wednesday • may • 22 • 2019

for over 120 years • today - tomorrow - your lowell area news source

#### Scott Kooistra

### City council discusses pollution at old landfill, S. Broadway, more at meeting

the lowell Redder



#### Oakwood **Cemetery fence**



page 3

#### Michigan auto insurance



by Tim McAllister lead reporter Lowell city council had

their latest regular meeting at city hall on Monday, May 20. The meeting lasted one hour and 14 minutes and was attended by nine citizens.

The council discussed a defunct city landfill on Ware Rd. It was in use from the 1950s through the 1980s and has recently been identified by the state as a source of pollution. The land. southeast of town, is still owned by the city of Lowell, who will be responsible for clean up at the site.

"In late April I received notice from the Michigan Environment, Great Lakes and Energy Department now known as 'EGLE,' which used to be DEQ [Department of Environmental Quality], pertaining to the Ware Rd. landfill owned by the city," said Lowell city manager Michael Burns. "We were informed of the report from 1987 that indicated groundwater contamination existed at the property from landfill leachate. At the time, levels of tetrachloroethylene, dichloroethane and carbon tetrachloride above the minimal impact levels were detected. In the 1980s there was communication between the then Department of Natural Resources and the city to take steps to address this, but it appears there



At left, BLDI Environmental Engineering president Joe Berlin answering questions from the city council about contamination at the old city dump on Ware Rd. At right, JAVO Construction owner Jim VanOverloop discussing the Lowell Showboat with the council.

was no action taken by the city, nor prompting from the [Department of Natural Resources] to do so. In our letter, we were directed to communicate and begin taking remediation actions."

Grand Rapids firm BLDI Environmental Engineering is working with the city on this potentially costly issue. Company president Joe Berlin attended the meeting to provide information and answer questions from the council members.

"This work that was done was actually done in November of 1986," Berlin said. "It was to identify if there was any kind of problem. It was a very general initial step. They [the state] installed three monitoring wells in the northern part of the former landfill. They did find tetrachloroethylene at 9.5 parts per billion. Just to give a comparison, the clean up criteria for safe drinking water is at five parts per, so it's a little bit above that. We don't know if that's the

highest concentration in that area. Again, that's over 30 years ago. [...] The wells are in serviceable condition. We talked to a surveying company to come in and identify where the property lines are on the north, east and west sides. [...] We

Council, continued, page 4

### Four honored at Eagle Scout ceremony

page 7



by Tim McAllister lead reporter

Four young Lowellians, Court of Honor, it included

www.thelowellledger.com

vol. 47 issue 34







Brecken Pawloski, Jared Williams, Peter Williams and Hayden Stickney, became Eagle Scouts during a special ceremony at Lowell United Methodist Church, 621 E. Main on Saturday, May 18.

"In just a few short years, the Scouts undergo a miraculous transformation from someone who struggles to memorize the Scout oath and law to someone who lives those words," said assistant scoutmaster Riley Perrone. "[They change from] someone who can camp out on a couple warm summer nights to someone who has mastered camping in all four seasons."

The ceremony was called the Eagle Scout

speeches from 1999 and 1971 Eagle Scouts, remarks Saranac from village president Sharon Darby, an award from the Sons of the American Revolution, special recognition for the parents of the new Eagle Scouts and a brief statement from state senator Winnie Brinks. Darby awarded the Eagle Scouts with individual proclamations from the village and Brinks presented the young men with signed proclamations from Governor Gretchen Whitmer.

"This proclamation is in recognition of all of their hard effort in achieving this highest honor," Darby said.

Scouts, continued, page 3

### page 2 \_ **One more weekend for FaireVerse at Fairgrounds**

by Tim McAllister lead reporter

FaireVerse, a combined faire Renaissance and Comic-Con, had the first of two weekends at the Kent County Fairgrounds in downtown Lowell on Saturday, May 17 and Sunday, May 18.

There have been Renaissance faires and Comic-Cons for decades, but nobody has ever combined these two things into one event until now. FaireVerse, "where multiverses collide," is a first-of-its-kind gathering that includes live acrobatic performers, snake dancers, live music, a DJ, art, cosplayers, food trucks, drinks, personal gaming areas, contests, LARPing, tarot reading, vendors and more.

A highlight for many attendees was the live armored combat where contestants, dressed in real metal armor, bashed each other to the ground with real swords.

"Today we will be fighting, upon foot, in the queen's tourney," said a combatant who went by the name Sir Orien, Duke of Friezland, who has been a knight for 11 years. He said that, except for the helmet, he made his armor himself and it weighs about 100 pounds. "It is full armor, full contact, with any arrangement of hand weapons. Axes, maces, swords, shields. In addition to full armor, I will be wearing a helmet and gauntlets as well. Gauntlets don't count for points, but people still hit them and the fingers must be protected. It's full contact, so everything is an open target. We must be covered from the top of the head to the knee, but we're fighting on foot so we also have to keep the armor's weight down. The first time I fought in armor I blew out the cartilage underneath my patella. Since then I've been fairly injury-free. Minor cuts, little bruises, the occasional torn



ACL, but all-in-all, armor does a great job keeping you safe. That's why they wore it. And it's fantastic physical exercise as well, and there's nothing that beats the roar of the crowd when you get a good hit, or the gasp of a crowd when you take a good hit."

Vendors had products for sale that are probably not available in Lowell very often, for example a five foot tall sculpture of a fierce dragon. Jeremiah Gladstone from Dog Might Gaming Gear had custom-made wooden game pieces and other products for sale.

"I am selling gaming gear for tabletop games like Dungeons and Dragons, Pathfinder and things like that," Gladstone said. "It's accessories to hold all of your gaming gear for all those games. It's all woodworking, we make woodworking anything related to gaming. We make everything from props

like hammers and other weapons to boxes to hold your dice, miniatures, game pieces and cards. We make wooden dice, little tokens, and ancient games like the Royal Game of Ur, which is a Mesopotamian game from 3,500 years ago. Stuff like that."

Cosplayers portraying the characters Mario and Luigi from the "Mario Bros." series of Nintendo video games wandered the fairgrounds posing for

photos and goofing around with attendees. The pair said they had ten years experience as Mario and Luigi.

"The Mario Bros. have been cultural icons for many, many years and we just thought that, seeing that this is the first time that a Renaissance fair and a Comic-Con are meeting, it would only be fitting that the Mario Bros. would show up," said 'Luigi.' "I always

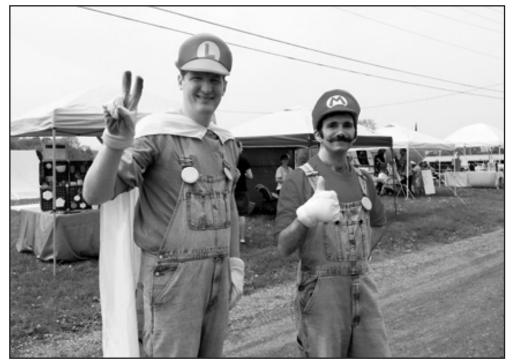
thought the Mario Bros. stood for honor, justice and to always be tolerant of other people. That's why they hung out with so many interesting characters in their games."

FaireVerse will take place from 10 am until 6 pm on Saturday, May 25 and Sunday, May 26, and from noon until 6 pm on Monday, May 27. The event is open to all ages, children four and under are admitted free. In honor of Memorial Day, veterans and active military are free on Monday, May 27. For more information or to purchase advance tickets, visit FaireVerse.com, call 616-856-4390, send a message to FaireVerse@ gmail.com or find the event on social media.

"There is a fantastic group of people here," said Sir Orien, Duke of Friezland. "Everyone here is like a second family to me."

"FaireVerse is a lot of fun," Gladstone said. "It's the first year this year, I'm excited to see this event take off and grow. This is just the beginning."

FaireVerse, continued, page 8









### Deborah Wilks, Agent 11827 Fulton St E Lowell, MI 49331 Bus: 616-897-9237 dwilks@deborahwilks.com

1001195.1

#### I'm your agent for that.

On those crazy days, just know that I have your back. With my help and the backing of my great team, I'll have you back on the road and driving happy in no time. Like a good neighbor, State Farm is there.® CALL FOR A QUOTE 24/7.



State Farm Mutual Automobile Insurance Company State Farm Indemnity Company Bloomington, IL

### HAVE YOU BEEN DIAGNOSED WITH



# **MESOTHELIOMA?**

**ARE YOU AN ASBESTOS VICTIM?** 

Please call us for a FREE consultation

Call today 1-800-547-4189

### the owell dger

#### (USPS 453-830)

Published weekly for \$25 a year for zipcodes beginning with 493 or 495; \$36 a year any other zip code. Deadline for display advertising is Friday at Noon Deadline for classified advertising is Monday at 5 pm

Jon Jacobs	Publisher/Editor
Tim McAllister	Reporter/Editor
Tammy Janowiak	Classified/Accounting/Sales
Jon Jacobs	Advertising Sales

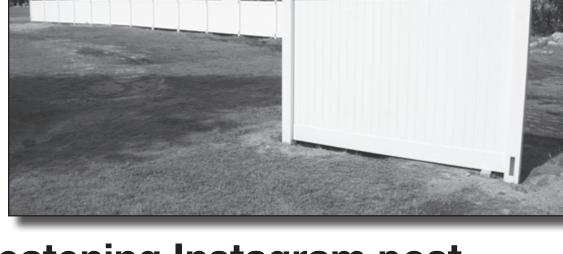
(616) 897-9261 email: ledger@lowellbuyersguide.com Second Class Postage Paid at Lowell, MI

Published every Wednesday POSTMASTER: Send address change to: The Lowell Ledger PO Box 128 • Lowell, MI 49331 www.thelowellledger.com

• 📲 ledger

### **Oakwood Cemetery fence project completed**

The new fencing in the NW corner of Oakwood Cemetery was installed by a crew of volunteers led by local resident Perry Beachum on Saturday, May 18. The original goal for completion of the project was Memorial Day.



# Scouts, continued



State senator Winnie Brinks presented the four new Eagle Scouts with proclamations signed by Gov. Gretchen Whitmer.

"It is with great honor today that I am here on behalf of the State of Michigan to present these four young men with a special tribute from the State of Michigan," Brinks said.

In order to become an Eagle Scout, a young person must be between the ages of 16 and 18, have earned a minimum of 21 merit badges, must "demonstrate Scout spirit" and must lead their own service project. The list of notable Eagle Scouts since the program's inception in 1911 includes hundreds of successful politicians, astronauts, scientists, entertainers, authors, journalists, inventors, athletes, soldiers, businessmen and even a former President of the United States (Gerald R. Ford). Only about four percent of those who join the Boy Scouts in their youth ever attain the rank of an Eagle Scout.

# Threatening Instagram post dismissed by law enforcement

by Tim McAllister lead reporter

Last week a threatening social media post against Lowell Middle School was reviewed and dismissed by Lowell Area Schools and local law enforcement. The student behind the threat, unnamed because they are a minor, is in some serious trouble right now.

Superintendent Greg Pratt sent a letter to district parents on Tuesday, May 14 explaining the situation.

"It was brought to our attention that a social media post had circulated indicating potential violence against Lowell Middle School," the May 14 letter read. "Lowell Police Department and the Kent County Sheriff Department investigated the post and determined that there is no credible threat to anyone in the district."

On Wednesday, May 15, Pratt sent a second letter to parents with more details.

"Lowell Police Department and the Kent County Sheriff's Department identified the perpetrator of the threat made last evening," the May 15 letter read. "The threat was made through a fictitious social media account. Although this person had no intent or means to carry out the threat, action will be taken both criminally and by the district. Threats of this nature are considered incredibly serious by law enforcement, the courts and Lowell Area Schools."

A May 15 press release from Lowell police chief Steve Bukala contained even more details.

"The Lowell Police Department received a threat of violence on May 14, 2019 through a fictitious Instagram account created in a name very similar to a current student," Bukala said in the press release. "The parents of that student brought the account information to the attention of the Lowell police late

warrants were authorized for information on Facebook/ Instagram and an Internet service provider. Once that information was obtained earlier this afternoon, the Lowell police and the Kent County school resource officer went to the suspect home where a confession was obtained. We are not releasing the name as the suspect is a juvenile and the case will be reviewed by the Kent County prosecutor's office for an appropriate disposition."

yesterday afternoon. Search



#### FARM BUREAU INSURANCE<sup>®</sup> ♥ ♠ ♣ ♠ ♥ ♦

Kristin Johnson & Mark Johnson 6095 28th St. SE, Ste. 4, Grand Rapids (616) 940-8181 FarmBureauInsurance.com

### BETTER HEALTH STARTS HERE AT FAMILY DENTISTRY OF LOWELL

7AM and Friday appointments available



We provide state-of-the-art dentistry along with the health care extras that set us apart, such as blood pressure screenings, salivary testing and nutritional counseling.

Experience better health through dentistry.

> Family Dentistry of Lowell 147 North Center Street, Lowell 616-897-4835 www.familydentistryoflowell.com

#### <sup>the</sup>leedger

### **Council, continued**

would use the existing wells to identify the groundwater direction today as opposed to what was done over 30 years ago."

"Do you have any clue, best case/worst case, what this is going to cost, or is it way too early," asked councilor Cliff Yankovich.

"The logical next step, I just did some initial numbers, probably you're looking at \$5,000 a monitoring well," Berlin said. "You've got five or six monitoring wells at least, so you can do that math. Plus all the other work on top of that."

"If there is industrial waste there, which it sounds like from their description they have some reason to believe there is, there aren't that many businesses locally that could be a source for that," said councilor Greg Canfield. "If it's their stuff and they dumped it there, I think they have some culpability also."

"I wouldn't disagree with you, the only problem is there are minimal records to this site that I'm aware of," Burns said. "I spent half a day trying to find records, and I found a deed and that's about all I found."

"People paid to dump there, correct, there was a fee charged," Canfield asked.

"My understanding, yes," Burns said.

"So there is just nothing for records," Canfield asked. "If there's records at Public Works that I'm not aware of, maybe they're there, but that's the only place I haven't checked yet," Burns said.

"This isn't something that we need right now with our current financial situation," Canfield said. "This could turn into significant money. Could this get to a million dollars?"

"I can't tell at this point," Berlin said. "Right now what I would tell you is when I see the data, it's slightly below clean up criteria. If everything else falls in line with that, then we're on the lower end. If the concentrations go up and they go long distances, just simply investigating it could run well into the hundreds of thousands of dollars. But we don't know that yet so I would caution anyone to project this out."

BLDI and the city will look into sources of grant money to assist with the cost of the clean up.

The council discussed various aspects of the S. Broadway infrastructure project with Prein & Newhof engineer Brian Vilmont.

"The change order that's before you is a change order because we didn't have this work in the original contract," Vilmont said. "At the time we did the original design, the King Milling site development was still up in the air, so we hadn't included the paving and the curb work and the reset of the road because at the time we didn't, frankly, know where that section of Broadway was really going to end up and how it would interface with the site. What we didn't want to do was pave a bunch of curbs or set anything else in there that might end up getting ripped up. We thought that would look bad and really upset the public for spending money and then ripping things back up."

"I think they [King Milling] should foot the bill for that," said mayor Michael DeVore.

"If we were to plant grass at \$0.50 a square foot, and now we're looking at \$10,000 in paving, I think we've helped them [King Milling] on this project enough already," Canfield said.

"If they're going to change it, they need to come back to the planning commission and then have it all resubmitted," said councilor Marty Chambers.

"We would ask them to do it if it wasn't King Milling," DeVore said. "We would ask any other company." "Any other company," Chambers said.

DeVore said the city council, the planning commission and King Milling would have a meeting at some point prior to the next city council meeting to hash out details regarding the railroad tracks, the alley, a new sign and other S. Broadway issues.

The council voted to approve a maximum of \$68,000 for Hudsonville company **JAVO** Construction. The company will serve as the city's construction inspector and project manager during the Showboat construction process. JAVO owner Jim VanOverloop was at the meeting to answer questions and discuss the project with the council. He explained how he came up with the \$68,000 figure.

"I took the schedule that was put out by the Showboat committee, 34 weeks," VanOverloop said. "I'd come three days a week and spend three hours, you do the math."

VanOverloop said the most important thing he will do is prevent the possibility of condensation anywhere on the new Showboat, because condensation creates destructive rust. He also said it will be his final major project before he retires.

Finally, with no discussion, the council unanimously passed the city's 2019/2020 budget.

Lowell city council's next regular meeting will be at 7 pm on Monday, June 3. The council will also meet with the public at a "Coffee with the Council" event at Lowell Chamber of Commerce headquarters on the Riverwalk from 8 until 10 am on Saturday, June 1.

To watch various city council, board and commission meetings from the recent past, visit the "City of Lowell" channel on YouTube.







#### than billboards.

**79%** Eight in ten newspaper readers took action as a result of reading a newspaper ad in the past 30 days  $^5$ 

2.3% of adults made a purchase in the last 90 days as the result of a billboard ad<sup>4</sup>

#### Newspaper ads have more staying power

Saving the ad for future reference is one of the top-rated newspaper reader actions.<sup>3</sup>

The newspaper is often passed along to someone else who sees the ad. Daily/Sunday newspapers average 1.9 readers per copy <sup>4</sup>

> People simply SCan billboards as they drive by.

### Newspapers ads provide more flexibility

Based on the length and complexity of the advertising message, retailers can choose from a Variety Of newspaper ad sizes – from smaller units up to full-page and two-page spreads.

Billboard ads should contain only three basic elements – an image, a copy line, and a company name or logo. Copy should be kept to nine words.<sup>2</sup>

Newspaper ads can be placed, and changed when necessary, within a day or two. Billboard creative is often posted for 30 days.

Sources: 1eMarketer; 2Lamar Advertising; 3Triad/Coda Ventures - The Newspaper Generation Study; 4Pulse of America 2018; 5NAA

#### Remember to

### LET THE LEDGER KNOW!

If you have a local story, a story idea or an upcoming event - "Let the Ledger Know!" You can contact The Ledger in a variety of ways... On FACEBOOK - post a picture, story or comment.

### BY EMAIL - write to ledger@lowellbuyersguide.com

When submitting copy, place it into the body of the email. If you have pictures, attach them as jpegs. Make sure you identify everyone in the picture and explain the photo.

### BY PHONE - 616-897-9261

All stories submitted will be reviewed and may be published in either The Lowell Ledger, Buyers Guide or online at thelowellledger.com!



<sup>™</sup>ledger

viewpoint

# Looking LEDGERS HROUGH HE HE STORE S

#### 125 years ago Lowell Ledger May 25, 1894

The people of Lowell were called out by the ringing of the fire bell last Saturday evening to join in the search for a lost child. The little four-years-old son of Mrs. Dollie Ceasar, who was visiting Earnest Bailey, had strayed away before dark and at nine o'clock had not been found. A conference was held and the crowd scattered in all directions, but were soon re-called by the ringing of the bell which, according to previous agreement, informed the searchers that the lost had been found. The little fellow had strayed about two miles out on the Ada road and had been picked up and cared for. George Hunter, who had an errandwe can't say what-in that part of the country, brought the boy back to his weeping mother. The family were deeply touched by the ready response of our citizens to their call for aid, and desire our readers to know that they appreciate it. It was no particular credit to the searchers, however. It is the DUTY of civilized humans to help one another in times of trouble.

Last Thursday afternoon a severe thunderstorm arose from the southwest which resulted in a cyclone. The storm was heard in the air several miles southwest of here but did not strike the ground until near the residence of Uncle Delos Gibson where it tore down a small quantity of fence, thence across the road where it leveled about 200 rods of fence for Pierce Jenkins and turned over his well house, thence to the premises of Wm. Woodman and Geo. Hotchkiss where it tore down some fence for Mr. H. and a number of apple trees for Mr. Woodman thence across the road to the premises of W. W. Gibson where some more fence was blown down; the well house and wind mill of Mr. Gibson was also blown down and the mill and derrick are badly damaged and the well house is a total wreck.

This means that the freedom of the dog in MIchigan is no more. It is strict law, this ban upon canine pets. There will be no dillydallying, no delaying punishment when dogs are found roaming free in the rural districts. Every farmer will be permitted to shoot strange dogs which invade his property. The plan is to protect sheep. In the past Michigan has fallen down as a sheep state, because sheep cannot be raised in districts where dogs roam free.

Philo Blakeslee, 26, sustained a broken left leg near the hip late yesterday when run over by his runaway team on his farm two miles northwest of here. He was taken to a Grand Rapids hospital last night.

### 75 years The Lowell Ledger May 25, 1944

Tuesday and Wednesday of this week Main Street took on the appearance of a farmers' convention or something of that sort. The farmers were here to receive their Dairy Feed payments.

Upwards of 5,000 pine seedlings have been added to the Lowell Municipal forest, the most recent plantings having been made last Friday by members of the Board of Trade and the Rotary Club. The first pine seedlings, consisting of 10,000, were planted 13 or 14 years ago, and most of these trees have attained a height of about 20 feet.

Perhaps there are few citizens of Lowell who are not familiar with the past history of the Lowell Specialty Comapny, which is now known as the Lowell Manufacturing Co. The company has always has successful management. Its founders laid the ground work for a lasting and profitable business, and they, as well as the present management, can be proud of the company's outstanding position in the sprayer industry. At the beginning of the war, operations were restricted by Limitation Orders issued by the War Production Board. These orders had the effect of diverting the material needed for farm machinery and equipment into channels equipped to manufacture the many weapons needed so much in the early days after our declaration of war on the Axis powers.

### 50 years The Lowell Ledger May 22, 1969

The number of city hall "regulars" was reduced to one today with the announcement that Mrs. Gladys Alexander has resigned effective MAy30. Her resignation follows on the heels of City Manager Bernard C. Olson's decision to quit his position with the City of Lowell and will leave only Mrs. Laura Shepard to adminster to the city's daily needs when Olson vacates his desk in June. Lowell police today are seeking information on damage suffered at the hands of youthful stone throwers over the weekend. A complaint was filed by Dunigan Construction of Jackson, which told police that stones hurled at a "clam digger" used for excavation work on the city's west side along Sibley Drive caused damage to windows and controls. An inquiring mind and classroom project have combined to make Ardenna Inman far richer in experience and the proud owner of a 20-volume set of the Book of Knowledge. Ardenna's teacher, Mrs. Frances Hoag, had the 5th grade class prepare questions which they sent to the Detroit Free Press column "Tell Me Why." Ardenna's question, "How can you tell when people are in shock?" was selected for publication. The reference books were her award.

### 25 years The Lowell Ledger May 25, 1994

Protecting the interest of neighbors has led to Vergennes Township denying an annexation request from the City of Lowell. The city requested Vergennes Township to allow the annexation of 27 acres of land, north of Washington Street and close to the Flat River, into the city limits. The land is owned by the city but lies in Vergennes Township. According to Township Supervisor Jim Cook, the township denied the request because they wanted to "keep control over the land and how it is used."

If you have found it difficult to track the construction of the new high school, don't worry. That will be the focus of a video documentary scheduled to air on the Lowell Cable Access Channel (22) in early June.

How many companies can claim the distinction of being in business for 150 years? Jerrold Richmond and his family are proud of the fact that their farm has been active for 150 years and that the only owners of the farm have been Richmond family members only. The farm recently received a plaque from the Michigan Historical Society recognizing the 150 years of the farm's existence. It was first recognized in 1944 for 100 years in service when Consumers Power estblished the award.



### We love to hear from you!

The Lowell Ledger welcomes letters to the editor from readers, but there are a few conditions that must be met before they will be published.

### 100 years The Lowell Ledger May 22, 1919

Last Saturday afternoon, Asa Vandenbroeck and family had a narrow escape when their auto smashed a wheel in the Purdy hill. Mrs. V. was thrown out and slightly injured. The car was partially tipped to one side. They soon got another wheel and went in to Lowell and had the damages repaired and Sunday attended the funeral at the Alton church. They are very thankful to God for their narrow escape.

The Governor has signed the "Read Dog Law."

The requirements are:

• All letters must be signed by the writer, with address and phone number provided for verification. All that will be printed is the writer's name and community of residence. We do not publish anonymous letters, and names will be withheld at the editor's discretion for compelling reasons only.

• Letters that contain statements that are libelous or slanderous will not be published.

• All letters are subject to editing for style, grammar and sense.

• Letters that serve as testimonials for or criticisms of businesses will not be accepted.

• Letters serving the function of "cards of thanks" will not be accepted unless there is a compelling public interest, which will be determined by the editor.

• Letters that include attacks of a personal nature will not be published or will be edited heavily.

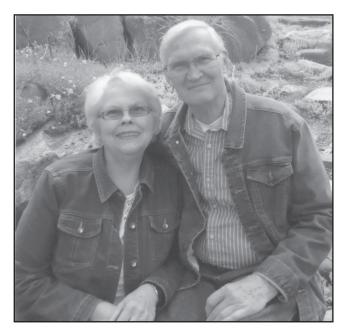
• "Crossfire" letters between the same two people on one issue will be limited to one for each writer.

• In an effort to keep opinions varied, there is a limit of one letter per person per month.

• We prefer letters to be printed legibly or typed, double-spaced.

### anniversaries

### Bruinsma



#### William and Rose Marie Bruinsma

William and Rose Marie (Metternick) Bruinsma of Middleville (formerly of Alto) will celebrate their 50th wedding anniversary on May 24, 2019. Their children are Cheri Bruinsma, son-in-law Douglas Nagel, Jr., and the late Wendi Bruinsma. They

have been blessed with two grandchildren, Madison and Heath Nagel. They were the last couple married at St. Patrick's Church of Bowne Twp., Mich. A color tour of New England is planned for the fall.





#### - sleep apnea

Most people with sleep apnea do not even know they have a serious medical problem because it often goes undiagnosed. Estimates are that more than 12 million Americans have sleep apnea. Sleep apnea occurs when breathing stops for short periods frequently while sleeping. Snoring is a common symptom of sleep apnea although all people who snore do not necessarily have sleep apnea. During apneic episodes oxygen concentration drops and carbon dioxide builds up in the blood stream. People with sleep apnea may have hundreds of these episodes every night.

Besides causing poor sleep quality, untreated sleep apnea can lead to high blood pressure, weight gain, fatigue, and cardiovascular problems.

Symptoms of sleep include severe apnea snoring and periods of stopped breathing (apnea) lasting several seconds, excessive daytime fatigue, of concentration, lack weight gain, and falling asleep at inappropriate times.

Risk factors for sleep apnea are obesity, high blood pressure, a thick neck, enlarged tonsils,

sleeping on the back, low thyroid, and use of alcohol and sleep medications.

Sleep apnea is diagnosed by reviewing your medical history, symptoms and getting a sleep study. A sleep study involves monitoring your sleep and recording the frequency and severity of apneic episodes, while checking the blood oxygen levels, heart rhythm, rapid eye movements and abnormal leg movements. These studies are usually performed in a sleep lab after consultation with a pulmonary specialist.

The usual treatment of sleep apnea is to use a mask and small machine (CPAP) to provide continuous positive pressure to keep your airway open while sleeping. Occasionally surgery to remove enlarged tonsils or part of the soft palate may be recommended. Losing excess body weight may also improve sleep apnea.

Individuals that have been diagnosed with sleep apnea and are treated appropriately, experience a significant improvement in quality of life and better health.

volunteer, a major fundraiser and always ready to help wherever needed, including special projects at FROM, Lowell Arts and the Lowell Chamber of Commerce.

She currently lives in Clarksville where she serves on their Library Board, the Women's Literary Club and her apartment complex board.

To those in the LWC she is Mary-Mary and The Pie Lady because she is the face behind the



Year announced

The Lowell Women's

McAlary has been a

club member since 2008

and has served as a Board

Member for two different

terms. She is a premiere

Mary McAlary with her 2019 Woman of the Year plaque. Photo courtesy Julie Holmes.

> Club's highly successful Pie Raffle held during monthly club meetings. Mary is recognized as a large part of the club's growing membership and is known for her smile and enthusiasm.

William and Rose Marie Bruinsma on their wedding day in 1969.



**CALVARY CHRISTIAN REFORMED CHURCH OF LOWELL** 897-7060 Pastor Ryan Landt 1151 West Main Street, Lowell, MI Morning Worship......10:00 AM Sunday School...... 11:20 AM

happy birthday



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

### **St. Mary Catholic** Church

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

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

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

#### **MAY 22**

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

#### **MAY 23**

Wesley Patnode, Tory DeBold, Patrick Ortiz, Anna Richmond, Glenn Wittenbach.

#### **MAY 26**

Janet McIntyre, Guy Watrous, Joshua Bryant.

#### **MAY 27**

Dakota McClure, Bertha Brown. David Christiansen, Tim Rittersdorf, Cindy Sherman.

#### **MAY 28**

Casey Parker Gordon.



#### FIRST CONGREGATIONAL UNITED CHURCH OF CHRIST 865 Lincoln Lake SE • lowellucc.org

Pastor Jon Propper Pastor Alyssa Anten Worship Service - Sundays 10 AM Open Table (No-cost meal) - Thursdays 5 - 7 РМ

**Open & Affirming • LGBTQ+ Inclusive** 616-897-5906

#### FIRST BAPTIST **CHURCH OF LOWELL** CHRIST-CENTERED, KINGDOM-FOCUSED HOMES 2275 West Main Street - (Barrier Free) 897-7168 • www.fbclowell.org Pastor Jon Pickens • Lead Pastor Pastor Andrew Bolkcom • Pastor of Discipleship Christi Swain • Director of Children's Ministries SUNDAY WORSHIP.....9:30 AM (Nursery provided) LIFE GROUPS ...... 11:00 AM (Nursery-Adult) Awana (K-5 during school year) Wednesday, 6:15 PM

.... 9:15 AM

**GOOD SHEPHERD** 

**LUTHERAN CHURCH** 

103 Bluewater Highway (Missouri Synod)

Halfway between Lowell & Saranac on M-21

www.goodshepherdlowell.org

Joseph Fremer, Pastor 897-8307

All facilities are wheelchair accessible

Worship Service ..... Sunday - 10:30 AM

Sunday School.....

#### LOWELL UNITED **METHODIST CHURCH** discover. grow. share

621 E. Main Street 897-5938

www.lowellumc.com • Barrier Free Entrance

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

#### **MAY 24**

Matt McClure, Josh Buechler, Summer Bevan, Dylan Bevan.

#### **MAY 25** Rick Wernet, Phyllis Bieri.

### Buckle up for the ones who will miss you

Click it or Ticket campaign begins today; law enforcement looking for unbuckled motorists

To stress the importance of buckling up, the Michigan Office of Highway Safety Planning (OHSP) recently launched a new safety campaign that includes television and radio ads, billboards, social media posts, and banners displayed at more than 600 police and public safety offices across Michigan. The effort is part of the annual Click It or Ticket seat belt enforcement crackdown that runs today through June 2.

"Three out of four people ejected from a vehicle in a crash will die," said Michael L. Prince, OHSP director. "Wearing a seat belt is the simplest thing you can do to reduce injuries and save lives. Buckle up for the ones who will miss you - every trip, every time."

As the Memorial Day holiday approaches, officers from police departments, sheriff's offices and the Michigan State Police will be conducting seat belt enforcement across the state during the two-week period.

Two new Click It or Ticket ads that are part of the safety campaign by the OHSP remind motorists why it's important to buckle up. They can be found at:

"A Ticket from Us" https://www.youtube.com/ watch?v=QkTM7yTi6Gk "Unsecured Loads"

https://www.youtube.com/ watch?v=V7\_J7Xg4AmA Last Memorial Day, 19

people died in traffic crashes over the holiday period, almost double the number in 2017. Seat belt use is the single most effective way to stay alive in a crash. Buckling up can reduce the risk of serious injury or death in a crash by 45 percent.

In Michigan, the seat belt usage rate stands at 93.4 percent. The national seat belt use rate in 2018 was 89.6 percent.

Michigan law requires drivers, front seat passengers and passengers 15 and younger in any seating position to be buckled up. The fine and associated costs for not wearing a seat belt is \$65. Children must be in a car seat or booster seat until they are 8 years old or 4'9" tall, and children under 4 years old must be in the back seat.

The OHSP coordinates the Click It or Ticket effort which is supported by federal traffic safety funds.

### Reel in a marked or tagged fish? Let us know!

If you fish the Great Lakes and catch a marked and tagged fish, the DNR wants to know. Since the 1980s, the DNR has used the coded-wire tag program to mass mark various trout and salmon species in Michigan. Mass marking provides critical data as fisheries biologists assess the value of naturally reproduced versus stocked fish, as well as lakewide fish movement.

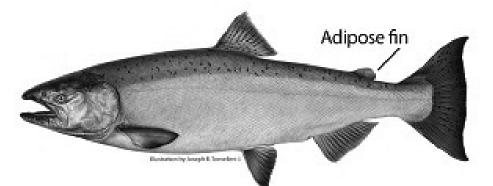
The program involves implanting a small,

coded-wire tag, which is invisible to the naked eye, into the snout of a fish. A fish with a coded-wire tag can be identified because its adipose fin (the small fleshy fin between the dorsal and tail fins) has been removed.

Anglers who catch these tagged fish can then record needed information (like where and when the fish was caught, details from the tag, and the species, length and weight of the fish), remove and freeze the fish's snout and drop it off at designated locations. A statewide list of dropoff locations is available on the DNR website.

The DNR, in conjunction with the U.S. Fish and Wildlife Service and other state agencies, places coded-wire tags in the snout and removes the adipose fin from lake trout, rainbow trout (steelhead) and chinook and Atlantic salmon stocked in lakes Huron and Michigan.

Learn more about the DNR's mass marking efforts at Michigan.gov/ TaggedFish.



### CITY OF LOWELL KENT COUNTY, MICHIGAN

The City of Lowell Planning-Citizens Advisory Commission will conduct a public hearing at Lowell City Hall, located at 301 East Main Street, Lowell, MI 49331 on Monday, June 10, 2019 at 7:00 PM concerning proposed amendment to the City's Zoning Ordinance. The following provides a summary of the proposed amendment and its regulatory effect:

The proposed amendment would permit recreational marihuana facilities licensed by the state of Michigan pursuant to the Michigan Taxation and Regulation of Marihuana Act (MRTMA) as a special land use in the following zoning districts:

- C-3 General Business
- LI Light Industrial
- I Industrial
- RE River's Edge

In addition, the proposed amendment would establish regulations pertaining specifically to recreational marihuana establishments, including licensing and application requirements, site plan requirements, and general provisions related security, separation distances, odor control, violations, and other matters.

### **Michigan auto insurance rates**

by Tim McAllister lead reporter

Two different no-fault auto insurance reform bills were recently passed by the state legislature. Once lawmakers agree on all the specifics, something could go to Governor Whitmer to be signed into law as soon as this week.

Senate Bill 1 would no longer require that auto insurance policies include unlimited personal injury protection coverage, medical service providers would not be permitted to charge more for medical care given to crash victims than the amounts prescribed by the state's injured workers compensation insurance law, trial lawyers would be made liable for insurance company costs related to defense against lawsuits for excessive or medically unnecessary treatments, would create an auto insurance fraud task force and would restrict insurers from setting rates on the basis of gender or zip code. House Bill 4397 is essentially the same, but

instead of eliminating unlimited personal injury protection coverage, it would permit insurance policies with PIP limits of \$50,000, \$250,000 and \$500,000. The House bill also requires auto insurers to wait 90 days before changing their rates.

Quicken Loans founder Dan Gilbert is currently putting together a petition drive that would change the state's no-fault insurance system. He has six months to collect 340,000 signatures. If the drive is successful, the measure will be voted on by the state legislature. If both the House and Senate approve it, the measure becomes law without the need for the governor's signature. If the proposal does not pass in the legislature, it will automatically be placed on the fall 2020 ballot and voters will decide.

Michigan auto insurance customers pay an average of \$2,610 a year for coverage, higher than any other state in the nation and nearly double the national average. — page 7



At the above time and place, all interested parties will be given an opportunity to be heard. Written comments concerning the proposed amendment may be mailed or delivered to the Lowell City Clerk, 301 East Main Street, Lowell, MI 49331 up to the date of the public hearing. Copies of the proposed ordinance amendment may be viewed at City Hall at the address noted above during normal business hours.

The City will provide necessary reasonable auxiliary aids and services to those with disabilities planning to attend upon three (3) days' notice to the City Clerk. Individuals who require such services should contact the City at the address listed above or by telephone at 616-897-8457.



Susan Ullery City Clerk

### FaireVerse, continued



One highlight of FaireVerse was the live armored combat, a very dangerous sport where the contestants hit each other with real swords.





The Knotty Bits magic show entertaining the crowd on Saturday.



The "Steel Lotus" team of belly dancers were a popular attraction.









Beverages and a shady place to sit were available at the Black Dragon Meadery.



Saturday's royal court: Sir Kordack the Knight, Daphne the Sea Nymph, Athena the Summer Queen and Narcissa the Winter Queen.

"We judge the competitions, we're part of the opening and closing ceremonies and we talk with the patrons," said Queen Athena.



Jeremiah Gladstone from Dog Might Gaming Gear (far right) had custommade wooden game pieces and other products for sale.



**Residence: Education: Experience:** Family: Hobbies: Pets:

J-Ad Graphics press operator Lowell Lowell High School '83, Kent Skills Center **US Army, Lowell Ledger** Wife, Rebecca, no kids Hunting, fishing, reading about US history Two cats (Clover and Decker); one dog (Shamus)

### J-Ad Graphics pressman does a little of everything

by Tim McAllister lead reporter

Lifelong Lowellian Scott Kooistra has been the Ledger's printing press operator for the last 24 years.

The Lowell Ledger is part of J-Ad Graphics. a Hastings-based printing and media company owned by the Jacobs family. Here in Lowell, press operator Kooistra is responsible for the vast majority of the binding, folding, die-cutting and other printing work done on site, and is responsible for distributing the Ledger to local retailers every week. "We print a little bit of everything here, any print job," Kooistra said. "We do tickets, letterhead, business forms, a lot of instruction manuals, tags, numbered forms, quite a few envelopes. I do some business cards, but most of the smaller-run stuff like that is done up front in the office on the digital machine. Some things I can't do on the offset and some things they can't do on the digital. I wouldn't recommend one over the other, the print quality is going to be great on either one. The digital machine can't do more than a couple folds, but I've got an 11x17 sheet that I'll fold so small you can put it in your wallet! We do a lot of die-cutting, any shape you can dream of."

Last Thursday, May 16, Kooistra was busy printing, perforating, numbering 10,000 and cutting "Duck Raffle" tickets for Riverwalk Festival the in July, a complicated process involving multiple machines.

"Each ticket has to be individually numbered and it has to have a perforated stub," Kooistra said. "We have a mechanical numbering machine that works like a clicker when you get on a bus, every time one goes through it puts a different number on it."

Kooistra spends a great deal of time maintaining the huge, complicated machines that do the printing, folding, binding and cutting. Some of these machines are decades old but remain in good working order thanks to his efforts.

"We have two offset machines and an old letter press," Kooistra said. "The paper cutter will take your arm clean off. I don't really have a set maintenance schedule, usually maintenance is a daily thing. You just oil before you start and clean after you're done, that kind of stuff. Sometimes they need new parts, but they're very durable and they'll go forever. In the summer things get a little slow so I



can do a little more in-depth maintenance then."

Kooistra is a 1983 graduate of Lowell High School. After high school he joined the army and was stationed in Germany. He also visited Italy and Austria during his stint in the military.

"I was in the army from 1984 to 1987," Kooistra said. "I was an E-4, an enlisted man. That's above a private, below a sergeant. I was a truck driver all around

War days. For the most part what we did was move things from here to there. Moving ammo, moving missiles, things like that, just preparing for the Cold War. Always training, always training. We were told when we were there that we were just there to try and slow the Russians down when they came across the border, and they didn't expect us to survive. We were just there to be a deterrent against

Germany back in the Cold

an attack, and most of the younger Germans resented us for being there. Only the older Germans understood why we were there, so there was a lot of animosity. Somebody tried to firebomb our barracks one time. We had barbed wire fences, but they drove by with a Molotov cocktail and threw it, and it hit the wall right by my bedroom. A big ball of fire, but it didn't do any damage. It was a Cold War, so it was just a lot of training, or as we called it, a lot of painting and cleaning. Germany was nice though, I did like Germany. I was

"I hunt, for the most part just deer," Kooistra said. "I go up to the Irons area, up in the Manistee National Forest with some friends. A friend of mine owns a nice place up there so we go up there an hang out for a few days, usually a long weekend, and then go hunting in the public land. That's about all any of us I think can stand anymore, the older we get. Staying up too late, getting up too early, when you're young you can do that, but year after year I find that we spend less time up there. During the summer I like to fish. The same guys there for a year and a half. I hunt with, we also fish on Wednesday nights, weather permitting, then once in a while we have a big fish fry." Kooistra said his favorite thing about his career as press operator is the variety of tasks involved and the trust the company has in his expertise. "The best thing about my job is it's something different all the time," Kooistra said. "It's not like working in a factory where, for eight hours a day, you're doing the same thing over and over. If you don't find an innovative way to do something, you get frustrated."



but it seemed like a long time. It was nice to come back [to America]."

He says his favorite way to relax is with a good book. "I read a lot," Kooistra "I find history said. fascinating, especially American history [and] the political history of the Revolutionary era. I've always been interested in it. I don't have the time to read what I would like to, but I can find a little time to read. That's one of my favorite things to do, if I can catch the time. Grab a cup of coffee, sit outside in the summer and read."

He also likes to spend time in Michigan's outdoors hunting and fishing.

### page 10 \_ Red Arrow SPORTS - SOCCER

### Girls soccer team wins two, loses one in OK White last week

by Justin Scott contributing reporter

Α celebration of Lowell's senior soccer players was one of several highlights for the Lady Arrows soccer team last week. The team hosted Greenville as they thanked the class of 2019 for their contribution to the soccer program.

Lowell's seniors this season are Callie Ingram, Abigail White, Anneke Breuker, Amber Clouse, Regan Coxon, Jaki Hayes, Aly Holdridge, and Isabel

Remar. There was notable contribution from the seniors in the win over the Yellowiackets. Coxon scored a goal and recorded two assists. Goalkeeper Ingram not only combined with White for a shutout, she also recorded a goal. Clouse added an assist. Also recording goals in the 5-0 win were Maloryn Mrozinski and Khloe Hayes (2). Recording assists were Khloe Hayes and Taylor

Rank.

The team fell to FHC 5-1 midweek, then Friday defeated Ottawa Hills by a score of 8-0. Khloe Hayes recorded a hat trick, while Coxon (2), Natasha Marsh (2), and Remar also scored goals. Ingram got the shutout in goal.

Following Lowell's 7-1 win over Northview Monday night, the team finishes third in the OK White conference. Their record stands at 11-6 entering district play.

Lowell senior Amber Clouse chases down a ball against Greenville.



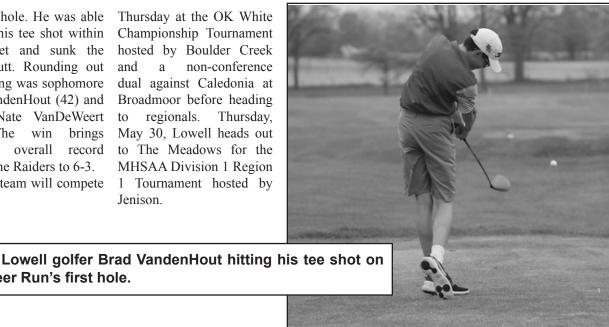
### Lowell golf team defeats Portland

by Justin Scott contributing reporter

Despite being without two of their normal starters, the varsity golf team shot their best score of the season during a non-conference win over Portland. The

weather was perfect for Friday afternoon's match at Deer Run. Sophomore Rease Thompson led the way with a 39; senior Tyler Kapcia shot a 40, which included a birdie on the par3 fourth hole. He was able to stick his tee shot within three feet and sunk the birdie putt. Rounding out the scoring was sophomore Brad VandenHout (42) and senior Nate VanDeWeert (48). The win brings Lowell's overall record against the Raiders to 6-3. The team will compete

Thursday at the OK White Championship Tournament hosted by Boulder Creek and a non-conference dual against Caledonia at Broadmoor before heading to regionals. Thursday, May 30, Lowell heads out to The Meadows for the MHSAA Division 1 Region 1 Tournament hosted by Jenison.





Senior Tyler Kapcia tees off on Deer Run's sixth hole.



### Red Arrow Can be viewed on LAS website page - under athletics www.lowellschools.com

### **Sports Summaries**

Deer Run's first hole.

#### Girls win regional track title

During the 2018 track and field banquet the teams were challeged to make the hashtag "#50/20/4" happen at the 2019 MHSAA regional. The idea that 50 points, 20 all-region performers and four state qualifies would make a great day and leave the team more than happy with the results.

On Friday Lowell scored 90 points, had 26 all-region performances (top eight) and saw seven athletes qualify in seven events for the MHSAA Division 1 State Meet. Lowell started the day by capturing first place in the first three scored events as Kaylee Diamond won the high jump (5-02) and the long jump (16-00), Theresa Judd won the 100 hurdles in 15.893 and Diana Roth took the 100m in 12.72. The 800m relay and the team of Kyr Snyder, Madison Brown, Julia Tuuri and Roth took second in 145.48, which set a new school record, breaking the previous one set in 1989.

At the end of the day the team had scored in all but four events. With the win, Lowell earns the right to compete at

#### Boys close out season at regional meet

The boys track team closed out the season by gaining a lot of experience and scoring ten points at the MHSAA state regional meet held at East Lansing High School. The young Arrows were able to use the meet as a gauge to see where they needed to grow before next year. The Arrows will only graduate a couple of athletes this year with the majority of students being first year regional performers.

Lowell was able to capture three all-region permances led by the 3200m relay team of Caleb Swart, Collier Kaufman, Benji Kinnucan and Nigel Mika, Swart also secured a sixth-place finish in the 1600m, hitting a time of 4:34.04. Landon Grant closed out the scoring, capturing a sixth place in the long jump with 19-07.

### Lowell girls lacrosse completes miraculous turnaround

by Justin Scott contributing reporter

A lot of hard work put in by the Lowell varsity girls lacrosse program helped the Arrows win their first conference championship in the program's short history.

Lowell jumped out to an early lead and never looked back in their game against West Ottawa. The ladies fired 24 shots on goal en route to a 15-1 win. With Caledonia up half a game in the conference standings, Lowell needed a victory to secure a share of their first ever conference title and they were able to get just that. The win tied the Red Arrows with Caledonia at the top of the conference and with the split versus Caledonia, both teams shared the Tier II Conference Title.

The win completes a remarkable turnaround for the program, who just one year ago went 0-8 in conference play.

In 2016, the team recorded their first regional win, and were able to record another on Saturday with a win over Comstock Park in Division 2 regional round 1 action. Lowell controlled the game as they beat the Panthers 22-11. They advance to round 2 of regionals Friday, May 24, in Spring Lake. Lowell has won both games against the Lakers this season. The winner advances to the regional semifinals against Grand Rapids Christian or Mattawan.



Lowell celebrates first conference championship. Photo from the LHS girls varsity lacrosse facebook page.

### Lowell Crew competes in Scholastic Rowing Association of Michigan 2019 Championship Regatta

The final regatta of the season was held at Riverside Park, with a record number of 20 schools and clubs participating. The Lowell High School crew team competed in ten events, consisting of four-person boats, two-person boats and single-person boats. Three of the team's two-person boats and one single boat made it to the finals.

The women's varsity double, rowed by Sydney Riffle and Evangeline Hoke, placed sixth with a time of seven minutes 32 seconds. The women's varsity pair, rowed by Abbey McMillian and Adrienne Johnson, also placed sixth with a time of eight minutes and 39 seconds. The men's varsity pair, rowed by Mason Simmet and Logan Riffle, placed fifth with a time of six minutes and 31 The women's seconds. varsity single, rowed by Riffle, placed fourth with a time of eight minutes and 22 seconds.

It was an incredible ending to an excellent season. The team is looking forward to introducing new rowers to the sport this summer with the Learn to Row program. Anyone who is interested in joining the team on the water should email lowellcrewteam@ gmail.com or students moving into 7th-12th grade may sign up through Lowellsportscamps.com.





Sydney Riffle rowing bow and Evangeline Hoke rowing stroke.



Logan Riffle rowing bow and Mason Simmet rowing stroke.

## WHERE'S YOUR CARD?



#### ledger

### obituaries

#### BARBER James E. Barber (1933 – 2019)

Barber, James E, age 85, formerly of Lowell, Michigan, passed away Wednesday, January 16, 2019 at his



home, surrounded by his loving family. A Celebration of Life will be held on Sunday, May 26 at 5415 Scalley Lake Rd, NE, Belding, MI. Lunch is being served from 11:00 a.m. to 3:00 p.m. Friends and family are invited to come and share memories of Jim.

### Michigan Trivia The opening of the Erie Canal brought a large influx of Michigan settlers, and by the 1830s Michigan had 80,000 residents,

more than enough to apply and qualify for what?

			]	P	U	Ζ	Z			£				
		S	$\mathbf{C}$			U	Π	I	0	N	IS			
A	М	Ρ	S			A	В	A	Т	Е	S			
V	Е	Е	Ρ			S	0	М	Е	Т	I	М	Е	S
U	Ν	Т	0			I	0			н	0	В	А	Ν
L	А	R	R	Y	J	0	н	Ν	s	0	Ν		G	А
S	С	0	Т	Е	R		0	0	Н	S		L	Е	К
Е	Е	L	S			н	0	Ν	Е		s	0	R	I
				Е	R	Α	S	Е		0	V	U	L	Е
0	S	С	I	Ν	E				М	Α	R	Т	Y	R
V	Е	R	D	Е		S	н	0	С	к				
Е	М	U	S		н	0	Е	R			Р	Α	L	I
R	I	D		к	I	L	Ν		R	Α	I	Ν	Е	D
S	Р		D	I	s	0	В	Е	D	I	Е	Ν	С	Е
А	R	D	Е	В			А	D			R	U	Т	А
	_	_												

#### NUGENT

Linda D. Nugent, age 71 of Rockford, went to be with her Lord on Tuesday, May 14, 2019. She was preceded in death by her husband, Jerry Nugent. Linda is

survived by her parents, Norma Toth and Bill Kent; siblings, Evelyn (George) Van Hauen, Dennis (Fran) Kent, Denise (Keith) Rohloff; step sister, Kathy Kent; many nieces, nephews cousins; and and extended families the Nugent's and Malone's of Parnell. Visitation will be held 3-6 p.m. Sunday, May 19, at Roth-Gerst Chapel, 305 N. Hudson, Lowell, MI



49331. A vigil will take place at 3 p.m. Sunday at the funeral home chapel. Mass of Christian Burial will be 11 a.m. Monday, May 20, at St. Patrick Church, 4351 Parnell Ave., Ada MI, 49301, Father Thomas Cavera, Celebrant. Interment St. Patrick Cemetery. Memorial contributions can be made to Lemmen-Holton Cancer Pavilion, 145 Michigan St., NE Grand Rapids, MI 49503 or Susan G. Komen, Michigan, 2922 Fuller Ave NE #107b, Grand Rapids, MI 49505.





aper Association of An \* Statistics published by the New

### **Social Security** honors and supports military members

Every year, on Memorial Day, the nation honors service members who have given their lives for our freedom. Social Security acknowledges the sacrifice of our military's service members, and we honor these heroes and their families who may need help through the benefits we provide.

Widows, widowers, and their dependent children may be eligible for Social You may find that you qualify for disability benefits through one program but not the other, or that you qualify for both. Depending on the situation, some family members of military personnel, including dependent children, and, in some cases, spouses, may be eligible to receive Social Security benefits. You can get answers to commonly asked questions and find useful information about



Security survivors benefits. You can learn more about those benefits at WWW. socialsecurity.gov/ survivors.

It's also important to recognize those service members who have been wounded. Social Security offers benefits to protect veterans when an injury prevents them from returning to active duty or performing other work.

Wounded military service members can also receive expedited processing of their Social Security disability claims. For example, Social Security will expedite disability claims filed by veterans who have a 100 percent Permanent & Total compensation rating from the U.S. Department of Veterans Affairs (VA). Both the VA and Social Security have disability programs.

the application process at www.socialsecurity. gov/woundedwarriors.

Service members can also receive Social Security in addition to military retirement benefits. The good news is that your military retirement benefit generally does not reduce your Social Security retirement benefit. Learn more about Social Security retirement benefits at www.socialsecurity. gov/retirement. You may also want to visit Military the Service page of our Retirement Planner, available at www.socialsecurity. gov/planners/retire/ veterans.html.

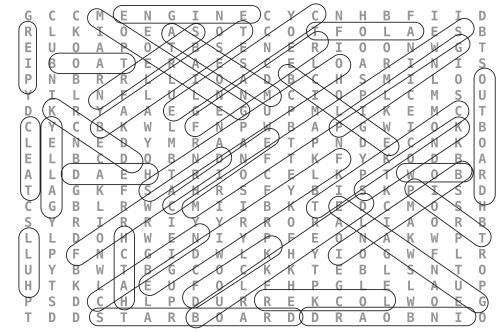
share Please this information with a military family who may not know about these benefits. In acknowledgment of those heroes who died for our country, those who served, and those who serve today, we at Social Security honor and thank you. Vonda VanTil is the Public Affairs Specialist for West Michigan. You can write her c/o Social Security Administration, 3045 Knapp NE, Grand Rapids MI 49525 or via email at vonda.vantil@ssa.gov.



W	0	Е	В	Е	G	0	Ν	Е	С	L	0	Т	
			S	I	М	М	Е	R	Е	I	R	Е	

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

from independent researchers





-\_\_leedger

services

WORK WANTED - Double

D's Bucket Van & Handy-

man Service. 40' bucket,

tree trimming & removal, gutters, window washing,

power washing, buildings, barns, homes, decks, etc. Insured. Call Dave Delin-

sky, 616-212-3008. Free

ARROW LAWN CARE -

Mowing, edging, trimming,

clean-up. Call today routes

are filling up. Limited spots

available. www.lowellar-

rowlawncare.com, 616-

HANDY REPAIR SERVICE

- All kinds of service work:

locks rekeyed, deadbolts

installed, screen & window

repair. Call Bob Ford, 299-

NEED A DUMPSTER? -

Dumpster rental, 10-20

vards. Mention this ad for

\$10 to \$20 off. Call or text

Doug for estimates at 616-

estimates.

283-0947.

3198.TEN

295-6640.TEN

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

### for sale

HEAVY DUTY RUBBER MAT TILE - 2'x2'x2", interlocking, 25 lbs. each. Stalls, anti-fatique, bed liners, patios, pathways, etc. \$8 ea. Dave, 616-485-3494.

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

DAVE GUARDALA - black & silver German-made tenor saxophone, very good condition. Priced \$1,000. Call 616-891-1404. Caledonia area.

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

PIONEER POLE BUILD-INGS- Free Estimates-Licensed and insured-2x6 Trusses-45 Year Warranty Galvalume Steel-19 Colors-Since 1976-#1 in Michigan-Call Today 1-800-292-0679. (MICH)

FOR SALE - 100 x 100 surveyed lot in Edmore. Water, sewer, gas, electric. 415 First Street. \$5,000, possible terms. 616-421-5143.

CANOE - 14' Radisson, seat cushions are floatation with backs. Light tan birch tree design, aluminum, 44 lbs. \$350 obo. Call Jean, 897-7633.

SPRING KITTENS healthy, weaned, litter trained, ready for good homes. Calicos, orange tigers, male & female, 3 months. 616-485-8788.

**NEWSPAPERENDROLLS** AVAILABLE - Many uses. Usually \$3-\$5 each. Lowell Ledger, 105 N. Broadway.

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

Built Best Barns Michigan's largest pole barn company. A+rated with BBB. We build anywhere in Michigan. Call for quote on our Spring Specials! 1-877-802-0857 or 1 (989)205-2534. (MICH)

### for rent

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

......

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

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

### help wanted

IMMEDIATE OPENING - Delivering the Buyers Guide on Saturdays. Driving Route: approx. 300 papers in the Alto area. Pays \$80 per week. Must be dependable! Work less than 1 day a week! Get paid weekly, pickup papers at Buyers Guide office. Apply in person, 105 N. Broadway, Lowell. No phone calls accepted regarding this position.

FULL-TIME TOWING -Light-medium only (no heavy). Requirements: Live within Lowell or Alto; clean driving record, lim-ited criminal background, Chauffers or better. Call 616-690-0983 between 8 am & 5 pm to set up an interview & fill out our application. J&K Roadside Service, LLC. FRIDAY AFTERNOON/ **EVENING HELP NEEDED** - to stuff inserts into the Buyers Guide. Position requires standing for long periods of time & lifting 20-25 lbs. Fridays from 3-8ish is required. Some Wednesday or Thursday hours may be available (these are VERY flexible hours). Please apply in person to the Buyer's Guide & News office at 105 N. Broadway to fill out an application.

### sales

HANDYMAN GARAGE SALE/MOVING SALE -Thurs., May 23 & Fri. May 24, 9-5; Sat., May 25, 9-3. Everything must go! No reasonable offer refused. Ladders, workbenches, storage cabinets, metal shelving, power tools, hand tools, yard & garden tools, electrical supplies & building materials, misc. household items, computers, flat screen monitors, etc. 885 Alden Nash SE, Lowell (1.5 mi north of Fulton).

GARAGE SALE - May 31, 9-5 pm & June 1, 9-2 pm. Home decor, garden tools, furniture, bedding, toys & games, kitchen items. 2715 Snow Ave, near Grand River Ave. All proceeds benefit charity.

GARAGE/ESTATE SALE - at 13297 3 Mile Rd. Lots of kitchenware, linens, Christmas decorations and more! Sat., May 25 & Sun., May 26.

LOVE PERENNIALS! -17th Annual Perennial Fundraiser, Memorial Day weekend. Sat., 8-5, Sun, 10-4 & Mon, 8-2 (1/2 price sale). 520 N. Monroe. To donáte, call 616-301-5838.

### misc

SAVE ON YOUR NEXT PRESCRIPTION! World Health Link. Price Match Guarantee! Prescriptions Required. CIPA Certified. Over 1500 medications available. CALL Today For A Free Price Quote. 1-855-972-1693 Call Now! (MICH)

RACHEL DAWN HER-**BERT MERRYMAN - This** is notice to remove your goods from the A-1 Storage units. Goods must be claimed with receipt or other evidential proof of ownership. All salable estate goods will be sold to the public on May 30 and May 31, 2019. Pro-ceeds will be used to offset storage costs; then, if any remain, will go for the living estate of Vicki A. Herbert. Contact the Conservator at 616-897-3118 to make arrangements and to proPLEASE 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.

ATTN: LOWELL CLASS OF 1969 - 50-year class reunion on June 22 at King Building, 224 S. Broadway, Lowell (old field house). Please email Mary Miller Strauss at marystrauss15@yahoo.com for more information. Please pass this info onto any classmates.

WOMEN FOR SOBRIETY - meets

### services

DO YOU TAKE CARE OF YOUR PARENTS? - Do you need to get away? Call Tara at 616-250-3711.

EVERYDAY MILITARY DISCOUNT - 10% off any service when showing your military ID. 24-Hour towing, tire change, lock out, jump starts, fuel delivery. J&K Roadside Service, 616-690-0983.

**POWERWASHING - Dirt,** mildew washed away. Call Jim today, 915-1745..

COUNTRY LANE FAMILY HOME - accepting applicants for adult daycare, M-F. Nearly 20 years experience in licensed adult care. 616-868-6872.

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

Community Calendar

May

### services

**UPS SHIPPING** COPY SERVICE, (black & white & color!) FAX SERVICE, LAMINATING PRINTING BANNERS POSTERS & MUCH MORE AVAILABLE AT THE LOWELL LEDGER **BUYERS GUIDE** 105 N. Broadway **HOURS** M-Th. 8-5 p.m. Fri. 8-noon Ph. 897-9261 Fax 897-4809 email: ledger@lowellbuyers quide.com

V.F.W. POST #8303 - meets the first Monday at 7 p.m. at 3116

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

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.

**AMERICAN LEGION #152** MEETING - fourth Monday of the month, 7 pm. Lowell Veteran's Center, 3100 Alden Nash, Lowell.

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

QUA-KE-ZIK SPORTSMANS

Diapers, formula, clothing & free ultrasounds & pregnancy testing available. www.afclowell.org

**ONGOING** 

EVENTS

AND

ALTO LIBRARY HOURS: Mon. & Sat., 9:30-1:30 p.m.; Tues. & Wed., 12 - 8 p.m.; Thurs., 1-6 p.m.; Fri. 9:30-6 p.m. Info., call 784-2007.

ENGLEHARDT LIBRARY HOURS - Mon.-Wed., noon - 8 p.m.; Thurs., Fri. & Sat., 9:30 a.m. - 5 p.m. 784-2007.

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

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

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

OXYGEN - Anytime. Anywhere. No tanks to refill. No deliveries. The All-New Inogen One G4 is only 2.8 pounds! FAA approved! FREE info kit: 866-376-8473 (MICH)

FREEAD! - Place & pay for a classified ad in the Buyers Guide & Lowell Ledger for 3 weeks & receive the 4th week FREE! You must mention the special in order to receive this offer. Valid only with new classified ads & must be paid for when ad is placed. Call 897-9555.



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

vide proof.

SUMMER SPLASH !! AD-VENTURE - Awaits Campground Camping, full hookup or water & electric only. Swimming, fishing, water slide, kid's playground, beach, volleyball court, diving platform, water bull riding. 50 mile Paul Henry Thornapple Trail starts here for hiking & biking. River tubing on the Thornapple River 1-2 hours. Beach party pavilion, camp store, recreation center rental, Saturday night movies! Come have fun with us! 3266 N. Ionia Rd, Sycamore Lane, Vermontville, MI. Phone 919-249-8712

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

**CELEBRATE RECOVERY** - a Christ-centered, Biblically-based 12 step program for people with hurts, hang-ups and habits. Meets every Thursday from 6:30 - 8:30 pm at Impact, 1069 Lincoln Lake Ave, Lowell. Open to all who are 18 years or older. Fourth Thursday of each month is Chip Night when we celebrate a meal together starting at 6 pm.

BOWNE TOWNSHIP HISTORI-CALSOCIETY-meets the second Monday of the month at 10 a.m. in the Historical Museum at 84th Alden Nash.

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.

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

**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 MIN-**ISTRIES TREASURE'S THRIFT** SHOP HOURS - Tues - Fri. 10 6 p.m.; Sat. 10 - 2 p.m. at 11535 Fulton St. E. Thrift Shop, 897-8260; Resource Center, 897-8260.

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.

#### **BABY PANTRY OF LOWELL**

- is located inside Flat River Outreach Ministries(FROM) at 11535 Fulton St. E. We are open Monday 5:30-7:30pm and Thursday 2-4:30pm to help moms and families in need with basic supplies like diapers, wipes and other baby items. We are non-denominational and serve families in the Lowell area. Please call Michele with any questions at 616-322-5957.

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

MOTHERS WHO HAVE OR HAVE HAD - sons/daughters serving in the military. We are meeting on the 3rd Wednesday of every month. For more info call Sally 616-761-2042.

• ledger

### Red Arrow **SPORTS** - BASEBALL

### Lowell baseball to host district opener

#### by Justin Scott contributing reporter

The Lowell Varsity Baseball Team will have to go through the OK

White's top team to start 2019 MHSAA playoff tournament. The Red

Arrows have drawn Forest Hills Northern for next Tuesday's district opener.



The Huskies won the first three games of the season, but two of the three were decided by just one run. The Red Arrows won four straight games heading into Saturday's doubleheader against Grand Ledge, including a three game sweep of Ottawa Hills where Lowell racked up 50 runs and a win over Calvin Christian. In the win against

Calvin Christian, Kyle

also recorded six strikeouts. Xander Reisbig, Jaxson Carlisle, and Benny Davis each recorded two hits in the 8-3 non-conference win. Lowell's district

Teachworth allowed two

runs on four hits, which

would earn him the win. He

quarterfinal matchup against FHN will start at 4:15 pm on Tuesday, May 28 at the Cherry Creek

baseball field. The winner will head to Northview for a district semifinal matchup with the Wildcats. Last season, Lowell made a great run to the district finals including a 1-0 upset victory over state-ranked Rockford, before falling 8-7 in the championship game.

Lowell junior Benny Davis batting in a game against Northview earlier this season.



### Lowell High Students of the Month for May 2019

Lowell High School has announced that Sean Edwards, 10th grade and Jakob Reynolds, 10th grade, are the Lowell High School May Students of the Month. In order to be eligible for this honor a student must be nominated by a department. All the nomination forms for the month are then reviewed and voted on at the monthly department chair meeting. Students are selected based on academic achievement, character, and work ethic. There are 1.200 students eligible for nomination, so this is quite an accomplishment for Edwards and Reynolds.

\$20 movie gift card and a certificate.

Edwards was nominated by Amanda



Sean Edwards

The students receive a Alt and she writes, "Sean Edwards is a hard-working, creative, kind and humorous young man. He is dedicated to his studies and works hard for his grades while making the most of his time in the classroom. Sean is curious, asks good questions of his peers and teachers and is quick to add information and fun facts to the learning every chance he gets. His quiet sense of humor is ever present and when noticed is impossible to ignore without laughing. He is talented with technology and takes advantage of the tools available to him

to improve his reading and writing skills and enhance class work. Sean is the first to volunteer to take on extra work for a group project and jumps into action immediately when someone needs help, despite his own workload. Selflessness is his strongest trait and all who know him have benefited from his caring nature." Kim Griffith

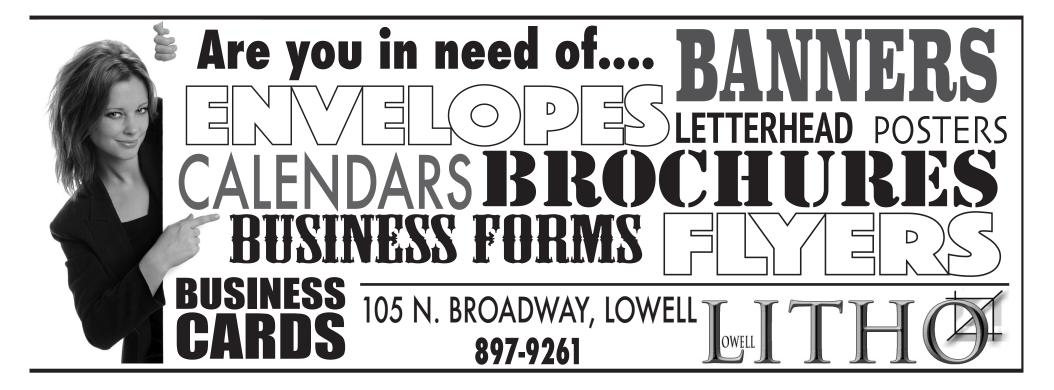
nominated Reynolds and she writes, "Jakob has been very successful in Geometry this year. He has maintained an A throughout 1st and 2nd trimester



**Jakob Reynolds** 

through hard work. dedication and participation each day. He comes into class with a positive attitude and is willing to work independently, or

collaboratively with his peers in whatever task is assigned. He takes pride in his work and his role as a mentor to his classmates. Jakob will stay after class at times to organize the student whiteboards and materials. He is considerate and kind to all he encounters. He is a true example of what our R.E.D. initiative was created for. He exhibits these character traits in the classroom, hallway, cafeteria, etc. I am honored to have him as a student, and look forward to hearing about his accomplishments in the future."



<u>"l</u>ëdger

Ε

Ν

G

Ι

Ν

### FUN PAGE

### **SUDOKO**

#### The support you need to find quality SENIOR LIVING SOLUTIONS A Place for Mom has helped over one million families find

senior living solutions that meet their unique needs.

There's no cost to you! CALL (855) 439-6734 ! We're paid by our partner communities

aPlace for Mom.

G

С

С

М

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

# **ON THE WATER WORD SEARCH**

Ε

С

Υ

С

Ν

н

В

F

Ι

Ι

Κ Ι Ε S Т С 0 Т F Ε S В R L 0 Α 0 0 L Α U S Ε 0 A Ρ 0 Т В Ε Ν Ε R Ι 0 0 Ν W G Т Ε S Ε Ι S Ι B 0 A Т Ε R A С L 0 A R Ι Ν Ρ R С S Ι 0 0 Ν В R L L Ι 0 Α D B Н М L U Ι Ρ С S U Υ Ι L Ν F L L Ν Ν Μ С 0 L Μ G Ρ Ι Ε Т D R Υ Α Ε Ε G U Μ Μ C Κ Α L Κ С Y С В Κ W L F Ν Ρ W В Α Ρ G W Ι 0 Κ В Ε Ν Ε Ε С 0 D Υ М R Т Ρ Ν D Ε Κ Α Α Ν L Ε L В С D 0 В Ν D Ν F Т Κ F Υ Κ 0 D В Α Т Ι С Ε 0 D A Ε н R 0 L Κ Ρ Т B R Α L W Ι S Τ Α G Κ F S A Η R S F Y В Ι S Κ Ρ D С G В R С Ι Ι В Т Ε С 0 S Н L W Μ Κ D Μ S Y R Ι R R Ι Y Υ R R 0 R Α Ι Α 0 R В L Т L D 0 Н W Ε Ν Ι Υ Ρ F Ε 0 Ν Α Κ W Ρ L Ρ F С G Ι D Κ Y Ι G F L R Ν W L Н 0 W L Ε В G С 0 С Т S 0 U Υ W Т В Κ Κ В L Ν Т Т Κ Ε U F 0 L F Н Ρ G Ε L Α U Ρ Н L Α L S С Ρ U С 0 0 Ε G Ρ D Н L D R R Ε Κ L W Т D D S Т A R В 0 A R D D R A 0 В Ν Ι 0

### Find the words hidden vertically, horizontally, diagonally, and backwards.

© StatePoint Media

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

**Puzzle solutions** on page 12

WORD SEARCH ABEAM

**ON THE WATER** BALLAST

KI

ALOFT

BILGE

BIMINI

BOAT

BOW

BULKHEAD CABIN CHINE CLEAT COCKPIT CONSOLE DECK DOCK ENGINE FENDER

SC

Rearrange the letters to spell

something pertaining to gardening.

UHCM

**FLYBRIDGE** 

FORWARD

GALLEY

**GUNWALE** 

HATCH

HEAD

HULL

**INBOARD** 

**KNOTS** 

LOCKER

CRAN

MOORING **OCCUPANTS OUTBOARD** PIER PILING PORT **STARBOARD** STERN SWIM PLATFORM

BLE

# Guess Who?

I am a singer/songwriter born in Michigan on May 13, 1950. As a youngster, I suffered vision loss due to retinopathy of prematurity. But that didn't stop me from becoming one of the biggest Motown sensations of all time.



### ләриом әіләіs : ләмѕиң

### **CLUES ACROSS**

1. Guitarists use them 5. Makes less intense

- 11. Julia Louis-Dreyfus series 12. Once in a while
- 16. Up to the time of
- 17. A moon of Jupiter 18. "Riddley Walker" writer
- 51. Sent in large quantities 53. Type of medical patent
- (abbr.)
- 54. Failure to follow the rules 56. Egyptian unit of capacity
- 58. A public promotion of
- some product or service 59. Strongly scented
- 23. The woman
- 27. Uncouth man
- 29. Laugh
- 30. Sustained viral response (abbr.)
- 31. Between northeast and east

цэрп<sub>М</sub> :ләмѕиң

32. In the matter of

D

25							26					27		
28						29					30			
				31	32					33				
34	35	36	37						38					
39						40	41	42						
43					44						45	46	47	48
49				50					51	52				
53			54					55						
56		57					58				59			
60					61	62			-		63			
	1	1	64								65			

19. Basketball's "Grandmama" 24. Gallium 25. Stocky sea duck 26. Expressions of delight 27. Albanian monetary unit 28. Some are electric 29. Refine 30. Clusters 31. Get rid of 33. Female body part 34. Passerine bird 38. One who is killed for their religion 39. Green (Spanish) 40. Partner to awe 43. Flightless, running Aussie birds 44. One who breaks up the around 45. Sacred language of some Hindu texts 49. Get free of 50. Furnace of burning

#### subshrub

60. Miserable in appearance 63. Coagulated blood 64. Boil at low temperature 65. Republic of Ireland

#### **CLUES DOWN**

1. Pull or tear away 2. Dennis is one 3. Gas 4. Popular rec activities 5. Owl genus 6. Cries 7. Morning 8. Pass catcher 9. Spirit of an era 10. Suffix 13. Megabyte 14. In an expectant manner 15. More curving 20. Plural of thou 21. Son with the same name 22. Not one

33. A tree that bears acorns 34. Supervised 35. Not quite a full earner 36. Unpleasant substance 37. Some are fake 38. Hammer is a famous one 40. Type of cup 41. Poisonous Eurasian plant 42. An alternative 44. Belongs to he 45. Bond actor's real name 46. Ring-shaped objects 47. One who reads in a church service 48. Conceive 50. One educated in Japan 51. Rural delivery 52. Robot smarts (abbr.) 54. Women 55. German river 57. Delaware 61. Automaker 62. Mystic syllable



### **BASE COACH - \$750**

Alec & Karen McPherson, Knights of Columbus Council #7719

### TRAINER - \$500

A-1 Laser, Die & Engineering, Timpson Transport Inc, Metric Manufacturing Co, Forenergy, Springrove Variety, Curtis Cleaners, Rick & Jodie Seese, Greenridge Realty, William & Diane Wieland, Rick & Carol Briggs, Joseph & Mary Bommarito, Anonymous, Robert & Vicki Gruendel, Fan Dangled Custom Apparel, Cy & Lorraine Floyd

### **CAPTAIN - \$250**

Bricks Alto Marathon, Anonymous, Rookies Sportscards Plus Yvonne Harmon, Chris & Kim Mast, Grand River Orthodontics, Guy & Nancy ZandBergen, Faith Bible Church of Alto, Dick & Nola Bryan, BC Pizza, Earthworm Dozing & Excavating, Showboat Automotive, Anonymous, Karen Corbett, James & Lori Lang, Reagan Family Dentistry, PURforms

### **SCOUT - \$150**

Centrie Concrete Cutting & Drilling, Anonymous, Optec, Inc, Key Heights MHC, Key Vista, William Wheeler CPA, Birchwood Gardens Apartments, Bill & Dottie Roth, William Wheeler CPA Sneakers, Peter & Kendra Wills, Anonymous, John & Nancy Richardson, Richard & Gloria Muller, Mynt Fusion Bistro, Edwin & Judy Van Ek, Arlene Fansher, Marvin & Velda Rosenberger, Vergennes Co Operative Club, Ken & Sherry Olson, Ada Christian



Reformed Church, Anonymous, Patrick & Kati Doyle,

### **Fighting for Access to Healthy Foods**

At FROM we believe that everyone has a right to access healthy types of foods and want our food programs to be a place where folks can find those options. That's because eating a healthy diet filled with healthy and nutritious foods has so many benefits. A healthy diet can help prevent long-term illnesses (such as diabetes and heart disease) as well as help improve mental health, social relationships and overall sense of well-being.

In the fall of 2018 FROM adopted a new Healthy Food policy, and started the transition in our Food Pantry to make sure the food we are providing is fresh, healthy, and sustainable. These foods will support local producers and follow the Dietary Guidelines for Healthy Americans. We will focus on foods that are healthy and nutritious and encourage those attending our food programs to make healthier choices.

"Often times the fresh foods, or those with the most nutrients, are more expensive, which can make eating healthy difficult if you are in need of some assistance," says Patricia Murray, FROM Program Manager. "FROM offering more foods that are healthy has been well received by our program participants who really appreciate the healthier food choices."





Joyce VanDyke

Please enclose payment (checks payable to FROM) with the form below

### DONATION FORM

or donate online at www.fromlowell.org

NAME	
PHONE	_EMAIL
ADDRESS	<u> </u>
DONATION AMOUNT \$_	
NORTH TEAM	SOUTH TEAM
Visa/MasterCard #	
Expiration Date	Security Code

Please mail to FROM, 11535 Fulton Street East, Lowell, MI 49331

One participant shared, "the food has all been healthful and enjoyable. It's wonderful to have a predominance of fruit and vegetables balanced with the meat and dairy without all the

sugar and other unhealthy products. This is such a benefit to supplementing my food budget and giving me the healthy food I need. Thank you so much!"

We are always in need of food in the Food Pantry! If you would like to donate, please consider giving food with less sodium and sugar, or fresh produce, if possible.

To view the full policy, created by the Food Subcommittee of the Program Committee, (Brad Brillhart, Cheryl Emmette, Patricia Murray and Sylvia Taylor) and to see what items we are in need of, visit www.fromlowell.org/foodpantry.