

last week's  
looking back  
page 10

## Council pays attorney, meets new public works' director, discusses updates

by Tim McAllister  
contributing reporter

The Lowell city council paid attorney Katherine Henry, met a new city employee and received a couple updates at their meeting at city hall on Monday, April 4. Council chambers were about three quarters full of spectators for the meeting, which lasted fifty minutes.

Attorney Katherine Henry's \$9,900 bill for legal services related to the firing of former city manager Mark Howe was addressed starting about two minutes into the meeting. The controversy stems from items Henry billed for that took place before she was hired by council at the Jan. 19 meeting and the hourly rate is also in question. Henry said she would accept \$100 an hour instead of her regular \$200 an hour rate at that same Jan. 19 city council meeting.



Lowell city council discussing a \$9,900 bill from attorney Katherine Henry.

City councilor Jim Hodges suggested a compromise of paying Henry \$3,150 instead of the total amount.

"Her work prior to Jan. 15, I would suggest that we strike those 18 hours and pay her for 31.5 hours at \$100

[an hour], \$3,150," Hodges said. "It just doesn't seem ethical. It may be legal, but it doesn't seem to me to be ethical to be engaged before I'm employed."

"As you all remember, we actually did try to hire her on the first of the month [the city council meeting on Jan. 4, 2016 when the council originally wanted to hire Henry]," mayor Jeff Altoft said. "Because we can't have meetings or we're not supposed to have meetings and we

can't discuss some things, it was hard to talk with the other councilmembers. Jeff Phillips had questions. Mike DeVore had questions. Actually [at the Jan. 4 meeting], when we tried to hire her, the intention of hiring her that night was to give Mark Howe 45 days off without pay. That is something that Alan Teelander and I had discussed because of him being so rude to us on Dec.

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orchestras to  
compete at state



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LHS research  
students



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## Health survey data to be revealed at LoWellness Health Summit

submitted by Jodi Seese

The LoWellness Health Summit, happening on Wednesday, April 13th, is an event that has been four years in the making. Community conversations held in 2012 explored the possibility of the use of an innovative community survey, unique to Lowell and over time has attracted partners like Grand Valley State University's Public Health Program, Spectrum Health and Priority Health.

The LoWellness Health Initiative is a first of its kind in Michigan. This project marks the first time a community has come together to collect health information with the sole purpose of improving the quality of life within that community. With a grant from the Lowell Area Community Fund, health surveys of adults

were initially collected at EXPO in March of 2015. The initiative subsequently received funding from the Robert Wood Johnson Foundation to survey the health of students in grades 3-12. The results of both surveys will be used by Lowell Community Wellness to understand and direct choices regarding types of health programming that will be helpful for both adults and youth who live in the Lowell Area School District.

"We now have actual data showing what health programming our residents need, but more importantly what they are interested in and ready to work on in their own lives," explained Barb Hoogenboom, a board member of Lowell Community Wellness. "The LoWellness Health Summit is our opportunity to reveal

the data not only to our community, but to health and wellness professionals throughout West Michigan. This initiative has drawn attention from many health industry leaders, universities and corporate wellness teams. They are very interested in how Lowell residents are approaching health on a community level."

The surveys from over 2,000 adults and 2,500 youth have been collected and analyzed by The Community Research Institute of Grand Valley State University. Results of these surveys will be made public at the LoWellness Health Summit happening on Wednesday, April 13 at the Grand Volute Event Center in Lowell. Registration begins at 11:30 and a healthy lunch

LoWellness,  
continued, page 2

## M-21 resurfacing to begin April 11

by Tim McAllister  
contributing reporter

Spring means construction season in Michigan and Lowell is no exception. Fulton St. downtown will be resurfaced with asphalt during a project that will last until June.

According to a Michigan Department of Transportation press release, the "work includes resurfacing 2.5 miles of M-21 from Valley Vista Drive to the Kent/Ionia county line and adding a

right-turn lane at Hudson Street."

The work is scheduled to begin on April 11 and end on June 2.

"Fulton Street will not close," said John Richard of MDOT. "Off peak lane closures will be used. 9 am [to] 3pm lane closures for sidewalk work and 9 pm [to] 6 am lane closures for resurfacing."

According to Richard, the project will cost \$1.5 million.

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CENTS





# LoWellness, continued

will be served at noon. Presentation of the local surveys' results will begin at 12:15 pm. The keynote speaker is Tony Buettner for the Blue Zones Project and his presentation will start at 1:30 pm. This will be Buettner's first appearance in Michigan and his talk is attracting health and wellness professionals from all over West Michigan. In 2005, National Geographic funded the research to find the healthiest places on earth. The "Blue Zones Solution" is the New York Times best-selling book that reveals how these people eat and live. Then in 2009, AARP and the University of Minnesota Public Health funded a pilot program to implement these best practices in the United States. Now the Blue Zone Project is bringing those lessons learned to cities, counties and entire states to see unprecedented health improvement in areas, such as weight management, diabetes and

smoking cessation. Buettner will explore how other communities like Lowell have joined this national

Summit event underwriters: Spectrum Health, Priority Health and Meijer Corporation. Although



**Tony Buettner of Blue Zones will be the keynote speaker at the LoWellness Health Summit.**

movement to lead longer, healthier and more vibrant lives.

This event is free and open to the public, thanks to generous support of the

registration is required, the lunch is complimentary. To register go to [Lowellnesshealthsummit.eventbrite.com](http://Lowellnesshealthsummit.eventbrite.com) or call 616-446-7058.

# February LPD stats

by Tim McAllister  
contributing reporter

Lowell's police department had a busy February.

According to recently released statistics, the Lowell police department made 16 arrests during February. These arrests included two drug violations, three for driving with a suspended license, five for outstanding

warrants and five that are described in the police department's information as "other arrests."

The police department responded to plenty of misdemeanors during February as well. There were four larceny calls, one call for malicious destruction, one instance of breaking and entering, one disorderly

conduct call and six assaults. Lowell police issued 25 citations and notified 11 residents about ordinance violations. They were called to "assist" 73 times and were dispatched to 10 accidents. Out of 148 traffic stops they let 131 drivers go with just a warning.



## lend a hand

volunteering opportunities

The Literacy Center of West Michigan has scheduled information sessions on Tuesday, April 12 at 2 pm and Thursday, April 14 at 6 pm for prospective volunteer tutors. These sessions last one hour. It allows persons interested in becoming volunteer tutors to find out more about the center and

its literacy programs. At the end of the session, there will be an opportunity to sign up for tutor training.

The Literacy Center of W. Michigan is a nonprofit, United Way agency devoted to reducing illiteracy in the community. Based on the 2003 National Assessment for Adult Literacy and the 1992 National Adult Literacy Survey, up to 14.6 percent of adults in Kent County lack basic prose literacy skills and have difficulty using certain reading and writing skills considered necessary in

everyday life. By training people to be tutors, the center can offer one-on-one reading help to adults asking for assistance in reading or English as a Second Language (ESL). You do not need to speak another language to tutor ESL.

The information sessions will be held at the Literacy Center of West Michigan, located at 1120 Monroe Ave., NW, Suite 240, Grand Rapids, MI. Please call 459-5151 (ext. 10) or email [info@literacycenterwm.org](mailto:info@literacycenterwm.org) to register.



# along main street

### GOOGLE: MORE THAN A SEARCH ENGINE

A free class on how to set up and use Google accounts to store and share files and documents online, create documents, spreadsheets, presentations, and share personal calendars will be held April 13, 6-8 pm at Flat River Outreach Ministries, 11535 Fulton St. Register at 897-8260.

### CAR WASH FUNDRAISER

Lowell Area Schools' Odyssey of the Mind teams are holding a car wash on Sat., April 16 from 1:30-4 pm at the Lowell Tractor Supply Company. They are raising funds for two teams to attend the world finals competition at Iowa State University in May.

### BLUEGRASS MUSIC JAM

Free bluegrass music jam session will be held Sat., April

16 from 2:30-5 pm at the King Building at the fairgrounds. Come to jam or listen. Everyone welcome.

### MAKE AND TAKE FAIRY GARDEN

Join the Showboat Garden Club on Mon., April 18 from 6:30-8 at KDL and make a fairy garden. Bring your own container (approx. 1 x 1 foot) and we will help you make your own garden to take home. Plants and cute miniature fairy items included. Cost: free. Advance registration required. Limited to 12. Call Rex, 821-2008 to register.

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



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# Council, continued

23. That was the reason that we were trying to speed up hiring her. After his attitude after that, that's when the other councilor members talked with her more. I think all of us did."

"I did not," Hodges said.

"Well, you had the choice," Altoft said.

"I did not," Hodges said.

"But you could have," Altoft said.

"I did not," Hodges said.

"Well, that's good that you didn't because you won't have to be included in it," Altoft said.

The council was introduced to Scott Poyer, Lowell's new director of Public Works. Poyer was, until recently, the superintendent of the city of Eaton Rapids, Mich. Poyer beat out ten other applicants and will replace interim director Ron Woods starting Monday, April 11.

Brian Vilmont from Prein & Newhof gave the council a brief update on the lift station project, then Dave Austin from Williams & Works updated the council about parking lot, street and utility improvements. Later in the meeting, the council heard



**Scott Poyer will take over as public works' director next week.**

"I was never contacted by her or you or anyone and had a conversation," Hodges said. "Never."

"Well, that's because you were having so much conversation with Mr. Howe that I didn't want to include you," Altoft said.

"I sat down with you at Sneaker's and talked with you about this," Teelander said.

"Yes, he did," Altoft said.

"We want to do what's right for the community and the citizens," Phillips said. "That's why we're all here."

The council voted three to two in favor of paying Henry the complete \$9,900 bill. Councilors Hodges and DeVore voted "no," Altoft, Phillips and Teelander voted "yes."

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# Ball's Softee Creme is the first sign of spring

by Kathryn Atwood  
contributing reporter

There is no surer sign of spring in the quaint community of Lowell than a line in front of Ball's Softee Creme on the east side of town. Last Tuesday the sun shined down on ice cream lovers long enough to enjoy the first official day at Ball's this season.

The anticipation of enjoying chili dogs, homemade lemon custard and deluxe specialty sundaes drew crowds for opening day creating lines to Main Street.

Customers had no problem waiting though. After months of waiting what was ten more minutes?

Ball's has been a tradition in Lowell for decades, offering up tasty frozen treats and delicious hot eats in their gorgeous garden dining space for generations. A prime example of small town business success, according to Lowell resident Taylor Thomson who has been waiting in that line since she was a little girl. "I always had to sit in the section with the wooden lattice. Couldn't eat it anywhere else," she said with a laugh.

This year Thomson, who also accepted her first job at Ball's when she was 14, waited with her one-year-old daughter Meyah who was visiting for the first time, "I had to give her a taste of childhood traditions. Ice cream is every child's favorite and brings out the inner child in all of us. I

The verdict: Meyah loved it. "I couldn't get it into her mouth fast enough! I think she got her first sugar buzz!"

Thomson, who says her favorites are the chicken salad croissant, chili cheese dogs with extra pickle and the twisted chocolate ice cream sandwich, to name

Ball's menu includes lunch and dinner fare ranging from cheeseburgers to Pork BBQ and desserts, including flurries, malts, frozen yogurt, and floats. Hours of operation are Monday through Saturday from 11 am to 9 pm and Sunday from 12 pm to 9



**Lowell citizens lined up for cones and other treats on Ball's Softee Creme's opening day last Tuesday.**

can't wait until she is old enough to order googly eyes by herself," said Thomson, referring to the custom cone creations enjoyed by younger customers. "Plus it's homemade, which makes it even better."

a few, said that it was a special experience for the mother daughter duo. Mom tasting a bit of her own childhood and daughter getting a taste of childhood to come.

pm. Ball's will be accepting credit cards for the first time this season with a \$5 minimum order. Enjoy!

## outdoors

birding

Dave Stegehuis

Bird watching has lately become a national pastime. A pair of Bald Eagles hatched two chicks and is raising the eaglets in Washington D.C. Video cameras are focused on the nest around the clock, and the activity can be observed on line. Caution: viewing can become addictive, and remember anything can happen in nature.

As a hunter, I spend hours observing wildlife in natural settings as woodland creatures go about their daily routines. Anticipating what the day may bring in the wildlife community creates motivation to get out early and often to places where wild things live.

Birds are numerous, interesting, and easily approachable. Learning about birds and following them into their native environment provides an avenue to connect with nature. Bird activity increases in April and May during the spring migration, so now is a good time to get involved.

Bird watching can be enjoyed every day in your own backyard. A feeder and a reasonable amount of habitat will provide cover, natural food, and nesting opportunities which will

attract a variety of birds. Keep a bird book at hand to identify unfamiliar visitors.

Going out and generally looking for any birdlife is good reason to explore new territory. A quality binocular and a field guide to birds will fast track your avian education. A knowledge of bird songs is a great advantage in locating the quarry. Seeking out a particular species, especially one that is rare, takes on the aspects of a serious hunt.

Birding has a large following and there is plenty of published information on

web sites and in magazines. Like any outdoor activity, there is all kinds of related equipment available for purchase. Choose your own level of involvement.

Birds are usually the most common species of wildlife in the woods and are always moving around and busy. Observing them adds another dimension to passing time outdoors. However, I just checked the computer from my easy chair, and both eagle parents are on the nest feeding the chicks. Hopefully all will be going well if you tune in. Just can't leave it alone.

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## financial focus



Christopher C. Godbold

### Should you change your investment mix over time?

To be successful at investing, some people think they need to “get in on the ground floor” of the next “big thing.” However, instead of waiting for that one “hot” stock that may never come along, consider creating an asset allocation – a mix of investments – that’s appropriate for your needs, goals and risk tolerance.

But once you have such a mix, should you keep it intact forever, or will you need to make some changes? And if so, when?

To begin with, why is asset allocation important? Different types of investments – growth stocks, income-producing stocks, international stocks, bonds, government securities, real estate investment trusts, and so on – have unique characteristics, so they rarely rise or fall at the same time. Thus, owning a mix of investments can help reduce the forces of market volatility. (Keep in mind, though, that allocation does not ensure a profit or protect against loss.) Your particular mix will depend on your investment time horizon, comfort with risk, and financial goals.

When you are young, and starting out in your career, you may want

your asset allocation to be more heavily weighted toward stocks and stock-based investments. Stock investments historically have provided the greatest returns over the long term – although, as you’ve probably heard, past performance can’t guarantee future results – and you will need this growth potential to help achieve your long-term goals, such as a comfortable retirement. Stocks also carry a greater degree of investment risk, including the risk of losing principal, but when you have many years to invest, you have time to potentially overcome the inevitable short-term declines.

Once you reach the middle-to-later stages of your career, you may have achieved some of your goals that required wealth accumulation, such as sending your children to college. However, what is likely your biggest long-term goal – retirement – still awaits you, so you may not want to scale back too much on your stocks and other growth-oriented investments. Nonetheless, including an allocation to bonds can help to reduce some of the volatility of the stock portion of your portfolio.

Now, fast forward to just a few years before you retire. At this point, you may want to lower your overall risk level, because, with retirement looming, you don’t have much time to bounce back from downturns – and you don’t want to start withdrawing from your retirement accounts when your portfolio is already going down. So, now may be the time to add bonds and other fixed-income investments. Again, though, you still need some growth opportunities from your investments – after all, you could be retired for two, or even three decades.

Finally, you’re retired. At this point, you should adjust your asset allocation to include enough income-producing investments – bonds, certificates of deposit, perhaps dividend-paying stocks – to help you enjoy the retirement lifestyle you’ve envisioned. Yet, you can’t forget that the cost of living will likely rise throughout your retirement. In fact, at a modest three percent inflation rate, the price of goods will more than double after 25 years. So even during retirement, you need your portfolio to provide some growth potential to help you avoid losing purchasing power.

By being aware of your asset allocation, and by making timely adjustments as necessary, you can provide yourself with the opportunities for growth and income that you will need throughout your life.

...  
**Cowards die many times before their deaths;  
 the valiant never taste of death but once.**  
 ~ William Shakespeare

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# viewpoint

## to the editor

### Recall: a win/win

Recall is one way the electorate (Lowell citizens) engages in their system of government to hold elected officials to account during their term of service. Recall is also meant to put good government on the radar for every Lowell citizen and business owner. As the citizens of Lowell become more attentive to the actions of their elected officials, we (the citizens) better enable our elected officials to know our needs, concerns and expectations, as well as to know the willingness of the electorate to be engaged in dialogue and service with the elected officials for the betterment of our community and all concerned. Government is, after all, of the people, by the people and for the people. Recall reminds everyone that we can no longer let ill-advised actions be normative or ignored. People of Lowell, we are being RE-CALLED! We need

to wake to our responsibility for good government. Yes, it is true; the focus at the polls in November will be on our mayor and the type of face and voice he has given to Lowell through his actions while in office. However, we too are being RE-called to pay attention; to provide insight to best practices in the act of governing our city, to step-up and be available to serve on boards, committees and commissions as we are able. Yes, we are being RE-called to engage our council representatives in dialogue person-to-person (not in scathing letters to the editor) to help the council and the mayor be visionary, candid, accountable and strategic in all their legislative and governing duties as set forth in our charter. Recall is not about attacking "bad" people. It is about being accountable as citizens and elected officials as we work together for good government.

When the governance of this city is raised to the level of true service, providing for the peace, health and safety of all persons and property; working with competence and vision that leads to strategic action, then Re-call will no longer be needed.

*Respectfully submitted,*  
Roger La Warre  
Lowell

Union services at Church of the Nazarene start at 1:30. And don't forget the Easter sunrise service on Reservoir Hill at 6:30. In case of bad weather services will be held in the Methodist Church.

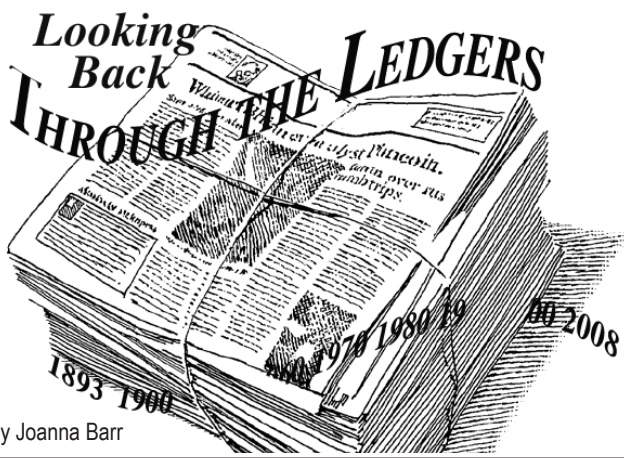
When we see the green groceries in our Lowell markets, we don't remember those days when it was practically impossible to buy fresh vegetables in a grocery during the winter months. It wasn't so long ago that your grocer had difficulty in obtaining radishes, cauliflower, brussel sprouts and strawberries at any time except when they were in season. When they did get them they carried quite a price on their heads! Today you can go into the neighborhood grocery stores and get almost the same fruits and vegetables as when they reach your table in the summer. This is especially due to improved refrigeration, quicker transportation and many hot-houses catering to winter and early spring trade. We know that the price is slightly higher when you buy vegetables that are out of season and when you grow them later on in your own backyard, but many housewives in Lowell are willing to cut some place else so that now and then their family can have better health and better taste with fresh vegetables.

appreciated. H. H. Reed presented a plan for a new industry, which was referred to the New industry committee. E. A. Anderson, as chairman, introduced the speakers. Ben Leavenworth of Grand Rapids, agent for the Pennsylvania lines, spoke interestingly of the congestion of freight traffic in the East, explaining to shippers why freight shipments were slow. Recently there were in Philadelphia and vicinity 12,000 loaded cars, 8,154 of which were for that city. Export of war materials was the smallest part of the matter he said, more being for the coastwise trade. He said that it would be thirty days or more before much relief could be given. L. J. Post made the speech of his life on village improvements and the way he roasted the chickens and dogs and their owners, was good to hear. If our people expect to accomplish much with shrubbery and flowers, the chicken and dog nuisance must be abated, he said, he predicted that unless the fruit trees in the village were cured for or destroyed that the pests would soon transfer their deadly work to our maples and in five years our beautiful shade trees would be gone. Chairman Anderson reported that a quantity of roses and spirea shrubs would be here soon and sold at cost to those wishing to beautify their homes; and many orders were immediately taken. H. G. Smith, Kent county agriculturist expert, spoke briefly advising co-operation between the Board of Trade and the association he represents and between town and country. Capt. Lewis of the U. S. Army gave an instructive address on Preparedness. He is here in the interest of the Battle Cry of Peace and an indication of his message is given in the announcement of that coming event given elsewhere in this paper. R. E. Bendell representing the Redpath Lecture bureau spoke briefly of the merits of the course to be given here next winter, reporting that twelve of our citizens had become responsible for same. At the close of the two-hour program the Citizens' Lyceum association was organized with J. A. Arehart, president, Clarence Collar, secretary and H. J. Coons treasurer. A course of four all star numbers, including operatic, orchestra, concert companies and a lecture, is promised.

### 50 years ago Lowell Ledger April 14, 1966

Near million dollar school budget set for 1966-67. The 1966-67 budget for Lowell Area Schools will reach the near million dollar mark. Superintendent Stephen Nisbet revealed to the school board on

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By Joanna Barr

### 125 years ago Lowell Journal April 8, 1891

Senator Fridlender, the squaw man, talks in an aggrieved strain about his squaw wife and says that "he hasn't thrown any dirt." Of course not, he has been buried so far under the filth of his own infamy that he couldn't throw anything. His second wife repudiates him and wont allow him to come back.

Guy Perry usually has a smile that covers the whole front of his head, but Monday, its effulgent radiance lit up the whole atmosphere. In fact, when he came into the Opera House, weak eyed persons had to cover their eyes and all because his wife presented him with a ten pound son and heir, last Sunday morning.

Chas. McCarty, our retiring Village President, has been a faithful, untiring officer, earnest and efficient, always having the best interest of the Village at heart and in several minor matters, where compensation for injuries received, he has been very successful in settling them up and usually for a sum less than it would have cost to have taken council with an attorney in regard to the matter. In this respect he has been ably assisted by Trustee Howk, who also retires now. They deserve the thanks of their constituents for their very efficient labors in behalf of this Village.

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

Was a good meeting. Rousing time at B. of T. Supper last night. Seventy-two plates were laid for the monthly supper of the Board of Trade at Brezina's restaurant last evening; and the event proved one of the best of the series, excellent orchestra music being especially

### 75 years ago The Lowell Ledger April 10, 1941

The Kent County Library truck which will service the rural schools of Kent County, belonging to the ten book plan, was built at Lowell. The truck was constructed by Leslie Graham, local carpenter. Lester Bailey, local teacher, was chairman of the truck committee.

Shoppers should bear in mind that Lowell stores will be closed on Good Friday from 12 noon to 3 o'clock.

## We love to hear from you!

The Lowell Ledger welcomes your Letters to the Editor.

Letters are required to bear the author's signature, phone number and address (for verification purposes only, not for publication). Letters will be published at the discretion of the publisher; duplicate comments/authors within a short period may be dismissed. Opinions expressed in "To The Editor" are not the views of the Ledger employees or the publisher. All letters are subject to editing. Thank you letters and advertising will not be printed.



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.

## the lowell ledger

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# Jubal Brass performs free concert



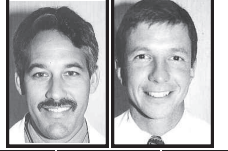
Jubal Brass, a brass choir who plays Christian music around west Michigan, will be performing at the Lowell United Methodist Church on Sunday, April 17 at 4:00 pm. This brass choir has been performing in churches

since 1975. Jubal Brass was founded when it was realized that many young people spend countless hours practicing and only use their talents in high school and perhaps college. Knowing there were only a

few outlets to utilize their abilities and the fact that church congregations would enjoy being exposed to the joy of quality Christian brass music, Jubal Brass was born.

This is a free concert at Lowell United Methodist Church. A freewill offering will be taken at intermission and there will be refreshments served.

# health



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

## nonsteroidal anti-inflammatory drugs

Nonsteroidal Anti-inflammatory Drugs (NSAIDs) are probably the most widely used medication worldwide. Many are available without a prescription. NSAIDs work by blocking the production of proteins that are involved in development of inflammation. NSAIDs are widely used to lessen pain after an acute injury or in chronic conditions such as arthritis. NSAIDs are very effective treating pain from multiple conditions. Common NSAIDs are ibuprofen (Advil, Motrin), naproxen (Aleve), meloxicam, Celebrex and many others. Aspirin is a type of NSAID but it works differently from others.

NSAID use has led to some safety concerns. Using

NSAIDs at a low dose for a short period of time is generally safe. Serious side effects associated with long-term use at higher doses include kidney damage, gastrointestinal bleeding and an increased risk of heart attack and stroke. Aspirin has not been associated with higher cardiovascular risks; in fact aspirin use has been shown to decrease the risk of stroke and heart attack in people at higher risk.

There is no single safest NSAID. If you are taking an NSAID or considering taking this type of medication for chronic pain, we recommend you discuss the risks and benefits with your doctor, especially if you have a history of GI bleeding, ulcers, kidney disease or a history of heart disease.

## business matters



Greenridge Realty announced that Ryan Hesche received Sales Associate of the Month in March.

This award recognizes Hesche for his outstanding success and achievements.

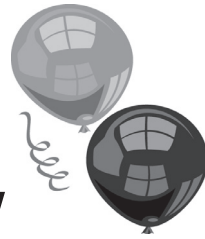


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**An eye for an eye only ends up making the whole world blind.**

~ Mahatma Gandhi

## happy birthday



### APRIL 6

Brad Yonker, Connie Vaughn, Pearl Peckham, Malley Cahoon, Carol Hovinga, Fran Clouser, Cheryl Foster, Taylor Milstead, Jonathon Hoag.

### APRIL 7

Corey Vollink, Rick Sauber, Lindsey Thaler, Mary Kimble, Kenneth Dalga, John Henderson, Brad Shoen.

### APRIL 8

Jay Vezino, Sandy Converse.

### APRIL 9

J.R. Guastavino.

### APRIL 10

Julie Webb, Nicholas Comdure, Chelsea Comdure, Betsy Walker, Sarah Rusch-Hildenbrand, Tristan Lane Ellsworth-Bristol, Barbara Bechtel, Lois Wittenbach.

### APRIL 11

Toni Blough, Delores Gabrion, Adaline Thaler, Al Roe, David Johnson.

### APRIL 12

Sarah DeShane-Dalga, Jesse Lewis-Anes.

## LEGAL NOTICE

### STATE OF MICHIGAN PROBATE COURT COUNTY OF KENT

### NOTICE TO CREDITORS Decedent's Estate

FILE NO. 16-199039-DE

Estate of CHARLES E. WELDON. Date of birth: 12/27/1932.

TO ALL CREDITORS:

NOTICE TO CREDITORS: The decedent, Charles E. Weldon, died 08/09/2013.

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

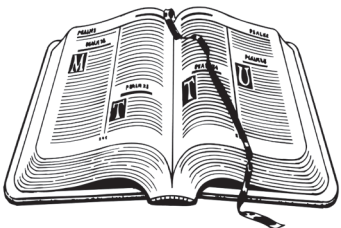
forever barred unless presented to Cathleen Postmus, personal representative, or to both the probate court at 180 Ottawa Avenue NW, Grand Rapids, MI 49503 and the personal representative within 4 months after the date of publication of this notice.

March 30, 2016

Meredith Curless (P78235) 410 Bridge St. NW Grand Rapids, MI 49504 616-458-3699

Cathleen Postmus 7107 Shalimar Dr. NE Comstock Park, MI 49321 616-295-4008

## area church



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Halfway between Lowell & Saranac on M-21  
www.goodshepherdlowell.org  
Worship Service.....Sunday -10:30 A.M.  
(Nursery available)  
Sunday School.....9:15 A.M.  
Joseph Fremer, Pastor 897-8307  
All facilities are wheelchair accessible

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Pastor Jon Pickers, Local Pastor  
Pastor Phil Zeeman - Pastor of Health Ministries  
Cristal Bessie, Director of Children's Ministries  
SUNDAY WORSHIP...9:00 am (Nursery provided)  
SUNDAY School.....11:00 am (Nursery-Adult)  
Awards (K-5 during school year) Wednesdays, 6:15-7:00 pm  
Worship & High School - the school year begins, 7 pm

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Kids Crew.....11:15 a.m.  
Sr. Pastor - Brad Brillhart

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# Orchestras earn the honor of competing at state this month

by Kathryn Atwood  
contributing reporter

In a top-notch effort from the entire Lowell Area Schools' string instrument program, four out of five of the district's orchestras have earned the right to compete in the Michigan School Band & Orchestra Association's state competition later this month.

At the high school level both the first tier symphony orchestra and the second tier concert orchestra qualified for the event playing songs beyond the required difficulty level and receiving the highest marks possible, according to director Wendy Tenney. "They both got all ones which is top marks from all the judges they performed for both in their concert performance and the sight reading portion."

In the difficult sight reading performance, students are asked to review and discuss a new piece of music for just five minutes before performing it in front of judges. "What they really look for in that is really musical performance. A group that can go beyond what is written on the page and add extra feeling and emotion to the piece that isn't written into the music."

Tenney said she was extremely proud of both groups performances, but was especially happy for the concert group. "They did very well. That group has not always gotten ones at festival, has not always gotten that many As, but they did it this year and I am really excited to take them along to state," added Tenney.

At the middle school level Tenney shares the conductor's podium with fellow orchestra director

Joe Oprea. The duo saw one of their two seventh grade orchestras and their eighth grade group score nearly as well as their high school

of the past two years. This year we are up to 122 sixth graders, which is nearly half of the class playing a string instrument," she explained.

instruments, but they are really pushing each other to play at a higher and higher level. It is really fun to see them rewarded

correlates with the success of the program despite the doubts of other orchestra directors encountered at the Michigan Music Conference

Tenney. "Comments about how they didn't feel that rock music was suitable for training quality string players, but I think the proof is in the pudding. If you listen to our students play classical music like they did at the festival, they are the group that got best marks. I don't think any other orchestra rated that high. I think our experience doing the Fusion brings our student[s] to a higher level."

In a time in education where musical programs are rapidly depleting due to constrained budgets, Tenney said she knows she and her students are fortunate to be within a district that is able to embrace and grow their musical programs. "All music is a great experience. I am very happy that we have choir, band and orchestra so that students are able to select what fits them the best, but it is an especially nice thing that Lowell can offer orchestra because not every school can," concluded Tenney.



counterparts. "The eighth grade group earned a one in sight reading and in concert received two ones and a two. They are going to go on to state but will have a bit of an uphill battle, but we are working to improve before the competition."

Due to scheduling conflicts and the youth of the group, the seventh grade orchestra will be foregoing their state trip with confidence. According to Tenney, the group will qualify again next year.

Since Tenney began implementing the program twelve years ago, the program has grown exponentially within the district. "We have a really good program. I think it's becoming more and more apparent in the community how the orchestra program has grown in quantity. We have been starting about 15 percent more beginners each

Even more impressive is the improving abilities of the orchestras. "We also have the growth of our program quality wise which is even more important to me. Not only are we getting more people playing string

with compliments from adjudicators throughout the state who are also witnessing that growth every year we come back to festival."

Tenney also directs the extracurricular Fusion Rock Band, a fact that she thinks

recently. "I was really excited to present the idea of doing more rock and popular music as a way to grow your program and grow the quality of the program and I got a lot of push back from other directors," explained

## LOWELL AREA COMMUNITY FUND ACCEPTS GRANT PROPOSALS

The online application must be submitted by April 15, 2016 for consideration. Please visit [www.grfoundation.org/lowell](http://www.grfoundation.org/lowell) to submit your application.

*The Lowell Area Community Fund, a fund of Grand Rapids Community Foundation, awards grants to tax-exempt, nonprofit charitable organizations for innovative projects or programs that encourage community cooperation.*

...  
**There are only two mistakes one can make along the road to truth; not going all the way, and not starting.**  
~ Buddha

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# Red Arrow SPORTS

- BASEBALL

## Arrow baseball season begins, early season record 1-3

by Kathryn Atwood  
contributing reporter

Two hard fought losses versus Howell High School, a 5-3 win over Wyoming and a large margin loss to powerhouse Rockford in their home opener were the results of the Lowell varsity baseball team's first week of competition in 2016.

The action kicked off last Saturday when the Arrows hit the road to Howell for a doubleheader. The challenge proved difficult for Lowell who were shut out for five innings and allowed only two hits, thanks to top-notch pitching from Howell.

Red Arrow Sterling Anderson earned both of the team's hits going 2-3 in the box. Despite that effort Lowell remained scoreless at the close of the game which finished 9-0.

Lowell fared better in game two, but still came out on the losing end after a five run blitz in the fifth from Howell changed the close game to a 10-5 runaway. Lowell took an early lead but saw their opponent score twice in the same inning on errors to claim the lead 2-1.

After a scoreless second, Trevor Shurlow

tied the game at four with a two run single that plated Garrett Pratt and Matt Cooper. Shurlow ended the night with three RBIs for the Arrows.

The lead changed hands twice more after Howell scored a single run in the fourth and the Arrows saw another two runs cross the plate in the fifth. Ahead 5-4, the Arrows saw the last of the lead in the bottom of the fifth when Howell produced a solo home run, a two run double, a sacrifice fly and RBI single to seal their win in big fashion.

Lowell head coach Justin Miller said that despite the loss, he saw a lot of promise in the action on the field from the Arrows, especially pitcher Garrett Pratt who took the loss after allowing six runs. "Garrett showed real promise with his ability to challenge hitters despite some adversity. Garrett showed the ability to battle and challenge while staying composed and with a young pitcher that is what you look for this time of year."

Lowell picked up their first win of the season on Monday when they headed



Lowell slugger Cooper Perry at bat during the Arrows' 12-2 loss to the Rams.



Junior Jarrod Melle on the mound during the Red Arrows' home opener last week.

to Wyoming High School for a back-and-forth battle that ended with the Arrows up 5-3.

The Arrows scored twice in the fourth with Shurlow and Cooper Perry contributing on a fielder's choice and again in the ninth grabbing the final lead when a groundout by Perry plated Cooper.

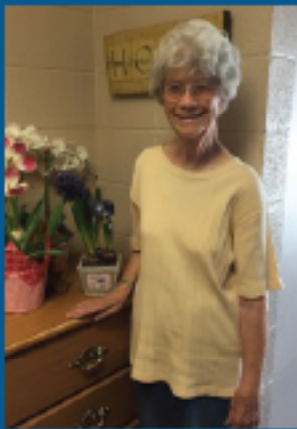
Wednesday in their home opener the Arrows

met powerhouse Rockford and struggled against their bats losing the contest by a large margin, 12-2, putting their early season record at 1-3. The Arrows will next hit the field this Saturday when they travel to take on both Seymour and New Albany high schools on the road.

### The Right Choice for Rehab

#### Donna Ford made the Right Choice for Rehab

"My Care at The Laurels of Kent was just excellent. The staff in rehab and nursing are very knowledgeable and always helpful! Jay and Missy in therapy were some of my favorites. I was amazed and overwhelmed by all the visitors that I had while I was at The Laurels of Kent for rehab. I wanted to say thank you for all of my friends, family, church and community members for their visits, cards and flowers. I really appreciated all of the attention. The staff at The Laurels of Kent treated my visitors so well and they encouraged the visits. Jay, Physical Therapist, said having a good support system is important in the rehab process. I would not hesitate for a moment to recommend The Laurels of Kent for short term rehabilitation."



Congratulations Donna on reaching your rehabilitation goals!

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# LHS and Van Andel Institute team up for research project

by Kathryn Atwood  
contributing reporter

Lowell High School and the Van Andel Institute teamed up this school year for a project that allowed students the opportunity to participate in cutting edge research and inspired a new line of curriculum for the school.

The Lowell High School research club was established this past fall after a donation of scientific equipment was given to the school through an employee impact grant gained by teacher Heather DeJonge. "I

Evaluation) model to bring back into the classroom," stated DeJonge.

Working alongside researcher Jeremy Van Raamsdonk and the VAEI program director last summer, DeJonge was presented with the opportunity. "They proposed a research lab be set up at LHS through the employee impact campaign and we received equipment and the supplies to research aging and neurodegenerative disease."

Utilizing the skill

simultaneously being conducted by Van Andel researchers, could have impact on neurodegenerative diseases, like Huntington's disease, Parkinson's disease and Alzheimer's disease. The LHS team discussed their findings with the Van Andel team in a debriefing on March 30. According to DeJonge, "The students work was discussed and each student shared the highlights of their research experience and conclusions from the study. The data the

students provided matched up with what the researchers had obtained, showing the students that they had been successful in producing valid data."

DeJonge said the after school program provided a unique and rare experience for young learners. "Students learned about mitochondrial mutations and the effect they have on disease. It is one thing to see a mitochondria in a textbook and study its shape and function, but what

the students learned is so cutting edge it is not even in the textbooks yet."

Next year the opportunity will be rolled out to a trimester long research STEM class for juniors and seniors meeting the prerequisites, allowing more students the chance to participate. The class will continue to partner with Van Andel and will focus on the Next Generation Science Standards and Practices already being utilized in the school's science curriculum.

DeJonge will be designing the new class this summer during her second year of learning at the research institute and will implement it in the fall with hopes of inspiring her young students to impact the world through scientific research. "I know as an educator I cannot cure cancer or one of these neurodegenerative diseases, but if I can get these bright young dedicated students to have a passion for the sciences and research maybe they one day will."



Pictured, left to right: Hunter Krzysik, Brianna Roest, Seth Ross, Lucas Sherman, Liam Peterson, and teacher Heather DeJonge.

was a participant in the Van Andel Education Institute's Journal Club where teachers and students read scientific journals and analyze and critique the scientific process and data presented. Through this opportunity I ended up applying to be a partner in science; this is a two year commitment for a teacher to work eight weeks in the summer doing research and learning the VAEI QPOE2 (Questioning, Predicting, Observing, Explanation and

set gained through the program and the protocols established by the lab of neurodegenerative disease at the institute, DeJonge and nine LHS students gathered three days a week throughout the year for the research project. Using microscopic worms, the team of young scientists conducted tests exploring lifespan, brood size, motility and stress resistance to heat and salt. The tests,

...

**The function of education is to teach one to think intensively and to think critically. Intelligence plus character - that is the goal of true education.**  
~Martin Luther King, Jr.

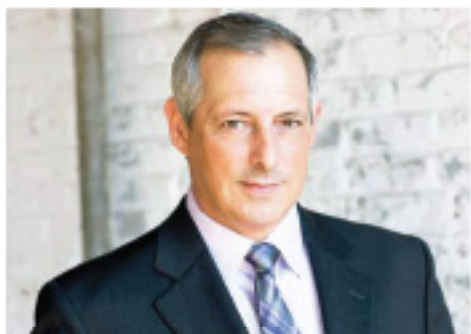
## LoWellness your path begins here

### The Survey Results Are In!

Over 4,500 residents participated in our LoWellness Health Survey and we are releasing our findings...

**Wednesday, April 13th, 2016**

at the Grand Volute Event Center • 655 Lincoln Lake Ave., Lowell, MI



**Key Note Speaker:**  
Tony Buettner of Blue Zones



The Blue Zones Project is a systems approach in which citizens, schools, employers, restaurants, grocery stores and community leaders collaborate on policies and programs that move the community towards better health and well-being.

**11:30 am:**  
Registration

**12 Noon:**  
Complimentary Lunch and Presentations of Lowell Survey Results

**1:30 pm:**  
Key Note Speaker  
Tony Buettner of Blue Zones

**Register now at:**  
[lowellnesshealthsummit.eventbrite.com](http://lowellnesshealthsummit.eventbrite.com)

**Questions?**  
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Contact Jodie Seese at  
616-446-7058 or  
[jvokes\\_healthandsafety@msn.com](mailto:jvokes_healthandsafety@msn.com)

The LoWellness Health Initiative marks the first time in Michigan that an independent community has funded a local, comprehensive survey for the sole purpose of improving the health of its residents.

With generous support from the Lowell Area Community Fund we contracted with the Community Research Institute at GVSU to design a survey that would identify health needs and barriers to better health for those who live in the Lowell community.





## Looking Back, continued

Monday night. The coming year's budget calls for expenditures of \$993,094, an increase over the past year's budget of \$961,917. The Board has approved a salary schedule that requires \$96,421 more than last year; with the provision of percentage reductions depending on the amount of state aid that is received. Also included in the budget is a capital expenditure of \$16,000 to provide for new seating on the home side of the football field and install lighting for the track. The Board has authorized full time secretaries for the elementary and junior high school principals. This increase in overall expense and salary increases in the administration, moves this portion of the budget from \$57,600 in 1965-66, to a total of \$88,100, in the coming school year. Approve more classes. The Board has approved the recommendation of Principal Carl Hagen to require freshmen, sophomores and juniors to take five courses each semester, which will mean that students will need 20 credits to graduate. Band and chorus will receive credit with the regular courses and freshmen and sophomores, out for sports, would not be required to take physical education. Increased enrollment in the high school will make either half-day sessions or alternate day attendance necessary for the first month or two of the school year, until the additional rooms are completed at the high school.

Fire destroys Crosby home. The home of the Dan Crosby family south of Lowell was nearly destroyed by fire that was discovered by a passing motorist at 11:45 p. m. Friday. Lowell firemen fought the fire for early 3 hours. The fire broke out again on Saturday morning and the firemen had to return to complete the job. Fire Chief Frank Baker said the fire started from a defective oil burner that allowed oil to leak into the crawl space under the house. The fire had a big start before the firemen arrived and spread through the two story dwelling. Damage was estimated at \$9,000 to building and contents. Mr. and Mrs. Crosby and 3 children had

left for Cadillac on Friday afternoon for the weekend. All their clothing and household furnishings were destroyed by the fire.

### 25 years ago The Lowell Ledger April 10, 1991

Tickets for Wayne Newton's Lowell Showboat performance available at Showboat office or TicketMaster locations. When the most successful performer in Las Vegas history walks out onto the Lowell Showboat Amphitheatre stage to start his show on Saturday, June 22, he will say to the sellout crowd, "Good evening ladies and gentlemen, my name is Wayne Newton!" That's right! The undisputed "King of Las Vegas" will share his vocal and musical talents, his boundless energy and incredible skills with the Lowell Showboat audience on that summer night in June. Newton has been proclaimed by journalists and the public alike as a show business institution, holding almost every record for a performer and can presently be found in the Guinness Book of World Records. Reserved tickets to see this legendary Las Vegas performer are on sale at the Lowell Showboat office and can be purchased by using VISA or Mastercard. Tickets to see Newton will also be available at all Ticket Master locations, including "Believe in Music" and "Hudson's." Tickets for the show are \$22.30 for both the lower and upper level Showboat amphitheater seats. However, seats in sections "A" and "G" in the lower level, and "AA" and "HH" in the upper level, are just \$20.

Vergennes Township absolved. Lowell Township now must decide if it will follow County policy. It was learned recently that a correction in the Kent County Road Commission record has absolved Vergennes Township of all responsibility for Fun Street

improvements. The findings further complicated things between the three local municipalities, further compounding an already confusing argument. For nearly two years now, it was believed that all three jurisdictions - the City of Lowell, Vergennes Township and Kent County were expected to share in the cost of repair and construction work needed on Fun Street. Both the City and the County agreed on a program that called for the City and Vergennes Township to each pay 21.5 percent of the cost while the county would pick up 45 percent of all costs. However, Vergennes said "no" to that proposal. The City responded by saying it would not cover the cost of the township in this matter. Recently it was learned that a 1933 document absolved Vergennes Township of Fun Street responsibilities. According to Kent County Road Commission Manager Jim Porritt, the County took over Lowell Township roads and included Fun Street in 1933. "Lowell Township owned and maintained Fun Street up until 1933," he said. Act 31, a Kent County Road Commission Policy, was enacted so that the County it would receive at least 50 percent of the cost to construct or improve local roads. The policy followed states that it will pay 43 percent and a local governmental unit will pay 55 percent. Porritt said the method is to address which governmental unit is responsible for a road on a boundary. "Years ago an agreement was drawn up by the Townships, dividing township line responsibilities. Nothing has changed significantly to alter that. It is not a law, but it is a longstanding policy." That agreement shows that the City of Lowell has always bordered Fun Street and that Lowell Township was given responsibility for that Township line boundary road. This drawn-up agreement was considered fair amongst Township officials prior to the Road Commission taking over Lowell Township roads." Porritt said. The City of Lowell, on its own, volunteered to share in half of the Township's expense.

## Last week's Looking Back, continued

For the first time in two or three years the Board of Trade was back in the City Hall for a supper meeting and everybody seemed glad - not that they have not been treated well in other places but because the old City Hall is so well liked by most of us, perhaps because of memories of many other happy occasions held there. We are told that the interior is to undergo extensive improvements including repainting and varnishing the floors and new dishes for the tables.

### 50 years ago Lowell Ledger April 7, 1966

Virginia Myers is elected to council seat. Mrs. Virginia Myers won a position on the City Council in the annual Lowell City election Monday. Also elected to serve on the council were two incumbent members, Richard F. Schlernitzauer and Philip Schneider. Charles Doyle, who had defeated Mrs. Myers in last year's election, by 30 votes, was beaten for re-election by a 25 vote margin. Schneider and Schlernitzauer will receive two year terms and Mrs. Myers will hold the one year term. They will join Herbert Reynolds and Mayor Arnold Wittenbach on the council. There were 384 voters out on Monday for an average city election turnout. Mrs. Myers will be the second woman to hold a Lowell Council post. Mrs. Lylia Johnson, served on the village council for a two year term, previous to Lowell becoming a city.

Discover stolen car on farm north of city. Lowell Police reported Tuesday that the 1958 Chevrolet stolen from Smith and Clemenz Car Sales on M-21, Thursday, March 24, was found at the farm of Roy C. DeWitt, 13434 Beckwith Drive. The DeWitt's live in Lowell; their home burned to the ground in January. The car was spotted by Ed Marshall while driving along the road. The motor, transmission, a wheel and tire had been removed from the car.

Petition for zoning in Lowell Township. A petition has been received by the Lowell Township Board requesting the enactment of a zoning ordinance in the township. The board will take the matter up at the next regular meeting. Zoning was proposed in the township about three years ago and was turned down in an election. Since that time Lowell Township has been one of the last areas of the county where trailers and sub-standard housing has been permitted.

### 25 years ago The Lowell Ledger April 3, 1991

Council votes to remove half of downtown trees now and the rest in the fall. The Lowell City Council was urged by the Lowell Chamber of Commerce not to

rush into removing the downtown area of trees. Rather, work with the Chamber of Commerce to replace the downtown trees by relocating trees in the ground, sidewalk or parking lot areas without the use of pots. The Chamber proposed a three-year plan in which to do this. What it got was, having half the present tree plantings removed now and the other half in the fall. In between this period, members of the City and Chamber will get together to study and look into plans for starting another tree program.

Lowell driver's failure to stop delays traffic on Main St. Traffic at the intersection of Hudson and Main Street was delayed Wednesday evening (5:35 p.m.) following a four-car accident whereby minor injuries were incurred. Keith Phillip Swanson, 17, Lowell, was eastbound on Main Street when he failed to stop his vehicle after the cars in front him spiked their brakes, according to Lowell Police officer Jim Valentine. Swanson was driving on Main Street and had just crossed Hudson Street when the traffic came to a stop. Swanson was cited for failing to stop in an unclear distance. The car Swanson struck was driven by Laura Lee McCormick, 30, Lowell. The impact of Swanson's blow forced her car into a third car driven by Carl Lyle Smith, 77, Lowell who was then pushed into a fourth vehicle driven by James Edward Reagan, 33, Lowell. Laury Topping, Lowell, a passenger in McCormick's vehicle was transported to Metropolitan Hospital by Rockford Ambulance. According to Valentine, she was treated and released. Smith, driver of the third car, and his wife, Ruth, a passenger, were transported to Butterworth Hospital by Lowell Ambulance. Witnesses all stated the vehicles in front of Swanson had stopped for other eastbound traffic which had stopped for a vehicle making a left turn.

Motorhome burns. Louis King's 1977 Atalla motor home was destroyed in a fire late last week. King pulled into his yard when he noticed smoke coming out of the hood of his motor home. Shortly thereafter the motor home bursts into flames, according to Lowell Fire Chief Frank Martin. Lowell's Fire Chief said the motor home was totally destroyed. Martin estimated the value of the damage to be roughly \$4,000.



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# Red Arrow SPORTS

## Sport Summaries

by Kathryn Atwood  
contributing reporter

### Girls track

Girls varsity track headed to Sparta last Tuesday to take part in the school's annual Snow Melter Invitational and left with a second-place 469.5 point finish. Corah Kaufman placed third on the pole vault and fourth on the long jump to lead Lowell scorers with 52. Other top finishers included Breanna VanLaan, who placed third in the 1600m; Jordan Mixon, who placed third in shot put and fifth in discus; Tori Hewitt, who finished second in the 2400m and fifth in the 1600m; and Diana Roth who placed second in the 100m and fifth in the 200m.

### Girls lacrosse

Opening their season with a win, the Lowell varsity ladies lacrosse team topped opponent Grand Ledge High School 9-7 at home last Saturday afternoon. Ally Frederickson, Justine Anes and Claire Gossman each netted two apiece in the contest. Sela Bauman, Maddie Kaminski and Nikki Paulus chipped in one each while Laurel Frederickson made top-notch saves in the box.

### Softball

Red Arrow softball opened their season with a hard fought loss last Monday falling to Wyoming High School by a margin of 8-5. Freshman sluggers Maddi Jordan, Emily DePew and Kylee Stephens each logged their first hits as varsity players, with Stephens adding RBIs to the scoreboard. Tess Richardson earned two hits and two corresponding RBIs while Kenzie Huver and Kenzie North each earned two hits apiece.

### Girls soccer

Despite twelve big saves for Red Arrow goalkeeper junior Bridget Garter, the Lowell girls varsity soccer team could not come up with a win in their season opener last Monday. Grandville High School shut out the Arrows in the 4-0 loss on the road.

### Boys track

Lowell boys varsity track team placed second at last Tuesday's Sparta Snow Melter Invitational tallying 403 points and two first-place finishes. Earning top spots were Reece Karns on the pole vault and Drew Struckmeyer on the 300m hurdles. Struckmeyer also placed second in the 110m hurdles at the meet. Other top finishers included Collin McGee who placed second in discus; and four third place finishing relay teams: 4x100 (Sam Misak, Colton Churches, Richard Misak, Josh Havey), 4x200 (Havey, R. Misak, Cody McGee, Collin McGee) and 4x400 (Kenny Stump, Havey, Keegan Redloske, S. Misak).

### Scholar athletes

Standout senior Ryan Stevens recently committed to Alma College where he will continue his education and continue his work on the hardwood as part of the Scots basketball team. Stevens is a top student and three sport athlete at Lowell, leading the football team to the state championship at quarterback, helping to clinch the school's first district basketball title in decades at point guard and taking swings on the course for the golf program.

### Boys golf

Lowell varsity golf took on Kenowa Hills High School last Tuesday in their season opener at Gracewil Country Club and came up short to the Knights by a score of 192-156. Leading the Arrows on the course were Nick Kloosterman who shot a 45, Adam Anderson who carded a 47 and freshman Tyler Kapcia who came in at 48.

### Girls tennis

Several Lowell varsity tennis players had stand-out performances in the team's home opener last Tuesday despite logging a 5-3 loss to Portland High School. Senior Rachel Fox earned a three set victory (7-6, 1-6, 7-5) after battling for nearly three hours at second singles. Laura Michelsen nabbed a win at first singles with two 6-0 wins. Kayla Jeffries also won in fourth singles.

### Boys lacrosse

Red Arrow boys varsity lacrosse put up a commanding 17-7 win over opponent Portage Northern High School last Wednesday evening on the road. This is the team's first outing with new head coach Eugene Talbot at the helm.

•••

**No one saves us but ourselves.  
No one can and no one may. We  
ourselves must walk the path.**  
~ Buddha

## Kelsey Emmanuel receives Scholar-Athlete award

Kelsey Emmanuel (center) of Lowell High School was honored as a recipient of the Michigan High School Athletic the MHSAA. Emmanuel will receive a \$1,000 scholarship from Farm Bureau Insurance to be used at the institution of higher



Association's Scholar-Athlete award at the 2016 MHSAA Boys Basketball Finals at the Jack Breslin Student Events Center in East Lansing on March 26. Shown with Emmanuel from left: Vic Verchereau, vice president of marketing for Farm Bureau Insurance; and John E. "Jack" Roberts, executive director of learning she attends this fall. Farm Bureau Insurance awarded 32 scholarships, proportionately by school classification, to students with a 3.50 or higher (on a 4.0 scale) grade point average who have previously lettered in at least one sport in which postseason competition is sponsored by the MHSAA.

## SPRING SPORTS CALENDAR

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

<h3>BOYS' &amp; GIRLS' VARSITY TRACK</h3> <p>* Denotes a meet at Red Arrow Memorial Stadium                  4/14 at 4:15 pm Jenison*                  4/21 at 4:15 pm Caledonia*                  4/23 at 9 am Soderman Relays at Caledonia HS</p>	<h3>BOYS' VARSITY BASEBALL</h3> <p>* Denotes a meet at Cherry Creek Field                  4/9 at 10 am at Seymour - Indiana Games                  4/12 at 4:15 pm at Grandville <i>doubleheader</i>                  4/13 at 4 pm Lakewood* <i>doubleheader</i>                  4/14 at 4:15 pm at FHN <i>doubleheader</i></p>
<h3>GIRLS' VARSITY LACROSSE</h3> <p>* Denotes a meet at Red Arrow Stadium                  4/13 at 7 pm Hudsonville*                  4/15 at 7 pm at Zeeland East                  4/18 at 7:15 pm at Grand Haven                  4/20 at 8 pm at Grandville</p>	<h3>BOYS' VARSITY LACROSSE</h3> <p>* Denotes a meet at Red Arrow Stadium                  4/12 at 7 pm at FHE                  4/15 at 7:30 pm Zeeland West*                  4/19 at 7 pm at Northview                  4/21 at 7:30 pm at Caledonia</p>
<h3>BOYS' VARSITY GOLF</h3> <p>* Denotes a meet at Deer Run Golf Course                  4/12 at 3:30 pm Greenville*                  4/14 at 1 pm Kent County Classic at Highlands Golf Club                  4/16 at 10 am Lowell Invitational*</p>	<h3>GIRLS' VARSITY SOFTBALL</h3> <p>* Denotes a meet at Cherry Creek Field                  4/12 at 4:15 pm at Thornapple-Kellogg <i>doubleheader</i>                  4/14 at 4:15 pm at FHN <i>doubleheader</i>                  4/16 at 10 am Bosma Inv. at E. Kentwood</p>
<h3>GIRLS' VARSITY SOCCER</h3> <p>* Denotes a meet at Red Arrow Stadium                  4/13 at 6 pm at Calvin Christian                  4/15 at 6:45 pm at Cedar Springs                  4/18 at 6:45 pm Jenison*                  4/20 at 6:45 pm Caledonia*</p>	<h3>GIRLS' VARSITY TENNIS</h3> <p>* Denotes a meet at LHS tennis courts                  4/14 at 4 pm at Byron Center                  4/20 at 4:15 pm Jenison*                  4/23 at 9 am Lowell Invitational*                  4/25 at 4:15 pm Comstock Park*</p>

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# Enjoy spring break right here in Lowell

by Kathryn Atwood  
contributing reporter

While some Lowell residents are relaxing on a beach or floating on a huge ocean liner this spring break, many are at home on a good old fashioned "staycation." While you will certainly not get a sun kissed tan or corresponding tan lines, there are many ways to enjoy spring break right here in Lowell.

At the Englehardt branch of the Kent District Library along the Riverwalk, young minds can find a plethora of programs appealing to both learning and fun. Wednesday, the library will offer a lab experience that allows hands on exploration in art, science and engineering titled "Building Up STEAM for Fun and Discovery." The six and older program will take place from 1-3 pm and will include a take home project. Later the same day, teens grade

6-12 are invited to explore their musical sides with free ukulele lessons. The program will teach basic chords and strumming with students learning to play several songs by the end of the session. Dean Wiers-Windemuller of Southtown Guitar will lead the hands on workshop from 6-7:30 pm.

Friday from 10-11, the library will host a family party called "Express Yourself with Art." Artist Cynthia Hagedorn will guide the fun event which explores different mediums and tools. Guests will leave with a take home group art project. Pre-registration is required for this event and is available online or by calling the branch. From 1-3 pm students six and older are invited to "Design Like Da Vinci" by exploring and recreating some of the inventor and artist's greatest inventions.

The Lowell Area Historical Museum offers free admission for residents the first Thursday of every month. Take advantage of

this offer over break and explore the rich history of Lowell through information and artifacts inside the historic Graham House

which houses the museum on the corner of Hudson and Main. Hours are 1-4 pm.

Let your children be the tour guide at the Wittenbach/Wege Environmental Center on Vergennes. If your child attends Lowell Area Schools they are sure to know exactly how to explore the 140 acres of trails at the center, thanks to the district's nature immersion programming. Discover rolling pines, lush forests, abundant wetlands and open prairies from dawn to dusk at no charge.

See a flick at the Ada Lowell 5 where they will be featuring the latest superhero film "Batman v. Superman" and the animated feature "Zootopia" at their low everyday ticket prices. Or stop in Friday, Saturday or Sunday at 10:00 am for "Max," a family friendly true account of a military service dog and his adoptive family. Members of the Frequent Movie Goer Club are eligible for up to six free admissions and non-

members will be charged only \$1 per person.

Older students and parents can enjoy an open studio session on Wednesday evening from 6-8:30 pm at Glass House Designs. Projects start at just six dollars and include ornaments, tiles and jewelry created using recycled glass. Average studio time is one hour and guidance and instruction are provided by owner and artist Susan Molnar.

Roll a strike at the RollAway Family Fun Center, stop by historic Fallasburg Park, view the LowellArts! West Michigan Regional Art Competition exhibit free of charge or stop by the Showboat and traverse the Riverwalk with a loaf of bread for the ducks. Lowell's plentiful activities and attractions are sure to make your "staycation" a "supercation."



Get into some hands on fun and learning at the Englehardt Library over spring break.

## Living organ donation presents the Gift of Life

There are currently over 3,500 patients in Michigan waiting for a life-saving organ transplant and 2,800 of these patients are waiting for a kidney. Most people think of organ donation as an end-of-life decision, but it is possible to donate organs another way. During National Donate Life Month this April, the National Kidney Foundation of Michigan strives to educate the public about the

importance of living organ donation.

Living organ donation takes place when a living person donates an organ (or part of an organ) for transplantation to another person. Typically, the living donor is a family member or is emotionally connected to the recipient, but occasionally the living donor is a complete stranger. Living donor transplantations have

been taking place for over 60 years and thanks to improved medications, a genetic link between the donor and recipient is no longer required to ensure a successful transplant. In 2015, nearly 30,000 patients began new lives thanks to organ transplants from 8,500 deceased and 6,000 living donors.

Kidneys are most commonly given by a living donor because the majority

of people are born with two and there is an extreme need – over 100,000 people are waiting for a kidney nationwide. Parts of other organs, including the lung, liver and pancreas are now being transplanted from living donors. To donate a kidney, you must be in good health and have normal kidney function.

"Living donation is the ultimate gift of life," says Dr. Art Franke, chief science

officer of the National Kidney Foundation of Michigan. "The selfless act by the donor gives the recipient a 'second chance' to live a fulfilling life."

There are several advantages to have a kidney transplant performed from a living donor compared to transplants performed from deceased donors:

- Some living donor transplants are done between family members who are genetically similar. A better genetic match lessens the risk of rejection.

- A kidney from a living donor usually functions immediately because the kidney is out of the body for a very short time. Some deceased donor kidneys do not function immediately and as a result, the patient may require dialysis until the kidney starts to function.

- Potential donors can be tested ahead of time to find the donor who is most compatible with the recipient. The transplant can take place at a time convenient for both the donor and recipient.

- According to Donate Life America, "the

average waiting time for a kidney from a deceased donor is three to five years. A kidney from a living donor offers patients an alternative to years of dialysis and time on the national transplant waiting list."

Though, not everyone qualifies medically to be a living organ donor, that doesn't count someone out to be a donor at the time of death. Anyone is a potential donor despite age or medical conditions and most major religions approve of organ, tissue and eye donation and consider it to be a selfless act of compassion. Your decision to leave a legacy by donating your organs in the future could save up to eight lives.

Being a living organ donor lends the opportunity to make better lives possible. To learn more about living donation, visit [www.nkfm.org/livingdonation](http://www.nkfm.org/livingdonation). To register your decision to save lives\*, visit the Gift of Life Michigan at [www.giftoflifemichigan.org](http://www.giftoflifemichigan.org) or call 800-482-4881.

\*Living donation is not covered by a donor registration.

**LAS**  
**Elementary**  
**Lunch Menus**  
week of 4/11/16

**MONDAY: No School.**

**TUESDAY:** Chicken strips  
whinner roll, baked beans  
Bunsell: no dinner roll  
served; fruit & veggie bar;  
spinach & romaine side sal-  
ad, baby carrots, applesauce,  
pears.

**WEDNESDAY:** French toast  
sticks served with eggs,  
hashbrowns; fruit & veggie  
bar; spinach & romaine side  
salad, Bunsell: cucumber  
coins, celery sticks, apple  
slices, juice.

**THURSDAY:** BBQ pork ribs  
on bun; Bunsell: Chicken  
nuggets, mashed potatoes &  
gravy; fruit & veggie bar; spin-  
ach & romaine side salad,  
fruit; Bunsell: baby carrots,  
strawberries, peaches.

**FRIDAY:** Homemade cheese  
pizza on VEG crust, baby car-  
rots; fruit & veggie bar; spin-  
ach & romaine side salad, red  
pepper strips, grapes, juice.

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FINISH THE LYRICS**

**ACROSS**

- 1. Southern cuisine pie
- 6. French lake
- 9. H or O in H<sub>2</sub>O, e.g.
- 13. **\*\*"Tell \_\_\_\_\_ I love her"**
- 14. **\*\*"A long, long time \_\_\_\_\_ I can still remember how that music..."**
- 15. Cast somebody there
- 16. Misbehave
- 17. St. Louis player
- 18. First American-born saint, Elizabeth Ann \_\_\_\_\_
- 19. **\*\*"Blue jean baby, L.A. lady, seamstress for \_\_\_\_\_"**
- 21. **\*\*"On a dark desert highway, cool wind in \_\_\_\_\_"**
- 23. Draft pick
- 24. \$10,000, to a judge, e.g.
- 25. **\*\*"You \_\_\_\_\_ again"**
- 28. **\*\*"You \_\_\_\_\_ me what I am today"**
- 30. Inventor's right
- 35. Burden
- 37. Color of a bruise
- 39. **\*\*"\_\_\_\_\_ is a sound salvation... cleaning up the nation"**
- 40. Bumpkin
- 41. **"Get \_\_\_\_\_"** (1965-1970)
- 43. **\*\*"Isn't it a \_\_\_\_\_ . Isn't it a shame"**
- 44. What a taster does
- 46. 41st or 43rd president
- 47. 1970s hairdo
- 48. Fireplace
- 50. One-pot meal
- 52. **\*\*"I wanna be loved by you, just \_\_\_\_\_"**
- 53. **\*\*"May the road \_\_\_\_\_ with you"**
- 55. Use a Singer

CROSSWORD															
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**MARCH 30 - APRIL 5**

- As part of the all-star sendoff for the retiring Barbara Walters, presidential hopeful Hillary Clinton appeared on the television show "The View" on Monday. Audience and panelists laughed after Clinton was asked by Walters, "Are you going to run?" and Clinton replied, "Well, I am running - around the park."
- An alleged theft of \$31 of candy stuffed into his pockets may cause 34-year-old Jacobia Grimes to face a "king-size" sentence of 20 years to life in prison. Because of prior theft convictions and the habitual-offender law, the Louisiana man may face felony charges.
- A new plan to limit migration to Europe, migrants and refugees in the Lesbos and Chios islands of Greece headed in the opposite direction they had hoped for and arrived back in Turkey. They were escorted onto small ferries from the Greek islands to the coast of Turkey on Monday morning.
- According to polls conducted by the Sepsis Alliance, less than half of Americans have heard of sepsis. The unfortunate death of Oscar-winning actress Patty Duke, at age 69, by sepsis last week Tuesday, may be a milestone for the sepsis awareness movement. Sepsis, a reaction to infection, leads to systemic organ failure and is the ninth-leading cause of death in the U.S. from disease related illnesses.
- Monday, a prominent leader of an al Qaeda offshoot may have been killed in a US air strike in northwest Syria where a high-level meeting of al Qaeda was being held. Abu Firas, a discharged Syrian army officer because of his Islamists leanings, was known as a senior and founding member of a militant group that fought in Afghanistan.
- In a study released on Monday by the Obama administration, by the summer of 2030, extreme heat could cause the death of an additional 11,000 lives in the U.S. Examining the health effects of climate change, the report predicts that that number could rise to 27,000 by 2100.

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	6		7		4			8
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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

- dessert
26. Accustom
27. Historic region in northeastern Africa
29. **\*\*"Your lips are movin', tell me do you think I'm \_\_\_\_\_"**
31. Spanish snack
32. Enlighten
33. TV's "\_\_\_\_\_ Circus"
34. **\*\*"Cause uptown funk gon' give it \_\_\_\_\_"**
36. Tiresias in "Oedipus Rex", e.g.
38. Formerly, formerly
42. **\*\*"So take \_\_\_\_\_ broken wings"**
45. **\*\*"I've got the world on a \_\_\_\_\_"**
49. Charlie Sheen's diagnosis
51. Man cave's necessity
54. Waste water pipe
56. What did Jessica Fletcher do?
57. Aquarium organism
58. "Iron horse" track
59. Yamaguchi's court
60. Accompanied by "gloom"?
61. Bad sign
62. Used when citing a reference
63. Two equal a twenty
64. Scholastic aptitude test
66. **"\_\_\_\_\_ to Joy"**
- Puzzle solutions on page 12*

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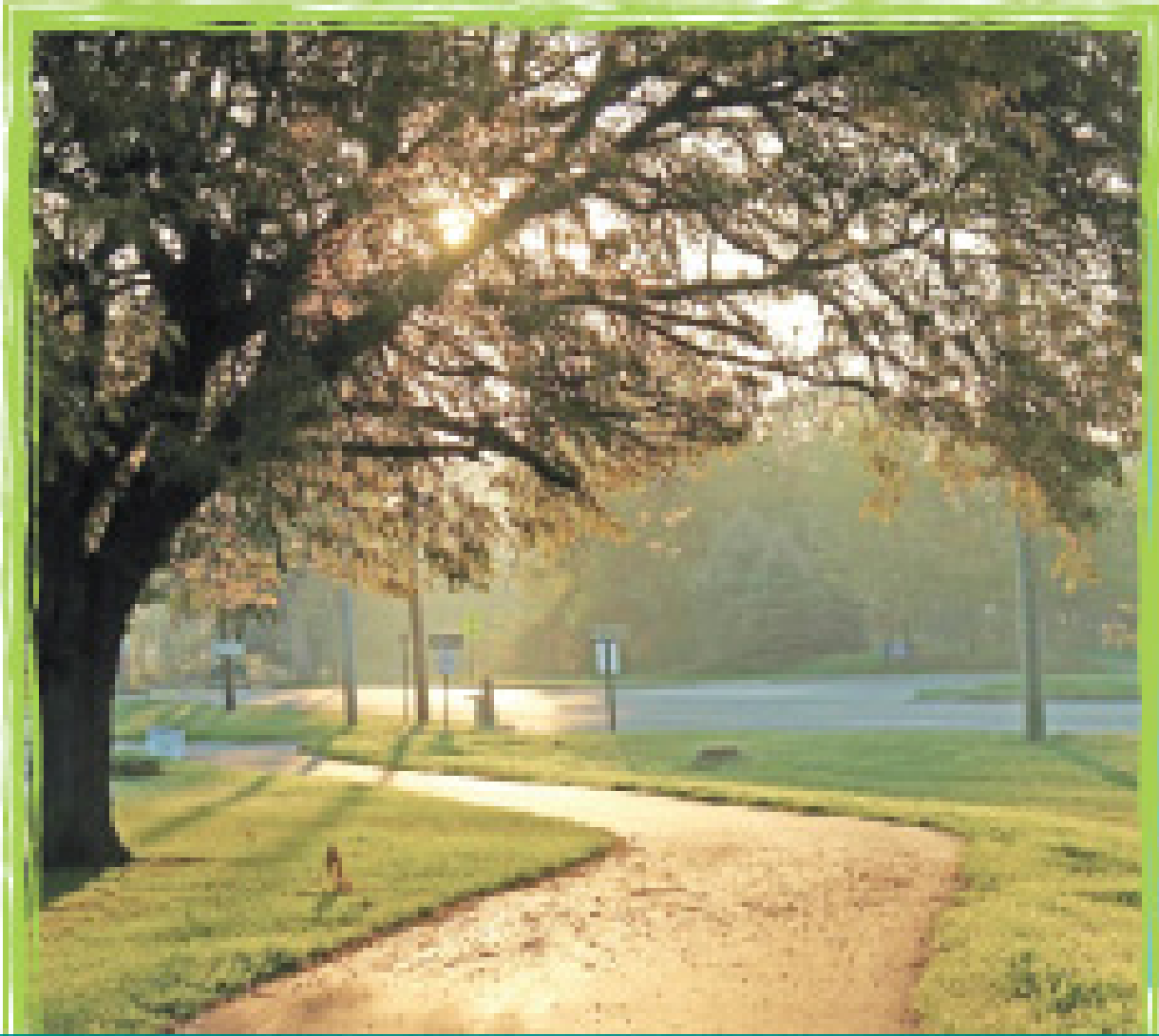
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The Lowell Area Recreation Authority (LARA), which is made up of the City of Lowell, Vergennes Township and Lowell Charter Township, is extending existing paved trails from Gee Drive to Fulton St (M-21) along Alden Nash in the City of Lowell.

This extension will connect to the new Lowell Township North Park (behind Walgreens on Bowes Rd), businesses on the West End of Fulton Street, Stoney Lakeside Park, the Dog Park, the Kent County Fairgrounds and the future bridge across the Grand River to the current Lowell Township Park on Grand River Dr.



**PLEASE CONSIDER HELPING US HELP OUR COMMUNITY OF LOWELL AS WE EXTEND OUR EXISTING PAVED TRAILS AND BUILD THE NEW LOWELL TOWNSHIP PARK.**

**LARA and Lowell Charter Township are seeking funding with sponsorship opportunities from local businesses and private donors to help reach our goal of \$600,000. There is no donation too small for this fundraising effort.**



The new Lowell Township North Park, which will connect to the extended trailway, was designed to provide the community with different recreational opportunities than our current community parks offer. Lowell Township North Park will boast over 30 acres of recreation such as Frisbee Golf, a Gaga Pit, Volleyball Courts, Basketball Courts, the Lowell Area Historical Museum Early Fur Trade Building, Concessions and a paved trail throughout.

Donations can be mailed to: Lowell Area Recreation Authority, PO Box 98, Lowell, MI 49331 or Lowell Charter Township, 2910 Alden Nash, Lowell MI 49331. Please contact Betsy Davidson at 616-293-3206 or Jerry Hale at 616-897-7600 with questions or visit [www.lwpa.lowellmi.us](http://www.lwpa.lowellmi.us) and [www.lowellareatrailway.org](http://www.lowellareatrailway.org).