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### Church's 75th anniversary



page 9

### Big library sale



page 7

# 20-21 pandemic year off to smooth start

lead reporter

The 2020-2021 school year officially began last week. Teachers had their first full day on Monday, Aug. 24 and the first day for students was Wednesday, Aug. 26 or Thursday, Aug. 27 depending whether they were assigned to the "Red" group or the "White" group.

"The week went very well, we had a great start to the school year," said Lowell Area Schools interim superintendent Nate Fowler. "It was exciting to see students in our face-toface program on campus Wednesday and Thursday. We ended up with about 17 percent of students online and 83 percent face to face. Having half the students in the building was very helpful for us to practice pick up and drop off procedures [and] practice our lunch, recess and passing time plans. It also let us see how students fit into classrooms."

Teachers staff members spent the first two

this survey, head to https://

accesskent.com/Health/

pdf/2017KC CHNA.

pdf. Topics in the 2020

survey include impact of

COVID-19, mental health,

needs, economic needs

"At FROM, we want to

continuously improve and

adjust our programming

to make sure we are

meeting the needs of the

community. This survey

will help us do that," said

FROM executive director

Wendie Preiss. "We were

fortunate to partner with

Kent County because they

housing

social needs,

and so forth.

days of the week setting up the buildings and fixing a few computer bugs.

"It was great to see all the teachers back on Monday preparing for the school year," Fowler said. "We have never run a fully virtual school before, so there have been some kinks to work through with that program. We worked right up until Tuesday to get staffing for all of our face to face and virtual classes across the district. There have been so many rapidly changing pieces that it was a huge challenge. Thankfully, we were able to fill every teaching position with a teacher or a long term substitute."

Opening schools in the middle of a pandemic is risky, but it was mandated by the state. To decrease the possibility of spreading the virus, only half of the faceto-face students will be in the building at one time, masks will be required, buses will be sanitized daily, and anybody entering a building will be screened. Fowler said students had no problems with the various minor inconveniences required when social distancing.

"Overall, the students did a great job wearing masks and maintaining distance whenever they can," Fowler said. "We will continue to take steps to slow the spread of the virus so that we can continue to provide learning opportunities for our students. Now that we have our sections set, we are asking that students stick with either virtual or faceto-face learning until the trimester. This will allow us to keep the same number of sections that we have for each program. We will reevaluate sections at the end of the trimester."

Fowler stressed this pandemic year can not be successful without cooperation from students, staff, parents and the



"Everyone has been great at pulling together to make school happen for our students," Fowler said. "We understand the sacrifices that

families have had to make to make the hybrid schedule work. We will continue to monitor cases of COVID-19 locally and across the state."

# Kent County's Community Health Needs Assessment would direct services here

by Tim McAllister lead reporter



ENWORK



page 8



Flat River Outreach are interested in getting Ministries is trying to more responses from outside of Grand Rapids. get the word out about If we get enough responses a survey that could help from each ZIP code that we direct services to the most vulnerable Lowellians. It serve, then we will have doesn't cost any money to access to our data. In past fill it out, and it only takes years, the survey did not a few minutes. have enough respondents from our ZIP codes. Most The Community Health Needs Assessment is respondents were from conducted in Kent County Grand Rapids. Since this every three years. To read survey is conducted every the last report generated by three years, we will be able

> a community." A minimum number of responses for each ZIP code is required in order for the population to be split out. A wide sample will help ensure a more accurate representation of the community's needs.

> to monitor our progress as

The survey is available in either a hard copy or online at accesskent.com.

"It is important that as many people as possible take the survey," Preiss said. "This will help direct programming at FROM and across the county."

# LPD officer fires gun at suspects during high speed chase

by Tim McAllister

is on paid leave after they fired shots at suspects during a high speed chase into Ionia County last weekend.

According to a press release from the city of Lowell, at around 2 am on Saturday, Aug. 29, "an officer on patrol noticed a vehicle with high-beam headlights driving through downtown Lowell. The officer flashed his lights to alert the driver, who did not dim their lights in response. The officer began to follow the vehicle and, when he noticed it did not have a license plate, turned on his lights. Rather than stopping, the driver accelerated and led the officer on a short chase

A Lowell police officer at speeds topping 100 mph. support," the city press The driver finally pulled over on a dirt road in Boston Township in Ionia County. The officer exited his patrol car and began to approach the vehicle on foot when the driver reversed their vehicle and drove directly at the officer. Fearing for his life, the officer fired shots at the vehicle, which hit the patrol car before fleeing the scene."

The Michigan State Police, Kent County Sheriff, Ionia County Sheriff, city of Ionia department of public safety and the Grand Rapids police provided assistance. The suspect vehicle, eventually determined to have been stolen, was soon found abandoned in a ditch.

"Other law enforcement agencies were called in for

release continued. "Using a drone, they were able to locate the suspects, who are now in custody, one of which has been released. One suspect was treated for a minor gunshot injury in the arm a second suspect for an abrasion on the forehead."

The department declined to reveal which LPD officer was involved in the incident, but stated the officer has been placed on paid administrative leave while the Ionia County sheriff investigates.

"Since this is still an open investigation, cannot comment on the officer at the moment," said city manager Michael

# Low-income college stude

# college students can apply for food assistance

Michigan students in college career and technical education programs returning to classes this fall are now eligible to receive food assistance if they meet other eligibility requirements.

The Michigan departments of Labor and Economic Opportunity and Health and Human Services are encouraging students to apply for food assistance benefits online at Michigan. gov/MIBridges.

LEO and MDHHS sought and received federal approval for the new initiative – effective May 2020 – to address rising food insecurity among students that has been made worse by COVID-19.

Close to 16,000 lowincome college students in Michigan who are enrolled in Career and Technical
Education programs are
eligible to receive food
assistance benefits through
the federal Supplemental
Nutrition Assistance
Program.

"As Michigan CTE students are preparing for high-demand, critical job openings, they shouldn't have to worry about how they'll get their next meal," said LEO Director Jeff Donofrio. "These SNAP benefits will help them focus on their educational needs and prepare for a successful future."

Previously, college students enrolled in qualifying CTE programs who attended school at least half-time could not qualify for SNAP benefits, even if they met income eligibility requirements, unless they

fell into certain categories such as working at least 20 hours per week, caring for a child, or being unable to work

"MDHHS was already working to help more people put nutritious food on the table prior to the pandemic," said MDHHS Director Robert Gordon. "COVID-19 made this priority even more critical. Due to the pandemic, many students lost their jobs. As a result, they lost their SNAP eligibility through no fault of their own."

College students in Michigan are now eligible for SNAP if they meet income and other program requirements and are enrolled at least half-time in an occupational program that leads to employment under the Strengthening Career and Technical Education

for the 21st Century Act of 2018, known as Perkins V.

"Expanding access to SNAP is a huge benefit to students who are juggling their courses along with work, family and other obligations," said Mike Hansen, president of the Michigan Community College Association. "We're **MDHHS** grateful that expanded access and is making it so much easier to apply for benefits on MI Bridges."

The Perkins Postsecondary Career and Technical Education Program provides funding to 28 community colleges, three public universities and one tribal college to support pathways to high-wage, high-skilled and in-demand careers that require less than a bachelor's degree.

Those offer more than 3,600 qualifying programs, offering a certificate or Associate's Degree careers in fields such as technology, information hospitality health care, and manufacturing. There are nearly 90,000 students enrolled in these programs in Michigan. Some of those students may already be receiving food assistance benefits, while others will become eligible for this new opportunity.

For anyone currently enrolled in a Perkins program with an existing food assistance case who has experienced a loss of income, their MDHHS caseworker will determine Perkins program status to ensure the benefits are correct.

Any Perkins student who

wants to apply for food assistance should provide documentation from their school that outlines their major and program or course of study to assist in determining their eligibility for SNAP. Examples could include a proof of registration and a document showing their major, program, or course of study. A caseworker will use that information to determine eligibility.

Students interested in applying for food assistance can go to Michigan.gov/MIBridges. Verification of enrollment in a Perkins program must be provided by the student or may be requested from the postsecondary institution.

Learn more about the Perkins Postsecondary CTE Program at Michigan.gov/ LEO-Perkins.

# Bowlers withdraw lawsuit, hope to roll strike with Gov.

Michigan's bowling association withdrew its federal lawsuit against the governor and attorney general in the hopes of a sitdown with the administration about reopening.

Bowling Centers Association of Michigan executive director Goergen told MIRS Thursday the lawsuit was filed as a way to "get attention" after Gov. Gretchen Whitmer's administration ignored its April proposal on how bowling centers could safely reopen. According to their proposal, much like schools, hair salons and other businesses by practicing social distancing, taking customers' temperatures and wearing masks.

"The publicity that came along with the lawsuit helped at least get a response and that response was, 'We're not able to talk with anybody who has a lawsuit against us," Goergen said. "So then it was brought to our attention if we drop the lawsuit we can have a discussion and our goal is to have a discussion to educate the administration on who we are as an industry because it's very apparent and obvious to us we are misperceived as to who we are."

The suit was dropped on Friday, but Goergen said there is a "good feeling" that Whitmer is considering lifting the executive order that keeps bowling centers closed, but his prior experience has led to disappointment.

Whitmer said Monday that she is looking at reopening remaining business.

Ryan Jarvi, spokesperson for attorney general Dana Nessel, said there "was no communication between the attorney general's office and this group." He said no attorney indicated that the AG would have a meeting if the lawsuit was dropped.

"In fact, under our ethical rules, we wouldn't even be allowed to talk to them directly," Jarvi said. "We would have to talk to their attorneys. That did not happen. We received notice that they were voluntarily dismissing their case. That's all we knew about it."

In its complaint, the bowling association said the industry understood Whitmer's EOs closing businesses are to prevent person-to-person contact and the spread of COVID-19, but such concerns weren't dependent on whether bowling is "deemed by the government to be essential or nonessential."

Goergen said he'd like to see the "science and data" Whitmer continues to reference to justify her EOs, but he fails to see how 46 other states can open bowling centers "with no incidences of super spreading, yet we're still deemed to be dangerous" in Michigan.

Goergen estimates that between 30 percent and 40 percent of the state's bowling centers could permanently close if they can't reopen by Tuesday, Sept. 8, which "might be too late" as Michiganders are already driving the extra minutes to bowl in Indiana and Ohio.

Labor Day typically marks the bowling centers' peak business as thousands of bowlers participate in leagues.

On Wednesday, Brooklyn Lanes in Jackson County announced that after 50 years in business it would close permanently due to COVID. The center was in the middle of a full season of adult leagues and other events when COVID-19

forced its closure in March.

"We couldn't be more devastated by this loss for our Irish Hills community, league and open bowlers, but mostly our youth and surrounding area high school bowlers," Brooklyn coowner Diana Raab said in a Facebook announcement.

Don Slimmen, the owner of Spartan West Bowling Center in Ludington, who is a named plaintiff on the suit, told a legislative panel Wednesday that he will be out of business in 30 days if he's not allowed to reopen.

Goergen said the state's bowling centers are prepared for customers to return and it can be done safely.

Goergen said he doesn't understand why Whitmer considers bowling centers so dangerous.

A typical bowling center is 30,000 square feet, not substantially different than a large-box store, Goergen said. And the average ceiling

is twice as high as a dine-in restaurant and thus, Goergen said, has better ventilation. But bowling centers remain closed while restaurants are open.

Goergen said perhaps Whitmer is concerned about touch points, including rented bowling balls and rented shoes, but even that is addressed by the bowling centers.

"What's the difference between a rental bowling ball and rental shoes than a cart at a grocery store? We can sanitize them," Goergen said. "Does the administration actually believe that anybody is in business to create an unsafe environment for their future, for their livelihood, for their retirements and family fortunes are all based on? I would think intelligence would say they are going to do everything in their power to make sure their business is safe," Goergen added.







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# Michigan to provide more overdose antidote kits

In honor of Overdose Day, Awareness Michigan Department of Health and Human Services is launching a new program with emergency medical services providers to further prevent opioid overdose deaths. EMS providers will give overdose survivors extra naloxone kits - the medication that reverses opioid overdoses.

2018, overdoses killed 2,599 Michiganders. Nearly 80 percent of those deaths involved opioids, continuing an epidemic that has devastated countless families. Overdose Awareness Day memorializes the individuals whose lives have been lost to an overdose, and marks an occasion to offer support to the family, friends and impacted communities by this epidemic. The observance provides a call to action for continued bold steps to address the opioid crisis.

"Far too many Michiganders die from opioid overdoses and tragically the opioid crisis has only gotten worse during the pandemic," said Robert Gordon, MDHHS director. "That's why MDHHS is proud to work with the state's EMS providers to give Michigan families another resource to prevent overdose deaths. It is more urgent than ever that we take decisive action to prevent overdose deaths and dismantle the stigma around addiction."

Opioid overdose is a preventable cause of death. Michiganders can take steps to prevent overdose deaths by carrying naloxone; offering support to family and friends who use substances; and ending the stigma that surrounds substance use disorders

These actions are even more urgent today as overdoses have surged during the COVID-19 pandemic. MDHHS data shows that EMS responses for opioid overdose increased by 33 percent from April to May 2020, and still remain elevated. From April through July 2020, EMS responses for opioid overdose were 22 percent higher than the same period last year.

MDHHS, in partnership with EMS agencies, is launching the EMS Naloxone Leave Behind Program to address these urgent needs and get naloxone into the hands of people who need it most. This program will allow first responders to leave behind extra naloxone kits with the patient, family and friends, or bystanders at the scene of a non-fatal overdose. Survivors are at high risk for repeated overdoses, so providing naloxone to these individuals and their loved ones is particularly important. Each kit will include naloxone and instructions on overdose response.

"Michigan's **EMS** providers are standing by 24/7 to treat medical emergencies including helping prevent overdose deaths," said Jack Fisher, Michigan Association of Ambulance Services (MAAS) president and executive director of Medic 1 Ambulance in Berrien County. "We look forward to having this extra resource to combat the serious overdose problem in our state, but still urge Michiganders to call 911 in all emergencies, even if naloxone has already been administered."

Michigan's **EMS** providers have been carrying and treating overdoses with naloxone for more than 30 years, according to MAAS. Going forward, jurisdictions will determine whether to adopt the new leave-behind program. MDHHS has developed protocols for the program local EMS governing boards, called Medical Control Authorities, will determine whether to adopt the program in each local jurisdiction.

During the COVID-19 pandemic, there has been an increase in the number of EMS-treated overdose patients that have declined transport to an emergency department. This indicates that EMS staff may be the only healthcare providers many individuals interact with following an overdose and underscores the urgency of this new naloxone leave behind program.

MDHHS continues to use every available tool to combat the opioid epidemic during this challenging time, including ensuring continued access to Syringe Service Programs (SSPs) and treatment programs, as well as increasing access to naloxone.

For individuals who are not ready to access treatment, MDHHS also recommends safer drug use to prevent further injury and death due to overdose. MDHHS urges Michiganders to use the following treatment and safer drug use resources:

If you or someone you know uses opioids:

Access resources support the mental and physical health of those with substance use disorder the COVID-19 during pandemic.

Contact your primary care provider before you run low on necessary medications.

If you need access to a medical provider, contact your nearest Federally Qualified Health Center for support.

Ensure naloxone is readily available. Naloxone for All and NEXT Distro will mail naloxone at no cost to anyone in Michigan. Individuals can request naloxone online. MDHHS has also created an online naloxone portal where community organizations can request free naloxone.

Practice safer drug use (safety practices that prevent overdose deaths) encourage others to do the same.

Never Use Alone is a service anyone can call while using drugs. The caller will be connected to a person who will seek emergency services for them if they drop off the line or don't respond to a return call. Call 800-484-3731 to learn more.

Find an SSP near you that can provide sterile needles, naloxone and other lifesaving resources.

If you or someone you know would like to seek treatment for opioid use, treatment centers are still open during COVID-19 and many are offering telemedicine services.

If you or someone you know is in recovery:

Reach out with a phone call, text or email to let him or her know you are there. Model good coping behaviors yourself.

Share the COVID-19 hotline number (888-535-6136) and tell them to press "8" for free emotional support counseling.

Direct them to Michigan. gov/StayWell for a list of other help lines, including a peer "warm line" for individuals in distress who want to talk to someone who understands substance use disorders, the National Disaster Distress Helpline at 800-985-5990 and the National Suicide Prevention Lifeline at 800-273-8255.

211. Call Anyone struggling or seeking resources for substance use treatment services can call this free service that connects Michigan residents with health resources in their communities

For more information about overdoses resources for prevention and treatment, visit Michigan. gov/opioids.

# **Municipal**

# superintendents paid more than state superintendent

At least 10 local school superintendents pull in a larger annual salary than state superintendent Mike Rice's \$216,000 a year, according to a Mackinac Center database updated for the first time in four years.

Led by the state's highestpaid superintendent, Detroit Public Schools' Nikolai Vitti at \$309,115 a year, the list includes the state's larger school districts and intermediate school districts, including the school districts in Walled Lake (\$256,654), Rockford (\$251,172),the Genesee County

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Intermediate School District (\$246,510) and West Ottawa Public Schools (\$240,829).

The school district that is paying out the most for the superintendent position is Traverse City Area Public Schools (\$405,361 in salaries and \$486,061 in total compensation), but that's because they're paying off the salary of a recently dismissed superintendent.

Romulus Community Schools is paying \$452,499 in total compensation for the superintendent position, the third-highest. However, their superintendent at the beginning of the year was suspended for uttering a racial slur so they're also paying for an interim.

Traverse City Area ISD (\$234,908), Lake Orion Community Schools (\$230,751),Plymouth-Canton Schools (\$228,884), Schools Arbor (\$227,736) and Rochester Community Schools (\$224,040) also pay their superintendents more than

That said, Rice's salary is higher than that of Gov. Gretchen Whitmer, who makes \$159,300 a year. Also, it could be argued that the job of state superintendent is vastly different than that of a local superintendent.

Peter Spadafore, the deputy director for external relations for the Michigan Association Superintendents and Administrators, said boards of education are charged with looking to find the most qualified individuals to serve as superintendents. As of now, there's a shortage of candidates in the pipeline, he

Districts with quality superintendents are working to keep them to continue that common vision and direction that helps teachers and students perform better, Spadafore said.

"This is a very challenging job," Spadafore said.

According Mackinac Center's review of these district's contracts, 235 districts offer a total

#809.

compensation package that's more than \$200,078 a year.

The review superintendent compensation is the Mackinac Center's first since 2016. That year, the state's best-compensated superintendent was the Kalamazoo Public Schools' head with a compensation \$340,038, package of including an annual salary of \$224,730.

That superintendent was none other than Mike Rice.





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The family of Randy Gould wishes to extend sincere thanks for the many kindnesses and condolences we have received since his passing. A special thanks to the David Barnes family, Gerst Funeral Home, Lowell Women

Randy would have wanted us all to "Remember the Good Times, The Laughter and the Love We Shared."

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### **Fatal accident in Lowell Township**

Just before 6 pm on Tuesday, Aug. 25, the Kent County Sheriff's Office responded to a two-car accident on Alden Nash Avenue near Emberwood Drive in Lowell Township.

A northbound Buick Century crossed the centerline of the roadway and struck a southbound Chrysler Town and Country minivan. The 23-yearold driver of the Buick Century, the only occupant, died as a result of the crash.

The driver of the Town and Country suffered non-life threatening injuries and two children in the vehicle, ages 9 and 7, were not injured.

# **Updated numbers show** FY '21 budget hole drastically reduced

The \$3.1 billion budget hole state officials thought they'd need to fill in the upcoming Fiscal Year 2021 budget is down to a combined \$12.4 million, based on a Senate Fiscal Agency report issued Thursday, Aug. 20.

Roughly \$43.3 billion federal COVID-19 assistance - the Paycheck Protection Program, the \$600-a-week unemployment boost and other federal aid boosted the state's economy, which trickled into the state income tax and sales tax dollars collections

As a result, the \$3.2 billion in lost revenue state economists projected in May for the current fiscal year ending Sept. 30 is turning out to look more like a \$926 million loss.

With the Washington DC money appearing to dry up, though, the amount of lost revenue for the fiscal year starting Oct. 1 is now being forecasted at \$2.4 billion as opposed to \$3.1 billion.

Once leftover money from the current FY '20 is carried forward, the hole that state legislators and Gov. Gretchen Whitmer now have to contend with is \$384.6 million in the general fund. The school aid fund is reporting a \$372.2 million balance, putting the size of the hole at a negligible \$12.4 million

However, the balance sheet doesn't include the \$600 million Flint water crisis payout since the details haven't been finalized, but is something to note, said Senate Fiscal Agency director Chris Harkins.

Also, concerns of a COVID-19 second wave, closed businesses hundreds of thousands of people out of work still have decision makers nervous.

"By no means are we out of the woods. Michigan's economy has not recovered," said House Appropriations Committee chair Shane Hernandez (R-Port Huron), adding that Michigan's economy needs to "fully reopen" and "conservative budget decisions" need to be made to avoid bigger problems.



MI budget director Chris Kolb

FY '22, which is more than a year away, is projected to be down around \$1 billion, according to SFA estimates. The size of the hole may be down, but state revenues are still bleak, said budget director Chris Kolb.

"We are still looking at a dramatic revenue loss in the fiscal years of 2021 and 2022 that totals \$4.2 billion," Kolb said. "We still need additional federal aid to help us manage through the devastating impact that COVID-19 has had on our revenues."

State economists in May were planning for the worst when they projected a two year, \$6.3 billion loss of revenue over FY '20 and '21. At its worst, one in four Michigan jobs had been lost due to the economic restrictions put in place by the governor to reduce the spread of COVID-19.

But four things happened since those May numbers came out, according to Eric Bussis, director of the Office of Revenue and Tax Analysis.

Income tax payments that had been delayed from April 15 to July 15 came back \$200 million better than previously

expected, automotive production recovered faster than expected, the impact of the federal CARES Act on revenue was underestimated and spending on taxable goods was higher than expected.

Harkins said that while the state's economy is seeing improvements, it's not clear future federal money is coming. General fund revenues that had been forecasted at \$11.2 billion in January went down to \$9.5 billion.

"Although the revenue numbers are better than they were in May, we are still facing a structural deficit," budget Senate Appropriations Committee chair Jim Stamas (R-Midland). "Our general fund remains \$1.7 billion below what we expected back in January."

Kolb also noted that COVID-19 hasn't gone away. A second wave later this year could create another "major loss in revenue."

"Until COVID-19 uncertainty defeated, the word when it comes to revenues and their impact on our budget," Kolb said.

# viewDoint

# to the editor

To the Editor,

Walking down the middle of [any] town carrying weapons, let alone AR-15s loaded for all-out battle, is wrong-headed, pointless and most of all dangerous. Both sides of this equation are covered by Amendment II and if a "well regulated militia" is ever formed for a true emergency, that amendment will be in place.

However, walking around with a gun - any gun - just to prove you can, shows a number of things - none of which are patriotic. That act shows: insecurity, belligerence, weakness, an inability to express yourself verbally and at best a misguided attempt to have your opinion heard. And when two or three fatuous individuals feel the need to

exhibit bad behavior, the fact that they are carrying weapons is no excuse for those who are sworn to 'serve and protect' to ignore them.

We now have a huge, sickening and revealing national example of what not to do. A misguided, 17-year-old all pumped up by these ridiculous notions of "militia" has killed two people. The police ignored him, tossed him a water bottle and moved on. It is indefensible. I don't think there is a person reading this who can search their soul and not admit that if that young man had not been white he would be dead today. Most certainly he would not have been ignored walking down the street while people yelled, "He's the shooter!"

The citizens of Lowell should be proud of their city council for firing Steve Bukala - however belated the response. Frankly, it is far ahead of the rhetoric of our current national twitterer-in-chief. Bukala's behavior in the past was enough to let him go. I won't question the city's motivation either way. Ultimately they did the right thing. Citizens can not allow peace officers to incite riots and encourage other citizens to "help" the police do their job for them. Lowell dodged a bullet pun intended.

Now just a note to those people - you know who you are - who want to label everyone a police hater. NO ONE HATES THE POLICE. We want the bad ones gone and the system changed. That's all. Respect all around. How hard is that really?

The true heroes and true people of strength are those that continue to march

for equality and justice even though pick-up trucks full of flag-waving haters assaulted them.

The true good souls are the people like Jacob Blake's mother who, after all she has been through, still speaks of unity, not hate. In part, when she spoke the other day, she said, ... "Clearly, you can see by now that I have beautiful, brown skin. But take a look at your hand and whatever shade it is, it is beautiful as well. How dare we hate what we are. We are humans. God did not make one type of flower... How dare you ask that he make one type of human that looks just like you ...no one is superior to the other."

Think about character, strength and integrity when interacting with other humans. And this year above all think about it when you vote

Jeanne Boss Rockford

### outdoors

practice makes sense

Dave Stegehuis

Shooting firearms and archery equipment are considered sports and are sometimes part of school programs from high school to college. Participants can advance to the professional ranks or even pursue Olympic medals.

As with any athletic activity, participants must put in the work to be able to successfully compete. Hunters use the same type of equipment in pursuit of wild game. Although hunting is not a competition, practice is still important to achieve the necessary skill and confidence one needs to effectively and humanely take game in the field. Olympic accuracy may not be required, but a minimum level of competence is necessary out of respect for the game.

Now is the time to make arrangements for practice sessions. Shooting year around is the best preparation and is fun and enjoyable, but not everyone has the time or opportunity to do that.

One difference between competition and hunting is that hunting usually presents the shot under a wide range of circumstances. Game varies in habitat preference, wariness, and physical make-up. Weather

conditions and terrain complicate the process.

Because of the reality of these variables, it wise to practice under anticipated conditions. Shooting a bow in the backyard wearing shorts in August is much easier than shooting from a tree stand in full camo on a November morning after sitting in the cold for two hours. One should also duplicate as much as possible the distance, shot angles, and shooting positions likely to be encountered in the field. Life-like game targets in two and three-dimensional forms are available.

Some clothing can be confining so practice in full gear can identify problems when adjustments can still be made. Problems with archery equipment or firearms can also be rectified early. Waiting until the last minute may be a problem if professional help is necessary because others do the same and getting orders filled or work done may take too much time.

All this may appear to be a lot of work and trouble, but preparing for the hunt is a major part of the hunting experience, so although practice may not always make perfect it makes a lot of sense.



### 125 years ago Lowell Ledger September 6, 1895

Don't stir the puddle any more. The Ledger is content to leave the solution of the lighting muddle with the council. That body is composed of business men and property owners whose interests are at stake along with the rest of the citizens of the place. They are fully competent to do the business correctly and to say that they will not do the very best thing they can for the village is to impeach their good sense.

Spencer G. Millard, lieutenant-governor of California, who has been visiting his old Ionia home, was called back by the critical illness of Gov. Budd. Mr. Millard himself is very feeble from lung trouble.

Dell Button, who it will be remembered, escaped from Deputy Sheriff Morse while being taken to Grand Rapids a few months ago, was located and arrested at Muskegon by Deputy Sheriff Carroll, last week Thursday, and is once more confined in Kent county jail. He seems to suffer from a convenient lapse of

memory and feigns surprise that the officers desire him at all.

### 100 years ago The Lowell Ledger September 9, 1920

Construction of quarters for Grand Rapids' new vocational school began Tuesday and it is planned to have the building ready for use by November 1. The school will be divided into three divisions; the all day vocational school; part time vocational school in which pupils will spend one week and the next week in factories at practical experiences, which the pupils work in factories except eight hours a week when they are in school. George B. Frazee will be in charge.

Ten cars, most of them coal laden, of a Pere Marquette freight train were ditched near here this morning. Contents of the piled cars consisted mostly of coal. A crew worked all day clearing the tracks. It is thought it will be morning before train service can be resumed. Clarksville is on the Pere Marquette between Grand Rapids and Detroit. A "hobo" seen to board the train at Grand Ledge is thought to have perished in the wreck.

Rural schools in Kent county will open Sept. 7, with an enrollment of between 8,000 and 9,000 and the list of teachers practically filled. The attendance will be a slight increase over that of last year.

### 75 years The Lowell Ledger September 6, 1945

In answer to hundreds of inquiries about ways to use the new insecticide, DDT, which was officially released to civilians August 31, Ray Hutson, Michigan State college entomology head, has drawn up these recommendations on the basis of experiments being conducted at the college.

Censorship of mail, telegraph and telephone

Looking back, continued, page 12

### 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.

# UNIVERSITY OF MICHIGAN HEALTH

Johnathan G. Meier, D.O. Wayne A. Christenson, D.O. Kaili M. Walker, PA-C Tracy L. Lixie, D.O.

Laura E. Kass, PA-C Alexandria Clum, PA-C Catherine S. Smith, NP-C

### - depression in teenagers

Depression is a condition that makes people feel sad, down, or hopeless. A teenager who has depression may seem less confident in their decisions. They may have trouble concentrating or focusing on tasks, or try to avoid school. Sometimes teens appear "grouchy" or angry, may sleep more than normal, their appetite may change, they may even complain about aches and pains.

Depression is a serious condition, but it is not the teen's "fault" if they become depressed. Depression is the result of a change or imbalance in brain chemistry. This change can be triggered by stressful life events, hormone changes, and it can also run in families.

Depression can be managed with counseling alone, or with a combination counseling

medication. Finding counselor that your teen feels comfortable with is very important and improves outcomes. Medications used for depression are not addictive, and they are intended to balance the brain chemistry. This means that the teen should not develop a "high" from the medicine, nor should it take away their normal emotions.

Social media and the vastness of global communication has created a significant increase in the number of teens with depression, and also with suicide. Body image issues, drugs, and alcohol are also factors in this illness. It is important to keep open communication with your teen, and to talk to your health care provider right away if you have any concerns about depressive symptoms with your teen.

# **ABCs of Lowell History**

The Lowell Historical Museum introduces a new weekly feature to a explore local history. The ABC's of Lowell's History this week

### V is for Violinist

Fidius Stocking was born in 1824 and lived a life of many experiences, talents, occupations and accomplishments. He was personally acquainted with Governor Lewis Cass and Governor Austin Blair. During his lifetime he was an explorer, innkeeper, insurance salesman, and grocer, but he was most remembered for his talents as a musician.

He came to the Ionia area as a child of twelve and in his lifetime also lived in Saranac, Otisco, Grand Rapids, Elk Rapids and Lowell.

While living in Saranac in 1840 he worked with his father to build the first road on the south side of the Grand River from Saranac to Lowell. In 1846 he built the first bridge over the Grand River in Grand Rapids.

He married Clarinda Robinson in 1858. Clarinda was the daughter of Rodney (brother to Fur Trader Rix) and Mary Robinson. Clarinda was given a bracelet and "burl" bowl by an Odawa friend that are on display in the Fur Trade Exhibit at the Lowell Area Historical Museum.



**Fidius Stocking** 

'Fid' Stocking's music

career took off when he

made a violin for himself. In

1840 while living in Saranac

he led the Fourth of July

parade with that homemade

violin. Two years later he

put together a string band

with Octavius Claflin - The

'Stocking & Claflin String

Band'. It was said they

furnished more 'heel' music

than any band in Michigan.

Fid was the town fiddler

dance party. The fiddler had

to be an all-alive fiddler,

whose head, shoulders and

heels would mark time with

the cadences of the fiddle

and the bow. It was said that

"no party failed to be lively

and interesting under the

In the February 20th,

inspiration of his music".

A fiddler defined a

who 'called' many dances.

# happy birthday

### **SEPTEMBER 2**

Eric Elzina, Whitey Tubergen, Virginia Conner, John Stevens, Bryant Sloan-Johnson, Callie Dorsey.

### **SEPTEMBER 3**

Bailey Allen, Fay Johnson, Carlene Bottrall.

### **SEPTEMBER 4**

Ashlie Hathaway, Mark Smith, Ron Merriman, Theresa Engle, Ethan Riddle.

### SEPTEMBER 5

Barb Vezino, Kohlton Scott Clouser, Nicole Bellah.

### **SEPTEMBER 6**

Brian Haan, Mitch Mercer.

### SEPTEMBER 7

MacKenzie VanDerWarf, Gloria Morris, Karah Baker.

### **SEPTEMBER 8**

Terresa Kenney, Papa Wilson, Brendan Lobbezoo.

### **CALVARY CHRISTIAN** REFORMED CHURCH **OF LOWELL**

897-7060 Pastor Ryan Landt

Morning Worship......10:00 AM Sunday School......11:20 AM Evening Worship... .6:00 PM

Barrier-Free

1151 West Main Street, Lowell, MI

Nursery available at both services

### 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

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

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

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

### **FIRST BAPTIST CHURCH OF LOWELL**

**GOOD SHEPHERD** 

**LUTHERAN CHURCH** 

103 Bluewater Highway (Missouri Synod) Halfway between Lowell & Saranac on M-21

**Access Services at** 

www.goodshepherdlowell.org

Left hand side, click on Sermons, etc.

Joseph Fremer, Pastor 897-8307

All facilities are wheelchair accessible

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 рм

### **LOWELL UNITED METHODIST CHURCH**

discover. grow. share 621 E. Main Street

897-5938 www.lowellumc.com • Barrier Free Entrance

> WORSHIP 11 AM Parking Lot Service

Sr. Pastor - Brad Brillhart

1884 edition of The Lowell Journal there is a report of a little mishap Fid endured. "About 20 couples took a sleigh ride to Duga's hall in Grattan, Thursday night. Fid Stocking fiddled and they danced. Tipped over in a snow drift, got home 5 a.m; - big time - them's young folks' ways."

Even in 1894, one year before his death, Fid Stocking's music is described as "modern, soul inspiring and highly sought after". He is buried here in Lowell, in Oakwood Cemetery.

Music was in the family genes, Fid and Clarinda's son R. D. Stocking had a music store in Lowell for over 50 years. He sold pianos, violins and sporting goods.

### Music, once admitted to the soul, becomes a sort of spirit, and never dies.

~ Edward Bulwer Lytton



11:15 am - Special things during Sunday School 12:30 p.m. - Catered lunch in Fellowship Building 1:45 p.m. Special afternoon service

### NO EVENING SERVICE.

If you wish to attend the lunch, please notify Lois Bergy at 616-897-7261 or lbergy000@gmail.com or Sue Dykema at 616-897-8495 or grayfox571@comcast.net

with name and number attending by September 10th **HOPE TO SEE YOU THERE!** 

# Today: Wednesday, September 2, 2020

### Wednesday, Sept. 2 is the 243th day of 2020. There are still 120 days remaining until the end of the year.

### **Historical Events**

44 BC: Pharaoh Cleopatra VII declares her son Ptolemy XV Caesarion co-ruler of Egypt.

31 BC: The Battle of Actium, the final war of the Roman Republic, is fought off the western coast of Greece. Octavian's forces defeat Mark Antony and Cleopatra's troops.

1192: The Treaty of Jaffa is signed between Richard I of England and Saladin, Caliph of Islam, leading to

than 200 priests and prisoners believed to be royalist sympathizers as the September Massacres of the French Revolution begin.

1807: The British Royal Navy bombards Copenhagen with bombs and rockets to prevent Denmark from surrendering its fleet to Napoleon.

1862: President Abraham Lincoln reluctantly restores Gen. George McClellan to full command after Gen. John Pope's disastrous

1901: Vice president Theodore Roosevelt first utters his famous phrase "Speak softly and carry a big stick" at the Minnesota State

1935: The "Labor Day Hurricane," the most intense hurricane ever to strike the US, makes landfall at Long Key, FL, killing at least 400.

1939: Danzig (now Gdańsk), Poland is annexed by Nazi Germany.

1945: Combat ends in the Pacific Theater when



Teacher in Space



Beatles recording. Preston originally met the Beatles in Hamburg, Germany when he was a member of Little Richard's band at only 16 years of age. defeat at the Second Battle the "Japanese Instrument of the end of the Third Crusade. Born on this date in 1948 was Christa McAuliffe, a social studies teacher 1649: Castro, Italy is of Bull Run. Surrender" is signed aboard from New Hampshire who was chosen by NASA to be the subject of their 1864: Union forces the USS Missouri battleship "teacher in space" project. The plan was for her to conduct experiments by representatives from

completely destroyed by the forces of Pope Innocent X,

ending the Wars of Castro. 1666: The three day "Great Fire of London" breaks out, destroying 10,000 buildings, including Old St Paul's

Cathedral. 1752: Great Britain and its overseas possessions adopt

the Gregorian calendar. 1789: Founding of the US

Treasury Department. 1792: Rampaging mobs slaughter three Roman Catholic bishops, more

expired July 15, 2020.

the Bureau of Fire Services.

**Halstead Fire** 

Safety Board

appointment to the State Fire Safety Board.

Gov. Gretchen Whitmer has announced the following

Randall Halstead, of Lowell, is the operations

manager for Homeworks Tri-County Propane. He is

a licensed mechanical contractor and a member of the

Michigan Petroleum Gas Association. Mr. Halstead

is appointed to represent the liquefied petroleum gas

industry or the flammable compressed gases industry

for a term commencing August 28, 2020 and expiring

July 15, 2024. He succeeds Mark Jensen whose term

of fire safety rules covering the construction, operation,

and maintenance of schools, health care facilities,

penal facilities, and state-owned and leased facilities. The Board assists in the operation and maintenance

of public assembly and other buildings, oversight of

delegation of fire inspection responsibilities, and serves

as an administrative hearing body on decisions made by

The State Fire Safety Board assists in the development

enter Atlanta a day after Confederates flee the city, ending the Atlanta Campaign.

Billy Preston (born on this date in 1946) is at the far right playing a keyboard in this still from the 1970 movie "Let It Be." Preston was one of only five musicians, other than the Beatles themselves, credited with playing on a

> 1885: Rock Springs massacre in Rock Springs, WY: 150 white miners, struggling to unionize in order to strike for better wages and working conditions, attack their fellow Chinese workers, killing 28, wounding 15 and forcing several hundred more to leave town.

independence from French Indochina and forms the Democratic Republic of Vietnam. 2010: Launch of the

the USA, Japan, China, the

United Kingdom, the Soviet

Union, Australia, Canada,

France, the Netherlands and

1945: Vietnam declares its

New Zealand.

Israeli/Palestinian peace talks.

2013: At a cost of \$6.4 billion, the eastern span replacement of the San Francisco/Oakland Bay Bridge opens at 10:15 pm. The old span was damaged in the 1989 Loma Prieta earthquake.

2019: Hurricane Dorian, a category 5 storm, devastates the Bahamas, killing at least five people.

### **Birthdays**

1661: Georg Böhm, organist, composer

1778: Louis Bonaparte, king of Holland, Napoleon's little brother

1805: Esteban Echeverría, poet, author 1810: Lysander Button,

engineer 1820: Lucretia Hale, journalist, author

1850: Eugene Field, author, poet

1850: Albert Spalding, cofounder of Spalding Sporting Goods

1925: Hugo Montenegro, composer, conductor

1928: Horace Silver, pianist, composer

1929: Hal Ashby, film director, editor 1929: Victor Spinetti,

actor, author 1931: Alan Simpson, US

senator 1932: Arnold Greenberg,

co-founder of Snapple Gooden. 1934: Sam

singer, the Impressions 1937: Peter Ueberroth.

commissioner of Major League Baseball

and teach lessons from onboard the Space Shuttle Challenger, but the craft exploded soon after its launch on Jan. 28, 1986.

1938: Jimmy Clanton, singer/songwriter

1943: Rosalind Ashford, singer, Martha and the Vandellas

1946: Marty Grebb, keyboardist, guitarist, the Buckinghams

1946: Billy Preston, singer/songwriter, pianist

1946: Dan White, politician, assassin of Harvey Milk and George Moscone

1948: Terry Bradshaw, football player, sportscaster 1948: Christa McAuliffe, teacher, astronaut

1950: Rosanna DeSoto, actor

1950: Michael Rother, guitarist, keyboard player,

1951: Jim DeMint, US senator

1951: Mark Harmon, actor 1952: Jimmy Connors, tennis player

1953: John Zorn, avant garde saxophonist, composer 1957: Steve Porcaro, keyboard player, Toto

1960: Eric Dickerson, football player

1964: Keanu Reeves, actor 1965: Lennox Lewis, boxer

1966: Dino Cazares, guitarist, Fear Factory

1966: Salma Havek, actor 1971: Katt Williams, comedian

1975: Jill Janus, singer, Huntress





# The Lowell **Rotary Club**

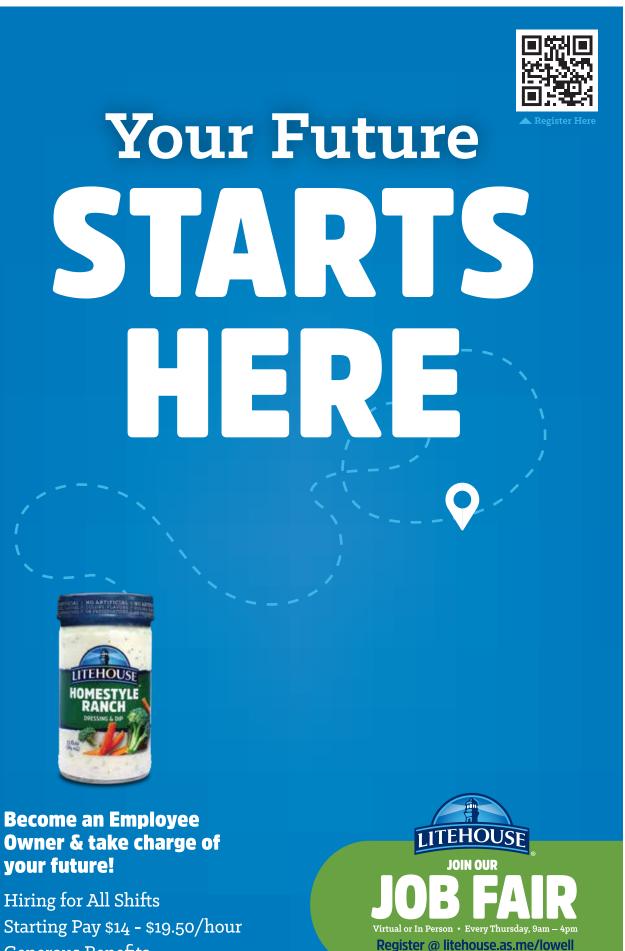
is accepting grant applications from local non-profit organizations seeking financial assistance with projects. Grant eligibility requirements and the grant application

can be found at our website www.lowellrotary.org if you have any questions email us at info@lowellrotary.org. The deadline for applying is Sept. 9th.

These appointments are subject to the advice and consent of the Senate.

# Enwork doubling in size for second time in five years





Generous Benefits

by Tim McAllister

Enwork is doubling their size once again.

The Lowell-based office furniture company, located at 12900 Christopher Dr., is in the middle of a big construction project that will more than redouble their footprint. They originally built their facility in 2011 and have already doubled the size of it once, in 2015. The addition will include vast manufacturing and assembly space, plus a two

Some of Enwork's major clients include Amazon, Pinterest, Tesla and Lyft.

Many businesses are struggling during the pandemic, but Enwork has been lucky enough to find a market within their market for products to keep spread of the virus to a minimum.

"We sort of pivoted quickly, and now a lot of our business has recently changed into making



story office complex.

building has about 58,000 square feet currently, and we're going to have 125,000 square feet, so it's another pretty expansion," Enwork owner David Powell. "Our company has just grown a lot over the years, it's grown a ton, and we've run out of space. We rent various facilities in the Grand Rapids area. Our goal is to close those and move that work here to Lowell, and we want to support future growth of the company. We already have a spot set aside for what I call 'the 2024 addition,' another 40,000 square feet."

The company's office furniture is especially in demand in Silicon Valley.

COVID-related screening products for offices," Powell said. "We have a whole line of mostly acrylic screens that we came out with in May. These are freestanding screens that go between people, we make screens that go on top of cubicle walls, screens for the back of a desk... Our engineering team designed a ton of screens, we were all working around the clock, 24/7, all weekend, to get those screens out there, and we've been selling a ton of that stuff all over the country. The COVID screens are about 25 percent of our business right now."

For more information about Enwork, enwork.com.

# South Boston Bible Church celebrating 75 years

Boston Church, 6958 Kyser Rd., is celebrating its 75th anniversary later this month with a special celebration.

Originally as "North Bell Sunday School," the church was organized by 34 people on Jan. 21, 1945 by Henry Applehof, a missionary from the American Sunday School Union, currently known as the American Missionary Fellowship.

first The church's superintendent was Rev. Abraham Jaggers. For three years they held their services in the North Bell School, at the corner of Kyser Rd. and US 16, but they soon outgrew these facilities and moved to the South Boston Grange Hall.

On Easter Sunday in 1948, Rev. Peter Quist preached his first sermon there and continued as their

Bible new church on land donated by Mamie O'Beirne. The dedication service for the new church was held on May 2, 1954. The new building was 24 by 42 feet, had a seating capacity of 105 and featured rooms in the basement for Sunday school.

> Rev. Neil Horn became the minister in the spring of 1957 a position he held until 1962 when Rev. Peter Gardner took over. In 1958 the church changed to its final name, "South Boston Bible Church." The church's constitution was accepted on July 8, 1959 and it was officially incorporated by the state of Michigan in Sept. 1962. More new pastors have come and gone over the years: Rev. Joe Everett, Rev. Elton Mills, Rev. Ron Tuinstra and their current pastor, Rev. Cory Malone.



Pictured: South Boston Bible Church Today and in the 1950s.



preacher until Sept. 1949, when Rev. Richard Bolt of Grand Rapids took over the ministry.

1954 the In Jan.

There have also been renovations and additions to the church throughout the years, including a major basement renovation in

parsonage [a home provided by a church for its pastor] in 1966, a new sanctuary in 1968, a new all-purpose building in 1991 and a remodel of the foyer in

the late 90s. They sold the original parsonage in 2000 and purchased the house on the corner next to their property for use as the new parsonage. This building

sits in the exact spot as the North Bell Sunday School, where the church started back in 1945.

The church's 75th anniversary celebration will

occur at 10 am on Sunday, Sept. 20. Refer to their ad on page six of this edition of the Lowell Ledger for all the details.



congregation moved to a 1960, the purchase of a

897-8429

mdvdental.com

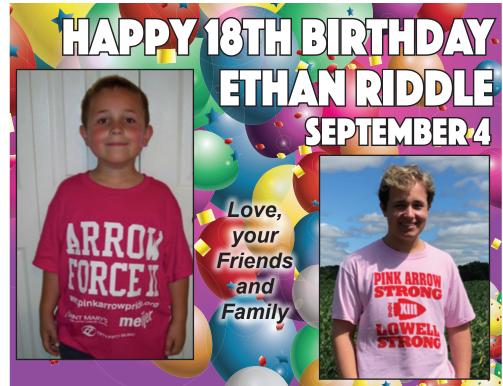
- Teeth Cleanings
- Preventive Treatment
- Tooth Colored Fillings
- Crown and Bridges
- Implant Restorations
- Experienced 24 years of gentle dentistry

Introducing... Dr. Angie Vredenburg



Accepting New Patients Young Families Welcome

1150 N. Hudson (In Lowell Medical Dental Building)



# Red Arrow SPORTS

# **Harriers compete in the Pete Moss Invitational**

The Lowell 2020 boys cross-country team will be led by Jackson Fowler, Cole Weston, Keegan Cater, and Ben Bromley.

"While they ran great times last year, they have put in a lot work to improve on those this year," coach Clay VanderWarf said. John Lothian and Blake Bennett will also be key parts of the team this season.

Like other LHS athletics teams, the team finds themselves in a different conference environment this season with Ottawa Hills and Cedar Springs leaving the OK White. Grand Rapids Christian, East Grand Rapids, and Byron Center will join the schools staying in the OK White which are Lowell, FHC, FHN, Greenville, and Northview.

"I believe we might be the only team who hasn't left the OK White since the 1980s so it's not new to us," VanderWarf said of conference realignment. "However, I believe we will

be extremely competitive with the other teams in the conference. Anytime you throw in EGR and GRC along with the Forest Hills schools you know its going to be a competitive conference. Lowell is looking forward to being a part of that."

With cross-country being one of the fall sports deemed at lowest risk for the spread of COVID-19 by the Michigan High School Athletic Association, Lowell cross-country has been able to get out and do conditioning under MHSAA guidance. They have also started competing in meets and held a summer camp in Ludington

"What I look forward to the most is just being able to participate this year, given everything that has been going on the last six months. I will enjoy being on the courses watching runners from all schools competing, have a little bit of normalcy, even with the changes to the season," VanderWarf concluded.

Lowell cross-country team took an impressive victory in competition on Saturday at the Pete Moss Invitational at Benzie Central High School. The Red Arrows won their session with a score of 54 points, followed by Grand Rapids Christian with 62 points and East Grand Rapids at 65.

Scoring for the Red Arrows were Sawyer Fowler placing eighth with a time of 16.52, Cole Weston, nineth place with 16.58, Jackson Fowler, 10th place with a time of 17.03, Keegan Cater, 13th place with 17.20, and Ben Bromley, 14th place with 17.21. Finishing the lineup were John Lothian, 16th place with a time of 17.33, Levi Mills, 25th place with 18.05, Blake Bennett, 32nd place with 18.18, Alex Weber, 49th place with 19.37, and Caeden Kaufman, 50th with

Their efforts allowed Lowell to finish third in the White Division as races took place over the course of two days. St. Clair won the White Division with Traverse City Central being runner-up. Medaling in the White Division were Sawyer Fowler, 19th overall, Cole Weston, 22nd. Jackson Fowler, 23rd, Keegan Cater, 30th, Ben Bromley, 33rd, and John Lothian, 38th. Lowell's next competition will be the OK White Jamboree at Lowell on Sept. 9.

The Lowell girls crosscountry team has started out their competition schedule this fall. The team, coached by Paul Judd, will be led by a strong core of student-

"I expect sophomore Annika Sandman to continue her improvement and should be in the low 19's by end of the season. She has a nice shot at all-conference and the state meet. Her sisters Keira and Katrina have come into this season way ahead of last year and I would not be surprised to see them in the 20-minute range. We have three XC veterans in Theresa Judd, Lauren Swain, and Canaan McKinney that should be under 21 minutes by seasons end," coach Judd said.

The team has been conditioning and training throughout the summer in pods, and practicing social distancing.

For the girls, they'll have some familiar faces joining the conference. East Grand Rapids, Byron Center, and Grand Rapids Christian will be joining Lowell, Greenville, Northview, FHC, FHN in the realigned OK White conference. "We are familiar with the teams and coaches and look forward to using their presence to raise the level of our program," coach Judd concluded.

The Lady Arrows also took part in the Pete Moss Invitational. The meet was won by fellow OK White member East Grand Rapids and was also represented by 12 teams that finished in

the top 10 at the 2019 state cross country meets. The Arrows were led by Annika Sandman as she captured the 28th place medal in a personal record time of 19:42. That time is a new LHS sophomore record and also places her at number 10 on the all-time best for the school.

The scoring rounded out by Katrina Sandman who placed 71st in 22:04 which was a personal record, Keira Sandman placing 84th in 23:15, Lauren Swain, 87th place in 23:33, Kaylee Byrne, 88th place in 23:35 which was a personal record, and Theresa Judd 89th place in 23:39. Other Arrow personal records were Jess Spaulding in 25:03 and Grace Richmond in 25:34.

Lowell will kick off the OK White campaign next Wednesday, Sept. 9 at Gainey Rec.



# JV Tennis sweeps NorthPointe Christian

by Justin Scott

contributing reporter

The Lowell JV boys tennis team won their first match of the early season last Thursday. The Red Arrows defeated NorthPointe Christian by a score of 3-0.

> Tennis teams this

year are facing smaller numbers than usual due to the coronavirus pandemic, which led to the lower than usual scoreline. Lowell got wins from No. 1 Doubles Will Wurtz and Cam Sluss, No. 2 Doubles Reid Eldred

and Zach Bannan, No. 3 Doubles Max Stoner and Aidan Dennings, and in an exhibition march by No. 5 Doubles Noodin Bardwell and Caleb Yomtoob.

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

In the matter of **Effie Jane Stevens** Guardianship File No. 20-207,763-GA

TO ALL INTERESTED **PERSONS** including daughter, her and other unknown children and heirs, whose address(es) unknown and whose interest in the

matter may be barred or affected by the following:

NOTICE: **TAKE** hearing will be held on October 13, 2020, at 9:00 A.M. at Kent Probate Court, 180 Ottawa NW, Grand Rapids, MI 49503 via Zoom before Judge David M. Murkowski (P35026) for following purpose: Appointment of Guardian.

Dated: August 29, 2020

**Adult Protective** Services, DHHS, Petitioner 121 Franklin St. NE Grand Rapids, MI 49507 (616) 690-7176

**VAN ESSEN AND ASSOCIATES PLLC** Attys. for Petitioner by Amanda Van Essen Wirth (P75001) 109 E. Main St. Suite 11 Zeeland, MI 49464 (616) 633-0196



Sophomore Cam Sluss prepares to serve.

### **Catch Up On Lowell High School Sports**



- SPORTS STATS

# SPORTS

# LHS athletics all-time win percentage calculated

by Justin Scott contributing reporter

Have you ever wondered, does our local high school have an all-time winning percentage above or below .500? This is a question that I sought to answer five years ago when beginning an archive of Lowell High School's athletics history.

Now that the archive I have been working on is for the most part complete, that answer has been uncovered.

After a review of 16,693 independent results with a verifiable final score from 1900-2020 across the 27 sports in Lowell High School history where dual

results have been recorded\*, that answer is above .500.

The historical archive came up with 8,652 wins, 7,715 losses, and 326 ties. A total win percentage of 51.83 percent.

What does this mean? It means Lowell has been gifted with some incredible athletes, coaches, and administration over their 121 years of athletics results. This statistic is probably known by very few high schools in the area, so no real comparisons can be made. It can likely be assumed most win percentages will be right around 50 percent

given the competitive nature of interscholastic athletics.

More good news, there were only 331 events in LHS athletics history for which scores could not be found. This means 98 percent of events had a verifiable final result. Not bad!

Some other interesting statistics that can be shared at this time: The program with the highest win percentage belonged to Lowell Wrestling, with an overall record of 1094-239-8. An 81.58 percent win percentage. The wrestling team's win over Croswell-Lexington in the 2020 Team

State Quarterfinals was the first time Lowell had met Croswell-Lexington in any sport ever.

Speaking of opponents, who is the opponent Lowell has faced the most in our 121 years of results? That would be East Grand Rapids with 1,112 contests. The next nine schools in order are Northview, Greenville, FHC, Ionia, Sparta, Rockford, Cedar Springs, Belding, and Wyoming Park.

Want to pluck a random school and find out the overall record Lowell has against them? Let's pick new OK White member Byron Center. Lowell has won 54 games, lost 30 games, tied 1 game, and has six unknown results against the Bulldogs.

Ultimately, these are just fun statistics. Eventually the historical archive will be put in a format available for all to see! Until that time, we'll keep sharing some fun tidbits like this.

\*The following sports were noted to have had dual results at some point in their history and were a part of this research: wrestling, girls swim & dive, boys bowling, boys swim & dive,

girls track, football, softball, girls golf, girls bowling, boys cross-country, girls soccer, boys soccer, girls basketball, baseball, boys lacrosse, boys track, girls cross-country, boys golf, volleyball, boys basketball, girls lacrosse, boys tennis, hockey, gymnastics, girls tennis, co-ed swim & dive (late 90's, early 2000's), co-ed tennis (1970's)

Those sports not involved in this research did not have dual results (AKA a win or a loss), so while not tabulated in these results, their results are still archived.

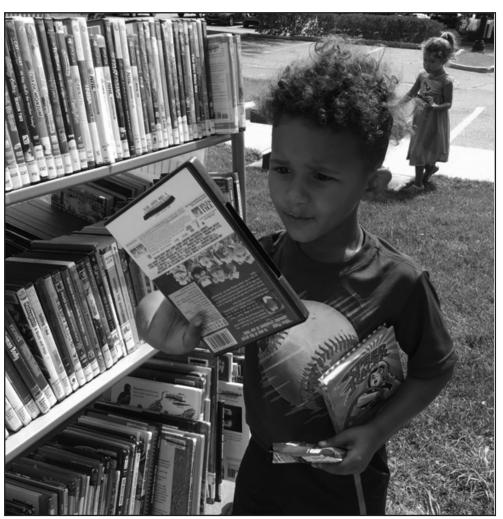
# Library Book Sale offers big discounts for teachers, homeschool parents

Due to COVID-19, the Friends of the Englehardt Library have had to cancel their much anticipated quarterly book sale. But don't despair, bibliophiles! The Friends group, managed and run exclusively by volunteers, has opted to hold an ongoing sidewalk sale in lieu of the huge summer event that normally draws hundreds of people from Lowell and surrounding areas

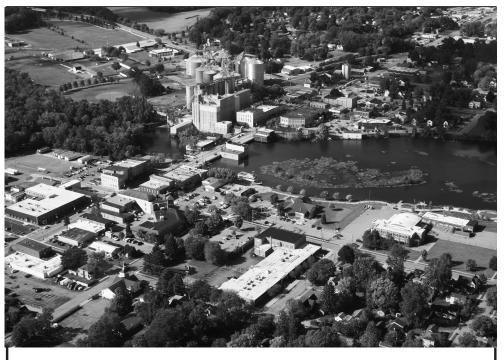
The sidewalk sale will take place in front of the library starting Monday of this week and continuing daily through Sept. 11. Gently used books, music CDs, video games, and movies on DVD and Bluray will be sold for \$5 a bag while supplies last. In an effort to support families during this unprecedented time, all teachers and homeschool parents are eligible for a 50 percent

discount. Sale racks will be replenished daily, so shoppers are encouraged to stop by early and often for the best selection.

The Englehardt Library reopened to the public with limited hours and services on Aug. 5. The library is currently open Monday through Friday from 1 pm to 5 pm and from 9:30 am until 5 pm on Saturdays.



A savvy shopper hunts for bargains at the Friends of the Library sidewalk sale.



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### obituaries

### **CARNEY**

Janys Aileen Carney, age 73 of Lowell, went to be with her Savior on Monday, May 4, 2020. She was preceded in death by her husband, Ronald Carney; parents, Francis Jay and Hilda Buckley; and step-son, Scott Carney. She is survived by her children, Kim (Mark) Silvis, David Thompson, Robyn Benjamin, Kelli (Matt) Mayer; 10 grandchildren; two great-grandchildren;



brothers, Tom (Kathy) Buckley and Curt Buckley; many nieces, nephews and cousins. sewing Jan started at 11 years old and had become a master seamstress. She willing was always to help friends and family whenever she could. She traveled to Swaziland, Africa with her church to serve the Lord and instantly fell in love with the people there, from then on,

she was known as "Gogo Jan". In 1985, she and her husband built "Butterscotch Castle", a log home in Lowell, MI, for them and their six children. After living there for 35 years, they decided to sell the home they loved and moved to a condo in Kentwood. Less than one year later, she had suffered 30 mini strokes from a surgical complication. Three months after that, she lost the love of her life. Life was never the same for her and while she tried to fight, the heartbreak was ultimately too much for her to handle. Jan was very creative and the life of the party. She loved to cook, sing karaoke and share their beautiful home with those closest to her heart. We take comfort in knowing she is now reunited with Ron and dancing to their song "Could I have this Dance". A Private Memorial Service will be held at Impact Church located at 11840 Fulton St E, Lowell, MI 49331 on Wednesday, September 2, 2020. Pastor Jon Bell officiating. To sign Jan's online guest book or to share a favorite memory, please visit: https://www. gerstfuneralhomes.com/obituary/janys-aileen-carney/



### **POULIAS**

Joan B. Poulias, age 88 of Parnell, passed away peacefully Saturday morning, August 29, 2020. Her family is grateful for the opportunity to have celebrated her life and say goodbye in a love-filled hospital room. Joan was born in Marmora, Canada on September 16, 1931. She is survived by her beloved husband of 66 years, Gene; her daughters, Joanne Poulias and Jolene (Jim) McCormick; her brother, Don (Kathy) Loveless. She is preceded in death by her sons, Steven and



Michael Poulias; and her sisters. Marie Austin and Anne Quinlan. Joan was a member of St. Patrick's Parish in Parnell. She was the matriarch of the family. loved and respected by her husband, children grandchildren. Joan was a wonderful homemaker and an avid crafter, enjoying primarily knitting and crocheting. She could often be found

completing puzzles in the dining room or reading books. She wrote the book on grand parenting, taking her grandchildren on walks in the woods at their cottage in Baldwin, Michigan, teaching them what could be eaten, and provided the very best tea parties. She was generous with her love to her 2 surviving children; 7 grandchildren, Jenny Dewald, Matt (Jen) Groeneweg, D'Lisa Groeneweg, and Jimmy, Nick, Alyssa, and Jared McCormick; and 6 great-grandchildren, Athena, Sophia, Tyler Groeneweg, Evan Groeneweg, Aisling Dewald, Audrey Dewald; two special foster great-

grandchildren, Cheyann Arens-Caudill and Nicole Ketchum. A Rosary will be held at St. Patrick's parish in Parnell on Thursday, September 3rd from 2:30 p.m. - 3:00 p.m with visitation from 3:00 p.m. - 4:00 p.m. A Mass of Christian Burial will be held at 4:00 p.m., all at St. Patrick's Catholic Church. 4351 Parnell Ave. NE. Ada. MI 49301. Interment St. Patrick Cemetery. Donations may be made to the Breast Cancer Research Foundation, 28 West 44th St, Suite 609, New York, NY



### **SCHMALTZ**

Barbara C Schmaltz, age 86, of Chambersburg, PA, passed away on Thursday, August 27, 2020 at home with her family by her side. She was born October 17, 1933 in Chicago, Illinois to Leslie Theron and Christine Pearl (Campagna) Chilson. At the age of seven she packed up and moved with her family to Buchanan, Michigan (named after President James Buchanan). She graduated from Buchanan High School in 1951 and South Bend College of Commerce in 1952 and worked for Clark Equipment Co in Buchanan. In 1955 she married Duane Schmaltz and together they packed up and moved to the San Fernando Valley in southern California to pursue careers in the booming



She managed the secretarial pool at Radioplane Company in Van Nuys, CA until taking a time-out to care for her children. In 1966 Barbara returned to work in the aerospace field for Whitaker Industries in Canoga Park, CA and then Hughes Research Labs in Malibu, CA. It was at Hughes that she received companywide recognition

for streamlining the research grant application process with DARPA. In 1982 she took another time-out to go 'Around the USA in 80 Days' visiting 25 states, driving 13,025 miles in her Datsun 610, burning 417 gallons of gas and averaging 31 mpg before making it home with \$1.26 left in her pocket. In 1983 she packed up and returned to Grand Rapids and then Lowell, to be closer to family, starting a second career as the purchaser for Frost Incorporated in Grand Rapids, retiring in 1999. In her retirement years she joined Flat River Outreach Ministries of Lowell since its inception donating her time to assist with the needs of the less fortunate in the area. She worked part-time on the staff of the Lowell Chamber of Commerce and was appointed to the Lowell City Planning Commission. In 2000 she took her one and only trip abroad to England and let the Queen know what's what. In 2017 she packed up, again, and relocated this time to Chambersburg, PA to enjoy the 'warmer' climate. She enjoyed reading and gardening and was one to never back down from a decision. She is survived by her sister, Roselle Havens of Michigan; sons, Dennis (wife Liesa) Schmaltz of Chambersburg; Mark (wife Mari) Schmaltz of Lowell; grandson, Jason (partner Allison) of San Francisco, CA; granddaughter, Dyanna (husband John) Lawbaugh of Waynesboro, PA; and great-granddaughter, Sophie. She was preceded in death by her parents; a brother, Johnny as a child; and her husband, Duane. Services and interment are private. Memorial gifts may be made in her name to .



### LEDGER OFFICE HOURS

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# Looking Back, continued

communications of all members of the U.S. armed forces in the Pacific-Asiatic theater and on the European continent was ended Monday. The directive affects civilians assigned or attached to the armed forces as well as men and women in uniform.

Intensified efforts to collect waste paper are under way throughout the State to avert the shutdown of any Michigan paper mills because of lack of salvage. Newspapers and radio are placing renewed stress in the necessity for saving every bit of paper which can be used again in making new paper. The fact that some Michigan mills have been forced to resort to the uneconomical process of shipping in waste paper from California, Texas, Montana and Florida in order to keep operating has revealed with startling emphasis the need for increased collections in the state.

### 50 years The Lowell Ledger **September 10, 1970**

By a vote of 2-1, the Public Service Commission of the Michigan Department of Commerce has approved a \$14,799,000 rate increase for Michigan Bell Telephone Co. The 3.1 percent rate increase, the first general increase the utility has received since 1960, will be spread among Michigan Bell's 2.4 million customers in 76 Michigan counties.

Recent outbreaks of diphtheria in Texas, Arizona and Illinois demonstrates what can happen when the immunization level of an area drops, according to Dr. W. B. Prothro, Director of Kent County Health Department. "Until about 40 years ago diphtheria was a major killer. Discovery of a vaccine for it at that time worked wonders. Within a 30-year-period the disease almost disappeared. Since diphtheria is little more than a name to younger generations, and since its danger is no longer so apparent, people have grown careless. Consequently, diphtheria is beginning to sneak back," Dr. Prothro said.

Current G. I. Bill trainees are more likely to be enrolled at the college level than were their counterparts under the World War II and Korean Conflict G. I. Bills, according to the Veterans Administration.

### 25 years The Lowell Ledger September 6, 1995

For the first time in 42 years St. Mary's Elementary School will not be offering classes for Lowell parochial students. Father George Fekete said the decision to discontinue classes wasn't finalized until late this summer.

The artists chosen for the Lowell Area Arts Council's 27th Annual Fallasburg Fall Festival represent a wide variety of art and craft skills. Seventy-five applicants were chosen from those who applied to the jury for the annual festival to be held Sept. 23 and 24 at Fallasburg Park.

J.J. Haggai's rubber duck came home ahead of the field in the Riverwalk Festival duck race down the Grand River. For the duck's effort, Haggai was the lucky winner of \$500.



### temporary office hours: Mon.-Thurs. 8 a.m.- 5 p.m.

closed Fri., Sat. & Sun.

# lassified

### for sale

FOR SALE BY OWNER -2 story, 3 bedroom, 1 1/2 bath, 2,000 sq. ft, 0.44 acre lot, in the Village of Middleville. Interested? Call 269-275-0408.

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

**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

REACH OVER 100,000 AREA HOMES - with our Marketplace! One call & one payment, only \$40! Includes 20 words & 1 black & white photo. Only items for sale please. Perfect place to advertise a vehicle or camper for sale! The ad runs in the Lowell Buyer's Guide & News, Hastings Reminder, Marshall Advisor/Chronicle & Battle Creek Shopper News. Call 897-9555, email: classifieds@lowellbuyersguide. com or stop by 105 N. Broadway for more info.

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

### help wanted

**EARNEXTRAMONEYON** THE WEEKEND! - Delivering the Buyers Guide. Seeking applicants for a driving route. 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 or email your inquiry to: classifieds@ lowellbuyersguide.com.

**DRIVER WANTED - to** take me to chiropractor in Grandville once a week, late morning. Must be a careful driver 897-9202.

**INSERTING CREW MEM-BER NEEDED** - Part-time Hours on Wed. & Thurs. are flexible after training, but Friday nights from 3 pm to 8ish is required. Duties include: stuffing inserts into the Buyers Guide. You will be standing for long periods of time & lifting upto 25 lbs. frequently. Must be at least 18 years old. Stop by the Buyers Guide office to fill out an application. 105 N. Broadway, Lowell.

HIRING SEASONAL EM-PLOYEES - Day & night shifts available thru Sept. Full-time hiring at the end of season. Wages start at \$14.00/hour. Apply in person Mon. - Fri. 8 am - 4 pm. Twin City Foods, 801 Lincoln St., Lake Odessa or at tcfi.com. Call 616-374-8837 for more info.

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### for rent

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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, 3116 Alden Nash. Newly remodeled, smoke-free, private, great location & great rate! www.VFW8303.org. All Vets Coffee Hour the 3rd Thursday of each month at Keiser's. Bring a friend. Call John at 299-0486 or 897-8303.TFN EOW

WHISTLE STOP MINI STORAGE - 12661 Vergennes, N. of Lowell. 5x10; 10x10; 10x20; 10x30; 12x40. Fenced lighted, key code entry. Call for more information, 897-8872.

### wanted

BUILDING SITE - to build new home on. Between .5 and 5 acres. Prefer Kent or Ionia County. 897-6832 or pricehelenj@icloud.com

FREON WANTED: We pay \$\$\$ for cylinders and cans. R12 R500 R11 R113 R114. Convenient. Certified Professionals. Call 312-586-1265 or visitRefrigerantFinders.

I WANT TO BUY - a refrigerator, stove, washer & dryer. Have cash. Call 616-585-1709. TEN

HUGE SALE - 3 family antiques, vintage, new, hunting, too much to list! Thurs., Sept. 3 - Sat., Sept. 5, 9 am, 13280 52nd St., Lowell.

MOVING SALE - Rain or shine. Sept. 3, 4, 5 from 9-5 pm. 4x8 utility trailer, John Deere riding mower, push mower, tools, yard tools, clothes dryer, furniture, hospital bed & many household items. Come see what treasures you can find. 5935 Nash Hwy., Saranac.

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### services

TERRY RISNER ROOF-ING - Re-roofs & new construction. Free estimates. Licensed & insured. Call 616-291-9250.

TRACTOR MAN - aggregate driveway up-keep, lawn prep, bucket/fork work, food plots, gardens, brush/field mowing. 616-272-8097, kaamcosps@ gmail.com

WORK WANTED - Double D's Tree & Handyman Service. 40' & 70' bucket truck, tree trimming & removal, gutter cleaning, window washing, power washing, buildings, barns, homes, decks, etc. Insured. Call Dave Delinsky, 616-212-3008. Free estimates. TEN

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

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

### services

NOREEN K. MYERS, AT-TORNEY AT LAW - Compassionate, experienced, effective legal representation. Specialties include: wills & trusts, work related injuries, employment discrimination. 307 E. Main, Lowell, 897-5460.

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

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 classified ads, and must be paid for when ad is placed. Call 897-9555 or email to: classifieds@ lowell buyersguide.com

POWER WASHING -Houses, decks, modular homes. Also deck staining with sanding options. 14 years experience, quality work, free estimates. Email Jeff at jbrower7@gmail. com call/text 616-706-9519. Prefer email.

### services

TWO BROTHERS AUTO SERVICE - 5400 Ivan Rd., Saranac, 616-642-9180.30 years experience, state certified, licensed & insured. Hours Monday -Friday 8 am - 5 pm. Dave Traver head mechanic.

### misc.

LOWELL AREA FARM-ERS' MARKET - Open every Thursday through October 1, from 10 am to 3 pm. Come see us at our new location, Impact Church east parking lot.

ARTISAN FESTIVAL -Hosted by Dragon's Lair. Sept. 5, 11 am - 5 pm. 12177 McPherson St., Lowell. Arts & crafts for sale, music by local DJs, free entry. Vendor spaces still available. Info call 616-550-5994.

DIRECTV - Switch and Save! \$49.99/month. Select All-Included Package. 155 Channels. 1000s of Shows/Movies On Demand. FREE Genie HD DVR Upgrade. Premium movie channels, FREE for 3 mos! Call 1-844-975-

### misc.

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### PUZZLE SOLUTIONS

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# sharing the vision

LAS Interim Superintendent Nate Fowler

My name is Nate Fowler and I will be serving as Interim Superintendent to start the school year. This fall begins my 23rd year at Lowell Area Schools. Over the years I have served in a variety of roles as Director of Curriculum, Bushnell Principal, Middle School Assistant Principal, High School teacher and coach. My wife, Kim, is an educator too teaching kindergarten at a neighboring district. We have four children, three sons who attend Lowell Area Schools and a college

age daughter who graduated from Lowell. In the past 22 years I've had the opportunity to meet, get to know, and collaborate with hundreds of amazing people who make our community such a special place to live and raise a family. I have always been struck by the unique way this community comes together to make positive change and to support one another during difficult times. I am honored to continue to serve our school district and community in this new role.

My mission is to work with all stakeholders to ensure that every student in our community has the same opportunities that my own kids have had at Lowell Area Schools.

Since March, all of our lives have been upended as we transitioned to remote learning and stay at home orders. We saw ceremonies, performances, concerts, and seasons canceled. We tried to build schedules and routines around stay at home orders and figure out how to balance work, remote learning, and not being able to see friends. As we get close to the start of school, the virus continues to disrupt our lives.

The start to this school year presents unprecedented challenges as we work to strike a balance between the safety

of everyone in our school buildings and community while providing quality educational opportunities for our students. In spite of the challenges, I feel a tremendous amount of gratitude for the support and grace shown by our community.

This summer also brought a number of exciting changes to Lowell Driving Area Schools. around the district we can see the results of the bond passed by our community in May 2019. Work continues at Alto, Bushnell, Cherry Creek, and Murray Lake. The middle school tennis courts are almost complete, and we are weeks away from breaking ground on the addition and major renovation at the middle school. The support continues with the

replacement of the district sinking fund as a result of the August 4 election.

There have been a number of changes to our administrative team. We said goodbye to a number of beloved administrators, teachers, and support staff who have retired from Lowell Area Schools including our longtime superintendent, Mr. Greg Pratt. Thank you to each of our retirees for their many years of service and the impact they have made on the lives of Lowell students. Additional changes include Ms. Heather Sneider as the Director of Special Education, Mr. Craig Veldman as the principal at Cherry Creek Elementary, and Mr. Ron Acheson as the assistant principal at Lowell Middle School.

We have faced unique

challenges over these past months, but these difficulties also present opportunities. Thev encourage us to evaluate our priorities as individuals, but also as we come together as a community. The priority at Lowell Area Schools is to provide learning opportunities to all students in the district. We will do this in the safest way possible. We expect that our situation will continue to change and evolve. As we emerge from our current situation, I believe that we will be stronger because that is how our community handles difficult times. I am grateful for the community that we have in Lowell. We are stronger together.

# Live the Life You Want Handling job stress during these uncertain times

Melissa Spino MA LLPC CDMS Life Transitions Therapy LLC

This has been challenging year unprecedented worldwide changes. We have seen country deeply the divided politically and socially and we continue to deal with so many issues due to COVID-19. There is disagreement over COVID-19 safety measures from mandates to equipment. One of the many results is job stress regardless of whether you are working remotely or at your normal work location.

### Stress Symptoms

So, what is causing these feelings of work-related stress and anxiety? Below are examples:

- Worry about being exposed to the virus at work
- Handling extra work tasks
- Juggling personal and family needs while working

 Adjusting to a different work schedule, tools, safety measures, or work space

- Feeling that you don't have needed safety measures or equipment at work
- Feeling uncertain about the future of your job or workplace

When you start to notice any of the following symptoms it's time to start

addressing your stress and anxiety.

• Feeling irritation, anger, or being in denial

- Feeling tired/ exhausted, overwhelmed, or burned out
- Feeling nervous, a sense of unease, uncertain, or anxious
- Feeling sad or depressed
- Feeling a serious lack of motivation



• Having regular problems sleeping or concentrating

### Take Action

Here are a few suggestions to help manage job stress (following COVID-19 mandates).

- Keep a daily routine. Keep similar sleep and wake times. Be sure to make time for enjoyable activities such as hobbies. Practice mindfulness techniques. Take regularly scheduled breaks at work.
- Let go. If you can't truly do anything to correct the situation let it go.
- Limit stressful news. Reduce time spent watching, reading, or listening to news that you find upsetting and/or mentally exhausting
- Communication.

  Talk openly and honestly with appropriate people at



Melissa Spino MA LLPC CDMS

work about what is causing you stress, challenges you are facing etc. to come up with possible solutions.

- Know the facts. Learn about the virus so you truly understand the risk.
- Avoid Excess. If you find yourself eating, drinking alcohol, using

drugs (prescription or otherwise) in excess it's time to seek help.

• Stay Connected. It's important to stay in contact with your support system (family, friends etc.) to talk through concerns and how you are feeling.

### What can Employers Do?

One employer resource is Mindshare Partners. They have links to free articles and toolkits to help employers support their employees during this challenging time. You can find these links at https://www.mindsharepartners.org/mentalhealthresourcesf orcoronavirus

Remember that we all have a role to fulfill and are in this situation together. This article is not intended to diagnose or treat.

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105 N. Broadway, Lowel

### **FUN PAGE**

### **SUDOKO** 6 4 2 6 4 8 5 6 5 6 7 4 2 5 8 4 8 9 6 2 8 1 4 6 9

Level: Beginner

### Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

# WRITER'S CORNER WORD SEARCH

N C Α R C Т R S Ι C В Ι Α Ι 0 S C S A T B М H G Т C 0 Α R K Н C N U В T G Ι S T Y F E G Y 0 Α Ν Α 0 N D Н E E E T 0 R H N 0 D D D Ε N 0 U М E N A C S 0 Ε E P Ι 0 U E K A K R A Y G Ν G A R V Ι N Α N D A U S S Ε S Ν Y E G Α S Ι 0 Ι T 0 T G G G P K N U R Y 0 V R T Ι C S Ι C E D K 0 М N N D E V D E N B Ι C T Ι F Ι Ε C A Y R R Н H M Α Α Ε F S V Н Н R Ι Y R Ι A Ε A 0 E P L K Ν F E C E Y G C P D 0 B G Т Н Α U 0 L Н V R C B S V Ε C T D Ι Т 0 T P K V A Ι М Ι В C S B 0 G М A C L U Н Ι G S K C A Ι D E U C R T V Ι Y Ι C U 0 U R N 0 R L C T T Т S Ι Ε T S Ε Ι K Α N K Α Α М L N Y R L S P R R U U A E F Ι Y R V F Н K Н Ε E T T R R P G E N C V Α D N М Н N 0 K N U L V 0 A Α K Н Y T E C 0 N T A М R V F R C 0 Ε P Y Н Y N 0 K Α М Н R Н G V V U C A Ι Y C М B C R G N R Н M

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

**Puzzle solutions** on page 13

WRITER'S CORNER **WORD SEARCH** 

> **ANTAGONIST ANTIHERO** ARCHETYPE **BACKSTORY CHARACTER**

CONFLICT **DENOUEMENT DIALOGUE EPILOGUE** 

**CLICHE** 

**EVIDENCE FICTION FIRST PERSON** 

**GENRE** HOOK **IMAGERY** 

INTRODUCTION **MANUSCRIPT NARRATIVE** NONFICTION **SUMMARY** 

**THEME TRAITS VOICE** 

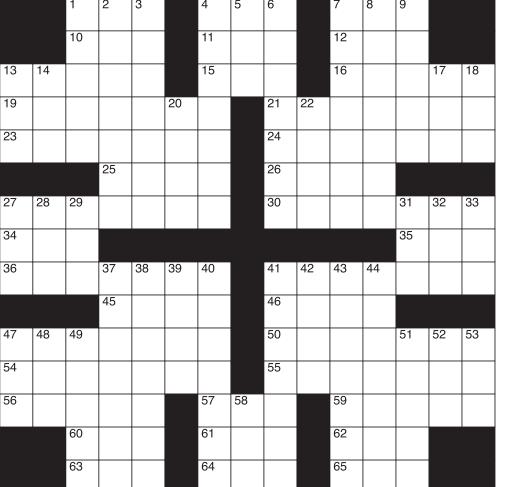
# Guess Who?

I am an athlete born in California on September 3, 1986. Many may not know I had two open heart surgeries before the age of one. But that didn't stop me from going on to be one of the most successful professional snowboarders of all time. I have earned more X-Game gold medals than any other competitor.

Answer: Shaun White

### SCRAMBI Rearrange the letters to spell something pertaining to immunizations. BTORES

Answer: Booster



### **CLUES ACROSS**

- 1. Chop with an ax
- 4. Where a bachelor lives
- 7. Indicates near
- 10. Doctors' group
- 11. It's just a number
- 12. Type of bread
- 13. Lively ballroom dance
- Charles S. Dutton TV series
- 16. A way to use up 19. Singular event
- 21. Home of Disney World
- 23. Minerals
- 24. Most insightful 25. Consult
- 26. In addition
- 27. Agents of downfall
- 30. Organizations
- 34. Supervises flying
- 35. Bar bill
- 36. Alfalfa
- 41. Dish soap
- 45. Witnesses
- 46. Ancient Greek City
- 47. Newspaper bigwigs
- 50. Discuss again
- 54. Small group with shared interests
- 55. Support
- 56. Popular sportcoat fabric

- 57. Take hold of
- 59. Pre-Mayan civilization
- 60. Woman (French)
- 61. Wheeled vehicle
- 62. Georgia rockers
- 63. Cold War player (abbr.)
- 64. Pitching stat
- 65. Attempt

### **CLUES DOWN**

- 1. Czech monetary unit
- 2. Arousing intense feeling
- 3. Elks
- 4. Muscular weaknesses
- 5. Before the present
- 6. Figures out
- 7. Infinite
- 8. A low wall
- 9. Silly
- 13. Political organization
- 14. Used of a number or amount not specified
- 17. Divisions of the psyche
- 18. Denial
- 20. Ancient Iranian person
- 22. Count on
- 27. Popular sports league
- 28. Water (French)
- 29. Partner to cheese
- 31. When you hope to get there

- 32. Angry
- 33. One point east of due south
- 37. Respects
- 38. Organize anew
- 39. French wine grape
- 40. Intrinsic nature of
- something
- 41. Neural structures
- 42. Brews
- 43. Where ships take on cargo
- 44. Holiday season singer
- 47. Shock treatment
- 48. Popular average
- 49. Products
- 51. A type of bear
- 52. Utilize
- 53. Old world, new
- 58. Swiss river



# MARKET ON ARICH ON SATURDAY OF THE MONTH

# 10:00 am to 5:00 pm on September 12

Lowell Area Chamber of Commerce and Main Street Merchants invite you to our Pop-up "Markets on Main Street"!

Join us for outdoor sales that will promote shopping locally as we practice social distancing. Merchants and area vendors will offer their specialty items in a fun and summer-filled atmosphere.

Make sure you mark your calendar!

Our shops and vendors will be waiting for you!

