



**l's sports**

**winter sports teams**



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**50 CENTS**



## Alto volunteers work to mend little hearts

by Kathryn Atwood  
contributing reporter

A small army of volunteers turned out in Alto last Saturday to sort, bag and box 3,800 tiny red hats destined for newborns at Michigan hospitals in an effort to spread awareness about congenital heart defects and general heart health.

Alto-based Mended Little Hearts of West Michigan (MLH), working in conjunction with the American Heart Association, is sponsoring the awareness effort called Little Hats, Big Hearts in celebration of American Heart Month this February. The cozy hats will be delivered to new arrivals along with important information for parents from both planning organizations.

Last year the local branch of MLH supplied 43 hospitals with over 6,000 hats donated from around the country. According to chapter founder and outreach coordinator Jennifer Dougherty, the program has grown in its second year translating to a greater need for community

assistance. “This year, the hats are just starting to roll in. Because more cities and hospitals are participating, we need more people from Michigan to help us with hats. The hats were all contributed by individuals. We anticipate that we may need as many as 3,000 more,” said Dougherty.

For Dougherty the cause is extremely personal. Her own son Caleb, now a rambunctious four-year-old, was born with a congenital heart defect. Devastated by the news she looked to reach out to other mothers facing her situation and found that resources were few in West Michigan.

Alto volunteers, continued, page 2



Nearly 40 volunteers gathered at the Mended Little Hearts location in Alto to assist in Little Hats, Big Hearts distribution. They packed 3,800 little red hats last Saturday in celebration of American Heart Month in February.

## Lowell's City Council - a new year with new rules, a new mayor and mayor pro tem

by Tim McAllister  
contributing reporter

Lowell city council appointed councilman Jeff Altoft to be the new mayor during their meeting at city hall on Monday, Jan. 4. Councilman Mike DeVore was named mayor pro tem. The council also discussed their rules of procedure, Light & Power's upcoming smart meters project, equipment purchases and plenty more at the two hour and 37 minute long meeting.

The council's first order of business was to appoint Lowell's new mayor and mayor pro tem. Councilman Alan Teelander nominated Altoft and was seconded by DeVore. Since councilman Jeff Phillips was absent, the vote was 4 - 0 in favor of Altoft. Next, Teelander nominated DeVore for mayor pro tem. He was seconded by councilman and former mayor Jim Hodges.

The vote for DeVore was also 4 - 0.

“It's going to be hard, but it'll get better,” Altoft said in a brief interview after the meeting. “We're going to start doing stuff and fixing stuff.”

The next order of business was for the council to completely read through, discuss and change their rules of procedure, a task the council is required to do during the first meeting of each year. The council devoted over an hour to this job and ended up with changes to a few of its rules. For example, the council's work sessions will now be recorded, the council will now require 48 hours notice instead of 24 hours before holding a special meeting, a synopsis of city council meetings will be placed on the city of Lowell's website and “citizen comments” at city council meetings

will be renamed “citizen discussion.” The final document will be available on the city of Lowell's website.

“The point is to listen and try to get an understanding and discussion helps create an understanding of what their true question is,” Teelander said.

“Your meetings are meetings of the public body,” city manager Mark Howe said. “They are meetings where you conduct the business of the organization. You've been elected. We have a republican form of government, or a representative form of government. You've been elected to represent the citizens and to make decisions on city government. You have to do that in a public forum and that's what these meetings are for. But

you also have to, at open meetings, allow for public comment, not necessarily a public discussion. There can be times where that discussion, that back-and-

forth, could get to a point where it actually disrupts the business of the council

New year for Lowell City Council, continued, page 3



Jeff Altoft was appointed mayor of Lowell at Monday night's city council meeting.



# LEGAL NOTICE

STATE OF MICHIGAN  
PROBATE COURT  
COUNTY OF KENT

PUBLICATION OF  
NOTICE

FILE NO. 15-198572-DE

In the matter of Estate  
of Deborah J. Moore

TO ALL INTERESTED  
PERSONS:\*  
including Sean Tuttle

whose address(es)  
are unknown and  
whose interest in the  
matter may be barred  
or affected by the  
following:

### TAKE NOTICE:

1. On December 23, 2015, I was appointed personal representative as requested in the application for probate of this estate. I am serving without bond. The papers related to the estate are on file with the Kent County Probate Court, located at 180 Ottawa NW, Suite 2500, Grand Rapids, MI 49503. This is not a supervised administration.

2. The Will of the decedent dated February 14, 2013, which names me as personal representative and devises the residue of the estate to myself, Gordon D. Moore, was admitted to probate, and under its terms I will administer, manage, and distribute the estate.

3. The court does not supervise the personal representative in the administration of an estate except in limited circumstances.

4. If I was appointed informally, you or another interested person may petition the court objecting to my appointment and/or demanding that I post a bond or an additional bond. The petition must be filed with the probate court along with the applicable fee. Unless the court grants the petition, I will continue to serve as appointed.

5. You or another interested person may petition for a hearing by the court on any matter at any time during

the administration of the estate, including for distribution of assets and allowance of expenses of administration. The petition must be filed with the probate court along with the applicable fee.

6. If you continue to be an interested person (such as an heir of an intestate estate or devisee or beneficiary under the will of the decedent), I will provide you with: 1) a copy of the inventory within 91 days of my appointment; 2) unless waived by you, a copy of an account including fiduciary fees and attorney fees charged to the estate, within 1 year of my appointment; and 3) a copy of the closing statement or settlement petition when the estate is ready for closing.

7. To avoid penalties, I must have paid any federal estate and Michigan estate taxes within 9 months after the date of the decedent's death or another time period specified by law.

8. The estate may not be closed earlier than 5 months after the date of my appointment except in limited circumstances. If the estate is not settled within 1 year after my appointment, within 28 days after the anniversary of the appointment, I must file with the court and send to each interested person a notice that the estate remains under administration and the reason for the continuation of the estate. If you do not receive such a notice, you may petition the court for a hearing on the necessity for continued administration or for closure of the estate.

December 29, 2015

John D. Mitus (P31244)  
410 Bridge Street, NW  
Grand Rapids, MI 49504  
616-774-4001

Gordon D.  
Moore, Personal  
Representative  
5075 Ivanrest Ave., SW  
Wyoming, MI 49418

# Alto volunteers, continued

That discouraging knowledge led her to the decision to open a local branch of the national MLH organization along with five other "heart moms." "Heart defects are the most common birth defect, but most people don't know anything about them until someone they know is personally affected. Because so few people are familiar with heart defects, families don't know where to turn when they receive a diagnosis that their child or unborn baby has a problem with their heart. By letting people know about heart defects and getting the word out that [about] Mended Little Hearts of West Michigan, we can help families when they are feeling helpless and have no idea what to do next," said Dougherty. Those interested in contributing to the cause by donating hats can drop off their donations to Springrove Variety in Lowell during their regular business hours or mail them to MLH of West Michigan at PO Box 223, Alto, MI

49302 through January 20. Those hats received outside of the deadline will be utilized for future distributions. Hats can be knit, crocheted or created with a knitting loom.

## business matters

Greenridge Realty announced that Joshua McCracken received Realtor of the Month in December.

This award recognizes McCracken for his outstanding success and achievements.



# along main street

### JOB FAIR

Looking for a job or know someone else who is? Attend our Job Fair on Jan. 12 from 1:00 to 4:30 pm at Flat River Outreach Ministries, 11535 Fulton St.

### WORKSHOP YOUR RESUME CLASS

Create a resume that effectively markets your skills to prospective employers. Held at Flat River Outreach Ministries, this is a great class for the job seeker. The class will be held on Jan. 13 from 6 to 8 pm and is free. Register at 616-897-8260 Ext 33, 11535 Fulton St.

### SMOKING CESSATION CLASSES

Free smoking cessation classes begin Wednesday, Jan. 20. Tobacco Free For Good class meets for six weeks on Wednesday evenings from 6-8:00 pm at Lowell Family Medical Center, 2550 East Main Street. Each participant receives an individual quit plan designed by a Mayo Clinic trained and certified facilitator. Registration encouraged. Call 616-446-7058.

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.

James Robert Hahn, grandson of the late Gurney and Donna Hahn of Lowell, was recently awarded the rank of Eagle Scout by the Boy Scouts of America.

While a member of Troop 302 of Walnut Creek, California, James attended Camp Walleboro, Camp Cherry Valley on Santa Catalina Island, and was the Scout in Charge for treks at Philmont Scout Ranch in New Mexico. James also attended National Youth Leadership Training at Camp Lindblad. A Senior at Northgate High School, James is a three year Varsity wrestler and a member of the NHS Swim Team. James has applied to universities in both California and Michigan to study bio-engineering.

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# New year for Lowell City Council, continued

and gets in the way of you actually conducting the business of the organization. So I'm just giving you that side of it, because I want to caution you in allowing a back-and-forth discussion to go too far and to write your rules in a way that if somebody really wanted to drag your meeting down, they could abuse your rules to drag a discussion out or drag that back-and-forth out."

"Our intent is just to make sure that that answer comes, because in the past and it's something that I used to write about, the question would be asked and then it was never approached again in subsequent meetings,"

Teelander said. "It was like it just fell off the face of the earth."

"I think a lot of it is just communication at the time and being clear," Howe said.

The meeting was attended by about 30 citizens, only one of whom addressed the council for a "citizen discussion." Lowell resident Peggy Covert asked the council to take a closer look at Lowell Light & Power's upcoming smart meters project. Smart meters are devices that Light & Power plans to install on their customers' homes and other buildings. They are designed to keep more accurate records of consumers' power use and

they have the ability to transmit commands and information directly to and from the utility wirelessly. At the Dec. 21 city council meeting Light & Power general manager Greg Pierce said the current meters were between 20 and 25 years old. Covert was concerned about possible adverse health effects resulting from the meters, especially to people with pacemakers. She also wanted to know if customers who choose to opt out of the smart meters program will be punished with additional fees. Covert said she had been given conflicting answers to that particular question.

"[A Light & Power] board member's response was actually to suggest that anyone who doesn't want to comply with the installation of a smart meter could simply be charged for opting out," Covert said. "At the last city council meeting it was stated that there would be no additional cost if someone decides to opt out. This is one of the major concerns I have, because many times when I've tried to get information it seems that, depending on who you talk to, you get a different response."

"Both Steve [Donkersloot, Light & Power chief accountant] and Light & Power manager

Pierce stood up there at the the podium where you're at now and said there will be no charges. You can opt out. They're expecting one percent of the people to opt out. I have asked them a couple of times in the last couple days for ways to opt out. That's not clear yet."

The council discussed purchasing new equipment for the Department of Public Works, but after disagreeing about which piece of equipment to purchase they decided to table the issue until they can digest more information.

Altoft then added two items to the agenda. Altoft's first new agenda item was the council's wish to retain the legal services of attorney Katherine Henry at \$200 an hour.

"In order to ensure we are properly handling our discussion of continuing personnel issues, I move to retain special legal council," Altoft said.

"What's this all about," Hodges asked. "I don't have any information. I don't know what I'm voting on. What's the purpose?"

"It's a personnel matter," Altoft said.

"Can I have something," Hodges asked. "I don't have anything presented to me. [If] I don't know what we're talking about, how can I vote on it?"

"We're talking about Mr. Howe's performance," Altoft said. "That's what this is about if you want to know and you have a right to know. This is awful hard for me, but it's just, I think we need to address some specific problems with him. I made a phone call a couple weeks ago to Mr. Howe to discuss something. He did the very same thing that he's always done. He flew off the handle, told me I was micromanaging and all[s] I did is ask what another councilmember asked me to ask him and I have the right to do that."

"It comes down to the fact that our community is hurting," Teelander said. "Our community had an election recently that made a point. Like mayor Altoft said, it's a hard thing, but the mayor contacted this attorney and we want to explore what our options are to get this city healing."

"I don't have enough information on this either," DeVore said. "I think it needs to be less personal and more about what we're trying to do here."

"We can't continue to go on," Altoft said. "We're going on for five years, we're basically doing nothing... We've done little bits and pieces but we have to move on. It's not working, we have to do something about it and this is the first step. It doesn't make too much difference whether Mr. Phillips is here or not. We were elected to represent the citizens of Lowell and I think it's our job to do our due diligence to make sure that we're doing it to the best of our ability. I don't think that we're going in the right direction and we're never going to go in the right direction with the leadership that we have right now."

The vote to hire the attorney tied at 2 - 2, with DeVore and Hodges voting against the measure, so it did not pass. Altoft then tabled the second item that he added.

"We're not just letting it go [the second item]," Altoft said in a brief interview after the meeting.

The city council's next meeting will be at city hall on Monday, Jan. 18 at 7 pm.



Peggy Covert asked the council if Light & Power customers who opt out of smart meters will be charged a fee for the privilege.

•••

**"And now we welcome the new year. Full of things that have never been."**

~ Rainer Maria Rilke

## LEGAL NOTICE

STATE OF MICHIGAN  
PROBATE COURT  
COUNTY OF KENT

NOTICE TO  
CREDITORS  
Decedent's Estate

FILE NO. 15-198572-DE

Estate of DEBORAH J. MOORE. Date of birth: May 17, 1951.

December 29, 2015

TO ALL CREDITORS:\*

NOTICE TO CREDITORS: The decedent, Deborah J. Moore, died August 11, 2014.

Creditors of the decedent are notified that all claims against the estate will be

forever barred unless presented to Gordon D. Moore, personal representative, or to both the probate court at 180 Ottawa Avenue NW, Suite 2500 Grand Rapids and the personal representative within 4 months after the date of publication of this notice.

John D. Mitus (P31244)  
410 Bridge Street, NW  
Grand Rapids, MI 49504  
616-774-4001

Gordon D. Moore  
5075 Ivanrest Ave., SW  
Wyoming, MI 49418  
303-594-4064

## PUBLIC NOTICE

The Lowell Cable TV (LCTV) Endowment Fund Board is now accepting grant applications for 2016. Application forms and instructions are available at Lowell City Hall, Lowell Charter Township Hall, Vergennes Township Hall, Englehardt Public Library, Lowell Area Schools Administration Building and online on the City and Township websites. The LCTV Endowment Fund is a nonprofit fund established in late 2007 from the sale of the assets of Lowell Cable Television and is invested and administered by the Grand Rapids Community Fund. The LCTV Endowment Fund supports and promotes projects that benefit a broad segment of the Lowell area community, enhances the quality of life in the area, encourages cooperation among the communities and qualifies as a one-time capital improvement.

2016 grant applications should be submitted to the Lowell City Clerk's office, 301 E. Main Street, Lowell, Michigan 49331. The deadline for submitting 2016 applications is 5:00 p.m. on Friday, February 12, 2016. Questions should be directed to Susan Wilkey, City Clerk.

## VERGENNES TOWNSHIP NOTICE

All meetings are held at the Township Hall, located at 10381 Bailey Dr., at 7:00 pm. For further information, phone 897-5671, or visit the township web site at [www.vergenneswp.org](http://www.vergenneswp.org).

THE VERGENNES TOWNSHIP BOARD MEETINGS FOR 2016 ARE SCHEDULED AS FOLLOWS:

|                                 |              |
|---------------------------------|--------------|
| January 18                      | July 18      |
| February 15                     | August 15    |
| March 21 (Annual Mtg at 6:30pm) | September 19 |
| April 18                        | October 17   |
| May 16                          | November 21  |
| June 20                         | December 19  |

THE PLANNING COMMISSION MEETINGS FOR 2016 ARE SCHEDULED AS FOLLOWS:

|            |           |
|------------|-----------|
| February 1 | August 8  |
| May 2      | October 3 |

The Zoning and Construction Boards of Appeal meet as required or requested.

The Township Offices will be closed on the following dates for Holiday observances:

|             |
|-------------|
| January 1   |
| May 30      |
| July 4      |
| September 5 |
| November 24 |
| December 26 |

Mari Stone,  
Vergennes Township Clerk



# business directory

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## Pink Arrow reports on 2015 fundraising efforts

With the new year comes a time of reflection and looking ahead. On September 11, 2015, community members of Lowell, who don't particularly need a new pink arrow shirt in their closet, collectively purchased thousands of pink t-shirts for Pink Arrow VIII. Our community members wore the shirts to show pride, love and empathy like only Lowell can. Again last year, our community generously rallied support for their neighbors who are walking the cancer journey. Lowell

nights as they fight the devastating illness. What sets us apart is that our community recognizes the needs of people living with cancer and selflessly gives to help ease the suffering. The donations and dollars raised at Pink Arrow VIII provided significant financial help to numerous Lowell families throughout the year. In the

members of our community who suffer any kind of loss can access grief counseling right here at Gilda's Club of Lowell.

The Pink Arrow volunteer committee can equivocally state that zero dollars raised are spent on administrative costs to run the entire Pink Arrow Pride and 100 percent of the funds stay right here in Lowell.

The committee is humbled and honored to announce the success in numbers for Pink Arrow VIII:

Total Pink Arrow VIII dollars raised: \$120,500.00  
The dollars will be used as follows:  
Gilda's Club of Lowell.....\$72,000.00  
Lowell Community Wellness (family support, classroom grants, community education).....\$46,000.00  
Lowell Education Foundation.....\$2,500.00

businesses geared up and participated in Pink Arrow Pride in countless ways. Our special partners: The Lacks Cancer Center at Mercy Health, Meijer, J & H Family Stores, Enwork, Custom Components, All-Weather Seal, Carbon Green BioEnergy, and Remembering Renee Grant and Sharon Schnipke, were gracious sponsors for Pink Arrow VIII t-shirts.

Many organizations raise money to find a cure for cancer, but Pink Arrow Pride is unique in that it helps our own local families who endure exhausting treatments and sleepless

spirit of education, student scholarships continued to honor Kathy Talus, a former Lowell teacher and coach who lost her battle with cancer and Dr. Donald Gerard who has dedicated more than 35 years volunteering and giving care to student athletes. Every K-12 Lowell student received age-appropriate education related to cancer. Last but certainly not least, Gilda's Club of Lowell has been able to continue offering helpful programs to individuals and families who are fighting cancer. Because of resources provided by Pink Arrow,

As we reflect upon our collective experience in 2015, we are overjoyed that Pink Arrow Pride has again helped so many families in ways that are challenging to describe with words. Looking ahead, the work is underway to continue the extraordinary Pink Arrow tradition. On Friday, September 9, 2016, experience Pink Arrow in Lowell and be changed forever.

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# viewpoint

## to the editor

### a new perspective

To The Editor,

A new year and a newcomer's perspective

Like most people, I like to make a few resolutions or goals for myself as a new year begins. For 2016, I have decided to not only actively seek out the good in other people, but to let them know what I see in them. This act of catching people doing great things in small or big ways is crucial in a time when we are bombarded with stories of humanity at its worst. It is with this resolve that I am writing this letter to the editor and ultimately to the fine people who call the Lowell area home.

While I do not reside in Lowell, I did begin working here at the library in late summer of 2015. When

one is new to a situation or community, it's hard not to make observations about the surrounding environment. What I have observed over the past few months only strengthens my initial impression of Lowell. This community is amazing because of the people who reside here and their resolve to work together to make this the best possible place to be. Individuals can rarely do great things alone; however, working together on seemingly insurmountable challenges makes all the difference in the world. People are actively volunteering in this community, sharing resources with one another, and extending a warm welcome to people who are new. The energy and

momentum is nothing short of contagious when seeing everyone working together on initiatives like Pink Arrow Pride. I get the privilege of seeing and participating in this collaborative effort on a daily basis at the library.

To those who have so warmly welcomed me into the community, it is appreciated. To those who work tirelessly to provide for those who are in need, you have my deepest respect. To those who feel disconnected from the community, I challenge you to consider how you might be involved in making Lowell the best possible place to be. Catch someone doing positive things and then share your appreciation for those actions. This year, let's work together to continue creating stories featuring the best of humanity right here in Lowell.

Heather Wood-Gramza

### saying goodbye to ella's

Dear Editor,

It's very sad for Lowell that Ella's is now closed. I just wanted to share an experience I've had which honors the woman who owned and operated Ella's Coffee and Cuisine Shop.

My granddaughter, Brianna (in picture); and my daughter, Laurie; used to frequent Ella's each and every visit [to Lowell]. They live in Westland, but when they would come to visit, they would buy food, special coffee and play cards for hours. My granddaughter also has Ella's memorabilia in her room. She is the consummate dedicated patron.

As a special gift for Bree, I asked one of the workers at Ella's if they had an apron that I could buy as an extra little gift for Christmas. The server said she's not sure they would have those to sell,

but she'd check and let me know. About two months had passed and I followed up online at Ella's website. I told her about Brianna and asked about purchasing an apron. Ella answered personally. She said that she would find the very best one, launder it and Brianna could have it at no cost.

It was a few days after that when I found out Ella's was closing for good. When I came to pick it [the apron] up, she also had a small coaster for Bree. She was

thrilled that she had a young fan and was saddened that she couldn't remain open for her faithful followers.

Ella exemplifies the spirit of Lowell. She was in the middle of closing down her shop, having hundreds of things far more important on her mind, yet was gracious enough to present Bree with an apron, a coaster and had nothing but love.

Sincerely yours,  
David O. Nelson  
Lowell



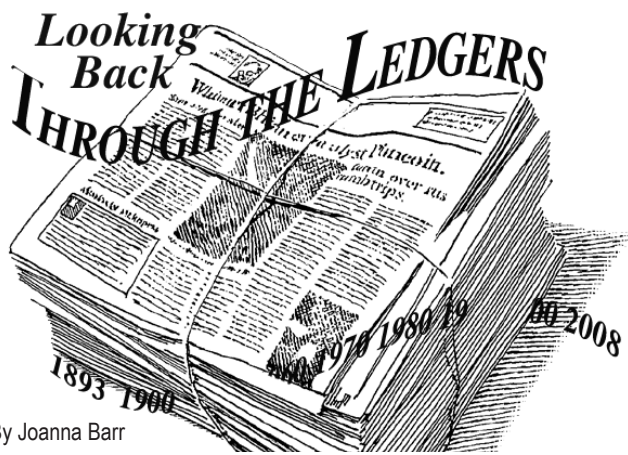
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Letters may be submitted via email to: [ledger@lowellbuyersguide.com](mailto:ledger@lowellbuyersguide.com) ("to the Editor" in subject line) or dropped off or mailed to: The Lowell Ledger, 105 N. Broadway, Lowell, MI 49331.



By Joanna Barr

### 125 years ago Lowell Journal January 7, 1891

Sir Joseph Hickson, of Montreal, has resigned the General Managership of the Grand Trunk Ry. system, on account of ill health. He has been connected with the road for upwards of 23 years and his has been the guiding hand that has brought the road to its present position of excellence. He will be succeeded by L. J. Sargent, of Montreal.

The stallion Milton Greenbush was sold near Train's Hotel Monday to satisfy a chattel mortgage and other indebtedness. This horse is as well bred as any in this town, celebrated for its good horse and was sold to Patrick Kelley, who had the claims against the owner, for \$675.

The firm of Hunt & Hunter is succeeded by Hunter & Son, who will continue the business at the old stand. Miss Anne Hunter will have full charge of the telephone service, which gives assurance that it will be well handled.

Wanted—A woman to do housework. A widow of mature age preferred. Must be capable of taking entire charge of the house. Small family, but no snap. Apply at this office.

### 100 years ago The Lowell Ledger January 6, 1916

Lowell couple married sixty years. The sixtieth wedding anniversary of Mr. and Mrs. J. H. Hull was observed on New Years day at their home in this village, arrangements for the same having been made by their sons, Wheeler of Columbia Falls, Montana, and Will of Ewen, Upper Michigan; and the occasion was much enjoyed by all present. Mr. and Mrs. Hull were one of three couples concerned in a triple wedding, which took place at Fallasburg January 1, 1856, in which Rev. Daniel Bush was the officiating clergyman. The other couples were Mr. and Mrs. Amasa Hull, a brother, and Mr. and Mrs. Andrew Berry, of the six people, all are living but Mr. Berry, who passed away only a few months ago. Mr. and Mrs. Hull have lived in Lowell and vicinity over 70 years, 43 years as residents of this village. That their latter days may be peaceful and pleasant is the wish of their many friends.

Basket ball. Despite the fact that the local high school boys exhibited a fine article of basket ball last Friday night they were forced to bow down before a 23 to 18 defeat administered by the Alumni. Much credit is due the old timers.

Firemen, policemen and hospital nurses carried 13 patients from Butterworth hospital at Grand Rapids just before midnight, Monday, when an overheated furnace set fire to the building. The patients were carried from the building on mattresses and placed in nearby buildings. The fire burned through the first floor. The damage was \$100.

Idle Hour special Saturday. Owing to bad storm Wednesday evening, the great 5 reel photo-play, "The Absentee," will be held over for Saturday afternoon and evening at Idle Hour. This is not a child's play. Every business man and woman should see this picture.

Come early and start with the picture, 2:30 and 7:00. Admission 5 and 10c. N. V. Warner, Mgr.

Looking Back, continued, page 7

the lowell ledger

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# If you see something, say something

## State Police encourage Michiganders to report suspicious activity

This month, the Michigan State Police is seeking to remind Michiganders of the important and critical role they play in keeping our state safe by reporting suspicious activity.

“Homeland security starts with hometown security and our citizens know their neighborhoods, schools and work places better than anyone,” said trooper Roger Hunt, MSP Lakeview Post.

“If something appears suspicious or out of place, don’t hesitate to report it to law enforcement.”

In emergency situations, suspicious activity can be reported by calling 9-1-1. For non-emergencies, suspicious activity can be reported to the Michigan Intelligence Operations Center (MIOC) by phone at 1-855-MICH-TIP (855-642-4847) or by reporting it online at [www.michigan.gov/michtip](http://www.michigan.gov/michtip).

Possible indicators of suspicious activity may include:

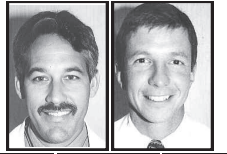
- An unattended object or one that appears out of place, especially in crowded or public areas.
- Individuals exhibiting strange or abnormal behavior.
- A strong odor coming from a building or vehicle.
- Someone entering or exiting blocked or unauthorized areas.
- Individuals who quickly leave when seen or approached.
- Someone tampering or interfering with surveillance cameras.
- An overloaded vehicle or one that seems out of place.
- Someone taking photos,

videos or drawings of high-profile or highly populated buildings or structures.

•Exposed wiring or other abnormalities.

In addition to these indicators, Michiganders are reminded to be aware of the seven signs of terrorism, which are surveillance, elicitation, tests of security, acquiring supplies, suspicious persons out of place, dry run/trial run and deploying assets. To view a video that further explains these signs, watch the “Seven Signs of Terrorism” video at [www.youtube.com/michstatepolice](http://www.youtube.com/michstatepolice)

# health



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

## respiratory syncytical virus (RSV)

RSV is a virus that causes infection of the lungs and respiratory tract. It is very common and most of us have been infected by age two.

The virus is common in our area around January and February. It is spread by respiratory secretions, most commonly by coughing and sneezing. It can also live on toys and other hard surfaces for hours. Touching a contaminated surface and then touching your nose, mouth or eyes can lead to your infection.

Symptoms in adults and older children are typically mild “cold” type symptoms, such as congested or runny nose, dry cough, sore throat, and headaches.

Unfortunately, symptoms can be quite severe in infants. In infants it can cause severe coughing, wheezing, shortness of breath, and decreased oxygen levels. It can cause pneumonia or bronchiolitis requiring hospitalization. Older adults with asthma, COPD or heart failure are also at increased risk for severe symptoms.

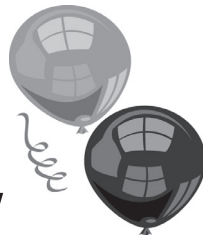
Treatment centers on treating specific symptoms, such as fevers, headache and nasal congestion. A moist air humidifier is also helpful. Hospitalized patients will often need IV fluids, supplemental oxygen and nebulized albuterol treatments which open up constricted airways.

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- JANUARY 8**  
Ron Stanford
- JANUARY 9**  
Jordan Potter, Helena Guastavino, Andelkovic.
- JANUARY 10**  
Mary Jo Vezino, Jared Felling, Mike Barnes, Logan M. Eidenier, Chase Anderson, Gage Soyka.
- JANUARY 11**  
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SUNDAY SCHOOL.....11:15 a.m.  
Pastor Brad Brillhart



# Looking Back, continued

Motor car people say that any one with an income of \$1,200 can own an automobile and figuring on that basis claim a present market for 5,000,000 cars in this country must be evident to any observer that many people with smaller incomes than that stated are trying to own cars: and that it has had a demoralizing effect on business can not be doubted. An automobile maintained by a wage earner simply as a luxury, will not clothe, feed or house his family; but quite the contrary and such a man who is devoting his earnings to the purchase and maintenance of a car and neglecting bills for his living expenses, is not contributing very much to the welfare of the community. Here, as elsewhere, the exercise of common sense and reason will save a deal of trouble.

## 75 years ago The Lowell Ledger January 9, 1941

No army to Europe. President Roosevelt stated in his recent "fireside talk" that there is no intention in the government of sending any army to Europe. This statement is in harmony with the strong feeling of the American people against any repetition of the experiences of the World War. In that war they sent a vast army overseas. It accomplished marvellous deeds, but the great sacrifices and achievements of that force were not sufficient to preserve peace. The world might have been better off if the United States had stayed out of that war. Sending an army overseas now might not accomplish anything, and might do more harm than good. The enormous cost of such an expedition would better be spent on defense preparations to protect the United States, and on munitions to be sold or loaned to Britain, whose success in this war would save America from terrible danger.

According to announcement by local draft boards late Wednesday of this week, one hundred sixty-one Kent county draftees will be inducted into military service on January 23 and 24. The draftees from this vicinity include: Glenn H. Dennis, Clarence E. Jones, Walter E. Graham, Claude M. Ridgeway all of Lowell, Nicholas A. Cramer, Lloyd H. Blough, Kenneth E. Sinclair of Alto and Jake E. Wicking of Ada.

The south half of the new Main street bridge has been completed and was opened to traffic late yesterday afternoon. Work on the north section started this morning.

A pigeon, which was found injured by one of the crew on one of the gravel piles of the new bridge, is being nursed back to health in the boiler room and will soon be released to rejoin the flock. A kindly act to one of our feathered friends.

The two-story brick building at 210 W. Main St., formerly owned by J. M. Hutchinson, is being extensively remodeled. The improvements will include a new store front, strengthening of the foundation walls, a new roof and remodeling of the second floor for living quarters. J. C. Hatch and son are doing the work. The property is now owned by the Michigan Masonic Lodge.

## 50 years ago Lowell Ledger January 6, 1966

David Fluger home from Viet Nam reveals army's success in combat. Sp3 David Fluger, son of Mr. and Mrs. Ralph Fluger of Lowell, was home from fighting with the 1st Cavalry in Viet Nam to celebrate the New Year with his parents. He left Saigon on December 24 after completing his three year enlistment in the army. Sgt. Fluger was a machine gunner on jeep patrol on the well known route 19 that runs across Viet Nam. He landed with the 1st Cavalry Air Mobile in September on a beach and had been in constant contact with the enemy for the past 4 months.

Expect 268 additional students in 1966; board appeals for bond approval on Jan. 17. Monday, January 17, the citizens of the Lowell Area School system must decide whether to support the \$750,000 School Bond Issue proposed and recommended by the Board of Education. The School Board, following the narrow defeat of the same issue last summer, strongly feels that this issue must pass if the educational facilities are to keep pace with the student growth in this area. The student enrollment this fall is estimated to number 2,455 students. This will be a growth of 674 students

since the last building project in 1962, and 268 more then enrolled this year.

Arley Cain, 24, of Kloosterman's Trailer Park, not only lost \$45 to two card sharks, but had to pay \$25 and serve two days in jail when he reported to police that he was robbed of the \$45 by two men. Cain called the police on Thursday evening and gave them the license number of a car containing two men that he said had robbed him in the East Main Street Citgo Station. Two hours later, Grand Rapids police arrested two men from Flint with the license number given by Cain. After questioning the men and Cain for several hours, Lowell Police Chief Avery Block and Kent County Sheriff's Department detectives got the true story. The Flint men had beaten Cain in a card game and he thought he could get his money back by claiming that he was robbed.

Lowell police had several complaints of stolen Christmas tree bulbs. Among the homes that had bulbs stolen were Richard Peckham, Mrs. Harry Day, Bob Watters, and S. D. Wingeier. All are residents who live on the East side of town. Two 14 year old Saranac boys were picked up with a sack containing 60 outdoor bulbs. Some 31 bulbs were found thrown on the ground on Monroe Street.

A Lowell man hunting along Foreman Street, found one of the outside speakers ripped off the high school building several weeks ago.

Lawns were damaged along Sibley and Donna Streets, in the new sub-division, last week when a car was driven in a zig-zag path tearing up the sod.

## 25 years ago The Lowell Ledger January 9, 1991

Ice Rink now open! Public ice skating will be provided by the City at Creekside Park Picnic Shelter (1550 Gee Drive). The ice rink will be lighted from 5 to 9 p.m. Monday through Friday. This is for public skating only.

City's \$2,600 water assessment may prove costly to Lowell homeowner. To say a water main assessment on a home at 1044 Riverside Dr. is a complicated issue is a gross understatement. The home was owned by Kevin and Kathleen Hurt prior to selling it to a relocation company when Kevin was transferred to the Detroit area. The relocation company is withholding \$2,634.62 from the Hurts' equity in the home because of a lien placed on the property by the City of Lowell for the installation of water and sewer. Kevin Hurt appeared before the Lowell City Council Monday evening to dispute his responsibility for the assessment. The story begins back in the fall of 1989

when contractor Gary Redner owned the property. Redner requested that city water be made available to the site. The city agreed to run a 280 foot water main from Hudson St. to service three parcels on Riverside Dr. Redner began construction of a home on the site but soon sold it to Benjamin Pools and Construction who in turn completed the house on a pre-sold basis for the Hurts. The transactions from Redner to Benjamin Pools and from Benjamin Pools to the Hurts were both handled by realtor Rick Seese. Benjamin Pools and Construction was bound by contract to provide the Hurts with a home complete with all utilities, to include water. So, when the Hurts received their first water and sewer bill from the city in June of 1990 and found a \$2,634.62 special assessment on it they were justifiably surprised. They in turn passed the statement along to the contractor, Doug Benjamin. Benjamin has refused to pay the special assessment claiming that he was told by city staff in December of 1989 that there would be no special assessment on the property and subsequently did not figure on one in either the price he paid for the home from Redner or the price he charged the Hurts. Seese also claims that he was told there would be no special assessment. Both men admit they should have requested a statement in writing regarding assessments on their property, but neglected to do so.

Lowell's Dumas has football and life in proper perspective. Much like the way he use to shoot by would-be tacklers on a fall Friday night at Burch Field, Michael Dumas' four years at Indiana University have shot by as fast. Dumas, a soft but well-spoken Indiana senior, will graduate with a degree in sports marketing and management. He will remember his football days in Hoosierland as fun and as a place where he grew up and matured. "I faced some of my most difficult times being down there and away from home," he explained. "My experience down in Indiana made me aware of just what good values and morals my parents instilled in me." Because of his beliefs and values, Dumas was able to handle situations where right and wrong decisions had to be made. "Football was a lot of fun. It was very competitive and also a learning process for me," he said. "It makes you realize how much talent is out there and it puts in perspective where you are and where you need to improve." Dumas was able to do that in his four years under Bill Mallory. He was also able to prepare himself for life after football. "Everybody would like a shot at playing pro football, but if I can't, I'm definitely coming back to school and am going to pursue, and hopefully earn, a law degree," he said. "It's a lofty goal, but if it's something a person can attain easily then it wouldn't be a goal. It wouldn't be challenging."



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# LHS Winter Sports Teams



## BASKETBALL



### GIRLS BASKETBALL



First row, left to right: Bridget Garter, Regan Coxon, Breanna VanLaan, Cassie Dean, and Riley Conlan; second row, left to right: coach Strotheide, Hana Steinebach, Ally Frederickson, Christy Lyon, and Bailey Reitsma.

Lowell girls varsity basketball finished last season with a 14-9 winning record, a fourth-place finish in the OK White conference and a championship run all the way to the district finals. This year as the team prepares to enter conference

competition, head coach Jake Strotheide said the team will count on senior leadership from talented standout forwards Ally Frederickson and Bailey Reitsma to spur on their young talent. "We have a

great mix of experience and youth. I think our seniors will lead the way for a while and help the younger girls along the way. Very excited to see how we compete against our competition," said Strotheide.

### BOYS BASKETBALL



First row, left to right: Ryan Stevens, Alex Powell, Marcus Malling, Alex Anschutz, Ethan Bates, Andrew Poulton, and Gabe Steed; second row, left to right: Zach Petroelje, Mitchell Davis, Austin Branagan, Carter Noskey, Matt Beachler, and Avery Buckius.

Not since 1984 had Lowell boys varsity basketball earned 14 wins on the season. But a young and talented squad, featuring standouts Matt Beachler and Ryan Stevens among others, changed the tide for Lowell

hoops by accomplishing the feat last season. Fifth year head coach Kyle Carhart said hard work is needed for another record breaking season in the tough OK White conference. "Our team will have to be able

to defend at a high level in order to be successful. We will need to have great discipline and work hard to control areas of the game that we can control, which include effort, attitude and enthusiasm," said Carhart.

### GIRLS JV BASKETBALL



First row, left to right: Marta de Miguel, Madeline Taylor, Darby Dean, Hannah Halfmann, and Abby McDowell; second row, left to right: Jesse Vasquez, Kenzie North, Sky Angelo, Emily Depew, Makyla Branagan, Kelly Reitsma, and Carly Hoekstra.

### BOYS JV BASKETBALL



First row, left to right: Leonard Hach, Keaton Bell, Jonny Draigh, Will Reynolds, and Austin Pollock; second row, left to right: Erick Dimmick, Frank Buchmueller, Mitchell O'Gorman, Travis Cornell, Jason Mohr, and Marlon Coe II.



# LHS Winter Sports Teams



## WRESTLING



Three returning state champions in Max Dean, Zeth Dean and Lucas Hall will return to the mat this season to lead the two-time defending Division II State Champion Red Arrow varsity wrestling squad. According to head coach RJ Boudro, "They will give us some of the best leadership we have ever

had." The huge team boasts a slew of other talent like Jordan Hall, David Kruse and Aaron Ward, eager to lead their team back to the top this season. "This year's team is pretty deep. We have a good mix of experienced wrestlers and young freshmen that should make for a pretty exciting season," concluded Boudro.

**First row, left to right: Miquel Masot, Jared Hough, John Russell, Jarod Willson, Lane Ryan, Roman Johnson, Gavin Hoffman, and Hunter Browning; second row, left to right: Maxwell Dean, Samuel Russell, Matthew Nelson, Channing Perry, Lucas Hall, Kyle Washburn, Tyler Lynch, George Gonzales, Avry Mutschler, and Alexis Gonzales; third row, left to right: Logan Blough, Keigan Yuhas, Zeth Dean, Colton Churches, Isaiah Rowley, Elijah Hall-Jones, Thomas Hubert, Jeffrey Leach, and Garret Taylor; fourth row, left to right: Tyler Pitcher, Joshua Havey, Garrett Pratt, Ezra Karns, Regan Zimmerman, Jake Rau, Max Bishop, Danny Kruse, and Bryce Dempsey; fifth row, left to right: Brian Whitsett, Collin McGee, Carter Bierling, Connor Nugent, Christian Beimers, David Kruse, Austin Engle, Eli Boulton, and Zach Weston.**



## GYMNASTICS



Lowell varsity gymnastics vaulted into the record books several times last season, including sending seven individual gymnasts to the state finals. This winter the large 19 lady squad will hit the mat with team captains Lauren Browning, Paige DeHaan and Karmen Anderson leading the way. According to head coach

Michele DeHaan, besides the veteran heavy roster she also expects to see several freshman talents rise to the top. "Five of six freshmen are products of Lowell's youth program RAYG. Joslynn Battle and Corah Miller I expect to hit the ground running and soon be scoring up there with some of our upperclassmen," said coach DeHaan.

**Front row: Olyvia Johnson, Joslynn Battle, Lisa Price, Lauren Browning, Paige DeHaan, Maura Fitzpatrick, Marissa Grover, Amber Brown, Sela Bauman, and Allison Fuller (Ionia); back row: Hadyn Nash, Emily Lothian, Brooklyn Fryers, Elisabeth Tricquet, Sarena Wilterdink, Corah Miller, Tori Miller, Karmen Anderson, Alise Forward, and Corah Kaufman.**

## HOCKEY

After a strong 8-4 finish in tier III competition on the ice last season, the Lowell/Caledonia/South Christian ice hockey team is poised to better that record. According to head coach Todd O'Gorman the team will rely heavily on experience as the team hits the rink this season, "We are returning a strong core

of players and look for each one of them to make an impact, as well as provide leadership." Key players include returning Lowell seniors Logan Propst and Ethan Campbell, as well as fellow Arrows Charlie Hayes, Eddie Heikkila, Nick Vantil and Austin Whaley. Home games are played at the Kentwood Ice Arena.

**Front row, left to right: Egan Simmons, Jacob Kunitser, Ethan Pinto, Charlie Hayes, Nick Oostra, Alex Osborn, Nolan Winterburn, Owen Radtke, and Nick Vantil; back row, left to right: asst. coach Gary Olson, Nate Regan, Eddie Heikkila, Mitchell Brennan, Logan Propst, Brian Hoekzema, Austin Whaley, Ethan Campbell, head coach Todd O'Gorman, and manager Jake Pratt.**





# Red Arrow - GYMNASTICS SPORTS

## Flip Flop Invitational at Rockford starts the season for Lowell gymnasts

by Kathryn Atwood  
contributing reporter

After months of preparation and anticipation the Red Arrow varsity gymnastics team participated in their first competition of the season last Saturday when they traveled to Rockford for the Flip Flop Invitational.

Split into two teams for the event, Lowell's red team finished best with a total of 131.65 points landing them a sixth-place finish. The white team finished in the ninth position with a total of 126.125 points in the narrow competition.

Head coach Michele DeHaan said she was pleased with the teams' first outing. "This was a good start for us. We didn't put in a few tricks yet the girls are working on just because this meet is so early in our competitive season. So proud to have had so many girls place and to have two event champions at our first invite is so motivating for the girls," said DeHaan.

Corah Kaufman and

Maura Fitzpatrick were those two event champions taking top honors on the bars and the floor exercise respectively. Kaufman landed in first place on the bars with a clean routine featuring a new release move. Her resulting score of 8.9 was a personal best for the gymnast and was just two points short of the school's individual record. The night's other champion Fitzpatrick claimed first with her personal best score of 9.35 on the floor.

Kaufman was also one of three gymnasts to earn a personal best on the floor with a score of 8.875. Sarena Wilterdink scored a best of 9.1 placing fourth.

"Starting our meets with three personal best scores on floor also just shows how hard these girls have been working in the off season to prepare for this year," said DeHaan.

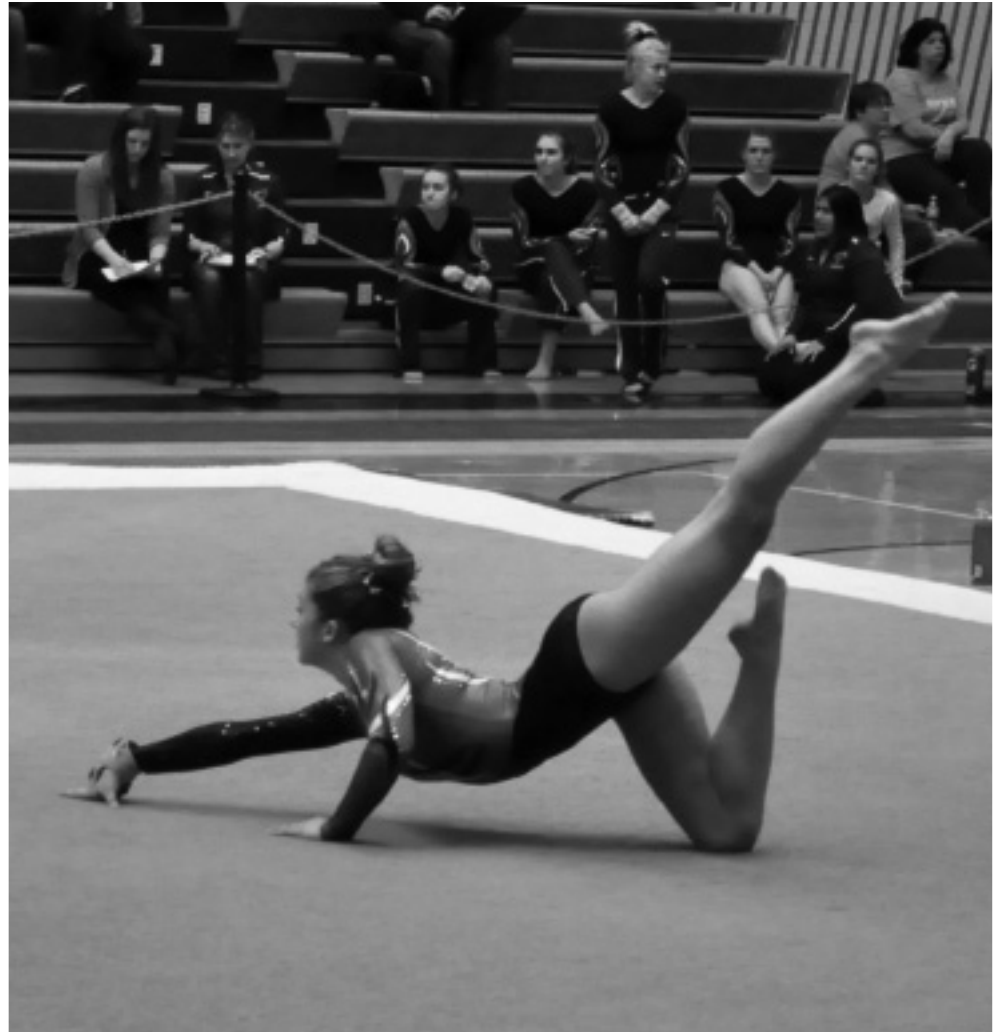
Fitzpatrick also placed fourth on the vault with a score of 8.55, eighth on the

bars with an 8.2 and claimed third place in the all-around competition with a 33.8 to lead the Lowell pack.

Other top performers included Karmen Anderson who placed fourth all-around with a total of 33.25 and Wilterdink who finished fifth overall with a 33.175.

This week the team will travel to East Kentwood for their second meet of the season on Wednesday. Saturday they will host the first of three consecutive home events when they present their second military salute invitational beginning at 9:30 am.

In addition to each teammate honoring a chosen veteran, the team will also be accepting donations on behalf of Operation Care Package. Suggested items include socks, toothbrushes, trial size toiletries, Ramen noodles, lip balm, hard candies, granola bars, blank note cards and words of encouragement.



Maura Fitzpatrick earned a personal best score of 9.35 on the floor exercise.

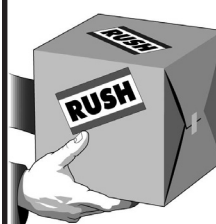


Gymnast Corah Kaufman earned a first-place finish on the bars with a score of 8.9.

### Go Arrows!

| VAULT                   | BEAM                   |
|-------------------------|------------------------|
| <b>WHITE TEAM</b>       | <b>WHITE TEAM</b>      |
| Hadyn Nash 8.0          | Joslynn Battle 5.85    |
| Karmen Anderson 8.25    | Corah Miller 6.25      |
| Corah Miller 8.3        | Amber Brown 7.4        |
| Alice Forward 8.45      | Karmen Anderson 8.425  |
| <b>RED TEAM</b>         | <b>RED TEAM</b>        |
| Paige DeHaan 7.925      | Sela Bauman 7.05       |
| Sarena Wilterdink 8.225 | Paige DeHaan 7.15      |
| Corah Kaufman 8.525     | Sarena Wilterdink 7.65 |
| Maura Fitzpatrick 8.55  | Maura Fitzpatrick 7.7  |
| <b>BARS</b>             | <b>FLOOR</b>           |
| <b>WHITE TEAM</b>       | <b>WHITE TEAM</b>      |
| Joslynn Battle 7.675    | Tori Miller 7.7        |
| Corah Miller 7.85       | Corah Miller 8.25      |
| Karmen Anderson 7.925   | Karmen Anderson 8.65   |
| Alice Forward 8.1       | Alice Forward 9.05     |
| <b>RED TEAM</b>         | <b>RED TEAM</b>        |
| Sela Bauman 7.4         | Lisa Price 8.85        |
| Maura Fitzpatrick 8.2   | Corah Kaufman 8.875    |
| Sarena Wilterdink 8.2   | Sarena Wilterdink 9.1  |
| Corah Kaufman 8.9       | Maura Fitzpatrick 9.35 |

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# Red Arrow SPORTS

- WRESTLING

## Wrestlers take first place at invitational in Detroit

by Kathryn Atwood  
contributing reporter

Lowell varsity wrestling earned another first-place finish last weekend when they traveled to the east side of the state to compete in the Detroit Catholic Central Invitational.

The Red Arrows topped a field of 20 schools with a score of 138.5, nearly thirty points ahead of their nearest competitor Brighton who earned 111.5 points. Dakota High School (111.0), Hudson High School (106.5) and Westland John Glenn (105.5) rounded out the competition's top five.

With the Red Arrow win came one champion in senior Max Dean who claimed first at 189 pounds after securing 26 points for the squad. Dean topped Christian Kiesgen of Brighton 7-0 by major decision, Jason Wahby of Dakota High School by fall in the quarterfinals, Anchor Bay's Trevor Yank 7-0 by decision and Sam Greco out of Grandville by a 7-0 major decision to secure the win.

Claiming second-place finishes were Zeth Dean and Avry Mutschler. Dean, competing at 140 pounds, claimed a 6-1 technical fall over Derrick White from Marysville, a 6-1 major decision over Luke Brazil from Anchor Bay and a 6-1 decision win over Carlo Marceau before falling short in the first-place match 15-1 by Layne Malczewski of Dakota. His efforts added 20.5 points to the Red Arrow scoreboard.

Mutschler cleared a trio of commanding 11-2 wins by major decision over



Lowell's varsity grapplers celebrated a first-place championship finish at last weekend's Detroit Catholic Central Invitational.

Scott Torres from Hudson High School, Wyatt Grimes of Marysville and Grand Morrison of Brighton. He lost to Tyler Sanders of Dakota in the first-place match 16-0 to land in the second-place spot earning 20 points for the team.

Other individual placers were Sam Russell (125) and Austin Engle (160), who each earned fourth-place finishes; Max Bishop (285) who landed in fifth place; and Bryce Dempsey (145)

and Eli Boulton (215), who both finished in the sixth position.

This week the team will host their first home competition of the season when they welcome Jenison High School to the main gym on Wednesday beginning at 7 pm. Over the weekend the team will split into two when they participate in both the Fort Wayne Duals and the Fruitport Invitational on Saturday morning.

## LAS WINTER VARSITY SPORTS SCHEDULE

### BOYS & GIRLS BOWLING

\* Denotes a game at Eastbrook Lanes  
1/8 at 3:30 p.m. Belding\*

1/9 at 9 a.m. Jenison Tournament at Hudsonville Lanes

### GIRLS GYMNASTICS

\* Denotes a meet at LHS in the auxiliary gym  
1/2 at 10 a.m. Rockford Flip Flop Invite  
1/8 at 8 p.m. at East Kentwood

### BOYS VARSITY HOCKEY

\* Denotes a game at the Kentwood Ice Arena  
1/8 at 7:30 p.m. Grand Haven\*  
1/13 at 8 p.m. Wayland Unity\*

### GIRLS VARSITY BASKETBALL

\* Denotes a game at LHS main gym  
1/5 at 7 p.m. at Cedar Springs  
1/8 at 8 p.m. Jenison\*

### BOYS VARSITY BASKETBALL

\* Denotes a game at LHS main gym  
1/5 at 7 p.m. Cedar Springs\*  
1/8 at 7:30 p.m. Jenison\*

### BOYS VARSITY WRESTLING

\* Denotes a meet at LHS main gym  
1/2 at 9 a.m. DCC Invitational  
1/2 at 9 a.m. Grand Ledge Tournament  
1/8 at 7 p.m. Jenison\*

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# obituaries

## KREBS

Gladys Maxine Krebs, age 88 of Boyne City, formerly of Grand Rapids, passed away Sunday, January 3, 2016. She was preceded in death by her husband of 67 years, Harold; parents, Charles and Kate Posthumus; brothers, Earl and Charles; sister, Donna Johnson. She is survived by her children, Nancy (Chuck) Garber, Christine (Bill) Brooks; sisters, Fran (Keith) Blough, Peg (Hayes) Cargill; sister-in-law, Theresa



Posthumus; brother-in-law, David (Sue) Krebs; grandchildren, Mathew (Susan) Garber, Alexander (Vanessa) Garber, Carmandy Garber, Elizabeth Hackett, Marianne Watkins, Jessica (Art) Vallad, Melanie (Dan) Lewis; great grandchildren, Amanda, Marcus, Raeanna, Alissa, Abigail, Caiden, Elijah, Ava, Fiona, and Vivienne. Funeral service will be held Friday 11:00 a.m. at Cascade Christian Church Chapel, 2829 Thornapple River Dr SE, Grand Rapids. Pastor Jill Forton officiating. Interment Bowne Center Cemetery. Visitation Thursday 6-8:00 p.m. at O'Brien-Eggebeen-Gerst Chapel, 3980 Cascade Rd. S.E., Grand Rapids and one hour prior to the service at the church. Memorial Contributions may be made to Juvenile Diabetes Research Foundation, 4595 Broadmoor Ave. S.E., Ste 230, Grand Rapids, MI 49512 or Cascade Christian Church.



## MARTIN

Mary Ellen Martin (Miller) of Hastings, formerly of Lowell, passed away December 23, 2015, surrounded by her family. Mary was born March 6, 1950. She married William Eric Stebens Martin January 23, 1978. He preceded her in death on January 21, 2015. Mary had a love of quilting and gardening. She loved feeding and watching the birds. She enjoyed life and spending time with her family, friends and dogs. She had a smile for everyone and a beautiful soul.



She was preceded in death by her husband of 37 years, William; her father, Glenn Miller; her son Michael W; her mother-in-law Sally Martin; sister-in-law, Michelle Overholt; brothers-in-law, Allen Conner and David Smith. She is survived by her mother, Ellen Miller of Lowell; her children, Jeff (Ester) Lambert of Hastings, Wendi Lambert (Troy Barker) of Battle Creek; grandson, Steven Lambert, (Kayla Loew) of Dowling; granddaughter, Tarra (Terry) Farrah of Battle Creek; great-grandsons, Vaughan, Berkeley and Archer Farrah of Battle Creek; all of her six siblings, Mel (Linda) Miller of Grand Rapids, Patty (Allan) Mull, Virginia Conner, Shirley (Tim) Stevens, Mike Miller and Lori Smith of Lowell; brother-in-law, Arlen Overholt of Ionia; many nieces, nephews, extended families, and her beautiful dog Tootsie. As her wishes she is being cremated. A luncheon will take place Sunday, January 10 from 2-5 pm at the Freeport Village Hall, 200 South State St., Freeport, MI 49325.

## SEAMAN

Reatha Avalon Seaman, age 92 of Lowell passed away peacefully Thursday, December 31, 2015. She was preceded in death by her husband of 52 years, Donald Seaman, their infant daughter Karen Sue; parents, Harry and Ethel Gerring; brothers, Elden and Russell Gerring; and sister, Donna Brown. She is survived by her children, Shirley (Pat) Murphy, Randy (Peggy) Seaman all of Lowell; grandchildren, Hayley Murphy, Lesley (Jack) Grochot, Kimberly (Chris) Foupht, Jacob Seaman and fiancé Hailey DeGrote; great grandchildren, Patrick and Weston Grochot, Lee and Makenna Foupht. Reatha grew up in South Boardman, MI and graduated from Kalkaska High School in 1941. She moved to Pontiac, MI to work at General Motors assembling army trucks, then on to Omaha, NE to study communications. She worked at Hill Field Airbase in Ogden, UT during World War II performing several tasks from packing parachutes to sending Morse code and teletype messages. She was one of the very first computer operators. She met her future husband by writing letters to servicemen overseas. They were married in 1946 and purchased a home in Kansas City, KS. Reatha moved back to South Boardman as Don was called back into the service during the Korean War. They purchased a farm in the Lowell/Parnell area in 1951 where they raised their family and lived until 2011. As well as being instrumental in starting Seaman's Air Conditioning, Inc., she worked for the City of Grand Rapids until she retired in 1985. In their later years, Reatha and Don enjoyed wintering in FL and making many new friends. She enjoyed her final years at Green Acres in Lowell, playing cards, putting puzzles together, and visiting with staff and friends. Visitation and funeral service will be at Vergennes United Methodist Church, 10411 Bailey Rd. N.E., Lowell. Visitation hours Tuesday 6-8:00 p.m. and Wednesday 11:00 a.m. – 12:00 p.m. with funeral service following. Rev. Matt Stoll officiating. Interment Bailey Cemetery. Memorial contributions in memory of Reatha can be made to Vergennes United Methodist Church, 10411 Bailey Rd. N.E., Lowell, MI 49331 or the Alzheimer's Association, 25200 Telegraph Road, Suite 100, Southfield, MI 48033-7443.



## SMITH

Terry B Smith (66) of Lowell MI passed away peacefully Jan. 2. Terry was born Nov. 30, 1949, the son of Elmer and Ethel Smith. He was a Lowell grad in the class of 1968. Terry enjoyed football and was voted MVP his senior year. He continued to follow the Lowell Red Arrows sport programs and was honored at the Lowell Pink Arrow game. He was a fan of MSU and loved going to the games with his daughter Jody. He shared his love of sports with his grandson Jason and adored his beautiful granddaughter Lisa. He was a dedicated farmer with his father, brother Randy and latter Son Tom and grandson Jacob. When he retired from farming he continued to advise on the family farm and kept tabs on neighboring farmers, helping out whenever he could. Terry had a great sense of humor that was appreciated by many. He was preceded in death by his father Elmer. Terry is survived by his wife Joice of 47 years; Children Tom Smith, Jody (WJ) Price Grandchildren, Jacob Smith, Jason and Lisa Price; Mother, Ethel Smith and siblings; Ray (Sue) Smith, Marie (Bill) Atwell, Randy (Bea) Smith, Cindy (Pat) Brenk, Sheila (Tom) Barton. Terry was also close to his wife's siblings; Sheila (Phil) Pachulski, Doug Olin, Debbie (Greg) Bush, Susan (Rick) Kempton, Dean (Sue) Olin. He is survived by many nieces and nephews. Visitation with the family at the Alto Methodist Church, 11365 64th St SE, Alto, MI 49302, Wednesday, Jan 6th from 6-8 PM and 1 hour prior to the service. Memorial Service Thursday 12 PM at the church. In lieu of flowers, contributions in memory of Terry may be made to: Pink Arrow Project, PO Box 246, Lowell MI 49331.



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IN 2016

## DAILY FLAVORS

**M**aking a New Year's resolution? Don't forget salt. Most Americans consume about a 1,800 milligrams of sodium over the amount recommended by nutrition and health experts. New research shows cooking with spices and herbs could help you ditch the salt shaker and meet sodium recommendations.

Keeping a resolution to cut salt from your diet is easy. Use simple spice swaps to create tasty, low-sodium meals. From seasoning eggs with basil instead of salt to adding spices and herbs to no-salt tomato sauce, the McCormick Kitchens offer these easy tips and recipes to make low-sodium meals full of flavor.

- Beat 1/8 teaspoon herb instead of salt into 2 eggs before scrambling.
- Add oregano, garlic powder and red pepper to no-salt added tomato sauce for a tasty, low-sodium pasta dinner.
- Try making Citrus Herbed Chicken with Asparagus, Fiesta Citrus Salmon or Tuscan Pasta. These dishes don't call for any salt. Instead, they swap in basil, garlic powder and oregano.

For more low-sodium tips and recipes — such as shaved vegetable salad with Italian herb vinaigrette — visit [McCormick.com/recipes/low-sodium](http://McCormick.com/recipes/low-sodium) to keep your New Year's resolutions on track. To see the full Anderson study, which examined the effects of a behavioral intervention that emphasized spice and herbs, and how it impacts sodium intake, visit [McCormickScienceCenter.com](http://McCormickScienceCenter.com).

**Fiesta Citrus Salmon**

Prep time: 5 minutes  
Cook time: 15 minutes  
Serves: 4

- 1/4 cup orange juice
- 2 tablespoons olive oil
- 2 tablespoons McCormick Perfect Pinch Salt-Free Fiesta Citrus Seasoning, divided
- 2 tablespoons packed brown sugar, divided
- 1 pound salmon fillet

In small bowl, mix juice, oil and 1 tablespoon each seasoning and sugar.

Place salmon in large re-sealable plastic bag or glass dish. Add marinade; turn to coat well. Refrigerate 30 minutes, or longer for extra flavor.

In another small bowl, mix remaining seasoning and sugar. Reserve salmon from marinade. Discard any remaining marinade. Rub salmon evenly with seasoning mixture.

Grill salmon over medium-high heat 6-8 minutes per side, or until fish flakes easily with fork. Or bake in 400°F oven 10-15 minutes, or until fish flakes easily with fork.

**Tuscan Pasta**

Prep time: 15 minutes  
Cook time: 25 minutes  
Serves: 4

- 1 can (16 ounces) dried tomatoes, undrained
- 1 can (8 ounces) no-salt added tomato sauce
- 1 tablespoon sugar (optional)
- 2 tablespoons packed brown sugar, divided
- 2 teaspoons McCormick Garlic Powder
- 2 teaspoons McCormick Perfect Pinch Italian Seasoning
- 1/2 teaspoon McCormick Black Pepper, ground
- 1 tablespoon olive oil
- 1 pound zucchini, sliced

- 1 package (8 ounces) sliced mushrooms
- 1 small onion, chopped
- 4 ounces pasta, such as spaghetti or linguine

In medium saucepan, mix tomatoes, tomato sauce, sugar and seasonings. Bring to boil on medium heat. Reduce heat to low; cover and simmer 25 minutes.

In large skillet, heat oil on medium-high heat. Add zucchini, mushrooms and onion; cook and stir 4 minutes or until vegetables are tender-crisp. Stir tomato sauce into vegetables.

Meanwhile, cook pasta as directed on package. Drain well. Place pasta in serving bowl. Add vegetable mixture; toss well.

**Citrus Herbed Chicken with Asparagus**

Prep time: 10 minutes  
Cook time: 20 minutes  
Serves: 4

- 1/4 cup flour
- 2 tablespoons grated Parmesan cheese
- 1/2 teaspoon McCormick Garlic Powder
- 1/4 teaspoon McCormick Black Pepper, coarse ground
- 1 pound skin-on, bone-in chicken breasts
- 1 tablespoon oil
- 1 1/2 cups chicken stock
- 1 teaspoon McCormick Basil Leaves
- 1 teaspoon McCormick Oregano Leaves
- 1 pound asparagus, trimmed and cut into 1-inch pieces
- 2 tablespoons lemon juice

In shallow dish, mix flour, Parmesan cheese, garlic powder and pepper. Reserve 2 tablespoons. Moisten chicken lightly with water. Coat evenly with remaining flour mixture.

In large nonstick skillet, heat oil on medium heat. Add 1/2 of the chicken pieces; cook 5 minutes per side, or until golden brown. Repeat with remaining chicken, adding additional oil, if necessary. Remove chicken from skillet; keep warm.

In medium bowl, mix stock, basil, oregano and reserved flour mixture until well blended. Add to skillet along with asparagus. Bring to boil. Reduce heat to low; simmer 1-5 minutes, or until sauce is slightly thickened, stirring frequently. Stir in lemon juice. Return chicken to skillet; cook 2 minutes, or until heated through.





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**THEME: YEAR IN  
REVIEW**

**ACROSS**

- 1. C in ROTC
- 6. A Bartholomew Cubbins accessory
- 9. From a great distance
- 13. Dickens's Heep
- 14. Credit card acronym
- 15. Falstaffian in body
- 16. One with lowest voice
- 17. South Pacific welcome
- 18. Capital territory of India
- 19. \*Escaped Mexican drug lord
- 21. \*Formerly Bruce
- 23. This is well if it ends well
- 24. Make over
- 25. Public health promoting org.
- 28. "\_\_\_\_ and sound"
- 30. Brilliant or magnificent
- 35. Fast time
- 37. Australian palm
- 39. Sometimes done to a relationship
- 40. Medley
- 41. \*Presidential candidate and celebrity
- 43. Printing unit
- 44. Mandarin's headquarters
- 46. \_\_\_\_ crazy
- 47. Gulf War missile
- 48. Based on two
- 50. Change to copy
- 52. Give it a go
- 53. Wine and cheese descriptor
- 55. Jersey call

| CROSSWORD |    |    |    |    |  |    |    |    |    |    |    |    |    |    |
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**DECEMBER 30 - JANUARY 5**

- A new perfume supposedly inspired by Russian President Vladimir Putin, has gone on sale in Moscow. The "Leaders Number One" scent, created by Belarussian-born perfumer Vladislav Rekunov, is sold in a black bottle featuring Putin's profile at Moscow's luxury GUM department store as well as online for 6,500 rubles, or \$95.
- A throng of swimmers started 2016 with a dip in the Atlantic Ocean off New York City. An estimated 2,000 people participated in the annual Coney Island Polar Bear plunge on a seasonally chilly Friday. National Oceanographic and Atmospheric Administration measurements show air temperatures in the area were in the low 40s, while the ocean was a bit warmer.
- The San Francisco Zoo celebrated the 45th birthday of the oldest black rhinoceros in North America with a special cake of rolled oats and molasses. She was born in the wild, but she has lived at the zoo since April 1974.



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- 57. \*He visited U.S. with great fanfare
- 61. \*New late night host
- 65. Hawaiian veranda
- 66. \*\_\_\_\_ Paul teamed with Rihanna and Kanye
- 68. \_\_\_\_\_ Madagascar primate
- 69. Set straight
- 70. \_\_\_\_ you sure?
- 71. Like one of eight in college basketball
- 72. Phoenix suburb
- 73. Swerve
- 74. Scatterbrained
- 26. Flying nuisance
- 27. True inner self
- 29. Evergreen trees
- 31. Livens up
- 32. Give a boot
- 33. Happen again
- 34. \*Deflategate star
- 36. Three-\_\_\_\_ sloth
- 38. In the middle of
- 42. Best of its kind
- 45. One of B-vitamins
- 49. \_\_\_\_\_ Computer-generated imagery
- 51. What the bell did?
- 54. English homework
- 56. Plural of obelus
- 57. Kind of drumbeat
- 58. Respiratory rattling
- 59. Black tropical cuckoo
- 60. Hindu serpent deity
- 61. \*They went down with the El Faro
- 62. Discharge
- 63. Tracks after rain
- 64. \*Stephen Curry was a master at hitting this shot
- 67. \_\_\_\_\_ Easter Rising product

*Puzzle solution on page 12*



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*Sudoku solution on page 6*

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# LHS Winter Sports Teams

## WINTER SPIRIT CLUB



Top row, left to right: Kenzi Kramer, Giulia Pappalettera, Momo Yokoyama, Agnes Astrand, McKenzie Lythgoe, Marissa Grover, Megan Houghtaling, and Rachel Kleinedler; middle row, left to right: Riley Frazer, Gwendolyn Hackett, Keana Fahrni, Sydney Carmichael, and Amber Brown; bottom row, left to right: Vanessa VanderBoon, Avery Cunningham, Marlae McKinney, and Morgan Cremer. Photo submitted by: Nicki Videto Photography

The new winter spirit club, coached by Meghann Garcia already hosts an impressive 17 members in its first season launched. The club is unique in the fact that they will unify school spirit by cheering for both boys as well as girls JV and varsity home games alike. They chose this to represent Lowell high school to the highest degree possible. Their goal is to promote and uphold

school spirit throughout the season, encourage good sportsmanship, represent the school as positive role models, and improve crowd participation at athletic events. The team will entertain crowds with tumbling, jumps, cheers, chants, and dances. The winter spirit club can be seen participating in several school and community events throughout the year.



## BOWLING

Head coach Chris Clark will lead both the boys and girls varsity bowling squads in the 2015-2016 season as they hit the lanes in pursuit of success. Eleven boys will work to defend the team's OK White conference championship, including returning top rollers Carson Clark, Logan Smith and Landon Smith, who are aiming their

hopes at making a second consecutive run to the state finals. Allyson Stockreef is expected to lead this year's small seven-person ladies team as they seek to improve on last year's fourth-place OK White conference tournament finish. Home contests for both Arrow teams are played at Eastbrook Lanes.

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Man.**

~Quoted in  
Benjamin  
Franklin's 1755  
Poor Richard's  
Almanack

## VERGENNES TOWNSHIP PUBLIC NOTICE

The Vergennes Township Board will receive comments regarding proposed 2016-17 Community Development Block Grant projects. Comments will be taken during the regularly scheduled meeting on Monday, January 18, 2016 at 7:00 p.m. at the Township Hall, 10381 Bailey Drive, Lowell.

Proposed projects include North Kent Transfer/Hope Network and Lowell Senior Neighbors.

Written comments will be accepted if received by 7 pm on January 18th by the Township Clerk. They can be sent to PO Box 208, Lowell, VT 49331, or by e-mail to [clerk@vergennestwp.org](mailto:clerk@vergennestwp.org)

Mari Stone  
Vergennes Township Clerk

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