

Lowell candidates react to election results and new councilmembers are sworn in to service

by Tim McAllister
contributing reporter

Lowell's city council will be undergoing some drastic changes after the election on Tuesday, Nov. 3. Jeff Phillips and Alan Teelander each won four year terms on the council and Michael DeVore won a two year term. Incumbent Sharon Ellison came in fourth and will therefore not be returning to the council. New candidate Jim Salzwedel came in fifth place and the late Jim Hall came in last. The new councilors were sworn during a brief ceremony at city hall on Monday, Nov. 9.

"I'm very honored and humbled that the people of Lowell thought that highly of me," said Phillips, who got the most votes with 333. "I'm blown away. I'm excited. I'm nervous. I'm going to do the best job I can for the community and the people."

"It's a great day for Lowell," Teelander said. "I'm grateful to the citizens

for paying attention and wanting change. I have lots of ideas myself, but I really want to have the people give me suggestions. It turned out really well. The people spoke. Now the hard part comes, we have to get to work."

"I'm extremely excited about it," DeVore said. "I'm looking forward to working with everybody else on the council. Obviously people recognized that we needed a change and they voted for it. I think it's a statement that people still want to be involved. They put some people in that will allow them [to] be more involved than they were allowed to be in the past. I want to thank everybody who came out and voted and everybody who listened to us along the way."

"Congratulations to the three winning candidates and the political team who supported them during the election, as this was a huge factor in them being voted

in," Salzwedel said. "The new council has their work cut out for them to elect possibly a new mayor and mayor pro tem, which will mean new leadership sitting at the top. Regardless of who won the election, hard choices are ahead for all."

"The people of Lowell have spoken," said mayor Jim Hodges. "I congratulate Jeff Phillips, Alan Teelander and Mike DeVore on their election to the city council and look forward to serving with them. I was very surprised that Sharon Ellison did not do as well as I had expected. I would thank those who did get out on election day and voted for the candidates of their choice."

"Lowell is a great community and we have an opportunity to keep moving forward with newly elected councilmembers," said city manager Mark Howe. "We

New city councilmembers,
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Jeff Phillips, Alan Teelander and Michael DeVore were sworn in as the newest city councilmembers.

Local farmer using traditional methods for building new barn

by Tim McAllister
contributing reporter

A local farmer is using old-fashioned methods to rebuild an old-fashioned

barn outside of Lowell. Cory Deeds, owner of the hops farm on Lincoln Lake north of Four Mile Road, is

using a traditional technique called "post and beam arm," where huge pieces of wood are placed vertically to create support and to stabilize the structure.

"There was a barn here that was built in 1890," Deeds said. "The method is post and beam arm, the way they did it back in 1890. We attempted to raise the old barn in the exact same fashion they used to be built. We're using all rough-sawn lumber, oak and pine."

The only remnants left from the old barn are a stone wall and the foundation. Because of 2015 zoning laws they had to build the new barn a few feet to the left of where the 1890 barn had been.

"The old foundation is there and you can see the old stone work," Deeds said. "In order to meet the township codes we had to move it farther from the

Barn building,
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This barn on Lincoln Lake was built using the "post and beam arm" method like they did in the 1890s.

Road repair bill finally passes

by Tim McAllister
contributing reporter

Michigan's state legislature finally passed a road repair bill last Tuesday, Nov. 3. The \$1.2 billion a year required for the desperately needed infrastructure repairs will be paid for with huge increases to the gas tax and vehicle registration fees, although there could be some minor relief for taxpayers.

The gas tax passed 20-18 in the Senate and 55-52 in the House. The vehicle registration fee increase was passed 54-53 in the House and 20-18 in the Senate. The governor said he will sign the bill.

"I plan to sign this package," Gov. Rick Snyder said during an interview on WWJ-AM in Lansing. "I think a lot of hard work went into it."

Diesel fuel taxes will increase from 15 cents a gallon to 26.3 cents a gallon. Taxes on regular gasoline will increase from 19 cents a gallon to 26.3 cents a gallon. The first \$100 million a year in new fuel tax revenue will be set aside in a "roads innovation fund" that MDOT will be required to create a task force to

manage. The money will only be released when the legislature thinks the state is ready to build longer-lasting roads. Vehicle registration fees will be increased by 20 percent. The new taxes and fees will take effect on Jan. 1, 2017. The state will begin using money from the general fund to pay for the repairs starting with \$150 million in 2019, then increasing that amount each year. The plan calls for the Homestead Property Tax Credit to increase from \$1,200 to \$1,500 and will raise the household income cap from \$50,000 to \$60,000.

According to Snyder at a press conference, drivers will pay about \$60 more each year. However, Snyder also estimated that a family making between \$20,000 and \$30,000 a year will save between \$100 and \$200 dollars from the Homestead Property Tax expansion.

"This is the largest investment in transportation in the last 50 years in the state of Michigan," Snyder said at the press conference. "This was a great exercise in relentless positive action."



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New city councilmembers, continued

look forward to working with them to set their vision for the future of Lowell."

Ellison seemed both relieved to be off the hook and concerned for the future.

"I enjoyed my time on the council," Ellison said. "I'm proud of my record and the things that I've done. I'm hoping that they'll be reasonable. I actually wasn't going to run, but I got convinced to run because we were afraid this would happen. I would have been happy to serve again, but that's not what the people wanted. The people have spoken. I hope they move forward in a positive, good way and they don't undo too much. I hope it works out."

"Sharon Ellison has served our city with great passion and has done a wonderful job representing its citizens," Hodges said. "She served on the city council for eight years and six of those as the mayor pro tem. I will miss her."

"Sharon Ellison brought a calm and steady voice to the council and provided great leadership and direction to help us sustain financial stability and plan for the future," Howe said. "She will be missed."

"Well, there won't be any arguing anymore because now they have their whole club [on the council]," Ellison said. "I feel so sorry for [Hodges], I really do. I'm just glad I don't have to fight about everything all the time anymore."

Until last week's election the city council has been divided into two unofficial factions, but this will most likely change. The new councilors all said they have some plans for adjustments to Lowell's city government, including changes to the light & power board, the city manager and the city attorney.

"The effects of the three newly elected candidates will have on the city are yet to be determined," Hodges said. "I can't predict the future nor should I ever predict the choices that others will make; I respect the freedom we all have to decide the direction and future of Lowell. We have a great community and I have faith it will always be a great place to live and work."

"I'm going to listen and we'll see where we go from there," Teelander said. "Anything can happen down the road. I'm hoping

for great things for our city. I want to help our local businesses. There are a lot of business owners in our community that don't live in the city and therefore have no vote. I want to create some kind of an association of business owners and city council so we can work with them and for them and help them thrive and grow so they'll stay for a long time."

"My first priority is going to be to come in, sit down, listen and see what's going on," Phillips said. "I

want to come in, take my time, see where we're at and see what needs to be addressed. I want to be calm and rational and do what's right for the people. I think everybody that runs wants to do something wonderful for Lowell."

"My first priority is to find out all the things that have been going on that we haven't been able to have access to in the past, like all the things that happen in the work sessions," DeVore

said. "My plan is to become familiar with the budget. My plan is to begin fixing the roads immediately."

Mayor Hodges had one simple but important suggestion for the new councilors.

"The only words of advice for any councilmember would be to read and be informed to make your own choices that would be best for our city, citizens and community," Hodges said.

Candidates received the following votes and percentages:

- Jeff Phillips - 333 votes/24 percent
- Alan Teelander - 282 votes/20 percent
- Michael DeVore - 251 votes/18 percent
- Sharon Ellison - 220 votes/16 percent
- Jim Salzwedel - 200 votes/14 percent
- Jim Hall - 107 votes/8 percent



along main street

MHSAA FOOTBALL PLAYOFFS

Lowell will be hosting Muskegon in the MHSAA Regional finals at Red Arrow Memorial Stadium on Fri., Nov. 13, at 7 pm. Pre-sale tickets will be sold in the high school main office on Friday from 7:30 am to 3 pm. Tickets will then be available at the stadium ticket booth beginning at 5:30 pm. Gates will open at 5:30 pm. No passes are accepted and no artificial noisemakers are allowed per MHSAA policy.

LOWELL SHOWBOAT GARDEN CLUB

Lowell Showboat Garden Club will meet at the Main Street Inn Mon., Nov. 16 from 6:30-8 pm. Guest presentation by the Enchanted Gardener, LLC. The public is welcome.

GILDA'S CLUBHOUSE ACTIVITIES

Chitchat Readers Book Club – Tues., Nov. 17, 4:15-5:15 pm. Join other members of Gilda's Club in discussing a great book. Stop by the clubhouse to borrow a book.

Laughter Circle – Tues., Nov. 24, 4-5 pm. Join Lindsay Jousma, LMSW as she teaches us about the impact laughter can have on our emotional health and walks us through a fun time of laughter and learning.

Lowell Clubhouse, 314 S. Hudson St. For more information call 897-8600 or visit www.gildasclubgr.org/pinkarrow

HOLIDAY MARKET

The LowellArts! Holiday Market gallery at 149 S. Hudson Street will offer unique shopping featuring artwork by over 40 area artists from Nov. 13 through Dec. 23. Handmade gift items, pottery, paintings, photography, jewelry, textiles, glasswork, handbags, mittens, ornaments and more. Gallery hours are Tuesday - Saturday, 10 am - 6 pm. For more information go to lowellartsmi.org

FROM VOLUNTEER ORIENTATION

Volunteer orientation at Flat River Outreach Ministries (FROM) will be Thurs., Nov. 19 at 1 pm. Please call 897-8260 for additional information.



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No Shave November raising funds for Gilda's Club

by Kathryn Atwood
contributing reporter

During Lowell school's second monthly "Pink It Forward" effort, male staff members are skipping the shaver to raise funds for Gilda's Club.

No Shave November kicked off in the district's six school buildings last week. Participating faculty members are encouraging monetary donations from students, parents and the community in support of their scruffy sacrifice. The school raising the largest amount of donations will be

declared winner at the end of the month.

The staff at Lowell Middle School is shown sporting five o'clock shadows during week one of the competition.



Barn building, continued

road. Hopefully this week we'll be done."

Deeds said he wanted to build the barn this way to acknowledge the history of farming in the area.

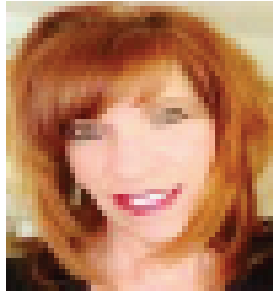
"It's to kind of restore the original look and feel of the area," Deeds said. "The concept is just to make it how it was. With a couple door and window additions this is basically the exact same size and the exact same height. Everything is exactly the same. It's just cool. It brings back historical features to the area. There are a few people around here doing it. This is farmland, so we're trying to preserve natural farmland and not let it get developed. No one wants a bunch of houses around."

Deeds said the construction should be finished soon and he plans to paint the barn bright red sometime next year.

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Christopher C. Godbold

Get your affairs in order for an orderly estate

You may be quite willing to plan an investment strategy for your retirement years. After all, it can be enjoyable to think about traveling the world, pursuing your hobbies or participating in any of the activities you've associated with an active retirement. However, once you do retire, you'll need to "shift gears" somewhat to focus on your legacy. Specifically, to protect your loved ones and ensure your intentions are clear and carried out, you'll need to do some more planning – and you'll need to share your thoughts with your family.

Here are some moves to consider:

- *List your assets and debts.* Your family needs to be aware of your assets and debts, so share this information with them while you are alive and well.
- *Create a durable power of attorney.* Give a trusted friend or family member a durable power of attorney to pay bills and make financial choices on your behalf if you are unable to do so.

• *Choose an executor.* An executor is the person or entity you name in your will to carry out your wishes. An executor has a variety of responsibilities, so pick someone who is honest and capable of dealing with

legal and financial matters. Talk with an attorney about how best to name your executor.

• *Update your will.* You might have written a will many years ago, but, over time, many aspects of your life may have changed. Review your will with your attorney to ensure it reflects your current wishes.

• *Review benefits of a living trust.* A simple will may not be enough to accommodate your estate-planning needs. You might want to consider establishing a living trust, which provides you with significant flexibility in distributing your assets and can help you avoid the time-consuming, expensive and public process of probate. To create a trust or other estate-planning documents, you will need to work with a qualified legal professional.

• *Review your beneficiary designations.* The beneficiary designations on your financial accounts (401(k), IRA, etc.) and your insurance policies

can even supersede the directions on your will, so it's essential that you update these designations to reflect events such as divorce and remarriage. And make sure your beneficiaries have the facts they need to claim their benefits.

• *Share location of your legal documents.* Your loved ones should know where you keep documents such as your birth certificate, will and living trust. If you keep these items in a safe deposit box, tell your family where you keep the key.

• *Encourage two-way communication.* It's obviously necessary to communicate your final wishes to your family members – but listen to their wishes and concerns, too. For example, ask your children to agree on who gets those objects of special concern to them, such as furniture, mementos and heirlooms.

As you can see, you'll need to take several steps to fulfill your intentions – and the above list is certainly not exhaustive. So plan carefully, engage the appropriate team – financial advisor, attorney, tax professional – and put your plans in motion. By being proactive, you can greatly ease the burden on your loved ones in the future.

LHS selected as one of the Celebrate My Drive® finalists

"Celebrate My Drive" encourages teens to make positive choices as they begin driving, like Drive 2N2® — 2 eyes on the road, 2 hands on the wheel. Members of the community are encouraged to visit www.celebratemydrive.com to vote for Lowell High School, for a chance to win a private concert with Echosmith and a \$100,000 grant.

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viewpoint

to the editor

time for clarity

Letter to the Editor,
Lowell recently voted into office three new city councilmembers. It's time for them and the rest of the city council to confront the injustice perpetrated on the employees of the Department of Public Works and the citizens of Lowell. It's also time that the city council confront the long-standing allegations that have been made against the Lowell Light & Power.

Many in the community have waited longingly

for the day when the city council would get the fortitude to confront these two topics openly. These two topics are way past due as it is. It's time to clear the air and the sooner the better. I highly agree with Alan Teelander when he said in a candidate question and answer article – (the new city council must make the city manager accountable by making him report the real beginning and ending balance for each department every month in an open

report to the citizens and the council.)

It's time for clarity in the everyday running of the city. The city shouldn't be running a budget that's so strained that it's borrowing from Peter to pay Paul. The city has around 20 miles of road to replace; there's a need to build a new pump station; there's equipment to be replaced and an underfunded pension plan to be maintained. Those are the major problems but far from all the problems. I believe maintenance should be the number one goal and anything else is secondary. It's time to be honest with the community in what the

city can do and can't do with the funding the general fund has and expects to have... To do that the city needs an up-to-date city council that will be honest with its constituents. The facts brought forth might not be what some want to hear but hopefully they will be the facts and not just a pretense. When it comes to the decision making, the constituents should be as much a part of the decision making as the city council. The city council is there to be the servant, not the sole decider.

Sincerely,
Jim Howard
Lowell

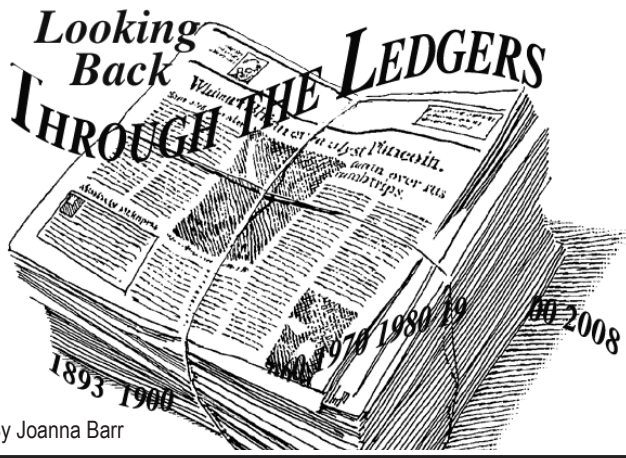
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By Joanna Barr

125 years ago Lowell Journal November 12, 1890

The Lowell Creamery has closed down for the season, and notwithstanding the dry season and low price of butter the results have been very satisfactory to Mr. Chapin. He has made this season 63,562½ lbs. of butter for which he has paid the farmers from whom he purchased the cream \$9,526.78, over 15 cents per lb. on the average. The production of the creamery this year exceeds that of any previous year by nearly 20,000 lbs. He will open up again about April 1st, 91, and feels assured of a much larger patronage next year than he has enjoyed this season. He thanks his patrons for their patronage and the interest they have taken in his welfare.

100 years ago The Lowell Ledger November 11, 1915

The Lowell Ledger, Lowell, Michigan. My Dear Sir:—With reference to Moseley station, I will say that instructions have been issued to have the waiting room left open on Sunday evenings. Our general rule in regard to the smaller stations is to close them, because of the fact that the agents are not there, and tramps and others often take possession and make things generally disagreeable. We trust that the interest of the people in the vicinity will be sufficient to see that this does not happen so we can keep the station open for their accommodation. Very truly yours, Paul H. King, Operating Receiver.

75 years ago The Lowell Ledger November 14, 1940

Thirty-two states, including Michigan will observe Thanksgiving Day on November 21 in accordance with the proclamation of President Roosevelt. Sixteen states will follow the old custom of observing the day on the 28th, the last Thursday in November. Everybody seems to be saying, "It doesn't seem possible that Thanksgiving is only one week away."

Headline: Damage heavy as gale sweeps West Michigan – Light plant crew busy with trouble calls on local lines. The 50-mile gale from out of the west which hit this section late Monday afternoon left in its path considerable property damage and many hours of hard work for the men of the Lowell Municipal Plant. Supt. F. J. McMahon reports that his regular crew together with extra helpers, worked nearly all night Monday, all-day Tuesday and Wednesday morning. Service was resumed on all lines by Tuesday morning with temporary connections being made. About 20 trees fell on lines over the system and around the same number of poles were broken. It was extremely difficult to make repairs because of the high wind velocity, making it next to impossible for the men to climb the poles. Among some of the wind mishaps on Main St. were at the Kroger Store and Van's Super Market, where large signs were blown down; the windmill was blown down at the Blue Mill service station and a window blown in at Walter Vozey's barbershop. It is also understood that the roof was blown off the barn at the Dave Garfield farm near Fallasburg.

A goodly number of deer hunters from this community were among the several thousands stranded for two or three days at the Straits of Mackinac because of the suspension of ferry service due to the big gale. Sleeping accommodations and pea soup must have been at a premium in the little town of Mackinac City.

Although the deer hunting season does not open until November 15 deputy Sheriff A. H. Stormzand, proprietor of the Central Garage, bagged a five-point buck on November 10, and yet Mr. Stormzand will not be sent to jail. The buck had been hit by a motor car while crossing M-66 near the Emery orchard south of town and Mr. Stormzand was notified that the injured deer was running around in the adjacent woods in a dazed condition and it was shot to end its misery. The animal was dressed and the meat sent to a charitable institution.

The business concerns are the heart of a community. The progress of the town depends on its stores and its

industries, and whatever you do to help those stores and industries to prosper, is like giving a human body a stronger heart.

50 years ago Lowell Ledger November 11, 1965

The Lowell High School football team concluded the season last Friday night here with a win over Cedar Springs 33-13. This final win gives Lowell a 4th place finish in the Tri River Conference and all over all 3-5 season. It took Lowell just 3 minutes and 44 seconds to get on the score board; the touchdown was made by Jim Malcolm on a 16 yard pass from Collins, the point attempt was fumbled. The Arrows came right back for another score two minutes later when Dan Finkler took a Cedar punt on his 37 and ran it all the way back for a touchdown. Pat Hoag went in for the extra point. Lowell scored again in just 47 seconds of the second period on a 2 yard plunge by Finkler. Pat Hoag again went in for the point. The Arrows made it 27-0 with just 4:43 left in the first half when Cedar fumbled a punt and Lowell recovered on the Cedar 37. Collins passed to Malcolm for a quick touchdown. Hoag picked up the point. Lowell fumbled on the opening play of the second half and again the next time they had the ball but came back to score half way through the period on a 36 yard pass play from Collins to Malcolm. Jim Cook's plunge for point failed. With a 33-0 score Coach Pierce sent in his reserves and Doug Streeter ran 72 yards for a TD early in the final period and scored again in this period on a 20 yard run, he also scored the extra point.

25 years ago The Lowell Ledger November 14, 1990

Headline: Academic Boosters Club formed to recognize L.H.S. achievers. Roger Wills, president of the Academic Boosters Club (ABC), sought official school board recognition and endorsement at the Monday, Nov. 12 school board meeting. Information, such as the minutes of past meetings, informed the board that the group's main purpose is to recognize academic achievement and improvement in students as well as staff. The group was formed in the spring of 1990 under the direction of Donn Start. Officers elected were Carol Schuster, secretary; Sue Burt, treasurer; Sue Beute, vice president and Roger Wills, president.

In The Service

Matthieu Carr, an Army Reserve Officers' Training Corps (ROTC) cadet at Western Michigan University, Kalamazoo; has been nominated for the George C. Marshall award, to be presented during an awards ceremony at the U.S. Army Combined Arms Center, Fort Leavenworth, Kansas, in February 2016.

The award is named in the honor and legacy of general of the army George C. Marshall, who served in World War II as the U.S. Army Chief of Staff and in the post-war

era served as secretary of state and secretary of defense. The award is presented annually to the most outstanding senior cadets in military science studies and leadership values in each battalion at host universities or colleges. Top cadets from each cadet battalion represent the very best of a highly selective organization. This is a national award and the highest award an ROTC cadet can receive.

Carr is the former ward of Michael Lavean of Saranac.

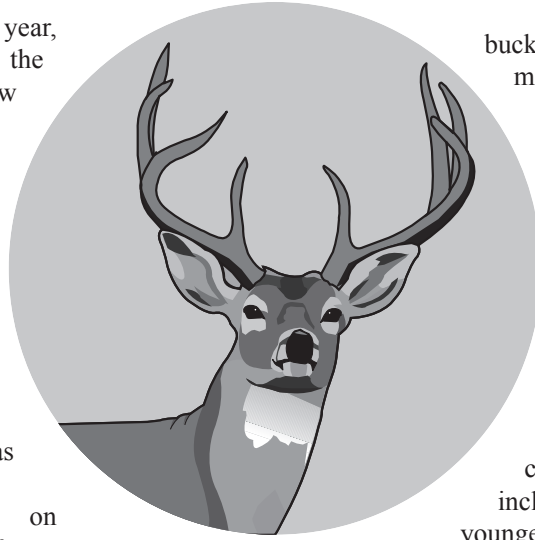
Big buck, chili contest planned at Alto church

For their fifth year, Elmdale Church of the Nazarene, 11830 Drew Road, Alto; will host a big buck contest and chili cook-off on opening day, Sunday, Nov. 15.

In addition to the contest, parishioners bring in 25 different types of chili for attendees to enjoy and vote on as their favorites.

First though, on Saturday, Nov. 14 at 6 pm, a blessing of the hunters and farmers takes place in what the church calls a hunters and harvest service. This is like an informal Thanksgiving service geared for hunters, farmers and their families said Pastor Nate Gray.

"We have a great desire to share the love of Christ and bring our community together in meaningful ways," said Gray. "All throughout the year, people will come up to me and tell me they love the buck



contest at Elmdale and hope we are doing it again."

He added that the event brings the community together, along with fellow hunters and outdoor enthusiasts.

"What is really neat, too, is it's always well attended by families with kids," he said.

The biggest buck brought in wins a free shoulder mount from Steve Risner Taxidermy. Every

buck entered, no matter the size, will be included in a drawing for a Thompson Center .50 caliber muzzleloader with a scope and case.

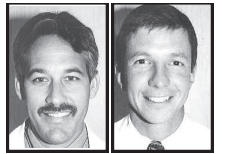
Prizes also will be given in several categories, including oldest and youngest hunter with a buck; and women with the

biggest buck and smallest buck. Door prizes are part of the fun as well, said Gray, adding that more than 50 prizes will be disbursed this year.

"I grew up in Merritt, in northern Michigan, where buck poles and contests are prevalent and I've never seen or heard of a contest giving this much stuff away for free," said Gray.

For more information on the event, call the church at 616-868-7690.

health



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how low can we go?

One in three Americans has high blood pressure and only half of those 70 million patients have their blood pressure under control.

The current standard is to reduce blood pressure to less than 140/90 in people under the age of 60 and to less than 150/90 in patients 60 years or older.

A recent study sponsored by the National Institute of Health has shown that if we reduce the systolic blood pressure below 120, that we can expect a 25 percent reduction in cardiovascular deaths. This large study compared standard blood pressure treatment with more intensive treatment to lower the systolic blood pressure to less than 120. The study was stopped early after they found a 30 percent reduction in cardiovascular events, stroke and

cardiovascular deaths. The preliminary results were released in August and the full report will be published by the end of the year.

The SPRINT study enrolled 9,300 patients with hypertension aged at least 50 years, at risk for cardiovascular events and without diabetes. Those that were treated to a goal of 120 or less required an average of almost three medications to reach this goal as opposed to those in the standard group that averaged just under two medications.

This study seems to show that more intensive management of blood pressure can save lives. If you have high blood pressure, we recommend that you discuss with your doctor whether more intensive treatment is appropriate for you.

The whole life of man is but a point of time; let us enjoy it.

~ Plutarch (46 AD - 120 AD)

GRATTAN TOWNSHIP

Regular Meeting 7:00 p.m.
Synopsis of Minutes
For November 9, 2015

Motions Approved:

1. Resolution 2015-021 restatement of Governmental Non-ERISA retirement Plan.

Our next Township Meeting will be December 7, 2015 at 7:00 p.m.
The approved minutes may be reviewed on our website at www.grattantownship.org

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

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3189 Snow Ave. SE, Lowell
Pastor Tony Brumback
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10:30 A.M. Fellowship
11:00 A.M. Worship

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(Nursery available)
Sunday School.....9:15 A.M.

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

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SUNDAY SCHOOL.....11:15 a.m.
Pastor Brad Brillhart

happy birthday

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NOVEMBER 12
Harry Erickson, Deborah Malloy, Al Olszewski.

NOVEMBER 13
Brian Gerard, Dan Schneider.

NOVEMBER 14
David Durkee, Doris Rhines, Deaken Roth.

NOVEMBER 15
Beth Stouffer, Emily Myers, Gina Gildner, Doug Decker, Alyssa Rash, Dave Hildenbrand, Janet Allison.

NOVEMBER 16
Cherryl Lilley.

NOVEMBER 17
Scott MacNaughton, Cory DuBridge, Tyler Shindorf, Mary Schutts, Anastasia Barnes, Ali Wernet.



Red Arrow - VOLLEYBALL SPORTS

Arrows wrap up the season at district opener

by Kathryn Atwood
contributing reporter

The Lady Arrows ended their season last week Tuesday in the Class A varsity volleyball district opener, falling 3-0 to opponent Grand Rapids Northview in front of a home crowd.

Their hard fought losses, 25-19, 25-13 and 25-22, did not come without shining moments for the squad who saw some great individual performances. The senior trio of Bailey Reitsma, Kelsey Emmanuel and Rachel Fox clearly gave it their all in the last game as Red Arrows.

Reitsma was fierce at the net leading her team with six kills; Emmanuel led in digs offering up ten and Fox led in aces serving



A fierce Abi Mangus bats one past her opponent during last week's district opener.

up two. Shannon Hoekstra and Sydney Powell were the Arrow's other top contributors coming up with four blocks and 18 assists respectively.

The unfortunate loss to Northview, who went on to lose in the next round to Forest Hills Central, mirrored the rest of the Lowell season. A record that is not reflective of the effort being put forth on the court. The girls finished the season with an overall winning record of 22-18-3 with a 0-10 finish in the OK White conference.

"We did battle five and four sets with the teams in our conference, but just couldn't finish with the win," said head coach Julie Quist. Adding that there were some great highlights, "Winning three tournament championships is [a] great moment for the Lowell volleyball program. We definitely had our ups and downs," said Quist.

Looking forward to next year, Quist said she feels good about the youthful Arrow's growth potential. With just three graduating seniors, nearly all of the team will return as more seasoned players. "The team is young

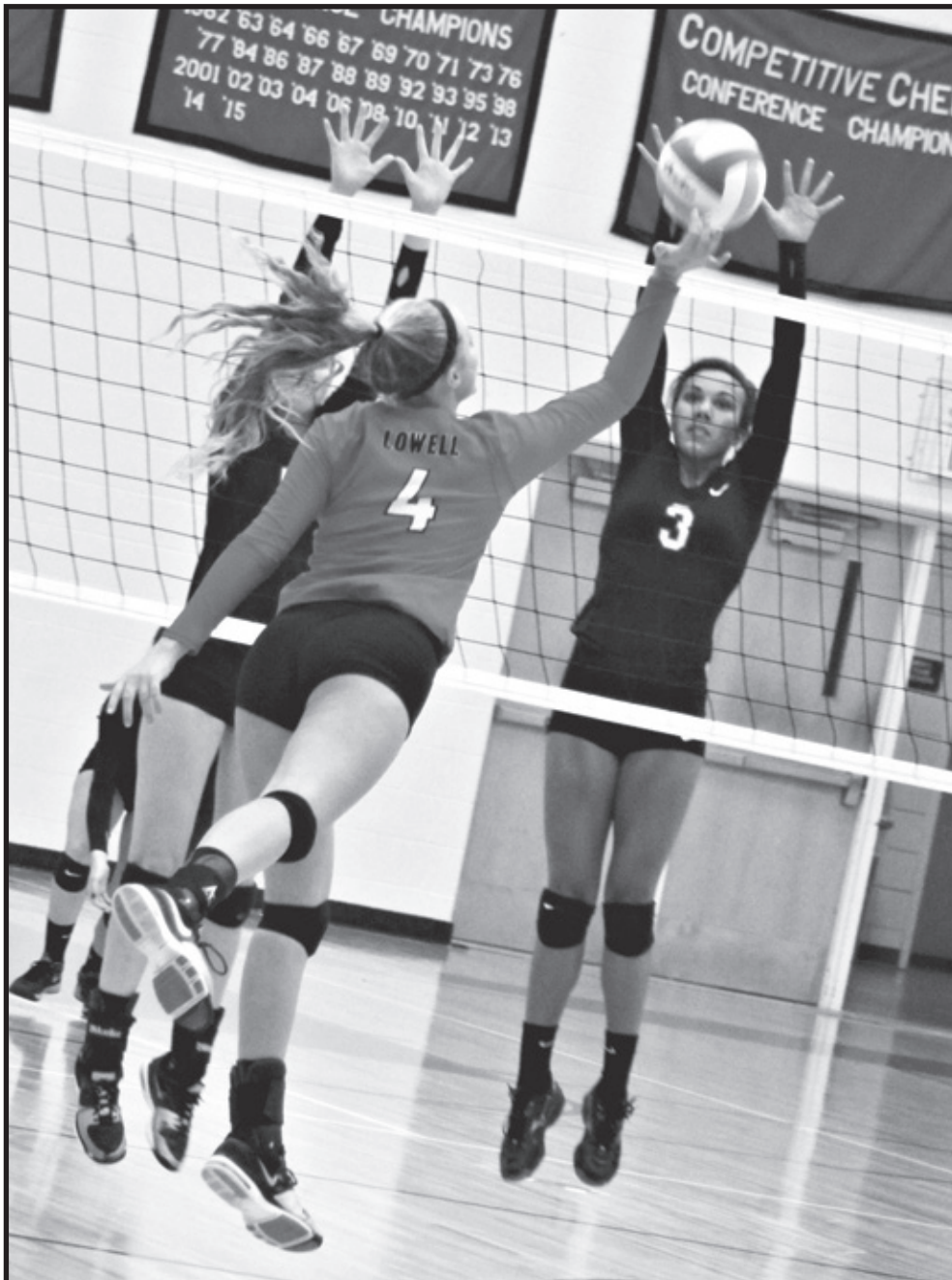
and will only get stronger and more confident every season," stated Quist.

The squad will face a freshly reconstructed OK White next fall that will feature seven teams of tough contenders including Northview. "Every school in

west Michigan is working hard on their volleyball program, so I believe every team next season is dangerous enough to beat us," said Quist concluding, "We must work hard in the off season and in season."



Carly Hoekstra sets up her serve during the Red Arrows' 3-0 loss against Northview.



Senior Bailey Reitsma garnered six kills for the Arrows during her final performance last week.

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the lowell ledger



Rep. Lyons introduces no-reason absentee voting bill

by Tim McAllister
contributing reporter

Lisa Posthumus Lyons, Lowell's representative in the state house, has introduced a bill that will make it easier for voters to use the absentee ballot in upcoming elections.

"I fully support secure, no-reason absentee voting," Lyons said. "If approved, Michigan would join the 27 other states and the District of Columbia that offer no-reason absentee voting but with Michigan's stamp of security. I am currently working to educate my colleagues, the public and stakeholders on this issue and the details of the bill. I am hopeful that Michigan will soon become a secure, no-reason absentee voter state."

Currently in Michigan anyone who is age 60 years old or older, unable to vote without assistance at the polls, expecting to be

out of town on Election Day, in jail awaiting arraignment or trial, unable to attend the polls due to religious reasons or appointed to work as an election inspector in a precinct outside of their precinct of residence, can request an absentee ballot by mail within 75 days of an election. Clerks are required to send the ballots out at least 45 days before the election. Under Lyons' bill, people could vote absentee without giving any reason. All they would have to do is visit their local clerk's office, show an ID and fill out the absentee voter application before the deadline.

"House Bill 4724 would allow Michigan voters to apply in person for an absentee

ballot at their city or township clerk's office after meeting the same identification requirements as when voting in person on Election Day," Lyons said. "Given that the process will be overseen directly by an elections professional from start to finish, this method will be the most secure, fraud-proof form [of] voting in Michigan. This legislation does not extend the length of time in which absentee ballots are available."

Lyons, a Republican, has been Lowell's representative since 2010. She is the chair of the eight-member house elections committee. The committee had a hearing about the bill last spring, but it has been

stalled ever since. Lyons said the bill would make voting more convenient.

"As the working mother of four children, I can personally attest that it's not always easy to predict what might come up at the last minute on Election Day," Lyons said. "We should therefore give all voters a convenient way to have their voices heard while preserving the integrity and security of our elections. In addition, too often we hear about friends or neighbors who fib about being out of town in order to cast an absentee ballot. We should be realistic about absentee voting and offer a secure absentee option to everyone eligible to vote."

Governor's Fitness Awards Nominations Open Veteran's Day

Nominations open on Veteran's Day, Nov. 11 for the Governor's Fitness Awards, organized by the Michigan Fitness Foundation. On April 21, 2016, individuals, organizations and events throughout Michigan will be recognized for their pursuit, commitment and dedication to healthy and active lifestyles.

If you know of an inspirational fitness leader, submit your award nomination at michiganfitness.org/gfa.

"A commitment to fitness can feel self-focused and a bit solitary at times," said Mary Zatina a member of the Governor's Council on Physical Fitness, Health and Sports. "But when the Michigan Fitness Foundation recognizes your effort and the results, suddenly your efforts have the transformational power of influencing others."

The uniting quality all Governor's Fitness Award winners have is the unwavering ability to keep one's eye on the prize in order to obtain the end goal. From Veteran of the Year to Champion for Health, all of these health advocates

and champions are made of determination.

Award finalists will be honored on April 21, 2016 at a legislative celebration at the state capitol in Lansing in the morning, and at a gala event at the newly renovated Cobo Hall in Detroit that evening.

The Michigan Fitness Foundation and the Governor's Council on Physical Fitness, Health and Sports inspire active lifestyles and healthy food choices through education, environmental change, community events and policy leadership.

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Debra S. (McAvoy) Bryant
Army
Active duty 6 years



George Hoover
Army
1942-1945



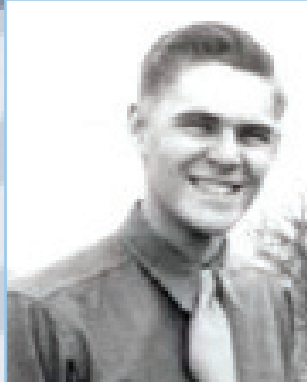
Henry Hoover
US Seabees
1943-1946



Andrew Hoover
Army
1942-1945



Michael Hoover
Army Air Corp
1941-1945



Jacob Hoover
Army
1943-1946



John T. Jones
Army
1941-1945



Richard W. Johnson
Marine Corp
1951-1953



Bennie Vinton
Special Forces
Passed Feb. 2015



Robert Moyer
Army
1969-1970



The Weststrate Family
Timothy, Tim, Herm and Butch Weststrate
Army
1942-2015



Russell Harig
Air Force
20 years



Jerry Vredevelt
Navy
1049-1953



Leo Peters
Army
954-1985



Matt Hoover
Marines
1975-1977



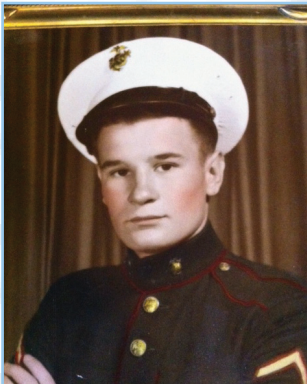
Steve Larkin, Daniel Bruce
USMC
1966-1968



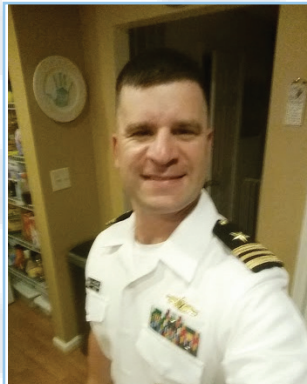
Mike Larkin
USMC
1968-1969



CDR Dave Thompson
Navy
1955 - 1957



Doug Stroosnyder
USMC
1949-1953



CDR Joel Uzarski
Lt CMDR Navy
15 years.



Lawrence Mikulski
Navy
1964 - 1968



Michael James Hayden Sr.
Army
1968-1970

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Christopher Bewell
Marines
2010-2015



Lt. David Johnson Sgt. Susan Johnson (Hoag)
In Afghanistan, 2nd tour Army
1 years- 2 tours Iraq



Kathy Morgan Daryl Wisdom Cheryl Wisdom
Air Force Army Reserve Air Force
1975 - 1998 2002 - 2010 1972 - 1979



James F. Stinchcomb
USCG
1941 - 1945



Mark J. Stinchcomb
USMC/USMCR
1976 - 1982



John Richardson
Navy
1963 - 1967



James C. Lilley, SR
Army Air Force
1941 - 1946



Len Hamp
Marines
1966 - 1968



Robert Alan Schreur
Coastguard
2011 - present



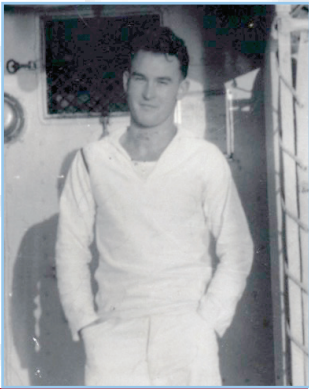
Joseph Daniel Schreur
Coastguard
2011 - present



Dave Clark
Navy
1943 - 1946



David Charles Fehlig
Marines
1964 - 1970



Gerald (Joe) James Ellis
US Navy
Wounded Dec. 7, 1941
Died Dec. 10, 1941



Robert Ellis
Army Airforce
1942 - 1945



Jim Nikodemski
Army
1964 - 1966



Bry Condon
Navy
WWII



Clark Parsons, Air Force (1952 - 1956)
Ron Collins, Army • John Porritt, Army
1952 - 1954



Vikisu Condon
Radioman 1st Class
1971 - 1874



Lloyd G. Ritzema
USAF
1951 - 1954



Gordon Newell
US Navy
1950 - 1954



Berwyn Kloosterman
Navy
4 yrs - Korea

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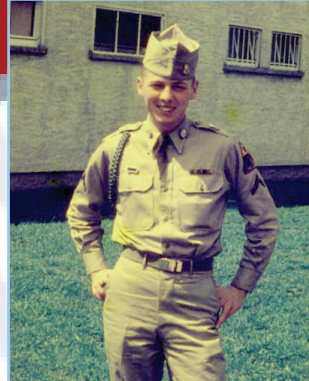


V Don Souser
Submarine Service
1943 - 1946

Max Souser
USN
1909 - 1944



Dirk G. Ritzema
Army Natl. Guard
1980 - 1993



Stephen Carlson
Army
1953 - 1955



David Carroll
Army
1984 - 1988



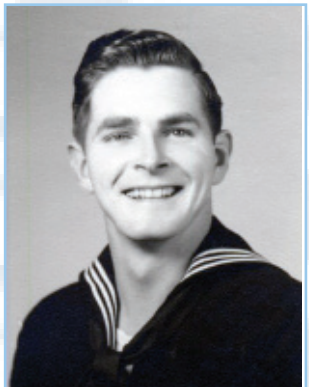
John Schneider
Army
1951 - 1953



John Homan
Army
1968 - 1970



John Racine
USAF
1954 - 1966



Darle Rickert
Korean War
4 years



John Erickson
Army
1948 - 1953



Dennis Stauffer, Chris Van Dyke
Army
1967 - 1969



Bill Hunter, Don Souser, Ed Meyers,
Sonny Gumser, Burt Hawk
Navy
1943 - 1946



Louie Dudeck
Marines
1963 - 1966



Robert Bibbler
101st Airborne
1966 - 1969



Richard Bibbler
82nd Airborne
1951 - 1954



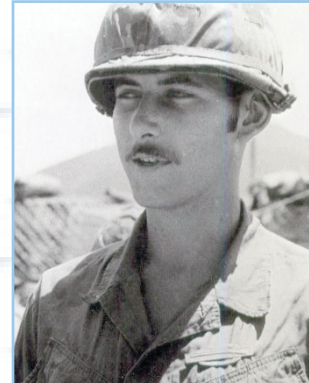
William Bibbler
82nd Airborne
1960 - 1962



Bernard Bibbler
101st Airborne
1969 - 1972



Cecelia Bibbler Best
US Navy
1953 - 1955



Stephen Bibbler
101st Airborne
1972 - 1974



Herman Weststrate
Army
1966 - 1969

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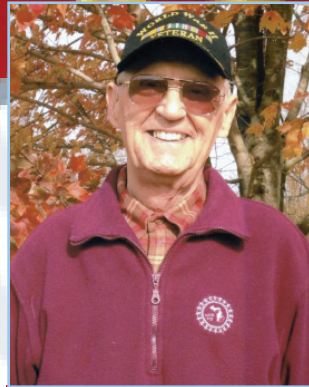
Roger L. Kropf
Army Natl. Guard
1960 - 1966



Ben Ayers
Army
1968 - 1969



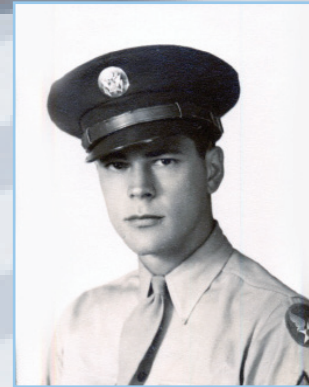
David S. Harding
Army
1956 - 1957



Toffie S. Abbasse
Army
1946 - 1947



Bill Dommer
USAF
1962 - 1966



Eugene W. Smith
Army-Airforce
1943 - 1945



David Lee Neubecker
Army
1977 - 1980



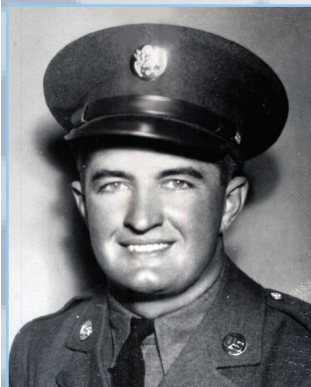
Phil Van Duinen
Army
1969 - 1970



Arnold DeLoof
Air Force
1952 - 1956



Robert F. Bryant
Army
USAR 6 yrs. Active 14 yrs.



Donald L. Yeiter
Battle of the Bulge
1942 - 1946



Joe Rinard
Army
1972 - 1975



Keith A. and Kyle M. Neubecker
Marines
2009 - 2012 2006 - 2011

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Sixth annual Turkey Trot 5K held at WWC

by Kathryn Atwood
contributing reporter

Sunny skies and brisk air greeted running enthusiasts at the Wittenbach/Wege Center (WWC) last Saturday morning for the sixth annual Turkey Trot 5K presented by the Lowell YMCA and sponsored by the Attwood Corporation.

According to YMCA lead health and wellness specialist Lynn Draigh, the run was conceived as a way to encourage healthy lifestyles and to get the organization further involved in the Lowell community. “We were trying to think of an event to get the YMCA

out in the community a bit more, with a focus on health and wellness,” Draigh explained. “With our tagline ‘Walk. Run. Family Fun,’ we intend the ‘race’ to be something that anyone can do, regardless of their fitness level. We like to keep the race simple, family friendly

and use the resources available in Lowell.”

The WWC environmental education facility’s groomed trails allowed runners to traverse through multiple terrains while enjoying the preserved land’s visual splendor. They were also cheered on by enthusiastic members of Lowell High School’s interact club.

Though attendance numbers for the popular event were down from last year, Draigh said she was happy with the turnout of local supporters and avid runners. “We have participants from all over the Lowell and the Grand Rapids area. It is really nice to bring people into our community, let them experience the Wittenbach Center, downtown Lowell and loyal Lowell YMCA employees and members.”

Draigh reports that the race also serves a third purpose for the local YMCA in its fundraising ability. Proceeds garnered by the event by way of runner entrance fees are used to provide the YMCA’s many programs to those who might otherwise be unable to afford them.

“Proceeds from the event go directly to the Lowell YMCA annual campaign. This campaign is a fundraising effort to provide financial assistance to kids and families who want to take part in Lowell YMCA activities, sports and memberships, but are not able to due to financial stress. All proceeds stay in Lowell and are used to positively impact Lowell community members,” stated Draigh.



Lynn Draigh, Lowell YMCA lead health and wellness specialist, welcomes runners and kicks off the annual fall race.



The sixth annual Turkey Trot 5K brought running enthusiasts to the Wittenbach/Wege Center.



Lowell High School student and cross country runner Evan Johnson takes to the course for the sixth annual event.



Participants of the Turkey Trot 5K gather at the start line last Saturday morning.

holiday

SHOPPING GUIDE



how to avoid the holiday shopping rush

Holiday shopping can be both fun and hectic. While it's fun to scour stores looking for can't-miss gifts for your loved ones, shopping amongst the crowds also can prove hectic.

While online shopping has made department stores somewhat less crowded come the holiday season, the National Retail Federation notes that online shopping during the 2014 holiday season accounted for just one-sixth of all holiday shopping. The opportunity to see and feel potential gifts in person compels many people to do the majority of their holiday shopping in-store, and there are ways for such shoppers to avoid the holiday shopping rush as they begin their quests for the perfect gifts.

- Shop during off-peak hours.

Weekends and weeknight evenings tend to be the busiest times to go holiday shopping. Professionals who have weekends off may put off their shopping during the week, choosing to do so on Saturday and Sunday afternoons when they have extra time to browse and comparison shop. Shopping off-peak hours, such as during weekday mornings or even early mornings on weekends, is a great way to avoid crowds. Parents of young children might want to take a morning or even a full day off of work to get their holiday shopping done so they can avoid shopping with their kids in tow.

You can probably move around more quickly if you choose to shop while the kids are in school, and this also affords you time to find gifts for the kids.

- Make a list. Knowing what you want to buy online can decrease the amount of time you spend wandering around malls and stores. The longer you linger without an idea of what to buy, the greater the chance you will be joined by fellow shoppers. If possible,

Avoid the rush, continued, page 15

holiday SHOPPING GUIDE

continued,
page 22

Avoid the rush, continued

call stores before you leave the house to confirm if they have certain items in stock, or buy items online from retailers who offer an in-store pickup option. Checkout lines for in-store pickup items are often separated from more traditional checkout lines, further reducing your risk of waiting in long lines.

• Shop local businesses. Small local businesses may not boast the inventory of larger retailers you're liable to encounter at the mall, but local small businesses tend to deal with thinner crowds than national stores during the holiday season. Items in such businesses may be more unique than items sold at nationwide retailers, and when you shop at smaller

businesses, you might find parking lots and checkout lines more to their liking. In addition, shopping early affords shoppers more time to find the best deals.

• Start shopping early. Crowds only grow bigger and more impatient between Black Friday and the final days before Christmas, so shoppers who can find the time to shop before the height of the shopping season



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9 AM - 3 PM SAT.

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obituaries

HYDE

Marguerite Mereda Hyde, age 100, formerly of Lowell, passed away Sunday, November 8, 2015. Marguerite was born October 28, 1915 in Toronto, Ontario, Canada to Roy and Mereda (Stapleton) Hobson. She married F. Ervin Hyde, of Virginia, on April 2, 1938 in Toronto. He passed away in 2001 after nearly 63 years of marriage. They lived in North Carolina, New York, Ohio, Illinois and Michigan. Marguerite was preceded in death by her parents, brothers Marvin Hobson and Murray Hobson, and son-in-law Wayne Frahm. She is survived by her children, Lucy Moss of Chicago, IL, Martha Frahm of Battle Creek, MI and Paul (Brenda) Hyde of Palm Coast, FL; six grandchildren, Katie Moss, Steve (Jenny) Moss, David (Alex) Hyde, Alan (Sally) Frahm, Eric Frahm, and Rachel (Jim) Leith; eleven great-grandchildren, Liza and Annie Moss, Cordell, Janelle, Wyatt and Elliott Frahm, Beckett and Whitton Hyde, Christian, Wesley and Jude Leith; and sister-in-law Jean Hobson of Huntsville, Ontario, Canada. Marguerite enjoyed weaving on a large floor loom, sewing and knitting. She was a former member of the Lowell First Congregational Church. A funeral service will be Saturday 11:00 a.m. at the Roth-Gerst Chapel, 305 N. Hudson, Lowell MI. Reverend Roger LaWarre officiating. Interment Oakwood Cemetery. Visitation one hour prior to the service at the Chapel. Memorial donations may be made to Bronson at Home Hospice, 5470 Glenn Cross Rd, Battle Creek, MI 49015.



KREBS

Mary Krebs, aged 93, of Alto, passed away on Thursday, November 5, 2015. She was preceded in death by her husband, George Krebs. She is survived by her children, Barbara Swanson, Robert Krebs, and Edie Mosley; her grandchildren, Jeff, Matt, Tara, Todd, Paula, and Scott; her great-grandchildren, Joseph, Melanie, Paige, Laila, Aaliyah, Ethan, Tyler and Blake; her sisters-in-law, Pat Kowalczyk, Irma Porter, and Gladys Krebs; her brother-in-law, David (Suzanne) Krebs; and many nieces and nephews. The Mass of Christian Burial was offered Monday at Holy Family Catholic Church. Interment in Bowne Center Cemetery. Members of the family received relatives and friends at the Matthyse Kuiper DeGraaf Funeral Home (Caledonia). The family suggests memorial contributions be made to the Holy Family Church or Spectrum Health Hospice. Condolences may be sent online at www.mkdfuneralhome.com



WATSON

Steven Gerard Watson, age 61, of Lowell, Michigan, went to be with the Lord on November 6, 2015. He was preceded in death by his mother and father, Dwight and Helen Watson. He is survived by his wife, Sandra Watson; four children, Michelle McGee, Nicole Watson, Toni (Tim) Freeland and Angie (Matt) Nauta; along with his 10 grandchildren, Daniel, Madalynne, Garrett, Alyssa, Emily, Lauren, Gracie, Nick, Tierney, and Carter; several cherished brothers and sisters, Tom (Pat) Watson, Janet Isbell, Debbie (Bruce) Howell, Sharon (Gary) Hart, Brian Watson and Mark (Carol) Watson; many brothers- and sisters-in-law, Cynthia Reichard, Sue (Lon) Lopez, Nancee (Dave) Bowden, and Barb Stressman; several aunts, uncles, nieces and nephews. A special thank you to the Lemmen-Holton Cancer Pavilion, Dr. Mark Campbell, Erin VanDyke, and his nurse, Lindsay LePow, for giving us an additional two and a half years together. Funeral services for Steve will be held Saturday, November 14 at 11 am officiated by Father Mark Peacock at St. Patrick's Parish, 4351 Parnell Ave., Ada, Michigan. In lieu of flowers, please consider a donation to St. Patrick's Parish of Parnell or the Lemmon-Holton Cancer Pavilion.



Two fundraisers and one very healthy donation put their treasury at about \$1,600. The group's method of implementing a recognition program will be through the Renaissance program. This program started by Jostens is really a concept and an attitude. The term Renaissance itself is in reference to a "rebirth" or pursuit of learning the group feels is needed today in the school.

Headline: Lowell CATV reviews public access. With the controversy of the tape being pulled for review from the public access station airwaves, behind Lowell Cable, other questions have arisen concerning the access station's use and purpose. An immediate concern for both the cable and the city is to come up with public access use guidelines. Lowell City Manager Dave Pasquale said it would be up [to] the Lowell Cable Board as to whether it would write up the guidelines or if it would delegate the authority to an advisory committee. Haines said he did not know when guidelines would be set up. The end resolve of the Linda Taber/Bayside tape controversy after Dick Wendt, the City Attorney, spent 10 days to two weeks reviewing the tape, Wendt said in his opinion there was nothing obscene or inappropriate on the tape. "The tape is not legally objectionable," Wendt said. "Therefore Lowell Cable cannot refuse to air it based on the content." Taber was extremely happy with the verdict, but disappointed it took so long. "I really thought the City Attorney knew they were wrong for pulling the tape and it would only take a couple of days to get it back on the air, after all the first amendment supported me," she said. Taber's tape is currently being aired three days a week at different times of the day. "This is one of roughly 58 tapes in a series," said Frank Taber, Lowell Cable.

Cyber Monday value at socialsecurity.gov

The Monday after Thanksgiving has become a virtual holiday, pun intended. "Cyber Monday" is the day Internet-savvy people search for deals, all online.

But, there's more than one way to find value on the Internet. For example, Social Security offers many online services to the public — and they're free and secure! Doing business online with Social Security will also save time. Now that's an offer you can't refuse!

Here are some of the most popular online services.

1. The online *Social Security Statement* is a big hit. Your online *Statement*

provides you with a record of your past earnings, and it uses those earnings along with projected earnings for future years to give you accurate estimates of future Social Security benefits. Open your personal *my Social Security* account to get your *Statement* today. Just go to www.socialsecurity.gov/myaccount/

2. The *Retirement Estimator* is an easy way to get an instant, personalized estimate of your future Social Security benefits. Just enter some basic information and the *Estimator* will use information on your Social Security record, along with what you input, to give you a benefit estimate on the spot. Check it out in English

at www.socialsecurity.gov/estimator or in Spanish at www.segurosocial.gov/calculador.

3. The online *Retirement Application* is the most convenient way to apply for Social Security retirement benefits. You can apply from the comfort of your home — it's convenient and secure. In fact, you can apply online in as little as 15 minutes. Social Security will process your application and contact you if any further information is needed. When you're ready to retire, apply at www.socialsecurity.gov/applyonline.

4. *Business Services Online* is our one-stop shop for small

business owners. The site allows organizations and authorized people to conduct business with and submit confidential information to Social Security. Employers can use it to file W-2s for their employees the fast, convenient, and paperless way — online. Visit *Business Services Online* at www.socialsecurity.gov/bso

Social Security's online services continually receive the highest ratings in both the public and private sectors. Each site uses the highest security to keep your information safe.

Learn more about all you can do online at Social Security on Cyber Monday, or any day, at www.socialsecurity.gov/online-services.

PUZZLE SOLUTIONS

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3	1	7	5	9	4	8	6	2
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Sweets and Snacks to Celebrate

Impress guests with dishes made for entertaining

FAMILY FAVORITES

Dazzle guests this holiday season with delicious dishes that only take like you spent hours in the kitchen. These recipes, created in partnership with lifestyle and cooking expert Sandra Lee, show how using high-quality, like-sensate ingredients such as Bob Evans' refrigerated side dishes lets you create perfectly prepared holiday recipes in minutes.

Find more recipes ideal for sharing and gifting this holiday season through Farm Fresh Ideas, an online club featuring recipes and tips, at www.bobevans.com/recipes.

Sweet Potato Cookies

Prep time: 20-30 minutes
Cook time: 10-12 minutes
Makes 16 cookies

- 3/4 cup vegetable shortening
- 3/4 cup brown sugar
- 1 large egg
- 1 cup Bob Evans Mashed Sweet Potatoes
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon kosher salt
- 1 teaspoon pumpkin pie spice
- 1 cup unsalted butter
- 2 cups powdered sugar
- 1/2 teaspoon maple extract
- Chopped honey-roasted pecans, optional
- Mini marshmallows, optional

Heat oven to 350 F.

In large bowl, using hand mixer or paddle attachment, cream together shortening and brown sugar. Add egg and sweet potato and mix until combined.

In small bowl combine flour, baking soda, salt and pumpkin pie spice. With mixer on low speed, slowly add flour mixture until well mixed. Use a small cookie scoop and drop rounds onto greased baking sheets.

Bake 10-12 minutes or until golden brown. Cool completely before frosting.

In separate bowl, beat together butter, powdered sugar and maple extract until frosting is light and fluffy. Press each cooled cookie with maple butter cream frosting. Sprinkle with pecans and mini marshmallows, if using. Carefully toast marshmallows with a culinary torch, avoiding melting frosting, if desired.



Bacon Wrapped White Cheddar Jalapeno Poppers

Prep time: 30 minutes
Cook time: 25-35 minutes
Makes 48 poppers

- 2 packages Bob Evans Thick Sliced Bacon, slices cut in half
- 1 package Bob Evans White Cheddar Mashed Potatoes
- 1 package garlic herb cheese spread
- 20 jalapeno peppers, halved and seeded with membranes removed
- 3/4 cup brown sugar
- 1 teaspoon cayenne pepper, ground

Heat oven to 400 F.

Bring bacon to room temperature so it is pliable and easy to work with.

In mixing bowl, combine mashed potatoes and garlic herb cheese with rubber spatula. Stir until incorporated.

Spread approximately 1 teaspoon mashed potato mixture in each jalapeno half; level off with butter knife or spatula. Be sure not to heap potato mixture or it will spill out of peppers. Wrap each jalapeno with bacon; use 3 half-slices for large jalapenos or 2 halves for smaller sizes. Be sure bacon is wrapped to seal in mashed potato mixture tightly.

In small mixing bowl, combine brown sugar and cayenne pepper. Generously sprinkle bacon with brown sugar and pat gently to make it stick to bacon.

Line cookie sheet with parchment paper and place wrapped peppers on sheet. Bake until bacon reaches desired crispness, about 25-35 minutes.

Let peppers cool slightly before serving, about 5 minutes.

Loaded Mashed Potato Dinner Rolls

Prep time: 15 minutes
Cook time: 25 minutes
Makes 24 rolls

- 1 package Bob Evans Original Mashed Potatoes, divided
- 1 cup Bob Evans Thick Sliced Hardwood Smoked Bacon
- 2 cups cheddar cheese, shredded
- 2 green onions, small sliced
- Salt and black pepper, to taste
- 1 package dinner roll dough (24 rolls)
- 4 tablespoons butter, unsalted and melted

Heat oven to 350 F.

To make filling, in mixing bowl combine mashed potatoes, bacon, cheese, onion, salt and pepper. Stir until combined.

Flatten dough into round using palm of hand, spoon 2 tablespoons of filling in middle. Place on baking tray.

Brush surface of rolls with melted butter and cut cross pattern with sharp knife at middle until you can see filling.

Bake rolls until golden brown, about 20-25 minutes. Remove from pan and cool at room temperature for 5 minutes. While cooling, brush tops with melted butter.



Loaded Mashed Potato Poppers

Prep time: 15 minutes
Cook time: 15 minutes
Makes 48 poppers

- 1 package Bob Evans Sour Cream & Chive Mashed Potatoes
- 2 cups extra sharp cheddar cheese, shredded
- 6 slices Bob Evans Hickory Smoked Bacon
- 8 ounces nacho cheese flavored tortilla chips
- 2 large eggs, slightly beaten
- 1/2 cup all-purpose flour
- 6-8 cups vegetable oil, for frying
- 16 ounces sour cream for dipping, optional

Stir together cold mashed potatoes, cheese and bacon. Scoop 48 tablespoons of potato mixture onto parchment- or wax paper-lined baking sheet. Refrigerate 15-20 minutes.

Meanwhile, place tortilla chips in bowl of food processor and pulse to fine crumbs, or place chips in large resealable bag and crush using a rolling pin. Pour crumbs into shallow bowl.

Beat eggs and pour into another shallow bowl.

Four flour into shallow bowl; set aside. Heat oil in fryer or Dutch oven to 350 F.

Remove mashed potato scoops from refrigerator and roll into balls. Roll each ball in flour, tapping off excess.

Once all potatoes are coated in flour, dip each into egg, allowing excess to drip off, then into the tortilla chips, making sure to coat evenly with crumbs. Set on clean baking sheet. Discard excess flour, egg and tortilla chips.

Try small batches of poppers until golden brown, 10-15 seconds. Remove from fryer and place on paper towel to drain excess oil. Serve hot with sour cream, if desired. Poppers can be reheated in 350 F oven for 5-8 minutes.

EARTH TALK™

Questions & Answers About Our Environment

Dear Earthtalk: I've heard that making and installing concrete takes a big toll on the environment. What's being done to clean up this industry? - *Jenn Chadwick, Washington, DC*

The 20 billion tons of concrete produced around the world annually account for an estimated five to 10 percent of global carbon dioxide (CO2) emissions. Concrete is one of the most widely used materials in the world, and the energy-intensive process to create it is the third largest source of planet warming CO2. According to a 2012 study from Scotland's University of Aberdeen, making a ton of concrete releases about a ton of CO2 into the atmosphere. While the concrete industry has actually reduced its carbon emissions by a third over the last few decades, it still has a long way to go before becoming part of the solution to our collective climate woes.

Part of the reason concrete is so energy- and CO2-intensive to make is that it requires heating the mineral feedstock, alite, to 1,500 degrees Celsius in order to make it malleable. Researchers are working to develop mixtures using alternatives to alite that do not require such high temperatures during processing. The leading contender, belite, has a much lower temperature threshold while maintaining similar strength. But belite takes months to set completely, while alite sets in just a few hours. Concrete makers continue to tinker with the mix as well as with other chemicals and additives in search of greener alternatives to alite.

Dust pollution generated by concrete's manufacture and disposal is another big concern. Quarrying entire mountainsides worth of rock for the aggregate that makes up the majority of concrete's material sends massive amounts of rock dust into the atmosphere. The back end of concrete's lifecycle is similar as demolition of buildings emits large amounts of concrete dust into the air. New technologies that trap and reduce dust emissions are making inroads, but not nearly fast enough, say environmental leaders.

Another green trend among concrete makers is recycling in one form or another. According to the U.S. Environmental Protection Agency (EPA), some are using waste ash products from other industries to create an entirely new, greener concrete mix. Others are focusing on collecting concrete chunks from demolition sites and crushing them to re-use in new construction projects. Such efforts require less energy and less water and as a result can reduce the carbon footprint of manufacturing concrete significantly.

Of course, all that finished concrete around us not only inhibits biodiversity—wildlife doesn't find paved-over areas particularly hospitable—it also leads to pollution, erosion and flooding as torrents of run-off can't naturally percolate through soils as they make their way downstream. So-called permeable concrete seeks to address this issue by absorbing much more water than traditional concrete, slowing down and significantly reducing urban run-off. Yet another concern is that concrete absorbs much more heat than does soil, so cities are often significantly warmer than rural areas, exacerbating the greenhouse effect. One solution to this so-called "urban heat island effect" may be lighter-colored concrete, which has been shown to reflect up to 50 percent more light than its more traditional darker counterparts.

While there is much innovation afoot within the concrete industry, the vast majority of concrete produced still isn't particularly green. Until some of these forward-thinking techniques and technologies become more mainstream, the pavement beneath our feet will continue to be a thorn in the side of those working to fight climate change and clean up our environment.

CONTACT: EPA, www.epa.gov.

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Dear Earthtalk: Is recycling still worthwhile given the expense and emissions associated with it? - *Michael Vitti, Norwalk, OH*

Americans generate about 254 million tons of trash and recycle and compost about 87 million tons of this material, which adds up to a 34.3 percent national recycling rate. Recycling and composting prevented the release of approximately 186 million metric tons of carbon dioxide in 2013, according to the U.S. Environmental Protection Agency, comparable to taking over 39 million cars off the road for a year.

Aluminum cans are currently recycled more than any other beverage container in the U.S, which is good for business and the environment, says the Aluminum Association, because making a can from recycled aluminum saves not only aluminum but 92 percent of the energy required to make a new can. A 2015 analysis by the Aluminum Association and the Can Manufacturers Institute determined that if all of the aluminum cans in the U.S. were recycled, we could power four million homes and save \$800 million per year. Aluminum cans are also the most valuable to recycling companies, with a value of \$1,491 per ton compared to \$385 per ton for PET plastic. "Cans are recycled at the highest rates, and drive recycling programs across the country because of the high value of aluminum compared to other packaging materials," said Heidi Brock, President and CEO of the Aluminum Association.

In recent years, however, recycling companies are struggling with higher processing costs, due in part to newer, larger recycling bins that don't require user sorting and thus become increasingly contaminated with garbage. When the District of Columbia replaced residents' 32-gallon bins with ones that were 50 percent larger last year, the extensive amount of non-recyclable material put into the bins drove up the city's processing cost for recyclables and cut profits from selling recyclables by more than 50 percent.

"Our biggest concern and our biggest challenge

today is municipal solid waste and contamination in our inbound stream," James Delvin, CEO of ReCommunity Recycling, which operates 31 facilities in 14 states, told Green is Good Radio. "It's an economic issue if you think about we go through all this effort to process this material, and roughly 15 to 20 percent of what we process ends up going back to the landfill. It's incredibly inefficient to do that." In a 2014 survey by the National Waste and Recycling Association, nearly one in 10 Americans admitted to throwing their waste in recycling bins when trash cans were full; one in five said they will place an item in a recycling container even if they are not completely sure it is recyclable.

"People refer to this as 'wishful recycling,' that's just when in doubt, put this in the bin because there's an outside chance they might be able to recycle it," Delvin notes. "So you see Styrofoam. You see PVC. You see batteries and those types of things..." This mixing of waste with recyclables, he says, makes it very difficult to extract the true recyclable commodities that are there that have value.

Improved education regarding the proper materials to recycle is needed to allow recycling plants to remain



economically feasible. The pros and cons of recycling are heavily debated, but there's never an argument over the environmental benefits of limiting disposable packaging and utilizing more durable reusable goods, like shopping bags, coffee thermoses and water bottles, to name a few, in daily life.

CONTACTS: Aluminum Association, www.aluminum.org; Can Manufacturers Institute, www.cancentral.com; Green Is Good Radio, www.greenisgoodradio.com; National Waste and Recycling Association, www.wasterecycling.org; ReCommunity Recycling, www.recommunity.com.

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STATEPOINT CROSSWORD

THEME: THANKSGIVING

ACROSS

1. Internet posts
6. "Kilroy ____ here"
9. "Put a ____ in it!"
13. "Raspberry ____" by Prince
14. Matterhorn, e.g.
15. Loosen laces
16. Social class or position
17. "All the Light We Cannot ____" by Anthony Doerr
18. Like professor Sherman Klump
19. *In 1941 Thanksgiving moved to this Thursday
21. *Football hosts
23. Green pod dweller
24. One who makes use of something
25. Declare
28. Globes and balls
30. The Curies' discovery
35. Guinness and such
37. Takes to court
39. Santa Maria's companion
40. As far as
41. Archipelago
43. Relating to ear
44. Popular in cook-offs
46. Cut with an ax
47. Be dependent
48. Alleviating
50. Ginger-flavored cookie
52. Hi-____
53. Oration station
55. Opposite of friend
57. *Cause for Thanksgiving celebration
61. *Main attraction

CROSSWORD														
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64						65	66			67				68
69						70				71				
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NOVEMBER 4 - NOVEMBER 10

- Tuesday marked 40 years since the Edmund Fitzgerald sank. Nov. 10, 1975, the freighter sank during a horrific storm on Lake Superior, killing all 29 men aboard.



- In response to criticism of the treatment of killer whale sat the park, SeaWorld will be discontinuing its orca shows.
- A Florida police officer who was due to be honored at a Mothers Against Drunk Driving conference turned up drunk to collect his award, according to local media. He was found wandering in a hotel hallway stripped to his underwear.

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64. *The Pilgrims crossed it
65. De Niro's 1976 ride
67. Honorable mention
69. Compilation of drawers
70. Store posting, for short
71. Private
72. Actor ____
- MacLachlan
73. "You betcha!"
74. Collection of Buddhist scriptures
32. Lay to rest
33. Opposite of #24 Down
34. *Parade host
36. Prima donna's numbers
38. Made by tailor
42. Mix-up
45. Start a new paragraph
49. Solid, liquid, ____
51. "The Merchant of Venice" heiress
54. Mosquito affect
56. Increasing
57. *A ____ lock ties turkey drumsticks
58. Flu feeling
59. Rod attachment
60. Flower holder
61. *Cookbook abbr. in gravy recipes
62. Europe's highest volcano
63. Big Bang's original matter
66. "We ____ Family" by Sister Sledge
68. ____ of Good Feelings

DOWN

1. British public service broadcaster
2. ____ Organ of photosynthesis
3. Roughly
4. Bob Marley's "____, Stand Up"
5. Three-dimensional sound
6. Done in loads
7. Brewery order
8. Glasses, for short
9. Give the cold shoulder
10. "The Simpsons" palindrome
11. C in NYC
12. St. Peter's symbol
15. Done on a Christmas morning
20. Plural of tarsus
22. "____ the fields we go"
24. No-good
25. ____ *Cranberry concoction
26. Top dog
27. Abominable snowmen
29. "No Child Left Behind" President
31. Famous French couturier



- Folks are upset that Starbucks' holiday cups do not mention Christmas on them. Starbucks has chosen plain red cups and some people are protesting what they think is a shot at religion.

Puzzle solutions on page 16

SUDOKU

GOT KNEE PAIN?

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

THIS WEEK'S ONLINE POLL

POLL

Have started your Christmas shopping yet?

- Yes
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- I'm done!

TO VOTE IN THIS WEEK'S ONLINE POLL

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Red Arrow SPORTS

- FOOTBALL

Red Arrows are district champs! Regional play begins Friday

by Kathryn Atwood
contributing reporter

The Red Arrows leashed the Byron Center Bulldogs last Friday night trouncing their Division II district final opponent by a score of 48-17 to claim the district championship.

Lowell's Max Dean scored the first of his four touchdowns at 9:19 in the first, giving the Arrows an early lead they would not relinquish. Dean's scores came once per quarter and included a one-yard touchdown run on fourth down as the first-half clock expired with the Arrows ahead 27-9. In total, the senior carried the ball 25 times averaging 5.2 yards per carry for a total of 131 rushing yards.

Quarterback Ryan Stevens, who picked up 76 rushing yards and threw for 307, connected with favorite target and fellow senior Gabe Steed for the team's other two touchdowns. The first followed a huge 74-yard kickoff return from a zooming Zeth Dean. The second after a picture perfect 35-yard pass from Stevens into the end zone after being pushed back to fourth and 13. Steed had a total of 10 carries on the night adding up to 139 yards.

Senior Sawyer Olesko racked up 106 receiving yards in his four big carries. Sophomore kicker George Gonzalez added 12 points to the scoreboard as he booted himself to a perfect night

going 2 for 2 on field goals and 6 for 6 in extra point kicks.

Overall the Arrows racked up 539 yards during the impressive performance, after quickly finding their way around some early offensive pressure from the Bulldogs. They punted the ball only once, late in the fourth quarter, proving their ability to convert nearly every possession into points.

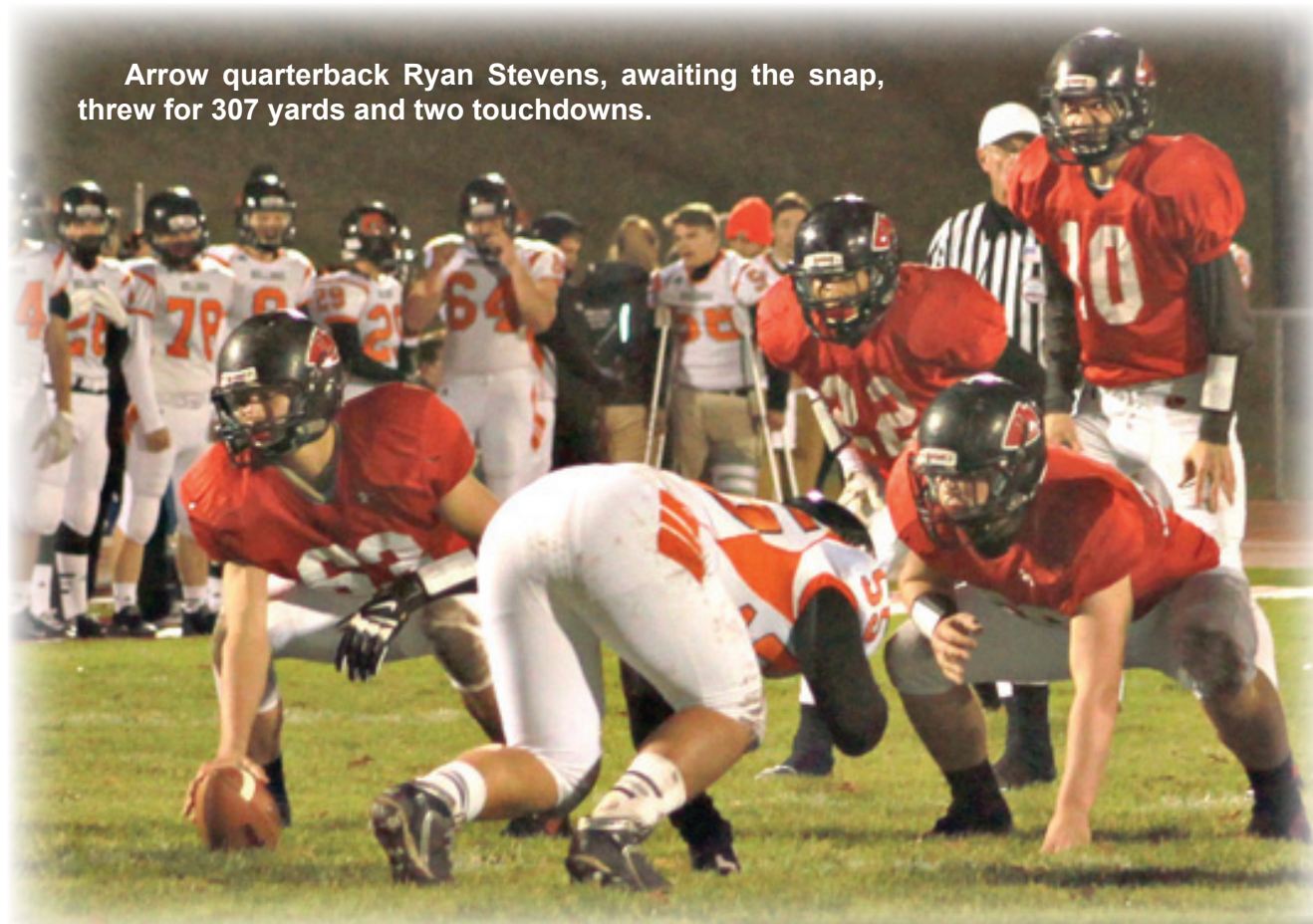
This week, Lowell will host the Big Reds of Muskegon under the Friday night lights for their shot at the regional title and rights to move onto the semifinals of the Division II state tournament. The Reds topped previously

unbeaten rival Muskegon Mona Shores 21-10 over the weekend and will enter the contest with a 9-2 record. In the past seven playoff games between the two Red teams, the victor has moved on to compete in the state championships.

If the Arrows, now 10-1, claim that victory they will face the winner of the Midland Dow and Walled Lake Western (WLW) match up on the east side of the state. The Arrows lost their first home opener since 1993 earlier this season when they fell to WLW 42-40. The team went on to a perfect 11-0 season thus far. Midland enters the regional round 10-1.



Senior Zeth Dean returns a kickoff for a huge 74 yards in the first half of play against Byron Center.



Arrow quarterback Ryan Stevens, awaiting the snap, threw for 307 yards and two touchdowns.

	Byron Ctr.	Lowell
Score	17	48
First Downs	15	21
Rushing Attempts	34	45
Net Yards Rushing	202	232
Net Yards Passing	177	307
Total Net Yards	379	539
Pass Attempts	20	26
Passes Completed	9	18
Interceptions	0	0
Total Offensive Plays	54	71
Average Gain Per Play	7.0	7.6
Fumbles: Number/Lost	1/1	1/1
Penalties: Number/Yards	2/19	4/19
Number of Punts/Yards	3/135	1/35
Average Per Punt	45.0	35.0
Punt Returns: Number/Yards	1/0	0/0
Number of Kickoffs/Yards	4/184	8/358
Average Per Kickoff	46.0	44.8
Kickoff Returns: Number/Yards	8/103	3/109
Int. Returns: Number/Yards	0/0	0/0
Fumble Returns: Yards/TD	0/0	0/0
Possession Time	24:09	23:51
Third-Down Conversions	2/10	6/13
Fourth-Down Conversions	1/33	0/3

Friday's game time will be at 7 pm with gates opening at 5:30 for early ticket sales. Tickets will also be available for sale inside the high school's main office during the school day. Because this is a MHSAA tournament event, no passes or artificial noisemakers will be allowed.



The Arrows took several timeouts in the waning moments of the first half, including this huddle that preceded a last-second touchdown.

holiday SHOPPING GUIDE



how to manage credit this holiday season

Holiday shopping takes up a considerable amount of time between Thanksgiving and Christmas Day. Shoppers who scour in-store and online retailers in the hunt for the perfect gift annually spend hundreds of billions of dollars during such pursuits, and what they swipe when

making purchases could go a long way toward how their new years begin. Overreliance on credit cards to make holiday purchases can prove crippling once the calendar turns to January. According to an analysis of statistics from the Federal Reserve, the average household con-

sumer debt in the United States was more than \$15,700 as of June of 2015. That's roughly one-tenth the average mortgage debt, suggesting that many consumers are relying too heavily on credit cards when making their purchases. This holiday season, consumers concerned about

swiping their credit cards too often can take the following steps to more effectively manage their credit.

- Know what you can afford. Swiping now and dealing with the consequences in January is a

Manage credit, continued, page 24



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holiday SHOPPING GUIDE



Protect your purchases, continued

This peace of mind can make it safer for shoppers to use credit cards over cash or debit cards when making their holiday purchases. reputations can be verified. Make sure that purchases are made through a secure website or server to reduce your risk of falling victim to hackers.

If shopping takes you online, restrict buying to well-established businesses whose

BUDDY SYSTEM

Packages left outside of empty homes can be ripe

for the picking by thieves. Establish an agreement with neighbors that you will take in each

other's packages so they aren't left unattended on front porches or in doorways.

The holiday season should be a joyous time, but shoppers should still exercise a

certain level of caution when buying gifts for their loved ones.



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holiday SHOPPING GUIDE



How to approach your holiday spending

The holiday season can be both exciting and expensive.

Many shoppers run into financial trouble come the holiday season, when the temptation to overspend on holiday gifts can be tough to resist. But the following are a handful of ways shoppers can stretch their budgets and avoid going broke this holiday season.

• Agree to spending limits. Come the holiday

season, many people overspend on gifts for their immediate family members. Come to a consensus on a reasonable limit and urge family members not to exceed that limit no matter what.

• Determine how much you can spend. Set some time aside before your first holiday shopping excursion to examine your finances. Tracking spending can help you stay within your budget.

• Go shopping with a

plan. Visiting the mall or a town shopping center without any idea of what you're looking for is a recipe for overspending. Put some thought and research into your holiday shopping so you aren't spending time wandering around and buying on impulse, which can increase your chance of overspending. The more thought you put into your shopping, the more you can comparison shop and find the best price for each gift.

• Start early. If your holiday shopping list is long or if you know money will be tight come the holiday season, begin your holiday shopping early.

• Resist the temptation to put it all on plastic. Credit and debit cards are more convenient than cash, especially now that you can buy everything from

cups of coffee to big-ticket items with the swipe of a card. But cash can be your friend when holiday shopping, especially if you have a history of overspending during the holiday season. Leave cards at home when holiday shopping, spending only the cash you have in your pocket. While this may be a less convenient way

to shop than you've grown accustomed to, it will save you the grief of large credit card bills come January.

Holiday shopping can easily get out of hand. But shoppers who commit to spending only what they can afford before their first shopping trip can make it through the season with their finances intact.

Manage credit, continued

recipe for a rocky new year. In some cases, it can benefit consumers to make purchases with their credit cards as opposed to their debit cards. For instance, when making purchases online, it's often safer to use a credit card rather than a debit card linked to your checking and savings accounts, as using the latter can make your life's savings vulnerable to hackers. But don't start swiping your credit cards until you know what you can afford. Examine your finances and only use

your credit card if you know you can repay the balance before it incurs any interest.

• Resist retailer cards. When making in-store purchases, chances are the cashier will invite you to sign up for a retailer credit card, even offering an immediate discount if you do so at the registers. While this discount may seem too tempting to ignore, keep in mind that many retailer credit cards come with considerably higher interest fees on balances that are not paid off in full. So that discount at

the register may end up costing you more money if you get to January and can't pay the balance in its entirety.

• Monitor your balances. Swiping a credit card is easy and hassle-free, and many retailers both big and small now accept various types of cards. Keep a close eye on your balances, checking them online after each shopping trip.



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