of the house, serving experience preferred, and back of the house. Complete an application Tuesday-Thursday at Sentinel Pointe, 2900 Thornhills Ave. SE, Cascade.

wanted

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

card of thanks

THANK YOU GRAND CHRYSLER DODGE AND JEEP

Our thanks to Keith and his team at Grand for a wonderful purchase experience. Lowell is lucky to have this sales and service group right here. Grand actually helps you get the vehicle you want. What a pleasure working with these folks.
 Ed and Karin

for rent

WE DO BUSINESS IN ACCORDANCE WITH THE FEDERAL FAIR HOUSING LAW - Equal Housing Opportunity. It is illegal to discriminate against any person because of race, color, religion, sex, handicap, familial status or national origin. In the sale or rental of housing or residential lots; in the advertising the sale or rental of housing, in the financing of housing. Anyone who feels he or she has been discriminated against may file a complaint of housing discrimination: 1-800-669-9777 (toll free) 1-800-927-9275 (TTY).

PRICELESS STORAGE - Indoor/outdoor. New Units on Alden Nash, 1 mile South of I96. Call for specials 558-2900.^{TFN}

for rent

LOWELL - 1 bedroom, 1 bath upper apt. Water, carport, trash & storage included. Laundry on site. \$650 a month, \$350 deposit. No pets. No smoking. 897-4829.

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

services

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

services

TAXES, PAYROLL, QUICKBOOKS, & ACCOUNTING SERVICE - by certified Quickbooks advisor. Call Kathy 897-0686.^{TFN}

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

AS NEEDED SNOW REMOVAL - Call Dan at 970-3832.

COUNSELING SERVICES LOCALLY - Mental health for individuals, couples, families & groups. Life Transitions Therapy 616-238-2116.

Coming Events

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

THE LOWELL BOARD OF EDUCATION - second Monday of the month at 7 p.m. in the Administration Building, 300 High St., Lowell.

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

BOWNE TOWNSHIP HISTORICAL SOCIETY - meets the second Monday of the month at 10 a.m. in the Historical Museum at 84th/Alden Nash.

NEEDLERS - Second & fourth Monday evenings, 5:30 to 8:30 p.m. Schneider Manor Community Room.

WOMEN OF THE MOOSE - third Monday at 7:30 p.m. for business meeting.

ALTO AMERICAN LEGION AUXILIARY - meets the second Monday of the month at 7 p.m. at the Alto American Legion Post.

V.F.W. POST #8303 - meets the first Monday at 7 p.m. at 3116 Alden Nash S.E.

LOWELL SHOWBOAT GARDEN CLUB - meets the 3rd Monday in the Church of the Nazarene Fellowship Hall, 211 N. Washington St. at 6:30 p.m.

BOY SCOUT TROOP 102 -

every Monday, 7-8:30 p.m. during school year in Scout Cabin at the end of N. Washington St. Ages 11 and up or completing 5th grade. Call Scoutmaster Don Aversano at 847-571-8373 or Del Rockwell at 897-6814.

TAKE OFF POUNDS SENSIBLY TOPS MI #372 - every Tuesday, weigh-ins at 5:45 p.m. Key Heights, 11335 Fulton, Lowell.

CUB SCOUT PACK 3188 - meets every Tuesday at 6:30 p.m. at First United Methodist Church, 621 E. Main.

QUA-KE-ZIK SPORTSMANS CLUB - meets second and third Tuesdays at 8 p.m. at 8731 West Riverside Dr. Go to www.qua-ke-zik.org for information. New members welcome.

LOWELL LIONS CLUB - meets third Tuesday at noon at Lowell City Hall.

LOWELL AMATEUR RADIO CLUB - meets the 2nd Saturday at Flat River Outreach Ministries, 11535 E. Fulton, 9 a.m. social gathering; 10 a.m. meeting. LARC sponsors 145.27 MHz area radio repeater system.

FLAT RIVER OUTREACH MINISTRIES TREASURE'S THRIFT SHOP HOURS - Wed. & Fri. 10 - 8 p.m.; Thurs. 10-6 p.m.; Sat., 10 a.m. - 4 p.m. at 11535 Fulton St. E. Thrift Shop, 897-8260; Food Pantry, 897-8260; Emergency Services, 897-8260.

ALPHA WOMEN'S CENTER - 517 E. Main. Hours: Mon. 11-3 p.m.; Tues. 12-8 p.m.; Wed. 10-3 p.m.; Thurs. 10-6 p.m. 987-9533. Diapers, formula, clothing & free pregnancy testing available. www.awclowell.org

AVERILL HISTORICAL MUSEUM OF ADA - 7144 Headley, is open every Friday & Saturday 1 - 4 p.m. or by appointment. Closed Jan. & Feb. 676-9346.

BATTLE OF THE BOOKS - Thurs., March 12, 2015. Teams of 4 participants read four specific books between now & March for a final battle of fun trivia. Teams need to be registered no later than Dec. at Alvah N. Belding Library, 302 E. Main, Belding, 616-794-1450.

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

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

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

ST. MARY'S PREGNANCY CENTER - 402 Amity. Mondays: 5:30-7:30 p.m. and Thursdays: 5:30 - 7:30 p.m. Non-denominational. Help for pregnant women/adolescents in need. Provides support, referrals, food, clothing/ infant items. Lowell area. 897-9393.

HEART TO HEART CRAFT PARTY - Celebrate Valentine's Day with snacks & crafts. For all ages. Thurs., Feb. 12, 10 a.m. at Alto Public Library, 6071 Linfield Ave, Alto. Ph. 784-2007.

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

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

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

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

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

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

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

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

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

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

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

FOOD PANTRY - First Friday of month at Lakeside Community Church, 6201 Whitneyville Rd. Free frozen, perishable food. Registration 1 p.m., distribution 4 p.m. Bring own containers. 868-6402.

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

A day dedicated to the new you

Proudly displaying your new last name on a marriage certificate is only the first step in legally changing your name. Now that the wedding and honeymoon are over, you need to tell

Social Security so you can get a corrected Social Security card.

If you have changed your name, whether due to marriage, divorce, or another reason, the

way to change your name with Social Security is to apply for a corrected Social Security card. This ensures that your legal name matches our records, thus avoiding possible problems

in the future, such as a delay in obtaining any federal tax refund owed or not getting full Social Security credit for all your earnings.

There are a number of other reasons you may want

to get a Social Security card: starting a new job, verifying eligibility for government services, opening a bank account, obtaining medical coverage, filing taxes, and legally changing your name.

In most cases, unless an employer or other entity specifically requests to see your card, all they really need is your number. But, be cautious when sharing your Social Security number. People who commit fraud or want to steal your identity will often ask for your Social Security number. Always verify the identity of anyone who is asking, whether you're online, on the phone, or face-to-face.

After you receive your Social Security card, don't carry it with you. To reduce your risk of identity theft, keep your card in a safe place with your other important papers.

Learn more about your Social Security card and number at www.socialsecurity.gov/ssnumber.

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

SWEET POTATOES

THE VERSATILE VEGETABLE

FAMILY FEATURES

If you're looking for a little variety to spice up your life, cooking with a versatile veggie such as the sweet potato may give your menu the satisfying kick you crave, along with a healthy dose of the nutrients your body needs.

Unlike many vegetables with a peak season that comes and goes, sweet potatoes can be found at your local grocery store year round with a consistent quality and freshness. Because they are available fresh, canned or frozen, sweet potatoes offer the ultimate flexibility for healthy and delicious menu options at any meal.

With virtually no fat and low in sodium, sweet potatoes, or yams, fit perfectly into a low-carb lifestyle, with major nutritional bonuses to boot. In addition to being a source of vitamin B-6, iron, potassium and fiber, the sweet potato provides twice the recommended daily allowance of vitamin A and more than one-third of the requirements for vitamin C.

Sweet potatoes also rank significantly lower than white potatoes in the glycemic index, which explains why many carb-counting diets encourage substituting sweet potatoes for white potatoes.

Creamy Smoked Sweet Potato Soup

Winner in the "Fresh" Category
Servings: 6-8

Courtesy of Samantha Foglesong, New Orleans, La.

- 4 extra-large sweet potatoes (about 5 pounds)
- 4 cups seafood stock
- 2 cups heavy whipping cream
- 3/4 teaspoon kosher salt, divided
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 pound fresh jumbo lump crabmeat, picked free of shells
- 1 tablespoon fresh lemon juice
- 1/8 teaspoon crushed red pepper
- 2 tablespoons unsalted butter, melted
- 1 tablespoon thinly sliced chives

Prepare smoker to 200°F.



Smoke sweet potatoes 2 1/2-3 hours. Let cool, and peel.

In large Dutch oven, combine sweet potatoes, stock and cream. Blend on high speed with an immersion blender until smooth. Heat over medium heat, and add 1/2 teaspoon salt, then cinnamon and nutmeg. Strain mixture through fine-mesh sieve into large bowl; discard solids.

In medium bowl, combine crab, lemon juice, red pepper, remaining salt, butter and chives.

Divide soup among bowls and top with crab mixture.

Sweet Potato S'mores

Winner in the "Canned" Category
Servings: 6

Courtesy of Michele Carl, Masonville, Colo.

- 1 cup pecans
- 1 cup almonds
- 3/4 cup honey, divided
- 1/8 teaspoon vanilla extract
- 12 dried pitted dates
- 1/8 teaspoon salt
- 1/2 teaspoon ground cinnamon, divided
- 1 tablespoon unsalted butter
- 2 cans (15 ounces each) sweet potato puree
- 1/2 cup apple cider
- 1/8 teaspoon ground ginger
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon ground cloves
- 1/2 cup minced crystallized ginger

2 cups miniature marshmallows Dark chocolate shavings for garnish

Preheat oven to 170°F.

In food processor, pulse pecans and almonds until chopped. Add 1/4 cup honey, vanilla, dates, salt, 1/4 teaspoon cinnamon and butter, and process until finely chopped.

Spread in thin layer on parchment-lined baking sheet. Bake until crispy, about 3 hours. Let cool, and cut into 3-inch squares.

Reduce oven to 250°F. Spray a 13-by-9-inch baking dish with nonstick cooking spray.

In food processor, combine sweet potato, apple cider, remaining honey, ginger, nutmeg, cloves and remaining cinnamon; process until smooth. Stir in crystallized ginger.

Transfer to prepared baking dish, and cook 1 hour. Stir well, and cook 30 minutes more. Let cool to room temperature.

Increase oven to 300°F.

Spray rimmed baking sheet with nonstick cooking spray. Spread 1/2-inch layer of sweet potato butter on each cracker. Top with marshmallows, and place on prepared baking sheet; bake 10 minutes.

Sprinkle with chocolate shavings and serve.



Tips for perfect sweet potatoes

These prize-winning recipes show you how easy it is to create unique dishes with versatile, nutritious sweet potatoes. Before you get started, remember these tips from the Louisiana Sweet Potato Commission:

- Fresh sweet potatoes can be stored for up to a month at 55°F to 65°F, but should not be refrigerated until after they are cooked.
- Always use a stainless steel knife when cutting a sweet potato; using a carbon blade will cause the yam to darken.
- One 15-ounce can of sweet potatoes equals one cup of fresh sweet potatoes.
- Canned sweet potatoes are precooked, so add them at the end of a recipe.

For more prize-winning free recipes, or to enter your recipe in the national Louisiana Sweet Potato Commission's 2015 Sweet Rewards Recipe Contest, visit www.sweetpotato.org.



Piquant Sweet Potato Quiche

Winner in the "Frozen" Category
Servings: 6

Courtesy of Karen McGowan, Houston, Texas

- 1 bag (15-ounces) frozen sweet potato fries, thawed
- 1/4 cup melted unsalted butter
- 1 1/2 cups shredded Havarti or Monterey Jack cheese
- 1 jalapeno pepper, seeded and diced
- 2 cups shredded Swiss cheese
- 2 cups chopped cooked ham
- 1/4 cup finely chopped fresh chives
- 4 large eggs, lightly beaten
- 1 cup half-and-half
- 1/2 teaspoons salt
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon cayenne pepper

Preheat oven to 425°F.

Spray 10-inch pie dish with nonstick cooking spray.

Pulse sweet potato in food processor until shredded. Transfer sweet potato to sieve and press with paper towels to remove excess moisture.

Press potato into bottom and up sides of prepared pie dish. Brush with melted butter and cover with aluminum foil. Bake until edges of crust are golden brown, 20-25 minutes. Remove from oven and let cool on wire rack. Reduce oven to 350°F.

Add Havarti cheese, jalapeno, Swiss cheese, ham and chives to crust in one layer.

In medium bowl, combine eggs, half-and-half, salt, paprika, pepper and cayenne. Pour evenly over cheese mixture and cover with aluminum foil.

Bake until knife inserted into center comes out clean, 30-40 minutes. Let cool 5 minutes before serving.

LEGAL NOTICE

STATE OF MICHIGAN PROBATE COURT COUNTY OF KENT

PUBLICATION OF NOTICE OF HEARING

FILE NO. 15-196854-GA

In the matter of **RUDINE MOSLEY**.

TO ALL INTERESTED PERSONS including: Eric Mosley whose address(es) is/are unknown and whose interest in the matter may be barred or affected by the following:

TAKE NOTICE: A hearing will be held on 02/18/2015 at 1:30 pm at 180 Ottawa Avenue NW, Grand Rapids, MI 49503 before Judge David M. Murkowski (P35026) for the following purpose: on the petition of Fonda Jones for the appointment of a guardian for Rudine Mosley.

02/02/2015

**John D. Flynn (P27413)
1275 Hawthorne Hills
SE
Ada, MI 49301
616-897-6632**

**Fonda Jones
121 Franklin SE
Grand Rapids, MI 49507
616-430-9587**

THEME:
BE MY VALENTINE

- ACROSS**
- Range rovers
 - Effervescence
 - "Hamlet" has five of these
 - Heads-up
 - Hula necklace
 - Accustom
 - Relating to moon
 - Big coffee holder
 - Three-masted vessel formerly used in Mediterranean
 - *A top Valentine's Day seller
 - *"How do I love thee? Let me count _____"
 - It follows the note soh
 - *In the _____ for love
 - Golf's Ryder _____
 - Flexible mineral
 - *He officiates many weddings
 - Bryce Canyon state
 - Grannies
 - *Love in Paris
 - It distinguishes a father from a son in French
 - Lowest deck
 - Away from port
 - Annoyed
 - Kind of pickle
 - Calf-length skirt
 - Broadband predecessor
 - Capital of Ukraine
 - Bottom line
 - Jab
 - "____, borrow or steal"
 - Desdemona's suspicious husband

CROSSWORD														
1	2	3	4	5		6	7	8		9	10	11	12	
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72						73				74				



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- DOWN**
- One of two equal parts
 - Twelfth month of Jewish year
 - Known for gambling
 - A southern _____
 - "Islands in the _____," by Rogers and Parton
 - *Bring a date or a _____ one
 - Ever, to a poet
 - Spotted bean
 - Again
 - Target of Bay of Pigs invasion
 - Deuce topper
 - Seconds
 - Outdoor stone seating
 - Endangered species
 - Before skip and a jump
 - Resembling a human
 - *His aim is true?
 - Wombs
 - Winter wear
 - *It often accompanies #19 Across
 - Prayer leader in mosque
 - Fluorescent red dye
 - Elvis's "Blue _____ Shoes"
 - Distinguishing feature
 - Last piece of a loaf
 - Musical composition for one, pl.
 - A military trainee
 - 2-unit house
 - One who's active in politics
 - *Romeo and Juliet's hometown
 - Like the Addams Family
 - Established fact
 - "Put a lid _____!"
 - Hyperbolic tangent
 - What those on the lam do
 - 2 and 4, e.g.
 - *It's usually full of romantic fare on Valentine's Day
 - Broken at finish line
 - And others, for short
 - To erase or cancel
 - "New" prefix

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6		5			8			

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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.

Puzzle solutions on page 12



JANUARY 28 - FEBRUARY 3

- The New England Patriots have won Super Bowl XLIX against the Seattle Seahawks, 28-24. It ended with a, sure to be discussed for years, moment when Malcolm Butler intercepted Russell Wilson's pass at the goal line to seal the victory.
- Bobbi Kristina Brown, the daughter of Whitney Houston, was found unresponsive in her bath tub and now lies in a medically induced coma.
- A Nebraska woman has awakened from a coma. The 56-year-old wife, mother and grandmother of five had her hands and feet amputated after suffering a sudden bacterial infection and is in "surprisingly good spirits," her family says. And she's lucky to be alive; she woke up just hours before being removed from life support.



LAST WEEK'S ONLINE POLL RESULTS

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

- YES 0%
- NO 29%
- NO OPINION 71%

TO VOTE IN THIS WEEK'S ONLINE POLL
go to
WWW.

thelowellledger.com

Winter fun at the Wittenbach center

First-grade students from throughout the Lowell Area Schools' district recently explored the wonders of a Michigan winter at the Wittenbach/Wege Agriscience and Environmental Center.

Students arrived by the busload at the center for a two-hour field trip that started with learning about how native animals survive during the area's long, cold

winters. Then they created pinecone bird feeders and placed them outdoors during

their snowshoe hike. Once students completed their interactive,

guided tour of the grounds and a nature scavenger hunt they were treated to hot

cocoa back at the center and explored the indoor animal exhibits.



college news

Winners of the NorthStar Cooperative, Inc. scholarships were recently announced.

Emmalee Blough of Lowell received a \$500 scholarship for continuing her education in the field of agriculture.

A freshman at MSU, Blough is majoring in food science. Blough's goal is to use her education to help bridge the divide between farmers and consumers. Blough graduated ninth in her class from Lowell High School where she was actively involved in the marching, symphonic and jazz bands. A member of the National FFA for seven years, Blough served as the state reporter, Region V vice president and the chapter president. During her 14 years as a member of 4-H, Blough served one term as president and received several awards including Senior Dairy Herdsperson. Blough is the daughter of Gary and Laurie Blough of Blough Brothers Dairy Farm.

2014 Chevy Impala LT CarFax, 1 owner, certified, only 9,868 miles, heated seats \$23,700	2009 Chevy Traverse LT w/1LT AWD, moonroof, third row \$16,800	2010 Chevy Suburban LTZ Pearl white, CarFax, 1 owner, Nav., 3rd row, loaded \$31,700										
2008 Jeep Wrangler Unlimited Sahara Premium sound system, running boards, remote start, trailer hitch \$19,900	2002 GMC Yukon SLT 5.3L, 4WD, CarFax, 1 owner, leather \$6,950	2011 GMC Acadia SLT1 3rd row, option \$24,900										
2009 Pontiac Torrent AWD, 4 Door Extra clean \$10,900	2007 Ford F150 XL 4x4, XL trim, great work truck \$9,990	NEW PRE-OWNED PURCHASES ARRIVING DAILY										
2008 GMC Sierra 2500 HD SLE2 4x4, diesel \$25,700	2006 Audi A4 2.0T Leather, sunroof, Quattro \$9,500	2011 GMC Acadia SLT1 FWD, moonroof, leather, 3rd row \$18,700	2014 Buick Regal Premium II Heated leather, sunroof, nav., certified, loaded, 30 MPG \$25,300	2011 GMC Terrain SLE AWD, jet black, back-up camera \$18,500	2008 GMC Envoy SLT 4WD, low miles, sunroof, heated leather \$12,700							
2011 GMC Terrain SLT2 Heated leather, AWD, GMC certified, sunroof, back-up camera \$19,600	2007 Pontiac Grand Prix 4 door sedan \$9,800	2003 Chevy Trailblazer Ext. LT Side \$7,995	2004 Pontiac Aztek \$6,200	2000 Cadillac Seville Touring STS \$2,500	2008 Pontiac Grand Prix 4 door great MPG! 1 owner \$9,900	2004 Chevy Avalanche 5 door Local trade, popular truck! Great Price! \$7,275	2006 Volkswagen Jetta 1.9L TDI Diesel, loaded, clean \$5,125	2012 Chevy Equinox LS local trade, clean \$13,500	2010 Ford Fusion SE 2.5L, FWD Great MPG! \$11,300	2011 Chevy Equinox LTZ Leather, loaded, CarFax, 1 owner \$17,400	2006 Chevy Silverado 1500 LT1 4x4 \$13,400	2005 Mazda Mazda6 Fun to drive only 90K, clean \$6,900

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