

Best local fishing spots



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Scenes of isolation



page 6

LHS students adapt to life during pandemic

by Sierra Hieshetter
contributing reporter

The Coronavirus pandemic is impacting every single person differently. From the far reaches of the world to right here in our own backyard, everyone's reality has been impacted. This crisis is changing the lives of everyone, but especially those members of our community whose lives are just getting started.

The students of Lowell High School have been feeling the changes in every aspect of their lives.

"I like being structured with a routine so not having one definitely puts a strain on my life. It's definitely really weird to adjust to," says senior Jayleigh Bileth. Bileth, like every student at the school, is concerned about what the future will hold. "Just not having a set ending, it's just this big unknown, that's what I don't like about it."

Lowell High School has officially cancelled classes for the rest of the school year, following orders directed



by Governor Gretchen Whitmer. In a letter to the parents and students of the Lowell Area School district, Superintendent Greg Pratt said, "We will now be moving our staff energies

toward building remote curricular opportunities for all students rather than receiving students back to school in April...Please know that our staff has been working nonstop to meet the

needs of our students and families and we will continue to do so. Working together with our teachers and support staff, along with our caring and supportive parents, we will continue our student

education and give them the support and guidance they need."

A big aspect of the school year ending is the

LHS, continued, page 4

USS Gridley requiring sailors to wear face masks

USS Gridley (DDG 101)
April 5 at 7:40 PM

"All Sailors onboard USS Gridley need to have something covering their mouth and nose starting tomorrow: 6 April 2020 IAW CDC recommendation and DOD policy. Any color or design is ok as long as it is in good taste until more uniform material can be found."

Please take a moment to read the latest U.S. Department of Defense (DoD) guidance from the U.S. Secretary of Defense on the recommended use of cloth face coverings when we cannot observe proper social distancing in public areas or work centers:
<https://go.usa.gov/xv2Zh>

Check out some sample images below from the CDC of how to wear and make your own cloth face coverings.

We all must do our part to mitigate the spread of COVID-19.
#FWR

by Tim McAllister
lead reporter

The US Navy has been dealing with outbreaks of COVID-19 on board ships at sea, potentially effecting hundreds of sailors.

Capt. Brett Crozier was removed from his post as commanding officer of the USS Theodore Roosevelt after he sent a memo to Navy officials on March 31 asking to bring the boat ashore and evacuate 90 percent of the crew in order to stop an outbreak before it was too late.

"We are not at war. Sailors do not need to die," Crozier wrote. "If we do not act now, we are failing to properly take care of our most trusted asset - our Sailors."

On March 24, three sailors on the ship tested positive for the disease. By March 31, the day of Crozier's memo, there were almost 100 cases. As of Monday, April 13, over 500 sailors from the vessel have tested positive for COVID-19.

LHS '96 grad Joel Uzarski is commanding officer of the USS Gridley, based in Everett, WA. The situation on the ship is unknown, but its Facebook page [<https://www.facebook.com/pg/gridley101>] recently posted an update about face masks.

"All Sailors onboard USS Gridley need to have something covering their mouth and nose starting tomorrow: 6 April 2020 [In Agreement With] CDC recommendation and [Department of Defense] policy. Any color or design is ok as long as it is in good taste until more uniform material can be found."

The post also included instructions from the CDC about how to make a face mask out of a bandanna or a t-shirt.

"We are doing well and continue to support the Navy's mission on a daily basis," CDR Uzarski wrote in an email to the Ledger. "You can track Gridley's information via our public Facebook page. I hope all is well in Lowell!"



CDR Joel Uzarski's parents, Linda and Steve Uzarski, currently reside in Lowell Township. Their son joined the Navy immediately after graduating from Lowell High School in 1996 and has served all over the world, including Hawaii, Japan, Korea, Malaysia, Hong Kong, Philippines, Australia, Bahrain, Oman, Dubai, Djibouti, Spain, Italy and Greece.

He is currently stationed in Everett, WA, where he lives with his wife Heather and their children Jackson and Katherine.

50¢



Lowell police helping halt spread of coronavirus

by Tim McAllister
lead reporter

In communities across the country, police officers are among the first people to be diagnosed with the coronavirus.

The Lowell police department is taking every step at their disposal to make sure none of their officers come down with the dreaded ailment.

“We have changed how we are taking complaints at this time,” said Lowell police chief Steven Bukala. “Any

complaint that can be taken over the phone or online we are doing. If the complaint needs officer contact, we are gloving and masking up, and when possible, which is most times, we have the complainant step outside for contact and the person is told not to approach, [to] remain six to 10 feet away from our officers. Uniforms are to be worn once and then sent for cleaning, and the cruisers are decontaminated

if someone is put inside the car for transport. The officers are decontaminating their cruiser before and after their shift. Handwashing is a must every time they come back into the building, and we have hand sanitizers that were installed prior to this blowing up like it did. We will give prop points to detective Gordy Lauren for suggesting those, as now we cannot get any for city hall as they are back ordered.”

Most recent citizen complaints revolve around perceived violations of the governor’s stay at home order.

“The biggest complaint we are getting is from people questioning whether an open business is essential,” said Lowell city manager Michael Burns.

“We have received several complaints from citizens and non Lowell city residents

on why certain businesses are open,” Bukala said. “We have investigated these, and most of the companies have provided documentation, mainly manufacturing companies that are making parts for the federal government. Some parts serve a dual purpose. So what it comes down to is, are they providing PPE and social distancing for the employees? The hardest

part is some of these non-residents are providing ‘rumor information’ to LPD, and most of these complaints are unfounded. However, one in particular we investigated with the fire department and found several fire code violations. This business was shut down temporarily until the fire code violations were taken care of. They are since back up and running after two to three days of corrective action.”

April 6 city council meeting held via “Zoom” app



L-R: City manager Michael Burns, city councilors Cliff Yankovich and Greg Canfield.

by Tim McAllister
lead reporter

Lowell city council had their latest regular meeting over the Internet via “Zoom” on Monday, April 6. The meeting was approximately 53 minutes long, and the council discussed topics such as COVID-19 and traffic on Main St.

Lowell city manager Michael Burns and city clerk Susan Ullery were the only participants actually in city hall, the rest of the council members attended the meeting from their homes or offices. The city made two different recordings of it available on YouTube.

“The Zoom meeting went well, I thought,” Burns said later in an email to the Ledger. “I think I forgot to record the first minute of the meeting on Zoom.

The YouTube meeting was longer because I believe we turned the camera on at 6:30.”

Lowell police chief Steve Bukala wrote a memo on March 31 describing the results of a Main St. speed study conducted earlier this year. It turned out that, statistically, speeders aren’t the problem, it’s actually excessive traffic.

“The speed sign data from Jan. 1 through March 31, 2020 shows that 99.38 percent of the vehicles traveling are 40 mph or less,” Bukala wrote in his March 31 memo. “We have a traffic volume problem of 10,000 cars or more during the work week in the downtown area. Do we have an occasional speeder come through the downtown

area? Yes, but they are less than one percent of the data we collected.”

The council discussed issues related to the COVID-19 pandemic. Burns wrote a memo on April 2 explaining various aspects of the city’s response. The first topic in the memo was city-owned playground equipment. A local company pledged to keep them clean, but the council voted to close all of its playgrounds to the public but leave the parks open.

“We have received a generous donation from Platinum Property Solutions who are power washing the park equipment weekly until the pandemic ends,” Burns wrote in a city memo on April 2. “However, proper protocols require sanitizing of park equipment every four hours.”

“I think that we’ve taken the appropriate steps,” city councilor Greg Canfield said during the meeting. “People have to use common sense when they go out and protect themselves, but to completely shut things down does add to our labor burden and also a ‘police state’ if people can’t use our parks.”

“I’d lean more towards putting just some police tape around the equipment and saying, ‘Don’t use the equipment ‘til this stuff is over,’” said city councilor Cliff Yankovich.

The council also decided to waive late fees for outstanding water and sewer bills for the time being. Starting with the next bill, customers in default will have the opportunity to make a payment plan.

“At the end of our last billing we had not received payment from approximately 150 customers,” Burns wrote on April 2. “This is double the amount from the month prior. I did not issue late fees and penalties for March.”

“I don’t want to add another thing onto these people’s plates if they’re already struggling,” said Lowell mayor Michael DeVore during the meeting. “We’ll revisit late fees once the order gets lifted. I mean, if you’re adding late fees to people that are already behind, you’re preventing them from getting caught up. [...] I think we just leave it like it is right now [and] let people do what they can do without putting their families out. And then, once the order gets lifted and

we’re allowed to play on the playgrounds again, we can revisit everything there.”

Lowell city council’s next regular meeting is scheduled to take place at city hall at 7 pm on Monday, April 20. The council is also supposed to meet with the public during a “Coffee with the Council” event at the Lowell Area Chamber of Commerce building on the Riverwalk from 8 am until 10 am on Saturday, May 2. Of course, because of the pandemic, these dates, times and locations will probably change.

To watch city council, board and commission meetings from the past few years, look for the “City of Lowell” or “Lowell Light and Power” channels on YouTube or visit archive.org.



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Monday, April 20, 2020 at 11:30 A.M.

In the Bowne Township Historic Hall, located at 8240 Alden Nash SE., Alto, MI 49302.

This test is conducted to demonstrate that the program and computer that will be used to tabulate the results of the election, counts the votes in the manner prescribed by law.

Sandra L. Kowalczyk
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How was your lockdown?

by Tenley Ysseldyke
foreign correspondent

If wireless lie detectors exist, I think it's time they become available as an app. Turn it on as you approach someone, ask the obligatory question and find out if they really are fine.

I've hated (and periodically refused) saying "how are you," since I was a child. I asked my mom why people asked the question since no one cared about the answer anyway. I told her I was going to start responding that I was sad because my grandpa had died just to see if they'd react. I was sure I'd find that some didn't even listen to an irresistible, chubby kid with ringlets.

The fact that the expression is taught on the first day of ESL (English as a Second Language) classes proves its ridiculousness. You can show the class a ball and teach the students "ball." And you can wave to teach



Tenley Ysseldyke

"hello." But at the first lesson you can't explain "how are you," to a class unless you know how to say it in

Arabic, Somalian, Ethiopian and Bhutanese. You're left to act out a small scene with a smile (also teachable), a

wave and a friendly "hello." But the teacher's manual throws in "how are you," and "I'm fine" with no real explanation, simply because that's what comes next. I don't think any refugee on their second day in America is really 'fine.'

Guidebooks teach it, parents teach it and teachers teach it, and I think it's a bad lesson. It makes those of us that don't ask seem impolite and those of us that answer how we really are seem extreme. We should form a club and wear a special pin that says, "Don't ask unless you really care." But I suppose no one would take too kindly to that, either. There's no place for the realists.

On the 34th day of Italy's lockdown I realized that people have been taking the question more

seriously lately. They show real concern and ask with sincerity. And they finally



listen to the answer. If I had the special pin I wouldn't wear it on lockdown. I'd be happy to ask and happy to be asked.

I'm sure the first week of liberty from lockdown will be just like the first week after summer vacation and Christmas break. People won't ask how you are, they'll ask what you did. And they're no more interested in your vacation than how you were before you left.

The second week after lockdown, when we return to "how are you," and "I'm

fine", I predict a lot of folks won't really be fine. And for those that have the courage to answer truthfully, will the askers take time to listen? Guidebooks, parents and teachers didn't prepare us for what comes next.

Seeing that I went into lockdown two weeks earlier than everyone else, I think I'll come out two weeks later. Maybe that'll save me from "how was your lockdown." By that time, everyone will be tired of the obligatory question and I'll just sneak into the bar (café) with my pin, lie detector app and an open ear.

Tenley Ysseldyke graduated from Lowell High School in 1983. Until Italy was shut down for the coronavirus pandemic, she was working as an English teacher there. Read more at <http://10leaves.blogspot.com/>

Life the Life you Want: Staying Connected and Self Care

by columnist Melissa Spino

This is a unique and different time in our history, not necessarily bad, even if it is something we didn't choose. There are millions of us in the same situation and trying to get through each day. Some continue to work and I am so thankful for our essential workers. For those not working, it has been several weeks since the social distancing mandate started and days have been filled with activities such as exercise, watching movies, playing games, DIY projects and hobbies. Yet at the core of who we are, we are social

beings that need to connect. For those living with others it may be a bit easier to stay connected but the feeling of isolation may still be felt.

We all have times we want to be alone and times we feel the need to connect with others. In the shadow of the headlines and our mandated isolation, connecting with others can be key to finding comfort during this unique time. So how you do stay connected while following social distancing directives?

There are many ways we can stay connected such as texting, social media,

email, or a good old fashion phone call. For those that are tech savvy or want to learn new technology, there are many video chat options such as Skype, Facebook Messenger, Duo, Facetime and WhatsApp to name a few. If you are a gamer, you can even play online games with friends in real time.

Connecting with others is important but so is practicing self care. Try to manage negative and stressful exposure to media coverage because it can increase feelings of fear and anxiety. Keeping updated may be

necessary, but try to avoid hype and misinformation and be aware of how it is affecting your emotions.

Work to actively manage your wellbeing by maintaining routines when possible, connecting with family and friends (while following social distancing directives), staying physically active and eating nutritious foods.

Show compassion and kindness. It's important that we strengthen our sense of

community by connecting with and supporting each other while following social distancing to limit exposure.

If possible, be generous by helping others. Helping others in times of need not only helps the recipient, it enhances our wellbeing too. Stay connected with your values. Don't let fear or anxiety drive interactions.

Please be sure to follow directives and medical advice issued by the government, and observe good hygiene

habits. We are all in this together! I hope everyone stays safe and healthy during this trying time.

Licensed therapist Melissa Spino is the founder of Life Transitions Therapy, right here in Lowell. For more information, call 616-238-2116, visit lifetransitionstherapy.biz or look for the "Life TransitionsTherapyLLC" page on Facebook.

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LHS, continued

cancellation of the spring athletics season. Olivia Rose, a member of the varsity lacrosse team said that it is difficult to stay active and motivated. "Beforehand there were set liftings, and our coach would help give us instructions." Now Rose has to do her own research, depending on the internet for helpful workout routines. Rose says she misses her teammates. "We only had four practices when sports got shut down. Our first game was in three days!"

The spring athletics season being cancelled means more than missing valuable opportunities for team-building and growth. Many student athletes depend on college scouts during their seasons to secure places at universities. "This is one of the last chances for [college coaches] to see me play," said Rose, currently a junior. "A lot of stuff last year's juniors were able to do, we can't do this year."

School being out of session has created a lot of unique opportunities for students. Many are still trying to keep up on their academics. "We still have AP Tests coming up, so it's a lot of self-learning, keeping up with yourself, finding your own review and study materials," said Senior Sierra Post. "Definitely all the teachers are doing a very good job reaching out the best they can trying to help students, which I think is really amazing."

The extra time has led to many students branching out and trying new things. "I wasn't a really active person and I wouldn't make an effort to eat healthy," said Bileth, "but since quarantine started I have no reason to not workout. I would always tell myself 'Oh, I'll workout if I have more time,' well now I can't say that because I have so much. So I started working out and eating healthy, especially because I plan on joining the National Guard."

Post, who has danced



Sierra Hieshetter

for fifteen years and plans to attend Butler University to study the art, says her instructors have been getting creative with how they are keeping the learning alive. "We used to dance from 4-9, and now we hold Zoom classes from 2-3:20, so they're definitely trying to keep us moving but we can't move as much when we're using a chair instead of a barre, and you have tile floor and carpets, so we're working through all of that. The teachers can still see us and give us corrections so we're still safe, but we just can't do as much as we could if we were in a big studio."

Still, Post says the time off is a great opportunity. "I think this is really good especially for the art community, because right now we have time to just sit down and be creative. Everyone's just trying different things, learning new hobbies, going out of their comfort zone, I think that's very cool."

Of course, every student is just looking forward to life when all of this is over. "I am looking forward to getting back with people! I just want big reunions and parties and hanging out and having fun. Just being with people," says Post.

"We did things in the moment, it was all very random and not planned," said Rose. "Now if you're going out you have to plan things very specifically and

take a lot of precautions. Normal life isn't like that!"

Bileth is trying to keep a positive outlook on the situation. "I am a very hopeful person, so I just try to think on the bright side of things. And I do feel like this will end, this will pass, but we all just need to take care of ourselves, not going outside unless we have to, make sure we keep a safe distance between ourselves and other people."

Every member of our community, including our students, are making the best out of a bad situation. Finding the silver linings, taking time for themselves, and reconnecting with the people around them.

"I hope everyone is staying healthy and using this time for themselves, and everyone is looking out for each other and doing the best for our community," says Post.

Bileth's message to the community was, "Stay safe, but make sure to watch out for others and help each other, be generous towards each other."

Lowell is a resilient community, and we will survive this challenge like we have survived many others. As is evidenced by their tenacity and hope in the face of the situation, even the youngest members of our community know that the only way through is to be strong and to stick together.

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viewpoint

to the editor

Dear Editor:

I'm very concerned that our garden centers and nurseries have been shut down during this crisis. It seems that our leaders are not thinking ahead to the Summer and Fall harvest needed by many families who grow, can and freeze

their own food to feed their families. What could be more "essential"!! Also, what wonderful activities for families to teach children by planting and harvesting their own food or watching their plantings grow and flower throughout the coming months.

I know many people count on flowering plants to brighten their yards, patios and balconies which can also help to ease the fear, anxiety and depression that so many are feeling right now. All this may overshadow but certainly not lessen the huge impact on the vast work and money invested by the many nurseries and growers in our state.

Please, if you agree with me, call (Constituent Services – 517-335-7858 or

517-373-3400), email (via her website <https://www.michigan.gov/whitmer/>), or write (Governor Gretchen Whitmer, P.O. Box 30013, Lansing, Michigan 48909) to Governor Whitmer and your other representatives on behalf of these "essential" businesses and all the families affected by this decision.

Thank you,
Peggy Covert
Lowell

outdoors

fishing watercraft

Dave Stegehuis

Michigan, with a wealth of lakes and rivers, has always been home for a variety of watercraft. Waterways were used by native people, voyagers and early settlers as a major mode of transportation. Later, commerce was served by freighters, car ferries, and commercial fishing boats. By 1960 recreational fishermen owned a large portion of the watercraft in the state.

About that time the 14-foot aluminum boat with a 9.9 two cycle outboard was the weapon of choice for the well-equipped fisherman. The craft was easily trailered, affordable, stable, and served the purpose for the majority of fishing done at that time.

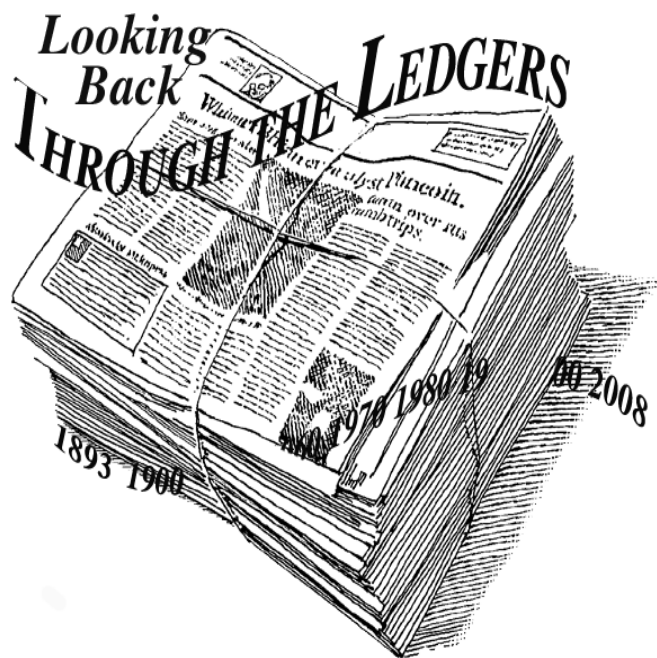
The reintroduction of the lake trout and the planting of salmon in the Great Lakes spurred an evolution in watercraft. Great Lakes fishing required larger and more sophisticated boats. A few manufacturers met the challenge and existing pleasure craft were retrofitted for the task.

Bass fishing has become an industry in itself. Club and tournament fishing spurred the development of a very specialized boat. A

typical bass boat is powered by a high horsepower outboard on the transom. An electric motor on the bow can be controlled by a foot peddle, handheld remote control, or G.P.S. A monitor on the dash displays sonar info from under the boat while G.P.S. data orients the boat on the surface. Smaller sonar units may be placed at other strategic positions on the deck. The deck itself is level with the gunnels for viewing and improved casting position. The whole works sits on a tandem axle trailer which matches the popular disco fleck finish on the boat.

Deep V glass and aluminum craft are designed as multi-species boats. A well-equipped boat will be 16 to 20-foot long with a large outboard for running and a small kicker for trolling and security. A bow mounted electric motor is used to position the boat to allow for a variety of bait presentations. Sonar and G.P.S. are common accessories. The most popular craft today is the 16-foot deep V aluminum. This boat is relatively reasonably priced, easily

Outdoors, continued, page 10



125 years ago The Lowell Ledger April 19, 1895

Mrs. P. A. Clark arrived home from Albion last Saturday evening, and her two trunks were left on the L & H depot platform after closing hours, when they were to be secured a little later. On going for them, however, only one was found, and it was soon determined that a theft had been committed. On the flat between the depot and Grand river was found a garment from the missing trunk and tracks leading toward the river. On Sunday, the trunk was found some distance down the river, badly battered up and rifled of its contents. Some legal documents, a valuable bible and hymn book – for which the thieves has no use – all badly water soaked, were all that remained.

Another triumph for woman is the award of the Lactare medal to Mrs. Mary Sadler, the novelist. This medal is given each year to an American Catholic who has performed a service to mankind and hitherto it has gone to men only.

Angus McDiarmid has a horse that needs only a little practice to make an expert tight rope walker or something in that line. Tuesday night, the animal slipped his halter and walking out the open stable door, proceeded to take a walk. He promenaded along Grand river and then started to cross on the railroad bridge, and succeeded in getting two thirds of the way over before he fell through. Here he hung until morning when he was discovered and rescued from his unpleasant situation rather the worse for wear.

100 years ago The Lowell Ledger April 15, 1920

Judge Willis B. Perkins in Circuit Court has ruled that a man and his wife are one when considered as jurors. A jury for a will contest was being selected, Mrs. Peter Long being one of the jury allowed to sit. All the other talesmen were excused when a special venire was called, including Peter Long. Both sides passed him, but Judge Perkins ruled that a man and wife could not sit on the same jury; that in the light of the law they were one.

When a huge drift along the Pere Marquette right-of-way melted, the villagers found crates of eggs and boxes of canned goods, believed buried in the snow during a train wreck in a blizzard.

Everett Dow, aged 15 years, lost his life Wednesday morning in an automobile accident which occurred at the Main street Pere Marquette crossing, near the west end of this village, and Howard White, aged 25, was badly injured, both ankles being sprained, and he was generally bruised and shocked.

75 years ago The Lowell Ledger April 19, 1945

People of this community are justly proud of the fact that there lives three miles northeast of Lowell on RFD 3, one of Michigan's oldest citizens, and no doubt one of the oldest in the entire country, a lady who is well past the century mark and still in full possession of her mental faculties. Her name is Mrs. Ann Maloney and she lives at the home of her son, James Maloney, on the town line between Keene and Boston townships in Ionia county. According to the family Bible she was born Ann Carey on May 26, 1837, which indicates that she will observe her 108th birthday the 26th of this coming May.

Lowell business places were closed last Saturday afternoon from 3 to 4 o'clock out of respect to the memory of our late president, Franklin D. Roosevelt. On Sunday churches of the community gave proper recognition of this brave and courageous man. Village president Theron Richmond has directed that the national colors on the city hall remain at half mast for thirty days.

Mr. and Mrs. Wm. J. Baldry of Lowell R3 have received an interesting account of the U. S. S. South Dakota from their son, Robert, who is a fireman first class. Since he was assigned to this battleship, 20 months ago, it has seen plenty of action in the South Pacific, having supported invasion forces in most of the big battles since Guadalcanal. Robert will have been in service two years this June.

Looking back, continued, page 10

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.

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.

Scenes of isolation around the Lowell area



With all non-essential businesses shuttered by order of the government and all public events cancelled, there is not much to do.

Lowell is known for its busy downtown shopping district, so it's creepy to see little traffic, empty parking lots, 'closed' signs and locked doors.



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Resources for sexual assault survivors continue during COVID-19

Survivors can call or text Michigan's Sexual Assault Hotline for immediate crisis counseling, support

Counseling, advocacy and resources for survivors of sexual assault remain available during the COVID-19 crisis, Gov. Gretchen Whitmer said on Thursday, April 9.

Michigan's Sexual Assault Hotline, 855-VOICES4, continues to operate and provide 24/7, free, confidential and anonymous support to survivors of sexual assault, their family, and friends.

April is National Sexual Assault Awareness Month.

"Providing support for Michigan's survivors of sexual assault is an essential service that remains in place during the COVID-19 pandemic," Gov. Whitmer

said. "It's important to make sure that survivors are aware of these resources, in April and throughout the year."

Michigan's Sexual Assault Hotline, 855-VOICES4, was launched in 2018 to provide immediate crisis counseling and referrals to local community-based sexual assault programs and programs that provide sexual assault medical forensic examinations across the state. Last year at the annual "Let's End Campus Sexual Assault" summit, Gov. Whitmer announced an expansion to the hotline that now allows survivors to text 866-238-1454 for counseling support.

"The Michigan Department of Health and Human Services is committed to easy access to resources for any

Michigan who is a survivor of sexual assault," said Debi Cain, executive director of the MDHHS Division of Victim Services. "This hotline is a critical resource for any survivor in Michigan who needs a safe person to talk to, no matter the time, day or night."

Raising public awareness about sexual assault, and educating communities about how to prevent it, are the center of the national campaign for Sexual Assault Awareness Month. Sexual assault is broadly defined as any form of unwanted sexual contact obtained without consent. National statistics show that one in three women and one in six men experienced some form of contact sexual violence in their lifetime.

"The impact of sexual

assault can have lifetime effects for survivors and their families," said Michigan Attorney General Dana Nessel. "In April we recognize Sexual Assault Awareness Month and the need for continued education to better serve survivors and hold their offenders accountable. It is a month dedicated to standing with survivors of sexual assault - honoring and amplifying their voices while providing education on the dynamics and realities of this crime."

If you are a survivor of sexual assault and need to talk, call Michigan's 24/7, free, confidential and anonymous hotline: 855-VOICES4 (855-864-2374). You can also text 866-238-1454. Resources are also available online at Michigan.gov/voices4.



Lawsuit challenges governor's FOIA executive order

A Saginaw County attorney filed a lawsuit challenging Gov. Gretchen Whitmer's executive order regarding Freedom of Information Act requirements during the COVID-19 pandemic.

Philip Ellison, of Hemlock-based Outside Legal Counsel, filed the suit, which also names the state as a defendant, Tuesday in the Court of Claims, challenging Whitmer's authority to

rewrite and suspend the government's "sunshine" law.

"Undoubtedly COVID-19 is a serious public health concern, but it does not give our government a blank check to do whatever they wish without answering to the public or the law," Ellison said in a statement. "The need for government oversight is at its highest in times of crisis and the

resulting unprecedented use of government powers."

Whitmer's press secretary Tiffany Brown said the office doesn't comment on pending litigation.

On Sunday, Whitmer signed an executive order allowing public bodies to defer portions of a FOIA request that requires workers to report to work in person until the end of the day June 4.

According to the lawsuit, Ellison alleges that Whitmer "has suspended or altered countless laws, regulations, legal obligations and statutes," including criminalizing non-essential operations and free movement as a result of COVID-19. Violations can include threat of jail and fines, and punishment against business licenses

after the pandemic passes, Ellison said.

"One bright example is the Michigan Department of Health and Human Services 'Director's Order,' which criminalized citizens' violations (even if unintentional) of 'answers to questions' on a 'Frequently Asked Questions' web page," Ellison said. "Such odd government action has caused serious questions of

the government's decision-making. Laws like the Freedom of Information Act are open and used to act as a check and balance on the government's exercise of such wide powers."

The complaint says the governor's action "exceeds the authority" provided in state statute and it should be ruled unlawful.

No more home-grown pot in recreational market

Marijuana grown by individual caregivers can no longer end up being sold in the recreational marijuana market, under action taken last Wednesday by the Marijuana Regulatory Agency.

Caregiver-grown pot can still be sold to medical marijuana patients, but a previous exception that allowed 50 percent of caregiver-grown product to be sold to the booming recreational side is done.

"We're focused on the patients," said MRA spokesperson David Harns. "We want to make sure the patients have what they need right now."

The action comes amid concerns that the caregiver caveat was being exploited to pump untested and relatively unregulated pot into a more lucrative market to feed huge demand from consumers still riding the high of legalized recreational pot, according to one source.

When medical marijuana was first legalized in 2008, caregivers were the only ones who could grow a limited supply for a few patients. With marijuana now being regulated in state law through a strict five-tier system of growers, transporters, testers, processors and sellers, caregivers no longer have a long-term role. Their

marijuana was being allowed temporarily to fill a short-term gap.

According to the MRA, caregiver-grown pot will no longer be allowed into the medical marijuana system as of Oct. 1.

Wes Lutz of Choice Laboratory, a marijuana processor, said he understands caregivers were being phased out eventually, but he felt the 50/50 split between medical and recreational pot would exist until Oct. 1 as well. He said this new change pulls the rug out of his business expansion plans and will leave consumers diving back into the black market

because the supply won't be there to feed demands.

"Here we go again with Vitamin E vapes and untested black market product with traces of heavy metals," Lutz said. "This decision puts the health of Michigan consumers in jeopardy."

One source suggested the move was a gift to big marijuana growers who have finally succeeded at squeezing out caregivers from the retail side.

Steve Linder of the Michigan Cannabis Manufacturers Association said that's simply not true. The law allows for specific types of licenses for medical and recreational marijuana

growers. Caregivers were never part of the equation under the law.

"You either have a license or you don't," Linder said. "The Michigan Cannabis Manufacturers Association applauds the efforts of the Marijuana Regulatory Agency and the Whitmer administration for taking one of the final bold and necessary moves to assure that Michigan will be able to fully function within the intended legal, regulated growing-processing-and-distribution system. This single move will do more to assure Michigan citizens that those who have been fully vetted and licensed

by the state will be selling safe, tested product that will generate jobs and tax revenue for the state of Michigan. It's past time that we reached this point, but we're happy now that the system will comply with the way the law was intended."

Robin Schneider of the Michigan Cannabis Industry Association said there isn't a consensus from members on the recent move. There are concerns on the recreational side that there won't be enough product, but there were concerns originally from the medical side that the 50/50 sharing deal would mean shortages on the medical side.

Greig proposes remote session, committee resolution

The House could meet in session and hold committees remotely under a resolution introduced by House minority leader Christine Greig (D-Farmington Hills) Tuesday.

HR 245 was sent to the House Government Operations Committee, where it will sit for now, as the legislature remains in a virtual standstill with the coronavirus pandemic.

"Now more than ever, we must continue our work

while also following the public health guidance to stop the spread of this deadly virus," Greig said.

Under the resolution, the House could only vote remotely during a declared state of emergency. Doing so, Greig argued, is critical for lawmakers to complete the budget, "kickstart the economy," and broaden health care, among other priorities.

With a remote committee meeting, only the chair would

be in a committee room with other members calling in or appearing through some video conferencing. With session, the House speaker, House minority leader, both floor leaders and the speaker pro tem would be present, as would be the house clerk. Everyone else would participate remotely.

"This is the time for the legislature to lead, not shut down," Greig said.

House Republicans were not sold on the idea.

The resolution would require, for example, during roll call, that the presiding officer conducts the roll by voice vote. If a member was having connection issues, everything would shut down until that was figured out. The state constitution requires a quorum in order for session to be conducted. To assemble a quorum, the Open Meetings Act requires public bodies to meet at a place.

With social distancing rules, coming together to pass a bill may not be desirable. The Michigan Constitution requires the "doors of the chamber" be open. The Greig resolution calls for the House doors to be open during session, but one could argue this phrase was meant to be taken figuratively.

"It seems pretty important in a representative democracy to have our leaders meet in person,"

Ruddell said.

Dykema attorney Steve Liedel tweeted Tuesday that there's nothing in the constitution that specifically restricts the legislature from adopting rules to permit remote committee meetings and remote voting during a pandemic.

Rep. Darrin Camilleri (D-Brownstown Twp.) said he would be comfortable traveling back to the capitol to support it.

HEALTH

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ABCs of Lowell history

The Lowell Area Historical Museum introduces a new weekly feature to explore local history. During this time of closed museums, we want to still be able to share our area's history with you.

Robert Flanagan and A.J. Peckham in 1886.

They made horse drawn sleighs, buggies, delivery wagons and surreys-up to 200 per day. This factory became Lowell's largest industry and the country's largest manufacturer of cutter and sleigh woods, producing 30,000 bodies annually in hundreds of styles by 1909. Wheels,

runners, upholstery and paint were added at other locations. Then came the invention of the horseless carriage. Henry Ford came to Lowell and offered to purchase the factory. The owners turned him down. They didn't know then but the day of automobiles had arrived.

The large two story wooden factory was located

south of Main Street facing South Monroe. The Lowell Cutter Company buildings stretched from South Monroe to the River. All buildings were painted red with white trim. Waterpower was delivered through a race (channel) which diverted water from the Flat River to the factory. The buildings were demolished in 1983.

C is for Cutter
The Lowell Cutter Company was founded by



Employees of the Lowell Cutter factory in 1904. The factory employed 90 people who worked from 6:30 am to 5:30 pm six days a week. Swiss craftsmen were employed to create inlaid pieces of basswood. Owner Robert Flanagan is shown looking out the window. Photo courtesy of The Lowell Area Historical Museum.

- vitamin D drops and breastfeeding

Vitamin D supplementation is recommended for all breastfed infants, starting at hospital discharge. Low levels of Vitamin D (Vitamin D deficiency) can cause rickets (osteomalacia) in developing infants, which is softening and weakening of the young bones. Vitamin D is essential for facilitating calcium metabolism and bone mineralization for proper bone growth and development. All exclusively breastfed infants should receive 400 international units (10 micrograms) daily of Vitamin D supplements, beginning within a few days after birth.

D-fortified formula daily, or until 12 months of age. Once an infant reaches 12 months of age and begins drinking Vitamin D-fortified cow's milk or fortified plant-based milk, Vitamin D supplementation is no longer needed. Infants who are formula fed also do not need Vitamin D supplementation, as formulas are fortified with Vitamin D.

Other food sources of vitamin D include sun exposure and certain solid foods (oily fish, eggs, and fortified foods). However, the intake from these sources tends to be low and inconsistent, so it is best to rely on either Vitamin D supplements or vitamin D-fortified formula to supply the necessary vitamin D. For most infants, exposure to sunlight is generally not a sufficient or safe source of Vitamin D due to the associated risk of skin cancer.

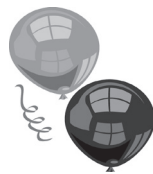
Although breastmilk is an incredibly healthy source of nutrition for infants, breastmilk typically does not contain enough vitamin D for the rapidly developing infant. The Vitamin D content of breast milk is low (15 to 50 international units/L) even in a Vitamin D-sufficient mother. Exclusively breastfed infants consuming an average of 25 ounces of breast milk daily ingest only 10 to 40 international units/day of Vitamin D, which is not enough for healthy bone development.

For exclusively breastfed infants, we recommend vitamin D supplementation providing 400 international units (10 micrograms). Vitamin D supplements are usually given in the form of liquid drops. Vitamin D supplementation will likely be discussed at your infant's well child visits, and parents are always welcome to contact the primary care provider or pediatrician with questions.

Vitamin D supplementation should be continued until the infant is weaned and drinks at least 33 ounces of vitamin

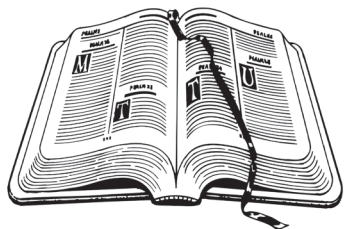
...
When someone shows you who they are believe them; the first time.
- Maya Angelou

happy birthday



- APRIL 15**
Craig Yeiter, Margaret Yoder, Charles Behnke, Fred Oesch Jr., Dave Carpenter, Terry Kinsley.
- APRIL 16**
Sam Roudabush, Kathleen Zywicki, Jack Ryder, Jacob Billingsley, Lori Gerard, Steve Kropf, Angie Farrell, Kristin Lee, William Mitchell, Rayce Darby, Olivia Foster.
- APRIL 17**
Elsie Franks, Heather Vezino, Dennie Ryder, Joe Merriman, Jill Harris, Lucille Erickson, Betty Erickson, Gary Pieroni, Candice Bowne, Jace Eliason.
- APRIL 18**
Rick Warner, Angela Vezino, Doug Anchors, Jon Kinsey, Jason Borton.
- APRIL 19**
Heidi Barber, Ruth Harris, Karrie Akers, Krissie Akers, Shaun Thompson, Lisa Allchin, Sharon Bowden, Michelle Billingsley.
- APRIL 20**
Jim Hodges, Rick Briggs, Bobbie White, Kendra Merriman, Angela Miller, Charles Marshall.
- APRIL 21**
Roxann Roth, Connie Phillips, Ian Newhouse, Daniel Titcombe.

area churches



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Sunday School..... 11:20 AM
Evening Worship..... 6:00 PM
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Pastor Andrew Bolckom • Pastor of Discipleship
Christi Swain • Director of Children's Ministries
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USED TIRES - Call with size, 616-292-7649/616-295-8820. Rob's Auto - thanks. ^{TFN}

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memorials

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 Tom

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obituaries

JONES

John & Phyllis Jones of Lowell passed away within days of each other after 73 years of marriage. They were preceded in death by their parents, Loyd & Josephine Jones, James & Grace Maloney; son, Tim Jones; great-grandson, Michael Jones. They are survived by their sons, John (Jackie) Jones of Arizona, Toby (Debbie) Jones of Lowell; 6 grandchildren; 6 great-grandchildren; 1 great-great-grandchild; daughter-in-law, Anne Jones. John served in WWII from 1941 – 1945. He retired after 32 years with Lowell Light & Power as a superintendent.



Phyllis retired from Eberharts. A private Celebration of Life will take place at a later date. Memorial contributions may be made to Gilda's Club Grand Rapids, 1806 Bridge Street NW, Grand Rapids, MI 49504 or Flat River Outreach Ministries, 11535 Fulton St E, Lowell Charter Township, MI 49331.



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US Sen. Gary C. Peters
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202-224-6221
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US Rep. Justin Amash
House Office Building
114 Cannon
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202-225-3831
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Mich. Sen. Winnie Brinks
PO Box 30036
Lansing, MI 48909
517-373-1801
senwbrinks@senate.michigan.gov
senatedems.com/brinks

Mich. Rep. Thomas A. Albert
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PO Box 30014
Lansing, MI 48909
517-373-0846
thomas@votealbert.com
gophouse.org/representatives/westmi/albert

New Guidance about economic impact payments for Social Security

"The Treasury Department launched a new web tool allowing quick registration for Economic Impact Payments for eligible individuals who do not normally file a tax return, and also announced that it would begin making automatic payments. However, for some people receiving benefits from the Social Security Administration--specifically those who have dependent children under the age of 17--it is to their advantage to go to this portal to ensure they also get the \$500 per dependent Economic Impact Payment.

I encourage them to do this as soon as possible, and want to provide the following details:

People who receive Social Security retirement, survivors, or disability insurance benefits and who did not file a tax return for 2018 or 2019 and who have qualifying children under age 17 should now go to the IRS's webpage at www.irs.gov/coronavirus/economic-impact-payments to enter their information instead of waiting for their automatic \$1,200 Economic Impact Payment. By taking proactive steps to enter

information on the IRS website about them and their qualifying children, they will also receive the \$500 per dependent child payment in addition to their \$1,200 individual payment. If Social Security beneficiaries in this group do not provide their information to the IRS soon, they will have to wait to receive their \$500 per qualifying child.

The same new guidance also applies to SSI recipients, especially those who have qualifying children under age 17. To receive the full amount of the Economic Impact Payments you and your family are eligible for, go to the IRS's Non-Filers: Enter Payment Info page at

www.irs.gov/coronavirus/economic-impact-payments and provide information about yourself and your qualifying children.

Additionally, any new beneficiaries since January 1, 2020, of either Social Security or SSI benefits, who did not file a tax return for 2018 or 2019, will also need to go to the IRS's Non-Filers website to enter their information.

Lastly, for Social Security retirement, survivors, or disability beneficiaries who do not have qualifying children under age 17, you do not need to take any action with the IRS. You will automatically receive your

Social Security,
continued, page 11

Outdoors, continued

trailed and launched, and will fit in a standard residential garage. This boat performs well for fishing bluegills or walleye and anything in between.

Kayaks are the current rage. They can be fitted with an amazing amount of fishing gear. Kayaks provide access to hard to

get to water. Transporting, storing, and launching these craft make it a handy and effective choice for many fishermen.

Although fishing equipment has changed over the years, the fish have not so the challenge and enjoyment are still there as always.

Looking Back, continued

50 years ago
The Lowell Ledger
April 16, 1970

Herbert Reynolds, a veteran member of the Lowell city council, was honored last week by fellow Rotarians when named as "Rotary Man of the Year" during the annual Ladies Night held at Cascade Country Club. The award was announced by past president Norm Borgerson.

The 1970 census will show that Michigan's population during the 1960's increased at a higher rate than any of the Great Lakes states, the Michigan Department of Commerce reported recently.

At least one newcomer will occupy a seat on the Lowell Area School Board of Education after the annual election in June following an announcement Monday by veteran board member Dale Shade that he will not seek re-election. Shade, who has served the past eight years on the Lowell board after nine years with the Sweet School Board prior to consolidation, told fellow board members at the monthly meeting that he will not be a candidate.

25 years ago
The Lowell Ledger
April 19, 1995

Residents on Kissing Rock Avenue will be able to flex their democratic muscle to determine if the road will be paved. According to Lowell Charter Township Supervisor John Timpson, the Kent County Road Commission has improvements to Kissing Rock "In their computers" and will soon begin mapping out the improvement project.

Could the city of Lowell become an inland Saugatuck? Now that another art gallery will open its doors, the answer could be yes. The Lowell Area Arts Center is about to open its third gallery at 300 High St. in mid-May and director David Davis hopes it is a sign of more to come.

A communications tower proposed by Century Cellnet may have to find a new location according to the township's zoning ordinance. Century Cellnet sent Traverse Bay Land Company, a real estate broker hired to handle the land acquisition, to the Lowell Charter Township's Planning Commission to inquire on the possibility of installing a 30-foot tower on Morse Lake Road.



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Sealed bids for the 2020 HMA Overband Crackfill Project will be received by the City Clerk at Lowell City Hall, 301 E. Main Street, Lowell, Michigan until 11:00 a.m. on Tuesday, April 28, 2020, and then publicly opened and read aloud at Lowell City Hall.

Bid and Contract Documents may be obtained from dczarnecki@ci.lowell.mi.us. The City reserves the right to accept or reject any and all proposals and to waive any technicalities or irregularities therein. The City further reserves the right to award the contract to that Contractor whose proposal best complies with the Request for Proposal requirements.



Litehouse an essential business, taking precautions

by Tim McAllister
lead reporter

Litehouse Foods, 1400 Foreman, is still producing salad dressing, but the company says it is taking steps to ensure the safety of both their employees and their products.

“With a global pandemic like COVID-19, every department and every role at our company has been impacted - from production, forecasting and supply chain to sales and marketing to human resources, accounting and IT,” said Kelly Prior, president and CEO of Litehouse. “As an employee-owned company, our employees’ health and safety is our first priority. As such, we have implemented processes and procedures to align with CDC guidelines, including having employees who are able to work from home do so, elimination of all non-essential business travel and restricted access to our facilities to business critical visitors only. We have also increased paid sick time and have implemented additional precautions, including

increased sanitation practices in our facilities and the implementation of social distancing in the workplace to reduce the risk of transmission for our employee owners who continue manufacturing our products to ensure continued food supply chain for our customers and consumers. We have also raised wages for our front line workers to show our appreciation for their unwavering commitment during these dynamic times. We are providing a free meal every day (across all shifts) for our manufacturing employees and sourcing these meals from local restaurants.”

“To help ensure the health and safety of all employees, we have also implemented a mandatory screening protocol, including taking the temperature of each employee before entering the factory floor, to ensure there are no known symptoms of COVID-19. We are also deploying

cloth face masks to all of our employee owners in the factories as optional additional personal protective equipment. The face masks have been hand made by our employee owners and their families.”

“Our executive team is meeting on a daily basis, seven days a week, to assess the situation and ensure all departments are aligned to help our company run as smoothly as possible, while navigating shifting or increased demand for our products. Our message to the team has been to continue making the customers’ needs a priority (right after that of the health and safety of our employee owners) and keeping our focus on maximizing production on our core product line that has seen the biggest increase in demand during this outbreak. We are also thinking of other opportunities to support our customers during this dynamic time. One example is that we recently worked with Instacart on a free

delivery initiative, which not only incentivizes consumers to do their grocery shopping from home, but also helps retailers keep in-store shoppers to a minimum

at home more,” Prior said. “However, our food service business is down by 50 percent due to school closures and restaurants moving to a take-out and/or delivery model. Our

circumstances that could have a negative impact on our current and future business, including a disruption to the global supply chain or an outbreak of positive confirmations of COVID-19 in our manufacturing facilities; causing us to temporarily halt production.”

According to the experts, the coronavirus is mostly spread through airborne means and does not thrive on packages.

“While we have increased our sanitation practices during this time, from a product safety standpoint, most viruses do not survive outside of a host for a long period of time,” Prior said. “Although research is still ongoing regarding transmission, there is no evidence to support the spread of the virus through shipped goods. At this time we do not see any safety concerns associated with the coronavirus and Litehouse products.”



during this time of social distancing.”

Because Litehouse was deemed an essential business, no layoffs are foreseen at this time. Prior explained ways the crisis has impacted Litehouse’s business.

“We are seeing strong sales, though the sales mix has shifted, with a larger focus on our retail and value added business as consumers are eating

production has remained strong and our team has done a phenomenal job problem solving, being quick on their feet and mitigating any issues seen upstream in the supply chain to minimize customer impact. Our sales and marketing teams are also working closely with customers to identify any inventory needs, as well as marketing support, during this time. [...] There are still uncontrollable

Zero incidents of COVID-19 transmission from print surfaces

by Earl J. Wilkinson
International News Media Association

There has never been a documented incident whereby the COVID-19 virus has been transmitted from a print newspaper, print magazine, print letter or print package, according to the world’s top doctors and scientists. Yet the unprecedented global pandemic naturally breeds a paranoia about everything we touch.

What scientific research shows:

Here is what the World Health Organization says about whether it’s safe to receive a package from an area where COVID-19 has been reported: “The likelihood of an infected person contaminating commercial goods is low and the risk of catching the virus that causes COVID-19 from a package that has

been moved, travelled, and exposed to different conditions and temperatures is also low.”

Hartford Healthcare put it more bluntly: “Don’t worry about deliveries to your house. Coronaviruses don’t last long on objects.”

The US Centers for Disease Control says “it may be possible” for a person to get COVID-19 by touching a surface that has the virus on it, “but this is not thought to be the main way the virus spreads.”

The WHO and CDC statements sound like a hedging of the unknown - fair enough in these times. Yet the fact remains there have been no incidents of transmission on print materials.

A study from the National Institutes of Health, US Centers for

Disease Control, UCLA and Princeton University scientists published last week in the New England Journal of Medicine showed the varying stability of the coronavirus on different surfaces. Across aerosols, plastic, stainless steel, copper and cardboard, the lowest levels of coronavirus transmission possibilities were via copper, because of its atomic makeup, and cardboard - presumably because of its porous nature.

Emphasizing that the virus spreads when transmitted by aerosols, researchers duplicated these droplets and measured how long they stayed infectious on surfaces.

The coronavirus lasts longest on smooth, non-porous surfaces. Researchers found the virus was still

viable after three days on plastic and stainless steel. Researchers say that is not as ominous as it sounds since the virus’ strength declines rapidly when exposed to air. Because the virus loses half its potency every 66 minutes, it is only one-eighth as infectious after three hours when it first landed on a surface. Six hours later, viability is only two percent of the original, researchers found.

The virus was not viable after 24 hours on cardboard - and the good news here, like plastic and stainless steel, is lower and lower potency when exposed to air.

For newsprint, which is much more porous than cardboard, virus viability is presumably even shorter.

In a March 13 Washington Post article, author Joel Achenbach put last week’s study in human terms.

“Outside, on an inanimate surface, the virus will gradually lose the ability to be an infectious agent,” Achenbach wrote. “It may dry out, for example. It can degrade when exposed to ultraviolet radiation from the sun. A person sneezing on a surface may deposit many thousands of virus particle, and some may remain viable for days. Still, the likelihood of a person who comes into contact with the remnants

of that sneeze goes down over time, because most infections are the result of a large viral load.”

Cornell University infectious disease expert Gary Whittaker told the Washington Post it typically takes “an army of viruses going in” to break through the natural defenses of a human being - meaning surface transmission is a low likelihood of transmission.

In a March 10 interview on BBC Radio Scotland, John Innes Centre virologist George Lomonosoff, who

uses molecular biology to understand the assembly and properties of viruses in the United Kingdom, debunked the idea of transmission through newsprint.

“Newspapers are pretty sterile because of the way they are printed and the process they’ve been through,” Lomonosoff said. “Traditionally, people have eaten fish and chips out of them for that very reason. So all of the ink and the print makes them actually quite sterile. The chances of that are infinitesimal.”

Social Security, continued

\$1,200 economic impact payment directly from the IRS as long as you received an SSA-1099 for 2019.

For SSI recipients who do not have qualifying children under age 17, we continue to work closely with Treasury in our efforts to make these payments automatically.

Please note that we will not consider Economic Impact Payments as income for SSI recipients, and the payments are excluded from resources for 12 months.

The eligibility requirements and other information about the Economic Impact Payments can be found here: www.irs.gov/coronavirus/economic-

[impact-payment-information-center](http://www.irs.gov/coronavirus/economic-impact-payment-information-center). In addition, please continue to visit the IRS at www.irs.gov/coronavirus for the latest information.

We will continue to update Social Security’s COVID-19 web page at www.socialsecurity.gov/coronavirus/ as further details become available.”

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Fishing a popular outdoor activity during lockdown

by Tim McAllister
lead reporter

One of the most relaxing ways to spend time outdoors is to go fishing. Two large rivers intersect in Lowell, the Grand and the Flat, and many have been observed taking advantage of this over the past few weeks.

Fishing is “a healthy, safe option and a welcome diversion from all that is going on,” according to an April 1 article by Kirk Deeter in “Angling Trade” magazine.

“Especially if you fish as an individual or with family members with whom you share your space, and especially if you can walk to the water, be that a local pond, or a river, etc.,” Deeter



wrote. “I certainly wouldn’t get in a boat with someone who isn’t an immediate family member.”

According to Jamie Vaughan, Rogue River Home Rivers Initiative coordinator for Trout Unlimited, there are four main public fishing spots around Lowell - two on the Grand River and two on the Flat River.

Lowell Grand River ramp: shore access for fishing and boat launch for any river vessel

Lowell Flat River ramp: shore access for fishing and boat launch for any river vessel

Grand River Riverfront Park: canoe launch

Fallasburg Park: Flat River shore access for fishing

Of course, you could also

simply head downtown to the Riverwalk or Recreation Park and fish there, as many have done lately.

“Fishing is great, done alone or with household members,” Deeter wrote. “We encourage hyper-local fishing whenever possible. Social distancing is a must, and every angler should adhere to exactly what their state and the CDC advises without question. We don’t think people should drive far to fish, and we don’t think guides and shops should invite people from affected urban areas to rural areas to fish. We encourage e-commerce, community and the broader exchange of information and ideas. We’re in it for the long haul, and lives matter most now.”



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Simple pan-fried trout with garlic, lemon and parsley

INGREDIENTS

2 skin-on trout fillets
1 tablespoon olive oil
1 tablespoon unsalted butter
2 garlic cloves, minced
3 tablespoons chopped fresh parsley
1 tablespoon lemon juice
salt and pepper to taste

INSTRUCTIONS

Heat a non-stick skillet over medium-high heat. Melt butter with olive oil until frothy. Cook trout fillets skin side down for two minutes, then carefully flip with a thin, wide spatula. Cook for another minute or until almost cooked through, then add garlic, parsley and lemon juice. Continue to cook for another minute or so until the fish is golden brown and the flesh flakes off easily with a fork. Transfer to serving plates and enjoy.

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