

talking about
the trails



page 3

the boys
in the band



page 8

art explosion



page 9

sizzlin'



page 7

Youth fair fills the week with fun



The 82nd Kent County Youth Fair is in full swing. The fair runs through this Saturday and features loads of free daily activities, carnival rides and animal exhibits. The livestock auction will be held on Thursday and there's a family line dance on Friday night. For a full schedule, visit the youth fair website at www.kcyf.org Be sure and pick up a Lowell Ledger next week for coverage of the events at the 2016 fair.

Primary election results; Albert will be GOP candidate for 86th Michigan House District

by Tim McAllister
contributing reporter

The primary election to see who would be the Republican nominee for the 86th Michigan House District was on Tuesday, Aug. 2. Thomas Albert, a former Marine from Grattan Township, was the winner with 31 percent of the vote. As the Republic candidate for the 86th Michigan House District, Albert will face Democratic candidate

Lynn Mason, Green Party candidate Cliff Yankovich and Libertarian candidate Bill Gelinau in the Nov. 8 election. The seat is now filled by Lisa Posthumus Lyons, who is not allowed to run for reelection because of term limit laws.

"I am excited and humbled to have earned the Republican nomination for the 86th House District," Albert said in a press



Thomas Albert

release the morning after the election. "Over the past several months I have knocked on thousands of doors, meeting voters on their doorsteps to hear what is important to them. Tonight, voters sent a clear message that they want a smaller, more efficient government. They want lower taxes so families and small businesses can

be stronger and focus on what is important. I will be a representative that is available and accountable to the people. I'm honored to have earned the trust of Republican voters and will work tirelessly on their behalf. I would like to congratulate my opponents on a spirited campaign and

Election results,
continued, page 7

Lowell farmers' market bursting with variety

by Tim McAllister
contributing reporter

The Lowell Area Farmers' Market, located in the parking lot next to city hall, is open from noon until 5:30 pm every Thursday through September. Last week there were plenty of vegetables, but also fresh bread, cheese, locally brewed alcohol products, jellies, jams, sauces and lots more. Sandy Van Dyke, owner of Sandy's Fudge, had her homemade ice cream toppings, as well as several flavors of fudge.

"I have chocolate, chocolate peanut butter, maple walnut, pecan, white chocolate peach and rocky road fudge," Van Dyke said. "It's my first year here and I've done really well."

Students from the Junior Master Gardener program at the Wittenbach Wege Center were on hand selling some of their non-certified organic goods, which included beans, cucumbers, garlic, tomatoes, squash, zucchini, peppers, radishes, broccoli,

kale and cabbage. The kids meet once a week for eight weeks during summer. Each student has their own garden plot that they learn to take care of. They also go on field trips to different local farms.

"I think that it's really fun and I really like it," said junior master gardener student Brandon Hoffmann. "One of my favorite times is when we get to chop stuff up and cook it. We even pickled some stuff."



At left, just some of the bounty for sale at the Lowell farmers' market every Thursday.

50
CENTS





along main street

Annual Pinknic returns August 28

by Tim McAllister
contributing reporter

Pinknic - the annual benefit party Greenridge Realty throws to raise money for Pink Arrow Pride is almost here. The free event will take place at 1160 West Main St. on Tuesday, August 23 from 4 pm to 8 pm. There will be games, a photo booth, a magic show and more, plus you'll be able to buy this year's Pink Arrow Pride t-shirt. One of the most popular features of the Pinknic is all the live

this year," said event organizer and Greenridge manager Rick Seese. "Area farmers are donating fresh vegetables and fruits. Heidi's Farm Stand and Heffron Farms are donating chicken breasts and the Grand Volute is preparing the food. We're going to have chicken wraps, veggie wraps, vegetables with dip and fruit cups."

The list of games and other fun stuff is very long and it's still growing. Additions will be posted on the Pink Arrow Pinknic Facebook page, facebook.com/pinkarrowpinknic

"We try to come up with some new games each year," said Greenridge agent Phil Hooker, who has helped set up and even invented some of the games. "I love watching people having a good time."

All of the money raised at the Pinknic will be donated to Pink Arrow Pride. Seese said his goal is to double last year's contribution.

"Greenridge is going to put up \$1,000 of matching money," Seese said. "Whoever donates to Pink Arrow Pride at the event will have their dollars matched."

"We care about the community, that is why we do it," Seese said. "Pink Arrow Pride is what Lowell is about. Giving and helping. We are the smallest community in America with a Gilda's Club. We want to bring the community together, raise awareness and raise a few dollars."

"I think it will be a fun time, kind of like a small carnival," said Greenridge agent Corey Lee. "I think it will be good for families and friends to get together and meet new people. It brings the community together."

"Whoever donates to Pink Arrow Pride at the event will have their dollars matched."

~ Rick Seese

music. This year they will present Audrey Pearson, Josh Rose and the Kari Lynch Band with Ryder Jones on guitar. There will be plenty of good things to eat at the Pink Arrow Pinknic. Johnsonville and Dietz & Watson will be providing brats and deli sandwiches, which will be for sale and there will be other healthier snack choices.

"We have 'local farm to Pinknic table' food options

KIDS FISHING DERBY

Sat., Aug. 13, 9 am to noon at Pebble Beach. For ages three to 15 years. Everything provided. Free. Food and drinks provided.

GILDA'S CLUBHOUSE EVENTS

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

FROM VOLUNTEER ORIENTATION

Volunteer orientation at Flat River Outreach Ministries will be Thurs., Aug. 18 at 1 pm. Please call 897-8260 for additional information.

ROTARY GRANT APPLICATIONS

The Lowell Rotary Club is accepting grant applications from local non-profit organizations seeking financial assistance with projects. Grant eligibility requirements and the application can be found at the website www.lowellrotary.org. If you have any questions email info@lowellrotary.org. The deadline for applying is August 24.

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!

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. Monday and Wednesday's, 10:45 am - 12 pm. Class starts Mon., Sept. 12. Space is limited, call 855-9570.

the lowell ledger

(USPS 453-834)

Published weekly for \$25 a year for zipcodes beginning with 483 or 495; \$38 a year any other zip code.

Deadline for display advertising is Friday at Noon
Deadline for classified advertising is Monday at 5 pm

Jon Jacobs Publisher
Jeanne Bross Editor
Tim McAllister Contributing Reporter
Kathryn Alwood Contributing Reporter
Tammy Janowiak Classified/Accounting
Jon Jacobs Advertising Sales

(616) 897-9261

email: ledger@lowellbuyersguide.com
Second Class Postage Paid at Lowell, MI

Published every Wednesday
POSTMASTER: Send address change to:
The Lowell Ledger
PO Box 128 - Lowell, MI 48331
www.thelowellledger.com

LOW COST SPAY & NEUTER
No restrictions. Available for everyone. Also vaccinations, tests and parasite control.
Call 897-8865
www.spayneuterepress.com

Free Outdoor Summer Concert Series

Thursdays at 7pm
in front of the Lowell Showboat on Riverwalk Plaza in downtown Lowell
June 16-August 25



Roosevelt Diggs

Thursday, August 18 at 7pm

Americana
Blending Folk, Country, Bluegrass, Blues, and Rockabilly into a melting pot of true Americana



Family Event! Activities for children during concerts. The venue is wheelchair accessible and handicap / senior parking is available. Bleacher seating or bring your own folding chair. Concessions, beer and wine, are offered on the Riverwalk Plaza.

Presented By LowellArts and Lowell Area Chamber of Commerce
www.lowellartsmi.org
www.discoverlowell.org

THE LOWELL ROTARY CLUB is accepting grant applications from local nonprofit organizations seeking financial assistance with projects

Grant eligibility requirements and the grant application can be found at their website www.lowellrotary.org

If you have any questions email them at info@lowellrotary.org

THE DEADLINE FOR APPLYING IS **AUGUST 24, 2016**

A healthy, radiant smile can be yours.

Call our office today!

Family Dentistry Of Lowell
Dr. Wilson & Dr. Byrd

PHILIPS ZOOM!

(616)897-4835

Ask us how to receive \$50 Visa gift card!

DDA tables discussion of contributing to LARA trails

by Tim McAllister
contributing reporter

At their meeting on Thursday, Aug. 4, Lowell's Downtown Development Authority tabled discussion of some money the Lowell Area Recreation Authority asked them for. LARA intends to use the requested \$35,000 contribution to expand and connect local trails into a network. Board member Dean Lonick, owner of Michigan Wire, 1016 N. Monroe, expressed his displeasure that the proposed trail extension would cross his company's property. Lonick placed four conditions on his vote for donating the money.

"One, that LARA must maintain a liability insurance policy with a minimum \$1 million per incident for the life of the trail," Lonick said. "Secondly, that LARA provides to all adjacent property owners indemnification from any and all trail related liability issues and have the property owners adjacent named as 'also insureds.' Third, that LARA provides sufficient documentation that they will at all times maintain the trail to standards consistent with city of Lowell sidewalk ordinance current and future. Fourth, that LARA provides

sufficient assurance that [if the trail] should the trail fail or cease for any reason the properties affected will be restored to the condition preceding the trail."

Members of the LARA board in attendance said they would have to contact their insurance provider to find out if such things were possible and the issue was tabled until the next DDA meeting.

DDA board members Rita Reister, April McClure, Mike Sprenger and Mike Larkin said they were in favor of contributing the money. Board members Lonick and James Reagan said they were against the contribution. Board members Brian Doyle and Dave Pasquale did not seem to commit to either position. Board member Cliff Yankovich was absent.

"The trail is going to go there, they just came here to ask us if we want to contribute to it if we think it's good for the community," said board member Larkin, owner of Larkin's Restaurant, 301 W. Main.

"We're talking about a little section of the project that maybe is going to stop a large project, something



Mike Sprenger, James Reagan, Dean Lonick, Mike Larkin and Brian Doyle.

that should be probably be supporting as a town," said board member Sprenger, owner of Springrove Variety, 123 W. Main.

"It's in direct conflict with our business," Lonick said. "If this body votes to assist in funding it, it will be the first time in 20 years, in my recollection, that this body has funded something in direct conflict with one

of the businesses within the district. If it proceeds, even whether we fund it or not, I'd like to see some conditions put on the trail."

The DDA board's next regular meeting will be at noon on Thursday, Sept. 8. The LARA board's next regular meeting will be at city hall at 6 pm on Wednesday, August 10.

Help prevent the spread of oak wilt

Now that the season has shifted to August – well past the "no pruning of oak" time of year (April 15 to July 15) – there still are steps residents can take to minimize the spread of the deadly oak wilt disease.

Notably, Michigan Department of Natural Resources forest health experts say not moving firewood is critical to limiting oak wilt. Wood from oak wilt-killed trees can produce spores, which can infect healthy oaks if they're wounded in spring the following year.

According to Bob Heyd, DNR forest health specialist, oak wilt is a serious disease of oak trees. It mainly affects red oaks, including northern red oak, black oak and pin oak. Red oaks often die within a few weeks after becoming infected. Because white oaks are more resistant, the disease progresses more slowly.

"The spread of oak wilt occurs overland to new areas from April through July as beetles move spores from trees killed this year by oak wilt to wounds on healthy oaks next year," Heyd said.

"We need to stop that cycle, and that's why it's important for people not to move firewood for the rest of the summer and fall seasons," he said. "With the transport of firewood and other tree-related activities, you have to assume the risk

is present, whether you live in metro Detroit or in the Upper Peninsula."

Oak wilt has been detected in Dickinson, Iron and Menominee counties in the Upper Peninsula and in Alcona, Allegan, Alpena, Antrim, Barry, Benzie, Berrien, Calhoun, Cass, Cheboygan, Clinton, Crawford, Genesee, Gladwin, Grand Traverse, Kalamazoo, Kalkaska, Kent, Lake, Leelanau, Lenawee, Livingston, Macomb, Manistee, Mason, Midland, Missaukee, Monroe, Montcalm, Montmorency, Muskegon, Newaygo, Oceana, Oakland, Ogemaw, Oscoda, Ottawa, Roscommon, Saginaw, Shiawassee, St. Joseph, Van Buren, Washtenaw, Wayne and Wexford counties in the Lower Peninsula. Leaves affected by oak wilt

Although oak wilt hasn't been confirmed in each of Michigan's 83 counties, the need for vigilance is present statewide.

Once an oak is infected, the fungus moves to neighboring red oaks through root grafts. Oaks within approximately 100 feet of each other – depending on the size of the trees – have connected or grafted root systems. Left untreated, oak wilt will continue to move from tree to tree, progressively killing more red oak over an increasingly larger area.

"There are other oak problems that can easily be confused with oak wilt," Heyd said. "Unlike most other problems, oak wilt causes the tree to suddenly drop its leaves in July or August. In fact, an oak wilt-infected tree dropping its leaves can happen all the way up to fall."

Heyd advises residents who suspect their trees have oak wilt to first confirm their suspicion. "Once confirmed," he said, "you'll be given information on the variety of treatment options available."

Trees that have died from oak wilt should be properly treated to prevent development of spore mats. These treatments include debarking, chipping or splitting, and drying the wood. For more information on the background, symptoms and prevention of oak wilt, visit the Michigan Society of American Foresters website.

Heyd also suggests requesting the help of the Michigan Department of Agriculture and Rural Development's Forestry Assistance Program or Michigan State University Extension.

To report a suspected oak wilt site, email DNR-FRD-Forest-Health@michigan.gov or call 517-284-5895.

CLASSIFIEDS

Call 897-9555

or email:

classifieds@lowellbuyersguide.com

LOWELL AREA COMMUNITY FUND ACCEPTS GRANT PROPOSALS

All Proposals Must Be Submitted Online No Later Than August 19, 2016 To Be Considered. Visit www.grfoundation.org/lowell to submit your application.

The Lowell Area Community Fund, a fund of the Grand Rapids Community Foundation, awards grants to tax-exempt, nonprofit charitable organizations that have an impact in the Lowell Area. The LACF funds innovative projects or programs that encourage community cooperation.

business directory

FRY DADDY'S
 808 West Main Street
 Lowell, MI 49331
897-FISH Fish Served
 Five Days
 DAILY SPECIALS
 NOW OPEN SUNDAY 3-8
 SUNDAY/MONDAY SPECIAL:
 FOLLOCK BASKET \$4.99!!!
 Best Fish In Town!!!

Rich's Service Co.
 In-Home Appliance Repair
 Dryer Vent
 Cleaning
INSURED • 20 YEARS EXPERIENCE
 WASHERS • DRYERS • REFRIGERATORS
 GARAGE DISPOSALS • STOVES • DISHWASHERS
 209 E. Main St. **RICH CURTIS**
 Lowell, MI 49331 (616) 897-5686

KIRK COLLINS
 Owner
Showboat
AUTOMOTIVE SUPPLY, INC.
 Auto Value
 1450 W. Main St., Lowell, MI
 (616) 897-9231
 Hours: Mon - Fri 8-7, Sat 8-5:30, Sun 9-3

THE LAURELS
 OF KENT
 A Skilled Nursing and Rehabilitation Center
 • Rehab Services • Respite Stays
 • Long Term Care • Palliative Care
 Able to admit 24/7
 350 North Center Street
 Lowell, Michigan
616-897-8473 or
616.292.1031
www.laurelsofkent.com

BILL WHEELER
Certified Public Accountant
 W.J. WHEELER MICHIGAN
 103 Riverside Dr.
 Lowell, Michigan 49331
616-897-7711

Arctic Inc.
Heating & Cooling
 • Heating & air conditioning • All types boilers & water heaters
 • Gas Thermostats • Forced Air Heat • Heat exchangers
 • Water heaters • Gas valves • Gas work • Heat pumps
 • Gas, electric and water line, drainage, sewer lines
 • 24 hour emergency service

Eckman Landscape Construction
 Hardscapes • Brick Paving •
 Boulder Walls • Retaining Walls •
 Decks • Fences • Tractor Services •
 Bark • Mulch
Joe Eckman, owner
 Lowell
810-882-2888
joeeckman98@yahoo.com

LAMPLIGHT GRILL
Steak Burgers
 DOWNTOWN IONIA
lamplightionia.com
616-233-3333

PRATT'S TREE SERVICE LLC
 Licensed and Insured
616.821.9686
 Services include:
 Trimming • Tree Removal
 Free Estimates

WE SHIP UPS
 The Buyers Guide
 105 N. Broadway Lowell

outdoors

slow and easy

Dave Stegehuis

People tend to settle into a particular life style and remain there. Change comes slowly and is usually driven by external factors. Breaking out on one's own takes deliberate effort. Changes don't have to be permanent, so it doesn't hurt to give something new a try. Michigan has 49,000 miles of rivers, 35,000 inland lakes and ponds, 3,000 miles of Great Lakes shoreline and millions of acres of public access land. With these vast resources available, it is a shame that not everybody takes advantage of the opportunity to enjoy time in the outdoors. There should be something for everyone. Take time to explore activities which are compatible with your personality, time constraints, budget considerations, and other factors that would affect ones level of participation. A good plan is to start slow and easy.

Although there is plenty to do out there for little or no cost, find out if it is something you really want to pursue before making a significant investment of time and money. Tagging along with someone who is already involved provides the opportunity to learn first-hand about an activity. This can be very helpful especially if there is extensive knowledge required, a degree of risk, or special equipment involved. There is always much to learn about any outdoor subject. The idea is if you ease into an activity it is possible to sample many more choices with little risk. Continue looking if you decide something is not for you. By keeping an open mind it is possible to discover a new passion. Gwen and I justified purchasing hunting property a few years ago as an investment strategy as much

as a place to hunt. Today, we forget about the investment aspect, do enjoy hunting, but spend most of our time and effort interacting with the land and resident creatures though research, attending seminars, planting a variety of trees and shrubs, tending food plots, setting up trail cameras, hanging out in the woods, and are always excited about implementing habitat management plans. Our involvement and enjoyment has gone way beyond what we originally expected. There are many more opportunities out there in Michigan's great outdoors. If you were born and raised here, it is easy to take it all for granted. This is your heritage, so be sure to take advantage of your good fortune. Explore new activities by starting out slow and easy and you may have experiences which could unexpectedly change your life in ways large and small.

Social Security long range projection unchanged

The Social Security Board of Trustees released its annual report on the long-term financial status of the Social Security Trust Funds. The combined asset reserves of the Old-Age and Survivors Insurance, and Disability Insurance (OASDI) Trust Funds are projected to become depleted in 2034, the same as projected last year, with 79 percent of benefits payable at that time. The DI Trust Fund will become depleted in 2023, extended from last year's estimate of 2016, with 89 percent of benefits still payable. In the 2016 Annual Report to Congress, the Trustees announced:

- The asset reserves of the combined OASDI Trust Funds increased by \$23 billion in 2015 to a total of \$2.81 trillion.
- The combined trust fund reserves are still growing and will continue to do so through 2019. Beginning in 2020, the total cost of the program is projected to exceed income.
- The year when the combined trust fund reserves are projected to become depleted, if Congress does not act before then, is 2034 – the same as projected last year. At that time, there will be sufficient income coming in to pay 79 percent of scheduled benefits.

"I am pleased that Congress passed legislation, signed into law by President Obama last November, to avert a projected shortfall in the Disability Insurance Trust Fund. With the small, temporary reallocation of the Social Security contribution rate, the DI fund will now be able to pay full disability benefits until 2023, and the retirement fund alone will still be adequate into 2035, the same as before the reallocation," said Carolyn W. Colvin, Acting Commissioner of Social Security. "Now is the time for people to engage in the important national conversation about how to keep Social Security strong."

Other highlights of the Trustees Report include:

- Total income, including interest, to the combined OASDI Trust Funds amounted to \$920 billion in 2015. (\$795 billion in net contributions, \$32 billion from taxation of benefits, and \$93 billion in interest)
- Total expenditures from the combined OASDI Trust Funds amounted to \$897 billion in 2015.
- Social Security paid benefits of \$886 billion in calendar year 2015. There were about 60 million beneficiaries at the end of the calendar year.

TO ADVERTISE
 in the
LEDGER
 BUSINESS DIRECTORY
 Call 616.897.9261

GET READY TO SEE STARS

UNCENSORED COMEDY

ANDREW DICE CLAY:
 LIVE IN CONCERT
 SATURDAY, AUGUST 20
 TICKETS START AT JUST \$19

THE O'JAYS
 FRIDAY, SEPTEMBER 2 • TICKETS START AT JUST \$39

THE LALAS BURLESQUE SHOW
 SATURDAY, OCTOBER 1 • TICKETS START AT JUST \$25

TICKETS AVAILABLE NOW
 at the FireKeepers Box Office, FireKeepersCasino.com
 or 877.FKC.8777.

GET READY. GET SET.
 GET YOUR VEGAS ON™

FIREKEEPERS
 CASINO • HOTEL
 BATTLE CREEK

1-94 to Exit 104 | 11177 Michigan Avenue | Battle Creek, MI 49014
 Must be 21 or older. Tickets based on availability. Schedule subject to change.

viewpoint

to the editor

there is more to the story

To The Editor,

After reading the well written and very positive PR piece on the Alpha Women's Center in this week's (August 3rd) issue of the Ledger, I thought I'd contribute something to the discussion. I have long been a supporter of a woman's right to choose whether she becomes a mother or not. I have stood in support of Planned Parenthood while religious based agencies such as this have picketed to defund and close all Planned Parenthood clinics. And I have marched along with other "Pro-Choice" advocates when large groups of "Pro-Life" advocates have rallied to overcome Roe vs Wade and

to make it ever more difficult for women to address unplanned pregnancies in the best way they can based on consultations with their doctors.

While the portrayal of the Alpha Women's Center is as a benign and compassionate resource for women who find themselves dealing with an unwanted pregnancy and the dire straits that can cause, it does not tell the whole story.

The centers do not advocate contraceptive care or pregnancy prevention. They do not advise women of options such as emergency contraception, or other women's health issues.

Women are welcomed at the Planned Parenthood office in Grand Rapids for health care consultations and referrals.

The Alpha Women's Center, or Alpha Family Center as they now call themselves, is part of a national chain of religious based agencies created to dictate biblical doctrines defining the family, accepted sexuality and a point of view that women should not have a choice in determining whether they bring a child into this world or not.

I for one, think people need to know the whole story. People need to know there are options that do not discriminate and do not take the right to choose away from women.

Tim VanderVeen
Gwinn, Michigan

keeping money out of politics

To The Editor,

As we head into the last months of the campaign season we hear a lot about money in politics and we hear a lot of lip service paid to the Constitution. I have something to say about both of these subjects.

My favorite part of the Michigan Constitution are the opening words: "All political power is inherent in the people. Government is instituted for their equal benefit, security, and protection." Art. 1 Sec. 1

In the 86th District, which includes Lowell, there are approximately 32,090 households. One of those households spent 1.49 million dollars in 56 days prior to the recent primary election in an attempt to subvert the opening words of the Constitution. This one

family wants to influence not only their home District, but the entire state with their fortune. With all due respect to the philanthropic efforts of the DeVos family, for any one household to exert that type of influence over the politics and policies of our state is wrong.

My goal in running for the 86th District seat is to see that all 32,090 households are represented in Lansing - not just one. I favor a more constitutionally sound representation for everyone.

As a Green Party candidate, I cannot accept money from the various Political Action Committees (PACs) that are funded by the DeVos fortune. For that matter, we Greens cannot accept money from any PAC. This eliminates the stranglehold large fortunes have on our governing process.

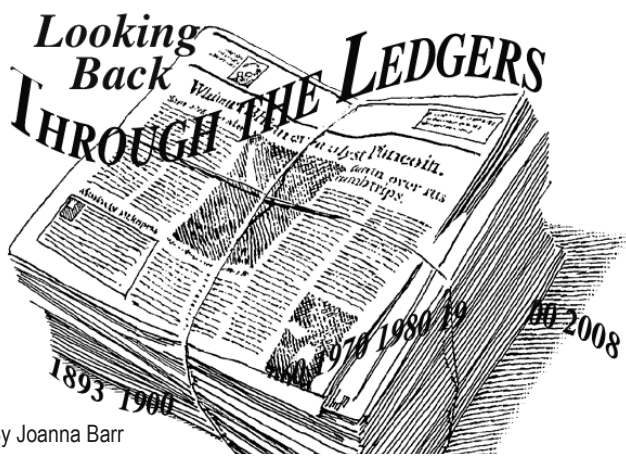
When it comes to money and government, there is one more thing to examine: the pay checks of our 110 state representatives are way out of line. They earn 48 percent more than the average wage of the people they are supposed to represent. This is wrong.

If I am elected, the very first bill I will introduce will be one that will tie the pay of all 110 representatives to the average income in Michigan. That not only makes us more "representative" of the people of Michigan, but it would give us incentive to create a climate in Michigan that lifts the income for everyone - because if the average income rises, then so would our paycheck.

Frankly, I believe this idea should have traction with both major parties. Democrats claim to represent the common man - so then let your compensation reflect that. Republicans claim to be interested in job creation. Great, so let's all work together for the people we represent and create better paying jobs for everyone and enjoy a pay raise ourselves.

There are solutions to the problems in government. The first part in reaching many of them is to eliminate the blinders created by money.

Cliff Yankovich
Ada
Green Party Candidate
for 86th District



By Joanna Barr

125 years ago Lowell Journal Aug. 12, 1891

Notice is hereby given that on Thursday, July 30th, a jet black gelding about nine years old, came upon my premises, about three miles west of the village, and is there now. The owner can have the same by proving property and paying for my trouble. (56) William Pant.

The Lowell & Hastings will run a special excursion to Grand Rapids Aug. 20th, on account of Barnum's circus. Train will leave Lowell at 9 a. m. arriving at Grand Rapids at 9:55 a. m., in time to see the grand parade. Tickets will also be sold for train leaving Lowell at 11 a. m. Returning train will leave Grand Rapids at 10:30 p. m., arriving at Lowell at 11:30 p. m. Fare for round trip 50 cents, with 50 cents additional for admission to show. W. H. Clark. Agent.

The old Falkner building south of the D. & M. depot burned last Saturday night. As it was unoccupied and had been for some time the fire was undoubtedly of incendiary origin. Loss nominal.

100 years ago The Lowell Ledger Aug. 10, 1916

Negake returns to birth place - aged Indian visits Lowell after sixty years. His mother, Light Day, still lives aged nearly ninety—almost sole survivors of Flat

River Indians. Rodney Lewis Negake, son of Negake and grandson of Chief Cobmoosa, of the Flat river Ottawa Indians, was here last week as the guests of Mr. and Mrs. J. S. Hooker, and with his son Henry Antoine gave The Ledger a pleasant interview. R. L. Negake was born in October 1848, in a wigwam on the bank of Flat river on the reservation north of Lowell and for many years since used as a fair ground. His mother's name is—for she is still living—Was-sage-she-goqua, meaning Light Day. His father died about 35 years ago. The tribe numbering 250 to 300 people left Lowell in 1856, canoing to Grand Rapids where they took the river steamer Michigan to Grand Haven and thence a lake steamer Papola to Pentwater. R. L. Negake was eight years old then and he remembers the trip well. He thinks 250 descendants of the Lowell Indians are living but very few of the originals besides himself and his mother. The latter who is 86 or more is still well and active, does her own work and retains her faculties remarkably well. Negake promised to visit his mother on his return to their home at Walkerville, to talk over the early days in Lowell vicinity and to write a report of same for The Ledger. He and his son Henry attended the Pioneer meeting at Ionia last week and participated in the exercises with speaking, singing and cornet playing, the younger Negake doing the latter. If Lowell has another homecoming, we hope to see Negake and his mother in attendance; and he has promised to do his part, in such event, to bring it about. Negake was named for Rodney and Lewis Robinson, stalwart Lowell pioneers, Rodney being grandfather of R. D. Stocking, who has heard his mother tell many times of the elder Negake, who frequented the Robinson cabin and clearing. During his visit here with Mr. Hooker, Negake visited the site of the wigwam where he was born 68 years ago, and also made a trip to Cat Fish Bend on Grand river. He also viewed the site of Cobmoosa store built by his grandfather just east of where the Hamilton Marble Works now stands and where The Ledger was printed the first two years of its career.

Looking Back, continued, Page 10

We love to hear from you!

The Lowell Ledger welcomes your Letters to the Editor.

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



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

Lowell student achieves Eagle Scout rank

James B. Brillhart, became an Eagle Scout on June 7, 2016. He is a member of Troop 102, Lowell, Michigan. He began as a 10-year-old in Cub Scouts and worked hard to achieve his goal of becoming an Eagle Scout. His Eagle Scout service project was to build two ramps for the Kent Special Riding Program in Alto. The ramps were completed in June of 2015.

He is the son of Julia and Brad Brillhart.



health

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



caring for your baby's teeth

On average, a baby's teeth begin to appear at six months of age. When teeth are about to appear, they can cause pain, fussiness and drooling. Cold teething rings; cold, wet washcloths; and infant's Tylenol or Motrin are the best things to use for teething pain. Teething gels can also help, but their effect is short acting and can be harmful if overused. Contrary to popular belief, teething does not cause a fever. A fever is always associated with an illness and should be evaluated by your healthcare provider.

Cavities are holes in teeth that can cause pain and infections. Cavities occur when bacteria in the mouth use sugar to make acid. This acid eats away at the teeth. Cavities are the most

common disease in children.

Good tooth care can prevent cavities in your child. Good tooth care begins with brushing your child's teeth twice a day, starting when the first tooth appears. A non-fluoride containing tooth gel should be used until the child is 18-24 months old. At that point, the child can use fluoride toothpaste, but not more than half the size of a pea at a time. It is also important to begin visiting the dentist twice a year, beginning at age two. Limiting sugary foods (like cookies and

candy) and limited sugary drinks (like fruit juice, Kool-Aid and soda) can decrease your child's risk of cavities.

Inappropriate or overuse of bottles can increase your child's risk of cavities. Bottles should be replaced with sippy cups by 12 months of age. Bottles and sippy cups should never be left in the crib with a child.

Fluoride is important for the proper development of your child's teeth. Ideally, all water your child drinks should be fluorinated. City water should contain adequate fluoride, but well water may not. If you have a well, it's important to know the fluoride content of the water. If it is less than 0.6 parts per million, you should start your child on a fluoride supplement from your healthcare provider or dentist.

happy birthday

AUGUST 10
Madeline Scott.

AUGUST 11
Mike Wilzcewski, Jordan Warren.

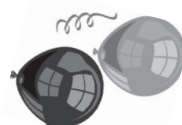
AUGUST 12
Robin Briggs, Linda Uzarski, Steve Martin Sr., Alex Richmond.

AUGUST 13
Robert Hewitt, Ryan Christenson, Ryan Roe.

AUGUST 14
Adam Billingsley, Aaron Christenson, Betsey Brenk, Bob Wilzcewski.

AUGUST 15
Ben Raymor, Dick VanOverbeek, Bill Barber, Dena Baylis, Vivian Johnson, Donnie Shaffer, Barb Callihan, Kim Tubergen, Deb Wright, Pam Kline.

AUGUST 16
Helen Vezino, Don Gasper, Trent Raab, Mike Mooney, Nolan Foster.



WINDOWS/SIDING DOORS/INSULATION/GUTTERS
SAVE 50% OFF
HEATING/COOLING BILLS GUARANTEED!!!

SAVE 10% OFF WITH THIS COUPON

887-7380 www.allweatherseal.com

218 E. Main Lowell

All-Weather Seal

...
"Do not take life too seriously. You will never get out of it alive."

~ Elbert Hubbard

Oak Meadow TREE SERVICE INC.

Got Sick Trees? We Can Help!

- Disease & Insect Treatment
- Deep Root Fertilization
- Pruning, Removal, Stump Grinding

Affordable & Locally Owned Fully Insured

Call Today! 616-890-2348

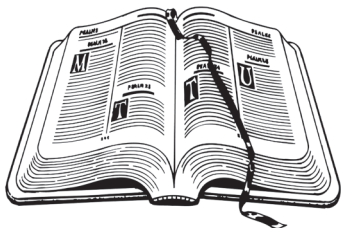
MEMBER TCIA (TREE CARE INDUSTRY ASSOCIATION)

the lowell ledger

Local News! Advertise Where You Live! Festivals! Hometown Sports! Area Events! Art Shows! Classifieds Puzzles Lowell City Hall Coverage Michigan News Public Notices

Subscribe Today! CALL 616.897.9261

area church



CALVARY CHRISTIAN REFORMED CHURCH OF LOWELL
897-7060
Pastor Rod Gallardo
1151 West Main Street, Lowell, MI
Morning Worship.....10:00 A. M.
Sunday School.....11:20 A.M.
Evening Worship.....6:00 P.M.
Nursery available at both services
Barrier-Free

FLAT RIVER ELECTRIC, LLC

- * Residential
- * Multi-Family
- * Commercial

www.flatriverelectric.com
Email: Info@flatriverelectric.com

616.987-0596

GOOD SHEPHERD LUTHERAN CHURCH
10305 Bluewater Highway (Missouri Synod)
Halfway between Lowell & Saranac on M-27
www.goodshepherdlowell.org
Worship Service.....Sunday -10:30 A.M.
Joseph Fremer, Pastor 897-8307
All facilities are wheelchair accessible

ST. MARY CATHOLIC CHURCH
402 Amity St. • 897-9820
www.stmarylowell.com
Weekend Masses: SAT. 5 PM; SUN. 10:30 AM
Saturday confessions: 3-4:30 PM
Prayer & adoration each Wed. 8:00 AM - 8 PM
RELIGIOUS EDUCATION, CHILDREN TO HOLDS - CALL PETER MOYNS 897-7945
SEE LOWELL CABLE CH. 393, ENTH FOR 24 HR. CATHOLIC BROADCASTING

ATTENTION ALL BOOMERS & SENIORS!

Hydrotherapy Walk-In Tubs • Walk-In Showers • Stairlifts

FIRST CONGREGATIONAL CHURCH, UCC
865 Lincoln Lake SE • 616.897.5906
Pastor Dick Sherlock
Worship Service - Sundays 10:00 A.M.
Lowell's Open Table - Thursdays 5 - 7 P.M.

FIRST BAPTIST CHURCH OF LOWELL
CHRIST-CENTERED, KINGDOM-FOCUSED HOMES
2275 West Main Street - (Barrier Free)
897-7168 - www.fbclowell.org
Pastor Jon Pickens, Lead Pastor
Pastor Phil Severn • Youth Pastor
Christi Swain, Director of Children's Ministries
SUNDAY WORSHIP...9:30 am (Nursery provided)
SUNDAY School.....11:00 am (Nursery-Adult)
Awana (K-5 during school year) Wednesday, 6:15 PM
Middle & High School - Mon-school year*Wed,summer, 7 pm

LOWELL UNITED METHODIST CHURCH
discover. grow. share
621 E. Main Street
897-5938
www.lowellumc.com • Barrier Free Entrance
Worship at the Riverwalk
Sundays.....9 a.m.
July 10 - August 14
Sr. Pastor - Brad Brillhart

- ✓ Protect Your Safety To Continue To Live In Your Own Home
- ✓ Reduce Your Aches & Pains
- ✓ Protect Your Independence

877-497-7777
Read Customer Reviews at: www.AquaCareUSA.com

Aqua-Care usa
Solutions for Life.

SPECIAL OFFER 30% OFF LIMITED TIME ONLY

Blue skies and pleasant temperatures for concertgoers



Vocalist Hannah Rose Graves.

by Kathryn Atwood
contributing reporter

After less than perfect weather conditions the week before, last week's Lowell Showboat Sizzlin' Summer Concert was met with blue skies and slightly more pleasant temperatures.

Grand Rapids native Hannah Rose Graves and backup band the GravesTones headlined the ninth of the free summer concerts. The weekly event is a popular destination for residents of Lowell and the surrounding area and was busy once again as concertgoers settled in for the two-hour show.

Known for their hybrid blend of rock and roll, blues, funk and soul, the band featured Justin Wierenga on guitar, Justin Avdek on bass and Vox Judson Branam on the drums. Armed with

a voice that is somehow both smooth and full of grit and gravel, Graves lit up the Showboat stage with a playlist of soulful and emotional original tracks.

The band performs regularly in West Michigan, packing houses at venues like the SpeakEZ Lounge, Founders Brewing and Billy's Lounge. They recently received the Best Blues/Soul Album of the Year Jammy award for "Everything We Already Knew" from Grand Rapids radio station WYCE 88.1.

Nest week, August 18, guests of the free concert will have the opportunity to listen to the many sounds of Americana. The sharp-dressed quartet Roosevelt Diggs takes the stage with their blend of country, blues, bluegrass and rockabilly.



A local caricature artist adds some family fun to the weekly concert along the Riverwalk.

Election results, continued

acknowledge their sacrifice and that of their families. While we celebrate a great victory tonight, this is just the beginning. I will continue to campaign and speak with voters as we move toward the November election."

Albert said that he is running for a seat in the House in order to be an advocate for local families. He has endorsements from Michigan senator Peter MacGregor, Michigan representative Ken Yonker, Kent County prosecutor William Forsyth, Bowne Township supervisor Randy Wilcox, Kent County commissioner Roger Morgan, Right to Life of Michigan, AgriPac, Associated Builders and Contractors of Michigan, Friends of West Michigan Business, Detroit Regional Chamber, Michigan Corn Growers Association, County Road Association of Michigan, Police Officers Association of Michigan

and the Michigan Agri-Business Association. Albert's website votealbert.com has more information about the candidate.

"I'm running for families," Albert said during a public meeting in Lowell in May. "I'm a father and I know exactly how hard it can be to support a family. We need representatives who understand that and go to Lansing to make decisions that benefit families in this district, because that's what it's all about."

Most of the people in the other races on the ballot were running unopposed for their spots on the Republican or Democratic ticket in November's election, but voters did make a couple other choices. Republicans chose incumbent Lawrence Stelma of Solon Township to be their candidate for Kent County sheriff. On the nonpartisan side of the ballot Curt Benson and Joe Rossi will run for 17th Circuit Court judge.

PRIMARY RESULTS AND PERCENTAGES

86TH STATE HOUSE REPUBLICAN PRIMARY

Thomas Albert: 3,293 votes (31 percent)
Jeffrey Johnson: 2,925 votes (28 percent)
Katherine Henry: 2,442 votes (23 percent)
Matthew VanderWerff: 1,044 votes (10 percent)
Bartholomew Lower: 761 votes (7 percent)

KENT COUNTY SHERIFF REPUBLICAN PRIMARY

Lawrence Stelma: 27,382 votes (62 percent)
Timothy Lewis: 6,539 votes (15 percent)
John Stedman: 6,464 votes (15 percent)
Stacey Browe: 3,830 votes (9 percent)

KENT COUNTY 17TH CIRCUIT COURT JUDGE (two candidates advance)

Curt Benson: 18,867 votes (39 percent)
Joe Rossi: 16,923 votes (35 percent)
Thomas Murray Jr.: 12,107 votes (25 percent)



Kristin Johnson and Mark Johnson
protect all your moments

Business



616-940-8181 | 6095 28th St. SE, Ste. 4, Grand Rapids
FarmBureauInsurance.com

HOST AN EXCHANGE STUDENT TODAY!

(for 3, 5 or 10 months)



Marco from Italy, 17 yrs. Loves soccer and would like to learn to play baseball. Marco is a fun person and enjoys the outdoors.



Julie from Denmark, 16 yrs. Enjoys gymnastics, swimming and photography. She's positive, fun loving and easy to get along with.

Make this year the most exciting, enriching year ever for you and your family. Welcome a high school student, 15-18 years old, from Italy, France, Norway, Denmark, Spain, Germany, Brazil, Thailand, or China as part of your family for a school year (or less) and make an overseas friend for life. For more information or to select your own exchange student please call:

Someone at 651-246-0673 or
Marcy at 1-800-888-9040 (toll free) or e-mail us at info@world-heritage.org

For privacy reasons, photos above are not photos of actual students.



www.whhosts.com

World Heritage is a public benefit, non-profit organization based in Laguna Beach, CA.

Plague band members reminisce about their teenage days while playing music in Lowell

by Tim McAllister
contributing reporter

The Plague, later known as Scragg Zoster, were one of the most popular rock-and-roll bands in Lowell in the 1960s. The band released a single and an LP and they played at nearly every Battle of the Bands, teen center and high school dance in the Lowell area, across Michigan and various spots in the Midwest.

For most of their existence the Plague was Mitch McMahon on vocals and guitar, Dave Jones on keyboards, Denny DeWitt on guitar, Rick Seese on drums and Dale Kropf on bass. In the 1970s when they changed their name to Scragg Zoster they added Cindy Adams on vocals. The Plague story started at the eighth grade variety show in 1966 when the group played together publicly for the very first time.

"We wore white pants and white shirts and thought we were cooler than heck," Kropf said. "We did 'Sloop John B' by the Beach Boys and 'Over and Over' by the Dave Clark Five. I was the lead singer and played harmonica."

They were still deciding on a name when they played their first several shows.

"The Minutemen was our first name, then we were called the Oujias," McMahon said. "Bob Keit took over as our manager and he said, 'You guys sound like the plague!' He was a senior when we were freshmen. He must have heard us at a dance."

"He discovered us," Jones said.

"He stole all our money," McMahon said. "Make sure you get that in there! He took all of the money out of our bank account."

"It was our first experience with an agent," Kropf said. "He took more than 20 percent."

"He drained the whole bank account," McMahon said. "It was like \$150."

"His excuse was that he had more than that he still owed on a PA system," Seese said.

The band practiced at each others' homes, barns and garages, as well as in the McQueen Motor Company building at 1450 W. Main, which is currently the home of Showboat Automotive.

"We would just rotate houses," Kropf said. "When dad owned the [McQueen] dealership, we went down there. It was easy because you'd pull up with the trailer, unload the stuff, play, pack the stuff up and go."

Plague members



Members of the Plague pictured together on July 14, 2016.

said they started a band together because it gave them something to do when they weren't playing school sports.

"That was our Nintendo, that was our Xbox, that was our Pokémon GO," McMahon said. "That's all we did. We practiced all the time. There was nothing else to do."

"You had football, basketball and baseball; there were only three sports," Kropf said. "There were no girls' sports. There was nothing. Pom poms and cheerleading, that was it for girls."

"It was sports and music, that's all we did," Seese said.

"There was nothing else to do," Kropf said. "You didn't go home and sit yourself in front of an Xbox, you'd get together with your friends and play music. That was the best thing. It was great. We had a lot of fun."

"We even used to practice on Thanksgiving," Jones said. "We used to practice all the time. We loved it."

Another popular location to hear the Plague was at the teen center downtown. They also had plenty of adventures traveling around the area.

"There was a teen center across from where the Showboat is right now," McMahon said.

"It's on the corner," Seese said. "They're using it for storage. The very end of it to the north of the chamber building, that was the teen center."

"The old bleachers for the Showboat were up on the roof of that," McMahon said.

"Somehow they let us rehearse there," Jones said.

"We used to play all the Friday night dances around the Tri-River back then," Kropf said.

"They had live entertainment back then. We'd do Sparta, Belding, Kenowa Hills, Lowell... We had our little trailer full of stuff and away we'd go."

"We'd get \$25, \$5 apiece," McMahon said. "One time when [we] were in eighth or ninth grade we played a private birthday party at Fox's Corners and got paid \$5 and a gallon of A&W root beer."

"One time I was pulling the trailer with all the stuff in it and I was driving," Jones said. "We were going down Fallsburg. You can go straight or you can go to the left, there's a little

that was way the heck over on the other side of the state."

"We played several Battle of the Bands," Jones said.

"Battle of the Bands was a big thing. Each band would play a 20 or 30 minute set. We won quite a few. Remember the one in Belding?"

"I had to shave my head for football," McMahon said. "Everybody else had the long hair and Rick and I had to shave our heads."

"There was the big state competition in Rockford," Kropf said. "Remember, we bought those brown corduroy jackets? We wore some outfits."

"There were some hot bands in this area then," McMahon said. "Lyn and the Invaders, the Fredric, the Shags, Don and the Wanderers, Phlegethon, the JuJus, Blind Man's Bluff..."

Even though they eventually recorded an album full of original songs, the Plague exclusively played covers of popular songs at their shows.

"Originals wasn't really the big thing, it was covers," Kropf said. "Now it's originals and cover bands are kind of..."

"We did Rare Earth, that was a big one," McMahon said. "We covered Spirit,

the Young Rascals, the Chambers Brothers, Cream, we did some great Beatles' covers, the Ventures, Buffalo Springfield, Mitch Ryder and the Detroit Wheels, 'Louie Louie,' 'Gloria,' 'Farmer John,' 'Wipeout,' 'Little Black Egg,' 'Ramblin' Gamblin' Man,' all the classics."

"All the good stuff," Jones said. "Whatever was a hot song."

"Or whatever we perceived was good," Seese said. "We worked hard to learn the songs."

Playing in a rock band sounds like a fun hobby, but when a group becomes successful and gets lots of paying gigs, somebody has to keep track of the money generated by what has suddenly become a small business. One band member stepped up and took on those responsibilities.

"[Seese] did all our bookkeeping," McMahon said. "When we got rid of our manager, Rick replaced him."

"I did?" Seese said, laughing.

"He did all the book work after we got rid of Bob Keit," Jones said.

"He signed all the contracts and did all the negotiating," McMahon said. "That's how he became a real estate dealer. He got his training with the Plague!"

"I owe it all to the Plague," Seese said.

The Plague's success made it possible for them to record a single at Smitty's Recording Studio, 1527 Emerson NW, Grand

Band members reminisce, continued, page 10



The Plague's single, which was recorded in Grand Rapids in 1969.

fork in the road. I said, 'Go straight!' and somebody said, 'Yeah,' so I started to go straight and everyone went, 'No! No! No!' I turned to make the curve, I didn't know what happened but Dale said the trailer was up on one wheel."

"We were driving home one night from Cedar Springs when a snowstorm hit," Kropf said. "The windows froze down and we drove all the way home with the windows open, snow flying into the car."

"We played for Hudson High School," Seese said. "That night when we played for their dance after their football game, they had just lost their first football game in 56 games. They held the state record for longest winning streak. We tried to cheer them up."

"We didn't have enough slow, sad songs for that," McMahon said. "Hudson,



Scragg Zoster performing at an unknown location in 1972.

Young artists express themselves during Summer Arts Explosion

by Kathryn Atwood
contributing reporter

Young artists gathered at Lowell's Impact Church last week for the 2016 Summer Arts Explosion which celebrated the arts with sampler classes.

Local residents shared their artistic passion with 128 first- through ninth-grade students with more than two dozen classes during a four-day arts camp. Classes ranged from watercolor, woodworking and crochet to the technical art of movie making, photography and studio recording.

Sixth grader Katie Stauffer was among the participants who signed up for three classes. "I took musical production and girls hip hop," she said. Going on to elaborate on her third choice, a movie making class, "I decided to take it so I could learn more about movie making. My experience with the class was fun and enjoyable."

Class instructor Cody Knott, who serves as Impact technical arts director, reports that Stauffer was a natural behind the camera in the production of the class' short film. "Katie is a better videographer than I am. And

she's only 12. I got some catching up to do."

Other classes included percussion classes led by members of local rock band Off The Radar, a studio recording class directed by local musician Ryder Jones and a cooking class incorporating the love of reading instructed by Lowell teacher Becky DeVito.

Outside options consisted of woodworking, messy art, photography and new option Guerilla Art.

Guerilla Art made its way around the community as students created and installed small art displays throughout the city, like small paper birds placed in trees along Main Street and a rock mural on the shores of Pebble Beach.

The whole experience was capped off with a celebration where youngsters showed off their newly harnessed skills with performances and gallery style displays.

All of Impact's youth art programs are open to the public. The next Arts Explosion will take place this winter with additional classes and a Christmastime make and take party.



Members of the first Guerilla Art class with their nature art installation at Pebble Beach.



Clockwise from top left: Students make a variety of tie dye creations under direction of Branch Adventures crafts director Abbigail Hale.

Sixth grader Katie Stauffer with film production teacher Cody Knotts during the making of their mini movie.

Second- and third-grade girls perform their ballet routines at the finale of the Arts Explosion.



Band members reminisce, continued

Rapids, in 1969. The single contained two original songs called "Somebody Help Me" and "Hard To Wait (I Need You)." In 1970 they recorded a full, 30 minute album of originals at Smitty's, which was in the basement of a home owned by "Mr. Smith," a WOOD-TV cameraman. The singles were made as keepsakes for the band, their families, friends and fans and were briefly for sale at Lippert's Pharmacy. The albums were delivered with blank, generic, white covers. Some copies have hand-drawn cover art.

"We didn't sit down and write an album, the album is just all the songs that we had written over the years," McMahon said.

With only a few hundred copies pressed, both Plague records are rare and sought-after by record collectors. Copies sell on eBay for hundreds of dollars.

"We had a collector come to town maybe 10 or 15 years ago," McMahon said. "I got a call out of the blue that said, 'Are you McMahon of McMahon/Jones?' I thought it was one of my friends pranking me. Turns out it was a guy from across the state. He was

coming to Grand Rapids. Somebody had heard the single. If you're a collector and somebody else has one, you want one just like that. I said 'Yeah, I don't have any but I'm sure we've got some of these around.' I said we had more copies of the album than the single. He went, 'You have an album?!' The people that collect that kind of music, nobody had any of this. Dave and I met him down at the 7-Eleven and he gave us \$20 for each album and \$10 for each single. I sold all of mine."

"I've got two more, they're stuffed in between my Led Zeppelin albums," Seese said.

One song got a bit of airplay on WLAV until the station pleaded with them to stop requesting it.

"We got a little airtime with the 45 on LAV," Seese said.

"I remember when Tom Coors climbed up the side of the building and handed it to Aris Hampers," McMahon said. "We couldn't get anybody to answer us, nobody would play it, so we went down there."

"I remember going into the building," Jones said.

"I think when you were doing that, Tommy just said,

'The heck with it! There they are, right up there,'" McMahon said.

"I remember going up the steps and talking to them and they said, 'Okay, we'll play it,'" Kropf said. "We ran down the steps as fast as we could, put the car radio on and it was playing."

"We got all our friends to call in and request it and they finally just said, 'Stop calling,'" McMahon said.

"It was the big hit of the week and then they went, 'No more,'" Seese said.

"They actually made an announcement over the radio, 'Stop calling,'" Jones said.

The Plague also made a two-minute-long film called "Bonnie and the Plague," which recently surfaced after decades gathering dust in a closet. It's no "Hard Day's Night," but it's a cute little movie that offers a fleeting glimpse of a Lowell that doesn't exist anymore.

"We were cutting edge," Kropf said. "We did that in 1968 or 1969. We had guns and we were shooting them; we jumped into the back of a truck and took off. We go down and rob my dad, we shoot him and he falls and dies on the floor. Then we get into the safe,

we take the cash and put it in a paper bag. Then all five of us get shot."

"Bonnie and Clyde' with Warren Beatty was just in theaters then," McMahon said. "We were just having fun."

When the fellows graduated from high school, they changed the name of the band to Scragg Zoster.

"These guys graduated in '70 and I graduated in '71," Seese said. "After you graduated was when we became Scragg Zoster."

"We looked in the dictionary for goofy words," Kropf said. "A 'zoster' was a shrunken girdle and 'scragg' meant skinny, so a 'Scragg Zoster' is a skinny, shrunken girdle."

"We just came up with two stupid words, that's all," Seese said. "Scragg Zoster is the only thing that Google will not come up with results for."

"We were the Plague from '66 to '70," McMahon said. "Then we were Scragg Zoster for maybe a year or two."

The band broke up when the members' college plans interfered with their gig schedule.

"College, that was number one," Kropf said.

"We made \$80 a weekend, which was huge money back then."

"We were really ready to do it for a living, but we couldn't," McMahon said.

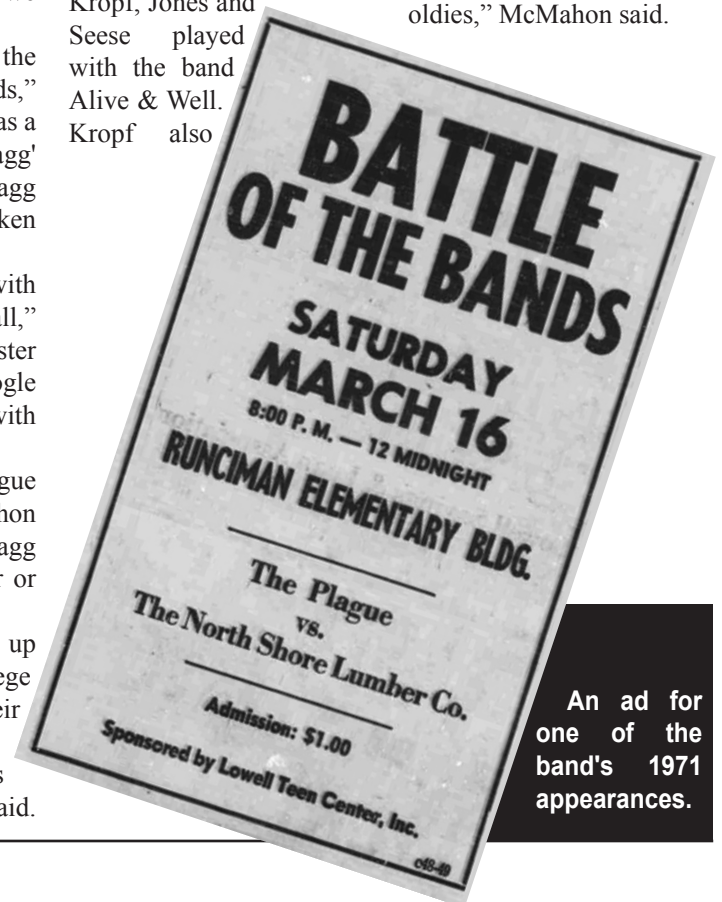
The Plague/Scragg Zoster reunited to play a couple charity gigs in 2001, but have not played together since then. All of the members of the Plague are still involved with music. Seese helps organize the summer concert series.

Kropf, Jones and Seese played with the band Alive & Well. Kropf also

plays bass for the Adams Family; they are performing on the Showboat on Aug. 25. Jones, McMahon and Seese are all members of Time Hungry, which used to be known as the Great Lakes Band. They said they have no current plans for a Plague reunion, but they did not rule out the possibility.

"That would be fun, wouldn't it," Kropf said.

"We should get together every year and play the oldies," McMahon said.



Looking Back, continued

75 years ago The Lowell Ledger Aug. 14, 1941

Be sure to see 4-H Club Fair. The Kent County 4-H Club fair at Lowell next week Wednesday, Thursday and Friday promises to be one of the best of its kind to be held anywhere in the state. Note the following highlights:

Bicycle Races. One of the features of the 4-H fair program on Wednesday will be the bicycle races. Contestants will be classed into 3 groups, group A, 10-12 years, group B, 13-16 and group C, 17 years or older. Cash prizes will be awarded to 4 winners of each group. The race will cover the ¼ mile track at Recreation Park.

Pet Parade. On Wednesday afternoon at 4 o'clock the annual pet parade will be held. Prizes will be awarded for the best trained pets, best looking pets, etc.

Wednesday Evening Program. The Lowell High School band will give a concert Wednesday evening starting at 7:30 p. m., after which will be the baton twirling contest. Several entries have been received and should prove an interesting part to the program. A wild west horse show will be staged by Toas ranch of Grand Rapids and Del Rio ranch of Ada, featuring cattle roping, steer riding and various other attractions. Another fine program will be given on Thursday evening.

George Wittenbach a coming stockman. George Wittenbach, local F. F. A. student and graduate in last year's senior class, has very successfully made an entrance into the hog show business. George has Duroc Jersey hogs, having started as a project for the local high school agriculture department. He has a herd of nine pigs at the Ionia Fair and has placed as follows: 1st in junior yearling boar, 3rd in ages sow class, 3rd in junior boar pig, 3rd in exhibitors' herd and 3rd in produce of sow. George was also awarded Class A on his purebred Jersey heifer and 1st in showmanship contest and as a result was awarded the Welch Chemical silver loving cup for his work. Boys like George are a credit to any community.

50 years ago Lowell Ledger Aug. 11, 1966

New disposable dust mop! One of Grand Rapids' leading manufacturers of consumer products, Bissell, Inc., has once again proven the fact that people living in and around the City of Grand Rapids, including those living in Lowell, know a good thing when they see it, because when it is offered for sale, they buy it... they are good judges of products and services. In June, Bissell, Inc. introduced into our area a new Disposable Dust Mop in a test campaign. The item has been well accepted and has already proven its worth and more.

4 cows perish in barn fire. The Alto-Bowne township fire department was called to the Robert Clark farm on Morse Lake Avenue, last week, where a blaze had broken out in a barn.

Mr. and Mrs. Chas. Colby, Brian and Susan, Mr. and Mrs. J. E. Colby, Mr. and Mrs. Geo. Wieland and Bill spent Monday evening with Mr. and Mrs. Walter Wieland and enjoyed the moving pictures of Richard Wieland, which he took while he was stationed on the war carrier, Kitty Hawk, in the Pacific for about nine months.

25 years ago The Lowell Ledger Aug. 14, 1991

Parnell man has shoulder broken in dump truck/train collision. Craig Stevens transported to Butterworth Hospital by AeroMed. It was the second grey dump truck that Rugey's Excavating, Greenville, has owned and later totaled. If Bill Rugey has his way, it will be the last. Rugey was working with his partner, Craig Stevens, putting in a sewer on Grand River Drive Friday morning. Stevens drove the dump truck across the street where he dropped off a flatbed trailer. According to Kent County Sheriff Department Deputy, Jim Rathbun, he then backed across the tracks apparently not stopping to check for a train. Stevens, 36, Parnell, was broadsided on the passenger's

side of the truck by an eastbound Central Michigan Railway train. The train traveled a quarter mile after hitting the dump truck before coming to a stop. Greg VanStrein, owner of VanStrein Cattle Company which sets to the north of the tracks, said he was down at the creek when he heard the train go by. "I heard a loud thump and then saw smoke and steam," he said. "I then called 911." Rugey, hearing the noise, went to find his partner. "He had been thrown out of the truck and was laying behind the cab," he said. "I was really impressed with the response time," Rugey said. "All of them were great." Lowell Fire Chief Frank Martin said Stevens wasn't conscious when they arrived on the scene, but was aware by the time he was loaded into AeroMed.

Open Meetings Act almost brings special meeting to a close. Working together for the common good of the community and the Lowell School System, the City of Lowell, Vergennes Township and Lowell School officials met Wednesday in a closed session meeting to discuss the possibility of a water and sewer agreement between the City of Lowell and Vergennes Township which would help clear the way for a new high school in Vergennes Township. The closed session was almost thwarted by the Open Meetings Act. Vergennes Township Board member Al Baird started into the meeting Wednesday night, but changed his mind when he heard his presence at the meeting would give the Vergennes Township Board a quorum and thus change the meeting from a closed to an open meeting. Baird returned to his car in the parking lot across the street from City Hall for the duration of the closed session meeting. "This was supposed to be a closed session meeting and I didn't want to break any rules," Baird said. Lowell City Manager Dave Pasquale said had Baird come into the meeting, those in the meeting would then have had to decide whether they wanted to continue discussions under an open meeting forum or whether to ask one of the governmental officials making up a quorum to leave the meeting. Cook said the reason the confusion was generated when Baird could not be reached (out of town) to notify him that only two of the three Vergennes Township Board members were needed to be present at the closed meeting.

EARTH TALK™

Questions & Answers About Our Environment

Dear EarthTalk: What is fusion energy and why are environmentalists so bullish on it? - *Mickey Brent, Milwaukee, WI*

Nuclear fusion may be the most promising energy source that most of us have never heard of. Scientists first discovered fusion as a potential energy source in the 1930's and have been quietly working on it ever since. Only recently, given societal pressure to find alternatives to fossil fuels, has fusion started to capture the attention of the media and policymakers—and now researchers are hoping the process can become a key source of safe, clean, reliable energy in the near future.

Nuclear fusion is the fusing of two atoms into one. Fusion is very different from fission, in which atoms are split in half. Although both emit energy, fusion emits much more. Fusion takes an immense amount of heat and pressure and is the reaction that happens inside of stars, including our own sun. The temperature at the center of the sun is around 15 million Kelvin (27 million degrees Fahrenheit)! Scientists have achieved temperatures of around 100 million degrees inside experimental fusion devices but have yet to make the process net energy positive. The issue with doing reactions at such high heats is that the heated substance cannot touch anything or the container will melt. Therefore, fusion reactions are done in a donut of floating plasma, suspended by magnetic fields.

When compared to other energy sources, fusion energy seems like it might be our best bet in the long term. Compared to fossil fuels and renewable energy sources, fusion is wildly more efficient and no more dangerous. Fusion is three to four times more efficient even than nuclear fission, without the downsides such as the risk of nuclear meltdown or dirty bombs. While nuclear fission requires uranium to function, fusion reactors only require deuterium, which occurs naturally in seawater, and tritium, which can be produced through a reaction of deuterium and lithium. These low raw material costs cause fusion to be considered a potential source of limitless energy. Due to the



The EU, US, China, India, Korea, Russia and Japan have all contributed to the ITER fusion reactor currently under construction in southern France.

low radioactivity of fusion, even in the case of an explosion, radioactivity would be contained to the reactor site. Fusion reactors' small input and extremely high output have made them a popular idea.

So what are the drawbacks of nuclear fusion? Or is it the perfect energy source? Most critics of fusion energy point to the timeline as its greatest weakness. The majority of projections see 2050 as the first year fusion reactors could be commercially available. This is too late for fusion energy to solve our current energy crisis. Some environmentalists claim that funding for fusion energy could be better spent on renewable sources such as solar and hydro that give us clean energy now. Another concern with fusion is public opinion. People tend to be wary of anything nuclear, if only because of the incredible devastation of nuclear bombs. While nuclear fusion is far safer than fission, many activists in France, for example, are protesting all forms of nuclear energy.

The biggest fusion energy project in the world is called the ITER which means "the way" in Latin. ITER is located in Southern France and funded by the European Union, the U.S., China, India, Korea, Russia and Japan. ITER will be a fusion reactor used for research and is currently under construction. Current plans are for ITER to be ready for the first test of plasma by 2025. The main other research on

fusion energy is being done at the Massachusetts Institute of Technology (MIT). Though commercial fusion reactors are far from a reality, the abundant raw materials and high safety, paired with enormous energy output, make it an outstanding possibility for the future.

CONTACT: ITER, www.iter.org.

EarthTalk® is produced by Roddy Scheer & Doug Moss and is a registered trademark of the nonprofit Earth Action Network. To donate, visit www.earthtalk.org. Send questions to: question@earthtalk.org

Blood donations urgently needed in the final weeks of summer

The American Red Cross urges blood donors to give in the final weeks of summer to help overcome a critical summer blood shortage.

The summer months are among the most challenging times of years to collect enough blood and platelet donations to meet patient needs. Many regular donors delay giving while they take vacation and participate in summer activities. The need for blood doesn't take a summer break though.

Two summers ago, Kelly Griswold was involved in a life-threatening jet-ski accident while vacationing. She was airlifted to a hospital and underwent three surgeries over the course of two days. Griswold, a blood donor prior to the accident, suddenly knew what it was

like to be on the receiving end of blood donations. "Without the support of people that can give blood, the ones who have needed it would not be here today – myself included."

Donors of all blood types are urgently needed to give now to help ensure blood is available for patients in need. Those who donated blood earlier this summer may be eligible to donate again. Blood can be safely donated every 56 days, and double red cells can be donated every 112 days. In appreciation for helping to save lives, those who come to donate blood or platelets with the Red Cross now through Aug. 31 will receive a \$5 Amazon.com gift card claim code.

Schedule an appointment to give blood by downloading the free Red

Cross Blood Donor App, visiting redcrossblood.org or calling 1-800-RED CROSS (1-800-733-2767). To help reduce wait times, donors are encouraged to make appointments and complete

the RapidPass online health history questionnaire at redcrossblood.org/rapidpass.

Upcoming blood donation opportunities in Kent County:

Grand Rapids

8/16/2016:
12 p.m. - 4:45 p.m.,
Total Health Chiropractic,
172 East Paris

8/26/2016:
11 a.m. - 4:45 p.m.,
BSI HEALTHCARE,
946 52nd St SE

A-1 MOBILE ROOF-OVER SYSTEM

Michigan's Oldest and Finest Roof Replacement System
FREE ESTIMATES

12x60 \$3280 Installed 14x70 \$3980

Conserves Energy • Made in Michigan

1-800-872-2089
www.mobilehomeroofsmi.com

SUPPORT OUR LOCAL Shops & Restaurants

We want to be your **Other Family Doctor.**

- Sick or Injured Animals Seen Same Day
- Evenings & Saturday Hours Available
- Early Drop-offs & House Calls
- 24-Hour Emergency Service
- Science Diet Pet Foods
- Boarding & Grooming

Call 897-8484
11610 East Fulton Street • Lowell, Michigan

ANIMAL HOSPITAL OF LOWELL

obituaries

HUNT

Dorothy Jean Hunt, age 82 of Lowell, passed away Sunday, July 31, 2016. She was preceded in death by her parents, Albert and Mabel Morris; mother-in-law, Leona B. Hunt; sisters, Peg Biddenger and Helen House; brother, Albert Morris Jr.; and granddaughter Jessie Hunt. She is survived by her husband of 64 years, Clinton E. Hunt; brothers, William Morris and Jerry Morris; children, Leo Hunt, Lori (Dennis) Nowak, and Joey Hunt; extended family, Barry (Jeanette) Hunt, John (Sharon) Hunt, Carol (Larry) Wingeier; grandchildren, Matthew (Natasha) Nowak, Chad (Lindsey) Nowak, Timothy (Christine) Nowak, Joey (Kristyn) Hunt Jr., Bryan Nowak and Tiffany Hunt; great-grandchildren, Tyler and Garrett Nowak, Margaret and Annabelle Nowak, Natalie and Jocelyn Thompson, Penelope and Finnian Nowak; also many nieces and nephews. Dorothy worked for the Lowell School System for many years in the kitchen. She taught cake decorating for adult education and made cakes and cupcakes for many occasions. She collected Precious Moments and had quite the button collection. Bingo was her passion! A memorial will be held at an announced later date. Contributions may be made to Fountain View Assisted Living, 11537 Fulton St. SE, Lowell MI 49331; or Great Lakes Caring Hospice, 630 Kenmoor Ave. SE, Suite 200, Grand Rapids MI 49546.



MCMAHON

Roger J.F. McMahon, born October 19, 1932 in Lowell, Michigan passed away on August 3, 2016 in Grand Rapids, Michigan. Roger attended Lowell HS earning 9 varsity letters before graduating in 1950. He attended Central Michigan University and was commissioned in the US Air Force in 1954. He served in the North American Air Defense Command (NORAD), The Strategic Air Command (SAC), and the US Strategic Recon command before retiring as a Lieutenant Colonel in 1976 in Yuba City, CA. He then had a second career as the General Manager of the Pacific Coast Quarter Horse Association in Sacramento. He was also a substitute teacher in the Yuba Sutter area. After the passing of his wife of 47 years, Charlyn (Croninger), he moved back to Michigan in 2002. He is survived by his son Brian McMahon (Elaina) of Ridgecrest, Ca; his daughter, Leian Ellis (Randal) of Yuba City, CA; granddaughter, Stephanie Stevenson (Charles) and great-granddaughter, Noel of Yuba City, CA; one sister, Gail Dorn and one brother, Frank McMahon both of Michigan. Private services and inurnment will be held in Lowell, Michigan.



ORMISTON

Jon Nolan Ormiston, 69, of Columbiaville, passed away on August 8, 2016. He was born on February 3, 1947 in Olean, N.Y. Jon and his family moved when he was a young boy to Mt. Pleasant. He graduated from Mt. Pleasant Senior High School class of 1965. After graduation he served honorably with the U.S. Army in Vietnam. Jon was a small business owner in Lake Orion for many years and was a member of the Rochester Men's Group - Class of 1985. Upon his retirement, he enjoyed doing what he loved best, traveling. He loved being on the open road and seeing our beautiful country. Visiting lifelong friends and making many new ones along the way. He enjoyed golfing, and most of all, spending time with family and friends. He will be sadly missed by all who knew him. Predeceased by his parents, Harry and June Ormiston. He is survived by his children, Heather (Peter) Merren of Greenville and Jason Ormiston of Greenville; grandchildren, Henry and Owen Merren; siblings, Steve (Karen) Ormiston of Columbiaville, Paul (Marilyn) Ormiston of Midland, Jim (Kathy) Ormiston of Lowell; and many nieces and nephews. Memorial gathering will be held on Saturday, August 13, 2016 from 5 pm until the time of service at 7 pm at Pixley Funeral Home, 322 W. University Dr., Rochester, MI 48307. Please share your condolences at www.pixleyfuneral.com

RIEMER

Betty Jeanne Riemer, age 90, passed away peacefully late Friday, August 5, 2016 at her son's home in Greenville under the loving care of her family and Spectrum Health Hospice. She was born October 27, 1925, the daughter of Raymond and Glennis (Buck) Nielsen. She graduated from Lowell High School. On January 21, 1946, she married John J. Riemer II. After 61 years of marriage, he preceded her in death in 2007. She was also preceded in death by her sisters, Virginia Lacy Flynn, Lorraine Mohr and Caryl Kasteline. She is survived by her four sons and their wives, John and Karen of Greenville, Richard and Melissa of Stanton, Ross and Pamala of Sandy Pines and Englewood, FL and Bradley and Margaret of Lowell; 12 grandchildren; 21 great-grandchildren; two great-great-grandchildren; sister, Arlene and Gene Rackow; brother, Raymond Nielsen; brother-in-law, Gerald Kasteline; sister-in-law, Betty Riemer of Howard City; and many nieces and nephews. Betty worked at Old Kent Bank until her retirement in 1987 and she and John moved to Florida, where they lived until his death. Betty moved back to Michigan in 2008 to be near her children and their families. In 2013, she moved to Green Acres Retirement Living, Greenville. Her family would like to especially thank the staff there for the wonderful care she received. Private family services will be held at a later date. Memorial contributions in her memory may be given to Green Acres Retirement Living or Spectrum Health Hospice. Hurst Funeral Home is serving the Riemer family and memories and messages of condolence may be shared at www.hurstfh.com



LEDGER OFFICE HOURS

Monday - Thursday: 8 am - 5 pm
 Friday: 8 am - Noon
 Closed Sat. & Sun.
 P.O. Box 128
 Lowell, MI 49331
 897-9261

Hit a home run with Social Security

A home run is a highlight of any baseball game. The fans cheer with excitement to see a player rocket the ball into the stands. So, what are you doing to prepare for your retirement home run? Your goal should be to get past first, second and third base and make it home with a hefty plate of savings. Social Security has many tools to help you achieve financial security. Take the first step and visit www.socialsecurity.gov/myaccount. The benefit of having a *my Social Security* account is that it gives you access to your personal *Social Security Statement*, verification of correct earnings, and an estimate of your early retirement benefits at age 62, full retirement age of 66, and delayed age at 70. We protect your information by using security features and strict identity verification to detect fraud. In Michigan, you can request a replacement Social Security card online. In addition to using your personal *my Social Security* account to prepare for a comfortable retirement, you can visit www.myra.gov. At *myRA*, you can access new retirement savings options from the Department of the Treasury. This service is designed for the millions of Americans who struggle with saving for retirement — it's an easy and safe way to help you take control of your future. Having both *my Social Security* and *myRA* accounts in place, you're guaranteed to hit a home run in successfully planning for your future. Learn more about all of your choices at www.socialsecurity.gov.



PUZZLE SOLUTIONS

S	T	A	M	P	A	R	C	L	A	D	Y		
C	A	N	O	E	B	Y	E	C	O	B	R	A	
A	B	O	D	E	L	E	A	A	G	L	O	W	
D	U	N	A	W	A	Y	S	T	R	E	E	P	
			L	E	I	N	E	E	D				
F	A	R	E	L	B	E	E	I	G	H	T	S	
O	D	E	S	E	R	R	S	A	L	A	R	M	
N	O	D	E	D	A	V	I	S	E	T	U	I	
D	R	I	E	S	G	O	B	I	N	E	T	T	
A	N	D	R	E	A	U	S	E	R	S	H	H	
			E	G	I	S	G	O	O				
	K	E	A	T	O	N	H	E	P	B	U	R	N
F	E	T	C	H	L	E	O	E	E	R	I	E	
I	N	A	N	E	A	V	E	R	A	S	E	S	
N	O	S	E	W	A	R	S	H	A	L	T		

6	2	3	8	9	7	1	4	5				
8	1	7	4	3	5	6	9	2				
4	5	9	1	2	6	8	3	7				
2	7	4	6	5	1	3	8	9				
5	3	6	2	8	9	4	7	1				
9	8	1	7	4	3	2	5	6				
7	4	8	5	1	2	9	6	3				
1	9	5	3	6	8	7	2	4				
3	6	2	9	7	4	5	1	8				

SMART EATS FOR SUMMER

FAMILY FEATURES

Whether hitting the road for a vacation, enjoying the great outdoors and warm weather or simply spending time with family and friends, your summer schedule is likely anything but slow. An on-the-go summer lifestyle requires energy, and portable meals and in-season ingredients are keys to a healthy eating strategy that can power you through the season.

You can start by identifying foods that will keep you satisfied and energetic – and foods that are low in carbohydrates are a perfect fit. If you are looking for recipes and tips, Atkins is a good place to turn to as it offers a balanced diet, with reduced levels of refined carbohydrates and added sugars, and is rich in protein, fiber, fruits, vegetables and good fats.

These recipes show how deliciously simple it can be to enjoy low-carb eating with fresh fruits and vegetables, such as blackberries, cucumber and avocado, in flavorful salads and refreshing beverages perfect for a break in a busy summer day.

Find more recipes and tips to help you achieve a healthier lifestyle at Atkins.com.

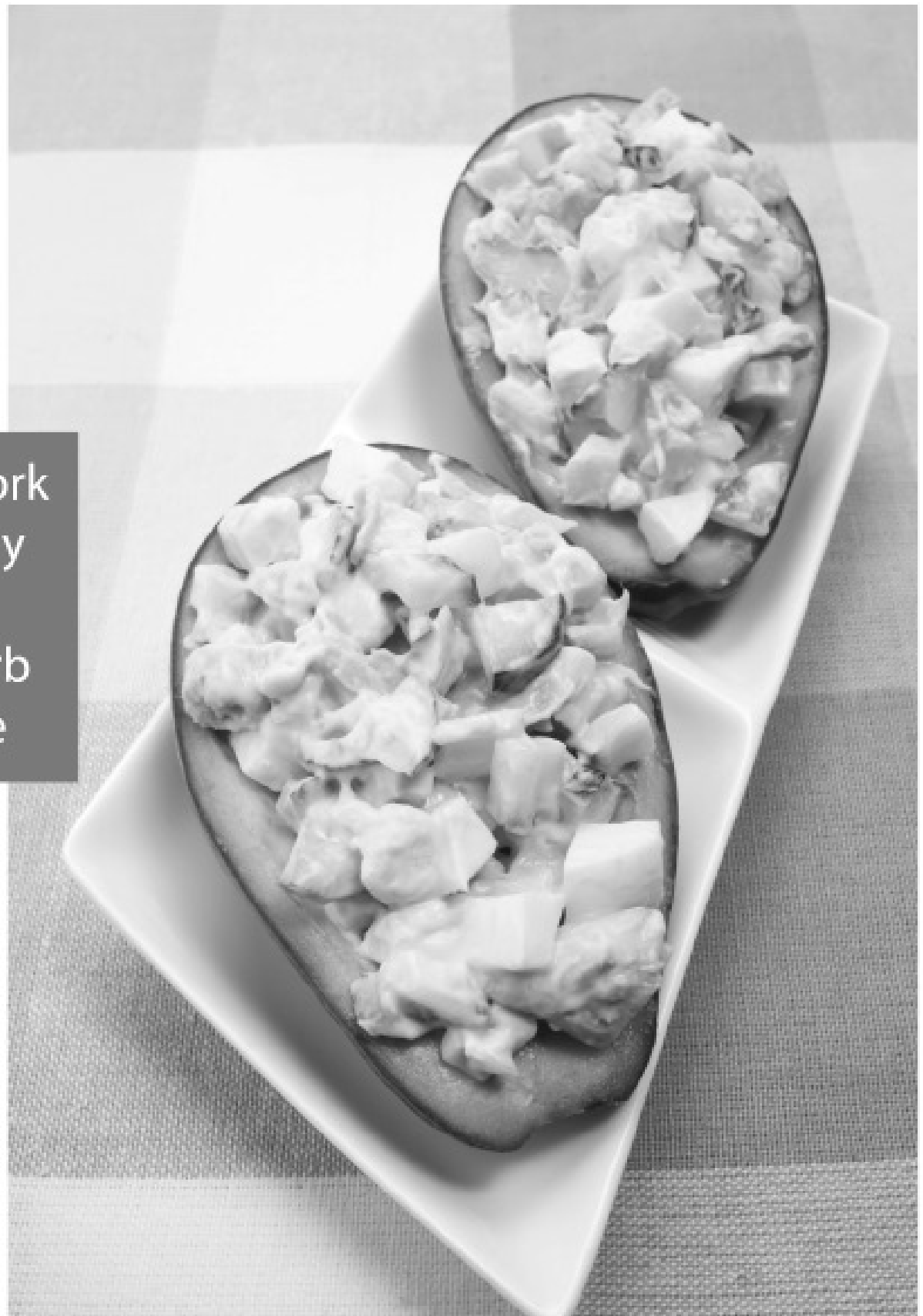
Crab and Avocado Salad

Prep time: 20 minutes
Servings: 4

- 3 tablespoons mayonnaise
- 2 tablespoons fresh lime juice
- 1 teaspoon cumin
- 1/2 teaspoon paprika
- 16 ounces canned crab
- 2 medium (7 1/2-8 inches) stalks celery, diced
- salt
- freshly ground black pepper
- 1 avocado, skinned, seeded and cubed
- 3 cups chopped watercress

In large bowl, mix mayonnaise, lime juice, cumin and paprika. Add crab meat and diced celery. Mix well; add salt and freshly ground black pepper, to taste. Gently stir in avocado cubes. Divide watercress on four plates; top with salad.

Fuel work
and play
with a
low-carb
lifestyle



Photos courtesy of Getty Images

Power Up with Protein

Whether you're headed to the gym or trying to power through a busy summer day, protein bars and drinks provide a steady fuel source. Many high-protein and high-fiber snacks can create sugar spikes and crashes, so it's important to look for a protein boost that is low in carbs and sugar, such as Atkins Lift protein bars and drinks.

Lift contains high-quality ingredients, including whey protein and coconut oil in the bars and whey protein, no sugar and no artificial color or flavors in the drinks. The bars range from 20 to 21 grams of protein and contain five grams of net carbs, while each beverage has 20 grams of protein and two or less grams of net carbs.

Almond-Pineapple Smoothie

Prep time: 5 minutes
Servings: 1

- 1/2 cup (8 ounces) plain yogurt
- 2 1/2 ounces fresh pineapple
- 20 whole blanched and slivered almonds
- 1/2 cup unsweetened almond milk

In blender, combine yogurt, pineapple, almonds and almond milk and puree until smooth and creamy.

Note: Other low-carb fruits or nuts can be substituted for pineapple and/or almonds.



Blackberry Spinach Salad with Goat Cheese Medallions

Prep time: 20 minutes
Cook time: 10 minutes
Servings: 6

- 1 large egg
- 1 ounce soft goat cheese
- 1/4 cup halved pecans
- 1/4 medium sliced (1/8-inch thick) red onions
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon cinnamon
- 1 tablespoon xylitol
- 12 ounces blackberries, divided
- 1 1/3 tablespoons balsamic vinegar
- salt
- black pepper
- 9 cups baby spinach
- 30 cherry tomatoes

Heat oven to 350 F.

In small, shallow bowl, whisk egg. Cut goat cheese into 12 1/2-inch rounds or roll into 12 equal balls and flatten. Dip each round into egg mixture and then roll in pecans, pressing them into cheese, if necessary.

Place rounds onto sheet pan and bake 10 minutes, or saute in pan over medium-high heat, about 5 minutes per side. Remove from oven or pan and allow to cool slightly.

In saute pan over medium heat, cook onion in oil with ground cinnamon and granular sugar substitute, about 3 minutes. Add 6 ounces of blackberries and smash each with a fork. Cook 3-4 minutes then add balsamic vinegar and season with salt and black pepper.

Cook another 2 minutes, remove from heat and allow to cool. Dressing can be used warm or cooled further. Add lemon juice or water if thinner consistency is desired.

Combine spinach, tomatoes and remaining blackberries. Toss with half of the dressing then place goat cheese medallions on top. Serve with remaining dressing on the side.

Recipes courtesy of Atkins.com.

On a Roll

When your wheels are spinning too fast to stop, a roll-up is the perfect snack to recharge. These low-carb options are ready in minutes and easy to enjoy on the go.

Smoked Salmon, Cucumber and Cream Cheese Roll-Up

Prep time: 5 minutes
Servings: 1

- 2 tablespoons cream cheese
- 3 ounces smoked Chinook salmon
- 1/2 cucumber

Spread cream cheese onto smoked salmon, place cucumber at one edge and roll up with salmon and cream cheese.

Vegetarian Turkey, Swiss and Asparagus Roll-Up

Prep time: 5 minutes
Servings: 1

- 6 slices meatless veggie turkey
- 3 slices Swiss cheese
- 3 medium (5 1/4-7 inches) spears asparagus

Lay down 2 slices of turkey then one slice of cheese.

Place an asparagus spear at one end and roll up. Pin with toothpick if desired.

Repeat with remaining ingredients.

STATEPOINT CROSSWORD

THEME: FAMOUS ACTRESSES

ACROSS

- 1. *Grace Kelly was first actress on a U.S. one
- 6. Brow shape
- 9. *Audrey Hepburn starred in "My Fair _____"
- 13. Dugout vessel
- 14. Ciao in the U.S.
- 15. Post-employment insurance
- 16. "Welcome to my humble _____"
- 17. *Thompson of "Some Kind of Wonderful"
- 18. Like a neon sign
- 19. *She portrayed Crawford
- 21. *Actress with most Oscar nominations
- 23. Hawaiian wreath
- 24. Pauper's permanent state
- 25. A great distance away
- 28. River in Bohemia
- 30. Crazy _____ card game
- 35. Words from Wordsworth
- 37. Makes mistakes
- 39. First sound of the day?
- 40. Lymphatic swelling
- 41. *Geena or Bette
- 43. Red carpet purse
- 44. Turns grape into raisin
- 46. Mongolian desert
- 47. Post-deductions amount
- 48. Singer _____ Bocelli
- 50. One on drugs
- 52. "Be quiet!"
- 53. Shining armor

CROSSWORD													
1	2	3	4	5	6	7	8	9	10	11	12		
13					14			15					
16					17			18					
19					20		21	22					
		23				24							
25	26	27		28		29		30		31	32	33	34
35			36		37			38		39			
40					41			42		43			
44				45		46				47			
48					49		50		51		52		
				53		54		55		56			
	57	58	59					60			61	62	63
64						65	66		67				
68						69			70				
71						72			73				

TV AND INTERNET

OVER 190 CHANNELS

TV & INTERNET

\$49⁹⁴

PER MONTH (TAXES & FEES EXTRA)

- FREE SAME DAY INSTALLATION (WHERE AVAILABLE)
- 3 MONTHS OF PREMIUM CHANNELS (OVER 50 CHANNELS: HBO, SHOWTIME, STARZ, etc.)
- BUNDLE HIGH SPEED INTERNET

CALL TODAY & SAVE UP TO 50%! 800-318-5121

call for more details

© StatePoint Media

- 55. Gloppy stuff
- 57. *Star of seven Woody Allen movies
- 60. *Katharine or Audrey
- 64. "Bring back!" to Fido
- 65. *Kate Winslet starred opposite him in "Titanic"
- 67. Suggestive of the supernatural
- 68. Absurd
- 69. As opposed to St. or Blvd.
- 70. Dismantles
- 71. Facial protrusion
- 72. *Kathleen Turner star of "_____ of the Roses"
- 73. "Thou _____ not..." in the Bible
- 24. Like a certain Nellie?
- 25. *She's also known for workout videos
- 26. Bedazzle
- 27. Made over
- 29. Toot your own horn
- 31. Mountain valley
- 32. Dislikes intensely
- 33. It's a fact
- 34. *This Maggie is a Dame
- 36. Nostradamus, e.g.
- 38. *Magda, Zsa Zsa and Eva Gabor, e.g.
- 42. Military blockade
- 45. Be full of anger
- 49. In the past
- 51. Stanley and Helen on "Three's Company"
- 54. Jon Voight to Brad Pitt
- 56. African sorcery
- 57. Bingo-like game
- 58. Greek H's
- 59. High school break-out
- 60. Field worker
- 61. Celestial bear
- 62. Cambodian money
- 63. Empty _____
- 64. Shark part
- 66. *Mendez or Lango-ria

- DOWN**
- 1. Common tropical marine fish
 - 2. Not to be mentioned
 - 3. At another time, to Romeo or Juliet
 - 4. Most frequent value, statistics
 - 5. _____ Aloysius Her- man
 - 6. Competently
 - 7. Pastrami holder
 - 8. _____ and desist
 - 9. Opera house box
 - 10. Up to the task
 - 11. Between stop and roll
 - 12. Swerve
 - 15. Opening between esophagus and stom- ach
 - 20. Was sick
 - 22. Golf peg

Puzzle solutions on page 12



AUGUST 3 - AUGUST 9

- Presidential candidates Hillary Clinton and Donald Trump both visit Detroit this week and VP candidate Tim Kaine visited Grand Rapids over the weekend.
- Americans are bringing home the gold for the U.S.A. at the Olympic games in Rio De Janeiro. The first gold medal of the Rio games, for the women's 10-meter air rifle event, went to Virginia Thrasherin. Katie Ledecky broke her own world record in the 400-meter freestyle and Michael Phelps has added another goal in the 4x100m freestyle relay, with his team members,



making it his 19th career gold medal and Lilly King won gold in the 100M breaststroke. Her Russian opponent Yulia Efimov took silver. King had criticized Efimov for "doping" before the race making the win that much sweeter.



- Delta flights around the world were delayed Monday morning because of a "computer outage." A power outage in Atlanta around 2:30 a.m. ET was responsible for the problem, the company said in a statement.

SUDOKU

GOT KNEE PAIN?

Get a Pain-Relieving Knee Brace At Little or No Cost to You You May Qualify for Free Shipping We Do All The Paperwork Shoulder Braces, Ankle Braces, Back Braces Also Available

Medicare Patients Call Us Right Now

1-800-984-0360

	2		8					
		7	4	3		6		
		9			6			7
		4						8
	3	6	2		9	4	7	
	8					2		
7			5			9		
		5		6	8	7		
				4			1	

© StatePoint Media

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.

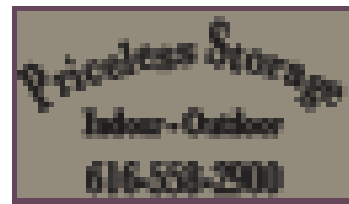
CLASSIFIEDS
small ads **BIG** deals

LAST WEEK'S ONLINE POLL RESULTS

Do you think the Republican Convention helped urge more undecided voters to come over to Donald Trump?

- **NO** - People have made up their minds **47%**
- **YES** - What a great, incredible, huge candidate **20%**
- I didn't watch it **33%**

WWW.
thelowelledger.com



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!



Your child is your ticket to the Pink Arrow Game!



FOR EACH T-SHIRT SOLD ON 8/18/16



will match \$1

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



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

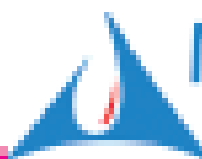
Thursday, August 18, 2016 - 10 am to 7 pm

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.™