wednesday • january • 17 • 2018

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### '77 storm images



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Right now, LowellArts is only \$6,274 away from completing their "Moving to Main" campaign. They paid off the mortgage on the 223 W. Main building they purchased in August of 2015, but they still have a construction loan to pay off.

"Basically, we'll be closing out a \$1.25 million campaign," said LowellArts executive director Lorain Smalligan. "It would be nice to get this wrapped up, the sooner the better. We just really want to close the campaign as soon as we can. When we complete the campaign we'll be able to pay off the construction loan. That's what our goal is, it's to get rid of that monthly payment on the loan."

They had large donations from the Lowell Area Community Fund and the Michigan Council for Arts and Cultural Affairs, but a lot of the donations were under \$100. Regardless of the amount, every donor will be permanently honored.

"There have been a lot of small donors; we've had gifts as small as \$10," Smalligan said. "Then we had our big grants. We're going to have a big donor wall created with all the people's names that donated to the campaign, from the littlest gifts to the biggest gifts. It will take a while to get that completed, printed and hung."

They have a lot of things they want to do and having a monthly loan payment keeps them from bringing art to Lowell.

"When we were on Hudson St. in front of King Milling, they donated the use of the property to us so we didn't have a monthly rent," Smalligan said. "The real goal to move here was not to have that overhead where we had a mortgage payment every month. We pay interest on the construction loan every month, so there is a cost to us every month that we continue to have the loan. We want to put that money

LowellArts is very close to completing "Moving to

the lowell Redder

towards programming instead of paying a monthly rent or a mortgage payment. "Since the move, art

is no longer the only thing

LowellArts can bring to Lowell. They plan to dramatically increase their Moving to Main, continued, page 2

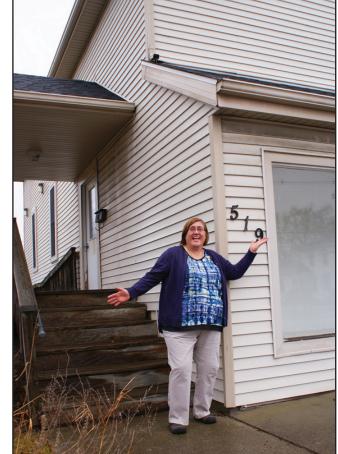


The building has been transformed since this picture taken when LowellArts bought it back in 2015.

# Alpha Family Center able to relocate to larger facility with help from anonymous donor

by Tim McAllister lead reporter

Thanks to a large cash donation from an anonymous donor, Alpha Family Center of Lowell, 517 E. Main St., is moving next door to 519 E. Main. The new, larger facility will allow them to expand their classrooms and create a separate, more private medical wing. "The United Methodist Church sold it to us," said Christa Wetzel, executive "We had an director. individual in the community who gave us the money to purchase the building in cash, which was a very huge, huge, huge blessing. The donor is anonymous and asked us not to publicly announce the amount, although it's a matter of public record." Wetzel said the new building will provide the center with an increase of 937 square feet, but it will require some renovations before they can move in.



"We are excited about the increase in square footage," Wetzel said. "The new building will meet a lot of different, specific needs that we have. First Baptist Church was originally in there years ago, so it's like an old church auditorium; there's that big, main room. That is going to be divided up into a lot of rooms. It's kind of a clean slate, so we can design it any way we want, which is kind of cool. We will start that as soon as we are able. We don't have the key officially. That is going to happen hopefully next week. We're shooting for around January 19 or 20, around there. As soon as we get the key we're going to start tearing it up and doing a remodel. It will be a lot of work, but we're ready for the challenge."

will be a little more private of a setting for people that come for pregnancy testing and ultrasounds," Wetzel said. "That will be really good. Currently we have two rooms that are used for classrooms and we will be able to have five rooms that are bigger than our biggest classroom currently. That will be a nice increase there. We'll also be able to have a large room for the GED program to use, more adequate space for a children's play area when their parents are in classes and a store area that's a little bit bigger than our current one."

www.thelowellledger.com

vol. 47 issue 15



### pages 8, 9 & 11



Alpha Family Center executive director Christa Wetzel in front of their new building, which is directly next door to their old building.

They already have a lot of ambitious plans in mind for the new building.

"We'll be able to have a separate medical wing with a different entrance, so it

They needed to move anyway soon because they're outgrowing their current location.

"We have seen our numbers grow drastically over the last year especially," Wetzel said. "We started

> Alpha building, continued, page 4

## Call for entries for 32<sup>nd</sup> annual West Michigan Art Competition

LowellArts announces its 32nd annual West Michigan Art Competition for entries. The call competition highlights outstanding artwork by West Michigan artists who reside in a 25 county region. Artwork in any visual art media can be submitted by artists 18 years and older. Cash awards totaling \$2500 are awarded to first through fifth place.

page 2

This year's distinguished juror is Ryan Kaltenbach. He currently serves as exhibits director at the Northville Art House near Detroit. Artists may submit one piece in any medium for consideration by the juror. All entries must be submitted digitally through the www.callforentry.org (CaFÉ) website. Deadline

for entry is January 29, 2018, at 9:59 pm EST. The fee for entry is \$35.

Artists must reside in one of the following West Michigan counties: Allegan, Barry, Berrien, Branch, Cass, Calhoun, Clare, Clinton, Eaton, Gratiot, Ionia, Isabella, Kalamazoo, Kent, Lake, Mason, Mecosta, Muskegon, Montcalm, Newaygo, Oceana, Osceola, Ottawa, Saint Joseph, or Van Buren. Only original works completed in the last two years and not previously exhibited at LowellArts are eligible. Two-dimensional and three-dimensional entries must fit through a standard door frame and be no larger than 62 inches in any one direction. More details on entry eligibility can be found at: www.lowellartsmi. org/2018-west-mich-artcompetition

Artists will be notified on February 16, after 5 pm, via email if their piece is accepted for the exhibition. Awards will not be announced until the reception on March 15. Drop-off of accepted work is March 1, 2 and 3. The exhibition will be on display at LowellArts beginning March 10 through April 14. The LowellArts gallery is located at 223 W Main St, Lowell, MI, 49331. Gallery hours are Tuesday-Friday, 10 am-6 pm and Saturday, 10 am-5 pm.

# Gilda's LaughFest opens volunteer registration for event

Both new and returning volunteers will be able to sign up to volunteer now through Feb. 5

Gilda's LaughFest, nation's first-ever the community-wide festival of laughter, has opened volunteer registration for the eighth annual event, which is set for March 8–18. Those interested in volunteering during LaughFest 2018 can now sign up at laughfestgr. org. Registration for both new and returning volunteers will be open through Feb. 5.

"Our volunteers are instrumental to making Gilda's LaughFest possible. Their enthusiasm and support helps make it a great experience every year," said Joanne Roehm, director of strategic initiatives and LaughFest. There are several different volunteer teams to help with different aspects of the festival. Opportunities include event promotion, logistics, ushering, selling merchandise, office support and volunteer staffing needs during all LaughFest ticketed and non-ticketed events.

Volunteers will need to participate in team training activities and a pre-festival meeting. New volunteer orientations are scheduled for Jan. 30, Jan. 31 and Feb. 3. Team-specific trainings will happen throughout February and volunteers will be able to sign up for event shifts beginning Feb. 12.

Entertainers announced for the eighth annual LaughFest include Trevor Noah, performing during Gilda's Club Grand Rapids Signature Event; Tiffany Haddish; Maria Bamford; Cameron Esposito; Anjelah Johnson; Bert Kreischer; Greg Hahn; John Mulaney; Rik Roberts; and in partnership with Live Nation and 20 Monroe Live, "Weird Al" Yankovic.

LaughFest 2018 will encompass more than 200 free and ticketed shows featuring over 100 artists at more than 40 venues in G16-735-HAHA Grand Rapids, Holland, Proceeds from will go to support Wayland's Gun Lake cancer, grief and health program

LaughFest individual tickets are available for purchase at laughfestgr. org or over the phone at

616-735-HAHA (4242). Proceeds from the festival will go to support the free cancer, grief and emotional health programs offered through Gilda's Club Grand Rapids.

### **Celebrating our nation's diversity**

January 15 was Martin Luther King, Jr. Day, a federal holiday and a day of remembrance. Martin Luther King, Jr. dedicated his life to creating and fostering equal rights for African Americans, and he died during his efforts to make his dream a reality.

Diversity of skills, knowledge, and perspective is what you want when putting together a strong team. In a way, America is a super team of diverse members, all of whom dream of prosperity and success. Many people honor Martin Luther King, Jr. for dedicating his life to showing us that diversity is a strength.

Social Security's "People Like Me" website has custom information for preparing for your future. Our diverse country is made up of countless backgrounds, ethnicities, and nationalities, yet we all want the same thing — a secure future. You can see the many diverse people we serve at www.socialsecurity. gov/people.

Younger people need to know that the earlier you start saving, the more your money can grow. Our website for young workers at www.socialsecurity.gov/ people/youngpeople/saving. html has many resources that can help you secure today and tomorrow.

Veterans and wounded warriors, as well as their families, sometimes face unique obstacles when saving for their future. Our

website has great resources and information at www. socialsecurity.gov/people/ veterans.

Social Security values your diverse skillset and knowledge. That's what makes our country a world leader. Now you can take the lead and show your friends and family what Social Security has to offer.

Vonda VanTil is the Public Affairs Specialist for West Michigan. You can write her c/o Social Security Administration, 3045 Knapp NE, Grand Rapids MI 49525 or via email at vonda.vantil@ssa.gov

# Moving to Main, continued

performing arts events and their classes.

"The move was really to expand what we could offer, programmatically," Smalligan said. "We have changed from doing three plays a year to five plays a year now. We have added the house concerts which, just from January to May, will add 13 concerts to the calendar that people can attend in Lowell. In the fall when we start doing the concerts again we'll have another five concerts in September and October. That was a big thing for us to be able to have music year-round for people and have it be a concert venue. It's different than going to hear live music at a bar or restaurant, this is set up more as an intimate concert venue where people have their seat and they're watching the concert, which is really wonderful for the artists that are performing."

If you want to help finish this project, bring a donation to 223 W. Main, mail it to PO Box 53, Lowell, MI 49331 or go to https://secure.qgiv.com/for/ mtm and enter the amount of your donation.



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#### JAMES AND THE GIANT PEACH

LowellArts presents James and The Giant Peach on Thurs., Jan. 18 and Fri., Jan. 19 at 7 pm and Sat., Jan. 20 at 2 pm and 7 pm at Lowell Performing Arts Center / Lowell High School, 11700 Vergennes. Directed by Teresa Goldner. General admission \$7, kids 2 and under free. Performance is one hour long. www.lowellartsmi.org or 897-8545.

#### **CLASS OF 2022 ORIENTATION**

The Lowell High School class of 2022 orientation will be held on Thurs., Feb. 1 from 7-8:30 pm in the Lowell Performing Arts Center. This orientation is for parents and their students who will be entering high school in the fall of 2018. In addition to an informational session, teachers and club sponsors will also be available for questions. Please call the LHS counseling office at 987-2908 with questions.

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.

# Decorative vehicle light bars are illegal on the road

#### by Tim McAllister lead reporter

LED light bars might look flashy mounted on a pickup truck, but they can be irritating to other motorists and are illegal if switched on while driving.

"State law limits allow only four white lights in the front of your vehicle," said Lowell police chief Steve Bukala. "This includes low and high beam lights as well as fog lights. Light bars are allowed in an ORV capacity but not on roadways in the state of Michigan."

According to Michigan's Motor Vehicle Code, it's a civil infraction. If you're ticketed, the fine for this will be \$115 if you didn't cause an accident or \$135 if there was an accident.

"At least two head lamps are required on the front of vehicles," Michigan law states. "If additional lights are on the front, no more than four at a time can be lighted with intensity greater than 300 candlepower. Clearance and marker lamps apply only to passenger buses, trucks, truck tractors, certain trailers, semi-trailers and pole trailers. They are not provided for use by passenger cars, pickup trucks or vans. Up to two spot lamps or fog lamps can be mounted, but must be aimed relatively downward. All lamps greater than 300 candlepower must be aimed relatively downward. Any light not expressly required or permitted or allowed must be covered and unlit while on a highway."

In Lowell, there was only one ticket written for this crime all of last year.

"We had one complaint late in 2017 regarding a pickup running with his light bar activated as well as several other running lights," Bukala said. "He had been pulled over and warned. However, when he didn't comply he was issued a citation."

A common light bar fixture mounted on a truck.

Photo courtesy of the Hastings Banner



# Michigan invests \$2.5 million in local schools to grow FIRST robotics teams, inspire next generation of STEAM professionals

Michigan leads the nation in FIRST robotics teams, and \$2.5 million in state grants will help even more students benefit from the experiences of working with professionals and being inspired by seeing real-world applications of STEAM subjects, said Roger Curtis, director of the Michigan Department of Talent and Economic Development.

The grants, awarded by the Michigan Department of Education, are part of Gov. Rick Snyder's continued investment in FIRST robotics, which has students learning about applications of science, technology, engineering, arts and math through building robots for competitions – with the world championships headed to Detroit in April.

"FIRST teaches students the skills that prepare them to be successful in the economy of our future," Gov. Rick is already first in FIRST and these grants will go a long way in ensuring that advanced talent development continues."

FIRST For --Inspiration and Recognition of Science and Technology -- was formed in 1989 to inspire young people to be science and technology leaders and innovators, by engaging them in exciting mentor-based programs that build science, engineering and technology skills that inspire innovation and foster well-rounded life capabilities, including selfconfidence, communication and leadership.

"We want as many students as possible to have access to great programs like FIRST that will build their interest in STEAM careers," said Curtis, who serves as co-chair of the FIRST Robotics World Championships Detroit Steering Committee with Consumers Energy CEO

president of FIRST robotics in Michigan.

"Michigan already has more than 500 FIRST high school teams. When you watch a competition and see the excitement and the partnerships with experts working in the fields, you

know you are watching the next generations of our state's engineers and leaders."

The \$2.5 million was divided between public and non-public schools, with nearly \$2.3 million awarded to 423 public schools

and \$157,700 to 39 nonpublic schools. Programs received grants ranging from \$100 to \$9,000 to help grow programs. The list of schools awarded the grants is available on the education department's website.

Michigan has invested \$12 million helping schools start and strengthen FIRST teams since 2014. "FIRST robotics provides a perfect partnership to bring industry and education together to help students understand and learn the skills needed to land one of the many 21st century

> Michigan robotics teams, continued, page 16

LEGAL NOTICE -



**STATE OF MICHIGAN PROBATE COURT** COUNTY OF KENT

NOTICE TO CREDITORS Decedent's Estate

FILE NO. 17-20995-DE

Estate of MARY CAROLYN JASTIFER. Date of birth: 04/16/1943.

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decedent are notified that all claims against the estate will be forever barred unless presented to Jo Ann Jannenga, personal representative, or to both the probate court at 180 Ottawa Avenue NW, Grand Rapids, Michigan and the personal representative within 4 months after the date of publication of this notice.

January 9, 2018

Jo Ann Jannenga 1050 Sargent Ave. SE Ada, MI 49301 616-676-1243



# Alpha building, continued

our GED program and our English as a second language program in July of 2017 and that alone brought a need for more space. The number of clients we have been seeing increased like crazy and we were definitely feeling the crunch in this building." The center's clientele, pregnant women and women with children under five years old, were delighted to hear about the transition.

"We're extremely excited," Wetzel said. "This has been a vision that I have been kind of dreaming about here for a couple years now and so it's awesome to see it come to fruition. The community has been very excited. We have been seeing people coming forward already to offer their help in whatever way they can. It's been really cool."



The new building will provide much needed room for the facitity.



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viewpoint

# off the cuff

#### Jeanne Boss

Well, once again we have witnessed extremes from natural disasters and notable events that one would think would have the potential to awaken the great sleeping giant of apathy. From the absolutely horrific mud slides in California to celebrities dressed in black on the red carpet, there are ample opportunities for integrity to rise up in individuals and for the greater good to carry the headlines.

I mean, even if you still believe climate change is fake news (and "believe" is the operative word because "thinking" clearly is not an option here) you must agree that something needs to be done about how we are building and rebuilding without regard to consequence.

And the "Times Up" movement does signal figuratively a tectonic shift in the way our day-to-day lives are constructed.

Everyone should feel empowered to handle their own lives. They just can't do it at the expense of others. How hard is that to negotiate? At this point, I'll refer to the Wizard of Oz. Remember, the Scarecrow was already smart, he just didn't realize it; the Tin Man had feelings, he just wasn't aware how he could express them; and the Cowardly Lion was scared but, he could still be brave. Change is inevitable and good.

So it seems to me, at least one of our politicians

should stand out by proposing that we, as a nation, firmly address our own inadequacies and speak to citizens "officially" about construction, not destruction, inclusion not rejection and present some plain and simple plans where we can affect growth and change. Remind the American public that there is "no place like home" but understand that others feel that way too.

Without a doubt, plain and simple is what

people are clamoring for these days. I get it. Life is complicated, the planet is huge and problems seem insurmountable. That's why we jump at the chance to applaud "common talk" and people who promise easy or quick solutions. And that is where snake oil salespersons make their living.

What we don't need is an unbridled meanspirited leader "tweeting" and promoting gossip and bigotry when he has the most influential podium in the world. Rather than tearing things down, he could be improving them.

I used to tell my kids that before they confronted someone, they should say it in a mirror first. The idea being they could see those words coming at themselves and hopefully, it would temper what they had to say. Simple. Easy.

Tell the most powerful politician in the world to practice with a mirror.



### 125 years ago Lowell Journal January 18, 1893

The ice harvest is on, full swing, and plenty of coolness next summer is assured.

The "old fashioned winter" is not a thing of the past, it is with us now full strength.

Last Saturday night the thermometer registered 25° below zero and Sunday was the coldest day of the

### 100 years ago The Lowell Ledger January 17, 1918

Records broken - oldest inhabitant recalls none worse than Saturday's storm. A storm struck this section Friday and continued until late Sunday, combining snow, driving, whirling and shifting winds and zero temperature, that put all previous efforts of this robust young winter very much in the shade. Saturday morning the last trains readied Lowell, roads and walks were drifted high, traffic stopped, no grocery deliveries could be made. Some business places were closed and others might as well have been, for no people came to town from the country, and few villagers left their homes and some who did, suffered frozen ears. Attempts to clear walks were useless and none was made until the fury of the storm abated and the temperature was less biting Sunday afternoon, when two men with a double team and a snow plow began breaking a way through the drifts on the principal streets. Some old residents say it was the worst storm since the winter of 1863, and those of us whose memory does not run back so far, are willing to believe it. It was certainly the worst most of us have ever experienced; and in connection with the fact that many people were without fuel and dependent upon the scanty supplies of their neighbors, made the outlook bad i C. O'Harrow had a force of men at work last Monday opening up the roads. None of the rural carriers started out Saturday morning. To have done so would have been suicidal for man and beast. Monday morning they tried it and made from a few miles to a large part of their routes. The effort was repeated Tuesday with a special effort to cover territory not reached the day before. All traffic in village and country Saturday and Sunday was completely suspended. Farmers had all they could do to do their chores and keep comfortable in their homes.

first importance and until the sidings are shoveled out and the coal cars moving the various roads will not be able to handle ordinary freight shipments. Unless another severe storm happens along it is expected that freight conditions will improve within a few days.

Sheriff puzzled over Lowell case. John Rood of Cannon township was arrested and haled before Justice Andrews on complaint of C. H. Runciman and plead guilty to obtaining money on false pretensions and was assessed costs and turned over to the sheriff by whom he was wanted for failure to make out questionaire. A brother of Rood's settled with Mr. Runciman. Monday's Press has the following: Fred Rood, arrested at Lowell Wednesday, still in the county jail while Sheriff Berry's department is in a quandary as to what disposition to make of his case. Authorities seized him after he had been accused of obtaining a loan from a bean buyer on representations that he had a quantity of beans to sell. Since his arrest Sheriff

> Looking Back, continued, page 12

### We love to hear from you!



Letters are required to bear the author's signature, phone number and address (for verification

winter so far.

D. E. Spring will sell 20 quarts of milk for \$1 cash in advance.

There were 250 books drawn from the Village library last Saturday.

Wooden eavetroughs at W.J. Ecker & Son's, 3, 5, and 7 cents a foot.

There was a gathering of friends and relatives at the home of Mr and Mrs Geo B. Avery to witness the marriage of their son, Sherman B. Avery, to Miss Inez Barber, of South Bend, Ind., last Wednesday evening. Rev. E. H. Shanks officiated and a very enjoyable time was had. The young couple will make their home over the Lowell State Bank and have the best wishes of a host of friends. Following is a list of the presents: Cook stove and furniture, set silver spoons, dozen nut picks and cracker, silver cake plate, silver fruit dish, silver cream spoon, china cracker bowl, silver fruit spoon water set, horn towel rack, set china butter plates, pair of towels, bible stand, silk pin cushion, silver fruit dish, wash bowl and pitcher, silver butter knife and sugar shell, silver orange spoons, salt and pepper shakers, silver salt cups, two china cups and saucers, bread pan, castor, chamber set.

Lewis Yeiter walked in from his farm in Saturday's storm and nearly perished on the way. We thought he had more sense.

Lowell and vicinity farmers were hard at work Monday shoveling through the drifts and breaking roads. By Tuesday things were beginning to move again; but the weather man reports another storm on the way. We hope old man Winter has done his worst.

Very light attendance at the village schools Monday. No rural pupils and few from away and distant points in town. Two of the teachers, snow bound, also.

Local agent E. A. Anderson of the Grand Trunk railway says: "The main result of recent storm from a railroad standpoint is a more complete tie-up of traffic, on top of an already congested condition. With the main tracks cleared, we may expect fairly good passenger train service. The movement of fuel is of

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 Thank you editing. 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.



Dear Earth Talk: Is there any truth to the assertion that e-bikes recharged off the fossil-fuel grid actually generate fewer carbon emissions overall than conventional human-powered bikes? -- Sandy McClave, New York, NY

LAMINATIN

Well, actually, there could be... E-bike pioneer Justin Lemire-Elmore argues that e-bikes are better for the environment, at least if you compare the carbon emissions associated with producing enough extra food to fuel the rider of a standard bicycle against the emissions from coal-derived electricity used to charge an e-bike.

"Although counterintuitive that a vehicle fueled by something as dirty

ledger

as coal can be considered clean and green, the fact is that food production is much dirtier," reports Lemire-Elmore. "All things being equal, an electric bicycle produces 8.5 times less greenhouse gases than a standard bicycle."

Lemire-Elmore goes on to argue that considerations of the carbon impact of the food we eat should take into account every step "from fork to farm" including greenhouse gas emissions

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If you factor in the carbon emissions associated with producing and delivering the extra food required to feed a rider of a conventional bicycle, charging up an e-bike from your grid-based electrical outlet may be better for the environment.

from creating fertilizers, operating farm machinery, delivering raw foodstuffs to factories for processing and then transporting processed goods to a final production and packaging facility before being once again shipped to the grocery store shelf and finally to your pantry via the way-back of your car.

In fact, the average American diet produces .005 pounds of carbon dioxide per calorie of food produced, according to researchers from the University of Chicago. Lemire-Elmore uses this formula to assert that a bicycle commute of 15 miles each way would require the rider to consume an extra 800 calories which in turn would produce almost four pounds of carbon dioxide per day (or 1,444 pounds per year). And if you charge up your bike's battery with renewable energy (say, from the solar panels on your roof), fuhgeddaboudit! The e-bike wins every time.

Of course, there's no question that an electric bicycle, however it's powered, is a far better mode of transport when it

Credit: Joe Haupt, FlickrCC. comes to environmental impact compared to any of the other choices as well-even walking. According to research by Mirjan Bouwman of the University of Groningen in the Netherlands, travelling one kilometer by bike (electric or conventional) requires approximately five to 15 watt-hours (w-h) of energy, while travelling the same distance by foot requires some 15 to 20 w-h. (Meanwhile, covering that kilometer in a train requires 30 to 40 w-h and over 400 w-h in a car with just the driver.) An e-bike needs only about 10 percent of the energy required to power a car, and is 13 times more energy efficient than a typical four-door sedan and six times more efficient than

The fact that it might be even better than riding a conventional bike when it comes to your carbon footprint might be just the impetus you need to justify spending the extra dollars for a new-fangled "batteryassist" bike. If everyone knew that you were being even more environmentally friendly by NOT pedaling up

rail transit.

that steep hill, who wouldn't go for an electric bike? And with municipalities pouring millions of dollars into infrastructure improving for bikes and new routing apps making biking safer

and more fun, now is a great time to embrace the idea of a two-wheeled commute. Maybe it'll even convince you to get rid of that car altogether ...

CONTACTS: "The Energy Cost of Electric and Human-Powered Bicycles," www.ebikes.ca/documents/Ebike\_Energy.pdf; "An environmental assessment of the bicycle and other transport systems,' goo.gl/Lt4Bp6.

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# health

With Drs. Paul Gauthier, Wayne A. Chritenson III, John G. Meier & Tracy Lixie

#### - elevated liver enzymes

There are several wavs to assess how well the liver is functioning. The liver releases several substances when it is injured. Two of these substances are called alanine transaminase (ALT) and aspartate transaminase (AST). These enzymes can be measured in the blood.

many There are causes of mildly elevated ALT and AST levels. The most common causes are nonalcoholic fatty liver disease (NAFLD) and alcoholic liver disease. In NAFLD, the liver has more fatty tissue in it than normal. Regular or heavy alcohol use can also hurt the liver and increase liver enzymes. Other medical conditions can increase liver enzymes, like hepatitis B or C and a condition that runs in families called hemochromatosis. Using certain medications and over-the-counter supplements can also increase liver enzymes.

People with mild elevations in liver enzymes usually do not have symptoms. These elevations are usually found on routine blood tests. An ultrasound of the liver may help find a cause of the enzyme elevations.

Treating elevated liver enzymes depends on what is causing the enzymes to be elevated. If you are diagnosed with NAFLD, the main treatment is lifestyle changes. These changes include eating a healthier diet, exercising, losing weight, and limiting alcohol and sugary foods and drinks.

If a cause of the enzyme elevations isn't found or if they stay elevated, you may need further testing. A specialist may need to check for less common causes of liver enzyme elevation. A liver biopsy, which is a test that takes a small piece of your liver to be tested, is sometimes needed to make a diagnosis.



#### **CALVARY CHRISTIAN REFORMED CHURCH OF LOWELL** 897-7060

Rev. Dr. Paul Mpindi PHD 1151 West Main Street, Lowell, MI Morning Worship......10:00 AM Sunday School..... 11:20 AM

**JANUARY 17** Kevin Rasch, Joe Potter.

birthday

**JANUARY 18** 

**JANUARY 19** 

Tim Stencel, Susan Cook,

#### **JANUARY 21**

James Vezino. Mark MacNaughton, Krysta Jankowski, Brooklyn Rinard



Evening Worship. ....6:00 PM Nursery available at both services Barrier-Free

### St. Mary Catholic Church

402 Amity Street • 616-897-9820 Website: www.stmarylowell.com

Weekend Masses: Sat 5 pm; Sun 10:30 am Confession: Saturdays 3-4:30 pm

Prayer & Adoration: Wednesdays 8 am to 7 pm RELIGIOUS EDUCATION FOR CHILDREN TO ADULTS

Shelby Weston.

Crandall.

Shelby

Rinard.

happy

#### **JANUARY 22**

Cheryl DeYoung, Bob Pfaller, Dale Latva, Jenni Magner, Frances Walling, Vanbuskirk, Shane Gildner, Reece VanderWarf, Frances DeVries, Elijah Barr.

#### **JANUARY 23**

Amanda Wingeier, Zach Stauffer.



Baird,



Josh

Tim Schuitema, Trevor Mooney, Mark Ries, Scott Glenn **JANUARY 20** 

**LUTHERAN CHURCH** 103 Bluewater Highway (Missouri Synod) Halfway between Lowell & Saranac on M-21 www.goodshepherdlowell.org

Worship Service ..... Sunday - 10:30 AM Sunday School... .... 9:15 AM

**GOOD SHEPHERD** 

Joseph Fremer, Pastor 897-8307 All facilities are wheelchair accessible

#### FIRST CONGREGATIONAL CHURCH, UCC 865 Lincoln Lake SE • 616.897.5906

Pastor Jon Propper Worship Service - Sundays 9:30AM Lowell's Open Table - Thursdays 5 - 7 PM Serving meals and providing fellowship to the greater Lowell community **OPEN AND AFFIRMING** www.lowellucc.org

#### 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

9 AM - Traditional • 11 AM - Contemporary Kid's Crew 11:15 AM Sr. Pastor - Brad Brillhart

### wednesday • january • 17 • 2018 <sup>™</sup>lëdger Gilmore museum speaker series highlights a variety of topics

During the 2018 Lecture Series at the Gilmore Car Museum, participants will discover fascinating stories and littleknown facts about Henry Ford, Walt Disney, muscle cars and more. The 16week speaker series covers a variety of intriguing topics and is open to the public.

"We have brought together a fine group of historians, scholars, and authors — all experts in their respective fields," said Fred Colgren, education director at the museum. "There's certain to be something of interest for everyone."

Each of the Sunday afternoon presentations begins at 3 p.m. and costs \$5 per person, or is free with regular museum admission. The lectures are appropriate for all ages. Walk-ins are welcome, since no registration is required.

The series began Jan. 7 with "Welcome to 1917," a multi-media overview of life in the area 100 years ago presented by Ruth Wilson of the Kalamazoo Public Library.

Speaker and historian Don LaCombe will return Jan. 21 to present "Henry Ford's X Engine: Replacing the Model T." LaCombe spent 36 years in product development at Ford Motor Company and is now affiliated with Detroit's Ford Piquette Plant Museum, the birthplace of the Model T.

He will discuss how Henry Ford had experimented with а unique engine where the cylinders were in an "X" and his configuration,

secret five-year race against Charles Kettering, head of GM research, in the development of a low-cost automobile.

"We are very excited and honored to offer such a distinguished group of speakers and wide-ranging topics for this year's speaker series," said Chris Shires, Gilmore Car Museum executive director.

The remainder of the series consists of several noted historians and authors, with topics as diverse as sand dune rides in Michigan, Le Mans racing, vintage gas stations, Abraham Lincoln and Walt Disney.

Feb. 4 guests are even asked to become part of the program as they join photojournalist John Lacko and present three to five minutes of their "muscle car memories." If guests have a vintage snapshot and would like to share them with their recollections, they are asked to save them to a blank USB thumb drive so they can easily be found and projected during the presentation.

The series continues for several consecutive Sundays, always beginning at 3 p.m. sharp, in the Gilmore Car Museum's Heritage Center. This year's lineup includes:

Jan. 21 – Henry Ford's X Engine: Replacing the Model T, Don LaCombe, automotive historian.

Jan. 28 – Can-Am 50th Anniversary: The Best Stories and Photos, George Levy, author.

Feb. 4 – Your Muscle Car Memories, John Lacko, racing aficionado and photojournalist.

Feb. 11 – The Relevance of Abraham Lincoln, Cameron Brown, author and historian.

Feb. 18 – Automotive Lubrication Testing Lecture and Seminar, David E. Persell, Ph.D.

Feb. 25 – Art, Architecture and the Automobile; David O. Lyon, author and historian.

March 4 – Sir William and Jaguar: From Swallow Sidecars to Victory at Le Mans; Mike Erspamer, Jaguar historian.

March 11 – Walt's Pilgrimage: The Walt Disney Story with a Gilmore Connection, Christopher W. Tremblay, author and Disney historian.

March 18 – Slot Cars and the Kalamazoo Connection, John Lacko, racing aficionado and photojournalist.

March 25 – Running on Empty: Abandoned Gas Stations in America, Susan Johnston, photographer.

**April 8** – 100th Anniversary: Col. Joseph Westnedge and World War I, Tom George, historian.

April 15 – Riding Across the Sands of Time: Dune Rides, Dune Scooters, Dune Schooners, Dunesmobiles and Dune Buggies; M. Christine Byron and Thomas R. Wilson, authors.

April 22 – The History of Speedway Design and Construction, Van Walling, historian.

April 29 – The History and Evolution of the Country's Most Unique Aviation Museum: The Air Zoo, Bob Ellis, founding Air Zoo CEO/ director.

More about the speaker series and other events can be found at GilmoreCarMuseum.org or by calling 269-671-5089.



A crowd, sitting amongst a 1916 Packard racer, is enjoying a recent special lecture at the Gilmore Car Museum's speaker series.

- Gilmore Car Museum photo

### **JUST CAN'T BELIEVE** WHAT YOU'RE READING **ON THE INTERNET?**



**GRATTAN** TOWNSHIP **Regular Meeting 7:00 p.m. Synopsis of Minutes January 8, 2018** 

#### Motions Approved:

1. New computer purchase for Wastewater Sites.

2. Resolution 2018-001 to Amend Sewer Rates and charges for the Grattan Sewer System and the Grattan/Vergennes Sewer System.

3. Resolution 2018-004 for mileage rate.

4. Resolution 2018-003 for Roberts Rules of Order.

5. Resolution 2018-006 for Flanagan

LEGAL NOTICE -STATE OF MICHIGAN **PROBATE COURT** 

forever barred unless presented to Andrew DeWitt, personal J. representative, or to both the probate court

NOTICE TO

COUNTY OF KENT

	bouit and probate court					
CREDITORS	at 180 Ottawa Avenue					
Decedent's Estate	NW, Suite 2500, Grand					
	Rapids, MI 49503 and the					
FILE NO. 18-202612-DE	personal representative					
	within 4 months after					
Estate of GAROLD W.	the date of publication					
WRIGHT.	of this notice.					
Date of birth:						
May 24, 1941.	January 5, 2018					
-						
TO ALL CREDITORS:	Mary L. Benedict					
TO ALL CREDITORS:	Mary L. Benedict (P45285)					
TO ALL CREDITORS:	•					
	(P45285)					
NOTICE TO	(P45285) 4519 Cascade Road SE					
NOTICE TO CREDITORS: The	(P45285) 4519 Cascade Road SE Ste. 14					
NOTICE TO CREDITORS: The decedent, Garold W.	(P45285) 4519 Cascade Road SE Ste. 14 Grand Rapids, MI 49546					
NOTICE TO CREDITORS: The decedent, Garold W. Wright, died Sept. 28,	(P45285) 4519 Cascade Road SE Ste. 14 Grand Rapids, MI 49546					

Cre decedent are notified that all claims against the estate will be

5, 2018 ad SE 49546 **DeWitt** Woods Dr. Lowell, MI 49331 616-293-3127

BEWARE of online bloggers and wannabe news sources that can publish whatever they please without repercussions.

MOST ARE JUST LETTING OFF STEAM OR WORSE, HAVE A PURPOSE THAT IS NOT DISCLOSED OR A HIDDEN AGENDA. Be sure your news source puts their readers first, is audited and is a member of the Michigan Press Association.



Drain maintenance costs.

6. Purchase of tires and voltage regulator for Koehler generator.

7. Air Relief Valve replacement purchase for Sewer Pump.

8. Approved Zoning Board of Appeals 2-year term renewal for Brian Johnson. 9. Approved Wetland Review Board 2-year term renewal for Tom Nederveld.

#### **Budget Amendments**

1. Approved budget amendment providing finances for new election equipment for 2018.

> Our next Township Meeting will be January 22nd, 2018 At 10:00 a.m.

The approved minutes may be reviewed on our website at www.grattantownship.org <sup>the</sup>leedger



# **Competitive cheer team wins first place at invitational**

#### by Kathryn Atwood contributing reporter

Continuing the positive momentum of last week's second-place invitational finish, the Red Arrow varsity competitive cheer team took the floor in Wyoming last Saturday. They placed first among many competitors with a combined round score of 619.46.

Saying the youthful team is driven in competition by topping their own previous best, head coach Davna Crumback said. "When they put their mind to something it can easily be done."

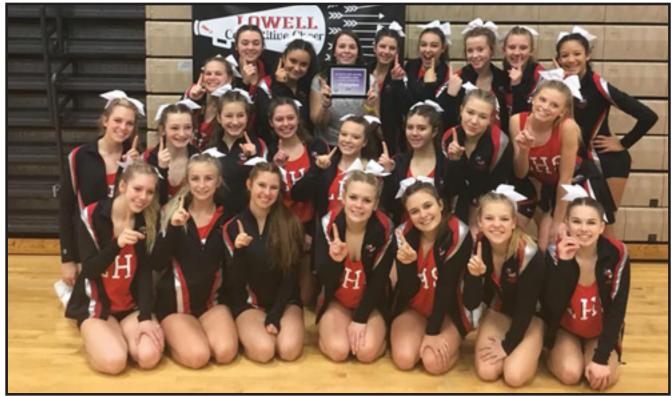
That fact was reflected in their win, as well as their ever building confidence, according to Crumback who is at the helm of the team for the second year. "I always knew they could do it. It just took time convincing them that they had the ability to. We work towards goals all season and once we hit 200 for round one, the girls realized that they were able to do this and their mindset changed."

Led by team captains junior Riley Frazer, sophomore Kara Korcek and sophomore Ember Fox, the girls were jubilant of the win but even more proud of their round three performance. "They were so incredibly happy, but I think their reaction to round three was even crazier," explained Crumback. "We haven't been able to put out a round three where everything sticks and on Saturday we did and the girls knew that that is what it takes to win."

Also nabbing a 640.1 point fourth-place OK White finish at their first conference jamboree earlier in the week at Cedar Springs, the girls will continue to grind away in practice as they look forward to their last five competitions prior to the first districts round. "We will be working on cleaning up our rounds and making them even more challenging. We have added a lot of tumbling this year, so we are working towards team back tucks for round two," said Crumback. "We have an even more difficult conference this year since

we added two teams, but we are hoping to keep our motivation rolling."

The ladies host their next competition, the second of three conference jamborees, on Wednesday, January 24 at 6 pm in the main gym.



Lowell's varsity competitive cheer team celebrates winning first place at the Wyoming Invitational. Photo courtesy of Lowell competitive cheer

#### - BASKETBALL

# Red Arrow Winter

BOYS VARSITY BASKETBALL \* Denotes a home game, all games start at 7 pm, unless indicated. 1/19 FHC 1/23 Greenville

GIRLS VARSITY BASKETBALL \* Denotes a home game, all games start at 7 pm, unless indicated. 1/19 at 5:30 pm FHC 1/23 Greenville\*

**BOYS & GIRLS BOWLING** a home meet at The Bowling Alley, Ionia, MI. 1/22 at 3:30 pm Cedar Springs 1/24 at 3:30 pm Northview\*

# Girls best Northview, fall to Jenison

#### by Kathryn Atwood contributing reporter

Winning one and dropping one, the Red Arrow girls varsity basketball team competed twice at home last week, hosting Jenison on Tuesday and Northview on Friday night.

A close contest between the Arrows and the Wildcats of Jenison saw back-andforth leads end up as a 45-40 loss for Lowell after a botched comeback attempt. The effort was led by senior co-captain Cassie Dean who netted 15 points in the game. In front of a home crowd again on Friday night, the ladies sought retribution on the court against Northview

and found it winning 46-31. The ladies topped their opponent by one in the first 8-7 and then lost their lead by one point in the second, leading to a game knotted at 16 at the half.

Gaining their offensive momentum in the second half, the Arrows scored 17 in the third and 13 in the fourth to garner their 16 point game total. Northview added only 15 struggling under the Arrows' strong other side of the court. Dean win gives Lowell a new second leading scorer. The

followed her early week overall record of 6-2 and effort with 11 points as the an undefeated conference record of 2-0.





**BOYS VARSITY HOCKEY** 

Denotes a game at Kentwood Ice Arena 1/20 at 5:30 pm Grand Haven 1/26 at 7 pm Rockford\*



VARSITY WRESTLING \* Denotes a meet at LHS 1/19 at 5 pm Northview Quad

1/20 at 9 am Gary Rivers Memorial Invitational\*



BOYS VARSITY SWIMMING 1/23 at 6 pm East Kentwood 1/25 at 6 pm Mona Shores



GIRLS VARSITY GYMNASTICS \* Denotes a meet at LHS 1/22 at 7 pm Kenowa Hills\* 1/24 at 7 pm Rockford



VARSITY COMPETITIVE CHEER 1/19 at 6 pm West Catholic Invite 1/20 at 10 am Rockford Cheer Invite 1/24 at 6 pm OK White Jamboree

Junior defense. starter Regan Coxon set fire to the net lighting it up for 26 points in the contest proving to be an equally formidable threat once again on the

This week the Lady Arrows will take on two powers from Forest Hills, battling to keep their flawless league record intact. The team saw the Northern Huskies on Tuesday and will hit the road to face the Central Rangers on Friday with a tip off time of 5:30 pm.



A double threat, junior Regan Coxon, on the court for the Arrows.

# **Arrows host annual Lowell Invitational Military Salute**

by Kathryn Atwood contributing reporter

- GYMNASTICS

Lowell gymnastics came in fourth and sixth at their fourth Lowell Invitational Military Salute last Saturday.

The brainchild of varsity head coach Michele DeHaan, the Military Salute that honors both veteran and current members of the armed forces has become an annual tradition which has inspired other athletic programs to host similar meets. Featuring performances of The National Anthem and Taps, the ceremony allowed each participating gymnast to honor an individual who is or has served the country through the military. Each honoree was introduced as they walked across the gymnasium floor through a tunnel of flags held by local Boy Scouts.

DeHaan said the event is something that her team anticipates highly each year. "The girls look forward to it, to get to honor friends and loved ones that have served. We have special leotards made and they have patches sewn on with the honorees names put on the sleeves along with the patch from the military branch they served in," explained DeHaan.

The Red Arrow gymnasts emulated the military's customary 21 gun salute with a 21-tuck salute. Following the ceremony, the Arrows branched into two groups competing as the "A" or "B" team for the event. Team "A" finished slightly ahead of its counterpart earning fourth place 134.55 point finish led by junior Corah



Freshman Aurora Fredricks with honoree Staff Sergeant Sunni Marie Adams.



Tressa Huizinga competing on

Miller and senior Maura Fitzpatrick. Miller placed first for Lowell and third overall on the vault with a score of 9.1 and first for Lowell and fifth overall on the bars with a score of 8.3.

Fitzpatrick placed fourth for Lowell and eighth overall on the vault with a score of 9.025, second for Lowell and ninth overall on the bars with a score of 8.1 and first for Lowell on the floor scoring a 9.225 good for a fourth-place overall finish. Other "A" team gymnasts placing overall included junior Hadyn Nash on the vault and freshman Aubri Lemke on the vault and the bars.

The younger "B" team took a sixth-place finish tallying a cumulative 121.175 points. While none of the members placed overall, there were strong performances on each of the four apparatus. Leading for Lowell's "B" team were sophomore Taeghan Ronchetti on the vault, junior Emily Lothian on the bars and the beam and freshman Katy Hock on the floor exercise. Besides giving the students a venue to honor members of the military, the meet also served as preparation as the team moves forward. "It's always a great meet when we can compete ten girls on



the floor.



Junior Hadyn Nash soars on the floor exercise.

Photos by Signature Photography Studios

Gymnastics, continued, page 11

### Take a short AUCTION SURVEY online by January 22, 2018 and you will be entered to WIN a \$100 Mastercard www.research.net/r/2018CPM

### Proud Member:



## Rosie the Riveter: working women's icon

"Rosie the Riveter" is an American icon representing women working in factories during World War II. These women learned new jobs and filled in for the men who were away at war. They produced much of the armaments and ammunition to supply the war effort.

They also paid FICA on their wages, contributing to the Social Security program. These "Rosies" embodied "can-do" the spirit immortalized in a poster by J. Howard Miller. Both the image and the spirit live on today.

If you asked Rosie about Social Security, she would use her rivet gun to drive home the value of Social Security for women. More Rosies work today, and nearly 60 percent of people receiving benefits are women. Women tend

to live longer than men, so Social Security's inflationadjusted benefits help protect women. You can outlive your savings and investments, but Social Security is for life. Women provide their own basic level of protection when

they work and pay taxes into the Social Security system. Women who have been married and had low earnings or who didn't work may be covered through their spouses' work.



# Spoon Up Tradition

hen cooler temperatures call for something to warm you up, good, old-fashioned

You can create delicious, steaming but what you need. You can create delicious, steaming pots that taste like they're straight out of mom's kitchen with flavorful, convenient ingredients such as Aunt Nellie's Pickled Beets and READ Salads to help streamline preparation. With these contemporary recipes, you're in and out of the kitchen in under an hour without any long simmering required. Find more recipes to warm yourself from the inside out at AuntNellies.com and BEAD penders come **READsalads** com

**Bacon-Apple Red Cabbage Soup** 

Prep time: 15 minutes Cook time: 20 minutes

#### Servings: 4

- 2 slices thick-cut bacon, chopped
- 1 medium red onion, chopped (about 1/2 cup)
- 1 clove garlic, minced
- clove garlic, minced
   ign (16 ounces) Aunt Nellie's Sweet & Sour Red Cabbage, not drained
   cups low-sodium, fat-free chicken or vegetable broth
   medium apple, chopped (about 1 cup), plus additional for garnish (optional)
   if teaspoon ground cinnamon (optional)

- 1/8 teaspoon ground elliptice (optional)
   1/8 teaspoon ground cloves (optional)
   1/8 teaspoon ground cloves (optional)
   plain yogurt or sour cream (optional)
   crumbled cooked bacon (optional)

In large saucepan or Dutch oven over medium heat, cook bacon 2-3 minutes, or until cooked through and crisp. Remove bacon from skillet; reserve. Drain drippings; return 1 tablespoon to pan; discard remaining drippings. Add onion to pan. Cook about 2 minutes, until tender, stirring frequently. Add garlic; cook

and stir about 30 seconds. Add red cabbage and liquid from jar, broth and chopped apple. Stir in cinnamon, allspice and cloves. Bring to boil. Reduce heat and simmer, covered, 10 minutes. Add water, 1/2 cup at a time, if soup is too thick. Add bacon to pan. Continue simmering abou 3-5 minutes, until apples are tender and soup reaches desired consistency. nering abour

Spoon into bowl. Garnish with apples, yogurt and crumbled bacon, if desired.



Rustic Vegetable Beet Soup



German Potato Salad Soup Prep time: 15 minutes Cook time: 15 minutes

- rvings: 4
- cup chopped onion cup chopped red bell pepper tablespoon olive oil cans (15 ounces each) READ German Potato
- Salad, chopped bottle (12 ounces) light
- beer 3/4 cup reduced-sodium, fatfree chicken broth ounces (1 cup) diced ham, smoked turkey or sliced smoked sausage
- (optional) 1/2 teaspoon salt (optional) 1/4 teaspoon chopper 1 tablespoon chopped parsley rue orostone (optional)
- rye croutons (optional) crumbled bacon

(optional) In Dutch oven or 3-quart saucepan over

medium heat, cook onion and bell pepper in oil until onion starts to brown, 5-7 minutes, stirring occasionally Add potato salad, beer, broth and meat

if desired, and stir to combine. Bring to boil, reduce heat and simmer, uncovere 10 minutes, stirring occasionally. Add salt if desired, pepper and parsley. Serve topped with rye croutons and bacon, if desired.

German Potato Salad Soup **Butternut Squash Stew** 

Today's Rosie will turn her "can-do" spirit to learning more about Social Security and what role it will play in her financial plan for the future. She focuses on our pamphlet called What Every Woman Should Know available at www.socialsecurity.gov/ pubs/10127.html for a game plan.

She rolls up her sleeves and sets up her my Social Security account (www.socialsecurity.gov/ myaccount) to review her earnings and estimates. If she finds an incorrect posting, she'll locate her W-2 form and quickly contact Social Security to correct it because she understands these are the earnings used to figure her benefits.

She dives into understanding benefits at our planner pages at www. socialsecurity.gov/planners. She examines how marriage, divorce, death of a spouse, work, and other issues might affect her benefits. She studies our fact sheet When to Start Receiving Retirement Benefits at www.socialsecurity.gov/ pubs/ to help her decide when it's time. And when the time is right, she will file for retirement benefits online at www. socialsecurity.gov/retire. Whether it was keeping the war effort production lines humming or discovering what is available to her from Social Security, Rosie symbolizes the motto: "We Can Do It." Rosie and millions like her rely

Tex-Mex Bean and Prep time: 30 minutes

Bacon-Apple Red Cabbage Sour

**Rustic Vegetable Beet Soup** Prep time: 30 minutes Cook time: 15 minutes

- 1 jar (16 ounces) Aunt Nellie's Whole Pickled Beets, drained
- tablespoons olive oil
   medium onions, coarsely chopped
- 2 medium carrots, coarsely chopped 1 medium sweet potato, peeled and chopped
- 2 large cloves garlic, minced
- 2 zucchinis (about 5 ounces each),
- 2 zaccinins (about 5 ounces ca coarsely chopped
  2 cans (about 14 ounces each) vegetable broth
- 1 teaspoon seasoned salt (optional)
- reaspoon seasoned san (option
   can (15 1/2 ounces) chickpeas, drained and rinsed salt, to taste
- pepper, to taste 2 tablespoons finely chopped fresh
- 2 tablespoons finely chopped fresh dill Gremolata (optional)

ervings: (

- Gremolata: 1 tablespoon minced fresh parsley
  - 1 tablespoon minced fresh dill
  - cloves garlic, minced
  - 1 teaspoon grated lemon peel

Coarsely chop beets; set aside. In large saucepan, heat oil over medium heat. Add onions; cook about 5 minutes, or until softened. Add carrots, sweet potato and garlic. Cook 3-5 minutes, or until vegetables

begin to soften, stirring occasionally, Add zucchini, broth and seasoned salt, if desired, Bring to boil. Reduce heat and simmer, partially covered, about 15 minutes, or until vegetables are tender. Add chickpeas; heat through. Season, to taste, with salt and pepper. To prepare Gremolata: In small bowl, combine all ingredients. Stir in parsley and dill. Stir in beets. Serve

immediately; top with Gremolata, if desired.



Tex-Mex Bean and Butternut Squash Stev

#### Servings: 4 Stew:

10 minute

- 1 can (15 ounces) READ Southwestern
- Bean Salad, divided 1 teaspoon ground cumin 1/4-1/2 teaspoon chipotle chili powder
  - clove garlic, chopped
     cups cubed or chopped butternut squash, fresh or frozen (about 1/2-3/4-inch pieces)
     can (14 1/2 ounces) no-salt-added
  - diced tomatoes
- 1 1/2 cups low-sodium vegetable or chicken broth
  - teaspoon lime zest, plus additional for garnish (optional) Chipotle-Lime Crema chopped cilantro (optional)
- **Chipotle-Lime Crema:**
- 1/4 cup plain nonfat yogurt or sour cream
  1 teaspoon lime zest
  1/8 teaspoon chipotle chili powder

To prepare stew: Place half of canned bean salad, cumin, chili powder and garlic into bowl of food processor. Puree until blended but still

slightly chunky. Add remaining bean salad to large saucepan. Stir in butternut squash, tomatoes, broth, pureed bean salad mixture and lime zest. Bring to boil. Reduce heat and simmer 10 minutes. or until squash is tender and stew reaches desired thickness. To prepare crema: In small bowl, combine

yogurt, lime zest and chili powder. Serve topped with Chipotle-Lime Crema, cilantro and lime zest, if desired. **Notes:** If using frozen butternut squash, add to stew during last 2-3 minutes of cooking to prevent overcooking. Orange zest can be used instead of lime zest, if desired. Recipe can be doubled.

on the financial protection provided by Social Security in assembling their own financial futures.

Vonda VanTil is the Public Affairs Specialist for West Michigan. You can write her c/o Social Security Administration. 3045 Knapp NE, Grand Rapids MI 49525 or via email at vonda.vantil@ssa.gov



<sup>the</sup>leedger

#### page 11

# Red Arrow SPORTS

# **Another winning week for Lowell wrestlers**

by Kathryn Atwood contributing reporter

Grappling their way to two more OK White conference wins last week, the Lowell varsity wrestling team topped both Ottawa Hills and Northview last Friday. On Saturday they headed to a pair of tournament competitions.

At the Ottawa Hills triple dual, Lowell put together a dominant 70-6 win over Ottawa Hills and a 60-11 win over Northview. Gaining most of their points by forfeit against the Bengals, three wrestlers logged wins by fall and one by major decision in the contest. Senior Carter Bierling at 160 earned his fall at 2:31, 119 pound freshman Caden Engle picked up his fall at 2:36, freshman Will Link at 125 took his opponent down at 3:17 and 171 pound freshman Luke Skinner earned his win by 13-2 major decision.

Against Northview, the Red Arrows ended the match with a winning score of 60-11 with six wrestlers earning their victories by fall. Battling to those ends were 140 pound sophomore Gabe Hare at 1:35, junior Jared Hough weighing in at 152 at the 41 second mark, 215 pound sophomore Jacob Hough at 5:41, 285 pound heavyweight sophomore Luke Landman at 57 seconds, sophomore Bryce McCune at 112 pounds at 1:32 and junior Jeff Leach at 130 as the clock hit 2:41. All other wins were earned by forfeit.

Saturday on the east side of the state, one half of the team competed in the Detroit Catholic Super Duals; while closer to home the other half faced competition at the West Catholic Invitational. At West Catholic 13 Arrows placed as Red individuals with firstplace finishes from Leach, freshman Cole Huisman, senior Tyler Lynch and junior John Russell, giving the team second place.

Earning a secondplace finish was McCune, while Link and Landman picked up third-place wins. Hough, senior Lane Ryan, junior Jared Hough and freshman Jacob Lee placed fourth. Freshman Keagan Nugent and Engle rounded out the top competitors by claiming fifth and sixth place respectively.

In Detroit the Arrows went 1-1, falling 42-18 to St. Edwards High School out of Ohio and earning a win over St. Johns 50-18 with points coming from 132 pound junior Avry Mutschler, 145 pound sophomore Austin Boone, 171 pound senior Austin Engle and 285 pound heavyweight sophomore Tyler Delooff.

The team will compete again on Friday in the Northview Quad which begins at 5 pm. Saturday morning they will welcome some of the area's best to Lowell High School for the annual Gary Rivers Memorial Tournament at 9 am.

# **Sports Summaries**

#### **ICE HOCKEY**

Lowell Caledonia ice hockey went 1-1 in competition last week picking up a 3-1 win over Kenowa Hills early in the week and then getting shut out by the co-op team of Forest Hills Northern and Eastern on Friday night. Wednesday on the road saw Caledonia member Ethan Pinto score the first goal of the game shorthanded in the second period with an assist from Lowell senior Austin Whaley. Goal two was also scored in the second, knocked in by Caledonia's Charlie Kotarski and assisted by Red Arrow Whaley. The Lowell duo of Whaley and fellow senior Charlie Hayes found the back of the net for the final and eventual winning goal. Hosting FHN/E on Friday night at the Kentwood Ice Arena, the team was unable to mount a defense and allowed three goals to slide by leading to a 3-0 loss. They head to Grand Haven to face their next opponent scheduled for this Saturday at 5:30 pm. Their next home game will take place Friday, January 26 at 7 pm versus the Rockford Rams.

#### **FUTURE RED ARROWS**

Lowell baseball is inviting youth ages 4-12 to join them for spring training this March to gear up for the pending season. Taking place on Sundays, March 4, 11 and 18, the three-day clinic offers four-and-a-half hours of specialized training and an event t-shirt. Sessions for those ages 4-7 take place from 3-4:30 pm and those 8-12 from 4:30 to 6 pm, both at Lowell High School. Cost per athlete is \$50 and registration is available at www.harballcamps.com

#### **BOYS BASKETBALL**

Red Arrow boys varsity basketball tallied two more losses last week as they faced competition on the road versus the Jenison Wildcats and at home against OK White rival the Northview Wildcats. Getting clawed by both teams, Lowell fell 87-48 against non-conference competitor Jenison and 57-45 against fellow league competitor Northview. The team visited Forest Hills Northern on Tuesday and will continue their trek through the OK White traveling to Forest Hills Central on Friday for a 7 pm game.

# **Gymnastics, continued**

each event," commented DeHaan. "We are focused on getting all of the regional qualifying scores we can so we can take the most competitors possible to the regional meet. Team state is our goal again, so having as much depth as we can in regional competitors will be the key." The gymnasts competed earlier this week against the Rockford Rams and East Kentwood Falcons. They will host the next competition Monday, January 22 at 7 pm welcoming rival Kenowa Hills.

#### 2018 Gymnastics Military Salute Honorees

Freshman Aurora Fredricks honored Staff Sergeant Sunni Marie Adams. Freshman Kathy Hock honored Private First Class James Hansen. Sophomore Taeghan Ronchetti honored E-4 Specialist Aaron Moillenan. Freshman Tressa Huizinga honored E-6 First Class Petty Officer Mearl Quist. Freshman Nora Jannenga honored Storekeeper Third Class Joel V. Jannenga. Junior Emily Lothian honored Sergeant Randall Lyle Rickle. Freshman Theresa Judd honored Specialist Fourth Class John Francoeur. Junior Corah Miller honored Sergeant First Class E-7 Allen Frederick Dawson. Freshman Kira Jungblut honored Petty Officer Third Class Stephan Waltman. Junior Hadyn Nash honored Sergeant Thomas G. Fox. Freshman Aubri Lemke honored E-4 Specialist William Lemke. Senior Amber Brown honored E-3 Seaman Supply Clerk John Hekman. Freshman Marlie McDonald honored Third Class Petty Officer Rich Ransom. Senior Maura Fitzpatrick honored Sergeant Mark A. Petricevic. Senior Marissa Grover honored Sergeant Emery Lee Fox.

Team A		Beam		Team B		Beam	
Vault		Marlie McDonald	8.05	Vault		Emily Lothian	7.4
Corah Miller	9.1	Hadyn Nash	7.775	Taeghan Ronchetti	8.275	Aurora Fredricks	7.15
Hadyn Nash	9.05	Amber Brown	7.75	Katy Hock	8.175	Katy Hock	7.0
Aubri Lemke	9.05	Maura Fitzpatrick	7.225	Marissa Grover	8.075	Marissa Grover	6.9
Maura Fitzpatrick	9.025			Kira Jungblut	8.05		
1		Floor				Floor	
Bars		Maura Fitzpatrick	9.225	Bars		Katy Hock 8.625	5
Corah Miller	8.3	Hadyn Nash	8.775	Emily Lothian	7.65	Teaghan Rocnchet	ti 8.175
Maura Fitzpatrick	8.1	Aubri Lemke	8.775	Kira Jungblut	6.8	Tressa Huizinga	8.05
Aubri Lemke	8.0	Amber Brown	8.525	Katy Hock	6.8	Theresa Judd	7.725
Amber Brown	7.825	Team A score	134.55	Theresa Judd	6.325	Team B score	121.175

#### - BOWLING

# **Busy week for Lowell bowlers**

by Kathryn Atwood contributing reporter

A busy schedule on the lanes for the Lowell boys and girls varsity bowling teams last week included an at home conference match up against the Ottawa Hills Bengals and the team's own Lowell Invitational.

Receiving a bye due to Ottawa Hills lack of female rollers, the Red Arrow ladies put in practice during their match play time and then placed sixth at the Lowell Invitational on Saturday. Their combined pin total of 2,390 was obtained by improving average scores and high games rolled by sophomore Emma Blakie (160), sophomore Olivia Dennie (165) and senior Laura Lachowski (168 and 181), all-tournament team honors.

The boys team did compete against Ottawa Hills and picked up an overwhelming 27.5-2.5 conference win after claiming all ten points in the baker matches. Having already locked the win heading into match play, the team rotated bowlers allowing their younger members to gain additional lane experience. High games were credited to senior Carson Clark who rolled a 226 and a 230 and senior Foster Skoog who earned a 196.

Saturday at the Lowell Invitational the gents rolled their way to a fifth-place finish tallying a pin total of 3,333. After a good start in their regular game set, the boys struggled in the baker matches but still managed a pin total of 3,015 before falling to the Wayland Wildcats. Sophomore Collin Clark earned top honors rolling a 224 and a 270, ranking him number one on the all-tournament team. Also earning all-tournament status were Skoog, who rolled a 216 and a 265; and Carson Clark, with a 205 and a 228 game.

Due to a last minute team cancellation, a

boys bowling "B" team competed, totaling 2,194 pins in the qualifying round. Their effort was led by sophomore Aaron Fritsma, who rolled a high game of 180; and junior Chase Anderson who tallied a 170.

Girls head coach Kathy Clark, who leads the selffunded teams along with boys coach Chris Clark said that the event is a key fundraiser and many deserve thanks for the effort given to make it a success.

The teams will both be competing once this week when they welcome Forest Hills Central on Wednesday afternoon at 3:30 for OK White conference action.

## obituaries

Monette Fairchild 95, Baer, of MT, Hamilton, passed away Wednesday, January 10, 2018 at Kathy's Place in Florence, MT. She was born March 14, 1922 in Grand Rapids. Monette spent most of her life in Michigan where she was a 4-H leader and involved in several kinds of crafts.



After her husband, Bernard passed away in 2001; she moved to Hamilton and continued working in ceramics. She entered many pieces in the Ravalli Fair and was honored with



several blue and a couple Champion ribbons. Monette is survived by her son, Maynard and wife Deborah Baer of Hamilton, MT; daughter, Monette (Ellie) Winfield of Grand Rapids; five grandchildren, Brad and wife Holly Baer of Ionia, Wendy Hobbs of Lowell, Jason and wife Melissa

Baer of Lowell, Dan and wife Jessica Drown of Ionia, and Carly and husband Mike Heiland of Jackson, MT; eleven great-grandchildren and five great-greatgrandchildren. A reception was held Sunday, January 14, 2018 at the Daly-Leach Chapel community room in Hamilton. Internment will be in Michigan at a date to be determined. The family suggests that memorials be made to an Alzheimer's disease research and prevention charity. Condolences may be left for the family at www.dalyleachchapel.com

#### HEEMSTRA

Margaret Heemstra, age 93 of Grand Rapids, formerly of Lowell, went to be with the Lord Thursday, January 11, 2018. She was preceded in death by her husband Robert (1989); son Gary (2012), and daughter-in-law

Kathy. She is survived by her children Linda Nancv Brifnek, (Jack) Kits, Roger Heemstra; sisters Julie Dice, Lee Stukkie: sisters-inlaw Kay Rozema, Shirley Riemersma; 16 grandchildren; 19 great grandchildren; also nieces and nephews. Margaret was everything a mother should be; strong, guiding, understanding and



LOWING

Norma Lee Lowing, age 82 of Lowell, passed away Saturday, January 13, 2018. She was preceded in death by her husband Walter and son Nelson Hoose. She is survived by her children Leann (Jesus)

Gonzalez, Wanda (John) Elliott: grandchildren Shannon (Abdul llah) El Bachri, Angela (Lance) Posey, Nikki Elliott, Justin (Kelsey Schoon) Elliott; greatgrandchildren Christiaan, Marc, Sofia, Caleb, Levi and Chase; sister Marion Wheat: brother Lloyd (Pam) Batey. Α



Memorial Service will be held Saturday, January 20, 11:00 a.m. at Roth-Gerst Chapel, 305 N. Hudson St., Lowell. The family will meet with friends and relatives one hour prior to the service at the funeral home chapel. Memorial contributions may be made to Heartland Healthcare Center – Greenview, 1700 Leonard St NE, Grand Rapids, MI 49505 or DaVita PDI, 1230 Ekhart St. NE, Grand Rapids, MI 49503.



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

# **PUZZLE SOLUTIONS**



# Looking Back, continued

Berry alleges he has discovered Rood's questionaire was five days over-due and that he was married to a 15 year old girl on a perjured application for marriage license. He is also accused by the sheriff of having bought three automobiles during the last summer and failing to pay for them. The authorities are considering making an application to have him judged mentally incompetent.

### 75 years ago The Lowell Ledger January 21, 1943

Tuesday brought the worst storm of the winter, with a 32 mile an hour gale that whipped the snow into drifts, blocking highways as fast as the huge snowploughs could clear them. Many country roads were impassable in places and R. F. D. carriers were able to cover only portions of their routes. Lowell school busses started out at two in the afternoon and it was 9:30 in the evening before all had completed their trips.

Will J. Morse, foreman at the Ledger office, slipped and fell on an icy sidewalk near the intersection of Main and Hudson streets while on his way home last Friday noon, sustaining a double fracture of bones in his left wrist. As a result of the accident Mr. Morse will be off duty for several weeks.

### 50 years ago Lowell Ledger January 18, 1968

The weatherman is cooperating . . . and so will the City of Lowell in flooding an ice rink at Pleasant and Main as requested by the YMCA. City Council authorized City Manager Bernard Olson to work out details with YMCA officials if the latter still wished the city to supply labor to create the ice surface. One condition of the arrangement would be that the land be leased by the YMCA, Olson said.

### 25 years ago The Lowell Ledger January 20, 1993

If Lowell can be used as some sort of an economic barometer for the entire country, then spending over the holiday season increased due to consumer confidence. That seemed to be the consensus among retail business owners in Lowell. "I'm not sure what it is. I'm not going to tell you that it was the election," Cousins' Card and Gift Shoppe owner Karin Hale said. "I'm just grateful for when it was and what it was." Hale said business was up 10 percent from a year ago.

Many believe that the one-year freeze on property assessments sent out a false sense of security. Now that the freeze is being lifted, the harsh reality begins to set in. The estimate for 1993 assessments will reflect a two-year growth at seven percent a year or 14 percent over two years. In the short term it presents a financial crunch for property owners. In the long term, it presents quite a problem for schools come June. Most schools will have no other option but to ask voters to roll back the Headlee Amendment. The rainy days of fall could not dampen Owen, Ames, Kimball's enthusiasm for the continued progress on the new Lowell High School. With the assistance of assistant job superintendent Dennis Loveland, Ron Bieber filled in for job superintendent Craig Willison [was] at the January Lowell Board of Education meeting to update the Board on the progress of the project through Jan. 11 of this year. With old man winter having brought to a halt the exterior work, Bieber said the focus of the work over the next two months will be in the wing areas." Most of the sitework will start back up in the Spring of the year," Bieber said. "Some work in the stadium area may continue depending on the weather." The scheduling of agendas for continued renovation of the Middle School and current high school are now being formed. Bieber and Loveland said all concrete foundations for the new high school project have been completed. Walls are being poured around the orchestra pit and air tunnel in the auditorium. Miscellaneous concrete columns, stairways and locker bases are also being poured.

giving. She was honest, forthright, confident and able. Her relaxed, flexible and tolerant ways were admired by us all; but mostly she was a loving woman who was always there when we needed her. We love you mom. Funeral Service was held at Ada Christian Reformed Church. Interment Bailey Cemetery. Memorial contributions may be made to the Alzheimer's Association, 25200 Telegraph Rd., Ste 100, Southfield, MI 48033-7443 or an organization of choice supporting Alzheimer's disease victims.



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

- <u>"l</u>ëdger classifieds

office hours: Mon.-Thurs. 8 a.m.- 5 p.m. Fri. 8 a.m. - noon closed Sat. & Sun.

### for sale

FIREWOOD FOR SALE Seasoned hardwoods, 5 miles N. of Lowell. \$200 cord. 616-292-3045.

400 APPLIANCES - Washers, dryers, refrigerators & stoves. Guaranteed. From \$69. Hammond Wholesale, 320 W. Main St., Carson City, 989-584-1600. See us on Facebook. Delivery available.TEN

EXCEPTIONAL PERFOR-MANCE AND VALUE - Requires less wood & provides more heat. Central Boiler certified Classic Edge OUT-DOOR WOOD FURNACE. Call today! 616-554-8669. SOS Property Maintenance LLC, 6950 Hammond Ave, Caledonia. We are your local sales, service & parts dealer! TEN

TWIN BED - Mattress, box spring & frame, (Sealy), \$85 complete. Hammond Wholesale, 320 W. Main St., Carson City, 989-584-1600. See us on Facebook.

QUEEN PILLOWTOP MATTRESS SET - (new), \$248/set. Thick & plush. Hammond Wholesale, 320 W. Main St., Carson City, 989-584-1600. See us on Facebook.TEN

**SNOWBLOWER - Poulan** Pro PR241 24 in. 2-stage electric start snowblower. 2 years old, used only a couple times, stored inside. Asking \$550, new \$870. Ionia pickup or possible delivery. 616-755-0577, leave message.

USED TIRES - Call with size, 616-292-7649/616-295-8820. Rob's Auto thanks.TEN

**KENMORE REFRIGERA-**TOR & STOVE SET -(2006), cost \$900, sell \$199 for pair. Hammond Wholesale, 320 W. Main St., Carson City, 989-584-1600. See us on Facebook.

FREEAD! - Place & pay for a classified ad in the Buyers Guide & Lowell Ledger for 3 weeks & receive the 4th week FREE! You must mention the special in order to receive this offer. Valid only with new classified ads, and

### for rent

WE DO BUSINESS IN AC-CORDANCE WITH THE **FEDERAL FAIR HOUSING** LAW - Equal Housing Opportunity. It is illegal to discriminate against any person because of race, color, religion, sex, handicap, familial status or national origin in the sale or rental of housing or residential lots; in the advertising the sale or rental of housing, in the financing of housing. Anyone who feels he or she has been discriminated against may file a complaint of housing discrimination: 1-800-669-9777 (toll free) 1-800-927-9275 (TTY).

**PRICELESS STOR-**AGE - Indoor/outdoor. New Units on Alden Nash, 1 mile South of 196. Call for specials 558-2900.TEN

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HALL FOR RENT - Lowell Veteran's Center, 3100 Alden Nash. Newly remodeled, smoke-free, private, great location & great rate! www.VFW8303.org.FREE All Vets Coffee Hour at the center the 3rd Thursday of each month. Bring a friend. Call John at 299-0486 or 897-8303.TEN EOW 



I WANT TO BUY - Refrigerator, stove, washer, dryer & furniture in good shape. Have cash. 989-584-6818.TEN .....

FARM LAND WANT-ED - Fifth generation farmer looking to expand operations. Paying aggressive cash rent prices, we also offer soil fertility programs as well as prescription application of fertilizers and planting corn, soybeans and wheat. Looking for the 2018 growing season and bevond. Call or text 616-893-0139.

### help wanted

WANTED PERSON TO TAKE CARE OF - 2 elderly people in our home, M-W, 8 am-noon and Wed & Sat & Sun., 5-8 pm. \$11/hr. Call 897-4829.

misc.

IF YOU HAD HIP OR KNEE **REPLACEMENT SUR-**GERY AND SUFFERED AN INFECTION between 2010 - present, you may be entitled to compensation. Call Attorney Charles H. Johnson 1-800-535-5727 (MICH)

Stop OVERPAYING for your prescriptions! SAVE! Call our licensed Canadian and International pharmacy, compare prices and get \$25.00 OFF your first prescription! CALL 1-844-358-9925 Promo Code CDC201725 (MICH)

### memorials

IN LOVING MEMORY **OF OUR PARENTS** Emma E. Kropf 6-17-1909 - 2-24-1958 Bertha M. Weir 10-24-1901 - 2-20-1968 James W. Weir 10-7-1899 - 3-20-1973 **Carl Kropf** 9-13-1909 - 1-18-1993 Time rolls on and years go by, but precious memories never die.

Your family

### lost

LOST - Orange and white short hair cat. Missing on Bailey between Lincoln Lake and Alden Nash. 897-8134.

### services

DRIVER'S LICENSE SUS-PENDED OR REVOKED? Don't get sucked into \$100-\$300 evaluation fees...I NEVER charge for your record evaluation & consultation! Driver's license RESTORATION: \$3500 incl. all filing fees AND FREE consultation & evaluation of your case Have a question? Call Attorney Martin Mead (616) 235-0330.

### services

HANDY REPAIR SERVICE - All kinds of service work: locks rekeyed, deadbolts installed, screen & window repair. Call Bob Ford, 299-3198.TEN

LAMINATING SERVICE AVAILABLE - Next day service. Drop off & pieces will be available by 9 a.m. the next day. Lowell Litho, 105 N. Broadway, Lowell.

**SEAMLESS GUTTER** -Bleam Eavestroughing. Free estimates, 50 colors, leaf guards. Since 1959. Choose the experience! (616) 765-3333 or 1-877-945-RAIN. www. bleameaves.com

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to make sure your event is placed in the paper, please call our office

& place it as a classified ad. We

will not accept ANY Garage or sales (including fundraisers) as a

coming event. All Coming Events

or changes to coming events

should be submitted by fax:

897-4809, email: classifieds@

lowellbuyersguide.com, by mail: PO Box 128, Lowell, MI 49331 or in person: 105 N. Broadway.

**BOWNE TOWNSHIP HISTORI-**

CAL SOCIETY- meets the sec-

ond Monday of the month at 10

a.m. in the Historical Museum

TOTS PLAYGROUPS - Tues &

Wed., 9:30 - 10:30 am. Come

when you can, stay as long as

you would like! No registration

required. 300 High Street, Low-

STRUGGLING WITH ADDIC-

TION? - Lowell Serenity Club

is available for all in need of

relief and hope. LSC offers 12

step meetings, 365 days a year.

Meetings daily 8-9 pm, Mon. - Fri.

12-1 pm, Tues. & Fri. 4:30-5:30

pm and Sat. & Sun. 10-11 am.

101 E. Main St., Lowell, 616-

ALTO AMERICAN LEGION

AUXILIARY - meets the second

Monday of the month at 7 p.m. at

the Alto American Legion Post.

V.F.W. POST #8303 - meets the

at 84th/Alden Nash.

ell. 987-2532.

550-6688.

#### СОМІ PLEASE NOTE - Coming WRWW FM radio station (92.3) Events are for non-profit orgaand Internet radio station located nizations. If you are charging at www.lowellradio.org admission for an event - it is GRIEF - ADULT GROUP - Tuesconsidered an advertisement. Coming events are on a space available basis & ARE NOT GUARANTEED. If you would like

5661.

days, 6-7:30 p.m. A committed group for adults who have experienced the death of a family member or friend. Gilda's Club, Lowell Clubhouse, 314 S. Hudson, Lowell, 897-8600.

services

**HIGH SCHOOL STUDENT** 

- Eagerly looking for after

school work to help pay for

school functions. House

cleaning, yard work, car

detailing, senior help, pet care, etc., etc. 616-295-

8820, ask for Madison.

NEW STRONG! YOGA

CLASSES - at 901 W. Main, Lowell. Check www.

thehammockllc.com for

schedule or call 616-893-

BUSINESS CARDS - Be-

fore you order your cards

from somewhere else -

check our rates! Call Lowell

.....

Litho, 897-9261.

Thanks for helping.TEN

CUB SCOUT PACK 3188 - meets every Tuesday at 6:30 p.m. at First United Methodist Church, 621 E. Main.

QUA-KE-ZIK SPORTSMANS CLUB - meets second and third Tuesdays at 8 p.m. at 8731 West Riverside Dr. Go to www.quake-zik.org for information. New members welcome.

LOWELL LIONS CLUB - meets third Tuesday at noon at Lowell City Hall.

KNITTING GROUP -Tuesdays 10 a.m. - noon. Meets at the Village Hall. Beginning to advanced knitters welcome. Clarksville Area Library, 130 S. Main, Clarksville, 616-693-1001.

LOWELL AMATEUR RADIO CLUB - meets the 2nd Saturday at Flat River Outreach Ministries, 11535 E. Fulton, 9 a.m. social gathering; 10 a.m. meeting. LARC sponsors 145.27 MHz area radio repeater system.

FLAT RIVER OUTREACH MIN-ISTRIES TREASURE'S THRIFT SHOP HOURS - Tues - Fri. 10 6 p.m.; Sat. 10 - 4 p.m. at 11535 Fulton St. E. Thrift Shop,

897-8260; Resource Center, 897-8260. TECH HELP - Wednesdays by

### services

SCANNING SERVICE -Do you need something scanned & emailed? The Buyers Guide/Lowell Ledger now offers this service! Mon. - Thurs., 8 - 5 p.m. & Fri., 8 -noon. Ph. 897-9555 with any questions.

FREEAD! - Place & pay for a classified ad in the Buyers Guide & Lowell Ledger for 3 weeks & receive the 4th week FREE! You must mention the special in order to receive this offer. Valid only with new classified ads, and must be paid for when ad is placed. Call 897-9555, fax 897-4809 or email to: classifieds@lowell buyersguide.com, Lowell. Ph. 897-9261.

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ENT STORYTIME - Every Thursday, 10 am with Ms. Sheila. Clarksville Area Library, 165 N. Main, Clarksville, 616-693-1001.

LOWELL AREA HISTORICAL MUSEUM - open Tuesday, Thursday, Saturday & Sunday:1-4 p.m. Families: \$10; individual \$3; ages 5-17 \$1.50; members free. 897-7688.

LEGOSATTHE LIBRARY - Second Saturday of each month at 10 a.m. Kids ages 5-11 are invited to join. Bring your imagination & be ready to build! (The library will provide the LEGOs) No registration required. Alvah N. Belding Library, 302 E. Main, Belding, 616-794-1450.

THE LOWELL BOARD OF EDUCATION - second Monday of the month at 7 p.m. in the Administration Building, 300 High St., Lowell.

FLAT RIVER WATERSHED COUNCIL - Meets 3rd Monday of each month at the Main Street Inn in Lowell at 6:30 p.m. For more information, visit our web page at flatriverwatershed.org

BABY PANTRY OF LOWELL - (formerly St. Mary's Pregnancy Center) is now located inside Flat River Outreach Ministries (FROM) at 11535 Fulton St. E. We are open Monday 5:30-**7:30 p.m.** & Thursday **2-4:30** p.m. to serve pregnant woman & families of small children in need of diapers, wipes & other baby supplies. We are non-denominational & serve families in the Lowell area. For more information, call Michele at 616-322-5957.

NEW CLASSES FOR EVERY-ONE - children - adults at Christian Life Center, 3050 Alden Nash SE, Lowell. Every Wednesday 7-8 p.m. Bible-centered classes for children through 5th grade, youth group for 6th grade thru high school & adult prayer & Bible study. Everyone is invited to attend.

must be paid for when ad is placed. Call 897-9555.

### **Help Us Deliver** The Paper.....Please



around your newspaper tube, mailbox, steps, walkways and porches! The folks who deliver your Buyers Guide plus our mail carriers would appreciate your help!

Juide and Vews

first Monday at 7 p.m. at 3116 Alden Nash S.E.

BOY SCOUT TROOP 102 - every Monday, 7-8:30 p.m. during school year in Scout Cabin at the end of N. Washington St. Ages 11 and up or completing 5th grade. Call Scoutmaster Clay VanderWarf, 616-485-3429 or Del Rockwell at 897-6814.

TECH HELP - Thursdays by appointment from 1-3 p.m. Help with internet searching, computer basics, Facebook, ereaders, library downloadable books, etc. Clarksville Area Library, 130 S. Main, Clarksville, 616-693-1001.

TAKE OFF POUNDS SENSI-BLY TOPS MI #372 - every Tuesday, weigh-ins at 5:45 p.m. Key Heights, 11335 Fulton, Lowell.

WRWW BROADCASTS - Lowell High School sports, concerts, community events, student 'on air' shows and your favorite music can be heard on the appointment from 9 a.m. - 1 p.m. Help with internet searching, computer basics, Facebook, ereaders, library downloadable books, etc. Saranac Public Library, 61 Bridge St., Saranac. 616-642-9146.

ALPHA FAMILY CENTER OF LOWELL - 517 E. Main. Hours: Mon. & Wed. 8 a.m. - 5 p.m.; Tues. & Thurs. 10 a.m. - 8 p.m. Diapers, formula, clothing & free ultrasounds & pregnancy testing available. www.afclowell.org

MASSAGE AND ESSENTIAL OIL TECHNIQUES - Learn how to incorporate massage into your life and go home with a sample massage oil that you've made yourself. Pre-registration is required. Wed., Jan. 17, 6-7:30 pm, Englehardt Branch Library, 200 N. Monroe St., Lowell, 784-2007, www.kdl.org

LOWELLARTS GALLERY HOURS - Tues. - Fri., 10 - 6 p.m.; Sat., 10-5 p.m. 225 W. Main St., Lowell. Visit www.lowellartsmi.org or call 897-8545.

FREE ALL VETS COFFEE HOUR - Third Thurs. of each month. Bring a friend. Lowell Veteran's Center, 3100 Alden Nash, Lowell. Call 868-7426 or 897-8303 for more information.

STORYTIME - Thursdays, 10 a.m. with Ms. Sheila at Clarksville Area Library, 130 S. Main, Clarksville, 616-693-1001.

LOWELL AREA PRAYER & HEALING ROOMS - located in the FROM building, 11535 Fulton Street, most Monday evenings, 6-8 p.m. Christian Scripture based. No cost or fees, no appointment necessary, confidentiality respected.

### New US Ambassador to Netherlands begins with faux pas

by Tim McAllister lead reporter

During his long career, Pete Hoekstra has gone from Dutch immigrant to successful businessman to the U.S. Congress. He is currently the US Ambassador to the Netherlands, but he got off on the wrong foot with Dutch media recently.

Hoekstra was born in Groningen, Netherlands, in 1953 and immigrated to Holland, Michigan, with his parents when he was three years old. A graduate of Holland Christian Schools, he got degrees from Hope College and the University of Michigan's Ross School of Business, then accepted a job with Herman Miller. When he left there 15 years later he had advanced as far as VP of marketing.

Hoekstra ran for Congress for the first time in 1992. He won that election and became representative the for Michigan's 2nd district. When first elected he made a "term limits pledge" that he would only serve six terms, but eventually served seven. He worked Washington. hard in In 2004, Hoekstra was named Chairman of the House Permanent Select Committee on Intelligence. He was also a senior member of the House Committee on Education and Labor and served on the Immigration Reform Caucus, the House Republican Task Force on Historically Black College and Universities, the Congressional Prayer Caucus, the Congressional Coast Guard Caucus,

the Values Action Team, Congressional Prothe Life Caucus, the House Republican Study Committee, the Bipartisan Congressional Bike Caucus, the Congressional Manufacturing Caucus, the Education Freedom Caucus, and the Congressional Caucus on the Netherlands. He left Congress in 2010 to run for governor of Michigan but came in second to Rick Snyder in the Republican primary. In 2012, he ran for US Senate but lost to Democrat incumbent Debbie Stabenow.

Originally considered for CIA director, President Trump nominated Hoekstra to be US Ambassador to the Netherlands on July 24, 2017. The ambassador's job is to represent the interests of the United States on behalf of the US government. The US Embassy is located in The Hague and the US Consolate is in Amsterdam. John Adams was the first US Ambassador to the Netherlands in 1782. At that time the position was called Envoy, short for "Envoy Extraordinary and Minister Plenipotentiary."

Past ambassadors include John Rutledge, John Quincy Adams, Robert B. Roosevelt, William J. Dyess, and finally Shawn Crowley from July 29, 2016, until Jan. 10 when, according to a government press release, Hoekstra "presented his credentials to King Willem-Alexander, a custom dating back to the Middle Ages, to officially become the 67th US Ambassador to the Netherlands."

# LEGAL NOTICE

**PUBLICATION OF NOTICE OF HEARING** STATE OF MICHIGAN The Probate Court for the County of Kent

In the matter of

at 10:30 A.M. at Kent Probate Court, Co. 180 Ottawa NW, Grand Rapids. MI 49503 before Judge David M. Murkowski (P35026) for the following purpose:

One of Hoekstra's first acts as ambassador was when he misspoke on Dutch television.

On December 22, 2017, a reporter from Dutch TV network Nederlandse Omroep Stichting asked Hoekstra to explain an inaccurate statement Hoekstra made during a 2015 speech at the David Horowitz Freedom Center, a conservative foundation in Sherman Oaks, CA. Hoekstra said that because of "radical Islam" the Netherlands had "no-go zones" and that politicians and cars are being set on fire there. These things are not true. Hoekstra denied making the statements, saying, "We would call it fake news. I never said that." The reporter played footage of the speech for Hoekstra, who then denied having used the phrase "fake news'

moments earlier. "I didn't an interview with Dutch call it 'fake news.' I didn't use those words today." Hoekstra apologized on Twitter, then refused to talk about it or answer questions during a Jan. 10, 2018 press conference. On Jan. 12, in it," Hoekstra said in the

newspaper De Telegraaf, Hoekstra retracted the remarks made in the 2015 speech.

"Looking back, Ι am shocked to have said interview. "It was a wrong statement. It was just wrong. [...] I have mixed up countries. I was wrong and I do not know how that could have happened. I do know it was wrong."



US Ambassador to the Netherlands Pete Hoekstra appearing on CNN.

# **DNR conservation officers** offer snowmobile safety tips

Michigan's With snowmobile season in full gear, Department Resources of Natural officers conservation remind riders that safety is key to enjoying their sport. "Snowmobiling is a great way to spend winter the months," said Lt. Tom Wanless, DNR recreational safety programs supervisor. "But when operating a snowmobile or any type of vehicle, safety comes first. This includes riding within your own abilities, operating at safe and appropriate speeds for the terrain, always wearing a helmet and proper clothing, and never operating your machine while under the influence of alcohol or drugs."

Other safety tips

Exercise additional caution when riding on an unfamiliar trail or when riding at night.

Never ride alone; use the "buddy system."

Keep headlights and taillights on at all times and keep them clear of snow, ice or other debris.

Be alert to avoid fences and low-strung wires. Use caution when

approaching trail а intersection, come to a complete stop when required and look both ways for traffic before proceeding.

Stay clear of trail groomers if possible. Never follow groomers,

and give them the right of rules way.

Avoid crossing frozen bodies of water, when possible. If you must cross, never do so while riding in single file.

Wear a life jacket if operating on frozen bodies of water.

Don't trespass. If you don't know whose property you are on, you probably don't belong there.

Snowmobile safety education training and online safety courses are recommended for all snowmobile operators and are required for those who are 12 to 16 years old.

Snowmobilers also should learn the

and regulations snowmobiling for in Michigan, as well as the universal snowmobile trail signage developed by the DNR to help ensure safety on the trails.

A valid snowmobile registration from the Michigan Secretary of State or another state or province, is required for all snowmobiles. Snowmobilers also must purchase a trail permit, which is valid for one year (Oct. 1 to Sept. 30), when operating on public trails.

Learn more about snowmobiling in Michigan at michigan.gov/ snowmobiling

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SHARON KANE Guardianship File No. 18-202,605-GA Conservatorship File No. 18-202,604

TO ALL INTERESTED **PERSONS** including her children: Jerry Henning, Preston, Robin and Daniel Marshall, and other unknown any children or spouse, address(es) whose is/are unknown and whose interest in the matter may be barred or affected by the following:

TAKE NOTICE: Α hearing will be held on February 9, 2018,

Appointment of а Guardian. Appointment of a Conservator.

#### Dated: January 15, 2018

**Adult Protective** Services, DHHS, Petitioner 121 Franklin St. NE Grand Rapids, MI 49507 (616) 558-6781

VAN ESSEN AND **ASSOCIATES PLLC** Attys. for Petitioner by Amanda Van Essen Wirth (P75001) 3425 Kelly St. Hudsonville, MI 49426 Phone (616) 633-0196 include: Always keep your snowmobile in top mechanical condition. insulated Wear boots and protective clothing, including a helmet, gloves and eye protection.

Only ride in designated areas and trails.

Check weather conditions before riding and be aware of changing trail conditions.

Pick safe places to stop off the trail and never park or stand in the trail.



<sup>the</sup>leedger

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#### STATEPOINT CROSSWORD

#### THEME: THE GRAMMY AWARDS

#### ACROSS

1. Tucks away 6. Coca-Cola's first calorie-free drink 9. Draw 13. Turkish bigwig 14. Harry Potter's Hedwig 15. Anatomical sac 16. Bet everything 17. Ancient Chinese dynasty 18. \*Grammy winners Billy or Frank 19. \*2018 Grammy Awards host 21. \*2018 Grammys location 23. Boy 24. State of irritation 25. Auto unit 28. Toy building block 30. Between knees and ankles 35. Paella pot 37. \*Artist with six 2018 Grammy Award nominations 39. \*Judd who won 5 Grammys as part of duo and one alone 40. Long, long time

- 41. "Encore!"
- 43. Computer operating system
- 44. Fat cat in the Orient
- 46. Comrade in arms
- 47. "By \_\_\_\_\_ of" or "by
- means of"
- 48. Judges the worth of
- 50. Bakery unit
- 52. "To His \_ Mistress"
- 53. Skilled in deception
- 55. Tall tale
- 57. \*Childish



- © StatePoint Media
- Gambino's nominated record 61. Gemstone 64. Playing on the radio 65. Executive's degree
- 67. Egyptian falcon-

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- headed deity 69. Located
- 70. Word of possibility 71. Court order, e.g.
- 72. Month before Nisan
- 73. Wood-shaping tool
- 74. Stinky

### DOWN

- 1. Resting place
- 2. Locker room supply
- Capital on a fjord
   Move like a propeller
- 5. Warm weather
- footwear
- 6. Type of settlement
- 7. Bowl over
- 8. Russian pancake
- 36. Dwarf buffalo
  38. Cylindrical building
  42. Spiral-horned
  antelope
  45. Same as a proverb
  49. Confession topic
  51. \*Spoken Word
  posthumous nominee
  at 2018 Grammys
  54. Accepted as truth
  56. Horace's poem
  57. Parks or
  Luxemburg
  58. "Adventures of the
  Wishing-Chair" author

33. Type of acid

number

34. \*2018 Grammys is



**JANUARY 10 - JANUARY 16** 

- Officials in the central Japanese city of Gamagori are warning residents not to eat blowfish purchased from a local supermarket after the fish were packaged without removing their livers, which can contain a potent neurotoxin. Three packages were recovered, but two remain at large.
- At City on a Hill Circuit Street charter school in Boston students coming to school must lock their cellphones away for the day and can only unlock them at dismissal time.
- A 28-year-old man whoallegedly hacked into thousands of computers has been indicted in Ohio. Phillip Durachinsky created malware so that he could remotely access and turn on the cameras and microphones of computers. He has apparently been hacking into computers for over 13 years.

# LAST WEEK'S ONLINE POLL RESULTS

Who do you think is more likely to challenge Donald Trump in 2020?

Oprah Winfrey	10%
Mark Cuban	30%

! We	! We're paid by our partner communities								
	9	4	3		2	6			
		8				9	2	4	
7									
2						7			
4			6		8			2	
		9						5	
								7	
8	4	2				1			
		6	4		1	2	9		

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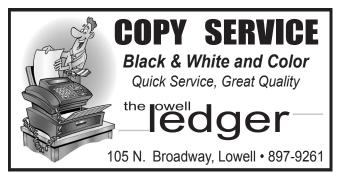
Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

9. Actress Liu 10. Milk's favorite cookie? 11. Russia's 1917 abdicator 12. Did like the Titanic 15. a.k.a. dogfish 20. Allergic reaction to bee sting 22. Young newt 24. Virtuously 25. \*Lin-Manuel Miranda nominated for song from this movie 26. Humble requests 27. Clumps 29. \*"Million Reasons" Lady 31. Data transmission rate 32. Not Doric nor Corinthian

Blyton 59. Cyberattack target 60. Hofbr‰uhaus offering 61. \*Artist with most 2018 Grammy nominations 62. Between Ohio and Ontario 63. Crowd of undistinguished people 66. \*Michael Jackson album of year nominee, 1988 68. Chester White's home

> Puzzle solutions on page 12

## 



### - <u>"ledger</u> The weather could always be worse...

A couple of weeks ago, the Ledger did a story on the "Blizzard of '78" that occurred on January 25 of that year.

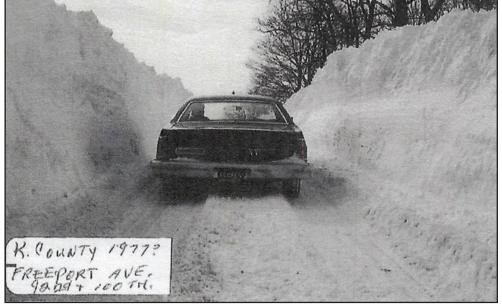
The storm was quite something stranding folks

and creating huge hills of drifted and shoveled snow. We asked residents to

share any pictures they may have laying around. Dick Johnson sent in

the shots on this page telling

us, "They are all from Kent County and were taken when I was working for KCRC (Kent County Road Commission) in 1977."





If anyone would still like to share their memories or photos of the "Storm of the Century" stop by our 105 N. Broadway office or attach them and email to ledger@lowellbuyersguide.com. Include information and names of person(s) and places in photo. Any questions call 616-897-9261. But hurry! We'll need to have them by Monday, Jan. 22 in order to get them in our next edition.

# Michigan robotics teams, continued

jobs here in Michigan." state superintendent Brian Whiston said. "Beyond that, FIRST exposes students to multiple career pathways, something critical to creating a top 10 education system and helps build a robust talent pipeline for the thousands of jobs being created."

FIRST has been a transformational program for many students and

catalyst for growing student interest in good-paying and high-demand careers currently going unfilled.

Students participating in FIRST programs across the state are two times as likely to major in science or engineering in college and more than 75 percent of FIRST alumni are currently in a STEM field as a student or professional.

Michigan also has continues to be a leading invested in the Square One Education Network and Skills USA, other programs that encourage students to work with mentors and apply real-world skills in competitions.

"We want to lead the world in talent development," Curtis said. "This investment by the Michigan Department of Education is just another way Michigan is working toward that goal. The grants

are a smart investment in Michigan's continued economic growth."

The world championships, planned for April 25 through 28, expect nearly 60,000 students and 700 teams to participate at Ford Field and Cobo Center with four levels of competition. Last year, two Michigan teams were part of the winning alliance at the world championships held in St. Louis.



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# 

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