

School board agrees on new purchases & honors student council rep.

by Tim McAllister
lead reporter

Lowell Area Schools Board of Education had their latest regular meeting in the Runciman Building on Monday, May 14.

The board voted to spend \$265,220.70 on three new buses.

“This purchase of three buses will put us on the rotation that we discussed in the fall to make sure that the fleet is on a 15 year or less rotation,” Pratt said. “At this point, with the purchase of a few extra buses last winter, I think we’re finally back to a program where we’ll be able to maintain that 15 year rotation cycle.”

They also voted to spend \$135,856.04 on new furniture, mostly desks and chairs, for various buildings in the district.

“Like the buses, we really haven’t been turning over our furniture,” said Lowell Area Schools chief financial officer John Zielinski. “This [purchase] covers every one of our buildings.”

One citizen spoke during public comment, Cherry Creek Elementary second grade teacher Kim Lum.

“All the people around Lowell take pride in working together to make a difference,” Lum said. “They love Lowell and they want their kids to be the best kids that they can be.”

The board honored student council representative Quinne Duhr with a special award. As student council representative, Duhr attends every school board meeting to provide updates about activities at the high school.

“We were blessed to have had representatives for the past decade that have come forward with high energy and high spirits,” said Lowell Area Schools superintendent Greg Pratt. “But I’m not sure anyone has matched the amount of times that you smile during your presentation or the number of activities that you participate in or just the pure love that you show for your school district each and every board meeting by the comments that you present to us.”

The school board’s next regular meeting will be in the Runciman Building at 7 pm on Monday, June 11.



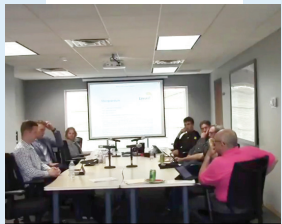
Lowell High School senior Quinne Duhr receiving an award from school board president Jim Turner and superintendent Greg Pratt.

bird dog seasonings



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Local therapist ‘gives back’ by helping our veterans

by Tim McAllister
lead reporter

Lowell-based mental health therapist and vocational rehabilitation consultant Melissa Spino was fed up after reading story after story about military veterans receiving shoddy treatment from the United States Department of Veterans Affairs. So, she began offering free counseling sessions to Lowell-area veterans and their families.

“It broke my heart to hear the stories about what was going on at the VA,” Spino said. “Sadly, the VA, even though they claim to have made many changes, and maybe they have, but it still takes them too long to be able to receive treatment so the veterans just give up. They figure they’ll just try to work on it on their own through a variety of ways. Some of the guys said they ‘felt like a number’ and like

they couldn’t connect to the VA therapist. If they can’t connect, they won’t trust them enough to be able to open up. If a doctor can’t connect to that person and get them to open up about the things they’re going through, how are they ever going to help them? It’s amazing to me how often I’ve heard that the VA doctor just sits there nodding his head. I don’t think I can help anybody that I work with unless I can connect with them, unless I can understand and have empathy for what they’re going through. I’ve had veterans who come in who have said they went to see a VA doctor for mental health therapy and it’s night and day between me and the VA doctor. It’s sad. No human being who

has put their life on the line and has come back morally wounded to the heart of who they are should be treated like that. They should be able to get treatment immediately in a clean facility with the best providers possible. Why is that not happening?”

Spino estimated that she has helped between ten and 15 veterans since she started

the program in 2012.

“This is something I’ve always been passionate about,” Spino said “I started out as a therapist for Give an Hour, which is a national program that asks therapists to give an hour of their time every week to a veteran or their family member. I thought the parameters of their program were too

narrow. They had to be a recent veteran of the Iraq or Afghanistan wars. I wanted to be able to open up a program to any veteran regardless of when they served. It’s 100 percent free, I do not bill anyone, period. And I don’t put a limit on how long they can treat with me. If they need to treat with me for a year to get to where they want to be, then I will let them treat with me for a year. I have had clients that lasted a little bit over a year and that’s fine. It’s based on what they need. Right now I have had to limit the program because it’s pretty expensive for me. Per individual it costs me almost \$10,000. It’s not an inexpensive venture and it’s something that comes completely out of my pocket. I’m not



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50¢



Telemarketers using local businesses for latest scam

by Tim McAllister
lead reporter

Last week a Lowell resident called the Ledger office and said that a person identifying herself as "Betsy" called her at home about some kind of telemarketing deal. The caller ID said "Lowell Ledger" and displayed the Ledger's fax number. The lady hung up before "Betsy" could express much of her spiel, so she could not provide any specifics about the content of the sales pitch.

"Between 9 and 10 am on Monday, I was talking on the phone and a call came in," the lady said. "The caller ID said 'Lowell Ledger, 616-897-4809.' I told my friend I had to take the call because I've placed ads and I thought maybe something fell through the cracks, you didn't get the check or whatever. She started

in, 'Hi, I'm Betsy and we have a special offer for you today.' She didn't verbally identify what company she was with or anything. I said, 'Just a minute, are you from the Lowell Ledger,' but she just kept on talking. I could tell she was reading from a canned script. I thought, 'This is nuts,' so I hung up. I thought I knew the people who work at the Lowell Ledger, but figured maybe a Betsy worked in the back room or something. I looked you people up in the phone book, called and got hold of a gal named Tammy. I asked her if 'Betsy' worked there. She said no. I said, 'Oh, really,' and I told her what happened. I don't know how they got your number or how they got mine, but the caller ID said 'Lowell Ledger.'"

The Lowell police department received a

complaint about a similar call last week.

"We had one call earlier this week," Lowell police chief Steve Bukala said. "There is an app that can 'spoof' phone numbers from the local area."

The chief warned not to give out any personal information to somebody who cold-calls you on the phone and suggested monitoring your credit closely, especially if you think you may have been exposed to scammers.

"When a person gives their personal information over the phone, that's how people lose money," Bukala said. "Credit cards can be opened in their name, etc. We recommend credit monitoring. There are companies that charge about \$50 per year. Some are free. As always, we don't support

one over the other. We leave that up to the individual person. As for tips, if they're calling and asking for personal information over the phone, it's a scam. Don't give any information, just hang up.

The lady who got the suspicious call last week came up with her own unique methods for curtailing calls.

"Sometimes I let them do their whole spiel and then I tell them to take my name off their calling list and hang up," the lady said. "A few times I've even said that I was my own caregiver and said, 'She can't come to the phone right now because she's bedridden so take her off your list!' That usually works, they usually don't call back after that. I guess that's what I'm going to have to do from now on."

LL&P board approves summer schedule for bargaining unit employees

by Tim McAllister
lead reporter

The board of Lowell Light & Power had their latest regular meeting at their 127 N. Broadway headquarters on Thursday, May 10. The meeting lasted two hours and 37 minutes and was not attended by any members of the public.

The board voted to renew the Michigan Manufacturer's Association dental plan for all employees.

"Every year we look at different dental plan options that are in the marketplace," said Lowell Light & Power general manager Steve Donkersloot. "Our dental plan is right there in the middle of the pack. It's a pretty good plan. It's priced fair. I don't think we pay more than \$800, \$900 a

month for all employees. There is actually no price increase to renew our dental plan this year."

Lowell Light & Power bargaining unit employees will now be able to choose to work a four day a week, 10 hour a day schedule during the summer. The office will remain open five days a week.

"It's actually allowing our crews to be on a job site, working and getting things done and not having to spend time setting up and tearing down," said Lowell Light & Power board chairman Perry Beachum. "It's advantageous."

The Lowell Light & Power board's next regular meeting will be at 6 pm on Monday, June 12.



along main street

FLAT RIVER OUTREACH MINISTRIES

Foodmobile - May 19 at 10 am at fairgrounds; **Food Pantry Closed** - May 25-28 for Memorial Day; **FROM Closed** - May 28 for Memorial Day. FROM, 11535 Fulton St. For more information call 897-8260.

LOWELLARTS HOUSE CONCERT

Seth Bernard, May 19 at 7 pm. Earthwork Music, a Michigan-based collective of independent musicians who focus their efforts on environmental advocacy, social justice, creative empowerment and community building. LowellArts House Concerts feature musicians from Lowell, Greater Grand Rapids and Lower Michigan and are presented in the LowellArts Gallery, 223 W. Main St. For tickets or more information call 897-8545 or visit www.lowellartsmi.org

PERENNIAL SALE

16th Annual Perennial Sale over Memorial Day Weekend. To donate call 897-7808.

SCHOLARSHIPS

Applications are being accepted for the Donald G. Gerard M.D. Honorary Medical School scholarships which are sponsored by Pink Arrow Pride. To be eligible one must be a graduate of Lowell High School and have been accepted or enrolled in a qualified medical school which confers an M.D. or DO degree. The deadline for applications is June 1, 2018. For information call Victoria Pratt, Lowell High School counselor's office, 987-2913.

Feel free to send your event information to the Ledger for Along Main St. All submission requests for Along Main St. are subject to space limitations. The Ledger makes no assurances that they will appear in print. To ensure that an event notification will appear in the Ledger, it is best to place a paid advertisement. All efforts will be made to place suitable items in the Along Main St. column but they are printed at the discretion of the publisher. For profit events, church services, yard sales and the like, will not appear in this column.



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Second Class Postage Paid at Lowell, MI

Published every Wednesday

POSTMASTER: Send address change to:

The Lowell Ledger

PO Box 128 • Lowell, MI 49331

www.thelowellledger.com

Made right here in Lowell, Bird Dog Seasonings

by Tim McAllister
lead reporter

Bird Dog Seasonings spice rubs have been made right here in Lowell for over a decade. Stephen “Clyde” Pratt created the blend for his own personal use and went into business after overwhelming demand for the mix came from family and friends.

“Anytime that I had a fish fry, which is something we do many times during the summer, I would always leave the extra seasoning wherever it was,” Pratt said. “It got to the point where my family members started to request it for Christmas and other occasions, so I started bottling it and putting it in nice little shakers, nicer than the plastic bottles that we offer now. [Then] I was inspired to start the business by my wife about 10 or 12 years ago. We first started

everything out of the cupboard and mixing it all up. I ended up with this,” Pratt said. “It took a little experimentation. I probably went through six or eight rejected batches, but it worked out pretty quickly.

it’s more interesting than the other ones. It’s a different flavor than any of the others out there right now. This is what you’re after.”

Bird Dog Seasonings were created for grilled and fried foods, but their unique flavors can spice up other mundane dishes.

“I put the seasoning on absolutely anything that goes on the grill,” Pratt said. “It’s an all purpose seasoning. It’s good on vegetables, scrambled eggs, anything



Net Wt. 4 oz. (113g)

I just had to get what I considered to be the correct amount of each ingredient and with no fillers. It doesn’t have paprika, it doesn’t have brown sugar, it doesn’t have any MSG, it doesn’t have any anti-caking agents, it doesn’t have any cellulose, it doesn’t have any sawdust. I wasn’t after a specific flavor, as

you can think of. People come up with their own ideas. My wife likes to put the cajun on her kettle corn. She enjoys it, that’s for sure. For a fish fry, I put it in the batter. You could also season the fish before you battered it. I always use a dry batter, whether frying chicken or fish.”

It might seem like a strange choice to put a picture of a dog on a package of human food. Pratt said that people have actually asked him if the product was for dogs.

“That is the late, great Carl,” Pratt said. “He was my bird dog. I did water fowling with him and upland hunting. He’s been on the label since we started. He was a yellow lab. He was excellent. We spent a lot of time in the woods and in the water. We lost him last July. If you’re an animal lover, you know how it goes.”

Bird Dog Seasonings spice rubs, available in original or cajun, can be found at Gary’s Meat Market in Lowell, Frank’s Market at 750 W. Fulton in Grand Rapids, Quick Time Automotive in Walker or at the Ada and Grand Rapids locations of Kingma’s Market.



Net Wt. 4 oz.

mixing it in a place up in Hart called the Starting Block. It’s a state funded kitchen like Facility Kitchens here in Lowell. Then we got a license and started putting it in stores.”

Pratt said he made his own spice rub because all the mass market ones were bland and boring. It didn’t take him long to create the perfect mix of spices.

“I couldn’t find any one blend of spices to buy for my fish fries that was any good, so I started grabbing

odd as that sounds, I just wanted something different than all the other ones. It has a little bit of a bite to it. There’s some chili powder, some cayenne pepper and some turmeric, so it’s not your standard blend. For the cajun, the amount of cayenne pepper and chili powder is increased, then I’ve added red pepper flakes. It just gives a little more heat to it. I can’t say Bird Dog is better than all the other ones, but I would definitely tell you that

Helpful facts about Social Security disability benefits

When the unexpected happens and you can no longer work due to a serious medical condition, Social Security is there with a lifeline to help you and your family.

Most American workers contribute to Social Security through federal payroll taxes and benefit through monthly retirement payments later in life. For others whose working years are cut short by severe and lasting illness or injury, Social Security provides financial assistance to help them through the critical times.

Here are six facts you should know about Social Security’s disability program:

Social Security disability insurance is coverage that workers earn.

The program provides a safety net to disabled workers who’ve paid enough Social Security taxes on their earnings. Social Security disability benefits replace some of their income if their medical condition leaves them unable to work.

The Social Security Act defines disability very strictly.

A person is considered disabled under the Social Security Act if they can’t work due to a serious medical condition that has lasted, or is expected to last, at least one year or result in death. Social Security does not offer temporary or partial disability benefits.

Disability can happen to anyone at any age.

Serious medical conditions, such as cancer and mental illness, affect the young and elderly alike. One in four 20-year-olds will become disabled before retirement age and may need Social Security disability benefits’ critical support.

Social Security disability payments help disabled workers to meet their basic needs.

The average monthly Social Security disability benefit is \$1,197, as of January 2018. This amount helps disabled workers to meet their basic needs when they need that help the most.

Social Security works aggressively to prevent, detect, and help prosecute fraud.

Social Security is committed to protecting your

investment. Along with the Office of Inspector General, Social Security takes a zero tolerance approach to fraud. The result is a fraud incidence rate of a fraction of one percent.

Social Security helps people return to work without losing benefits.

Often, people would like to re-enter the workforce, but worry they’ll lose disability benefits. We connect them to free employment support services and help them maintain benefits such as health care. Learn about our Ticket to Work program at <http://choosework.ssa.gov>.

We’re with you through life’s journey, offering disability benefits to ten million people.

Learn more about our disability insurance program at www.socialsecurity.gov/disability.

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 vondavantil@ssa.gov



We love to hear from you!

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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 vondavantil@ssa.gov

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the lowell ledger


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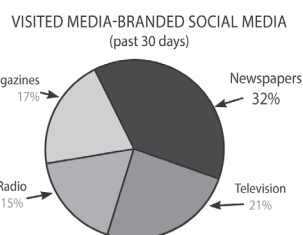
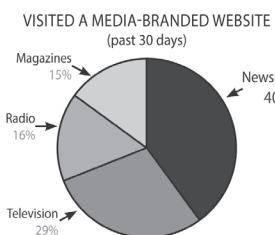


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Digital media users rely on newspaper-branded websites and social media, over magazine-branded properties, for local market news.⁴



Sources: (1) Release 2 Nielsen Scarborough Report. Copyright 2018 Scarborough Research. All rights reserved. (2) Triad/Coda Ventures - The Newspaper Generation Study; (3) NAA; (4) AMG/Parade Local Knowledge Survey

Lend A Hand



VOLUNTEER OPPORTUNITIES

The Literacy Center of West Michigan has scheduled an information session on Friday, May 25, for prospective volunteer tutors. This session is held at 2 pm and lasts one hour. It allows persons interested in becoming volunteer tutors to find out more about the center and its literacy programs. At the end of the session, there will be an opportunity to sign up for tutor training.

The Literacy Center of W. Michigan is a nonprofit, United Way agency devoted to reducing illiteracy in the community. Based on the 2003 National Assessment for Adult Literacy and the 1992 National Adult Literacy Survey, up to 14.6 percent of adults in Kent County lack basic prose literacy skills and have difficulty using certain reading and writing skills considered necessary in everyday life. By training people to be tutors, the

center can offer one-on-one reading help to adults asking for assistance in reading or English as a Second Language (ESL). You do not need to speak another language to tutor ESL.

The information session will be held at the Literacy Center of West Michigan, located at 1120 Monroe Ave., NW, Suite 240, Grand Rapids, MI. Please call 459-5151 (ext. 10) or email info@literacycenterwm.org to register.

viewpoint

to the editor

Spring into the Past

Dear Editor,
Who doesn't enjoy toe-tapping, well-done, energetic, free entertainment? A lot of you, because you missed it on the first Sunday evening of May. The Easy Idle String band did an amazing job in the Historic Alton Church.

I know May is filled with ball games, garage sales, graduations and free comic books, but in our area it is also small museum weekend, "Spring into the Past."
Shantell Ford closed the tour by hosting a delightful concert. Next year, after you

washed those ball jerseys, counted your sale money or lack of it and flipped through your comic book, come join and enjoy the music of our history's past.

It was an experience that you should plan on enjoying. History may repeat itself, but concerts like this happen infrequently. And without support, may not happen at all in the future.

See ya there next year,
Heather Dilly
Lowell

Promising news for railroad crossing repairs

Dear Editor,
I am writing in regard to the lady who wrote in about two weeks ago. She was frustrated because she could not determine who the proper authority was to contact about the condition of the road at the sets of tracks on South Hudson in between Fulton/M-21 and Grand River Drive. They are, indeed, in horrible condition! How many of you check your rearview mirror after crossing to

make sure you didn't leave any car parts behind?

I see that her letter caught the eye of Representative Thomas Albert and that he is looking into the matter.

I reached out to Tom Byle, engineer for the Kent County Road Commission (and president of the Whites Bridge Historical Society) and he states the following: "Alden Nash and Hudson St – the roadway from north

of the Grand River bridge to the north city limit, will be milled and filled beginning mid-June. The crossing just north of Grand River Drive will be milled and filled at the same time. This is work that has been scheduled for 2018."

This should result in a much smoother ride for all of us!

Nancy Stroosnyder
Lowell Township



100 years ago The Lowell Ledger May 16, 1918

While other sections of the country were visited by tornadoes Thursday night, Lowell—always fortunate in this regard—escaped with high winds and minor damages. Twenty-five of the Citizens Telephone poles were blown over, some on local and some on rural lines and Mr. Trouble was busy until Tuesday noon restoring something like order. All service was resumed by that time, although much of the work was but temporary. The Lowell municipal light & power lines suffered a like damage, with broken poles and tangled wires; but Supt. McMahon and his crew of willing workers were on the job at 3 o'clock Friday morning and service was resumed that evening by temporary adjustments, though permanent repairs will continue for some time. Local damage was confined mostly to the destruction of trees. Those who got up to look say that great tree tops were threshed about like so many pig weeds. S. P. Hicks' favorite ash and a pine in front of the Graham apartment house were blown over and great limbs were torn from trees all over town. Buildings on the G. M. Parker farm in Vergennes and on Floyd Lang's place at Fallasburg were damaged. Our correspondents report wrecking of silos and out building in the districts about Lowell. See the rural letters for particulars. A remarkable feature of the storm was the blowing of three box cars from the Grand Trunk side tracks here toward Saranac—up grade, as the river runs. Two of them jumped a block six inches square to get on to the main track. One was found near the Friedli farm, one near drove school house and one within half a mile of Saranac. One of these was seen by N. V. Warner on his way home after closing his theater and he says it was humping along at a 10 or fifteen mile gait and narrowly missed hitting the Warner automobile on the crossing. Two were seen by the tower watchman, who flagged the east bound freight and probably saved a wreck. Mr. and Mrs. Warner were drenched by the rain, stalled by a fallen tree top and a tangle of wires, in moving which he received a severe shock, while deluged with rain and lightning's flare. Newt says that in the worst of it he would have gladly given his entire night's receipts to have been safe at home.

75 years ago The Lowell Ledger May 20, 1943

Mrs. Elizabeth Phelps is at work taking the census for Lowell graded school district No. 1. For the first time the census includes all names from birth up to age 20.

Looking Back,
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outdoors

spiders

Dave Stegehuis

As days become longer and the sun gets higher in the sky, water in the inland lakes and farm ponds begins to warm. Bluegills that have been somewhat dormant in deep water before the ice disappeared move into the shallows to feed and prepare for spawning.

The hand size fish are hungry and aggressive toward anything invading their territory. The situation is ideal for fishing with a fly rod. A six-weight fly rod with a matching weight forward floating line and monofilament leader tied to a rubber spider will prove to be effective in attracting the attention of the cruising gills.

Fly fishing is viewed by some folks as complicated and difficult to learn. Consistently successful stream trout fishing does require knowledge of insects and their life cycles. Fine-tuned rods and tackle must be skillfully applied to place the right fly at the right time in the right place and drifted in the right pattern. All this is often accomplished in low light conditions around log sweepers and under over hanging foliage. It takes time and determination to gain the knowledge and skill required to fool wary stream trout.

Fishing for bluegills is much easier and just as much fun. Modest equipment requirements invite beginning anglers to get into fly fishing and develop casting skills. Your grandpa's hand me down fly rod in the corner of the garage will work fine for starters. The absence of hazards like brush and snags in open water reduces the need for precise casting. Tie on a rubber spider and it will last all season unless you are lucky enough to have the gills chew off all the legs.

Learning to fly cast involves a few basic principles which can be learned from on-line videos, manuals, or from someone who has fly fishing experience. The key is to understand that when spin fishing the lure is cast, while the line is cast when fly fishing. One can practice casting in the backyard.

Fish are easily unhooked from a fly or rubber spider, so catch and release fishermen can safely return fish to the water. Another bonus is that there is no live bait to deal with.

Fly fishing for panfish is fun and productive. With a little effort and determination you may get hooked on a new fishing adventure.

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health

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

- temporomandibular disorders

Temporomandibular disorders (also called TMD) affect the jaw and the muscles you use to chew and open your mouth. It is sometimes incorrectly called TMJ. TMJ refers to only the jaw joint itself.

TMD can be caused by an injury to the jaw, head or neck. Grinding or clenching the teeth, arthritis in the jaw joint, jaw dislocation or fracture, an abnormal bite pattern or other things that put stress on the jaw can cause TMD. Certain conditions, such as rheumatoid arthritis, can also cause it. Depression, anxiety and chronic pain may be related to TMD.

TMD is more common in women and people 20 to 40 years of age. The most common symptom is pain around the jaw joint, especially when opening

and closing the mouth. It is usually felt on only one side. Other symptoms can include neck and shoulder pain, limited jaw motion and popping or clicking sounds when chewing or opening the mouth. Discuss your symptoms with your doctor. He or she will obtain a medical history and examine your jaw, head and neck. X-rays are usually not necessary.

Keeping your jaw relaxed and avoiding excessive jaw movement (such as gum chewing) are the first things to try for treatment. Medication to reduce swelling or to relax your muscles might be prescribed. Some people may need a mouth guard to keep from grinding their teeth at night. Most people do not require surgery for this condition.

Some people get an education without going to college. The rest get it after they get out.

— Mark Twain

Yep we cover Lake Estate



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Checklist for your Social Security annual check-up

Say “annual checkup” and most people imagine waiting at the doctor’s office. There’s another type of checkup that can give you a sense of wellness without even leaving home. Visit www.socialsecurity.gov and follow these five steps to conduct your own Social Security annual checkup.

Your *Social Security Statement* is available online anytime to everyone who has a *my Social Security* account at www.socialsecurity.gov/myaccount. Creating your account gives you 24/7 access to your personal information and makes it impossible for someone else to set up an account in your name. We still send paper Statements to those who

are 60 and older who don’t have an account and aren’t receiving Social Security benefits. Your *Statement* provides information about work credits (you need 40 credits to be entitled to a Social Security retirement benefit), estimates for retirement, disability, and survivors benefits, plus a history of your earnings.

Work Credits Count If you have earned 40 work credits, your *Statement* will show estimates for retirement, disability, and survivors benefits. If you don’t have 40 work credits, the Statement shows how many you have and how many you still need to qualify for benefits.

Review Earnings

Record Review your history of earnings year by year to make sure each year is correct. This is important because Social Security benefits are based on your lifetime earnings. If any years are incorrect or missing, you may not receive all the benefits you are entitled to in the future. If you need to correct your earnings, contact Social Security at 1-800-772-1213 between 7 a.m. and 7 p.m. Monday through Friday. Please have your W-2 or paystubs when you call.

Study Benefit

Estimates Review the section titled “Your Estimated Benefits.” Be sure to review not only your retirement estimate, but your disability and survivors estimates. No one likes to think about disability, but a 20-year-old worker has a one-in-four chance of becoming disabled before reaching retirement age, underscoring the importance of disability benefits. Since the value of the survivors insurance you have under Social Security may be more than your individual life

insurance, be sure to check your survivors estimates also.

Calculate Additional Estimates You can use our *Retirement Estimator* to compute future Social Security benefits by changing variables such as retirement dates and future earnings. If you want to project what future earnings could add to your benefit, visit www.socialsecurity.gov/estimator.

Schedule Your Annual Check-Up Each year, make a date with yourself to review the most recently posted year of earnings on your *Statement*. By checking your record every year, you can be certain when you retire that Social Security will have a correct record of earnings to use when computing benefits for you or your family members.

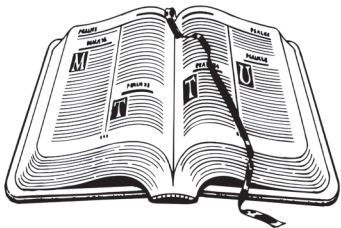
Vonda VanTil is the Public Affairs Specialist for West Michigan. You can write her c/o Social Security Administration, 3045 Knapp NE, Grand Rapids MI 49525 or via email at vonda.vantil@ssa.gov

college news

Leah Brogger, of Lowell, qualified for the spring 2018 dean’s list at Belmont University in Nashville, Tennessee. Eligibility is based on a minimum course load of 12 hours and a quality grade point average of 3.5 with no grade below a C.

Cody Krueger, of Lowell, was named to the National Honor Society of Phi Kappa Phi at Grand Valley State University. Krueger is pursuing a bachelor’s degree in computer science at Grand Valley.

area churches



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Evening Worship.....6:00 PM
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Website: www.stmarylowell.com

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Confession: Saturdays 3-4:30 pm

Prayer & Adoration: Wednesdays 8 am to 7 pm
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Pastor Phil Severn • Youth Pastor
Christi Swain, Director of Children's Ministries

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SUNDAY School.....11:00 AM (Nursery-Adult)
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Kid's Crew 11:15 AM
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happy birthday

MAY 16
Richie Ford, Kristi Ford, Angela Dixon, Ryan Phillips, Janet Boerema, Lila Crandall.

MAY 17
Maurice Hannah, Andy Dibble, Shawn Witherell, Blake Yeiter.

MAY 18
Ashlee Patnode, Robin Hewitt, Karen Patnode, Cody Sokolowski, Karen Kennedy, Kristin Hufstader, Phil Dibble, Melissa Borton, Mike Ordway.

MAY 19
Helen Tetzlaff, Kathy (Tetzlaff) Williams, James

Young, Debbie DeHaan, David Main, Andrew Kiczenski, Ken Stager.

MAY 20
Christine Baird, Shanda Weed, Julie Beaton, Bryan Borton, Laura Brower.

MAY 21
Eric Ellis, Kayla Mohr, Katelyn Bush.

MAY 22
Tim Shurwood, Meghan Beachum Bradley, Mark Anderson, Joan Link.

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Bill Gordon & Associates, a nationwide practice, represents clients before the Social Security Administration. Member of the TX & NM Bar Associations. Mail: 1420 NW St. Washington D.C. Office: Broward County, FL. Services may be provided by associated attorneys licensed in other states. *The process for determining each applicant's disability benefits varies greatly, and can take upwards of two years.

25 senior athletes honored at College "Signing Day"

by Kathryn Atwood
contributing reporter

Celebrating the soon-to-be-realized futures of talented senior student athletes, friends, family and Lowell High School faculty gathered for the third annual College "Signing Day" inside the Lowell Performing Arts Center on Friday, May 11.

The daytime ceremony honored 25 talented athletes across ten sports who will go on to play their respective sports at the collegiate level. Having earned the right to play through both hard work on the field and in the classroom, the students well-represented the Red Arrows in competition during their high school athletic careers.

Four, of the more than two dozen athletes honored, will be part of two teams when they begin their college careers next fall. Caleb Devereaux will bring his football and track and field skills to Siena Heights University, Katrina Droski will run for both the cross

country and track teams at Ferris State University, Morrison Ismond will do the same at Calvin College and Jill Fidler will compete for both the track and volleyball teams at Alma College.

Also running their way to college success from the track and field teams are Elizabeth Kuhns and Sam Misak as part of the same team at Ferris State. Ranking up from volleyball, along with Fidler, is Abigail Mangus who will play at Hope College.

Moving on from the Lowell gridiron are five football players apart from Devereaux. Brothers, Brady and Connor Douma, will follow in familial footsteps to play at Hope College, Andrew LeFebre will tackle the game at Concordia College, Addison Buckius at Davenport University and two-year starting quarterback David Kruse will hit the field for Michigan State University, likely to play in the safety position for the Division I team.

Moving on to collegiate play from the Red Arrow soccer teams are Ryan Noffke and Elijah Dixon from the boys team who will lend their talents to Aquinas College and Davenport University, respectively. Darby Dean will head to Ferris State. Four-time team state championship



College bound senior athletes on stage during the annual College "Signing Day" event.

members, Channing Perry, Austin Engle and Keigan Yuhas will each continue their pursuit on the mat their freshman college seasons. Perry will head to Olivet College, Yuhas to Findlay University and Engle to a location he has yet to determine.

Wrapping up the list of successful students, Amber Brown will join the cheer team at Davenport. Zachary May and Jacob Nugent will represent lacrosse at Lawrence Tech and Kalamazoo College, respectively. Megan Summerfield and Kenzie

North will keep slugging on the softball teams at Hope and Jackson College. Talented icemen, Austin Whaley and Charlie Hayes, will join forces once again on the Central Michigan University hockey team.

all of the townships of Ada, Cascade, Vergennes, Bowne, Lowell and Caledonia, as well as part of Gaines Township and all of the City of Lowell will be represented by one man. A total of 21 supervisors will be elected to guide the county government. Of this number, 11 will represent areas that are within or immediately adjacent to Grand Rapids.

Looking Back, continued

The Lowell Manufacturing Company deserves commendation for the beautiful landscaping being done on their property. A notable improvement to West Main street.

Dr. Harold R. Myers, osteopathic physician and surgeon, has moved his offices to the second floor of the building on East Main St, recently purchased by the Lowell Masonic Lodge.

Seems like old times to see Garfield Ford again on duty in the Lowell postoffice. Clerk Paul Kerekes left Wednesday for military service and one or two others of the postoffice force may also be called in the not distant future.

Youngsters taking advantage of the first summer-like days to roam about with BB guns are advised to be selective in their choice of targets, as federal law protects woodpeckers, robins and other song birds. The big values these birds have for man, especially in controlling insects, is something young boys should learn in school, conservationists say.

A moving hill 100 feet high estimated to contain 100,000 tons of earth is threatening to become a traffic hazard on M-21 a half mile east of the Saranac intersection. Continued rains have softened the glacial drift and Allan M. Williams, Ionia county highway engineer, said the hill had moved 12 feet in 30 days, is now only a foot and a half from the highway. Williams is praying for dry weather to halt the encroachment otherwise he'll have to post a detour sign. That hazard better be stopped before it reaches the east end of Main street.

50 years ago Lowell Ledger May 16, 1968

A suit for \$45,000 for injuries allegedly suffered by a former student has been started against Lowell Area School District and a member of its coaching staff. Superintendent of Schools James Pace informed members of the board of education of the suit during Monday night's regular meeting. The suit was filed in Kent County Circuit Court on April 29 by Glen Don Herblet of Lowell, on behalf of his son, Thomas.

The complaint alleges that the school district and golf coach Jerry Smith through negligence, caused Thomas loss of work as the result of an automobile accident on May 14, 1965. Smith was the driver of a car, the complaintant says, that rolled over on a trip that date with the golf team to Big Rapids. Thomas Herblet was a member of the golf team, according to school authorities. Pace informed the board that the matter has been turned over to the Wolverine Insurance Company and its attorneys.

Ladies of the Veterans of Foreign Wars and the American Legion Auxillaries will be out selling poppies on May 23, 24 and 25. These poppies are all made by the disabled veterans in hospitals, and the proceeds go to provide them with the various aids and facilities which make life a bit more comfortable during their hospital stay. As the saying goes: "Let's honor the dead and help the living."

Three candidates, including incumbent Dr Donald G. Gerard, will seek two available four-year terms in the Lowell Area School District election on Monday, June 10. In addition to Dr. Gerard, petitions were filed by Donald Beachum and Dr. R. D. Siegle before the closing date last Saturday. Dr. Gerard, 37, has served five years on the Board of Education, the last four as an elected officer. He was appointed in 1963 to complete the final year of former board member Dr. Thomas Hill. He and his family reside on M-21 in Lowell Rte. 2. They have been residents of the district since 1960. Beachum, 40, has been a resident of Lowell for 26 years and was graduated from Lowell High School in 1945. His father, Byrd, taught shop at the school for 12 years. He has owned Beachum Furniture Store in Lowell for the past six years. The Beachums live Lowell. Dr. Siegle, 52, resides with his family in Alto and has lived in the district for 29 years. A veterinarian, he originally hails from Massachussetts. This will be his first attempt at elective office.

Virtually all of southeastern Kent County has been placed in the 3rd Supervisor's District in action this week by county officials to conform to the new "one man-one vote" system for county supervisors. Unless thwarted by legal action, the reapportionment of the county takes effect immediately, according to county legal counsel George Cook. Under the new set-up,

Looking Back,
continued, page 12



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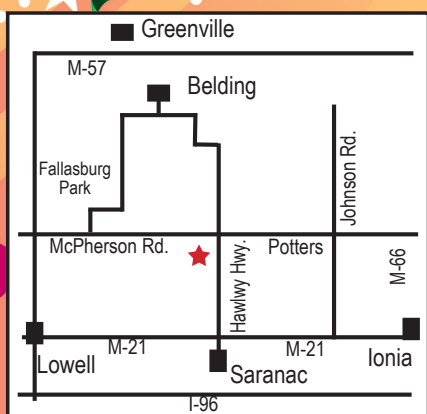
Baby Back Ribs	\$2.79 lb.
Chicken Drum Sticks (5 lb. bag)	\$3.00 bag
Chicken Breast Boneless Skinless Individual Pre-Pack.....	\$1.79 lb.
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Pork Loin Boneless Chops.....	\$1.59 lb.
Pork Strips - Boneless	\$2.09 lb.
Smoked Bacon.....	\$3.99 lb.
Choice Sizzlers	\$6.79 lb.
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Therapist, continued

billing the VA for their benefits. I think they prefer this because a lot of times, because the government has let them down, the VA has let them down and they don't trust going into a government program. They can appreciate that no one knows they're treating with me unless they tell somebody that they're treating with me. They value that independence and privacy, and I think that really can help them feel more confident and comfortable opening up. My style of counseling is not the same as the counseling they would get at the VA. It's very personalized. My specialty is trauma. I've had clients see other trauma counselors who did things completely differently. I think most counselors are eclectic in that they can pick and choose what methods will work best for the individual. There are many tools and types of therapy that I use, such as cognitive behavior therapy. It really is totally individualized. As of right now I have limited my program to two openings because that's all I can do at this point. Additionally, there is the possibility of another hour but I can only give so many free openings and still make a living. I wish I could clone myself and do more, but I can't. Financially, I just can't do any more than two openings. This is all I'm able to do at this point. I would love to be able to expand the program down the line at some point, but I just don't know when that would happen."

After risking life, limb and sanity in the nightmare of a war zone, many soldiers develop post-traumatic stress disorder. "Look at what the veterans have done for us as a country," Spino said. "They don't think twice about enlisting and putting their lives on the line. And not just putting their lives on the line but seeing and doing things that normally an individual would normally never have to see or do. These men and women are subjected to what I call 'moral wounds.' They're wounds from exposure to situations people were never meant to see or experience, but yet they've had to. They enlist with the best of intent and know that they're putting their lives on the line but some of the things that they've experienced and they've had to go through are things that we can't even imagine in a horror film. That's why I call them moral wounds because they're just things we weren't meant to conceive of, much less see. They've put themselves out there to experience these horrible things. Many people

couldn't imagine doing it and wouldn't do it, but they're stepping up. They love their country and they put their lives on the line, they put themselves in jeopardy, to protect what they love. That's such a huge sacrifice. It absolutely amazes me how selfless they are. Words can't even express how much respect I have for these individuals."

Disheartened with their experience with or unable to obtain mental health services from the VA, some soldiers with PTSD look for their own ways to cope. Sometimes the results are not good.

"They do their best to try to seek treatment when they can," Spino said. "I'm not going to say that everybody does because some don't, but for the most part they try to seek treatment. If they don't receive treatment then they try to fit into society and deal with what they're feeling the best way possible. Sadly, a lot of them choose to self-medicate with alcohol, prescription drugs or things of that nature. They can also try to relieve some of the adrenaline rush that is going through their body to try to alleviate some of the frustration and anxiety they're feeling. It could be something that might seem mundane to us, but it could be excessive exercising. That can be a form of expressing your PTSD and trying to deal with all of the anxiety and all of the thoughts that you don't know how to deal with. Exercise releases endorphins. I've seen that in many of the veterans I've worked with, where they're exercising for hours every day. I believe that the national average rate for veterans is about 20 suicides per day. That is absolutely unacceptable. The human brain can get a little skewed when it goes into PTSD. These soldiers, when they're overseas, they develop issues with the sympathetic nervous system because they always have to be hyper-alert. Even when they're sleeping, they always have to be in some type of an alert state. What happens with some of them is that their sympathetic nervous system will actually get stuck on. It's almost like their fight or flight response is always on. Then they come home, they've got PTSD and anxiety and they're trying to deal with the things that they had to experience, then they've got this sympathetic nervous system flooding their body with chemicals on a regular basis and they don't know how to shut it off."

This state of constant alert can lead to incidents like a recent one where two aggressive drivers got into a fight in a parking lot. One

of the drivers was a veteran whose PTSD was triggered.

"There was a client of mine who was just going into the mall with his family," Spino said. "He went to pull into a parking spot and somebody else zoomed in and took the spot. In the state that his brain was in at the time, he perceived that as a threat and acted accordingly. Unfortunately, there was a law enforcement response to that. His wife told them to call me so they did and I explained the situation. We got things resolved for lack of a better word. Thankfully he didn't have to go to jail. I wish that we could be a little kinder and gentler to each other out there. You never know what someone is going through or what they've been through."

Spino said that regular people who aren't therapists can influence the VA's response by contacting their state and federal representatives.

"Let your voice be heard with your government, not only at the state level but at the federal level," Spino said. "Tell them this absolutely has to be changed. It's unacceptable and ridiculous that veterans have to wait over a year for service. If they can't even keep a spot open for a day, what does that tell you? If you know a veteran who could benefit from private counseling, I would say to refer them to me and if I can't help them with one of my free open spots, I will find someone to help them."

All of the veterans Spino has counseled were from Lowell. The demand for counseling for veterans with PTSD is the same in communities all over the US.

"I know there are so many other groups in need, but veterans are near and dear to my heart," Spino said. "Every single one that I have treated to date has been a Lowell veteran, these are our hometown Lowell veterans. One of the things I appreciate about the Lowell community is the way we pull together and support each other. I hope that never changes and I hope it continues and expands. It's really needed. Our guys really need help and we all need to step up and see what we can do for them. We need to do everything that we possibly can. I do what I can. It's a small thing. It's a small program. It's just my way to give back, because I could never do what they did for this country. Since I could never serve, I do what I can to help. I'm just trying to do my part."

For more information, visit lifetransitiontherapy.biz or find Life Transitions Therapy LLC on Facebook.

Michigan Veteran Suicide Data Sheet



The U.S. Department of Veterans Affairs (VA) conducted the Nation's most comprehensive analysis of Veteran suicide rates in the United States. The resulting report, released in 2016, examined more than 55 million records from 1979 to 2014 in all 50 states, Puerto Rico, and the District of Columbia. Data from the report have allowed us to examine Veteran suicide rates in each state and region.

This Michigan Veteran Suicide Data Sheet is based on a collaborative effort among VA, the U.S. Department of Defense (DoD), and the National Center for Health Statistics (NCHS). The statistics herein are derived from multiple data sources, including the VA Office of Enterprise Integration, the VA Serious Mental Illness Treatment Resource and Evaluation Center, VA Post-Deployment Health Services, the VA Center of Excellence for Suicide Prevention, and the Defense Suicide Prevention Office. Cause of death was identified through the NCHS National Death Index (NDI). For additional information, please email Dr. Megan McCarthy, Deputy Director, Suicide Prevention, VA Office of Mental Health and Suicide Prevention, at megan.mccarthy@va.gov.

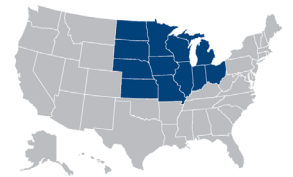
Michigan Veteran Suicide Deaths, 2014

Sex	Veteran Suicides
Total	213
Male	200-210
Female	<10

Because of Michigan's relatively smaller Veteran population for select populations, suicide deaths are presented in ranges rather than precise counts, where applicable, in order to protect individual information.

Midwestern Region

- Illinois
- Indiana
- Iowa
- Kansas
- Michigan
- Minnesota
- Missouri
- Nebraska
- North Dakota
- Ohio
- South Dakota
- Wisconsin



Michigan, Midwestern Region*, and National Veteran Suicide Deaths^{bc}, by Age Group, 2014

Age Group	Michigan Veteran Suicides	Midwestern Region Veteran Suicides	National Veteran Suicides	Michigan Veteran Suicide Rate	Midwestern Region Veteran Suicide Rate	National Veteran Suicide Rate
Total	213	1,516	7,388	35.5	36.4	38.4
18-34	46	250	1,171	122.2	79.2	70.4
35-54	73	493	2,193	54.5	52.3	47.7
55-74	67	517	2,594	23.6	27.4	30.4
75+	27	256	1,430	18.6	25.2	32.0

After accounting for differences in age, the Veteran suicide rate in Michigan was significantly higher than the national Veteran suicide rate (p=0.0028)^d.



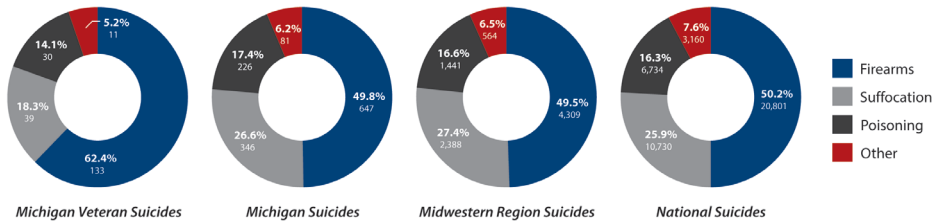
U.S. Department of Veterans Affairs
Veterans Health Administration
Office of Mental Health and Suicide Prevention

Michigan Veteran and Overall Michigan, Midwestern Region*, and National Suicide Deaths^{bc}, by Age Group, 2014

Age Group	Michigan Veteran Suicides	Michigan Total Suicides	Midwestern Region Total Suicides	National Total Suicides	Michigan Veteran Suicide Rate	Michigan Suicide Rate	Midwestern Region Suicide Rate	National Suicide Rate
Total	213	1,300	8,702	41,425	35.5	16.9	16.7	17.0
18-34	46	370	2,411	10,732	122.2	16.8	15.6	14.5
35-54	73	479	3,304	15,473	54.5	18.5	18.8	18.4
55-74	67	350	2,299	11,637	23.6	15.6	15.8	17.5
75+	27	101	688	3,583	18.6	15.4	15.5	18.1

After accounting for differences in age, the Veteran suicide rate in Michigan was significantly higher than the overall national suicide rate (p<.0001)^d.

Michigan Veteran and Overall Michigan, Midwestern Region, and National Suicide Deaths by Method^f, 2014



Statistics contained herein are derived from the U.S. adult population 18 years of age or older. Suicide rates displayed are standard unadjusted mortality rates per 100,000 people. These rates are based on the number of suicide deaths within the 2014 calendar year divided by the population estimates multiplied by 100,000. The national statistics displayed include the contiguous United States, plus Alaska and Hawaii. The overall state, regional, and national rates presented include both Veterans and non-Veterans. Significance testing and rankings are derived from the direct age-adjusted rates, using the 2000 standard U.S. population^g. Because suicide rates based on less than 20 suicide deaths are considered unreliable, any comparisons of age-adjusted rates with underlying age-specific rates with less than 20 suicide deaths should be interpreted with caution.

A customary "rule of twenty" was applied to all rates based on a number of suicides that was less than 20. These rates are marked with an asterisk (*) as unreliable because rates calculated on a small number of deaths are considered unstable, and a small change in the number of suicides can result in a large change in the rate.

The method of suicide death is based on the cause of death listed on the state death certificate using the International Classification of Diseases, 10th revision (ICD-10), and for which the underlying cause of death is defined as (a) the disease or injury which initiated the train of events leading directly to death, or (b) the circumstances of the accident or violence which produced the fatal injury (World Health Organization, Manual of the International Statistical Classification of Diseases, Injuries, and Cause of Death, based on the recommendations of the Ninth Revision Conference, 1975; Geneva, 1977). For purposes of this data sheet, the ICD-10 codes used to define suicide deaths are X60-X84 and Y87.0.

^a Midwestern region includes Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, and Wisconsin.
^b Rates presented are crude rates per 100,000. Death counts and rates are suppressed when based on 0-9 people. Rates calculated with a numerator of less than 20 are considered unreliable, as indicated by an asterisk (*).
^c Veteran and overall population estimates used for rate calculations are obtained from the U.S. Census Bureau, 2014 American Community Survey 1-year estimates. Specific population estimates used in rate calculations are available upon request.

^d Suicide rates presented here are unadjusted for age and are influenced by the underlying age distribution of the state or region. Age-adjusting suicide rates ensures that differences in rates are not due to differences in the age distributions of the populations being compared. In some cases, the results of comparisons of age-adjusted rates differ from those of unadjusted rates.

^e National, regional, and Michigan state total suicide counts are obtained from the U.S. Centers for Disease Control and Prevention (CDC) WONDER online database. For more information on CDC WONDER, please refer to <http://wonder.cdc.gov/icd10.html>.

^f Methods are defined based on ICD-10 codes X72 to X74 for firearm, X60 to X69 for poisoning (including intentional overdose), and X70 for suffocation (including strangulation). *Other* includes cut/piece, drowning, fall, fire/flame, other land transport, struck by/against, and other specified or unspecified injury.

^g Klein, R.I., and Schoenborn, C.A. Age adjustment using the 2000 projected U.S. population. Healthy People Statistical Notes, no. 20. Hyattsville, Maryland: National Center for Health Statistics. January 2001.

Red Arrow

- SOFTBALL

SPORTS

Lady Arrows continue their perfect run through OK White

by Kathryn Atwood
contributing reporter

The Lady Arrows of the varsity softball team hit the field against OK White rival the Greenville Yellow Jackets winning all three games of the series.

Sweeping the Yellow Jackets with precision the Red Arrows allowed only two Greenville runs to cross the plate, in the fifth inning of the third game. They hosted the lopsided competitions on Monday with a double header that ended with the Arrows on top 13-0 and 15-0. Juniors Kylee Stephens and Corah Miller and sophomore Kaia Zimmerman had two hits

apiece to lead the Arrows in the 13-0 victory. Junior Emily Depew and senior Megan Summerfield also collected two RBIs each.

Depew earned the win at the plate hurling a perfect game at the Yellow Jackets, who saw the ace sit down ten of the fifteen batters. In game two, Depew allowed just one non-score producing hit and struck out six batters in the 15.0 win. Stephens and sophomore Kenzie Jordan each logged two hits and senior Miah Ransom earned two RBIs.

Completing the trifecta in Greenville on Wednesday, Stephens finished up a hot week at bat with three hits in the 5-2 triumph. Her efforts were matched by that of Zimmerman who also tallied three. Juniors Madison Sage and Maddi Jordan combined on the plate with Sage logging the win and Jordan the save.

Last year, it was a series' win over the Yellow Jackets that capped off a fantastic 14-2 OK White season the school's fourth conference championship in the program's history.

Currently holding a record of 9-0 in league play and 13-3 overall, they seem poised to make it a fifth. The still young team will graduate just four seniors this spring.

The team travelled to Ranger country to take on the FHC Rangers on Monday in an evening doubleheader and concludes the series at home on Wednesday. On Friday, the Lady Arrows host the Mandy Tichelaar Tournament starting at 4 pm and then travel on Saturday to the Michigan Softball Challenge in Canton, Ohio.



Junior slugger Kylee Stephens waits for her chance to break to second base.

OK White records for track and field, girls 6-0; boys 4-2

by Kathryn Atwood
contributing reporter

Completing their regular season with an OK White record of 6-0 the flawless Red Arrow girls varsity track and field team, along with their 4-2 counterpart boys team, faced both Greenville and Cedar Springs in conference action hosted by Greenville last Monday.

The Lady Arrows beat the Cedar Springs Red Hawks 118-19 and the Greenville Yellow Jackets 88-49 at the dual competition. Facing the Red Hawks first, the ladies

collected a total of 15 first-place finishes including wins from all four relay teams. Scoring multiple wins were junior Diana Roth in the 100 and 200 meter finishing at 12:97 and 27:46 respectively; freshman Kaylee Diamond topped the 400m (64.77) and the long jump, leaping her way into the number five position in the Lowell record books; freshman Theresa Judd aced the 100 (18:27) and 300 (49.52) hurdles; and senior Lexi Cook swept in the shot put and the discus competitions.

Claiming single top finishes were junior Lauren Aud running the 1600m in 5:47.39; junior Haley Nieuwkoop completing the 3200m in 13:03.48; sophomore Jada Millhisler the 800m in 2:35.47; and sophomore Julia Pytlik leaping 4' 10" in the high jump. The relay team of sophomore Mya Kaywood, sophomore Kyra Snyder, freshman Madison Brown and Roth topped the 400 and 800m races propelling the quad to fourth and third place, respectively, into the program's record books. The 1600m team of

freshman Reese Gonzales, Diamond, Judd and sophomore Ashley Boehr and the 3200m team of freshman Alexis Haines, senior Katrina Droski, Aud and Millhisler also took the top spots.

Claiming runners-up against Cedar Springs were Gonzales in the 400m, Haines in the 800m, Droski in the 1600m, senior Amber Brown in the 100 hurdles and pole vault; Diamond in the high jump and Boehr in the 300 hurdles.

Claiming slightly less first-place finishes against Greenville, the ladies saw repeat wins from Roth, Aud, Nieuwkoop, Cook, Pytlik and Diamond and the 800 and 3200m relay teams. Adding an additional win was A. Brown on the pole vault going 9' to earn first place. Landing runners up were Gonzales in the 400m race and shot put competition; Judd in the 100 and 300 hurdles; Millhisler in the 800m, Droski in the 1600m, Diamond on the high jump and Pytlik on the long jump.

Going 1-1 at the same competition the boys trumped the Red Hawks 82-55 and fell to the Yellow Jackets 77-60. Their win featured eight first-place finishes including two record-breaking performances from senior Will Reynolds and the 400m relay team of seniors: Sam Misak, Casey French, Austin Pollock and Jacob Rau. Reynolds claimed first in the 110 and 300 hurdles, moving to number four in the record books on the latter with a time of 41.18. The relay foursome moved up to sixth with their time of 45.70.

Also winning for the team were Misak in both the 100 and 200m races, tallying times of 12.06 and 24.24; senior Caleb Devereaux in discus, the 800m relay team of Misak, French, Pollock and sophomore Devin Dietz (1:34.39); and the 3200m relay team of sophomores: Lucas Cossar, Nigel Mika, Caleb Swart and Collier Kaufman (8:49.69). Earning second-place finishes

were Pollock in the 200m, Rau in the discus and 300 hurdles; Devereaux in shot put, senior Thad Swart on the long jump and senior Morrison Ismond in the long distance 800 and 1600m races.

Falling to Greenville after a tight meet the boys took seven top spots against the Yellow Jackets with repeats from Devereaux in discus and the 800m relay team. Additional first-place finishes were claimed by Devereaux in shot put, the 1600m relay team of senior Ken Stump, Reynolds, Mika and Dietz (1:34.39); sophomore Benjamin Kinnucan in the 3200m (10:34.82) and Ismond in 800 and 1600m.

Adding points to the close meet were Dietz in the 400m Cossar in the 3200m, Mika in the 800m, Reynolds in the high jump and Rau in discus.

Due to a weather cancellation last Friday the boys and girls began their post season at the OK White conference now being held at Lowell High School.

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Red Arrow

- LACROSSE

SPORTS

Girls settle for three losses & one win last week

by Kathryn Atwood
contributing reporter

The young Lowell girls varsity lacrosse team continued to make developmental strides as they fell to West Ottawa, Spring Lake and Grand Rapids Christian in a trio of OK conference competitions and picked up a win over non-conference foe Comstock Park.

Their busy schedule began Monday when the Lady Arrows traveled to take on the West Ottawa Panthers and fell 7-5 after holding a 4-2 lead at the half. They matched that same losing score two days later inside Red Arrow Memorial Stadium on

Wednesday evening versus the Lakers of Spring Lake. Playing ferociously in rainy and muddy conditions Lowell kept the contest close throughout falling just short of a victory.

Picking up the week's only win, while celebrating their only senior on Friday night, the Arrows welcomed the Comstock Park Panthers topping them 20-8. The team also paused to celebrate their annual Senior Night honoring Red Arrow field all-star and all-conference honorable mention recipient Nikki Paulus for her time and contributions to the program.

Current team captain Paulus has been a force for the team during her four year tenure, perhaps having her most notable performance against Grand Ledge High School her sophomore season where she netted five goals en route to the team's first regional win.

Saturday the ladies wrapped up their week welcoming the Grand Rapids Christian Eagles to continue a previously rained out game. Lowell eventually succumbed to the Eagles for their third loss 15-8. A strong second half from the Eagles erased the Arrows earlier progress.

Holding a break-even overall record of 7-7 and a losing conference record of 0-6 at the close of the regular season, the Red Arrows enter the post season this week. After competing in their conference finale Tuesday at GRC, they will take to the road once again to participate in the Michigan High School Athletic Association's regional competition on Friday. Action is scheduled to begin at 6 pm in the Catholic Central Athletic Complex in Grand Rapids near Knapp's Corner.



Solo senior Nikki Paulus was honored during the team's senior night celebration. (Photo provided by Lowell Lacrosse)

Girls rack up three more wins and fifth tie of season

by Kathryn Atwood
contributing reporter

The Lowell girls varsity soccer team improved their OK White record with wins over the Northview Wildcats and the Cedar Springs

Red Hawks and competed twice over the weekend at the Grand Rapids Catholic Central (GRCC) Invite.

Hosting the Wildcats Monday evening, the girls won a 5-0 shutout credited

to goalkeepers juniors: Abby White and Callie Ingram. Good momentum in the midfield allowed five goals for Lowell by as many team members. Scores were earned by junior midfielders Jaki Hayes and Aly Holdridge, junior forwards Regan Coxon and Isabel Remar and sophomore midfielder Khloe Hayes. Earning assists in the win were senior defensive all-star Darby Dean, junior midfielder Amber Clouse, Remar and K. Hayes, who recorded two.

Visiting Cedar Springs on Wednesday, they took their second swing at the Red Hawks coming up with a 4-1 win. Settling for a 2-2 tie in their last go-round, the Red Arrows earned a bit of redemption through a hat trick from offensive leader Coxon complimented by a single goal from K. Hayes. Logging assists were K. Hayes, Coxon and Dean, who led with two.

The Lady Arrows competed twice on Saturday as part of the GRCC Invite. The girls faced their host

to the tune of a 1-1 tie and topped their second opponent, Notre Dame, 4-1. Red Arrow Clouse earned the team's lone goal against GRCC assisted to the net by Coxon and White had three saves in goal.

Coxon was able to make her way to the goal twice in the 4-1 win over Notre Dame. The Arrows two other goals were scored by K. and J. Hayes. Assist were credited to sophomore midfielder Maddie Halfmann, senior midfielder Riley Conlan, Dean and Coxon. Goalkeeper Ingram had five saves in the box.

The Forest Hills Central (FHC) Rangers and Ottawa Hills Bengals are the next OK White challengers for the Arrows. In earlier season matches, Lowell suffered their only loss to FHC 2-0 and pummeled an unprepared Ottawa Hills 11-0. The Rangers host the Arrows on Wednesday at 7 pm and the Arrows host the Bengals on Friday at 6:45 pm.



Senior defensive starter and co-captain Darby Dean sending one in from the corner.

Sports teaches you to understand the meaning of a team. You need to be able to work with everybody; you don't have to be their best friend. You can experience the fun of competition and driving toward a common goal without pushing to bond in some major way with each individual on a project.

- Kathleen Kennedy

Sports Summaries

BOYS GOLF

The Red Arrow boys varsity golf team hit the links twice last week to participate in jamborees. Monday at Thousand Oaks Golf Course the boys tallied a combined card total of 186 led by sophomore Noah Barnhart with a 42 stroke finish, followed by junior Drew Davidson, 44 and junior Tyler Karcia and Mike VandenHout, each 50. Finishing with 189 two days later at the Greenville jamboree held at Bowen Lake Golf Course, Karcia came up with the top Lowell finish shooting a 42, followed by freshman Brad VandenHout (48), Davidson (49) and M. VandenHout (50). The fifth-place finishes are the fifth in as many competitions, all ending with a consistent card total between 186 and 189. The team looks to better that finish in their final regular season contest on Wednesday versus Ottawa Hills at Indian Trails Golf Course.

GIRLS BASKETBALL

Joined by other area elites, Cassie Dean and Riley Conlan will get one last shot to net some points as Red Arrows. They will take part in the twelfth annual Addix Basketball High School All-Star game next month. Senior court standouts, Dean and Conlan, were recently nominated and selected to participate in the high profile game. The

All Star game takes place over two days, June 13-14, at Davenport University in Grand Rapids. Tip off is scheduled for 6 pm, both evenings. Tickets are available at the door for \$7 per adult and \$5 per child. Family passes will also be available for \$20.

FOOTBALL

Another tough season of football is on the horizon for the Lowell Red Arrow varsity football team next fall, according to the recently released 2018-2019 schedule. The lineup features just four home games this season, including the home opening eleventh annual Pink Arrow game versus the Rockford Rams, a week five contest against OK White Forest Hills Northern Huskies, and regular season-ending week eight and nine contests against Forest Hills Central and Northview, homecoming and senior night, respectively. Away games will have Red Arrow nation traveling to take on out-of-state John Adams High School in South Bend, Indiana, as well as to long-running rival Greenville on week three, new non-conference foe the Zeeland West Dux for week four, and week six and seven games versus OK White newcomer Grand Rapids Ottawa Hills and top conference competitor Cedar Springs.

Red Arrow

- BASEBALL

SPORTS

Arrows sweep Yellow Jackets; lose to GRCC 4-3

by Kathryn Atwood
contributing reporter

Hitting the diamond four times, the Red Arrow varsity baseball team produced a three game sweep over OK White competitor the Greenville Yellow Jackets and fell to non-conference rival Grand Rapids Catholic Central last week.

Monday at Bancroft Field the boys welcomed Greenville for the first two games of a three game conference series. Effecting their second sweep of the season, their first came over Cedar Springs, the Arrows began by toppling the Yellow Jackets 11-2 and

9-0. Game one's victory was collected by a second inning offensive blast that put Lowell in the first and last lead of the game. Earning eight runs in the frame were Red Arrow seniors, Austin Whaley, Josh Hackstedt and Brady Douma; junior Jackson Helder and sophomore Logan Staley.

Adding an additional three runs between the third and fifth inning a total of eleven hits were credited to Whaley, Hackstedt, Douma and junior Jordan Dent. The Yellow Jackets were only able to send two men across home plate leading to the 11-2 Lowell victory. Senior Garrett Pratt earned the win on the hill pitching

all seven innings of the game, walking just one and striking out nine Greenville batters.

Shutting the Yellow Jackets out completely in game two, the Arrows picked up a 9-0 win with an excellent showing from Dent on the mound. Staley and junior Zach Post led the collected two hits apiece and were supported by additional plate action from Hackstedt and junior Gavin Hoffman. Dent allowed zero runs at pitch, sat down five and walked one during his five innings.

Traveling to Greenville on Wednesday to finish up the series, Lowell earned another victory tallying a

score of 11-1. A six-run first inning included RBIs from seniors, Connor Douma and Travis Cornell. Dent, Helder and Pratt went 3/3 at the plate. Holding an early advantage, Lowell played sneaky and fast stealing eight bases led by three steals from Whaley. Cornell picked up the pitching win throwing for five innings, allowing just one run on three hits, striking out two and walking none.

Thursday, back on their home field Lowell welcomed GRCC for a close nonconference battle that ended with their opponent on top 4-3. Tied at zero and then at two for the first four innings, GRCC nabbed the

lead in the fifth after two runs. Despite connecting bat to ball more often that GRCC Lowell only picked up one additional run in the sixth. B. Douma went 2/3 at the plate, while pitcher Helder allowed two hits and four runs and striking out three during his four innings.

The team, now 11-11 overall and 7-5 in conference, will host OK White challenger Forest Hills Central Rangers Wednesday evening at 4:15 pm. They will participate in non-league tournament action in Grand Ledge this Saturday at 11 am and 1 pm.



Senior Slugger Austin Whaley breaks for base during the Arrows' sweep over Greenville.

Looking Back, continued

25 years ago The Lowell Ledger May 19, 1993

Lowell Police Chief Harry Emmons told the Lowell Showboat Board Monday night that he has received confessions from two of the juveniles responsible for the vandalism on the Lowell Showboat. He also noted that the police department has two suspects in relation to the fire that was started on the boat on Saturday, June 8. Emmons said that the vandalism and arson incidents are not connected. Emmons suggested to the board that it consider a motion light for the Showboat and get volunteers to take turns checking the boat periodically throughout the week. "This is something I believe needs to be done year-round," Emmons said. "The vandalism the boat has incurred has been done over a 2-4 month period of time." Emmons believes that this, and a current policy to arrest any non-Showboat personnel found on the boat, for trespassing, will help to stop the vandalism. "The pamphlets that the Showboat has handed out to area residents and merchants are working. People

have been calling," Emmons said. "Kids at the high school level have come forth with information. They are upset that the vandalism jeopardized the school being able use the amphitheatre for graduation." Emmons also suggested strongly to the Showboat Board that, if convictions are obtained, it should pursue retribution from the juveniles' parents. The cost to repair the damage caused by the vandalism and the fire total nearly \$10,000. Those interested in making a donation toward the Showboat's repair can send or drop off money at the Lowell Ledger office in care of Showboat President Thad Kraus. Cash donations and donations of doors, paint and other items have been forthcoming. Kraus said the Showboat Board is extremely grateful for the donations. There will be a volunteer clean-up crew on Saturday, starting at 10 a.m. The cleanup will be supervised by Showboat maintenance director, Louie D'Agostino.

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The Wanda Rekucki Trust

Re: Wanda Rekucki, decedent, Date of Birth: October 2, 1923

NOTICE TO CREDITORS: The decedent, Wanda Rekucki, who lived at 960 Oakhurst, N.W., Grand Rapids, MI 49504, died April 21, 2018.

Creditors of the decedent are notified that all claims against the trust will be forever barred unless

presented to Sharon A. Milam, Trustee, of 5822 N. 129th Ave., Litchfield Park, AZ 85340 within 4 months after the date of publication of this notice.

May 8, 2018

John D. Mitus, Attorney (P-31244) 410 Bridge Street, N.W. Grand Rapids, MI 49504 616-774-4001

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PERENNIAL SALE - May 26 thru May 28, Sat., 8-5; Sun. 10-4 & Mon. before & after parade - 1/2 off sale, 520 N. Monroe. All proceeds - Exit 52 Almost Home. To donate call 897-7808.

GARAGE SALES - Fri. & Sat., May 18 & 19, 8-5 pm. 2 or 3 homes on Foleys Grade, 2 mi. N. of Lowell on Lincoln Lake to Burroughs. Women's clothes, boys clothes 4T & up, misc. household, antiques, misc. furniture, Playmobile sets, Imagination sets, go go wheels, kids toys, Intex easy set up pool, 10x80 w/pump, boys bikes, X-mas decor, child's 2 seater wood desk, 16 service Christmas dishes, twin bed - bunk bed, hospital bed, elec. chainsaw, kayaks. Check Craigslist for more.

SARANAC -6435 Jackson Rd., May 18 & 19, 9-6 pm. HUGE selection of girls' clothing (NB-3T) & boys' clothing (up to 4T). Name brands, crib, Graco bed, stroller/car seat combo, toys, books, etc. Women's & junior clothing. Nice home & Christmas decor, pictures, dishes, etc. DVD/home theater system, much more.

HUGE MOVING SALE - May 17, 18 & 19, starting 9 am. 12691 Vergennes, Lowell, NW corner Lincoln Lake & Vergennes. Dishes, linens, antiques, furniture. Many new items still in boxes, an entire household.

CUMBERLAND RIDGE CONDOS NEIGHBORHOOD SALES - (Barnsley & Cumberland). May 18 & 19, Fri. 9 am & Sat. 8 am. Furniture, housewares, hunting, clothing & misc.

MOVING SALE - May 17, 18 & 20, 9-6. Furniture, household, tools, lawn tools, books, decor, ping pong table & tons more! 34 Lincoln Lake, near Burroughs.

GARAGE SALE - Crystal glassware, office items, computer accessories, women's business & casual clothes, house plants/pots, 8 ft. tablecloths, safety gate, baseball bats & much misc. May 18-19, 9-3 pm, 885 Alden Nash SE, Lowell, S. of LHS.

GARAGE SALE - Thurs., Fri. & Sat., May 17-19, 9-6 pm. 9762 Centerline, off M-21 between Lowell & Saranac. Miscellaneous stuff. Toddler toys & clothes, futon, drafting table, books, 40' self-supporting steel tower.

HANDYMAN GARAGE SALE - May 18 & 19, 9-3 pm. Torpedo heater, hand & garden tools, ladders, insulation, shop lights, Argon yard light, vintage tools, enamel kitchen table, 1928 Detroit Jewell Stove & more! 885 Alden Nash SE, Lowell, S. of LHS.

services

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

PROFESSIONAL TREE SERVICE - needs work. Call Dan, 616-970-3832.

NEED A DUMPSTER? - Dumpster rental, 10-20 yards. Mention this ad for \$10 to \$20 off. Call or text Doug for estimates at 616-295-6640.^{TFN}

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.

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WORK WANTED - Double D's Bucket Van & Handyman Service. 40' bucket, tree trimming & removal, gutters, window washing, power washing, buildings, barns, homes, decks, etc. Insured. Call Dave Delinsky, 616-212-3008. Free estimates.

USE HAPPY JACK® - ToneKote® to restore nutrients necessary to prevent allergies in dogs & cats. At Tractor Supply. (www.kennelvax.com)

POWER WASHING - Dirt, mildew washed away. Call Jim today, 915-1745.

STUMP GRINDING - Call Dan for free estimate. 616-970-3832.

TUTORING - College student can tutor elementary school children in math & reading, after school in May & during the summer. \$20 per hour, meeting places would be local libraries, Plainfield, Rockford or Lowell. Please call Bethany at 1-616-802-4351. Please leave a voicemail with your name & phone number. Thank you.

LOT CLEARING - tree & stump removal. Insured. Call Bob 616-430-1965.

Community Calendar

May

PLEASE NOTE - Coming Events are for non-profit organizations. If you are charging admission for an event - it is considered an advertisement. Coming events are on a space available basis & **ARE NOT GUARANTEED**. If you would like 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.

LOWELLARTS EXHIBITION: MAYFIELD & MOSAICS - April 21 - May 26. LowellArts hosts 2 exhibitions simultaneously The Mayfield Fibers Arts Group and the Mosaic Artists of Michigan. LowellArts, 223 W. Main, Lowell. Gallery hours: Tues.-Fri. 10 am - 6 pm & Sat., 10 am - 5 pm. www.lowellartsmi.org

LOWELL SHOWBOAT GARDEN CLUB - will be holding their meetings on the 3rd Monday of each month at the Englehardt Library, 200 N. Monroe St., Lowell at 6:30 pm.

WOMEN FOR SOBRIETY - meets every Monday, 7-8 p.m. at Bowne Center United Methodist Church, fellowship hall, 12051 84th St., corner of Alden Nash. Call Sue at 868-6219 or www.womenforsobriety.org

BOWNETOWNSHIP HISTORICAL SOCIETY - meets the second Monday of the month at 10 a.m. in the Historical Museum at 84th/Alden Nash.

NEEDLERS - Meet the second & fourth Wednesday of the month from 5 to 8 pm at Englehardt Library, 200 N. Monroe, Lowell.

WOMEN OF THE MOOSE - third Monday at 7:30 p.m. for business meeting.

ALTO AMERICAN LEGION AUXILIARY - meets the second Monday of the month at 7 p.m. at the Alto American Legion Post.

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.

VERGENNES CLUB MEETS - at 1 p.m. on the first Thursday of the month March thru Nov. Meeting at Schneider Manor Community Room. Program & refreshments. Guests welcome.

TAKE OFF POUNDS SENSIBLY TOPS MI #372 - every Tuesday, weigh-ins at 5:45 p.m. in the activity room at Schneider Manor, Lowell.

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.qua-ke-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 - Open Radio Room Thursdays, 7 pm at Flat River Outreach Ministries, 11535 Fulton St. E. General meeting 3rd Thursday. www.w8lrc.org 145.27 MHz.

FLAT RIVER OUTREACH MINISTRIES 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 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

FREE WILL

astrology

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TAURUS (April 20-May 20):

A chemist named Marcellus Gilmore Edson got a patent on peanut butter in 1894. A businessperson named George Bayle started selling peanut butter as a snack in 1894. In 1901, a genius named Julia David Chandler published the first recipe for a peanut butter and jelly sandwich. In 1922, another pioneer came up with a new process for producing peanut butter that made it taste better and last longer. In 1928, two trailblazers invented loaves of sliced bread, setting the stage for the ascension of the peanut butter and jelly sandwich to its full glory. According to my analysis, Taurus, you're partway through your own process of generating a very practical marvel. I suspect you're now at a phase equivalent to Julia David Chandler's original recipe. Onward! Keep going!

GEMINI (May 21-June 20):

One of the most popular brands of candy in North America is Milk Duds. They're irregularly shaped globs of chocolate caramel. When they were first invented in 1926, the manufacturer's plan was to make them perfect

little spheres. But with the rather primitive technology available at that time, this proved impossible. The finished products were blobs, not globs. They tasted good, though. Workers jokingly suggested that the new confection's name include "dud," a word meaning "failure" or "flop." Having sold well now for more than 90 years, Milk Duds have proved that success doesn't necessarily require perfection. Who knows? Maybe their dud-ness has been an essential part of their charm. I suspect there's a metaphorical version of Milk Duds in your future, Gemini.

CANCER (June 21-July 22):

In my vision of your life in the coming weeks, you're hunting for the intimate power that you lost a while back. After many twists and trials, you find it almost by accident in a seemingly unimportant location, a place you have paid little attention to for a long time. When you recognize it, and realize you can reclaim it, your demeanor transforms. Your eyes brighten, your skin glows, your body language galvanizes. A vivid hope arises in your imagination: how to make that once-lost, now-rediscovered power come alive again and be of use to you in the present time.

**LEO (July 23-Aug. 22):**

The etymological dictionary says that the English slang word "cool" meant "calmly audacious" as far back as 1825. The term "groovy" was first used by jazz musicians in the 1930s to signify "performing well without grandstanding." "Hip," which was originally "hep," was also popularized by the jazz community. It meant, "informed, aware, up-to-date." I'm bringing these words to your attention because I regard them as your words of power in the coming weeks. You can be and should be as hip, cool, and groovy as you have been in a long time.

**VIRGO (Aug. 23-Sept. 22):**

I hope you will seek out influences that give you a grinning power over your worries. I hope you'll be daring enough to risk a breakthrough in service to your most demanding dream. I hope you will make an effort to understand yourself as your best teacher might understand you. I hope you will find out how to summon more faith in yourself -- a faith not rooted in lazy wishes but in a rigorous self-assessment. Now here's my



prediction: You will fulfill at least one of my hopes, and probably more.

LIBRA (Sept. 23-Oct. 22):

The Polish pianist Ignacy Jan Paderewski once performed for England's Queen Victoria. Since she possessed that bygone era's equivalent of a backstage pass, she was able to converse with him after the show. "You're a genius," she told him, having been impressed with his artistry. "Perhaps, Your Majesty," Paderewski said. "But before that I was a drudge." He meant that he had labored long and hard before reaching the mastery the Queen attributed to him. According to my analysis of the astrological omens, you Libras are currently in an extended "drudge" phase of your own. That's a good thing! Take maximum advantage of this opportunity to slowly and surely improve your skills.

**SCORPIO (Oct. 23-Nov. 21):**

The ancient Greek poet Simonides was among the first of his profession to charge a fee for his services. He made money by composing verses on demand. On one occasion, he was asked to write a stirring tribute to the victor of a mule race. He declined, declaring that his sensibilities were too fine to create art for such a vulgar



activity. In response, his potential patron dramatically boosted the proposed price. Soon thereafter, Simonides produced a rousing ode that included the phrase "wind-swift steeds." I offer the poet as a role model for you in the coming weeks, Scorpio. Be more flexible than usual about what you'll do to get the reward you'd like.

SAGITTARIUS (Nov. 22-Dec. 21):

Here's the operative metaphor for you these days: You're like a painter who has had a vision of an interesting work of art you could create -- but who lacks some of the paint colors you would require to actualize this art. You may also need new types of brushes you haven't used before. So here's how I suggest you proceed: Be aggressive in tracking down the missing ingredients or tools that will enable you to accomplish your as-yet imaginary masterpiece.

**CAPRICORN (Dec. 22-Jan. 19):**

Useful revelations and provocative epiphanies are headed your way. But they probably won't arrive sheathed in sweetness and light, accompanied by tinkling swells of celestial music. It's more likely they'll come barging in with a clatter, bringing bristly marvels and rough hope. In a related matter: At least one breakthrough is in your imminent future. But this blessing is more likely to resemble a wrestle in the mud than a dance on a mountaintop. None of this should be a problem, however! I suggest you enjoy the rugged but interesting fun.

**AQUARIUS (Jan. 20-Feb. 18):**

One of the saddest aspects of our lives as humans is the disparity between love and romance. Real love is hard work. It's unselfish, unwavering, and rooted in generous empathy. Romance, on the other hand, tends to be capricious and inconstant, often dependent



on the fluctuations of mood and chemistry. Is there anything you could do about this crazy-making problem, Aquarius? Like could you maybe arrange for your romantic experiences to be more thoroughly suffused with the primal power of unconditional love? I think this is a realistic request, especially in the coming weeks. You will have exceptional potential to bring more compassion and spiritual affection into your practice of intimacy.

PISCES (Feb. 19-March 20):

In accordance with astrological omens, I invite you to dream up new rituals. The traditional observances and ceremonies bequeathed to you by your family and culture may satisfy your need for comfort and nostalgia, but not your need for renewal and reinvention. Imagine celebrating homemade rites of passage designed not for who you once were but for the new person you've become. You may be delighted to discover how much power they provide you to shape your life's long-term cycles. Ready to conjure up a new ritual right now? Take a piece of paper and write down two fears that inhibit your drive to create a totally interesting kind of success for yourself. Then burn that paper and those fears in the kitchen sink while chanting "I am a swashbuckling incinerator of fears!"

**ARIES (March 21-April 19):**

According to my assessment of the astrological omens, your duty right now is to be a brave observer and fair-minded intermediary and honest storyteller. Your people need you to help them do the right thing. They require your influence in order to make good decisions. So if you encounter lazy communication, dispel it with your clear and concise speech. If you find that foggy thinking has started to infect important discussions, inject your clear and concise insights.



NEWS OF THE

weird

Dreams Really DO Come True

A janitor at Incheon International Airport in Seoul, South Korea, may have hit the jackpot on April 26 when he discovered \$325,000 worth of gold bars in a garbage bin. Investigators told The Korea Times they believe two men were transporting the gold, wrapped in newspapers, from Hong Kong to Japan and threw away the stash for fear of being searched by customs agents. If the owner doesn't make a claim in six months, the janitor will get the gold, thanks to South Korea's "finders-keepers" law. However, if the treasure is found to be linked to criminal activity, the janitor will not be entitled to any of it.

High Times

A Florida Highway Patrol trooper arrived at the scene of a crash in Orlando on April 29 to find Scott Ecklund, 32, uninjured but highly agitated. Trooper Glaudson Curado arrested Ecklund after Ecklund helpfully told the trooper he could get more meth than had been found in the search of Ecklund's wrecked Chevy Impala if the trooper would allow him to leave the scene. "Mr. Ecklund was making no sense during our conversation," Curado wrote in his report, according to the Orlando Sentinel. Ecklund, who was arrested earlier in April for crashing a truck into a house and claiming to be an FBI agent as he brandished an assault rifle, was charged with meth possession and driving with a suspended license and taken to the Orange County Jail.

Indecent Exposure

Neighbors of the "Pooperintendent," a New Jersey school superintendent nabbed for repeatedly defecating on a high school running track, were nonplussed by the news. Thomas Tramaglino, 42, superintendent of schools in nearby Kenilworth, was charged April 30 in Holmdel, New Jersey Municipal Court for defecating in public, lewdness and littering after being caught on surveillance video relieving himself on a daily basis during his run at the Holmdel High School track. The track is about three miles from Tramaglino's home in Aberdeen. But neighbors told NJ.com that Tramaglino always struck them as a nice guy -- "Except for pooping on the field," one added. Another dismissed all the attention: "If he wasn't a super, this wouldn't even be news."

Awesome!

The Palais de Tokyo, a contemporary art museum in Paris, has made a name for itself by granting special visiting hours to nudists. On May 5, Reuters reported, nudists were invited to tour an exhibit, with about 160 attendees taking advantage of the sans-clothing event. Paris is seeing an increase in nudist events, according to Julien Claude-Penegry, communications director of the Paris Nudists Association. "The nudists' way of life is to be naked. Nudists are pushing past barriers, taboos or mentalities that were obstructive," he said. Next up for French nudists: a clubbing night later this year.

Definition of Insanity

April 11 was a great day for Markiko Sonnie Lewis of Maple Heights, Ohio -- he got out of jail! Lewis, 40, served time in state prison for robbing a Cleveland Key Bank branch in November 2015. To celebrate, he returned to the same bank on April 12 and robbed it again, according to WIOI, taking about \$1,000. Lewis was indicted on May 1 with one count of bank robbery.

STATEPOINT CROSSWORD

THEME: FIRST LADIES

ACROSS

- 1. Domicile
- 6. Anatomical pouch
- 9. Be quiet!
- 13. Rn, a health hazard
- 14. "I" mania
- 15. Tax of one tenth
- 16. "___ Last Night," movie
- 17. Dream time
- 18. Euphoric way to walk
- 19. *She raised a future President
- 21. *First First Lady
- 23. 20-20, e.g.
- 24. Marked by sound judgement
- 25. Say "no"
- 28. Strip of wood
- 30. War over Helen
- 35. Cheese from Netherlands
- 37. Ringo Starr's instrument
- 39. *She planted a vegetable garden in South Lawn
- 40. Kind of bag
- 41. Bigfoot's cousins
- 43. Computer desktop picture
- 44. Type of fishing net
- 46. ___-a-sketch
- 47. After-bath powder
- 48. Cowardly color
- 50. "___ and the Real Girl," movie
- 52. Bovine hangout
- 53. Used to be
- 55. Tiny guitar
- 57. *Pillbox hat fashion icon
- 60. *She also raised a future President

- 64. Bird of prey nest
- 65. PC brain
- 67. Wear away
- 68. Supernatural being
- 69. Beachgoer's goal
- 70. Extend subscription
- 71. Freight horse cart
- 72. Giant Hall-of-Famer
- 73. Lieu

CROSSWORD

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DOWN

- 1. Speedy steed
- 2. Ali ___ of "One Thousand and One Nights"
- 3. Air-transported property
- 4. Skeptic's MO
- 5. Have as logical consequence

- 6. "Que ___," sang Doris Day
- 7. *First lady Frances Folsom Cleveland had the lowest one
- 8. Oxford ___
- 9. Help to solve a riddle
- 10. Beehive State
- 11. Not Sunni
- 12. ___ Royal Highness Queen Elizabeth II
- 15. Bull opponent
- 20. Prepared
- 22. Marching insect?
- 24. Challenger or Atlantis
- 25. *Co-founder of eponymous treatment facility
- 26. Dig, so to speak
- 27. Birth-related
- 29. *#21 Across' spouse supposedly chopped one down

- 31. Final notice?
- 32. Southwestern hut
- 33. Soap plant
- 34. *Founder of "Just Say No" campaign
- 36. Whimper
- 38. Muscovite or biotite
- 42. Woody perennial
- 45. Subdued
- 49. Yellow river tributary
- 51. Whistler Blackcomb visitors
- 54. Right-hand page
- 56. Wading bird
- 57. Opposite of cheer
- 58. Cantatrice's offering
- 59. C in NYC
- 60. Mom's sister
- 61. Top notch
- 62. Brainchild
- 63. Raunchy
- 64. Put together
- 66. *Most-traveled First Lady, pre-Hillary

Puzzle solutions on page 12

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- Prices always go up in summer
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- Sleeping Bear Dunes..... 0%
- Pictured Rocks 58%
- "Motor City" Detroit..... 14%
- Lakeshore..... 14%
- Other 0%

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	4/26/18 Week 1	5/6/18 Week 2	5/13/18 Week 3	5/16/18 Week 4	Week 5	Week 6	TOTALS
NORTH	9911	10124	3659	10048	xxxxx	xxxxx	33,742
SOUTH	16698	4262	5119	11520	xxxxx	xxxxx	37,599

Businesses Making a Difference in the Community

All Weather Seal is one of the local businesses that has partnered with FROM since the early years of the ministry. They continue to join with us because, "FROM has been an amazing help and support to the Lowell community for so many years. Even back when it was first started as a food pantry, FROM has always gone above and beyond to help our community with so many different endeavors," says Megan McGuire, Director of Marketing at All Weather Seal. "Once we saw there was



something we could do to assist in some of these programs, it was really a no-brainer for us! FROM is a great place with so many caring people and volunteers, who wouldn't want to be part of that?"

All Weather Seal also encourages employees to volunteer their time because, "We are strong believers in taking care of our local community. That means anytime there is a need we can serve, or an opportunity to pitch in, we encourage our staff and families to help out. It's the right thing to do-especially for a special community like Lowell," says Megan. "It's up to us and other local businesses to join in, donate, and support any local volunteer projects we can because if we don't take care of our community, who will?"

We are so thankful that All Weather Seal is one of the businesses making a difference in the community!