



play opens



page 9



Lhs sports



pages 10 & 11

## Power restored quickly after transformer fire causes outages all over Lowell on Friday

by Tim McAllister  
contributing reporter

A Lowell Light & Power transformer near the Englehardt Library caught fire at 9:30 am on Friday, April 15, knocking out power in dozens of Lowell homes and businesses.

“One of our 1,500 Kva transformers caught on fire due to a bushing,” said Steve Donkersloot, assistant general manager of Lowell Light & Power. “In the transformer there are different parts and one of them is called the bushing. It burned up. It went bad, caused the transformer to start on fire and as a result power on the east side

of town went down. The fire department was there. They put out the fire and removed the transformer. It’s not like the transformer over there was overloaded or overheating, it was just a bad bushing.”

The transformer was installed in October and Donkersloot said it still might be under the manufacturer’s warranty. The transformer was manufactured by the Solomon Corporation.

“You can inspect transformers and be proactive every week and the next day it could burn up,” Donkersloot said. “That’s just the nature of

equipment that’s man-made.”

A Lowell Light & Power crew consisting of employees Mark Droog, Rich Mutschler, Justin Mutschler, Ron van Overbeek, Ryan Teachworth and retiree Tom Russo had a new transformer in place within 30 minutes. Power was restored in the afternoon.

“We had another transformer in town that wasn’t being utilized to its full capacity,” Donkersloot said. “We can take that transformer and replace the one that burned up.”



Donkersloot said that during power outages, the place to get the most current updates and ask questions is on Lowell Light & Power’s Facebook page.

“They can find updates on outages or if they need to reach out to us with questions; we’re trying to utilize that more,” Donkersloot said.



Lowell Light & Power employees worked to restore power as soon as possible.



The burned out transformer a couple hours after the fire.

## Packed city council alive with public discussion

by Tim McAllister  
contributing reporter

Lowell city council had their latest regular meeting at city hall on Monday, April 18. Once again the room was packed with spectators. Nearly a full hour of the meeting was dedicated to public discussion, nearly all of which was extremely critical of mayor Jeff Altoft and other city councilors, Alan Teelander in particular.

First up to the podium was Mike Sprenger, owner of Springrove Variety and a member of the Forward Lowell group that is attempting to recall Altoft from the council. Sprenger said that watching recent

council meetings on YouTube upset him.

“I’m not here because I’m angry as much as I am scared,” Sprenger said. “I saw council disrespect and violate the Lowell city charter, disrespect and violate the Michigan laws of the Open Meeting Act, unprofessionally and with humiliation dismiss our city manager, disregard community comments about the council’s actions as if they weren’t even there and after three months with their agenda it’s cost the taxpayers around \$100,000. Tearing up this town has begun.”

Former city councilor Sharon Ellison said the council does not make good decisions.

“Considering the disregard for the Open Meetings Act, the city charter violations, the waste of tax dollars, the cover-ups disguised as moving forward, rudeness as grounds for dismissal and poor decisions, the ones you’ve made in just a few short months, why should you remain on council,” Ellison asked.

Later in the meeting, Altoft apologized for making rash statements while angry.

“I’m sorry for some of the things that I’ve said because I was a little angry,” Altoft said. “The questions about tearing down Light & Power, that isn’t something that one person can do.”

Lowell Light & Power board member Perry Beachum choked up while discussing a recent letter to the editor that councilor Teelander wrote about Flat River Outreach Ministries in the April 11 Lowell Ledger.

“Your letter is alienating the community,” Beachum said. “You attacked [FROM founder] Roger LaWarre,

Packed city meeting, continued, page 3



Lowell Mayor Jeff Altoft was criticized by members of Forward Lowell.

50 CENTS



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# Wildlife center to host pancake breakfast fundraiser

by Tim McAllister  
contributing reporter

There will be a pancake breakfast to benefit ZooRehab's efforts at the Lowell Farm and Wildlife Center, 12494 Vergennes St. The breakfast will take place from 8 am until 11 am on Saturday, April 30. The event will be held outdoors at the Lowell Farm and Wildlife Center, so dress accordingly. The breakfast is \$6 for adults and \$3 for children 11 and under.

"We are a nonprofit organization that helps to raise money and complete projects for zoos, wildlife reserves, animal rehabilitation centers and things like that," said Dana Gill, president of ZooRehab. "Any facility that has animals living in captivity, we want to make sure they are living the best life possible. Even though they have to live in captivity, we want to make sure that they are healthy and they have everything they need."

The pancake breakfast is to raise about \$2,600 for more improvement projects at the Lowell Farm and Wildlife Center, where they take in and care for injured, orphaned and abandoned animals.

"We are stepping in for the second time actually out at the Lowell Farm and Wildlife Center," Gill said. "We had projects that we completed back in November and now we're stepping in to do phase two of those projects. Myself, my construction manager and our team will be coming in and designing everything and redoing everything. We did the first project when they needed to improve some of the already existing

features. When we were out there in November we saw they had a goat barn that was completely rotted out. They weren't able to use it, it was standing there empty.

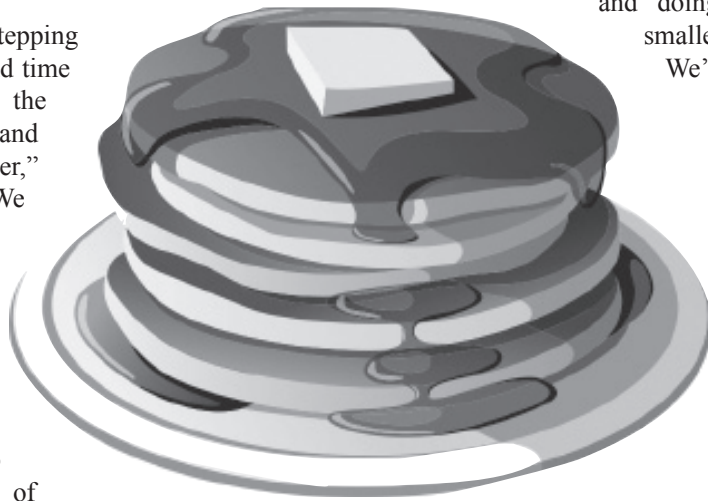
We got in there, completely gutted everything out and built a whole new inside. We also added onto her fawn run and gave the fawn run a brand new metal roof.

We're also going back and doing a few smaller things. We're going

to be giving that goat barn a new roof now. They have a raccoon enclosure that they haven't been able to use for a while because the floor is rotted out. We're putting in a whole new floor with a draining system and everything. They've gotten big enough that they need to expand their wild fowl area, which is where they keep chickens, geese and swans that they take in. They need to expand that area, so we're knocking out a wall and

expanding it. It's a lot of work, but we have a great construction team and we know what we're doing."

You can donate money to the Lowell Farm and Wildlife Center by visiting the website, farmwildlife.org. ZooRehab also accepts donations on their website, zoorehab.org. The easiest and most delicious way to donate, however, is by attending the pancake breakfast on April 30.



...  
**Yesterday is not ours to recover, but tomorrow is ours to win or lose.**

~ Lyndon B. Johnson



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### HEALTHY KIDS DAY

The Lowell YMCA is having a Healthy Kids Day on April 23 from 10 am to 12 pm at Creek Side Park, Faith Dr., Lowell. This event is a reminder not to let children idle away their days. Instead, we will let them discover their potential and make this their best summer ever, by keeping kids active, learning and having fun.

### DIGITAL PHOTOGRAPHY CLUB

The Digital Photography Club of Lowell will be meeting on April 25 at 7 pm in the King Building at the fairgrounds in Lowell. They invite you to join as they explore the medium of digital photography. All ages and abilities are invited to come. You do not have to have a fancy digital camera to attend. For more information email [info@dpcol.org](mailto:info@dpcol.org)

### LOWELLARTS! STUDENT ART SHOW

April 26 - May 21 LowellArts! presents the fifth annual Student Art Show featuring exciting, innovative, creative, spectacular, and well-executed artwork from area middle and high school students. Artwork is submitted by art

teachers by invited schools for display. The exhibit is also open to home-schooled students who live within 15 miles of Lowell. Best of Show and Honorable Mention awards are presented in three categories and winners receive gift packages of art supplies, classes and gift certificates donated by various businesses and institutions. Meet-the-Artist reception to be held Sunday, May 1, 2-4 pm. Gallery hours: Tues.-Fri 10 am - 6 pm and Sat. 1-4 pm. LowellArts! is located at 149 S. Hudson St., 897-8545. [www.lowellartsmi.org](http://www.lowellartsmi.org)

### LFWC PANCAKE BREAKFAST FUNDRAISER

There will be a pancake breakfast fundraiser at Lowell Farm and Wildlife Center hosted by ZooRehab on Saturday, April 30 from 8 to 11 am. All proceeds from this event will be put directly toward the second phase of the LFWC project. For further details or to make a donation visit [www.zoorehab.org](http://www.zoorehab.org). This is an outside event so dress for the weather.

*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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# Packed city meeting, continued

not by name, but there is no one in this community that has done more for the less fortunate than Roger.”

Pink Arrow Pride

founder and Forward Lowell member Teresa Beachum took the opportunity to criticize councilor Teelander’s internet activity.

“Alan Teelander, to you specifically, sitting behind a keyboard acting like a troll doesn’t do anything but alienate people in this community,” Beachum said. “You have work here to do and you have a responsibility here. Your fellow councilmen have got to put the hammer down on you. The social media stuff... stay off from Facebook. Stop impersonating people like Ed Casebolt with fake profiles. Posting negativity is so, so wrong. Your website, your blog, writing worthless letters to the editor that are more false than true only show your true colors.”

Vergennes Township resident and Forward Lowell member Maryalene LaPonsie also said that Teelander’s blog goes too far.

“I don’t understand the purpose of your blog and as other people have said before, I wish you’d just shut it down,” LaPonsie said.

“My hope is that the site will be a positive force in the future,” Teelander said.

“But it’s not, there’s nothing positive on there,” LaPonsie said.

“If you give me a little time I’ll work on that,” Teelander said.

After 56 minutes the council finally turned their attention to new business. There is currently an opening on the Lowell Light & Power board. Interested parties should contact the mayor. There will be a tree planting to commemorate Arbor Day at noon on April 29 at 865 W. Main.

Scott Poyer, the man the city hired to replace interim public works director Ron Woods, was unable to accept the job. Poyer was supposed to start April 11.

“Unfortunately because of some personal problems he had to resign from the position,” said city manager Dave Pasquale.

Lowell American Legion commander Dave Thompson asked the council to waive the \$200 fee they usually charge for extra Memorial Day police coverage. Before they could discuss the matter, councilor Jeff Phillips offered to pay half the bill out of his own pocket. He was quickly followed by councilor Teelander, who donated the remaining \$100.

The council’s next regular meeting will be at city hall at 7 pm on Monday, May 2.



Mike Sprenger said the council is “tearing up” Lowell.



Teresa Beachum said that councilor Alan Teelander should spend less time on the Internet.



Sharon Ellison criticized the council for “poor decisions.”

Terry Abel protects all your

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## Reynolds named Volunteer of the Month

Joanne Reynolds has been named Murray Lake Elementary's Volunteer of the Month for March. Joanne and her husband Chad moved to Lowell 18 years ago. They have two daughters: Andi (a junior at Lowell High School) and Kaci (a third grader at MLE).

"Joanne has been volunteering in my class every other week all year long. She is always looking for ways to help out. She is actively involved here at MLE. I feel so lucky to have this great parent in my classroom," commented third-grade teacher, Sue Wilterink.

Reynolds said, "It is such an honor to be nominated for this award. There are so many wonderful people who give of their time to help make MLE a wonderful place for our kids. I so enjoy going into the classroom and seeing all the wonderful things the teachers and



Joanne Reynolds and her daughters.

students are working on. I work part-time as a surgical scheduler for Dr. Joe Talcott, which has given me the opportunity to go into the classroom with my girls over the years. We just love being part of the Lowell community."

When Reynolds has free time, she spends lots of time together with her family. Her daughters show horses and they do a lot of camping. She also enjoys playing on their little hobby farm.

## kidsView



by Sierra Hieshetter

I recently acquired a pen pal. It isn't someone from another country, just a girl at my school who I want to [exchange] send letters with. There is something special about getting a letter by "snail mail." It is disappointing that this old art is dying, because even

though e-mail is faster, for me it is exhilarating sending and receiving letters. It wasn't always like that. Before e-mail, the only way to send a letter was by using the postal service. It is a really unique feeling to know someone put all

that hard work into sending something to you. I'm glad my parents suggest that I send thank you cards when people buy me presents and make me practice my penmanship. Even though writing letters is being replaced by a new age of technology, that doesn't mean you have to stop. Just sending a letter to someone every once in a while can show them that you really care; and then they can have that special feeling too.

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# viewpoint

## to the editor

### not causing trouble

To the Editor:

After reading the letters to the editor over the past few weeks, it would seem as though some people believe the group ForwardLowell was created to cause trouble and division in the city.

Is that true? Let's consider some of the membership:

- Seven recipients of the Lowell Person of the Year award
- Co-founders of Pink Arrow Pride
- Co-founder of Flat River Outreach Mission (FROM)
- Two former city department heads

Do these people sound like troublemakers? I'd say no.

Quite frankly, most of us have better things to do with our time. Our members have businesses to run, charities to head and families to manage. Personally, I'm a widow with five kids, an 80-year-old mom and a full-time job. Trust me, the last thing I need in my life is another obligation and I'm certainly not a member of the group for kicks.

So why did we form ForwardLowell? It's because of the council's:

- Open Meetings Act violations

- Freedom of Information Act violations

- Negligence in doing due diligence before hiring an attorney with a obvious conflict of interest

- Lack of transparency and accountability when responding to citizen requests

- Spending \$80,000 in two month's time to replace the city manager without ever explaining to citizens why this action was necessary or the cost unavoidable.

Most importantly, we formed ForwardLowell because we want potential city manager candidates to know that the citizens of Lowell are doing something about our current council. Any potential city manager will do an internet search and find the old city manager

was fired without any sort of review or explanation.

Who wants that type of job security? However, if potential candidates see Lowell citizens aren't about to let a tyrannical council rule unchecked, they may be more likely to apply.

As for councilmember Alan Teelander's letter, I'm not sure where he got his information, but FROM has been working on housing issues for years. Back when I was on the council, Mayor Hodges and City Manager Howe were also part of those discussions. If Jeff Altoft is only now beginning to work on housing issues – after being on the council for years – then he's a bit late to the party.

Sincerely,  
Maryalene LaPonsie  
Lowell

## outdoors

### changes

Dave Stegehuis

One advantage of growing old is the opportunity to look at the world and life from the perspective of many decades of observation and experiences. My grandparents were born into a world with no automobiles or electricity and lived to watch a man walk on the moon on television. Sometimes things change for the better, sometimes not, but it seems to average out in the long run.

Fishing has gone from catching panfish and bass on farm ponds and inland lakes from a homemade flat bottom wooden row boat using a cement filled coffee can for an anchor to chasing multiple fish species from carpeted disco flecked fiberglass platforms powered by 300 horsepower outboards and bristling with a variety of electronic devices. Invasive species, water levels, laws, property rights, and culture have affected how and where we fish.

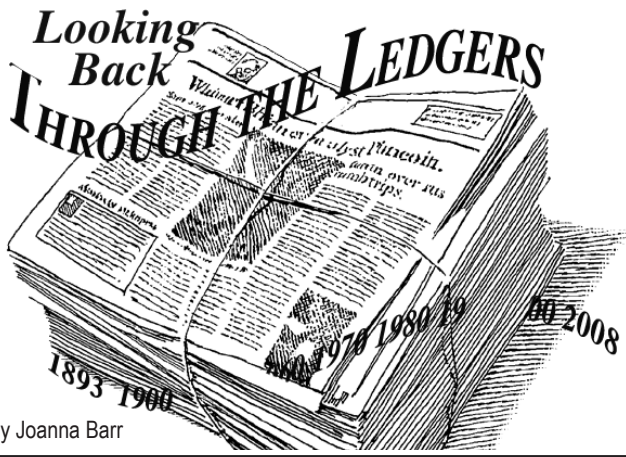
Land use priorities, trail construction, park improvements and campground expansions, and, of course, advanced technology has changed the concept of camping and hiking for those who enjoy

getting out and about a natural setting.

Hunters value our natural surroundings and wildlife and are aware of serious challenges like habitat destruction and disease which must be addressed. Equipment, especially bows and firearms, has evolved in response to technology and game management policies.

We have to be aware that we must be active in the effort to preserve our natural heritage. In our modern culture it is easy to be distracted and lose sight of that which may be, at times, out of sight and out of mind. Becoming directly involved by being informed of issues, volunteering, and being an active participant in a variety of outdoor activities insures personal concern for current environmental issues.

In spite of all the changes we humans have imposed on our world, fish still swim, birds fly, rivers flow, and the sun still comes up in the morning. The natural part of our world hasn't fundamentally changed, so we don't have to either. Count your blessings that some things stay the same.



By Joanna Barr

### 125 years ago Lowell Journal April 22, 1891

There will no logs come down Flat River this year. Last year's drive was the end of what has been a great industry in this region. The checkered shirted, spike booted pevy slinger is forever gone, no more holes will be seen coming down the river to tell the story of how someone stepped where there was no log, and the rear scow, the dear old rear scow, will no more bring joy to the heart of the kid. All those things are the "youstowaz" and are no more.

The new Council has done some very good work in having the surface mud cleaned up and carted off of Main and Bridge St. The bottom below the mud is found nearly equal to pavement, the stones and gravel being packed very hard as the loose dirt came to the surface and made mud.

The Governor has appointed Thursday, April 30th, to be observed as Arbor Day, and earnestly appeals to "all our people to observe the day, or a portion thereof, by the planting of trees, vines and shrubbery along the highways, in the cemeteries and about their homes."

One week from next Friday is May 1st, and the fisher cranks are already getting their fishing tackle in shape, oiling their reels, filing their hooks and weighing their large fish. Oh my!

"When my Ship Comes Over the Sea," the latest musical hit. Price seventy-five cents. Special price, for introduction, post-paid, forty cents. Address, Will L. Thompson & Co., 259 Wabash Ave. Chicago.

J. C. Hare has opened a marble shop at Hartford, this state and expects to move there soon. Mr Hare

has conducted a similar business here for the past sixteen years and sold out last winter to Kisor & Ayres. He is a first class workman and a good citizen and their many friends here will be sorry to lose them.

### 100 years ago The Lowell Ledger April 20, 1916

Voted a success – Lowell night school closes first term happily. Combining pleasure with business the last session of the night school, with some twenty-five members present, was concluded by a social hour and a feed. While only thirty-three members enrolled in night school this year, the effort passes into history as the beginning of greater things in the future, and every student and teacher votes the affair a decided success. The courses offered this year were penmanship, book-keeping, typewriting, commercial law and literature. After the luncheon served in the domestic science room, William Doyle acted as toastmaster and called upon teachers and students for remarks.

Attorney R. M. Shivel was the first to respond and he expressed great personal enthusiasm for the movement and hoped that it would be continued another year.

Notice. Notice is hereby given that April 25th has been selected as clean up day. All persons desirous of having their rubbish drawn away will see that same be placed outside of sidewalk. No rubbish drawn after that date. It is also requested that rubbish be placed in suitable barrels or baskets and same will be left if desired. By order of Common Council.

More new books – list of volumes just added to Lowell Library. Fiction: August First, Mary R. S. Andrews; Sword of Youth, James L. Allen; Wall of Partition and My Heart's Right There, Florence Barclay; Contrary Mary, Temple Bailey; How It Happened, Kate L. Boshier; Auction Block, Rex Beach; Red Fleece, Will L. Comfort; Gideon's Band, George Cable; Cabbages and Kings, O. Henry; Lone Star Ranger, Zane Grey; Girl of the Blue Ridge, P. Erskine; Second Blooming, W. L. George; Angela's Business, H.S. Harrison; Hagar, Mary Johnson; New Clarion, Will N. Harben; Letter of the Contract, Basil King; Thankful's Inheritance, J. C. Lincoln; Westways, S. W. Mitchell; The Treasure and Saturday's Child, Kathleen Norris; Diary of a Beauty, M. K. Seawell; The Turmoil, Booth Tarkington;

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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.

# Lowell Area Crop Walk set for Sunday, May 1

submitted by  
Louis H. Graham

This year's 22nd Lowell Area Crop Walk will take place on Sunday, May 1, 2016. Registration and a small soup lunch and music will start at 1:00 and the walk will start at 1:30.

Last year, the nine Bowne Center "Hunger Rangers," with help from their families, raised a substantial part of Bowne Centers' total contribution to the yearly crop walk. Of the money that is

raised, 25 percent stays in the Lowell area and helps both the Flat River Outreach Mission and the Lowell Senior Neighbors program. Many area churches are involved.

The starting location is at the Lowell United Methodist Church. The walk is one or five miles long and raises money for Church

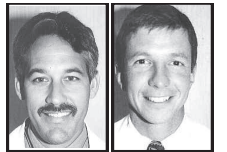
World Services to help fight hunger worldwide.

If anyone would like to join us and/or donate, contact Pastor Matt Stoll at 897-6141 or email him at pastor@vergennessumc.org. Pledge forms are available through arrangements with Stoll or at the Lowell United Methodist Church on the day of the walk.



The Bowne Center "Hunger Rangers" break through the starting line at last year's Lowell Area Crop Walk. Photo by Kristi Graham

## health



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

### preventing stroke in atrial fibrillation

Atrial fibrillation is an abnormal heart rhythm that is frequently seen in older individuals. In atrial fibrillation, the top part of the heart beats irregularly which can lead to a blood clot developing within the atrium. This clot can then travel through the heart into the circulation and block blood flow to a section of the brain resulting in a stroke.

Studies have proven that the risk of stroke can be decreased if patients with atrial fibrillation take blood thinners. If you have atrial fibrillation your doctor may prescribe blood thinners depending on other associated risk factors, such as congestive heart failure, high blood pressure, your age, presence of diabetes, gender and previous strokes or heart disease.

Two major types of blood thinners are available. Warfarin has been around for years. It is

very useful in preventing stroke. Blood tests have to be done frequently, at least monthly, to monitor the dose of warfarin and make adjustments as needed. Another group of blood thinners are called new oral anticoagulants. These medicines are taken daily but no regular blood tests are required to monitor dosage.

All blood thinners have the risk of bleeding because they inhibit clotting. Accidental falls or cuts can cause significant bleeding. Ulcers in the stomach can bleed excessively if the patient is on a blood thinner. Some people with atrial fibrillation and no other risk factors can simply take aspirin.

Every patient is different. Talk to your doctor if you have a history of atrial fibrillation to determine whether an anticoagulant is appropriate for you.



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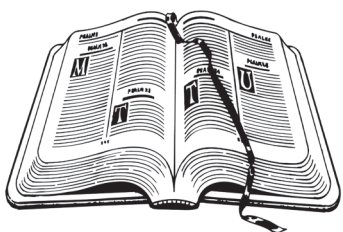
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~ Jimmy Dean

## area church



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Pastor Phil Zeeman - Pastor of Health Ministries  
Cristal Bessie, Director of Children's Ministries

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**SUNDAY School**.....9:15 am (Nursery-Adult)  
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Kids Crew.....11:15 a.m.  
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## happy birthday

**APRIL 20**  
Jim Hodges, Rick Briggs, Bobbie White, Donna Peterson, Kendra Merriman, Angela Miller, Charles Marshall.

**APRIL 23**  
Nathan Roudabush, Jonathan Dixon, Karen Merriman, Nicole Cummings, Brandon Short.

**APRIL 21**  
Roxann Roth, Connie Phillips, Ian Newhouse, Daniel Titcombe.

**APRIL 24**  
Gary Goff, Trevor Foss, Nichole Hoag, Don Shaffer, Logan Propst.

**APRIL 22**  
Mallorie VanDerWarf, Tim Hill, Mackenzie Hacker.

**APRIL 26**  
Marsha Ray, Casey Brown, Bonnie Baird, Audrey Bailey, Jonathan Christiansen, Brad Brzezniak.



# LHS Students of the Month for April

Lowell High School announced that Vincent Battaglio, 10th grade; Nikki Paulus, 10th grade; and Zachery Post, 9th grade; are the Lowell High School April Students of the Month. In order to be eligible for this honor a student must be nominated by a department. All the nomination forms for the month are then reviewed and voted on at the monthly department chair meeting. Students are selected based on academic achievement, character and work ethic. There are 1,200 students eligible for nomination, so this is quite an accomplishment for Battaglio, Paulus and Post. The students receive a \$20 movie gift card and a certificate.

Battaglio was nominated by Sheri Woolery and she writes, "Vinny is a 10th grade student who is flourishing this year. After a difficult transitional year to high school last year, Vinny has demonstrated a positive attitude, increased work ethic, a great sense of humor, and motivation to succeed. He is always polite and respectful to others. Vinny is a great example of a student who has taken his past performance in stride and decided to make some positive changes in his daily academic life in order to achieve academic success."

Tammy Coleman nominated Paulus and she writes, "Nikki is a positive, mature and hardworking young lady. She excels

in everything she does. She has an excellent level of understanding of the subject matter and rather than becoming lazy, she has become a quiet, helpful leader in our class, assisting others who need help. She modestly handles her success and rarely seeks attention from others, yet when she receives such attention, she maturely responds with humor. When Nikki was on a recent family trip, she was gone for over a week. When she returned, she immediately turned in her work which was done and done well."

Post was nominated by Phil Beachler and he writes, "The math department has nominated Zach to be student of the month, not just

because he does extremely well in geometry class and comes to class always prepared, but because of the little things he does in class. Zach is a freshman in my geometry class. He is often found helping others in his group and answering

questions that they may have. Zach is very humble and is always willing to help another student at any time. He also will ask questions if he feels he needs another perspective on how to do a problem or he will offer another method to solve

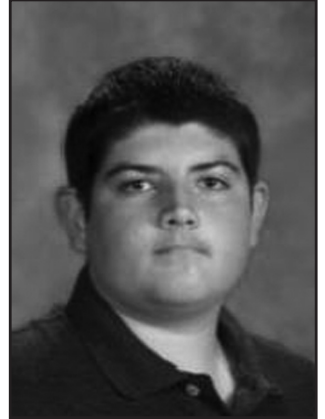
a problem if he thinks it will work. Because of this, Zach is well-respected by his peers, teachers and administrators. Zach is a perfect role model for others. He truly exemplifies our class motto: Take pride in what you do!"



Vincent Battaglio



Nikki Paulus



Zachery Post

## Enough is Enough anti bullying assembly comes to Lowell

On Monday, April 13, the freshmen at Lowell High School had a special treat as Lowell's own world champion martial artist Mariah Moore returned home to her own alma mater to present the motivational/anti bullying assembly "Enough is Enough" which she founded and created.

Moore was just six years old when she started asking her parents to do karate. At age eight a school opened up right here in Lowell; she saw her chance and never looked back. She's since amassed 14 world championship titles and just as many national titles and is currently seated on the prestigious USA national team that will compete against countries from around the world at the world championships in Hawaii this July.

But the road to success was not as simple as it may have looked from the outside. Moore kept a secret that most of us never knew. All through middle and high school, she was a victim to a form of abuse that affects one out of every four school aged kids world wide.

"Bullying is everywhere. It does not discriminate among social classes. The effects can be devastating and it can leave scars that last a lifetime. Sometimes it even takes lives," says Moore.

Did you know:

- Harassment and bullying have been linked to 75 percent of school shooting incidents.

- Kids who are obese, gay, have low self esteem or have disabilities are up to 63 percent more likely to be bullied than other children.

- 160,000 children miss school every day due to fear of attack or intimidation by other students.

- A victim of bullying is twice as likely to take his or her own life compared to someone who is not a victim. They are also more likely to suffer from anxiety and depression.

- Bullycide (suicide by bullying) incidents have grown 50 percent in the past 30 years and continue to grow.

"I was blessed to have a very strong support system when it was happening

to me. I was able to dig deep, pour myself into my training and turn the hurt into something amazing - 14 world championship titles and my world class anti bullying assembly tour 'Enough is Enough.' But all bullying victims do not have the support system I did and the outcome isn't always so bright. Young people have their hearts and spirits broken daily and some are even dying because of it. I have to believe that I can make a difference. And I will," concluded Moore.

By the age of 12, having just won her first world championship titles, Moore was already booking motivational speaking engagements. Then in 2010, a small school in northern Michigan scheduled her to deliver a motivational talk for their high school students. However, the request was a little different than all the others. She was asked to address the tough topic of bullying. The challenge was met with great passion as this was a subject very close to her own heart. And it was with this very impactful and

greatly successful assembly that the "Enough is Enough" Anti Bullying Assembly tour was born.

"The response was overwhelming. My email and Facebook erupted with countless heartwarming and impactful statements from students, faculty and staff. Over and over students told me how much the assembly meant to them and how their lives and their school had changed since my visit. It was then that I knew that this was what I was meant to do," added Moore.

The Enough is Enough Anti-Bullying Assembly tour showcased two action packed world class martial arts performances choreographed to fun, upbeat music. At the core, she delivered a very motivational, inspirational talk that successfully captured and kept everyone's attention from start to finish. Moore discussed her own life experience with being bullied relentlessly throughout her junior high

Enough is Enough, continued, page 8

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PUBLIC NOTICE**

Look Memorial Fund Board is now accepting grant applications for 2016. Applications are available at Lowell City Hall.

Grant applications should be submitted to Susan Ulery, City Clerk, 301 East Main Street, Lowell, MI 49331. The deadline for submitting 2016 applications is 4:00 p.m. on Friday, April 29, 2016.

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# CITY OF LOWELL PUBLIC NOTICE

The City of Lowell Planning Commission-Citizen Advisory Committee will conduct a public hearing at Lowell City Hall, located at 301 East Main Street, Lowell, MI 49331 on Monday, May 9, 2016 at 7:00 PM concerning a proposed amendment to the City's Zoning Ordinance. The following provides a summary of the proposed amendment and its regulatory effect:

- It allows for "Removal and processing of topsoil, stone, rock, sand, gravel, lime or other soil or mineral resources" as a special land use in the I-General Industrial District

- It amends various sections of the F-1 Floodplain District to clarify that this district is an overlay district, to allow only those uses permitted in the underlying zoning district, and to clarify several provisions relating to standards for development within the Floodplain District.

- It amends Section 17.D4(c) of relating to special land use provisions for "Removal and processing of topsoil, stone, rock, sand, gravel, lime or other soil or mineral resources" such to clarify that earth removal shall not alter predominate drainage patterns or cause drainage impacts to adjoining properties, and to require an applicant to propose an end use plan for a property on which mineral resource removal activities are proposed.

- It creates a new zoning district called "RE – River's Edge" which allows for limited types of open space development types and accessory buildings to occur.

- In addition, the amendment rezones all properties currently zoned F-1 Floodplain to other zoning districts in order to be consistent with the language of the Zoning Ordinance. The following table illustrates the extent of the proposed rezonings:

Parcel ID	Address	Current Zoning	Proposed Zoning
41-20-10-100-015	2104 Bowes Rd	F-1 Floodplain	I-General Industrial and RE Rivers Edge
41-20-11-106-002	812 Bowes Rd	R3 Multiple Family Residential and F-1 Floodplain	R3 Multiple Family Residential and RE Rivers Edge
41-20-11-126-003	500 S Hudson St	R3 Multiple Family Residential and F-1 Floodplain	R3 Multiple Family Residential and RE Rivers Edge
41-20-11-251-001	499 Dansville Ave	F-1 Floodplain	RE Rivers Edge
41-20-11-203-001	925 S Hudson St	F-1 Floodplain	RE Rivers Edge
41-20-11-227-007	775 Grand River Dr	F-1 Floodplain	RE Rivers Edge
41-20-11-230-001	675 Grand River Dr	F-1 Floodplain	RE Rivers Edge
41-20-02-440-003	504 Front St	F-1 Floodplain	PF Public Facilities and RE Rivers Edge
41-20-01-351-004	351 S Jackson St	F-1 Floodplain	RE Rivers Edge
41-20-01-307-007	125 S Division St	F-1 Floodplain	R3-Multiple Family Residential and RE Rivers Edge
41-20-01-305-009	125 S Grove St	F-1 Floodplain	RE Rivers Edge
41-20-01-305-010	950 E Main St	F-1 Floodplain	RE Rivers Edge
41-20-01-308-003	920 Railroad St	F-1 Floodplain	RE Rivers Edge
41-20-01-306-009	1001 Railroad St	F-1 Floodplain	R2-Single or Two-Family Residential and RE Rivers Edge
41-20-01-376-004	1275 Grand River Dr	F-1 Floodplain	RE Rivers Edge
41-20-01-376-003	1255 Grand River Dr	F-1 Floodplain	RE Rivers Edge
41-20-01-376-005	1295 Grand River Dr	F-1 Floodplain	RE Rivers Edge

The parcels above, as well as any other parcels in the City within the 100-year floodplain, are subject to the requirements of the Floodplain Overlay District in the City's Zoning Ordinance.

At the above time and place, all interested parties will be given an opportunity to be heard. Written comments concerning the proposed amendment may be mailed or delivered to the Lowell City Clerk, 301 East Main Street, Lowell, MI 49331 up to the date of the public hearing. Copies of the proposed ordinance amendment may be viewed at City Hall at the address noted above during normal business hours.

The City will provide necessary reasonable auxiliary aids and services to those with disabilities planning to attend upon three (3) days' notice to the City Clerk. Individuals who require such services should contact the City at the address listed above or by telephone at 616-897-8457.



Susan Ulery  
City Clerk

# Enough is Enough, continued



Mariah Moore (third from left) with students after the assembly.

and high school years. She shared her amazing and inspiring story of how she overcame the devastating effects of bullying to become a very successful, strong, confident woman, world renowned athlete, and advocate for change. She empowers, inspires, educates, and illustrates how, with determination and courage anything is possible for anyone who is willing to believe in themselves, work hard and never give up. A gifted motivational speaker and a peer to students, Moore is able to connect with students on a level that older speakers could not. She emphasized that she was just like each and every student in the auditorium stating that she was not rich, didn't grow up in a big fancy house and didn't drive a cool car. "I grew up on a small farm just down the road in Alto and went to school right here in Lowell," she said.

"I had Mariah as a student and I have watched

her develop into this poised, strong speaker. She speaks from experience and it comes from her heart. She is genuinely making a difference one school at a time; one person at a time. She has always cared about others. I love watching her and will continue to follow her successes at the world championship. She's a home grown champion," said former Lowell teacher, Laurie Summerfield.

Schools across the U.S. and Canada attest to the positive impact the Enough is Enough Assembly tour has made for their students, faculty and staff. Moore leads by example providing education, inspiration and necessary tools to encourage and promote positive change, growth and healing.

Kenowa Hills HS guidance counselor and director of Knights Lights Anti Bullying Club Jeff Poelstra comments, "Kenowa Hills brought Mariah and the Enough is Enough Anti Bullying

assembly in few [a] years ago and I had many teachers report that this was the best assembly that they'd been a part of."

"I can't begin to express through words how happy I am to have been able [to] bring my Enough is Enough assembly tour home to Lowell. It was just amazing to be home and see the familiar faces of some of my favorite teachers. I am so grateful for the opportunity to share my story with the freshmen at Lowell HS," concluded Moore.

Moore attends Grand Valley State University and will graduate with her bachelor's degree in criminal justice this month. She is the president of the Criminal Justice Honor Society at GVSU and is also a member of the Psychology and Leadership honor societies. Upon graduation she will move directly into the criminal justice master's program and plans to pursue a career with the FBI.



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# LowellArts! presents "Sex Please We're Sixty"

The LowellArts! Players will perform an over-the-top, fun-filled, nonsensical comedy, *Sex Please We're Sixty* written by Michael and Susan Parker. This American farce will be performed at Larkin's Other Place, 315 W. Main Street, on April 22, 23, 24, 29, 30, and May 1. *Sex Please We're Sixty* is set at the Rose Cottage Bed & Breakfast and depicts three female guests and their interaction with next door neighbor, elderly, silver-tongued "Bud the Stud." When Bud's Viagra pills are inadvertently mixed up, he begins displaying classic menopausal symptoms and all mayhem breaks loose as he attempts to entertain all three women.

Performed on stage at the historic Strand Theater, now called Larkin's Other Place, the play is offered as a Dinner Theater on Friday and Saturday evenings - April 22 & 23 and April 29 and 30 at 6:30 pm. Advanced tickets are required for Dinner Theater. Friday and Saturday show-only tickets are also available, with the show beginning at 7:30 pm. A cash bar will be offered both Friday and Saturday evenings. Sundays, April 24 and May 1 at 2:30 pm, a show-only matinee will be presented with concessions snacks and beverages available. Show tickets are \$12 to \$16. Dinner is an additional \$13. Purchase tickets by calling 616-897-8545, online at [www.lowellartsmi.org](http://www.lowellartsmi.org) or at the

LowellArts! office, 149 S. Hudson St., Lowell, Tues-Fri, 10 am-6 pm.

*Sex Please We're Sixty*, an American farce produced by special arrangement with Samuel French, Inc. and written by Michael and Susan Parker, will be directed by local, seasoned director Laura Leasure. The playwrights, who specialize in this type of over-the-top bawdy comedy, make this comment about their work: "Some of our titles may appear a little provocative, but the plays themselves are 'squeaky clean,' no bad language, no nudity, just the traditional 'naughty but nice'". The husband and wife playwright team have a proven track record of setting box-office records at theaters across the country with their successful formula of taking the format of the traditional British farce and putting it in American settings.

The LowellArts! Players are excited to present this play with a hilarious group of talented actors, all of who are returning to the LowellArts! Players stage. The cast includes the always funny and popular John Foley as Bud Davis, the sweet Diana Roush as Mrs. Stancliffe, the love-able Dan Jones as Henry Mitchell, the charming Janna Chesser as Victoria Ambrose, the witty Sue Veenema as Hillary Hudson, and local favorite Deb Canfield as Charmaine Beauregard.

*Play Synopsis:* Mrs. Stancliffe's Rose Cottage



The cast of *Sex Please We're Sixty*.

Bed & Breakfast has been successful for many years. Her guests (nearly all women) return year after year. Her next door neighbor, the elderly, silver-tongued, Bud "Bud the Stud" Davis believes they come to spend time with him in romantic liaisons. The prim and proper Mrs. Stancliffe steadfastly denies this, but really doesn't do anything to prevent it. She reluctantly accepts the fact that "Bud the Stud" is, in fact, good for business. Her

other neighbor and would-be suitor Henry Mitchell is a retired chemist who has developed a blue pill called "Venusia," after Venus the goddess of love, to increase the libido of menopausal women. The pill has not been tested.

Add to the guest list three older women: Victoria Ambrose, a romance novelist whose personal life seems to be lacking in romance; Hillary Hudson, a friend of Henry's who has

agreed to test the Venusia; and Charmaine Beauregard, a "Southern Belle" whose libido does not need to be increased! Bud gets his hands on some of the Venusia pills and the fun begins as he attempts to entertain all three women! The women mix up Bud's Viagra pills with the Venusia and we soon discover that it has a strange effect on men; it gives them all the symptoms of menopausal women, complete with

hot flashes, mood swings, weeping and irritability! When the mayhem settles down, all the women find their lives moving in new and surprising directions. *Sex Please We're Sixty* was first produced by Play With Your Food Productions in Hemet, California; on October 17, 2008. Since then, it has had over 100 productions through the US and Canada, as well as New Zealand, Australia and India.



## Pros and cons of natural gas fracking

Natural gas is one of the cleanest available fuel sources. Natural gas is also a cost-effective way to heat a home, and cook meals in the kitchen. Those who recognize the benefits of natural gas may even have their outdoor barbecues directly connected to a home's natural gas supply to guarantee that fuel will not run short when it's time to entertain.

Natural gas is extracted from the Earth's crust when a natural gas deposit is discovered by a team of exploration geologists and a well is established. In some instances, a procedure called fracking may

be necessary. Fracking involves the extraction of natural gas from the ground by injecting water and chemicals into deep wells at high pressure. The system breaks apart the rocks so that the gas can be released and captured.

In defense of fracking, it is a good method for gathering a clean source of domestic energy and can alleviate the growing reliance on other fossil fuels and international oil supplies. However, there are some potential pitfalls to fracking as well. Chemicals used in the process can infiltrate groundwater, and some environmental experts have suggested that fracking may contribute to earthquakes.



### DID YOU KNOW?

According to the organization Earth Echo International, recycling one aluminum can saves enough energy to run a television for three hours. Considering 80 trillion aluminum cans are used every year, the public could save considerable amounts of energy by heightening its recycling efforts.

### LEGAL NOTICE

STATE OF MICHIGAN  
PROBATE COURT  
COUNTY OF KENT

NOTICE TO  
CREDITORS  
Decedent's Estate

FILE NO. 16-199118-DE

Estate of GERALDINE  
A. BROWN. Date of  
birth: 7/12/33.

TO ALL CREDITORS:

NOTICE TO  
CREDITORS:  
decendent, Geraldine A.  
Brown, died 3/16/16.

Creditors of the

decendent are notified that all claims against the estate will be forever barred unless presented to Kevin Brown, personal representative, or to both the probate court at 2373 Midvale NE, Grand Rapids and the personal representative within 4 months after the date of publication of this notice.

April 8, 2016

The Kevin Brown  
2373 Midvale NE  
Grand Rapids, MI 49505  
616-459-2981

# SPRING SPORTS CALENDAR

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

## BOYS & GIRLS TRACK

\* Denotes a meet at Red Arrow Stadium  
4/21 at 4:15 pm Caledonia\*

4/23 at 9 am Soderman Relays at Caledonia  
4/26 at 4:15 pm at FHC

## BOYS VARSITY BASEBALL

\* Denotes a game at Cherry Creek Field  
4/21 at 4:30 pm Jenison\*

4/22 at 4:15 pm FHE - doubleheader  
4/26 at 4 pm at Caledonia  
4/27 at 4:30 pm Caledonia\*

## GIRLS VARSITY LACROSSE

\* Denotes a game at the Red Arrow Stadium  
4/22 at 5:30 pm at Spring Lake  
4/26 at 7 pm at Comstock Park  
4/27 at 7 pm at Hudsonville

## BOYS VARSITY LACROSSE

\* Denotes a game at the Red Arrow Stadium  
4/21 at 7:30 pm at Caledonia  
4/23 at 11 am Portage Central\*  
4/26 at 7:30 pm GR Christian\*

## BOYS VARSITY GOLF

\* Denotes a meet at Deer Run Golf Course  
4/22 at 3:30 pm Northview\*  
4/25 at 3:30 pm Jamboree #3 at Thousand Oaks  
4/27 at 3:30 pm Jamboree #4 at Caledonia

## GIRLS VARSITY SOFTBALL

\* Denotes a game at Cherry Creek Field  
4/23 at 11 am at Franklin - doubleheader  
4/26 at 4:15 pm Caledonia\* - doubleheader  
4/27 at 4:15 pm Hudsonville\* - doubleheader

## GIRLS VARSITY SOCCER

\* Denotes a game at Red Arrow Stadium  
4/22 at 6:45 pm Thornapple-Kellogg\*  
4/27 at 6:45 pm EGR\*

## GIRLS VARSITY TENNIS

\* Denotes a game at LHS Tennis Courts  
4/23 at 9 am Lowell Varsity Invitational\*  
4/25 at 4:15 pm Comstock Park\*  
4/27 at 4:15 pm Caledonia\*

# Red Arrow TRACK SPORTS

## This week's track scores

Boys		Girls	
Jenison	75	Jenison	102
Lowell	62	Lowell	35
400M	Keegan Redloske ..1st	100M	Diana Roth.....2nd
800M	Parker Grant.....2nd	200M	Diana Roth.....1st
1600M	Eric Judd .....1st	400M	Kyla Dixon.....3rd
3200M	Morrison Ismond...1st	800M	Breanna VanLaan...1st
	Eric Judd.....2nd	1600M	Tori Hewitt .....3rd
110mH	Drew Struckmeyer.1st	3200M	Tori Hewitt.....1st
	Will Reynolds .....3rd		Mekare Elliott.....2nd
300mH	Drew Struckmeyer.1st		Haley Nieuwkoop.3rd
	Will Reynolds .....2nd	100mH	Amber Brown.....3rd
	Colton Churches...3rd	300mH	Kathryn Miller.....2nd
4x100	S. Misak/Churches/R. Misak/Havey.....2nd		Autumn French.....3rd
4x200	Karns/Havey/McGee/McGee.....2nd	4x100	Ford-Weber/McDowell/French/Roth.....2nd
	Smithee/Hare/Harrison/Johnson.....3rd	4x200	Kaufman/Khodl/Miller/Roth.....2nd
4x400	Will/Stump/Havey/Redloske.....2nd	4x400	VanLaan/McDowell/Droski/Dixon.....2nd
4x800	Noffke/Grant/Taylor/Ismond 1st	4x800	Khodl/Aud/Elliott/Droski.....2nd
	Shot Put Collin McGee.....1st		Jordan Mixon.....3rd
	Discus Collin McGee.....1st		High Jump
	Jacob Bishop.....2nd		Abby McDowell.....2nd
High Jump	Drew Struckmeyer.....2nd		Kyla Dixon.....3rd
Pole Vault	Reece Karns.....2nd		Pole Vault
	Richard Misak.....3rd		Corah Kaufman.....3rd

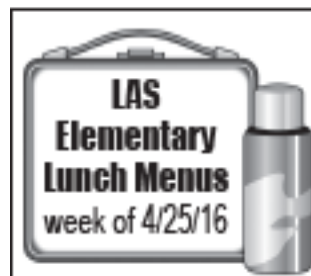
## - LACROSSE

# Boys lacrosse go 1-1 on the field

by Kathryn Atwood  
contributing reporter

Lowell varsity boys lacrosse went 1-1 on the field last week taking on Forest Hills Eastern on the road and welcoming Zeeland to Red Arrow Stadium on Friday night. On Tuesday, the Arrows scored seven times but were defeated 10-7.

On Friday at home they fared better, thanks largely in part to a standout performance from Blake Posthumus who scored four goals in the first half. Teammates contributing to the big win were Hayden Barry, Sawyer Olesko, Collin Bowers, Ryan Hessler, and Avery Buckius.



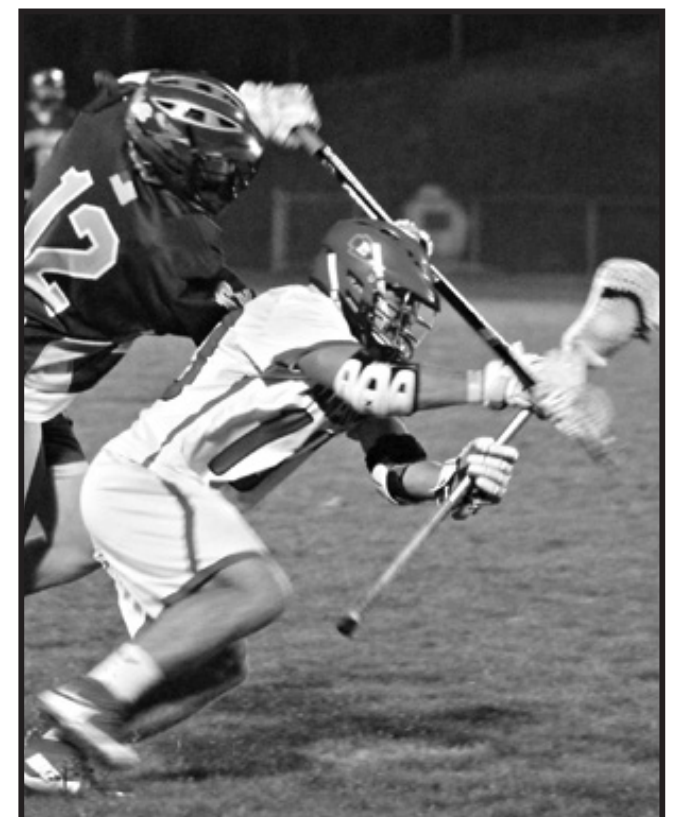
**MONDAY:** Cheeseburger on a bun, baked beans; Bannett: seasoned corn; fruit & veggie bar; spinach & romaine side salad, baby carrots, mandarin oranges, apple.

**TUESDAY:** Chef salad w/ cucumbers & dinner roll, seasoned corn; Bannett: Chicken taco on soft tortilla shell, refried beans; fruit & veggie bar; spinach & romaine side salad, celery sticks, strawberries, peas.

**WEDNESDAY:** French toast sticks w/eggs, warm cinnamon apples; fruit & veggie bar; spinach & romaine side salad; baby carrots, applesauce, orange slices; Bannett: cucumber coins instead of salad.

**THURSDAY:** Pasta w/meatballs & sauce, asparagus; Bannett: WG breaded chicken nuggets, mashed potatoes & gravy; fruit & veggie bar; spinach & romaine side salad, broccoli bites, peaches, grapes.

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



This week the team will compete twice on the road when they visit Northview on Tuesday and Caledonia on Thursday. Saturday the team will host Portage Central beginning at 11 am.



# Red Arrow SPORTS

- BASEBALL

## Busy week for baseball adds up to 3-2 record

by Kathryn Atwood  
contributing reporter

A busy week on the field for the Lowell Red Arrow varsity baseball team both home and away added up to a winning 3-2 record last week.

Action kicked off Tuesday at Grandville where the Arrows fell 12-2. Sterling Anderson had a tough day on mound allowing seven runs and two walks in just over four innings. The Arrows went scoreless until the sixth where they picked up two at the top on a passed ball and an error.

The tables turned on Wednesday when the team hosted Lakewood High School and shut them out 10-0. Lowell racked up eight runs in the first three innings propelling them to the convincing win. Arrow

Nate Stephens led the team's offensive effort scoring two runs, earning an RBI and stealing four bases

Kyle Liddle had a great day on the hill only allowing a single hit while striking out five in as many innings.

Thursday the Arrows met Forest Hills Northern on the road topping the non-conference competitor 6-2. Liddle led offensively driving in three runs with a two run double in the second and a single in the fourth.

Cooper Perry produced a ground out in the third that scored Matt Cooper and also earned the pitching win. In six innings Perry allowed only two earned runs and four hits while striking out five.

On Saturday the Arrows met both East Kentwood and Forest Hills Eastern in

tournament play. Lowell ended on the losing side of the scoreboard against FHE despite another good game for Liddle in the batter's box. Liddle knocked in a three run home run in the fifth. Perry contributed an RBI double. Jake Wosinski took the loss for the Arrows at pitcher, allowing six runs in four innings and striking out three.

A back-and-forth battle that saw five lead changes ended in Lowell's favor when they faced host East Kentwood. Lowell earned the 4-3 win after taking the final lead in the seventh inning on a two run double from Anderson scoring Trevor VanDyke and Nolan Yahrmarkt. Anderson also earned the win at the mound serving for three innings of relief.



Slugger Cooper Perry takes a swing during the Red Arrows' shutout over Lakewood High School last week.

Up next for the Arrows is their first OK White competition of the season against Jenison Tuesday, on the road. They then return to the varsity field behind Cherry Creek Elementary on both Wednesday and Thursday at 4:30. The team travels to Forest Hills Eastern on Friday for a non-conference double header.

## Both Lowell basketball varsity coaches resign

by Kathryn Atwood  
contributing reporter

Shock waves moved through the Lowell Red Arrow athletic community last week when both the boys and girls varsity basketball coaches resigned from their positions.

Boys' coach Kyle Carhart and girls' coach Jake Strotheide both submitted their resignations to athletic director Dee Crowley. "Both coaches made great contributions to the programs and left them in a better position than when they started," said Crowley, "Their hard work, time with our student-athletes and dedication is greatly appreciated."

Carhart finished his sixth year with the Red Arrows this past winter at the top of his game leading the squad to a record breaking 18-6 season, a second-place finish in the tough OK White conference and their first district title since 1984.

Coming off such a successful season many were surprised by his decision, even Carhart himself.

"Up until the end of this season I had not thought about stepping down. At the conclusion of the season when discussing coaching moving forward I was unable to work up the same excitement it takes in order to have a successful off season," explained

Carhart. He added that the team deserves the same enthusiasm and dedication that they give to the game from their coach, "I think there was an initial surprise, but as I discussed the decision and my reasons I believe they understood. I believe they will welcome the excitement and energy a change will bring and I know they will continue the success they have had in recent years. They are a very talented group."

Recalling the years he has spent coaching, Carhart said there is a lot about the job that he will remember fondly. "I will miss the great relationships I have built with our staff. I will miss the excitement of watching players succeed both in practice and games. I will miss the moments that people who have been a part of a team truly understand."

Carhart will continue to serve as a seventh-grade history teacher at Lowell Middle School, a job he says he very much enjoys. "There is a lot to like working at Lowell Middle School. I have exceptional students who make the position fun and unpredictable. I also work with an extremely caring and dedicated staff. These reasons and more make for an enjoyable and successful atmosphere."

Coach Jake Strotheide, at the helm of the Lady Arrows for five seasons,

made his announcement sighting the same reasons as Carhart. His team finished last season with a 6-13 record overall and a 2-8 finish in conference.

"I'm so grateful to have had the opportunity to coach

such great kids over the years here at Lowell," said Strotheide following his announcement. "I'd like to thank the parents, coaches and staff for their support over the years, as well as in making this tough decision.

The community at Lowell has been great to me and my family and I will always appreciate what they have done for me."

Crowley said that the school has already begun the selection process for the

coaches who will lead the two teams during their next chapter. "We are working through the posting process now and will be conducting committee interviews as soon as possible."

## Sport Summaries

### GIRLS SOCCER

Lowell girls varsity soccer put together a pair of shutouts last week when they faced Calvin Christian High School and Cedar Springs on the road. Wednesday at Calvin the team stopped their opponent 7-0 with Amber Curtis leading the way offensively with two goals. Regan Coxon, Maura Fitzpatrick, Christy Lyon, Darby Dean and Jacki Hayes also found the back of the net for the Arrows. Coxon and Lyon were also credited with assists while goal tender Bridget Garter made six saves. Friday at Cedar, Garter combined with Ally Laid in the box for another six saves on the way to a 4-0 victory. Regan Coxon led in the win scoring three times while Riley Conlan added one.

### GIRLS LACROSSE

Red Arrow Claire Gossman led the varsity girls lacrosse team last week Wednesday, when they faced Hudsonville at hom, scoring three goals in a hard fought 8-5 loss. Ella Dougherty played a key role defensively for the Arrows. Goalie Laurel Frederickson and the team's defense earned their shut out victory of the season with an 18-0 win over Zeeland on the road Friday night. The equally impressive offense saw each member earn a goal.

### SOFTBALL

Lowell varsity softball earned a 2-0 sweep over Forest Hills Northern and went 1-2 in tournament play in a busy week on the diamond. Thursday at FHN Emily Depew and Kenzie North both earned home runs en route to a pair of overwhelming victories. Game one ended 18-0 in the fifth inning in a mercy finish and game two ended 12-3 as the girls combined for 29 hits. Maddi Jordan earned five hits

and her first varsity win from the mound. Saturday at East Kentwood High School the team fell 4-3 to Belding and 6-4 to host Kentwood, but also picked up a big win over Traverse City West topping them 11-1. Jordan and North led the effort with three hits apiece. Kenzie Huver, Corah Miller, Shelby Mutschler and Kylee Stephens each contributed two. Depew earned her first varsity win from the hill.

### TENNIS

Lowell girls varsity tennis took to the court last Thursday to take on non-conference competitor Byron Center on the road. The Red Arrows came up short dropping the match 5-3 with victories coming from the singles' positions. Laura Michelsen won at first singles, Rachel Fox at second and Kara Jeffries at fourth.

### BOYS GOLF

A tough week on the green for the Red Arrow varsity golf team ended with a loss to Greevville and 18th- and fifth-place tournament finishes last week. Tuesday in head-to-head action Greenville topped Lowell 219-193 with Alex Dommer and Tyler Karcia both carding 47 to lead the Arrows. Alex Powell followed with 48 and Adam Anderson came in at 51. Thursday at the Kent County Classic the team placed 18th in the huge field carding a combined 409 strokes. Scoring for Lowell were Nick Kloosterman, Dommer, Anderson and Ethan Bates. Saturday on their home course the Arrows landed fifth among the competition with Bates and Patrick Travis earning medals and Anderson and Dommer picking up accolades for best ball.

# obituaries

## BOUWENS

Frank Alan Bouwens, age 59, of Alto, passed away suddenly at his home on Friday, March 18, 2016 due to accidental injuries. He was born on February 4, 1957 in Hastings to Frank and Eunice (Rogers) Bouwens. He was a 1975 graduate of Lowell High School, and was joined in marriage to Julie McGowan on August 22, 2004. Frank lived his entire life on the family farm, spending many years working the ground on his John Deere. He also continued in a small engine repair business started by his father, and was known throughout the area as "Frank the Chain Saw Guy." He loved the outdoors, especially his trips hunting and visiting family in Montana. He also was a current member of the Bowne Township Planning Commission. He was preceded in death by his parents and brother-in-law Steve Anteck. He is survived by his wife, Julie; sister, Mary Anteck; sisters-in-law and brothers-in-law, Mary Ellen and Marty Murray and Hersh and Mary McGowan; niece, Maria Allen; her husband, James and their children, Jonathan and Sophia; nephew, Steven Anteck; special cousin, Rod Janose; godson, Wyatt Fuss and many other family members and friends.



Funeral services for Frank were held at Matthyse Kuiper DeGraaf Funeral Home in Caledonia on Tuesday, March 22, 2016 with Rev. Gary Dougherty officiating. Interment followed at Bowne Center Cemetery. Condolences may be sent online at [www.mkdfuneralhome.com](http://www.mkdfuneralhome.com)

## LOWING

Walter Robert Lowing, age 88 of Lowell, passed away Saturday, April 16, 2016. He was preceded in death by his son, Nelson Hoose. He is survived by his wife of 53 years, Norma; children Leann (Jesus) Gonzalez and Wanda (John) Elliott; grandchildren Shannon (Abdul Ilah) El Bachri, Angela (Lance Posey) Gonzalez, Nikki Elliott, Justin (Kelsey Schoon) Elliott; great-grandchildren Christiaan, Marc, Sofia, Caleb and Levi; and his best friend & 'brother' Fred Matthews and family. A memorial service will be held at a later time. Memorial contributions may be made to the Laurels of Kent, 350 N. Center St., Lowell MI 49331.



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## MANLEY

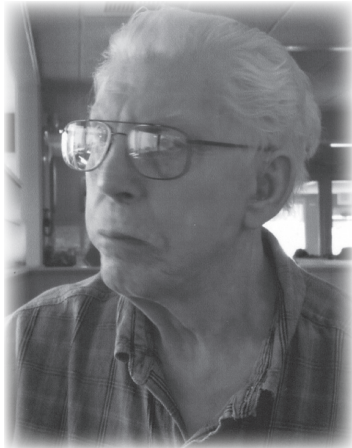
Barbara Faye Manley (Powers), age 69 of Lowell, went to be with her Lord on Wednesday, April 13, 2016. She was preceded in death by her parents Roger and Hazel Powers; brother Roger; brother-in-law Roy Rood; sisters Lavada Burke, Dorothy Richardson and sister-in-law Gladys Powers. She will be lovingly remembered by her children Marsha (Mark) Newbold, Lewis (Lisa) Manley; four grandchildren, Dylan (Dustin), Blake (Alexis), Mikala (Damian) and Brooke (Billy); three great-grandbabies Avery, Allison and Madison; sister Shirley Rood; brother Calvin (Arlis) Powers; many nieces and nephews; many friends, as well as extended family, all whom have touched her life. A funeral service was held. Memorial contributions may be made to Hope Lodge, 129 Jefferson Ave SE, Grand Rapids, MI 49508.



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## MERKLINGER

Harvey H. Merklinger, age 80 of Lowell, passed away peacefully Friday, April 15, 2016. Harvey joins his parents Harvey and Lena Merklinger; he was also preceded in death by his sisters, Ida Maxim and Sharon Watters. He is survived by his brothers, Orville (Barb) Merklinger, Richard (Pat) Merklinger, Art (Sandy) Merklinger, Carl Merklinger; sister, Carol Miller; children Charmaine (Glenn) Beimers, Lorraine (Jeff) Bailey, Belinda (Don) Case, Kevin (Dee) Merklinger, Mylena (Dave) Roe; their mother Carol Merklinger; 12 grandchildren; 16 great grandchildren; and friend, Mary Mulvaney. Harvey loved sports, animals and playing cards. He was a long time member of Lowell Moose Lodge. The family would like to thank Lacey's Too Assisted Living and Ionia Area Hospice for their care and compassion. Funeral service was held at Roth-Gerst Chapel, Lowell. In lieu of flowers contributions may be made to Macekzie's Animal Sanctuary, 8935 Thompson Rd, Lake Odessa, MI 48849 or Ionia Area Hospice, 601 E Washington St, Ionia, MI 48846.



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# News for same-sex couples about Social Security

Last year, the Supreme Court issued a decision in *Obergefell v. Hodges*, holding that same-sex couples have a constitutional right to marry in all states. As a result, Social Security recognizes more same-sex couples as married for purposes of determining entitlement to Social Security benefits or eligibility for Supplemental Security Income (SSI) payments. We recently updated instructions for employees to process claims and appeals when a determination of marital status is necessary.

As part of the new instructions, we have:

- Removed from our policy any mention or consideration of the dates when states first recognized same-sex marriages from other states. These dates are no longer relevant.

- Added the dates when some foreign jurisdictions allowed same-sex marriage, thereby eliminating the need for a case-specific legal review in many foreign same sex marriage claims.

- Updated and simplified our procedures for processing claims involving a transgendered or intersex person, allowing these individuals to self-identify as members of a same or opposite-sex marriage.

- Streamlined and clarified the policy instructions, addressing questions raised by advocates and employees.

We encourage anyone who believes they may be eligible for benefits to apply now. Learn more at [www.socialsecurity.gov/same-sex-couples](http://www.socialsecurity.gov/same-sex-couples).

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## Michigan National Guard celebrates earth awareness and sustainability efforts

From solar arrays and wind harnessing technology to protection of the environment and critical infrastructure, the Michigan National Guard family is a proud partner in promoting environmental awareness and security as Earth Day 2016 approaches.

"I recently saw a compiled list of earth-smart projects the Michigan National Guard had been a part of in the past few years and was overcome with a

profound feeling of pride," said Maj. Gen. Gregory Vadnais, adjutant general of the Michigan National Guard and director of the Michigan Department of Military and Veteran Affairs. "Michiganders are blessed with beautiful lakes, sand dunes and forests. Protecting our natural resources is in our DNA. It is the forward-thinking of our environmental, engineering and installation teams in Selfridge, Grayling, Alpena

and Battle Creek that really makes me proud, resulting in recognition by the National Guard Bureau for a first-place Environmental Security award for sustainability this past year."

Since 2009, the Michigan National Guard public affairs office has published more than 15 environment related feature stories and has assisted with the recording of many others by connecting guard subject matter experts with media representatives and community groups

nationwide. The Battle Creek cyber security range, climate preparedness and resiliency planning pilot studies and the Fort Custer and Camp Grayling green energy efforts (recycling programs, LEEDS building projects, the near-zero-water-use hot wash for vehicles and the reclamation and restoration of prairies and threatened wildlife species are just a few examples) have gained global notoriety.

The Michigan Army National Guard is a dynamic organization comprised of

men and women committed to defending and protecting the citizens of the State of Michigan and the American public, both domestically and abroad. The ability to accomplish that mission is enhanced through sustainable actions, including ensuring adequate personnel strength, training proficiency, equipment serviceability, and conservation of training lands and other environmental assets. The MIARNG is committed to environmental stewardship in a variety of ways, at

all facilities and training areas. A sustainable training environment, maintained by prudent resource stewardship, is critical to the continued utilization of these resources.

"This is a special Earth Day for the Michigan National Guard," Vadnais said. "Based upon what we've already accomplished and the plans that we are currently executing clearly makes the Michigan National Guard a leader throughout the Department of Defense."



Wind tunnel and solar panel technology.

## Looking Back, continued

The Lost Boy, Henry Van Dyke; Victory Law and The Chalk Line, Aline Warwick; The Wooden Horse, Hugh Walpole, The Victim, Thomas Dixon; Pollayanna Grows Up, Eleanor H. Porter; Bamabetta, Helen R. Martin; Joyful Heatheyby, Payne Erskine; The Twenty-Fourth of June, Grace S. Richmond; Looking After Sandy, M. Tumbell; Jerry Junior, Jean Webster; The Marryers, Irving Beaheller; Mr. Grex of Monte Carlo, Oppenheim; Amarilly of Clothes Line Alley, Belle K. Maniates.

### 75 years ago The Lowell Ledger April 24, 1941

Don't throw 'em away. After reading your newspapers put them to good use. Don't throw them away, that is if the neighbor who borrowed them to read has returned them home to you. Your neighbors might not borrow your paper but some subscribers can tell you about their neighbor who does. During housecleaning time the old papers come in handy for lining shelves and drawers. When the fruit cellar is cleaned the jars will be wrapped in pieces of newspapers so that light will not spoil the housewife's painstaking canning efforts. If the father of the house is wise he will keep newspapers tucked under the front seat of the auto so that when he is stuck in mud or sand and the wheels spin 'round and 'round. He gets out the newspapers, slips them under the rear auto wheels and off he goes! This goes for business, too. When you want to get out of the rut and your business doesn't move any more than the auto, stuck in the mud or sand, call on the newspaper and see if its advertising won't help you out of your difficulty. You say the word.

When one Lowell citizen closed his place of business after midnight last Saturday he absent mindedly walked away leaving his keys in the doorlock. An hour or so later, as Officer Eugene Carr was making his rounds his eyes caught sight of the keys in the light reflected from a street lamp. The officer found everything O. K. about the premises, then locked the door and later

next morning the keys, which were attached to a case having a zipper fastening were returned to the owner who gasped in astonishment the information that he had also left \$50 in bills inside the case. "Yes, that's right," was the reply "and you'll find the money there O.K."

Due to the changing conditions brought about by the war, we advise, especially businessmen, to be sure and check their insurance, to make sure they have proper protection. — Timely advice by E. O. Gildart of the Utica Sentinel.

### 50 years ago Lowell Ledger April 21, 1966

Lowell Police were called to aid Mrs. George Pfaller, last Friday, when a 1½-year old child locked her out of the house. Mrs. Pfaller was helped through a window, to gain entry into the house.

Hobby becomes full time business. Birchwood Gardens, 730 Godfrey Street, just off Lincoln Lake Road, is a fascinating place to visit, especially at this time of year, when planting activities are reaching their peak. Mrs. Frank Godfrey, whose 'green thumb' is largely responsible for this expanding business, started as a hobbyist working in her own flower gardens and growing perennials in an outdoor garden. In 1949, Mrs. Godfrey became a licensed grower. A couple of years later the first greenhouse was built, a space approximately 10 ft. by 15 ft., where she started the perennials from seed and experimented with greenhouse work. Today, Birchwood Gardens has a total of 3,600 feet of glass, with the original greenhouse still in use.

### 25 years ago The Lowell Ledger April 24, 1991

Proposed Condo project off to rough start. Lowell

Planning Commissioner Ray Zandstra claims that the James St. hill north of Main St. is a 13.4% grade, more than twice the 6% maximum grade recommended by the Kent County Road Commission. But, for developers Dick Bryant and Gary Glowonia who want to build an 80 unit condominium project in the James and High St. area, the hill isn't the only obstacle they have to climb. Bryant and Glowonia were on hand at Monday's Lowell Planning Commission meeting to field questions raised during a public hearing concerning the proposed project. After being unanimously elected as Chairman of the Planning Commission, Mike Blough moved the public hearing to the top of the agenda because of the large number of residents in attendance (25-30). Glowonia took the floor first to explain that the 80 condos proposed would be 1,150 sq. ft., two bedroom, two bath dwellings with two stall garages and full basements. The units would be priced at \$89,900. Glowonia noted that his site plan was a preliminary proposal and nothing would be done until the results of a water availability study are reviewed.

City revised parking fine structure. Violating sections 21-91, dealing with stopping, standing and parking, will result in penalties of a larger financial burden for Lowell residents. Lowell's City Council approved a resolution presented by Lowell Police Chief Barry Emmons which asked the Council to increase the penalty imposed on people for stopping, standing and parking offenses. In preparing a new schedule, Emmons compared fines from other Western Michigan communities (i.e. Greenville, Cedar Springs, Rockford, Ionia, Grandville and Wyoming). The comparisons showed Lowell's penalties were significantly lower than other cities its size. There has not been a change in fines and penalties since October of 1969," Emmons said. "The changes will provide uniformity and the fines will be based on seriousness of the offense." The extra revenue brought in by the hike in fines and penalties will be used to cover the costs of enforcement, getting warrants, office staff and prosecution if necessary.

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**THEME: SAYS WHO?**

**ACROSS**

- 1. Urn contents
- 6. Mischief-maker
- 9. Yahoo
- 13. Turf, as opposed to surf
- 14. Bygone bird
- 15. Slow, musically speaking
- 16. **"I'll knock you off your broom!" he said**
- 17. Barley bristle
- 18. Type of flu
- 19. **"My precious!"**
- 21. **"I've a feeling we're not in Kansas anymore"**
- 23. \_\_\_\_\_ Francisco
- 24. Hindu woman's dress
- 25. Apple's opponent, 2016
- 28. **"Never let the fear of striking out get in your way"**
- 30. **"Et tu, Brute?"**
- 35. Not to be broken?
- 37. Finish a road
- 39. Chef's headgear
- 40. Seed covering
- 41. **"Sign your name across my heart," sang Terrence \_\_\_\_\_ D'arby**
- 43. Botticelli's Venus, e.g.
- 44. Tsar's edict
- 46. **"Hang down your head, Tom Dooley," sang The Kingston**

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**APRIL 13 - APRIL 19**

- Doris Roberts, best known for playing Raymond's meddling mother on Everybody Loves Raymond, passed away at the age of 90.
- A hidden dwarf dark galaxy was discovered four billion light years away from Earth by astrophysicists at Stanford. The dwarf galaxy appears as a "tiny halo companion of a much larger galaxy," according to researchers.



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- 47. It propels some boats
- 48. Abscond
- 50. Month of Purim
- 52. Disk operating system
- 53. Inlaid furniture decoration

- 55. Witness
- 57. **"May the Force be with you"**
- 61. Slanting character
- 64. Roundish
- 65. **"If you can't change your fate, change your attitude," said Amy**

- 67. \_\_\_\_\_ of Pergamum, Ancient Greece
- 69. Short for pinafore
- 70. Santa's helper
- 71. Leaning
- 72. Middle of March
- 73. **"If you want to be happy, be," said \_\_\_\_\_ Tolstoy**
- 74. Not o'er

- 25. Ponzi scheme, e.g.
- 26. Dr. Preston \_\_\_\_\_ of "Grey's Anatomy"
- 27. Relating to #62 Down
- 29. **"Ai, caramba!"**
- 31. Ages and ages
- 32. Small group of soldiers
- 33. A in AV
- 34. Rods and \_\_\_\_\_
- 36. **"The cold never bothered me anyway"**
- 38. Children's author Blyton
- 42. Breakfast side
- 45. Personify
- 49. Afghan monetary unit
- 51. **"Mr. Gorbachev, tear down this wall"**
- 54. The Eagles' " \_\_\_\_\_ California"
- 56. Make one ecstatically happy
- 57. Arizona Indian
- 58. Like a devoted fan
- 59. "Master of \_\_\_\_\_" on Netflix
- 60. Deadly ones
- 61. Facts and figures
- 62. Hipbone
- 63. Medieval Northern European
- 66. Draft pick
- 68. Indefinite degree

- DOWN**
- 1. Mary Kay's last name
  - 2. Rudolph, e.g.
  - 3. \*Bette Midler: "Did you ever know that you're my \_\_\_\_\_"
  - 4. \_\_\_\_\_ Grey and James \_\_\_\_\_ Jones
  - 5. U.S.' first manned space station
  - 6. Mosque V.I.P.
  - 7. Yard work
  - 8. Shoots-eating bear
  - 9. Prefix in levorotary
  - 10. \*The Fonz: "Sit \_\_\_\_\_!"
  - 11. Home to Bryce Canyon
  - 12. **"They're grrreat!" he exclaimed**
  - 15. Cowboy's rope catcher
  - 20. Unsuitable
  - 22. \_\_\_\_\_ Middle-earth creature
  - 24. More than one

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

Puzzle solutions on page 12

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# LoWellness survey data revealed at health summit



A large crowd had lunch at the LoWellness Health Summit on Wednesday, April 13.

by Tim McAllister  
contributing reporter

A portion of the data from last year's LoWellness survey was revealed at the LoWellness Health Summit on Wednesday, April 13. The event, which was held at the Grand Volute, included a keynote address from Blue Zones' senior vice president Tony Buettner, as well as a breakdown of the data on the mental and physical health of the 4,500 Lowell adults, teens and children who took the survey.

After opening remarks by Pam Ries, chief of human resources at Spectrum Health System, LoWellness director Jodie Seese talked about the purpose of LoWellness.

"This does represent the first privately funded, self-initiated attempt at designing valued programs for the purposes of improving the vibrant lifestyles of those that live in Lowell," Seese said. "It's about the connectivity that can happen at the community level that's going to allow us to leverage all that energy and truly create the culture of wellness that we're seeking to do."

Leanne Mauriello, director of behavioral science at the Spectrum Health System, presented information from the youth survey about topics such as body mass index and nicotine use.

"This data is really, really powerful because, as Lowell is able to do a data driven approach to putting in prevention and programming efforts, it will allow them to impact the youngest members of the community," Mauriello said. "Those efforts can have the longest-lasting impact and potentially the most significant impact. We're able to address these

concerns with young people at such an early age, where we can establish healthy behaviors that can then follow them throughout, not only their childhood and adolescence, but also their adulthood."

According to the data, many Lowell teens are "vaping," which means they are using electronic cigarettes to inhale a mixture of nicotine, propylene glycol, glycerine and artificial flavoring. About 47 percent of Lowell high school students have tried it at least once or twice, while 18 percent vape every single day. Not only that, but 51 percent of Lowell middle schoolers reported that they vape once a month.

"That is exceeding the percentage nationally that report having tried an e-cigarette in the past year," Mauriello said. "This is not just kind of experimental, 'Try it once, okay, it's cool.' Students are actually engaging in and using e-cigarettes on a somewhat regular basis."

The adult data was presented by Bob Van Eck, who is in charge of clinical quality improvement at Priority Health. Van Eck said that the three areas Lowell's adults need the most help with are weight management, tobacco use and mental health services. About 60 percent of Lowell's grownups are non-smokers, but 26 percent smoke every day and 13 percent aren't regular smokers but aren't opposed to taking the occasional smoke break. On the bright side, over 65 percent of adult smokers have tried to quit recently.

"There's an opportunity," Van Eck said. "At some point, even though they were smoking,

they had tried to attempt to quit in the last 12 months. There's an opportunity, a chance to know that intent is there for many people who smoke."

Finally Tony Buettner, national spokesperson and senior vice president for Blue Zones, gave a speech that included effusive praise for LoWellness.

"What an incredible community you have," said Buettner. "The things that you're doing here are absolutely thought leadership. [The LoWellness survey was an] extraordinary measurement of data looking at what's happening in the community, building coalitions that are working in each sector of your community and looking ahead to make this one of the healthiest regions of the country. It's just absolutely amazing.

The Blue Zones are five geographic areas where natives tend to live the longest, healthiest lives. Examples are Okinawa, Japan; Sardinia, Italy; and Icaria, Greece; towns where the residents routinely live past the age of 100. The Blue Zones Project studies their eating and lifestyle habits to try and duplicate that longevity in Americans. Buettner's speech described the "Power 9," nine things residents of Blue Zones have in common. Examples of these are eating less meat, eating less in general, drinking one or two glasses of wine each day and making sure to get plenty of relaxation.

"Eighty percent of how long we live is tied to our environment and lifestyles," Buettner said. "If we can find the right environments and the right lifestyles that

support longevity, we have the de facto recipe."

The adult survey was paid for by the Lowell Area Community Fund. The youth survey was paid for with a grant from the Robert Wood Johnson Foundation. On Friday, April 29, the complete reports for both surveys will be available on the internet at [johnsoncenter.org/resources/community-data](http://johnsoncenter.org/resources/community-data).

"To see an independent community take the initiative and collect this level of research is extraordinary," Buettner said in a LoWellness press

release. "This analysis, with baseline data on key health parameters for both their adult and youth populations over 4,500 residents, is very unique. They have the right partners at the table and the level of community engagement is very strong. Lowell is poised to lead West Michigan, if not the [entire] state, as a role model in what it takes to create a culture of change for better health."

"We see ourselves as pioneers and we hope that our work here will be able to be used by others," Seese said.



Tony Buettner from the Blue Zones Project said that living to be over 100 years old is the right of every American.



LoWellness director Jodie Seese explained the project's purpose.