

new signs



page 3

swiss sounds



page 8

ride for warriors



page 7

Council officially hires new city manager, approves repairs to wastewater treatment plant

by Tim McAllister
contributing reporter

Lowell city council officially hired Mike Burns to be the new city manager at their meeting at city hall on Monday, August 1. The council also approved repairs to the wastewater treatment plant, amended an ordinance and heard about a big Lowell Light & Power project. The meeting was attended by 21 citizens and lasted an hour and 18 minutes.

The council unanimously voted to hire new city manager Burns, who signed his contract and will start work on Tuesday, Sept. 6. Burns will be paid \$72,664.32 for the remaining 298 days of this fiscal year, \$91,670 for his second year and \$94,420 for his third year. After that further salary increases will be negotiated on a yearly basis.

"I am ecstatic about coming here and moving the city forward and continuing the greatness of the city," Burns said. "I'm looking forward to coming aboard."

The council passed an amendment to a zoning ordinance, which will allow a "Bed and Biscuit" dog kennel to open at 1351 Bowes Rd. in the future. Chapter 12A of the Lowell city ordinances will now allow kennels as part of a "light industrial district."

"This would come first and later would come the site plan and what they might be doing specifically," said councilor Jim Hodges.

The council approved \$80,500 to have L.D. Dosca complete a task called the "East Oxidation Ditch Walkway Repair Project" at the wastewater treatment plant, 300 Bowes Rd.

"That includes rehabbing some of the steel work that's in there, the structure for the rotors, replacing some of it and painting the fiberglass covers," said wastewater treatment plant supervisor Mark Mundt. "It's necessary work. The steel structure there is 30 years old."

Lowell Light & Power general manager Steve

Donkersloot gave the council a minute presentation about the Advanced Metering Infrastructure project, which is currently underway. Donkersloot's presentation explained what the project is and provided an update on its progress. The AMI project is scheduled to be completed by Friday, Sept. 30. Customers do not have to pay to have the new meters installed, nor will there be a fee for those who choose to opt out of the program. Donkersloot said that each Light & Power customer will soon be mailed an update on the project.

"There will be a letter sent out in late August to all customers," Donkersloot said. "This letter will have a time frame for when the meters will be changed out [and] a high-level overview reiterating the project benefits."

The council's next regular meeting will be at city hall at 7 pm on Monday, August 15.



New Lowell city manager Mike Burns signs his employment contract.

Blue ribbons show support for local law enforcement

by Tim McAllister
contributing reporter

Lowell police don't know who tied blue ribbons around each tree on Main St. downtown, but they appreciate the gesture and will allow the ribbons to stay.

"They went up on Friday night or Saturday morning [July 22 or 23]," said Lowell police chief Steve Bukala. "I think it's great. It shows that the community is rallying behind law enforcement."

"I'm not sure who put them up," said Lowell police detective Gordy Lauren. "It wasn't anybody from here and nobody has said anything, so we're not sure how they got there. No clue."

Lauren said the ribbons are a symbol expressing support and respect for law enforcement.

"When you hear the term, 'the thin blue line,'



Anonymous residents tied blue ribbons on Main St. trees to show support for local law enforcement.

basically that represents the police," Lauren said. "The police are the division between the good guys and

the bad guys, so that's why they call the police the thin blue line."

LARA asks DDA for funds to connect trails to parks

by Tim McAllister
contributing reporter

Lowell Area Recreation Authority is asking for some money from the Downtown Development Authority to expand and connect local trails into a network. "The city of Lowell, Lowell Township, Vergennes Township have teamed up and raised enough money between the three of us to build a new trail running along Alden Nash from Gee Dr. down to M-21," said LARA board member Mark Anderson. "Almost half of the trail is within the DDA district, so that is downtown. What LARA is asking the DDA for is if they can contribute \$35,000, which would fill the gap for us to complete the construction of the trail this year. The total amount of the

project is going to be around \$220,000."

"LARA went to the DDA to ask for a \$35,000 grant to get that extension done," said Lowell Township supervisor Jerry Hale.

The long-term plan is to expand and connect local trails into a big network of trails and parks throughout Lowell and the surrounding communities.

"The existing trail right now connects the schools and one of our parks, which is great," Anderson said. "What we're after is to connect with the new township park and to connect with the existing park on Bowes Rd. Then we'd have three parks connected, but it gets way

Trails, continued, Page 3

50 CENTS



Heidi's Farm Stand & Bakery celebrates 10 years

by Kathryn Atwood
contributing reporter

Heidi's Farm Stand & Bakery celebrated their tenth year in the community last month with a two-day event featuring kid's games, learning and fun, cheese sampling, door prizes and complimentary strawberry shortcake made with the business' much loved cake doughnuts. Located at 11999 Cascade Road, the location is owned by three cousins from the third generation of the local

Blough family who have worked the land since 1949 predominately growing corn, soybeans and wheat. Heidi's now grows more than a dozen fruits and vegetables on their 30 acres providing fresh picked daily produce for the farm stand portion of their business which also boasts a greenhouse exploding with flora like colorful hanging baskets. Heidi's is also well-known for their "from scratch" bakery that

serves doughnuts, cookies, pastries and muffins, as well as a variety of fresh baked breads and other sweets. The seasonal business is also a top fall destination for pumpkins, cider, hay rides and their huge corn maze. Before closing for the winter they sell wreaths and Christmas trees from Swift Farms. Heidi's opens at 6:30 am Monday thru Friday, at 7 am on Saturday and closes at 6 pm. They are closed on Sunday.



along main street

I speak to everyone in the same way, whether he is the garbage man or the president of the university.

— Albert Einstein

AUGUST IN ADA

Free event for kids Fri., Aug. 5, 10 am to 2 pm held at Ada Township Park (entrance on Buttrick). Sponsored by Ada Business Association.

GILDA'S CLUB LOWELL CLUBHOUSE

Garden with Gilda's – Tues., Aug. 16, 1-3 pm. Come on over and join us in the gardens! There are a variety of ways to help maintain and enjoy the beautiful gardens here at Gilda's Club Lowell. We welcome your help!

Chitchat Readers Book Club – Tues., Aug. 16, 4:15-5:15 pm. Join other members of Gilda's Club in discussing a great book. Feel free to stop by the Clubhouse and borrow a book.

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

CALL FOR ACTORS

The LowellArts! Players are seeking actors for the Fall Dinner Theater production of *The Mousetrap* by Agatha Christie. The play will be performed at Larkin's Other

Place in Lowell on Oct. 28-30 and Nov. 4-6. Auditions are Sat., Aug. 27, 10 am-noon and Mon., Aug. 29, 7-9 pm at LowellArts!, 149 S. Hudson St., Lowell. Casting will include five men and three women. Copies of the script are available at LowellArts!

LHS CLASS OF 1976

40th class reunion will be held Oct. 1. Times and dinner cost will be mailed in August.

OPEN TABLE

Lowell's Open Table is now serving free weekly meals to residents of the greater Lowell community. Join them on Thursday evenings from 5:00 to 7:00 pm for a hearty, homemade meal. Located in the First Congregational Church of Lowell, UCC, 865 Lincoln Lake SE.

LIVESTRONG AT THE YMCA

Cancer Wellness Program for any cancer survivor. Free of charge. Mondays and Wednesdays, 10:45 am – 12 pm. Class starts Mon., Sept. 12. Space is limited, call 855-9570.

FROM VOLUNTEER ORIENTATION

Volunteer orientation at Flat River Outreach Ministries (FROM) will be Wed., Aug. 3 at 6 pm. Please call 897-8260 for additional information.

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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Interactive speed signs installed on Main Street

by Tim McAllister
contributing reporter

Two new interactive speed signs were installed by Lowell police on Main Street last week. The signs provide a digital display of how fast vehicles are traveling and data collected can be used to study traffic patterns in the downtown area.

“There are two of them,” said Lowell police detective Gordy Lauren. “One is in front of Ball’s Softee Creme

[503 E. Main] and then there’s another one at the intersection of Main and Hudson. They were purchased with a grant from the Downtown Development Authority. Their purpose is to let people know what their speed is when they come into the downtown area. When you are driving up to it, it will show you how fast you’re going and it will give you a little ‘slow down’ message

if you’re going too fast. Sometimes they’re not paying attention to their speedometer and when they pass that sign they’ll see how fast they’re going. Hopefully that will wake them up a little bit to slow down.”

“They went up Tuesday [July 26],” said Lowell police chief Steve Bukala. “We’re using them to slow the people down on Main St. Our last few speed studies had

an average speed of 27 miles per hour, but there’s a perception among the business owners that traffic is going much faster than they really are. They do work; they are effective at slowing people down.”

Lowell police can study the data collected by the signs to figure out how traffic moves through downtown. Their goal is to have safer streets in Lowell.

“They’re designed for speed studies also, to tell how many are coming through, what’s the average speed, how many are violating,” Lauren said. “We don’t want people to be flying through our residential areas with pedestrians walking and kids out playing.”



The new interactive speed signs on Main St. will tell you if you’re driving faster than the speed limit.

Trails, continued

better than that. Then we’re going to go for our fourth phase, which is to connect with the new bridge that’s going to go across the Grand River in maybe 2017 or 2018. Then it will connect all four parks.”

None of the money for the trail project comes from local taxes. LARA is relying on grants from local organizations and individuals all over the Lowell community, including the townships.

“This cannot happen unless this is a combined community project,” Anderson said. “For the most part, everybody wants this to happen. All the townships and the city contributed money to this, along with LARA and some private donors. If we can


get the DDA to participate, we could build this trail next year. Everybody is interested in this trail, we just need to get a few more people on board downtown. We have a heck of a trail system that’s all going to come together within the next three to five years. It will still happen, it’s just going to take longer. Hasn’t our community waited long enough? We have the means to build this. We want to get it done as soon as possible so we can start working on the next phase. There is no MDOT money or anything,

we’re doing all this as a community. If we can get everybody on board it can happen pretty quickly. There’s a ton of potential.”

The LARA board will have their next meeting at city hall at 6 pm on August 10. For more information on LARA and all of their plans check out their website, lowellareatrailway.org

The Lowell DDA board will meet at noon on Thursday, Aug. 4 at the Lowell City Hall. The LARA connection trails to parks will be on the agenda.

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June 16–August 25



No concert on the Riverwalk Plaza Thurs, August 11

Next Week's Concert:
 Thurs, August 18
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West Michigan Bluegrass Music Association Presents
Steam Powered Blue Grass & Out of the Blue
 Thursday, August 11 at the Kent County Fairgrounds
 Concert begins at 7pm. One of the great entertainment events being offered as part of the Kent County Youth Fair, located at 225 S. Hudson.

SAVE THE DATE!
 Sat, August 27
 FREE Family Film
Night at the Museum
 8:45 (At Dusk)

In front of the Lowell Showboat on Riverwalk Plaza in downtown Lowell. Bring your favorite chair or blanket. Refreshments will be available for purchase.



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Christopher C. Godbold

Financial tips for single parents

Parenting is never an easy job—and, unfortunately, it can be especially difficult if you're doing it on your own. As a single parent, you face many challenges, not the least of which are the financial ones. But by following the suggestions below, you may be able to make life easier—for you and your children.

• **Create a "safety net."** On any given day, you could incur an unexpected—and unexpectedly large—expense, such as major car repair, a new furnace or a toothache-inducing bill from your dentist. Your daily cash flow may not be enough to cover these bills, and you won't want to tap into some of your long-term investments or retirement accounts. So you'll need to build a "safety net," or emergency fund, containing three to six months' worth of living expenses, held in a liquid, low-risk account.

• **Purchase adequate life insurance.** With sufficient life insurance, you can provide your survivors with a level of comfort and security. You might have heard that you

require coverage worth seven or eight times your annual earnings, but there's really no one "right" answer for everyone. A financial professional can assess your situation and recommend an appropriate amount, and type, of life insurance.

• **Consider disability insurance.** As a single parent, without the support of a spouse's income, you could run into serious financial difficulties if you were to become ill or injured and had to miss work for an extended period. Your employer might offer disability insurance as an employee benefit, but it may not be enough to meet your needs. So you could consider adding private coverage.

• **Save for retirement.** It's not always easy to simultaneously save for your retirement and your children's college education. You will have to decide on your own priorities, but keep in mind that your children may have access to grants, loans and scholarships, whereas you have to rely on yourself for your retirement income. Consequently,

you may want to put in as much as you can afford to the retirement accounts available to you, such as an IRA and your 401(k) or other employer-sponsored plan.

• **Establish your estate plans.** All parents need to develop their estate plans—but it may be even more essential for single parents. Your estate plans should include at least these three documents: a will, a power of attorney and a health care power of attorney. A will allows you to name a guardian for your children and specifies how you will pass your assets on to them. A power of attorney gives someone the legal authority to make financial and other decisions for you, while a health care power of attorney authorizes someone to make medical decisions on your behalf if you become incapacitated. You may also need to create other arrangements—such as a living trust—but in any case, you will need to work with your tax and legal professionals to develop comprehensive estate plans.

Single parenthood can offer every bit as much joy as any other family situation, but it will require you to plan carefully and take advantage of every opportunity to help ensure financial stability for your children and financial freedom for yourself.


YMCA's Coed slow pitch champs



Lowell YMCA's CoEd slow pitch softball championship, held on July 25, went all seven innings with last year's defending champs, Main Street BBQ, falling just short to Noodles and Company. The final score was 8-6.

Fall ball starts Monday, August 22 and wraps up mid October.

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viewpoint

to the editor

Trail is open for all to enjoy

To the Editor,

The Cooper Woodland Preserve trail is open for the community to enjoy and for educational purposes. The one mile round trip footpath is located on Foreman Road just east of Alden Nash. If you are walking the Lowell Area Trailway, you can access the Cooper Woodland trail near this intersection. This trail was established as a result of several

community members coming together to make it possible. We really appreciate the following groups of people: Jon and Tom Postema of Scenic Expressions for mowing the path through an upland meadow leading to the woods, the Impact Church Love Project group, under the direction of Beau Johnson, for creating the trail through the woodlands; and Mike Hooper of Hooper Printing for his contributions to this project. The community is encouraged to walk this scenic trail that complements the many trail options in the Lowell area. Parking is available adjacent to the trailhead on Foreman Road.

Gary Goff

Lowell Area Recreation Authority board member

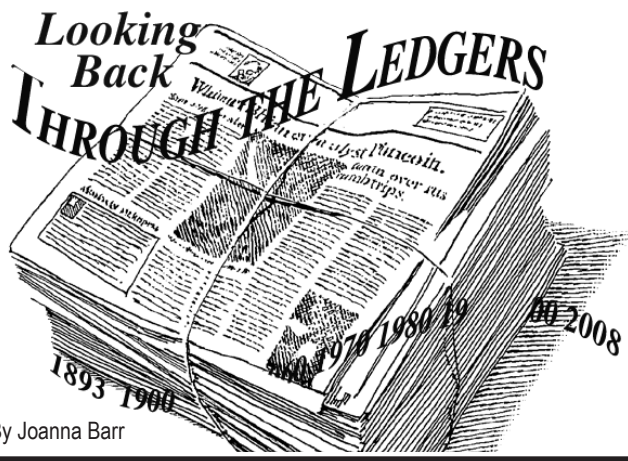
Lowell. Both are well and favorably known to Lowell people and their many friends extend to them hearty congratulations. Mrs. Kyser was formerly connected with The Ledger staff and more recently was employed with the Belding News. Her newspaper friends join in felicitations and best wishes.

75 years ago The Lowell Ledger Aug. 7, 1941

Work postponed on new bridge – steel needed in defense is reason given. L. W. Lamb Construction Company announced this week that because of shortage of steel the work planned to start this week on the new bridge on Main Street has been postponed until April 1942. Steel shortage in the nation is preventing the construction of many bridges already contracted for on all but national defense highways. Work will start however on the elimination of the bottleneck in front of the east King mill and the building of approaches to the bridge finished this spring. A small crew of workmen will be used this fall to do this construction which will start within the next couple of weeks, states a foreman for the Lamb Construction Co. This fall will also see the construction of rip-rap along the bank of the river between the east mill and the Stormzand garage to prevent the erosion of the bank.

10th Showboat breaks record – attendance reaches its highest point. The 1941 Showboat is now history. In search for adjectives to describe the show the best that can be said is that the entire affair was terrific, the costumes were gorgeous, the acts were spectacular, the orchestra was superb, the lighting effects were brilliant, the decorations were marvelous, the chorus unsurpassable, the handling of the boat was excellent, the smoke really belched, the endmen and interlocutor were splendid, the audiences were huge and enthusiastic, the ushers and ticket men did a bang up job. There is only one thought that speaks louder than all these words, that is so far, not one complaint of the show has been heard on Main Street. Finance chairman, D. A. Wingeier estimates that nearly 7,000 more persons saw the show than in 1940. Friday was the biggest night when every inch of space was

Looking Back, continued, Page 10



By Joanna Barr

125 years ago Lowell Journal Aug. 5, 1891

Opening party at Island Park Saturday evening, August 8th. A fine new floor for dancing has been laid and will be illuminated by electric lights. The grounds are in good condition and make a delightful place to pass the evening. A pleasant time is assured. Music, Worden's Orchestra, with piano. Bill 50 cents.

No town has a more accommodating or enterprising establishment than has Lowell, in the Lowell Lightning and Power Co. In every thing they are foremost and their kindness last Wednesday night in putting up, without even solicitation, two arc lamps on the Island for use at the Gypsy Social, was something unheard of in Lowell before. The wires are still up and if an out door party should be given there, lamps could easily be placed in position again.

Monday night a box containing oiled sawdust, sweepings, paper scraps and paper trimmings setting back of Hunter & Son's store burst into flames. It was seen by H. Lane and Jno. McCall, who work the night trick at Wisner's Mill and put it out without giving an alarm. The back steps and cellar window frame were burned quite a little and the back end of the top, but no further damage was done. It undoubtedly came from spontaneous combustion and was luckily discovered early enough to prevent serious damage.

Chas. Bancroft & Co. will start their evaporator near the D. & M. depot on Aug. 10th. They will buy your apples and pay you cash at the top price. They also want all the small apples they can get, for chops. Call on them before selling.

There has just been set, in the cemetery, for Mrs Wisner, one of the finest stones that grace that last home. It is a red Scotch granite about nine feet high by four and one-half square and is a beauty in all respects. Look at it the first time you are there. It was bought through our fellow-townsmen. Kiser & Ayers, as Charley Wisner doesn't believe in buying away from home when he can do anywhere near as well at home, and in this case he could do better, both in price and quality.

How is this for a yield of wheat? Of course it is early to report large yields, but in this case the late comer has got to trot out an exceptionally large yield or he isn't in it. Fred Sayles threshed, machine, measure 195 bushels of wheat from 4 3/4 acres actual measurement. The wheat was grown on the Wm. Clark farm and was bought after the wheat was in and the ground accurately measured.

Bear in mind that there will be a big picnic at Island Park on Aug. 25th, the date of the Horticulturalists meeting. Make preparations to come, as there will be something to interest all. Come and see Lowell's beautiful natural park. Take a day off and have a good time for once.

100 years ago The Lowell Ledger Aug. 3, 1916

Races were close – good times made in last Thursday's races despite the heat. The Lowell Race association designs to build a grand stand at Recreation park for the convenience of the many patrons of that resort and surplus earnings will be devoted to that purpose. Of last Thursday's matinee The Herald had the following report: Close races and sensational finishes featured the matinee at Recreation park Thursday afternoon. Despite the almost unbearable heat the horses made good time in nearly every event and the spectators were well pleased with the program. The main events, the free-for-all pace or trot and the 2:20 pace, a half mile race, furnished the interest for the afternoon. Dexter Patchen, a winner in the short Ship meeting at Bay City, Saginaw and Jackson and driven by Jenkins in 2:16 1/4 at the first named meeting, was forced to go almost as fast Thursday afternoon to win the race in the free-for-all from Darby Allerton, a Grand Rapids horse. Darby won the first heat a quarter of a second slower than the above mark, while Dexter Patchen romped home a winner in the next three heats. The Patchen horse is said to possess worlds of speed and could circle the oval in 12 if pressed. Golden Online, from the stables of J. Williams of St. Johns, captured the 2:20 after a hard battle with Some Boy in the first heat and Darwood in the second. Bessie, C. A. Jenkins' entrant, was doped to win the race by the wise ones, but the Mt. Carmell, Ill., mare failed to come up to expectations. Bradshaw, a local man, drove Darwood, a gelding from Coopersville, and was given second money. He also tied for second and third in the 2:25 trot with Lady T. Strongmont had no difficulty in taking this event. The next matinee races are scheduled here for Thursday, August 10.

Kyser-Callier – former Ledger employe happily married. Will live in Lowell. Married, by Rev. J. E. Bodine at his home at 9 p.m., July 26, Carl Wm. Kyser of Ionia county and Miss Ida C. Callier, daughter of Mr. and Mrs. John Callier of Lowell. They were attended by Mr. Clinton Crawford and Miss Gladys Callier and Mr. and Mrs. Lyle Bovee. The happy couple for a trip to Detroit and Buffalo on the early morning train July 27, and after their return will make their home in

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health

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



medical info on the web

The world wide web is full of helpful information on medical topics. Some of it is relevant, realistic and from a reliable source, while some of it is not. You must use caution when searching for medical information to make sure it comes from a reputable, doctor recommended site. Information obtained from the web can be useful to further understand a condition you may have been diagnosed with but it should never be used to self-diagnose your condition. The following is a list of physician recommended websites with credible, patient-friendly information.

The "American Academy of Family Practice" has a website at www.familydoctor.org which contains hundreds of general health-related topics. These topics apply to patients ranging from infants to the elderly.

The "American Academy of Pediatrics" has a website at www.aap.org which contains information on several pediatric topics. Their site also has good information on pediatric development and milestones.

"Uptodate" is a web-based information service that many health care providers subscribe to for a fee. It provides health

care providers with the latest medical information on how to treat conditions. They also have free, patient-oriented information at www.patients.uptodate.com which applies to patients young and old.

The "Center for Disease Control" is a government-sponsored organization which has a site at www.cdc.gov. This site has excellent information about many different contagious and noncontagious diseases and their prevention.

Once you have researched your medical topic, you should discuss your concerns and questions with your health care provider to be sure it is treated properly.

college news

Grand Valley State University has announced the students who graduated at the conclusion of the winter 2016 semester in April. The following are local graduates, their degrees, majors and honors: of Ada: Melissa G. Anderson, Master of Education; Simin N. Beg, Master of Business Administration; Brian M. Berlin, Bachelor of Science; Shannon J. Bouwkamp, Bachelor of Science; Amber M. Covert, Bachelor of Science; Theodore S. Davis, Bachelor of Science; Jacob M. Epperly, Bachelor of Science; Kendall J. Frimodig, Bachelor of Science; Terence A. Gillespie, Bachelor of Arts; Morgan E. Goble, Bachelor of Science; Sage

M. Heiss, Bachelor of Science; Gene N. Lanier, Bachelor of Science; Andrew J. Lesneski, Bachelor of Business Administration; Rebekah A. Mittner, Master of Science; Ian M. Mohr, Bachelor of Science; James R. Nutter, Bachelor of Business Administration; Kieran J. O'Connell, Bachelor of Arts; Mackenzie R. Paas, Bachelor of Science; Bronte K. Reisinger, Bachelor of Science; Kaley E. Shaheen, Bachelor of Science; Lacey J. Shinew, Master of Business Administration; Paige E. Vandegrift, Bachelor of Science in Nursing; Alexa M. Vankrevelen, Bachelor of Science; Melissa Wassenaar, Bachelor of Science; and Hunter B. Zuk,

Bachelor of Science; of Alto: Melissa A. Balczak, Bachelor of Science; Joshua P. Chandler, Bachelor of Science; Jessica E. Lind, Bachelor of Science; and Soon Cheng Tang, Master of Science; of Lowell: Andrew M. Amidon, Bachelor of Science; Alissa M. Ford, Bachelor of Music Education; Kimberly J. Gannon, Bachelor of Science; Tracy M. Jones, Bachelor of Science; Erin Keenan, Master of Business Administration; Mattie M. Kropf, Bachelor of Science; Andrew G. Light, Bachelor of Arts; Maria M. McCormick, Doctor of Nursing Practice; Cassie Miles, Bachelor of Science; Shelby L. Perkins, Bachelor of Science; Sarah L. Philo, Bachelor of Social Work; and Skye E. Thebo, Bachelor of Science.

happy birthday

AUGUST 3
Rebecca Heinicke, Kelsey Brenk, Hillary Smith, Becky Lamberson.

AUGUST 6
Jessie King, Kim Foster, Steven Vickers.

AUGUST 4
Irene Willmarth, Scott VanDyke, Cody Bieri, Nick Tykocki, Thomas H. Mahalic, Joann Childs, Kayleigh VanKeulen.

AUGUST 7
Barbara Wright, Don Grummet, Jaimi Smith, Steve Newell.

AUGUST 5
Robin Abel, Stephen Martin Jr.

AUGUST 8
Jennifer Kimble, Chris Goggins, John Rasch, Allen Hoekstra, Sharell Wolf, Debra Lenneman.

AUGUST 9
Pamela Esparza, Steven Burrows.

Wisdom comes with winters. — Oscar Wilde



lend a hand

volunteering opportunities

The Literacy Center of West Michigan has scheduled information sessions for Thurs., August 4 at 2 pm; Wed., August 10 at 6 pm; Fri., August 19 at 10 am; and Tues., August 23 at 2 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 each 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 to register.

Planning A Wedding?



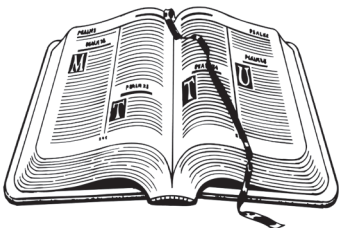
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Ride for Warriors to benefit veterans September 11

by Kathryn Atwood
contributing reporter

The community of Alto will host the fifth annual Ride For Warriors this September to benefit brave military veterans who have fought in service of our country.

Founded by Alto resident Ellen Seese, the ride has worked with local disabilities advocates of Kent County over the past four years donating proceeds from the bike tour to the group which directly benefits veterans living in the county. Previous projects funded by the effort include the addition of handrails, ramps and other small home remodeling to accommodate the needs of injured and aging former soldiers. "Many of the modifications have allowed the veterans to remain in their homes and live a more independent life," explained Seese. "This year Ride For Warriors will be working with the Grand Rapids Home for Veterans. The day of the ride we will collect donations and proceeds from the ride will be used to purchase items for the facility's wood shop."

Items being sought for donation include new

DVDs, batteries, large print playing cards and spiral notebooks; personal care items, such as clothing, body wash, razors and unscented hand lotions; and snacks, like individually wrapped candy bars and chips.

A bicycling enthusiast herself, Seese started the event when she sought a way to support the military utilizing her two-wheeled passion. When she didn't find one, she started her own. "When I participate in an event, I want to do it knowing that funds will go to a specific mission. I wanted to participate in a ride that would benefit our soldiers and veterans and there were no events listed, so I created one," explained Seese.

Along with family and friends, Seese created the tour which offers optional 12-, 21- and 50-mile routes through Alto and the surrounding country communities, including Saranac and Lake Odessa, which offer rest stops for the riders at their respective American Legion and VFW locations.

This year's ride is scheduled for Sunday September 11th, the

fifteenth anniversary of the terrorist attacks on the Pentagon and World Trade Center. "Most ride in memory of or in honor of someone close to them. This year we will not only ride for our veterans but also for those who gave their lives on September 11, 2001," said Seese.

To celebrate their fifth anniversary the ride will be giving out goody bags to the first 50 riders that register. Those interested in learning more, becoming an event sponsor or signing up for the event are encouraged to email the organization at rideforwarriors@gmail.com

"Beer for Our Horses" event benefits pet rescue

by Tim McAllister
contributing reporter

There will be a polo event called "Beer for Our Horses" benefiting a pet rescue on Thursday, August 4 at Meadowview Farm, 9914 Vergennes SE. The event will begin at 5:30 pm and will include booze, food and other vendors.

"Vicky's Pet Connection, established in 1998, is a non-profit organization dedicated to rescuing, caring for and placing homeless and abandoned cats and dogs in our community, with priority being given to cats, senior dogs and 'special needs' animals," said event organizer Katie Karhohs. "Since the organization began, nearly 14,400 animals' lives have been saved directly through

volunteer-run rescue and adoption programs. In addition, tens-of-thousands of animals lives have been indirectly saved with their aggressive spay/neuter programs. Vicky's Pet Connection is an all volunteer organization and receives no state or local funding. Their life-saving work depends solely on the generosity of private donors, grants and fundraising events."

The Grand Rapids Polo Club members, the Detroit Polo Club and some local players will compete in polo matches. Vendors at the event will include Main St BBQ catering, Gravel Bottom Brewery beer, Liberty Mutual Insurance, Dr. Rachel Babbitt, Tap House Bo and Red Barn Consignment and Antiques.

There will also be a reining demonstration by Katie Smallegan, a raffle and a pony parade for kids. Western attire is encouraged.

"If tickets are purchased in advance a BBQ dinner is included," Karhohs said. "Bring your chairs and picnic blankets and tables. Seating is limited as it is tailgate style. This is an event to engage with local businesses, raise money for a great cause and establish polo as a great family friendly activity."

For more information and to buy advance tickets, which includes a BBQ dinner, check out one of these links: eventbrite.com/e/bbq-and-beer-for-our-horses-tickets-26724100504 or [facebook.com/events/1652209711764003](https://www.facebook.com/events/1652209711764003)

business matters



Greenridge Realty announced that Ryan Hesche received Realtor of the Month in July.

This award recognizes Hesche for his outstanding success and achievements.



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Alphorngruppe Alpentraum performs on the Riverwalk

by Kathryn Atwood
contributing reporter

The Alphorngruppe Alpentraum brought the unique Swiss sound to the Riverwalk last Saturday evening, wrapping up the Midwest Alphorn Retreat

the traditional sound of the Alphorn which was the only instrument utilized for the performance of the nation's largest Alphorn group. Each song, ranging from European waltzes to contemporary

instrument and the music itself. Dressed in lederhosen and dirndls, Switzerland's native attire, the musicians hosted what they coined an "Alphorn Petting Zoo" where audience members



Music expresses that which cannot be put into words and that which cannot remain silent.
— Victor Hugo

held at the Franciscan Life Process Center, with a live performance on the Showboat stage. A small crowd gathered around for

compositions, was highlighted with education given by the group between tracks, including the history of both the handcrafted

were able to ask questions and invited to touch and play the instruments.



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Fans outlast rain to see The Accidentals perform

by Kathryn Atwood
contributing reporter

Music fans outlasted the persistent rain last Thursday night for week eight of the Lowell Showboat Sizzlin' Summer Concert series featuring up-and-coming alternative band The Accidentals.

After a little more than an hour long inclement weather delay, the sun broke through the clouds lighting up the Riverwalk for attendees who braved the conditions in anticipation of the show. According to regular concertgoer Taylor Thomson, the wait was justified by the talent of the band. "It was so worth waiting for the rain to quit. The band was amazing hands down. I've never seen so many people dancing down here. It was awesome. Best band of 20 year olds I have ever seen."

The group generously played their entire two hour set into the nighttime hours to make up for the earlier delay.

The talented and youthful musicians of The Accidentals hail from Traverse City and are on the verge of breakout success. Cellist Katie Larson and violinist Savannah Buist met in their high school orchestra class and soon formed the eclectic band which combines gut folk vocal performances with intense and unexpected use of their string instruments. The duo recorded three albums, made more than a dozen guest appearances on other releases, had their songs utilized in film and other media and took to the stage more than 700 times as The Accidentals before their high school graduation.

The equally talented Michael Dause was added to their lineup in 2014 to serve as their percussionist and they have since toured the U.S. from coast to coast making quite a name for themselves along the way. Last year they were named on Vinyl Magazine's "Ten Bands to See" list and named Billboard's "Breakout Band" at the country's premier music festival South by Southwest in Austin, Texas.

This week the Thursday evening concert series will feature blues, soul and rock-and-roll based Hannah Rose and the GravesTones who will take the stage from 7-9 pm. Both bleacher and lawn seating are available for the free show, as well as hot eats from local vendors and adult beverages aboard the Showboat.



Talented Traverse City artists The Accidentals took to the stage last Thursday evening. Photo by Bruce Doll.

YMCA men's slow pitch champs



Lowell YMCA's men's spring/summer slow pitch softball wrapped up on Friday, July 22. Last year's champions, King Milling, started out down by nine runs, rallied back in the sixth and seventh inning, yet still came up short losing to Larkin's 15-14.

Men's slow pitch softball fall league will start up August 26 and will wrap up by October.



Die-hard Lowell music fans wait under cover for the rain to pass.

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Looking back, continued

sold and an estimated 500 were turned away. L. E. Johnson reports people offered as high as \$5.00 for tickets to get in. More seats were added on Saturday and the large crowd was handled much better. The question now for the Showboat committee, "how can we improve the show again next year?" If you have an idea send it along to the Ledger, it will be appreciated.

Hats off to Master Orin Smith, one of our most energetic youngsters. This 14-year-old lad has been working every day during school vacation on the Donald McPherson farm and on top of that last week operated a parking lot every night of the Showboat. His total earnings for the week amounted to 25 bucks in the language of the street.

50 years ago Lowell Ledger Aug. 4, 1966

No newspaper on record.

25 years ago The Lowell Ledger Aug. 7, 1991

City Council says no to splitting cost in asphaltting Fun Street proposal. "You don't always get what you want." The Kent County Road Commission learned that lesson at the Monday night Lowell City Council meeting. The Road Commission agreed to relieve Lowell Township of any further financial responsibility for Fun Street provided the Township agreed to pay 27.5 percent for Fun Street's widening, graveling, improved drainage and vision. It then turned around and asked that the City split the cost of asphaltting the street with the Road Commission. That notion was nixed by the Council Monday night. "I think the City should pay 27.5 percent of the cost (estimated to be \$10,800), not half the asphaltting cost," Lowell Councilman Charlie Doyle said. "I do not think it should incur half of the cost of asphaltting Fun Street. The estimated cost to gravel and widen Fun Street was \$41,802. Having agreed to the proposal that the

City would pay \$11,495.55 as would Lowell Township. However, the Township has not officially agreed to the proposal. That is likely to come at its meeting on Aug. 19. That is when the Township Board is expected to make a decision on whether it finds the wording in the proposal submitted by the Kent County Road Commission to be sufficient. "Why should the City blacktop the street. The County released the Township of further financial responsibilities for the road. We were not consulted. Let the County take the responsibility," Doyle said. The City was asked to contribute \$5,400 toward asphaltting the street. The same amount the County would contribute. Lowell City Manager Dave Pasquale said the contribution would come from the local street fund. Tom Byle, maintenance engineer for the Kent County Road Commission, said the request was made so that the struggle with Fun Street can finally be over with. "It was thought since graveling will be done, that the time was ideal to go ahead and pave it too," Byle said. Lowell City Councilman Bill Thompson said he had a hard feeling about the whole thing. "The responsibility was passed around so much and the City was not notified right away when the responsibility was transferred from Vergennes Township to Lowell Township," he said. As to when the graveling and widening work could be completed, Byle said he thought as soon as this summer. As to whether the paving issue would be dropped, Byle said he would have to take the City's response back to the Road Commission's managing director, James Porritt.

Beach Boys party, Friday at Ionia Fairgrounds. There'll be "Good Vibrations" in Grand Rapids Friday, August 9th when the Beach Boys team up with the Everly Brothers and take to the stage at Ionia Fairgrounds. It's all a part of the American Beach Party, a day at the beach with sand and all. Since you may not have been able to get to the faraway places like Malibu, Daytona, Padre Island or the North Shore of the Hawaiian Islands, the American Beach Party is bringing a slice of the beach to Grand Rapids to start you off on your own endless summer. They've brought sand, surfboards, classic cars, a beach fair and non-stop beach music. With lovely young ladies vying in the national Search for the Girls of KOKOMO for the chance to become one of the Beach Boys' touring KOKOMO Girls. The American Beach Party's Classic Car Rally expects as many as three hundred cars. And, you'll be able to look over everything from a "Little Deuce Coupe" to a "409", "Woodies" and lots more. The surf boards on display are classics in every sense of the word. The exhibit, provided by San Diego's Choice Surfboards and All Access Surfboards,

will show off the newest of the new plus some of the great classic long boards of the sixties. If you dream of castles in the sand, you can build your own in the tons of sand and while guarding against an overdose of rays by donning show sponsor KOKOMO Labs' Tropical Summer Sun Care Products. You might check out BUKA Foot Volleyball, a game for the exceedingly agile, that's fast becoming the latest beach fad.

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We also want you to see and hear from the people who rely on Social Security disability benefits to not just survive, but thrive, as active members of our communities. Our Faces and Facts of Disability website highlights the real life stories of people who have disabilities.

The newest person we are featuring on our Faces and Facts of Disability website is Lynne Parks. She is an artist from Baltimore, Maryland. First diagnosed with metastatic fibrosarcoma at age 14, she has lived with this illness for nearly 35 years. It started in her face and moved to different parts of her body, including her abdomen and leg. She also has various

tumors on her shoulder and arm.

Having been helped by Social Security, Lynne tries to help others. "I'm helping people who have issues learn to cope with them, because they see in me someone as a role model, essentially. Life without Social Security benefits, it's a horror story, because I imagine myself on the streets."

The disability benefits Lynne receives are a crucial resource for her quality of life. Our disability programs continue to be a mainstay in the lives of many people — people just like you. Social Security disability beneficiaries are among the most severely impaired people in the country. It's something that can happen to anyone.

We invite you to learn the facts about the disability insurance program, and see and hear these stories of hardship and perseverance at www.socialsecurity.gov/disabilityfacts.

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PHILIPS ZOOM!

Alpha Family Center, formerly Alpha Women's Center, adds new services

submitted by



Located on Main Street at the east side of town, hundreds of cars pass by without even knowing what goes on in the building that was once a flower shop years ago. Few probably know that on August 1, 2016, the nonprofit Alpha Family Center, formerly the Alpha Women's Center, added new services reaching out to men in the community.

The center has been in operation since April 2006 but saw a need for expanded services and a name change. "We believe that including the men in helping our families to be healthy is vital," executive director Christa Wetzel says. "In addition, we have seen the need for the court system to have a resource of parenting education for fathers."

In addition, a medical facet was added with the name change. The center offers free pregnancy tests with medical confirmation and ultrasound services by medical staff. Many times a positive confirmation of pregnancy is needed for someone to apply for assistance such as Medicaid.

However, the Alpha Family Center goes beyond simply offering pregnancy tests and ultrasounds. It also helps individuals and families with educational and material assistance, all of which is provided

confidentially and free of charge. Clients can earn "Alpha Bucks" by attending and doing homework for classes, such as Life Skills, Practical Fatherhood, Prenatal Care, Toddlers, The Key to Discipline, First Aid, and Car Seat Safety. These

leadership and more. They are part of the volunteer force and are not licensed professionals but oftentimes their real life experiences can help someone find information on how to search for a job, show empathy when it comes to

women and families prior to a birth through five years of age.

April Russo was able to participate in a collaboration program with the Y where she received a six week membership at no cost. She had access to a personal

and to have my daughter cared for during that hour."

Wetzel has been with the Alpha Family Center since October 2013 and a year ago her position as executive director was made full time. The rest of the people powering this organization -- approximately 30 in number -- are all volunteers.

The center sees on average 25 clients per month although some months can go as high as 45. Since the center opened, it has held 4,820 sessions with families. When asked about what the center hopes to accomplish in the future, Wetzel says, "Continue to grow in our ability to walk alongside parents to the best of our ability. We want to continue to develop our curriculum and add whatever services that will help us in assisting the families we work with. Part of our strategic plan for the next five years is to have more ongoing support and establish more relationships as far as fundraising and having more people involved. There's still a huge need for awareness in the community. We're still very unknown."

In order to offer services free of charge, several fundraising events happen throughout the year,

such as Lifewalk, Friendship Banquet (happening in the fall), Baby Bottle Campaign, and Ladies' Luncheon. Tangible items including baby wipes, formula, baby/toddler clothes, shoes, baby food and cereal, diapers and maternity clothes can also be donated at any time. If you're interested in volunteering some of your time you can contact Christa at 616-987-9533 for an application and to set up an interview. Background checks are done due to children being an instrumental part of the organization.

If you're expecting a child or have children up to the age of five and need assistance, or know someone who does, the Alpha Family Center is a wonderful, free resource for those in need. Most of the center's clients come in through word of mouth. This organization is a valuable asset to the Lowell community offering services which help families get off to a good start. For more information on seeking services, donating or volunteering go to <http://www.afclowell.org> or stop by the center at 517 E. Main Street for more information.



bucks are used to purchase essential items in the store, including maternity clothes, baby formula, diapers, wipes, new car seats, cribs, and children's clothing. In this way, clients are given the tools needed to become successful parents in the prenatal through toddler stages and beyond.

What's more, client advocates serve as a shoulder to lean on. During one-on-one sessions, advocates help provide support, ideas,

raising kids, provide a big picture outlook or some other kind of guidance. The center also works with other local organizations such as FROM, the Y, churches and KDL to further assist clients.

A typical client may come in feeling overwhelmed and even scared. And finding the tools and answers to becoming and being a parent can be difficult without a support system. Volunteers are able to educate and support men,

trainer and child care while she was at the Y. She says, "It was amazing. It meant so much to me to be able to get out, to have a little time to myself, to learn about nutrition, and to work out with a trainer one-on-one

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897-8560

Host an Exchange Student Today!
 (for 3, 5 or 10 months)

Make a lifelong friend from abroad.

Enrich your family with another culture. Now you can host a high school exchange student (girl or boy) from France, Germany, Scandinavia, Spain, Australia, Japan, Brazil, Italy or other countries. Single parents, as well as couples with or without children, may host. Contact us ASAP for more information or to select your student.

Victoria from Australia, 17 yrs.
 Enjoys spending time with her family and younger siblings. Victoria plays volleyball and is excited to learn new sports while in America.

Giorgio from Italy, 16 yrs.
 Loves to play baseball and spend time with his dogs. Giorgio also plays the guitar, and his dream is to join a drama club at his American high school.

Call Whitney at (616) 889-7861 or
 Amy at 1-800-677-2773 (Toll Free) host.asse.com or email info@asse.com

asse
 Founded in 1976
 ASSE International Student Exchange Program is a Public Benefit, Non-Profit Organization.
The privacy notices, photos above are the photos of actual students.

LHS Class of 1976 Reunion

Cost is \$40.00 per person

Any other LHS graduates and any teacher from the 70's are invited with guest.

A golf outing will be held on October 1, 2016 with tee times starting at 9 a.m. Call Deer Run to reserve your tee time. 897-8481

Please detach and return the portion along with your RSVP

Mail your reservation check by the deadline date of September 20, 2016 to:

LHS Class of 1976
 C/O James Reagan
 207 W. Main St.
 Lowell, MI 49331-1694

Social Hour: 5:30 - 8:30 p.m.
 Dinner: 8:30 p.m.
 Location: Grand Volute Ballrooms
 855 Lincoln Lake Ave.

Cost of dinner per person \$40.00
 No cover, cover charge \$10.00 after 9 p.m.

Number attending _____ Total cost _____

Name (s) _____

Address _____

City, State, Zip _____

E-mail _____

Lowell Class of _____

Cannot attend but here is current address for future correspondence

obituaries

WEESSIES

Phyllis Eileen (nee Lamoreaux) Weessies, age 89 of Grand Rapids, was welcomed into the arms of her Heavenly Father on Tuesday, July 26, 2016. Preceded in death by her parents, Wilhemina and Earl Lamoreaux. She was born in Fennville, MI, in 1927. She will be lovingly remembered by her children, Brian (Joan) Weessies; Keith (Coleen) Weessies; Linda (Tom) Karas; grandchildren, Chelsea (David) Sefton; Kylee (Dylan) McKay; and Stan Karas; and great granddaughter Aubrey Elizabeth. She graduated from Nazareth School of Nursing, Kalamazoo, MI and became a registered nurse. She served with her whole heart and discovered her calling to care for others with dignity and respect in their own homes. She was kind, loyal, loving, patient, and smart; and will be remembered for those qualities and many more. She found fulfillment in gardening, knitting, reading, and her love for animals; especially with her beloved dog, "Patty Pup". Funeral service was held Friday 1:30 p.m. at Vergennes United Methodist Church, 10411 Bailey Dr. NE, Lowell. Rev. Matthew Stoll officiated. Memorial contributions may be made to Vergennes United Methodist Church; or Alzheimer's Association, Greater Michigan Chapter, 25200 Telegraph Rd, Suite 100, Southfield, MI 48033-7433, www.alz.org.



CITY OF LOWELL

KENT COUNTY, MICHIGAN

NOTICE OF ADOPTION AND SUMMARY OF AN ORDINANCE AMENDING SECTION 12.02, "USES PERMITTED BY RIGHT," OF CHAPTER 12A, "I-L LIGHT INDUSTRIAL DISTRICT," OF APPENDIX A, "ZONING," OF THE CODE OF ORDINANCES OF THE CITY OF LOWELL.

The Lowell City Council adopted Ordinance No. 16-03 amending Section 12.02, "Uses permitted by right," of Chapter 12A, "I-L Light Industrial District," of Appendix A, "Zoning" of the Code of Ordinances of the City of Lowell on August 1, 2016. Ordinance No. 16-03 adds commercial venues as a use permitted by right in the I-L Light Industrial Zone District. A copy of Ordinance No. 16-03 is available for inspection at City Hall, 301 East Main Street in the City during regular business hours of the City.

Ordinance No. 16-03 is effective 10 days after this publication.



Susan Ulery
City Clerk

Don't get schooled – be prepared with Social Security

Your summer job has ended, so there's no better time than now to start planning for retirement. You can easily be ahead of the game and secure your future with a few simple steps. As a millennial, you are in the best position for planning, investing, and saving for your retirement, growing that nest egg as large as it can be. The sooner you start, the more money you will have.

There are two easy ways to prepare for retirement at a young age:

Start a *my Social Security* account. Having a personal and secure account is easy, but better yet, it empowers you. You can access the services you need in the convenience of your

own home without traveling to a local office and waiting in a long line. To view your social security statement, go to www.socialsecurity.gov/myaccount.

As you can see, many of our resources are available online and *my Social Security* is one of the best places to access vital information about your retirement. We are constantly adding new features to make your experience with us faster and more convenient. You can even replace a lost or stolen Social Security card in Michigan.

You should also start a *myRA* account. It's never too early, and the more you save now, the more you will have later. *myRA* is designed

for people who don't have a retirement savings plan through their employer, or are limited from other savings options. Check it out at www.myra.gov. If your employer provides a retirement savings plan, such as a 401(k), learn more about that plan's potential

matching contributions or other benefits.

Remember, that summer job might be behind you, but you have a bright future ahead. Social Security is there, helping you every step of the way, securing today and tomorrow.

LEGAL NOTICE

STATE OF MICHIGAN
PROBATE COURT
COUNTY OF KENT

NOTICE TO CREDITORS
Decedent's Estate

FILE NO.

Estate of JOHN PAUL BADGEROW. Date of birth: 10/31/1923.

TO ALL CREDITORS:*

NOTICE TO CREDITORS:
The decedent, John Paul Badgerow,
died
07/09/2016.

Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to Toni Potes, personal representative, or to both the probate court at PO Box 205, Sparta, MI 49345 and the personal representative within 4 months after the date of publication of this notice.

July 25, 2016
Toni Potes
PO Box 205
Sparta, MI 49345
616-446-8371

*You only live once,
but if you do it right,
once is enough.*
— Mae West

Notice VERGENNES TOWNSHIP

Vergennes Township is seeking applicants for a vacant term on the Planning Commission.

The Planning Commission normally meets on the first Monday evening of every quarter, and/or other Mondays as needed. Applicants should be willing to commit the time necessary to perform the duties of the position. These positions are compensated per diem. A job description is available upon request.

Deadline for application is Wednesday, August 10, 2016. Applicants will be considered at the August 15, 2016 meeting of the Vergennes Township Board.

Application forms may be obtained at the township offices located at 10381 Bailey Dr., Lowell, MI 49331, or on the township web site at www.vergennestwp.org under forms. The office is open Monday and Wednesday from 9am to 3pm, and Thursday 9 to noon. If you wish to receive an application through the mail, call 897-5671 during office hours.

Mari Stone
Vergennes Township Clerk

PUZZLE SOLUTIONS

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A PROTEIN PUNCH

Add fun, flavorful variety to your summer cookout

FAMILY FEATURES

If you're looking for a fresh way to pack more nutritious protein into this summer's family cookouts, consider cooking with a plant-based protein such as peanuts or peanut butter.

You may think of peanuts as a tasty and convenient snack food – and that they are – especially in a trail mix to refuel after some fun in the sun, but peanuts and peanut butter are actually part of the protein food group.

In fact, peanuts and peanut butter have more protein than any other nut and are rich in healthy oils, fiber, many important vitamins, minerals and phyto-nutrients. The latest Dietary Guidelines for Americans suggest eating at least two servings of peanuts a week as part of a healthy diet.

Getting your weekly servings is easy when you explore the variety of ways you can cook with peanuts and peanut butter. The unique flavor of peanuts and peanut butter adds depth and fulfillment, in addition to quality nutrients.

The whole family can enjoy these cookout-friendly dishes showcasing how simple it is to create delicious meals using peanuts in everything from sides to main dishes to desserts. Find more recipes featuring protein-rich peanuts and peanut butter at gopeanuts.com.

Asian Peanut Slaw

- 1 can (11 ounces) mandarin oranges
- 1/4 cup Asian sesame dressing
- 2 tablespoons creamy peanut butter
- 1/4 teaspoon crushed red pepper
- 1/2 cup coarsely chopped dry roasted peanuts
- 1 bag (16 ounces) three-color slaw mix
- chow mein noodles

Drain juice from mandarin oranges into mixing bowl and reserve oranges.

Add dressing, peanut butter and red pepper, and whisk until well-blended. Add peanuts, oranges and coleslaw mix, and toss until thoroughly coated. Garnish with chow mein noodles before serving.

Beef Kabobs with Peanut Sauce

- 2 teaspoons curry powder
- 2 teaspoons dark sesame oil
- 1 tablespoon lime juice
- 1 tablespoon light brown sugar, plus 2 teaspoons
- 1 teaspoon chili powder, divided
- 1 1/2 tablespoons soy sauce, divided
- 1 pound beef fillet, cut into 1-inch cubes
- 1/2 small onion, grated
- 1 cup coconut milk
- 8 tablespoons crunchy peanut butter
- 8 skewers
- assorted vegetables (optional)

In bowl, mix curry powder, sesame oil, lime juice, 1 tablespoon brown sugar, 1/2 teaspoon chili powder and 1 tablespoon soy sauce. Add in beef cubes and toss to evenly coat.

Cover and leave in fridge to marinate at least 30 minutes, or as long as overnight.

Soak skewers in water.

Heat broiler or grill to medium-high heat.

Before cooking beef, mix remaining chili powder, remaining soy sauce, 2 teaspoons brown sugar, onion, coconut milk and peanut butter in saucepan. Stir sauce frequently over medium heat until simmering. Cover and remove from heat, but keep warm.

Thread beef cubes on skewers. Add your favorite vegetables to skewers prior to cooking, if desired. Broil or grill kabobs. Set broiler pan so surface of beef is 3-4 inches from heat. Broil 7-9 minutes on high heat, turning once, for medium rare to rare. If grilling, heat grill to medium-high heat and grill about 7-10 minutes. Serve with warm peanut dipping sauce.



Photo courtesy of The Peanut Institute



Peach Peanut Salsa

- 1 pound ripe firm peaches, pitted and cut into 1/2-inch pieces
- 2 medium plum tomatoes, seeded and chopped
- 3 ounces lightly salted dry roasted peanuts
- 1/3 cup chopped white onion
- 1/2 jalapeno pepper, seeded and finely chopped
- 2 tablespoons lime juice
- 2 tablespoons chopped cilantro
- 1/4 teaspoon salt

In bowl, combine peaches, tomatoes, peanuts, onion, jalapeno, lime juice, cilantro and salt. Mix well and let stand at least 30 minutes before serving.

No Bake Peanut Butter Pie

- 4 ounces cream cheese
- 1 cup confectioners' sugar, sifted
- 1 cup crunchy peanut butter
- 1/2 cup milk
- 8 ounces frozen whipped topping, thawed
- 1 prepared deep-dish graham cracker or chocolate-flavored pie crust (9 inches)
- whipped topping (optional)
- chocolate syrup (optional)
- chopped peanuts (optional)
- candy bar, chopped up (optional)

In large bowl, beat together cream cheese and confectioners' sugar. Mix in peanut butter and milk. Beat until smooth. Fold in whipped topping.

Spoon into pie shell; cover and freeze until firm. If desired, pipe extra whipped topping on top of pie then drizzle with chocolate syrup and top with chopped peanuts and candy bar pieces.

Peanut Power

- Peanuts are nutrient-dense and have the most protein of any nut. According to the U.S. Department of Agriculture, an ounce of roasted peanuts provides about 8 grams of heart-healthy, cholesterol-free, plant-based protein.
- New research from Harvard shows eating peanuts daily is associated with living longer. This study showed that men and women who ate an ounce of peanuts every day reduced their risk of death from all causes by up to 20 percent.
- Research also suggests that eating peanuts and peanut butter at least twice per week could help reduce the risk of breast disease in young women.
- Peanuts and peanut butter contain bio-actives, including flavonoids, phenolic acids, phytoosterols and resveratrol, which are plant substances that may offer health benefits beyond vitamins and minerals.

SUPPORT CROSSWORD

Theme:
TECH SUPPORT

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JULY 27 - AUGUST 2

- A Texas hot air balloon company involved in a crash that killed 16 people has suspended operations.
- Tesla automotive has made an offer of 2.6 billion to buy SolarCity which is the largest solar panel seller in the country.
- Florida confirmed Monday 10 more cases of Zika with a total of 14 cases, prompts Miami to issue travel warning.
- Ellicott City, Maryland, saw 1-in-1,000 year weather event. The rain storm dumped 6.5 inches falling in just 3 hours and 5.5 inches falling in just 90 minutes. The town saw major damage with two people killed.
- New York to restrict 'Pokemon GO' from sex offenders.
- 'Mean Streak' coaster at Cedar Point will close for good next month. The coaster debuted in 1991.
- 42-year-old skydiver with more than 18,000 jumps made history as the first person to survive a leap without a parachute and land safely in a net.
- Deadly Soberanes fire north of Big Sur (California) grows to 40,000 acres, with 18 percent contained.
- San Bernadine, CA – sheriff officials say 28-year-old man was arrested climbing a fence trying to get into jail. Officials aren't sure why he wanted into jail but that's where he ended up. He's being held in lieu of \$25,000 bail.
- Circus acrobats tie the knot on tightrope during a show in Houston, Texas. The smiling newlyweds descended 30 feet and waved to the cheering crowd as they walked away arm-in-arm.

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\$19.99 per month

ADD HIGH-SPEED INTERNET

\$14.95 per month

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SUDOKU

GOT KNEE PAIN?

Small text about knee pain relief and phone number 1-800-984-0369.

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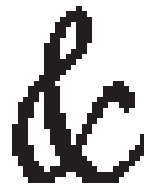
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Present

LOWELL COMMUNITY WELLNESS PINK ARROW HEALTH FAIR

PINK ARROW PRIDE **Thursday, August 18, 2016**
08.18.16



Lowell Program
In the Spirit, from the Leap.



NEW LOCATION DOWNTOWN ON THE RIVERWALK

CASH, CHECK OR DEBIT & CREDIT CARDS!



Available in your
store in the
Pink Arrow Center!



FOR EACH T-SHIRT SOLD ON 8/18/16
All-Weather Seal
will match \$1

PINK ARROW GAME
SEPT. 16, 2016
LOWELL vs. OTTAWA HILLS



FREE GIFT WITH PURCHASE OF TEES TODAY! 8/18/2016

FREE
FREE
FREE

LUNCH & DINNER ON THE GRILL!
KID'S ACTIVITIES!
HEALTH ACTIVITIES!



See the CABUS!!!
FREE ICE CREAM
for the first 300

Kids Zone

Fun & Educational Activities to promote health & wellness

FREE
HEALTH AND WELLNESS PROFESSIONALS will be on hand for Lowell Community Wellness Expo



Lowell Pink Arrow Pride Community Day
BLOOD DRIVE
Thursday, August 18, 2016 - 10 am to 7 pm
PLAN TO DONATE BLOOD!
Michigan Blood pledges to donate \$10 to Gilda's Club of Lowell for every person who signs in to donate at the drive.
WE MUST MEET 100 PINTS TO QUALIFY!
For Appointment: miblood.org or call 1.866.MIBLOOD (1.866.642.5663)
Michigan Blood
MI blood saves lives.™

