



page 16

new location



page 8



lhs sports



pages 9, 10 & 11

50¢



Equine therapy group hopeful they'll receive "Do Good & Do Beautiful" grant of \$15,000

by Tim McAllister
lead reporter

The Barn for Equine Learning, a horse therapy non-profit at 3203 Timpson Ave. SE, was devastated by a fire set by an arsonist last April. The fire killed 13 horses and totally destroyed the facility. They are now one of five finalists competing for a \$15,000 "Do Good & Do Beautiful" grant from skin and hair care products company Alba Botanica. The grant is for non-profit organizations owned by women that focus on environmental matters, animal welfare or female empowerment. If they win, they plan to use the grant money to hire a staff member to coordinate their abundant activities.



Construction of the new Barn for Equine Learning is about halfway complete.

"The top two winners will get to go to New York and receive the grant money," said Barn for Equine Learning founder and executive director Kat Welton. "We have earmarked that \$15,000 to go toward a part-time volunteer coordinator for the Barn. The barn and its services are in very high demand. We offer a really good, valuable service to people, but we want to make sure we're maximizing our volunteers, making sure people are plugged in and know about our community barn time and all of the great things that we do out here. A volunteer coordinator would help with that."

The Barn is certified by EAGALA, the Equine Assisted Growth and Learning Association, to use horses as therapeutic tools. They work with at-risk youth, kids in residential care, young adults and even offer couples therapy. There is no riding in this type of horse therapy, it's all on the ground. An individual or pair are given an activity they must work with the horse to complete.

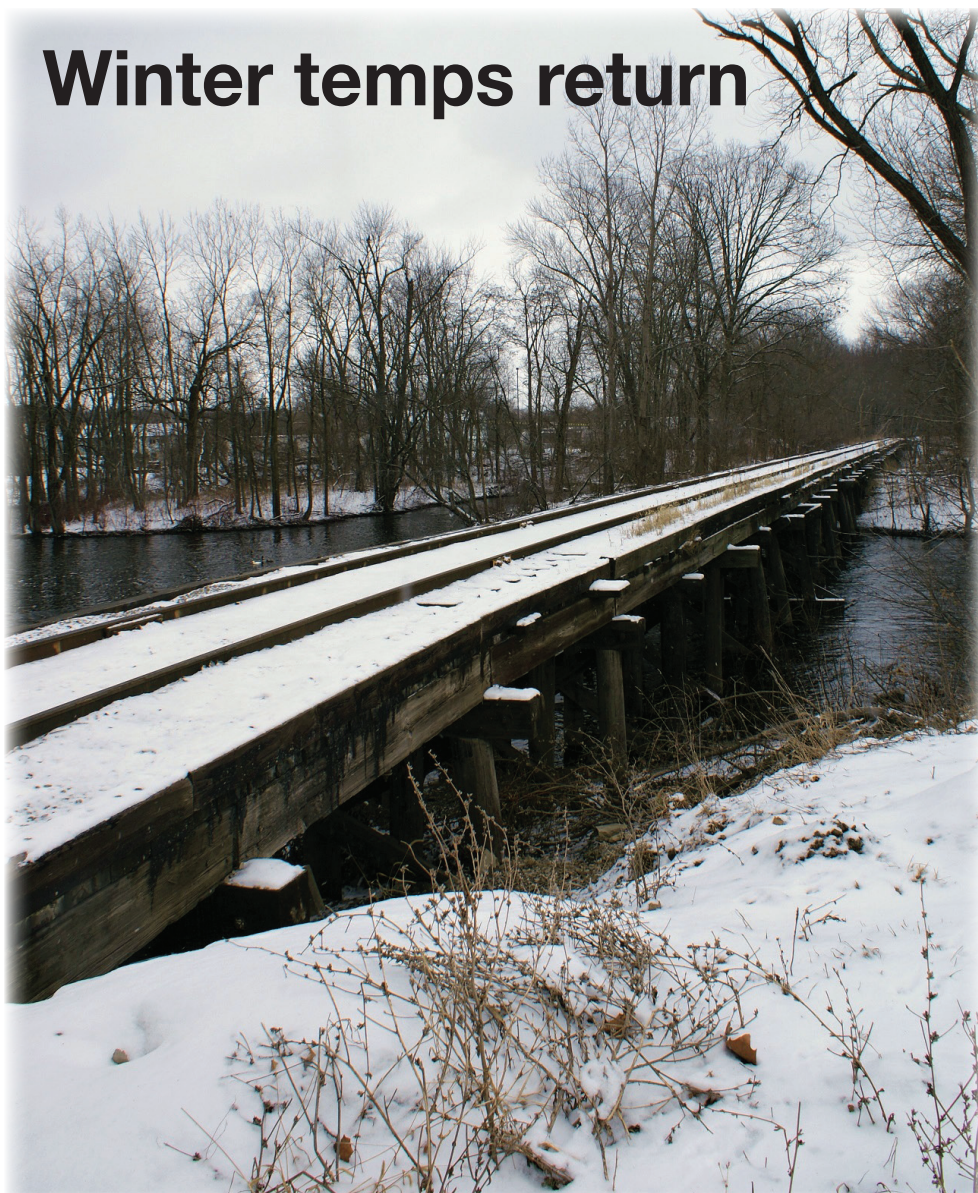
"I really, truly believe that a horse has an amazing ability to connect to people, to detect and mirror their moods," Welton said. "A horse can tell if you're tense or confrontational. It can be difficult for some kids to sit down and talk about feelings. As an adult, I know what anxiety is, I know where in my body I can feel it, but a child who maybe hasn't been told what anxiety is might not know it's a legitimate feeling that everybody gets. I see amazing things. For example, some of the kids we work with have been labeled sassy, naughty or hyper. We'll pair a busybody horse with a busybody kid. It teaches that there are things that we can do to respond instead of getting uptight, cussing or hitting."

Welton said that, thanks to copious donations and hard work, they are about halfway finished rebuilding the facility after the fire.

"The barn is literally halfway there right now," Welton said. "Most of

Equine Learning Barn, continued, page 3

Winter temps return



We had a brief respite from winter weather periodically throughout January and especially last week with the temperature nearing 50 degrees. However, bitter cold and snow have returned to Lowell. Expect to deal with some snowfall on Saturday and even colder temperatures next week, single digit lows and highs in the teens and twenties. The astronomical first day of spring in the Northern Hemisphere is March 30, so at this point we literally have six more weeks of winter. We'll have to wait to see if the groundhog has other plans. The railroad trestle behind King Milling looked especially chilling with the cold river below.

Citizen boards and committee vacancies

The Kent County Board of Commissioners is seeking citizens who are interested in serving the community through appointment to the following boards and committees:

Kent District Library Board Region IV - to fill a four-year term ending December 31, 2020. Applicants must live in Bowne, Lowell, Vergennes Township or the city of Lowell. The Kent District Library Board meets monthly on Thursdays at 4:30 pm at the district headquarters, 814 W. River Center, Comstock Park, as well as at other participating libraries.

Community Health Advisory Committee - to fill a two-year term ending December 31, 2019. Applicant must be a health care provider. The Community Health Advisory Committee meets five times per year at noon on Thursdays at the Kent County Health Department, 700 Fuller Avenue, Grand Rapids.

Kent County residents must complete an online application form via the county's website at www.accesskent.com/boardappointments. Resumes and cover letters are encouraged and may be attached. The deadline to apply is Friday, February 16, 2018.

Please call the Board of Commissioner's office at 616.632.7580 if you have any questions.



along main street

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.

LHS January Student of the Month

Alexis Cook, 12th grade, is the Lowell High School January Student of the Month. In order to be eligible for this honor a student must be nominated by a department. All the nomination forms for the month are then reviewed and voted on at the monthly department chair meeting. Students are selected based on academic achievement, character and work ethic. There are 1,200 students eligible for nomination, so this is quite an accomplishment for Cook. The students receive a \$20 movie gift card and a certificate.



Cook was nominated by Cyndi Gibson and she writes, "Alexis Cook, better known as "Lexy" to her many friends, is in many ways a typical senior. She has had a part-time job after school and during the summer for several years. She carefully budgets her income to ensure she has enough money for both her required expenses and her discretionary spending. She is a member of interact [club] and has competed with the track team since her freshman year. Many teachers may see her 3.3 GPA as very typical, too. However, upon closer inspection, it becomes evident that Lexy is anything but typical. Lexy goes out of her way to include new students or students who

tend to get overlooked. She has impeccable attendance. She comes to class prepared, pays attention to instruction and completes her homework. This task, in particular, requires significantly more effort than some of her peers, but Lexy continues to rise to the challenge. She seeks out additional clarification and support only when necessary. She never settles of "getting by." She sets the bar high and is willing to consistently work hard to achieve her goals. She has already been accepted at Central Michigan University where she plans to pursue a degree in elementary education in the fall. It has been a pleasure to have Lexy as a student!"

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.

GILDA'S CLUBHOUSE ACTIVITIES

Cardmaking Together - Tues., Feb. 20, 2:30 - 4:30 pm. Join us in making handmade cards together. All supplies provided and no experience required.

Chitchat Readers Book Club - Tues., Feb. 20, 4:15-5:15 pm. Join other members in discussing an interesting book. Stop by the clubhouse to borrow a book.

Mindfulness Workshop - Tues., Feb. 20, 4:30-5:30 pm. Join other members to practice the emotional and physical benefits of mindfulness and learn how to incorporate it into your daily life. Please dress comfortably. Presented by Jan Miller, LPC.

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

SMOKING CESSATION CLASSES

Free smoking cessation classes begin Tues., Feb. 20. Tobacco Free For Good class meets for six weeks on Tuesday evenings from 6-8 pm at Metro Health Lowell Family Practice, 2550 East Main Street. Each participant creates their own individual quit plan. The curriculum follows a strength based approach and is led by a Mayo Clinic trained and certified facilitator. Friends and family members are welcome to attend for support. Registration encouraged. Call 616-446-7058.

BOOK SIGNING

Local author Emma Palova will be signing her new book Shifting Sands Short Stories on Feb. 3 at Lowell Arts from 1 to 4 pm. Bring your copy for an autograph. Palova will be offering tips on how to start and finish your book in 2018. For more info go to EW Emma's Writings on <http://emmapalova.com>

SCHOLARSHIP

UPDATE FOR LHS SENIORS

The General Local Scholarship process has been updated. LHS seniors will receive an email at their Lowell Education account on Feb. 1. Other interested 12th grade students living within the Lowell school district boundaries, but not attending LHS, should phone 616-987-2913 for directions. To be fair to all students, online application submissions will not be accepted after Sun., Mar. 4. This new process will still require two letters of recommendation, transcript and personal statement. For more information please call Mrs. Pratt at 987-2913.

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Equine Learning Barn, continued

the work is done on the weekend. We're just doing it piece by piece. We have enough stalls for our big horses. We have two horses in a separate barn and the rest of them also come in. At least we can get the horses in and out of the elements; this has been a cold winter."

Right now it's the cleanest inside of a horse barn you'll ever see or smell.

"We spend a lot of time making sure everything is clean and making sure stuff is put away," Welton said. "When you mix little hands and horses, you have to be really safe."

The arsonist, a neighbor named Payton Mellema, was sentenced on Dec. 12 to serve a year in jail, then another three years in a mental health facility approved by Kent County prosecutors. If such a facility is not found, Mellema will serve a prison sentence of three to 10 years. Welton

said she is relieved by all that but said her focus lies elsewhere now.

"He confessed, so that's good to know," Welton said. "We have a clear, contained confession. Arson is a hard crime to prove. Now we're moving past all of that. It doesn't take away the loss, though. We're picking up the pieces. The fire was very, very tragic. My horses before were so good. Our horses are good now too and I love them dearly. This is what strong people do, we pick up the pieces and move forward. Life can hand you some really hard stuff and you've got to take care of it, but ultimately you have to move forward. You have to take the time to take care of yourself and exercise a little grace and kindness. It is hard, but you pick up the pieces and you move forward. The donations we've received have been wonderful. We're really lucky."

The Barn does some therapeutic riding work with the horses, gives riding lessons and occasionally boards horses. But they have to keep the lights on and so forth, so a \$15,000 grant sure would come in handy. You can help the Barn win the grant by voting online at albabotanica.com/en/dogooddobeautiful every single day. The website will accept one vote from an email address daily through Sunday, Feb. 18.

"We want to make sure that everybody who comes here, donates or participates in a program knows that we really value them," Welton said. "This program is here because of community support. We're excited about the grant and we're excited about the opportunity to be recognized for some of our work. To get a paid staff member would be kind of cool."



Welton is EAGALA certified to use horses as therapeutic tools.

Former resident named president of company

by Tim McAllister
lead reporter

A former Lowell resident was recently named the president of a company in Portland, OR. Kristen Overleese, daughter of Susan Stauffer who still lives in the Lowell area, is now the president of KBA, Inc., a company that provides consulting engineering services on large-scale infrastructure and transit projects throughout the Pacific Northwest. Overleese lives and works in the state of Washington. She is married and has two children. Overleese has 20 years of experience as a public works director, city engineer, capital projects manager and management analyst. She has a master's degree in public administration, a

bachelor of science degree in environmental engineering and is a licensed engineer in Washington.

"My work history has been fun," Overleese



Kristen Overleese

said in a statement. "My engineering degree is from Michigan Tech in the Upper Peninsula. In college I worked on a golf course grounds crew for three summers raking sand traps, mowing fairways, etc. In grad school I worked for the Seattle water conservation office, moved on to Snohomish County surface water and then landed my first permanent job at the city of Shoreline, WA. In my 15 years there I was a management analyst [for] budget, policy [and] contracts and a cradle to grave capital projects manager [for] trails, bridges, corridors, ADA, road channelization, utilities, signals, etc. In 2012 I went to the city of Kenmore, WA as their city engineer and became their public works director. While working within the private sector is new to me, public works and the industry are not."

"We are confident of KBA's continued success during and after this transition, said Kris Betty, KBA, Inc. founder and former president. "Kris Overleese is an incredibly gifted leader, thoughtful decision-maker, accomplished steward of public projects and communicator extraordinaire."



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Staff Member of the Month at MLE



Staff member of the Month, Carmen Tawney, pictured with her family.

Carmen Tawney was chosen as Murray Lake Elementary's Staff Member of the Month for December. Denise Washburn, first grade teacher, commented, "Mrs. Tawney is doing such a nice job with the new math intervention program. We appreciate her dedication to our students and staff. I want to thank her for being so positive and flexible. We are so happy she is a part of the MLE staff."

"I am terribly humbled by the nomination for staff member of the month. This is my 28th year in the district, most of those years were split between the middle school and Cherry Creek Elementary. My children went to Alto, so I am familiar with the staff there, but Murray Lake was the building with which I have had the least involvement. I can firmly

say we have a great staff across the district. I have only been a part of Murray Lake Elementary since the start of the school year. This position as a math interventionist allows me to observe many classrooms. I am thrilled to be a part of Murray Lake – the staff has welcomed me with open arms and because I am able to see them in action every day, I know they are the ones truly deserving of this honor because they are doing a fantastic job with the children they teach. I see so many great things going on, small groups, cross-grade level involvement, active learning and how they all work together for the better of the kids," said Tawney.

DEPUTY CITY CLERK

The City of Lowell (Kent County, Michigan) is accepting applications for the position of Deputy City Clerk. The following provides a summary of the required experience and skills. A complete job description and information about the City can be found on our website: www.ci.lowell.mi.us

- The Deputy City Clerk is responsible for assisting the City Clerk in the day to day operations for the City of Lowell which includes both statutory and non-statutory duties, including record retention, preparing agendas, minutes and other materials for meetings, planning and zoning administration, conducting elections, social media, assisting with water billing, payroll, accounts receivable and website administration. The work is performed under the supervision of the City Clerk. The employee is expected to demonstrate considerable independent judgment and knowledge in performance of assigned duties.
- Possession of an associate's degree in public or business administration or three years of relevant experience is required.

This is a full-time position (40 hours) with a salary range of \$17.10 - \$22.23 per hour. Please send cover letter and resume by email to Igerard@ci.lowell.mi.us or submit documentation by mail or in person to City of Lowell, Attn: Lori Gerard, 301 E. Main Street, Lowell, MI 49331. Selected candidates must undergo a criminal background check and testing prior to start date.

DEADLINE to apply is 5:00 p.m. February 13, 2018. The City of Lowell is an Equal Opportunity Employer.



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viewpoint

to the editor

no marijuana business

Dear Editor,

I want to thank the city of Lowell for denying the sale of marijuana on the streets of Lowell. Now I feel I can continue to do my shopping and dining in Lowell. I don't feel our young children should be exposed to the marketing of marijuana brownies or

cupcakes. Children at a tender age don't know the consequences of ingesting or smoking such a product. If they witness it they are most likely to do it.

If it gives a person with an affliction some comfort that they can't get elsewhere, then great. They

can use the same source they are currently using to get marijuana now and not on the streets of Lowell. However, I believe medical marijuana should be by prescription from a doctor and distributed through a pharmacy. That may be difficult because I don't know a doctor that knows how much to prescribe, how often to take it and what to prescribe it for. Even over-the-counter medications

explain dosages and what you use them for. Medical marijuana should do the same. Get it FDA approved and go for it. As for the monetary benefit to the city and taxpayers, I don't believe most taxpayers are willing to go to bed with the devil to acquire money. You made a wise choice councilmembers.

Steven L. Hartley
Lowell

changing a quote

To The Editor,

The quote by Blaise Pascal that you printed made me think that the opposite is also true: "Men never do good so completely and cheerfully as when they do it from a religious conviction." It seems that every news story you hear that centers around religion bashes people of faith. What you don't hear about is all the good that religion does for the world. The sheer volume of charity that comes from churches, faith organizations, and Christians themselves, is

staggering. In our own community Flat River Outreach and the two baby pantries are greatly supported by our churches and volunteers and is an immense help to many people.

In my own parish, we visit all three nursing homes every week as well as volunteer for prison ministry in addition to supporting Flat River. Without religious conviction the world would be considerably darker than it already is.

Rhonda Fitzpatrick



125 years ago Lowell Journal February 1, 1893

Michigan statute law makes the use of bells obligatory on any one driving a cutter or sleigh and imposes a fine for any violation, besides making the driver or owner liable for any damage resulting from neglect to use them. Did you know that? Have you got bells? If not you had better fix up something for you are liable to arrest any time you drive without them.

Two very merry sleigh loads went out to the home of Mrs. Wm. Yeiter, of So. Lowell, last Friday evening, and after spending a very pleasant evening they returned home in the "wee sma" hours.

The annual meeting of the old Resident's Association will be held at the village of Lowell on Thursday, Feb. 9th. J. S. Hooker. Secy.

Having purchased the interest of J. C. Scott of the firm of Scott & Boylan, I will continue the hardware business at the old stand, where I will be pleased to see all my old customers, and as many new ones as may favor me with their patronage. Thanking you for your liberal support in the past, I remain, Yours very respectfully, R. B. Boylan.

The Journal editor wants cash. If you owe him now is a good time to pay.

100 years ago The Lowell Ledger January 31, 1918

Wood Wanted! On subscription at The Ledger office. Our hard coal stove is out of commission and we are depending on wood to warm the office. Good chance for those in arrears to catch up and pay a year in advance, while the price is good. Publisher.

Detention hospital inmate who escaped detained

by an Ottawa sheriff. Mary Morgan, who escaped from the detention hospital on Monday night, is in Grand Haven, held by Sheriff Dornbos. She came to detention hospital last December after Deputy Sheriff William L. Smith found her wandering along the Lowell road. She told Matron Lardie of the detention hospital that she came from Oil City, Pa., to visit her sister, Mrs. Geo. Alice, near Lowell. Matron Lardie had made preparations to send her back to Oil City when she escaped. At Grand Haven she gave her name as Shoemaker, the name of a former husband. Ottawa county officials will dispose of her case, according to Matron Lardie.—News, Jan. 25.

Owing to circumstances beyond our control, The Ledger goes to its readers in abbreviated form again this week, the four pages containing all the usual home news, country correspondence and editorial mailer. From the number who missed the story and state news pages last week, we know this will be a disappointment to many, which we greatly regret and have done our best to avoid. Last week's and this week's bundles have failed to arrive, being lost in the blockade somewhere between here and Detroit, notwithstanding a prompt telegraphic request for a tracer sent out last Thursday. We have even found difficulty in getting temporary supplies from Grand Rapids, and this issue will be the very best we can do under the circumstances. The story service will be resumed without a break, we hope and expect, with our next issue and our readers may rest assured that these shortages in reading matter will be much more than made up during the year. Asking all to be patient and indulgent, so that it will be unnecessary for us to post a sign over our desk like that of the fiddler at a western mining town dance. "Please Don't Shoot the Fiddler. He's Doing the Best He Kin." We remain Faithfully yours, Editor Ledger.

Washington, Jan. 28.—The new home card of the food administration has been issued and shortly will be distributed throughout the United States to aid housekeepers in observing the 1918 food conservation program of two wheatless, one meatless and two porkless days a week, as announced in President Wilson's proclamation Saturday night. The card, carrying an explanation of the weekly plan, went into effect today when the bakers begin the manufacture of the Victory loaf, a war bread containing a 5 per cent substitute for wheat flour. Bakers are to increase the substitutes for wheat flour until 20 per cent substitution is reached Feb. 24. At the same time grocers will sell householders wheat flour only when the purchaser buys an equal amount of some other cereal.

Looking Back,
continued, page 12

how we treat each other

I have been involved with individuals with special needs for many years. As I read the thought provoking piece by Jeanne Boss in the Jan 17, [Ledger]

I can't help but think how much better we would all be if we treated each other as well as the friends in Special Olympics do.

James Doyle

We love to hear from you!



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

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EARTH TALK™

Questions & Answers About Our Environment

Dear EarthTalk: What are so-called “intentional communities”? And are there any in the U.S. that are sustainability-focused? -- Elissa McNeal, Washington, DC

By definition, an “intentional community” (IC) is a planned residential community built around commonly held values that usually foster social cohesion and shared responsibilities and resources. Some such communities are centered around religion, but others primarily seek to live more lightly on the planet. Collectives, co-housing communities, ecovillages, monasteries, survivalist retreats, ashrams and yes, even communes, are all forms of ICs that still exist today in the U.S. and elsewhere.

“Humanity thrives when people work together,” says the Fellowship for Intentional Community (FIC), a Missouri-based non-profit that promotes the development of ICs and the evolution of cooperative culture in the U.S. and Canada. “An ‘Intentional Community’ shows what happens when people take this premise to the next level—by living together in a village of their own making which reflects their shared values.”

ICs that focus on sustainability as a key tenet are usually referred to as “eco-villages,” a term first coined by Robert Gilman in In Context Magazine in 1991. What sets an eco-village apart from any old IC, according to Gilman, is the focus on “human scale, healthy and sustainable development, full-featured settlement, and the harmless integration of human activities into the natural world.” Gilman added that eco-villages shouldn’t take on more than 150 residents for a well-functioning social network.

These days, more than 140 different “eco-

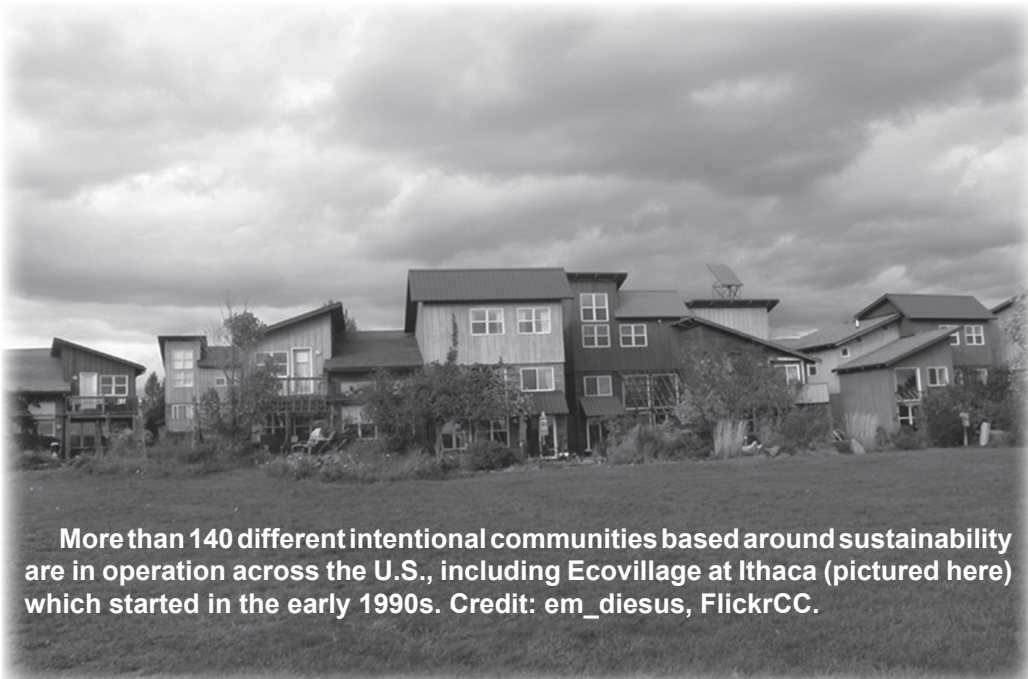
villages” are in operation across the U.S., according to the Scotland-based non-profit Global Ecovillage Network. Perhaps the granddaddy of modern day ICs is the EcoVillage at Ithaca (EVI) in Upstate New York. Founders took five years to build out the basics of their community before inviting residents to move in during 1996. Given the shared resources and focus on sustainability, an EVI resident’s ecological footprint is about half the U.S. average.

“Homes in the village are built for maximum energy efficiency,” says resident Clara Changxin Fang, who moved into EVI back in 2009. She adds that each of the community’s clustered duplex housing units is situated for maximum solar gain and feature super insulated walls and high-efficiency triple pane windows facing south to take advantage of natural light and heat. A shared hot water system is designed to service eight homes at once with minimal heat loss. Development is clustered to maximize open space.

EVI is hardly the only established sustainability-oriented IC in the U.S. Some others include Arizona’s Arcosanti, Oregon’s Lost Valley, Vermont’s Cobb Hill, Earhaven in North Carolina, Hawaii’s Hedonisia, Altair in Pennsylvania, Dancing Rabbit in Missouri, Wisconsin’s Dreamtime and Paz in Texas.

Meanwhile, for those looking to get in on the ground floor of sustainability-oriented communal living, many other new eco-villages are springing up coast-to-coast. Vermont’s Headwaters, Missouri’s Dogtown, Texas’ WildCraft. Michigan’s Earthen Heart and Kansas’ Creature Conduit Sanctuary are among dozens of new ICs rooted in sustainability that are actively seeking like-minded individuals to live together according to their values.

CONTACTS: FIC, ic.org; Global Ecovillage Network, ecovillage.org; EVI, ecovillageithaca.org.
EarthTalk® is a weekly syndicated column produced by the non-profit EarthTalk. To find out more, submit a question, or make a donation, visit us at EarthTalk.orgs



More than 140 different intentional communities based around sustainability are in operation across the U.S., including Ecovillage at Ithaca (pictured here) which started in the early 1990s. Credit: em_diesus, FlickrCC.

health

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

- influenza A

Locally, we are experiencing a large volume of patients with influenza. The most prevalent type we are seeing is influenza A.

Symptoms appear abruptly. Typical symptoms include onset of fever, aching muscles (back, arms and legs), chills/sweats, dry cough, fatigue/weakness, sore throat, nasal congestion, and headaches.

The flu virus is spread through droplets in the air when an infected person coughs, sneezes or talks. Infected droplets can be picked up from objects, like a computer, phone, door handles or inhaled.

People with influenza are typically contagious the day before they have symptoms and can continue to be contagious for five to ten days. Children and people who have weak

immune systems can be contagious even longer.

Complications of influenza include pneumonia, asthma flares, cardiac problems and ear infections.

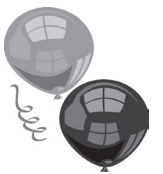
Flu symptoms typically resolve in one to two weeks.

Preventing the spread of infection is very important. Frequent hand washing and avoiding crowds during the peak flu season will lower your risk of infection. If you are infected, most people will only require symptomatic care. Those who have other underlying medical conditions may benefit from an anti-viral medication if given within 48 hours. Do not return to work or school for 24-48 hours after your fever resolves in order to lessen spread of infection to others.

We can draw lessons from the past, but we cannot live in it.

~ Lyndon B. Johnson (1908 - 1973)

happy birthday



JANUARY 31
Rick Fonger, Brian Rasch.

FEBRUARY 4
Kelsey Scheider, Alan Lally.

FEBRUARY 1
Chris Vezino, Ryan Teelander, Sommer Mercer, J. Johnson, Monica Burt, Ryan Peel, Lydia Koeppel.

FEBRUARY 5
Ann Mulder, Colleen Myers, Mandy Schneider, Mike Conklin.

FEBRUARY 2
Marie Wade, Sarah Baker.

FEBRUARY 6
Donna Oesch, Reed Stormzand, Norm Johnson, Angie Blough.

FEBRUARY 3
Dale Phillips, Clarice Poisson, Sana Bryant, Cassandra Thomas, Chris Dennie, Olivia Dennie, Jon Jacobs.



Is Addiction Destroying Your Family?

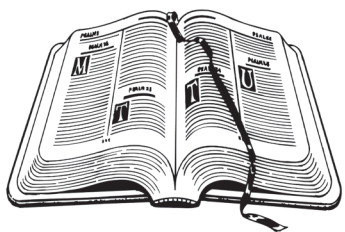
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Sunday School..... 9:15 AM

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Sunday School..... 11:20 AM
Evening Worship..... 6:00 PM
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Christi Swain, Director of Children's Ministries

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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

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Kid's Crew 11:15 AM
Sr. Pastor - Brad Brillhart

Three benefits of core strength training

In the last decade, chances are strong competitive athletes, weekend warriors and men and women who routinely exercise have heard of workouts touting the benefits of core-strengthening exercises. Those unfamiliar with core training might think it's just another exercise fad, unaware of the many practical benefits of a strong core.

To understand the benefits of core strength training exercise, it first helps to understand what such exercises are and dispel a common misconception about core training. People unfamiliar with core strength training may mistakenly believe it's merely a way to sculpt toned abdominal muscles. While core training focuses on muscles in the abdomen, it does not do so exclusively. Proper core strength training focuses on the body's entire core, including the hips, back and chest as well as the abdomen.

The following are three significant ways that athletes and nonathletes

alike can benefit from core strength training.

1. Improved balance

While working muscles in the hips, abdomen and back, core strength training is training these muscles to function as a more cohesive unit. This can improve balance, which can prove especially beneficial to aging men and women who may feel like they are losing some of their coordination.

2. Uniformity of muscles

Men and women who adhere to more traditional strength training workouts may notice certain muscle groups develop more than others, perhaps naturally or because they are willingly or subconsciously focusing on certain areas more than others. For example, a person who enjoys doing bicep curls might develop especially large biceps but may not focus as much on the muscles in his or her back. That can lead to muscular imbalances. Proper core strength training reduces the likelihood of such imbalances because



the exercises focus collectively on a group of muscles, training these muscles to work together and developing them at the same pace.

3. Better posture

According to the online medical resource WebMD, core-strengthening exercises are the best way for men

and women to improve their posture. That's because some of the muscles worked during core training move the torso by flexing, extending or rotating the spine, while other muscles worked stabilize the pelvis and spine in a natural, neutral position. The Premier Sports and Spine

Center notes that some of the benefits of good posture include lower injury risk, better alignment that can lower risk for arthritis and improved muscle health.

Core strength training exercises can pay various dividends that greatly improve adults' overall health.

LEGAL NOTICE

STATE OF MICHIGAN
KENT CO. PROBATE
COUNTY OF KENT

PUBLICATION OF
NOTICE OF HEARING

FILE NO. 18-202753-
GA, 18-202754-CA

In the matter of LOUIS WELLS, an Alleged Incapacitated Protected Individual.

TO ALL INTERESTED PERSONS including: Cindy Setterbro, daughter, and other children whose names and locations are not known; and any other unknown or unlocated heirs, whose address(es) is/are unknown and whose interest in the matter may be barred or affected by the following:

TAKE NOTICE: A hearing will be held on February 21, 2018 at 1:30 pm at 180 Ottawa Avenue NW, Ste. 2500, Grand Rapids, MI 49503 before Judge David M. Murkowski (P35026) for the following purpose: on the petitions for full Guardian and Conservator.

January 26, 2018

MIKA, MEYERS,
BECKETT & JONES
Daniel J. Kozera, Jr.
(P16187)
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Grand Rapids, MI 49503
616-632-8000

Dean Franklin McBride
4484 E. 82nd St.
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GRATTAN TOWNSHIP

Regular Meeting 10:00 a.m.
Synopsis of Minutes
January 22, 2018

Motions Approved:

1. Resolution 2018-002 to authorize a public works project and the extension of the public sanitary sewer system at 11543 Lally St NE, Lowell, MI.
2. Resolution 2018-005 designating banking facility for fiscal year 2018/2019

Our next Township Meeting will be **February 12, 2018 at 7:00 p.m.** The approved minutes may be reviewed on our website at www.grattantownship.org

Lowell Area Recreation Authority Draft Recreation Plan Notice of 30-Day Public Review

TO: THE RESIDENTS AND PROPERTY OWNERS OF THE CITY OF LOWELL, VERGENNES TOWNSHIP, LOWELL TOWNSHIP, KENT COUNTY, MICHIGAN, AND ANY OTHER INTERESTED PERSONS:

The Lowell Area Recreation Authority (LARA) is completing the process of updating its Five-Year Recreation Plan and will publish the draft Plan for public review. The Recreation Plan will be available at the following locations until the LARA Board holds a public hearing on the Plan:

Lowell City Hall, 301 East Main Street, Lowell, MI 49331
Englehardt Public Library, 200 N. Monroe Street, Lowell MI, 49331
Vergennes Township Hall, 10381 Bailey Dr NE, Lowell, MI 49331
Lowell Charter Township Hall, 2910 Alden Nash Ave SE, Lowell, MI 49331
An on-line version of the Draft Plan is available at www.lowellareatrailway.org

The Recreation Plan is intended to help guide improvements for non-motorized trailways serving the Lowell Community. The process to develop the Plan includes a community input element. Now that a draft of the Plan has been completed, the LARA is offering a public comment review period to give residents an opportunity to review and comment on the Plan prior to adoption.

In addition to attending the public hearing (when announced), you may provide comments on the draft Plan, in several ways:

- Complete input form (available at the above locations)
- Complete on-line version of the input form available at www.lowellareatrailway.org
- Email the Lowell Area Recreation Authority info@lowellareatrailway.org
- Mail to: Lowell Area Recreation Authority – P.O. Box 98, Lowell, MI 49331
- Attend the next LARA Board Meeting at the Lowell City Hall, Feb 14th @ 6 p.m.
- Attend the public hearing on the draft plan (date in late February to be announced)

Thank you for your Input !!!

Hearing tests and aids provided by Lowell business

by Tim McAllister
lead reporter

The Miracle Ear franchise at 2050 W. Main Street is one of the few places around town where you can purchase a hearing aid. They also offer free hearing tests for anybody over the age of 17. The hearing test takes about 90 minutes.

"We provide new hearing aids for people who need help with their hearing and we provide free after care," said franchise manager and hearing instrument specialist Chad Barcheski. "Every four months I try and set up an appointment with them just to check the hearing aids over to make sure they're working correctly. I check their ears out too, hopefully if there's an issue I can catch it before it turns into something worse."

They had a booth in the Dery Physical Therapy building for about four years but eventually outgrew it and



Hearing instrument specialist Chad Barcheski recently moved his Miracle Ear franchise to a larger space on Main St.

moved to their own space on Main Street in March 2017. Because it used to be a sandwich restaurant, the building required extensive renovations before they could move into it.

"It was a small office, maybe ten feet by fifteen feet, so we couldn't fulfill every requirement that we needed to for all of our patients," Barcheski said. "The number of patients we have in the area is growing and we needed some extra space so we decided to move down here. We also wanted to stick with our current patients that were loyal to us. And with Lowell growing the way that it has been, we wanted to stay in this area."

Barcheski also spends a lot of time taking his portable equipment to local senior facilities, giving free on-site hearing evaluations to senior citizens.

"Sometimes we'll go into different locations like Green Acres and Laurels of Kent every once in a while and do hearing tests there for people who can't get down here," Barcheski said. "I've brought my equipment down to the senior center, set up in a room and did hearing tests while they were playing cards and stuff like that."

For more information or to set up an appointment for a free hearing test, call 616-319-3058. They accept most types of insurance and also work with various foundations and run specials to provide hearing aids to those who otherwise might not be able to afford them.

"If someone needs help, we'll find a way to help them," Barcheski said.

New federal tax law doesn't affect 2017 tax year

With the passage of the federal Tax Cuts and Jobs Act of 2017, the Michigan Department of Treasury reminds taxpayers the 2017 tax year will not be affected when tax season begins later this month.

Taxpayers should file their taxes like they have in previous years when the state Treasury Department begins accepting 2017 state income tax returns on Jan. 29. Any changes to tax laws will be experienced during the 2018 tax year and next year's state income tax filing season.

"The new federal tax law does not affect the 2017 tax year," said Deputy State Treasurer Glenn White, head of Treasury's Tax Administration Group. "Please continue to file your income tax returns as you have in previous years."

Taxpayers are encouraged to gather tax-related documents and update their home addresses with current and former employers so W-2s and other financial documents can be mailed to the correct address. Incorrect addresses typically lead to information

being mailed to the wrong location and could cause delays when filing tax returns.

When tax season opens, taxpayers can e-file their state tax returns instead of mailing a paper return. To learn more, go to www.mifastfile.org.

Later this month, forms and instructions may be viewed and downloaded from www.michigan.gov/taxes. In addition, commonly used forms will continue to be available at Treasury offices, most public libraries, northern

Michigan post offices and Michigan Department of Health and Human Services county offices.

All state income tax returns must be e-filed or postmarked by April 17, 2018. For the benefit and convenience of taxpayers, both the beginning and end of the state income tax filing season are the same as the Internal Revenue Service.

To learn more about the state of Michigan's state income tax, go to www.michigan.gov/incometax. Federal tax information is available at www.irs.gov.



MDOT working to reduce wrong-way drivers on interstates

MDOT engineers review incidents and try to understand how drivers end up going the wrong way on freeways. MDOT and MSP are working together closely



State Rep. Thomas Albert, of Lowell, was joined Jan. 23 on the House floor by Belding High School Principal Michael Ostrander for Gov. Rick Snyder's State of the State address.

to identify and ultimately stop wrong-way incidents on freeways. This includes working together to notify motorists during active wrong-way driver situations by posting alerts on roadside message signs. MDOT also is placing wrong-way arrow markings on freeway ramps, and has installed detection cameras for the earliest possible alerts of wrong-way drivers.

The goal is to reduce the number of wrong-way driving incidents that occur between July 1, 2017, and June 30, 2018, by 20 percent compared to the previous year.

MDOT Metro Region Traffic Safety Engineer Josh Carey and MSP Special Enforcement Section

Commander Lt. Michael A. Shaw discuss wrong-way drivers and safety improvements in a video on MDOT's YouTube channel: <https://youtu.be/K1v0b45c2ok>.

"Because of the unpredictability of wrong-way crashes, the MDOT SEMTOC has been tracking reports of wrong-way drivers in an effort to identify frequent locations of wrong-way entry, along with deploying messages when wrong-way drivers are reported," said MDOT Metro Region Traffic Safety Engineer Josh Carey. "These messages on the freeway digital message signs alert the drivers who are traveling in the correct direction of

the possible wrong-way driver ahead."

With the help of MSP and SEMTOC, locations of confirmed wrong-way drivers are recorded, including the reported locations and entry points. Incidents are then reviewed in the field by a diverse team of engineers to determine what countermeasures, if any, are appropriate.

Thus far, MDOT has used several methods to help alert wrong-way drivers, including a lane separator system composed of plastic curb and reflective panels, which physically blocks the wrong-way movement. Enhanced red delineation and additional pavement

markings also help prevent drivers from entering the freeway in the wrong direction.

"MDOT has instituted a protocol to alert motorists on the electronic signs that there's someone going the wrong way, so other drivers can be alerted," MSP Lt. Mike Shaw said. "We don't catch all wrong-way drivers during an event, but when you get a crash with a wrong-way driver, it's usually a fatal because of the speed. We've had eight fatalities in the last five years."

More improvements and enhancements will be included in future MDOT projects to modernize or reconstruct interchanges.

Red Arrow SPORTS

- BASKETBALL

Lowell Red Arrow girls remain undefeated

by Kathryn Atwood
contributing reporter

Remaining undefeated in the OK White, the

Red Arrow girls varsity basketball team added two wins last week when they



Senior starter Riley Conlan picks up a few from the line during conference action.

contested the Greenville Yellow Jackets and the Cedar Springs Red Hawks on the court last week.

Tuesday, in front of a home crowd, the Arrows opened the game with a first period shutout 9-0 and then doubled the Yellow Jackets' effort in the second, 14-7, to give them a considerable 23-7 lead at the half. Greenville's inability to score was fueled by Lowell's tough defense, led by senior starter and co-captain Darby Dean, who held the Yellow Jackets' to just 14 points.

Racking up 16 points in the second half, the Arrows allowed only seven more points by the Yellow Jackets, including a second shut-out period in the fourth to garner the 39-14 win. Offensively, the Red Arrows were led by junior Regan Coxon and junior Emily Depew. According to head coach Heath Kent, "This is her [Depew's] second year on varsity and [she] knows what's expected of her. Usually she affects the game

in so many different ways, other than scoring, that usually go unnoticed. I told her recently that unless you watch game film, you really can't appreciate all the things she does that make us successful. She allows our guards to play the way they do because she cleans up a lot of their messes."

Friday on the road, the Lady Arrows netted 27 points in the first half, holding the Red Hawks to just nine. While closer, the second half was also won by Lowell 17-12, netting the Arrows a 44-21 win. Led by senior co-captain Cassie Dean, who tallied 16 points along with juniors, Coxon and Ava Frederickson who chipped in eight and six respectively.

Now holding an impressive record of 10-2 on the season and an untarnished 6-0 record in conference, coach Kent said he is pleased with where the ladies are, but by no means complacent. "We are happy with where we are at right now, but we aren't close to

our overall goal of winning the league again. We've just got to take it one game at a time and worry only about the things that we can control. We've got a pretty veteran team who's been

through this before. They know that we've got a long way to go and there's lots of work to be done. We haven't achieved our goals yet and they know that."



Junior Emily Depew on the court during the Arrows' win over Cedar Springs.

Continuing their pursuit after a stop at Caledonia High School on Tuesday, the team will next face the Ottawa Hills Bengals Friday night on the road. During their last match up, the Red Arrows walked away on top 52-21. Tip off is scheduled for 5:30 pm.

Boys team struggles on the court last week

by Kathryn Atwood
contributing reporter

The Lowell boys varsity basketball team hit the hardwood twice last week facing the Greenville Yellow Jackets and the

Cedar Springs Red Hawks in their most competitive match ups to date, falling 61-58 and 63-58, respectively.

OK White action on Tuesday at Greenville saw three of their shooters reach the double digits. Senior Travis Cornell and juniors, Trevor Petroelje and Gavin Coxon, led the offensive effort thanks to the tough defensive effort that allowed for some easier scoring opportunities. Lowell led after the first and second period buzzers, improving a one-point lead to a three-point 26-23 edge at halftime.



Sophomore starter Gavin Coxon making a move on the hardwood.

third to take the lead over the Arrows, 49-39. Lowell out-shot Greenville in the fourth 19-12, but was not able to close the gap. In a forced overtime, after missing a three-point shot as the clock ran out, the Arrows were left with a 61-58 loss.

Back at it again on Friday versus Cedar Springs, the Arrows still ended up on the losing side 63-58. The Red Hawks topped Lowell slightly in the first through third periods putting them ahead 42-33 going into the fourth. Earning their best offensive run of the night, the Red Arrows netted 19

to completely erase their deficit and knot the game at 52 before taking a 63-58 loss after an overtime bid.

Though they fell short, Lowell's performance was arguably the team's best effort of the season. The team features four talented seniors this season in Cornell, Mitchell O'Gorman, Will Reynolds and Austin Pollock. The roster also includes juniors, Coxon, Petroelje, Nathan Bush, Nathan VanDeWeert and Rob Schneider, as well as sophomore Nolan Cusack and freshman Brett Spanbauer.

The team faced former OK White Caledonia Scots at home Tuesday night. The Arrows will play against the Bengals of Ottawa Hills this Friday night on the road. Tip off is scheduled for 7 pm.



Senior Austin Pollock en route for two in OK White action.

Red Arrow

- WRESTLING

SPORTS

Wrestlers fall at home but prevail at Saline Super Duals

by Kathryn Atwood
contributing reporter

Lowell wrestlers competed at two events over the weekend, the Lowell Super Duals and the Saline Super Duals.

At Lowell High School the "A" team welcomed likely state title contenders Detroit Catholic Central, Dundee and LaSalle high schools for the Lowell Super Duals Saturday morning. Dropping all three of their matches, the Red Arrows gained wins from just two grapplers, sophomore James Fotis with a 2-1 decision at 140 pounds and senior David Kruse a 6-4 decision at 189 pounds, for 47-9 loss.

The Arrows put forth a stronger effort against state finals regular Dundee High School, but fell 39-16 with twice as many weight class claimers. Winning their

matches were sophomore heavyweight Tyler Delooff by way of 3-2 decision, junior Avry Mutschler at 135 by 3-1 decision, sophomore Austin Boone at 140 by 14-5 major decision and senior Austin Engle at 171 by fall at the 2:28 mark.

Finishing their day against LaSalle High School, Lowell fell 44-33 in their best duel of the day. Freshman Doak Dean picked up a fall at 130 at the 2:27 mark and 171 pound senior George Gonzales earned his fall at 1:23 while Boone, Kruse and freshman Derek Mohr, grappling in the 152 pound weight class, won by way of forfeit. Mutschler earned the team's only decision win 3-2.

At the Saline Super Duals the Arrow's "B" team

triumphed in three out of four matches picking up wins over Decatur, Northwest and Plymouth high schools. Against Decatur the team won 13 of 14 individual matches, eight by forfeit, 75-4. Earning wins by fall were freshman Caden Engle at 119 pounds, 189 pound sophomore Jacob Hough, 215 pound senior Connor Nugent and heavyweight sophomore Luke Landman. Freshman Will Link earned the only decision win at 125 edging his opponent out 2-1.

A much closer match up against Northwest rendered the Arrows a 39-30 win with eight weight class victories. Adding points by fall were freshman Cole Huisman at 103 pounds, junior John Russell at 140, freshman AJ Chertos at 145 and senior

Lane Ryan at 171. Wrestling in the 130 pound weight class, Senior Tyler Lynch recorded an 11-3 major decision, 152 pound junior Jared Hough a technical fall 16-0, sophomore Bryce McCune at 112 a 7-4 decision and 135 pound sophomore Gabe Hare by 3-0 decision.

The 59-19 Red Arrow Victory over Plymouth saw wins from C. Engle by 19-4 technical fall, Link and Lynch via forfeit and Huisman, Hare, Chertos, Ryan, Nugent and Jared Hough by fall. Dropping their final contest by a heartbreaking 32-31, the Arrows' final battle was back-and-forth with Lowell picking up the first two wins by fall and the third by major decision with the

efforts of Huisman, McCune and Engle respectively. Woodhaven took the fourth, sixth and seventh competing weight class with Lynch picking up a 7-4 decision in between. Chertos earned a 5-4 decision next putting the score at 22-15 Lowell favor before Woodhaven grabbed wins at 152, 160

and 171 pounds. After two more wins from Jared Hough and Nugent, the Arrows were up 31-26 with just the heavyweight match remaining. Unfortunately Lowell saw their final grappler go down by pin dealing them their only loss of the day.

Now in postseason the Arrows, who are undefeated in league play, will compete just once this week on Friday when all of the OK White joins them at Lowell High School for the conference meet. Action on the mat will begin at 4 pm.

- BOWLING

Lowell boys top Cedar Springs on the lanes

by Kathryn Atwood
contributing reporter

Rolling their way to one victory last week, the girls and boys varsity bowling teams battled twice in the OK White last week, facing the Cedar Springs Red Hawks on the road and hosting the Northview Wildcats on the lanes.

Picking up the program's lone win of the week at Rockford Lanes on Monday, boys bowling fell behind early against the Red Hawks in their baker games trailing by more than 50 pins at one point, before securing a series of strikes to claim the win by nine. After winning their second baker game by 70 pins, the team moved on to their regular games where they eventually topped Cedar Springs 21-9. Carson Clark achieved a personal

best series at the event. The senior leader rolled an impressive 277 and 242 in his regular games. His effort was followed by that of sophomore Collin Clark who tallied a 210 and a 197. Other high scorers were seniors, Marcel Primeau who earned a 187 and Foster Skoog who posted a score of 184.

Their female Arrow counterparts did not fair as well against the Red Hawks taking a close 16-14 loss at the event. The competitive match up was highlighted with two baker game wins and high scores from senior Laura Lachowski who scored a 189 and a 184 to lead the team. Sophomores, Brianna Lachowski and Emma Blakie, rolled the team's other top two scores, a 173 and a 162 respectively.

Returning to the lanes again on Wednesday the boys and girls both welcomed the Wildcats of Northview to their home lanes for their second league match up of the week. Tallying the same total as the ladies' previous contest, the boys fell to undefeated Northview 16-14. Going 1-1 in their baker games, Lowell claimed the two game set with a 20-point

lead before falling behind in the regular game series. An impressive performance from Northview in game one put them up over the Arrows by 115 pins, which could not be overcome despite a win in game two. The gents were led by the Clark brothers, whose eldest member rolled a 214 and a 207 and the younger, a 235 and a 203.

Taking a tougher loss,

the girls faced the equally tough Northview ladies who won by a lopsided 27-3 points. Earning high scores were L. Lachowski who rolled 170 and 144 and Blakie who had total pin falls of 158 and 145.

The girls team currently holds one win in conference play coming over Forest Hills Central. The gents have picked up three with

previous victories over Forest Hills Northern, FHC and Ottawa Hills. Both teams are just seven events out from the conference meet which will take place in mid February. This week they roll against FHN, for the second time this season, on Wednesday at home and then travel on Saturday to participate in the Hudsonville Invitational.

Sports Summaries

COMPETITIVE CHEER

Hosting their only home event of the season the Red Arrow varsity competitive cheer team welcomed their conference competitors to the second OK White jamboree. Cedar Springs placed first, Forest Hills Northern second, Forest Hills Central third and Lowell fourth. The Lowell team racked up a combined total of 621.90. This week the team will utilize five days of practice before heading to the Saturday morning Kenowa Hills Invitational which is scheduled to begin at 10 am.

ICE HOCKEY

Competing last Friday, the Lowell/Caledonia varsity ice hockey team lost to the Rockford Rams at the Kentwood Ice Arena, 5-3. The team's fierce effort began with a 2-0 deficit in the first, cut in half by Daniel Huver with an assist from Ethan Pinto. Down 2-1 LC saw another Ram goal in the second before Lowell senior Charlie Hayes found the back of the net with help from Carter Osborn to make the score 3-2. By the end of the third Rockford had pulled ahead by two while LC had added just one credited solely to Huver, his second of the night. The team will face back-to-back contests this weekend at home Friday night against West Ottawa High School at 7 pm. They'll then travel to Byron Center on Saturday for a 4:30 puck drop.

BOYS SWIM & DIVE

At their last meet, the Lowell/Caledonia/South Christian boys varsity swim team topped opponent Mona Shores 114-67. A dozen first-place finishes propelled them to victory. Individually, six swimmers paced themselves to the top including double winners Parker Lee and Ryan Parsons. Lee won in the 50 freestyle and the 100 backstroke, while Parsons trumped all other swimmers in the 100 freestyle and the 200 medley. Also turning in top performances were Cade Rogers in the 200 freestyle, Ethan Arendsen in the 100 fly, Emmet Schmebling in the 500 freestyle and Alex Le in the 100 breaststroke. Three relay teams also swam their way to first place, including Arendsen, Lee, Le and Alexander Pollock in the 200 medley, Pollock, Parsons, Le and Jordi Nadal in the 200 freestyle and Arendsen, Schmebling, Lee and Parsons in the 400 freestyle.

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Red Arrow

- GYMNASTICS

SPORTS

Gymnasts top Kenowa Hills, place third at invitational

by Kathryn Atwood
contributing reporter

In a busy week of competition, the Lowell varsity gymnastics team went 1-1 in conference action and earned third place at the Kenowa Hills Invitational.

Monday, Lowell hosted Kenowa Hills for their first conference win of the season culminating in a widespread effort that ended 134.425-122.9. Junior Corah Miller topped all Lowell scorers on the bars scoring an 8.275 and earned a top score on all events. She placed third on the vault with an 8.75, fourth on the beam with a 7.9 and second place on the floor with an 8.725.

Senior Maura Fitzpatrick placed in the top four on three events, earning first on with a score of 8.9 on the vault and third on both the bars and the beam where she received an 8.125 and a 7.925 respectively. Placing in the top spot on the beam was junior Hadyn Nash who earned an 8.025 and leading on the floor was up-and-coming freshman Kelly Hock scoring an 8.8. "She has really caught up on floor with the upperclassmen. Her hard work at practice is showing," said head coach Michele DeHaan of Hock. "She has full difficulty in her floor routine so she can keep up with, and in this case pass, her older teammates."

Other Arrows breaching the top four included freshman Aubri Lemke who placed on three events, including a pair of seconds on the vault and bars, freshman Theresa Judd who

placed second on the beam and senior Amber Brown who picked up a fourth place on the bars.

On the road Wednesday, the team accepted a 137.85-128.375 loss to the Rams. "Last time we went against Rockford we had the meet of our life, highest score this year and we couldn't beat them. We went into this meet knowing we were going to take another loss, so we chose to put in only girls that needed scores to qualify for regionals," explained DeHaan, "To qualify as a team for regionals, we needed to score 120.00 four times, which we have. To qualify individually, each gymnast must get a certain score four times on each event."

Allowing the athletes still needing to meet those benchmarks to take center stage, the team saw Judd place first on the vault with an 8.725, followed by junior Emily Lothian, Hock and freshman Tressa Huizinga. On the bars Nash claimed the top spot scoring a 7.775 followed closely by Lothian, freshman Marlie McDonald and Hock. Performing best on the bars was Miller with a score of 7.85 followed by freshman Kira Jungblut, senior Marissa Grover and freshman Aurora Fredericks. Lothian led on the floor scoring an 8.825 ahead of freshman Norra Jannenga, sophomore Taeghan Ronchetti and Huizinga. Jungblut was the Arrows' top scoring all-around gymnast with a combined score of 30.6

Coach DeHaan said their were many highlights at the meet including a huge improvement on the beam as a whole, an 8.725 debut vault from Judd and a personal best for Lothian on the floor.

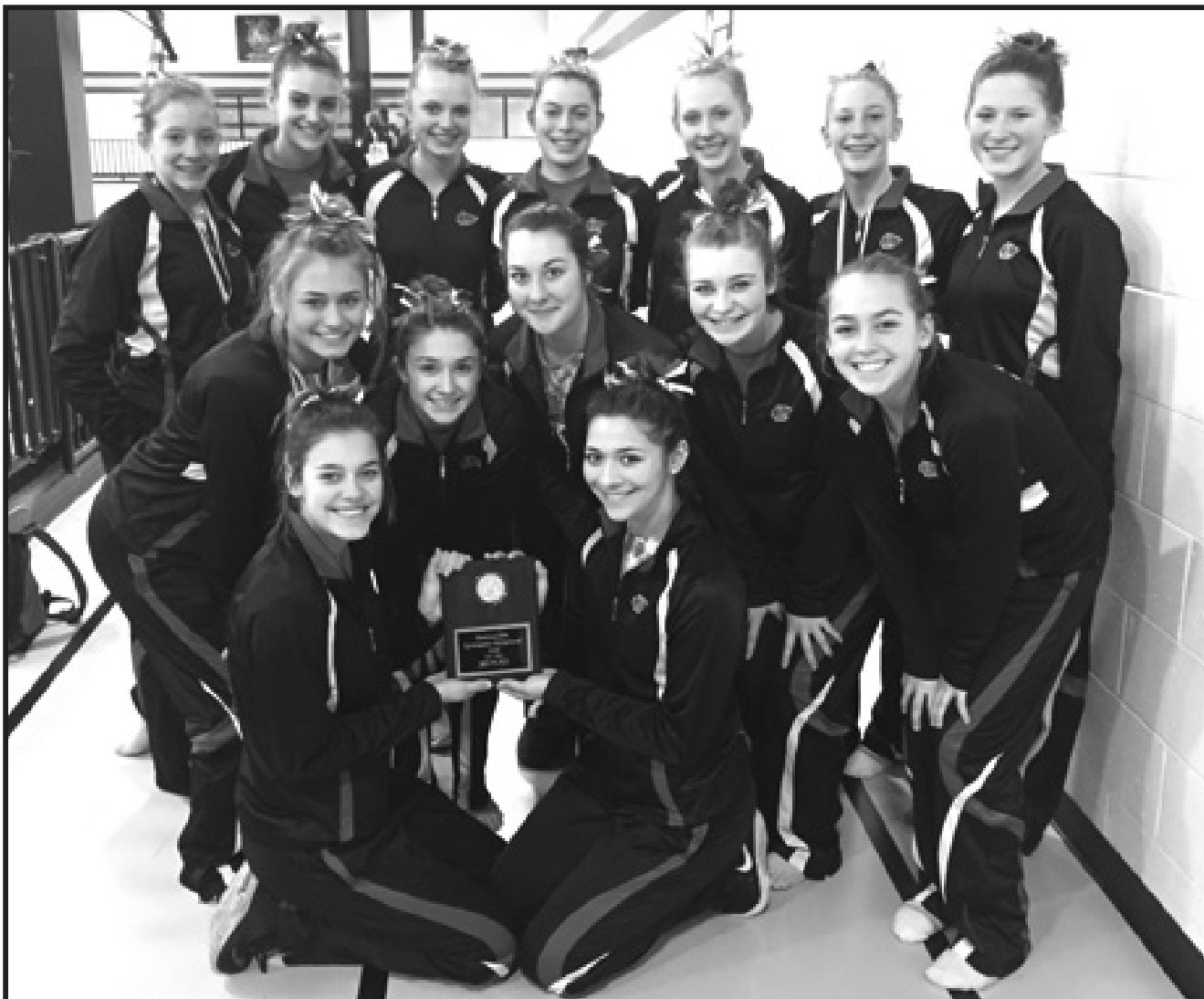
Entering the Kenowa Hills Invitational as two

teams the Arrows bested their day with a 131.375 third-place finish behind winner Rockford and second-place finisher Forest Hills. DeHaan said she was especially happy with their finish. "I was so pleased with how the day went. We did not have our strongest

lineup in because we were still trying to get individual regional qualifying scores and we placed the exact same place we would have with our strongest lineup. So proud of these girls!"

Miller was the best overall finisher placing ninth in the all-around

competition with a score of 34.125 to top her teammates on all four events including third on the vault and fourth on the bars. Other gymnasts placing overall were Judd who came in twelfth on the vault and Lemke who placed seventh on the beam.



Lowell varsity gymnastics earned a third-place tournament finish at the Kenowa Hills Invitational. Photo submitted by Michele DeHaan

This week, the team faced Forest Hills on Monday and will take on Kenowa Hills again on Wednesday for conference play. Events are scheduled to begin at 7 pm at Kenowa Hills.

VAULT
A TEAM

Corah Miller	8.75
Theresa Judd	8.625
Marlie McDonald	8.5
Taeghan Ronchetti	8.075

B TEAM

Aurora Fredricks	8.075
Tressa Huizinga	8.0
Kira Jungblut	7.925
Norra Jannenga	7.9

BARS
A TEAM

Corah Miller	8.6
Aubri Lemke	8.45
Marlie McDonald	7.8
Katy Hock	7.75

B TEAM

Emily Lothian	7.95
Amber Brown	7.95
Hadyn Nash	7.85
Marissa Grover	7.2

BEAM
A TEAM

Corah Miller	8.225
Theresa Judd	8.175
Taeghan Ronchetti	7.625
Katy Hock	7.4

B TEAM

Norra Jannenga	7.75
Marissa Grover	7.75
Aurora Fredricks	7.45
Kira Jungblut	7.325

FLOOR
A TEAM

Corah Miller	8.55
Katy Hock	8.55
Marlie McDonald	8.25
Taeghan Ronchetti	8.05

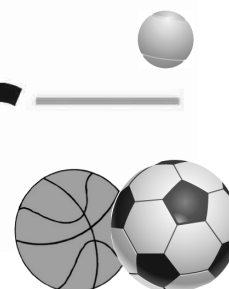
B TEAM

Kira Jungblut	8.275
Norra Jannenga	8.25
Hadyn Nash	8.15
Aurora Fredricks	8.05

Go Red Arrows!

Catch Up On Lowell High School Sports

the lowell ledger



obituaries

SMITH

Elaine Jane Smith, age 88 of Saranac, went to be with the Lord Friday, January 26, 2018. She was preceded in death by her beloved husband of 63 years Edwin; her children, Rosemary and Darwin; sisters Marie Eldridge, Barbara Boes; brother Peter Baker; brother-in-law Lyle Eldridge and sister-in-law Marge Baker. She is survived by children Terry E. (Susan) Smith, Susan (George) Raimer; grandchildren Benjamin (Heather) Smith, Tricia (Stephen) Yonker, Jonathn (Kelly) Smith, Sherri (Jerin) Barton, Mandi Raimer, Becky (Andrew) Hauck and Tom Raimer; 11 grandchildren; one great-great grandson; sister Betty (Emerson) Smith; brother Jerry (Marge) Baker; brothers-in-law Bert Boes and Bernard Smith. Visitation will be Tuesday, January 30, 2-4:00 p.m. and 6-8:00 p.m. at Roth-Gerst Chapel, 305 N. Hudson, Lowell, and one hour prior to the service at the church. Funeral service will be held Wednesday, January 31, 11:00 a.m. at First Baptist Church, 2275 West Main St., Lowell. Pastor W. Lee Taylor officiating. Interment Bowne Mennonite Cemetery. Memorial contributions may be made to Cyclic Fibrosis Foundation, 967 Spaulding Ave. S.E., Ada, MI 49301.



ROTH GERST
www.gerstfuneralhomes.com

Looking Back, continued

75 years ago The Lowell Ledger February 4, 1943

Lee Lampkin of Keene Tp. says he's not worrying very much about gas rationing, giving as a reason, that he has his old gray mare "Topsy" to fall back on. "Topsy" has been in the Lampkin family for well over thirty years, and is still possessed of a heap of vim, vigor and vitality, which is no doubt the reason that Lee is often heard paraphrasing the well-known song, "The Old Gray Mare She Ain't What She Used To Be" by singing of "Topsy" as "The old gray mare is just as good as she used to be."

The exhibition of the Junior Red Cross afghan in the window of the Roth furniture store completes several months' work on the part of the ninth grade students, assisted by the seventh and eighth grades. The afghan consists of 120 six inch blocks knitted in the garter stitch of alternate light and dark yarns, which were donated. The children are happy to feel that they are assisting the war effort, as this will be sent by the Red Cross to a soldiers' hospital. They are planning to continue their Red Cross knitting.

Baseball fans will be glad to know that this year's baseballs will be as serviceable as ever. But they will be made with a scrap rubber cushioned center instead of the rubber-cushioned cork center. Results of mechanical and real-life tests of the new ball have convinced manufacturers that your favorite slugger will continue to knock them out of the ball park with his usual ease.

Who in Lowell doesn't enjoy reading and what greater pleasure is man permitted than to live another life midst surroundings he never hopes to see, midst adventures he never hopes to realize, with names of heroes and heroines he can never hope to know? Such is the life in the realm of reading. The nation is asked again to collect books for the enjoyment of soldiers, sailors, marines and merchant seamen. We might think of the long hours the boys at stations everywhere, on land and sea, spend in idleness, where for a short while they might be reading one of your special favorites which in the past gave you such pleasure. They are seeking millions of books, all kinds and we know that the people around here will give this their support. The Lowell Women's Club is sponsoring the local campaign and books may be left at the Ledger office.

50 years ago Lowell Ledger February 1, 1968

To our readers: Any firmly established newspaper carefully weighs all factors before changing its "signature," the nameplate you see across the top of this page, so such action is not taken lightly. We have spent more than two months on the new design you see in today's edition. It is the result of many hours of discussion and work by numerous newspapermen and readers. The final rendition was prepared by Richard Mayer of Warren, Mich., one of the nation's leading newspaper artists. We think that he has done

an outstanding job on our signature and trust that you will agree. You will notice that we are also using similar type on various column designations inside. All of this is aimed at bringing you a brighter, easier-to-read newspaper each week. The Editor.

Three talented teen-agers from Lowell High School have been selected to participate in the Youth For Understanding Foreign Student Exchange program this summer. The selection committee designated Diane Nordhof, Carleton (Cla) Avery and Kay Feurstein as most qualified among the 11 outstanding candidates who sought the coveted honors. The selection committee was headed by Don Beachum and included Dr. R. D. Siegle, Rev Charles Davis, Bernard Kropf, Mrs. Virginia Fonger, Mrs. Alice Wessell and Charles Pierce. Advisors to the committee were Pat Fletcher, Carol Wittenbach and Lawrence Precious, all of whom participated in the exchange program last summer.

Two of the greatest names in show business will headline the annual Lowell Showboat, it was announced today. Dinah Shore, world-renowned vocalist of stage, screen and television, will make one of her rare public appearances during the performances of the week of August 19-24. The announcement was made by Bill Doyle, president of Showboat, Inc., which annually stages the extravaganza. Joining Miss Shore on stage will be the Dukes of Dixieland, rated as one of the finest specialty groups in the country today.

25 years ago The Lowell Ledger February 3, 1993

Following four years as President of the Lowell Showboat, Gordon Gould has stepped down as its leader. "I think any community organization is best served by someone local," Gould explained. "With my departure from the school system, I no longer see myself as being a local member of the community." The Lowell Showboat Board's choice to replace Gould, was Lowell Ledger Editor and three year board member, Thad Kraus. "In the short time I have spent living in the Lowell Community, I have gotten caught up in the tradition and pageantry of the Showboat," Kraus said. "It truly is the only community signature left in Lowell." The new Showboat President says his initial focus will be to return the Showboat to a community event. The change of President is not the only facelift on the Showboat Board. Tony Stencil will serve as vice president. Sheila Dubbink will be the treasurer, and Terri Robinson is the Showboat secretary. Gould will serve as past president. A role created so that he could answer questions along the way that the new executive board members may have. "It was not easy stepping down as president, but a choice, I believe, is in the best interest of the Showboat," Gould explained. "In the advent of the Downtown Development Authority, community block grants and the recruitment of volunteers it is essential that the President be someone who can be in touch with these issues on a daily basis. "I will remain on the Lowell Showboat board of directors," Kraus said.

...
Never go out to meet trouble. If you will just sit still, nine cases out of ten someone will intercept it before it reaches you.

~ Calvin Coolidge (1872 - 1933)

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7	8	5	2	4	3	9	6	1
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Social Security puts you in control of your finances and future. We have made requesting or replacing your annual Benefit Statement even easier. The Benefit Statement, also known as the SSA-1099 or the SSA-1042S, is available for 2017 after February 1.

Now that you have the ability to download it anytime and anywhere using our online services, there's no need to visit a field office.

An SSA-1099 is a tax form Social Security mails each year in January to people who receive Social Security benefits. It shows the total amount of benefits you received from Social Security in the previous year so you know how much Social Security income to report to the IRS on your tax return.

If you currently live in the United States and you need a replacement form SSA-1099 or SSA-1042S, simply go online and request an instant, printable replacement form with a my Social Security account at www.socialsecurity.gov/myaccount.

If you already have a personal my Social Security account, you can access your online account to view and print your

SSA-1099 or SSA-1042S. If you don't have access to a printer, you can save the document on your computer or laptop and email it. If you don't have a *my Social Security* account, creating a secure account is very easy to do and usually takes less than 15 minutes.

If you're a noncitizen who lives outside of the United States and you received or repaid Social Security benefits last year, we will send you form SSA-1042S instead. The forms SSA-1099 and SSA-1042S are not available for people who receive Supplemental Security Income (SSI).

When you have access to your benefit information, you can make knowledgeable decisions about your financial future. With you in control, you can secure today and tomorrow for yourself and your loved ones. Visit www.socialsecurity.gov to find out more.

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

Family-Focused Foods

Hearty meals to bring the family together

FAMILY FEATURES

Gathering the family around the table with delicious, traditional meals is the ultimate combination for many home chefs like Catherine Lowe, winner of the 17th season of ABC's "The Bachelor."

Lowe, who partnered as a celebrity spokesperson with Bertolli to create this Roasted Garlic Marinara Braised Chicken with Linguine recipe, enjoys adding authenticity to the table with recipes that provide homemade taste and layers of flavor.

"I pride myself on my strong Italian roots," Lowe said. "My dad taught me how to cook at a young age, and growing up, it was an event to make and enjoy dinner with his side of the family. It's important for me to remember and celebrate that heritage."

Full of hearty vegetables you can see and taste, and inspired by the simple goodness of Tuscan cooking, Bertolli Rustic Cut Pasta sauces help bring homemade flavor to your table. Offered in four varieties – Marinara with Traditional Vegetables, Spicy Marinara with Traditional Vegetables, Roasted Garlic Marinara with Garden Vegetables and Sweet Peppers with Portobello Mushrooms – it's Lowe's secret ingredient to helping make family meals more enjoyable.

Find more family-friendly recipes to bring everyone together at bertolli.com.



Three-Cheese Farmstand Cups

Prep time: 20 minutes
Cook time: 15 minutes
Servings: 6

- 2 cups cooked mini penne pasta
- 1 cup small broccoli florets, cut into 1/2-inch pieces
- nonstick cooking spray
- 1/4 cup mascarpone cheese
- 3 eggs, beaten
- 1/2 cup grated Parmesan cheese
- 1 jar (23 ounces) Bertolli Rustic Cut Sweet Peppers and Portobello Mushroom Sauce, divided
- 1 1/2 cups shredded mozzarella cheese, divided
- 1/4 cup chopped fresh basil

Heat oven to 375 F. Divide penne pasta and broccoli evenly between 12 standard muffin cups sprayed with cooking spray. Whisk in mascarpone until smooth; gradually whisk in eggs.

Stir in Parmesan, 2 cups sauce and 1/2 cup mozzarella cheese. Spoon 1/4 cup egg mixture over pasta and broccoli in each cup; with spoon press filling down gently. Bake 18-20 minutes, or until set.

Sprinkle tops with remaining mozzarella cheese halfway through bake time. Let stand 3 minutes before unmolding. Warm remaining sauce and serve over top of cups with basil.

Grilled Mediterranean Stuffed Peppers

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

- 2 tablespoons olive oil, divided
- 1 1/2 cups (10 ounces) uncooked orzo pasta
- 1 can (14 1/2 ounces) vegetable broth
- 1 jar (23 ounces) Bertolli Rustic Cut Spicy Marinara with Traditional Vegetables Sauce, divided
- 6 ounces crumbled feta cheese
- 1/2 cup (2 ounces) coarsely chopped smoked almonds
- 1/2 cup chopped fresh mint, divided
- 6 large red, yellow or orange bell peppers, top 1/2 inch removed and seeded

Heat grill to high.

In medium skillet on medium-high heat, heat 1 tablespoon oil. Add pasta; cook and stir 2-3 minutes, or until light golden brown. Stir in broth and 1 cup sauce; bring to boil.

Reduce heat to low; cover. Cook 4 minutes, or until pasta is al dente,

stirring occasionally. Remove from heat; cool slightly.

Stir in cheese, almonds and 1/4 cup mint. Brush outsides of peppers with remaining oil. Grill 4-6 minutes, or until crisp tender and lightly marked on all sides, turning frequently; cool slightly.

Place peppers in center of 12-by-12-inch square of heavy duty foil. Bring sides of foil up and shape foil around each pepper, leaving tops open. Shape foil into stable base to secure peppers firmly. Keep upright while grilling.

Fill each pepper with 1 tablespoon sauce and about 3/4 cup orzo mixture. Grill peppers 8-10 minutes, or until filling is heated through. Remove from foil. Warm remaining sauce. Sprinkle with remaining mint before serving with warmed sauce.

To prepare peppers: Heat oven to 400 F. Prepare orzo mixture as directed but do not grill peppers. Fill raw peppers with orzo mixture and place on foil squares. Bring sides of foil up and seal tops to fully enclose each pepper.

Arrange on rimmed baking sheet and bake 20-25 minutes, or until peppers are soft and filling is heated through.

STATEPOINT CROSSWORD

THEME: WINTER OLYMPICS

ACROSS

1. Nordic gl, hwein
6. *It last broadcast the Olympics in 1988
9. Sigma Phi Epsilon
13. Yokel's holler
14. Promise to pay
15. Pre-bun state
16. Dug up
17. Luftwaffe's WWII enemy
18. Provide with ability
19. *Country with most Winter Olympic gold medals
21. *Number of 2018 Winter Olympics sports
23. Dog command
24. Small island
25. Cul de _____
28. Partial haircut
30. Geek and jock, e.g.
35. S-shaped molding
37. International Civil Aviation Org.
39. Best not mentioned
40. Pakistani language
41. *American skating icon
43. College cadet program
44. Crocodile ones are insincere
46. Make children
47. This and the other
48. Praise for a fearless one
50. Dispatch
52. Ornamental pond-dweller
53. Classic sci-fi video game
55. Drag behind
57. *Done on 90m hill
61. "I love the smell of _____ in the morning."
64. UFO pilot?
65. 1973 Supreme Court decision name

CROSSWORD														
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JANUARY 24 - JANUARY 30

- At the 2018 Grammys, the album of the year, record of the year and song of the year all went to Bruno Mars. New artist went to Alessia Cara. The Grammy for country album was awarded to Chris Stapleton and rap album to Kendrick Lamar with pop vocal album going to Ed Sheeran.
- Larry Nassar, an ex-doctor at Michigan State University, has been sentenced from 40 to 175 years in prison.
- Donald Trump spoke to the nation during his first State of the Union address.
- Bill Gates is donating \$100 million to Alzheimer's research saying, "I have a father who's affected deeply by it. Only by solving problems like this can we take these medical costs and the human tragedy and really get those under control." Gates said \$50 million of his donation is going to Dementia Discovery Fund, which looks for new cures and treatments.



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67. "Complete _____'s Guides"
69. Short for incognito
70. Tokyo, in the olden days
71. Impulse transmitter

72. Indian restaurant staple
73. D.C. bigwig
74. Like a rookie

DOWN

1. *Olympic participant's hangout
2. Been in bed
3. *8-time American speed skating medalist
4. Regular visitors
5. Long-billed shore bird
6. Well-ventilated
7. Flapper's neckwear
8. Spots for links
9. Arial, e.g.
10. Ill-mannered
11. Malaria symptom
12. Subsequently
15. **Agony of _____"
20. Like anchor aweigh
22. Not well
24. Ezra Pounds' poetry movement
25. *Which Korea is 2018 Winter host?
26. Come to terms
27. Closet wood
29. Frosts a cake
31. Fence prickle
32. Kindle content
33. Powerball, e.g.
34. *2014 Winter host city
36. France's currency
38. Shrek
42. Busybody, in yiddish
45. House cover
49. Opposite of pro
51. *Olympic no-no
54. Shrek and Fiona
56. Crane or heron
57. Jainism follower
58. Arm part
59. Isinglass
60. Lowly laborer
61. Rhymes with #60 Down
62. Plural of lira
63. Change of address
66. Lyric poem
68. X

Puzzle solutions on page 12



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	6						4	

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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.

ONLINE POLL

Did you watch or listen to, State of the Union speech?

TO VOTE IN THE CURRENT ONLINE POLL GO TO -

WWW.thelowellledger.com



Do you believe that children should receive vaccinations? Did you get a flu shot this year?



Alyssa Shafer, Lowell

"Yes, you should, because there are a lot of dangers out there. You vaccinate your children because you don't want them to die of, like, smallpox and stuff. That's crazy.

Yes, my work paid for it. I did not get the flu."



Bob Williams, Lowell

"It doesn't matter to me. I don't care.

I did not get a flu shot. I don't get sick very often so I don't feel the need to."



Dennis Hill, Belding

"Yes, because they go to school then other kids can get their diseases.

I got a flu shot and I did not get the flu."



Terri Shropshire, Freeport

"Yes, they need to be vaccinated so they don't catch measles, mumps, things like that.

I got a flu shot and I have not gotten the flu... yet."



Trevor Uhen, Lowell

"No, I guess not. It should be up to the parents.

I got a flu shot and yes, I got the flu. My whole family got it."



John Resch, Ada

"Yeah, of course they should. I believe that is the best way to take care of them. I understand there are issues with vaccines that could possibly cause problems, but more often than not they don't and I think the problems that are caused are more likely to do with production problems than some secret conspiracy. I didn't get a flu shot. I had the flu. Normally I don't get the flu.



From time to time our Ledger reporters will pose a question while out on the streets of Lowell. **THIS IS YOUR CHANCE TO SPEAK OUT.**

If you have a question you think would be an excellent conversation starter, feel free to suggest one.

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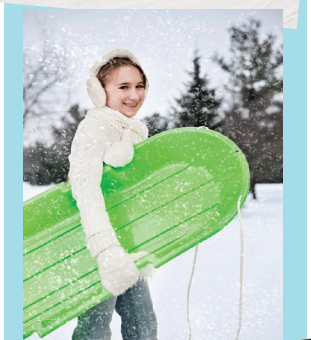
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