

## Pink Arrow Pride football game is now “Family Night at the Drive In,” Sept. 25

### LHS sports



pages 10-11

by Tim McAllister  
lead reporter

The high school football season is going to continue under some new guidelines announced last week, therefore the Pink Arrow Pride event is going ahead, but not exactly as planned.

Because the live audience at this season’s game is limited to two spectators for every player or cheerleader, Pink Arrow Pride organizers decided to do it “drive in” style at the Kent County Fairgrounds this year.

The gates will open at 6 pm on Friday, Sept. 25 and the game will start at 7 pm.

“The halftime will all be on the big screen also. Instead of having a 30 minute lull, we’ll run the honoree recording, which has already been done,” said Pink Arrow Pride coordinator Teresa



Beachum. “Each Lowell football player stood in front of a podium at the high school to say their name and who they’re honoring. They’re in

their street clothes instead of their pink jerseys because it was recorded two weeks ago. They introduce themselves and their honoree, and they

say a little bit about their honoree.” There is still a pandemic going on, so expect to social distance and wear a mask.

“We’re going to have food there, and we’re asking people to mask up when they get in the food line, or when they get in line to buy t-shirts,” Beachum said.

### Weaving Fair



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### ABCs of Lowell history



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## Big Boiler Brewing buys Greenville brewery

by Tim McAllister  
lead reporter

Brent Slagel and Jim Zawacki of Big Boiler Brewing, 318 E. Main, have purchased the Castle Brewing Co. of Greenville.

Founded in 2012, Castle Brewing is a restaurant and microbrewery recognized for its award-winning craft beer produced in-house. It was known as “57 Brew Pub” until 2017, when it was purchased by three local investors and renamed Castle Brewing Co. in tribute to J.R.’s Roller Castle, a

roller rink that operated for many years on that site. At that time, they updated the interior, installed digital signage in front of the building along M-57, and created a beer garden with an outdoor bar boasting 12 outdoor taps. However, their various business interests demanded more of their time and attention, so the partners decided to sell Castle Brewing.

“The buyers, with their extensive experience, are a



fantastic fit and we’re excited to watch Castle Brewing enter its next phase of growth,” the former owners - Andy Hurst, Jason Mahar and Marc VanderVelde - said in a press release.

“We are very pleased to be adding Castle Brewing to our family,” Slagel said in the same press release. “We love Greenville and are looking forward to investing in the community and company.”

The financial terms of the transaction were not disclosed.

### Community Cleanup Day



page 9

## Two cases of COVID-19 in Lowell schools

by Tim McAllister  
lead reporter

The school year only got underway a couple weeks ago, and there have already been two cases of COVID-19 in local schools.

Interim Lowell Area Schools superintendent Nate Fowler said that one Lowell High School student and one Murray Lake Elementary staff member each tested positive for the disease.

“We have had one positive student case and one positive case among a staff member,” Fowler said. “In each case we supported contact tracing efforts through the Kent County Health Department. We also notified families and staff in the buildings where the positive test occurred.”

## Many LHS athletic events to be streamed live online

The Lowell High School Athletic Department has announced that it will stream ‘live’ video of many athletic events on the NFHS Network and MHSAA.tv

All events originating from Bob Perry Field, Red Arrow Stadium and the main, large gymnasium at Lowell High School will be able to be viewed. Some of those will be broadcast, audio only, on the high school’s WRWW radio stations: 92.3 FM locally

and streaming worldwide at [www.lowellradio.org](http://www.lowellradio.org)

New, high definition Pixellot cameras cover the length of the playing surface and focus in on the ball and player movement to deliver the action.

The camera unit communicates with the scoreboard to insert a time and score graphic on the viewing screen.

Audio can be picked up by the device, which may include the public address announcer, crowd noise,

and/or the play-by-play sportscasters.

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# MDHHS encourages local officials to reschedule outdoor activities as EEE cases increase

The Michigan Department of Health and Human Services encourages local officials in counties affected by Eastern Equine Encephalitis to consider postponing, rescheduling or cancelling outdoor activities occurring at or after dusk, particularly activities that involve children.

This would include events such as late evening sports practices or games. The MDHHS recommendation is being made out of an abundance of caution to protect the public health, and applies until the first hard frost of the year.

As of Sept. 10, EEE has been confirmed in 19 horses

in nine counties in Michigan – Barry, Clare, Isabella, Jackson, Kent, Mecosta, Montcalm, Newaygo and Oakland. Additional animal cases are under investigation. This is twice as many animal cases as the same time last year. To date, no human cases have been identified. There is an EEE vaccine available for horses, but not for people.

In 2019, there were 10 human cases of EEE in Michigan, which is equal to the total number of cases in the previous 10 years combined. Last year, Michigan accounted for 25 percent of the EEE cases nationally. It is unknown

exactly why some years are more severe than others, although weather, including temperature and rainfall, are thought to play a role.

“As animal cases continue to grow, the risks to people increase as well,” said Dr. Joneigh Khaldun, MDHHS chief medical executive and chief deputy for health. “People get EEE the same way horses do – from the bite of an infected mosquito – so a case in a horse means people in that area are also at risk. Limiting exposure at outdoor activities, especially near dusk when mosquitoes are most active, is the best way to keep you and your family safe from this deadly disease.”

EEE is one of the most dangerous mosquito-borne diseases in the United States, with a 33 percent fatality rate in people who become ill. Persons younger than age 15 and over age 50 are at greatest risk of severe disease following infection.

Signs of EEE infection include the sudden onset of fever, chills, body and joint aches, which can progress to a severe encephalitis, resulting in headache, disorientation, tremors, seizures and paralysis. Anyone who thinks they may be experiencing these symptoms should contact a medical provider. Permanent brain damage, coma and

death may also occur in some cases.

Residents must continue to protect themselves from mosquito bites by:

Avoiding being outdoors from dusk to dawn when mosquitoes that carry the EEE virus are most active.

Applying insect repellents that contain the active ingredient DEET, or other US Environmental Protection Agency-approved product to exposed skin or clothing, and always follow the manufacturer’s directions for use.

Wearing long-sleeved shirts and long pants when outdoors. Apply insect repellent to clothing to help prevent bites.

Maintaining window and door screening to help keep mosquitoes outside.

Emptying water from mosquito breeding sites around the home, such as buckets, unused kiddie pools, old tires, or similar sites where mosquitoes may lay eggs.

Using nets and/or fans over outdoor eating areas.

For more information about EEE, visit Michigan.gov/EEE. You can also call the MDHHS hotline, which will now take calls for general questions about both COVID-19 and EEE, at 888-535-6136. The hotline is open from 8 am to 5 pm, Monday through Friday.

# Detroit protesters allege ‘brutal violence’ in lawsuit

Protesters sued the city of Detroit, the mayor, and police chief in an attempt to ban city police officers from using “striking weapons,” such as batons and tear gas against demonstrators “who do not pose a threat to any officer.”

The lawsuit, filed in US District Court Eastern District, claims the Detroit Police Department officers used the weapons with enough force to fracture facial bones, cause baseball-sized lumps, and inflicted other injuries that left Black Lives Matter protesters hospitalized in May. Allegations also include a claim police rammed demonstrators with a police vehicle.

“DPD has made it clear that it will continue to use violence against peaceful demonstrators without court intervention,” wrote attorney Jack Schulz, who represents the plaintiffs led by Detroit Will Breathe movement.

Attorney Amanda Ghannam said Monday during a press conference announcing the lawsuit that Detroit police have “continuously responded” to her clients’ exercise of their First Amendment rights by “excessive and unjustified violence.”

“We are asking the court to put an immediate stop to this rampant violence,” she added.

The lawsuit includes photographs and affidavits that detail injuries.

Among the claimants is volunteer medic Alex Anest, who said he and his partner were at protests to help keep people safe and he watched in horror as officers destroyed the triage area they established. He said he witnessed officers beating and using tear gas on protesters.

Anest, who also is a guitar teacher, spent five days in the hospital after he was struck in the back while helping another medic. A

photograph of him shows a tube inserted into his chest because he suffered a collapsed lung.

“They targeted medics and then wounded as many protesters as they could,” he said, comparing it to a war-time strategy. “The thing is we’re civilians, not soldiers. These are our streets and not a battlefield.”

A second photograph of Detroit Will Breathe leader Nakia-Renne Wallace shows police officers on top of her while an officer has an arm around her neck. The incident occurred when she attended a July 10 protest over the death of Hakim Littleton, who was shot by Detroit police officers on July 10 after he reportedly pulled a gun from his shorts pocket and fired at police.

According to the suit, Wallace witnessed a group of officers “rush into the crowd and begin to beat, detain, and arrest demonstrators without provocation.” Reminded of the death of George Floyd, who died when an officer



kneeled on his neck, she shouted “Get off his neck, get off his neck!”

The suit says Wallace was “slammed” to the ground

and attack demonstrators?” The officer, who is identified as Doe Officer, screamed: “Yes they do, and shut the \*\*\*\* up before I make you the next victim!”

During the press conference, Caylee Arnold, who participated in protests Aug. 22-23, said the evening began with music playing, people freestyling and bubbles floating in the sky, but it ended “in terror.” She said an officer shoved her from behind with a shield and struck her legs with a baton, and she was then pepper-sprayed as officers held her down.

Detroit Police Chief James Craig, who is a named defendant, has said police are investigating about two dozen complaints against officers, and one officer has been charged with felonious assault for allegedly firing rubber bullets that struck three media photographers.

Mayor Mike Duggan, also a named defendant, has supported and defended Craig’s leadership.



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# Aerial treatment planned to combat deadly mosquito-borne disease EEE in 10 MI counties

In an effort to prevent spread of Eastern Equine Encephalitis, the Michigan Department of Health and Human Services has announced plans to conduct aerial mosquito control treatment in certain high-risk areas of Michigan.

As of Sept. 13, EEE has been confirmed in 22 horses in 10 counties in Michigan. Additional animal cases are under investigation. This is twice as many animal cases as the same time last year. To date, no human cases have been identified. There is an EEE vaccine available for horses, but not for people.

In order to prevent the loss of life and protect public health, MDHHS has determined a targeted aerial treatment plan is necessary. When there are high rates of animal infections, humans are just as at risk.

EEE is one of the most dangerous mosquito-borne diseases in the United States, with a 33 percent fatality rate in people who become ill. People can be infected with EEE from one bite of a mosquito carrying the virus. Persons younger than age 15 and over age 50 are at greatest risk of severe disease following infection. More than 25 percent of the nation's EEE cases last year were diagnosed in Michigan.

"We are taking this step in an effort to protect the health and safety of Michiganders in areas of the state where

we know mosquitoes are carrying this potentially deadly disease," said Dr. Joneigh Khaldun, MDHHS chief medical executive and chief deputy for health. "As people are spending more time outdoors because of COVID-19, they also need to be protecting themselves from mosquito bites."

Signs of EEE infection include the sudden onset of fever, chills, body and joint aches which can progress to a severe encephalitis, resulting in headache, disorientation, tremors, seizures and paralysis. Anyone who thinks they may be experiencing these symptoms should contact a medical provider. Permanent brain damage, coma and death may also occur in some cases.

Treatment is scheduled to occur starting the evening of Wednesday, Sept. 16. However, treatment can only take place under certain weather conditions, so the schedule may need to change. Residents are encouraged to visit [Michigan.gov/EEE](http://Michigan.gov/EEE) for up-to-date information.

The Michigan Department of Agricultural and Rural Development has issued an emergency rule temporarily amending the rule on notification and participation for community pesticide applications for aerial spraying treatment across affected counties. This means mosquito control

treatment will be required for those areas that are identified by the aerial treatment plan with exception of federal properties and tribal lands.

"As recent history has shown us, EEE can strike fast and it can be deadly to humans and animals," said MDARD Director Gary McDowell. "MDARD fully supports the work and commitment of MDHHS to protect public health, which is why we have removed an obstacle that might have prevented them from taking action quickly."

Treatment areas are selected based on occurrence of cases. Treatment is scheduled for the 10 impacted counties: Barry, Clare, Ionia, Isabella, Jackson, Kent, Mecosta, Montcalm, Newaygo and Oakland. Additional areas may be selected for treatment if new human or animal cases occur outside of the currently identified zones.

Aerial treatment is conducted by specialized aircraft, beginning in the early evening and continuing up until the following dawn. State-certified mosquito control professionals will apply an approved pesticide as an ultra-low volume spray. ULV sprayers dispense very fine aerosol droplets that stay suspended in the air and kill adult mosquitoes on contact. This is a method many other states have also used to combat EEE. Aerial

treatment is provided by Clarke from St. Charles, Ill., which provides mosquito control to protect public health. Clarke pioneers, develops and delivers environmentally responsible products and services to help prevent vector-borne disease, control nuisance and create healthy water bodies.

Treatment will be conducted using Merus 3.0, the same product used in 2019. Merus 3.0 is registered with the US Environmental Protection Agency and MDARD, and is labeled for public health use over residential areas. It contains five percent pyrethrins, a botanical insecticide extracted from chrysanthemum flowers. Pyrethrins are commonly used to control mosquitoes, fleas, flies, moths, ants and many other pests, and are approved for use in organic agriculture as well.

In general, health risks are not expected during or after spraying. No special precautions are recommended; however, residents and individuals who have known sensitivities to pyrethrins can reduce potential for exposure by staying indoors during treatment. Aerial treatment is not expected to have any impacts on surface water or drinking water. Monitoring in 2019 when more than 557,000 Michigan acres were treated

found no increased human, animal or insect adverse effects associated with aerial treatment.

Aerial treatment will be conducted in the nighttime hours as this is when mosquitoes are more active. It is also when fish are less likely to be at the surface feeding and honeybees are most likely to be in their hives. However, owners should cover small ornamental fishponds during the night of spraying. While it is not necessary to bring animals indoors during treatment, concerned pet owners can choose to bring animals inside during this time.

To reduce the potential for people to be bitten by mosquitoes, MDHHS is continuing to encourage local officials in the affected counties to consider postponing, rescheduling or cancelling outdoor activities occurring at or after dusk, particularly activities involving children. This would include events such as late evening sports practices or games or outdoor music practices. The recommendation is being made out of an abundance of caution to protect the public health and applies until the first hard frost of the year.

Although the aerial treatment is considered necessary to reduce human risk, it will not eliminate it. Residents must continue

to protect themselves from mosquito bites by:

- Avoid being outdoors from dusk to dawn when mosquitoes carrying the EEE virus are most active.
  - Applying insect repellents containing the active ingredient DEET, or other US Environmental Protection Agency-approved product to exposed skin or clothing, and always follow the manufacturer's directions for use.
  - Wearing long-sleeved shirts and long pants when outdoors. Apply insect repellent to clothing to help prevent bites.
  - Maintaining window and door screening to help keep mosquitoes outside.
  - Emptying water from mosquito breeding sites around the home, such as buckets, unused kiddie pools, old tires or similar sites where mosquitoes may lay eggs.
  - Using nets and/or fans over outdoor eating areas.
- Additional information about aerial treatment and other health-related information is available in a Frequently Asked Questions document at [Michigan.gov/EEE](http://Michigan.gov/EEE). You can also call the MDHHS hotline, which will now take calls for general questions about both COVID and EEE, at 1-888-535-6136. The hotline is open from 8 a.m. to 5 p.m., Monday through Friday.

## Record-setting 2.1M absentee ballots requested so far

As of Wednesday, 2.1 million voters had requested absentee ballots for the Nov. 3 general election, eclipsing a record set during the August primary of 2,065,000 requests for absentee ballots, according to the Secretary of State's office on Thursday, Sept. 10.

"We do expect that we again will have record setting turnout," said Jake Rollow, spokesman for the

Department of State. "Sixty to 70 percent of the turnout will be absentee ballots."

Since the Aug. 5 primary, Rollow said that 1.7 million voters had requested absentee ballots for the general election. A list of the number of absentee ballot requests by jurisdiction was expected to be released later Thursday.

During Thursday's press call, he again reiterated calls made by Secretary of State Jocelyn Benson to the legislature to allow for earlier processing of absentee ballots to allow clerks plenty of time to process the vote and therefore, reduce delays in announcing results.

Senate Majority Leader Mike Shirkey (R-Clark

Lake) did appear to open the door to that possibility on Tuesday.

Rollow did note however, that SB 0757, the bill the Senate would likely utilize only allows for 10 additional hours of processing time in advance of Election Day.

"The bipartisan policy center recommends seven days at least," he said. "We'd love to see more time.

SB 0757 has the advantage that it passed through the Senate elections committee unanimously. It's not ideal, but it would help."

On the 500,000 absentee ballot applications that were mailed and returned to the Department of State, Rollow said given that the list hasn't been mailed to in more than a decade, the return rate isn't surprising.

He reiterated that local clerks will be using the returned applications to clean up their lists after the Nov. 3 election in compliance with federal law.

Rollow also said that the state is assisting in the setup of 1,000 ballot drop boxes throughout the state and that, to date, 12,000 volunteer poll workers have been recruited.



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## 52% less likely to vote for candidate who supports stripping Gov.'s powers

A 52 percent majority of Michigan voters said they would be less likely to vote for a candidate who supports stripping Gov. Gretchen Whitmer of some of her emergency powers, according to a Public Policy Polling survey released Tuesday.

The Aug. 28-29 poll, done in coordination with Progress Michigan, also shows that 28 percent are more likely to vote for such a candidate. The rest were either not sure or it wouldn't make a difference.

The poll also found that 53 percent oppose the citizen's initiative to

eliminate the Governor's emergency powers. Unlock Michigan is looking to repeal the 1945 Riot Act, but leave the 1976 Emergency Powers Act in place so the legislature would need to sign off on extending an emergency every 28 days.

Among the 897 voters who answered, 36 percent support such a move.

The poll's sample included 44 percent who voted for Donald Trump in 2016 and 44 percent who voted for Hillary Clinton in 2016.

A 67 percent majority are at least somewhat

concerned that voting by mail using an absentee ballot will mean their vote is not counted. They're worried their ballot will get lost in the mail or won't arrive on time. A 30 percent minority is not concerned about this at all.

A 52 percent majority believe mail-in voting has adequate protections while 42 percent believe mail-in voting is vulnerable to fraud.

Of those who responded, 50 percent view the Democratic Party unfavorably and 50 percent view the Republican Party unfavorably.

## Social Security celebrates Hispanic Heritage Month

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We also provide many publications in Spanish on popular topics like:

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- Retirement planning;
- Online services information;
- Medicare; and
- Supplemental Security Income.

You can find them at [www.ssa.gov/espanol/publicaciones/](http://www.ssa.gov/espanol/publicaciones/). You can also visit [www.ssa.gov/espanol](http://www.ssa.gov/espanol) for other resources in Spanish. Share these resources with friends and family who may need them.



**Vonda Van Til is the Public Affairs Specialist for West Michigan. You can write her c/o Social Security Administration, 3045 Knapp NE, Grand Rapids MI 49525 or via email at [vonda.vantil@ssa.gov](mailto:vonda.vantil@ssa.gov).**

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

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# viewpoint

## outdoors

MNRTF

Dave Stegehuis

Late summer has traditionally been a time when Gwen and I hitch-up the boat and head north to fish. Our plan, as retirees, is to spend the tourist season of mid-summer dealing with domestic chores close to home. The idea is to avoid busy highways and leave more space in the outdoors for those who have less flexible schedules.

Our recent trip to the Upper Peninsula revealed that this year few people went home. Traffic heading north on the Mac Bridge was backed up to the north tower on a Sunday afternoon. Driven off Little

Bay DeNoc by weather later in the week, we took a couple of road trips to popular tourist destinations and found mid-summer crowds. Our campground was booked solid during the week which was unusual for that time of year.

Granted, this summer has been much different than others for obvious reasons. But it's clear that Michigan's natural resources are very important to the citizens of Michigan. Access to these natural resources are significant to the state's economy and the quality of life for residents and visitors. We must expand

and protect these resources and strive to make outdoor recreational opportunities available to everyone. One way to become personally involved to help achieve this objective is to vote in the November election.

The Michigan Natural Resources Trust Fund (MNRTF) of 1984 uses revenues from leases and royalties from oil, gas, and minerals on state land. The fund has provided over one billion dollars for land acquisition and recreational projects around the state including state parks. To ensure the future of the fund, only the interest on

principal is used and it is an amendment to the state constitution which guards against political raids. Proposed changes in allocation percentages and removing the cap on the MNRTF has been passed by the legislature and signed by Governor Snyder. Constitutional changes must also be approved by Michigan voters. Many ballot proposals don't get much attention, so do your homework so you won't be caught off guard when voting in November.

## to the editor

Dear Editor,

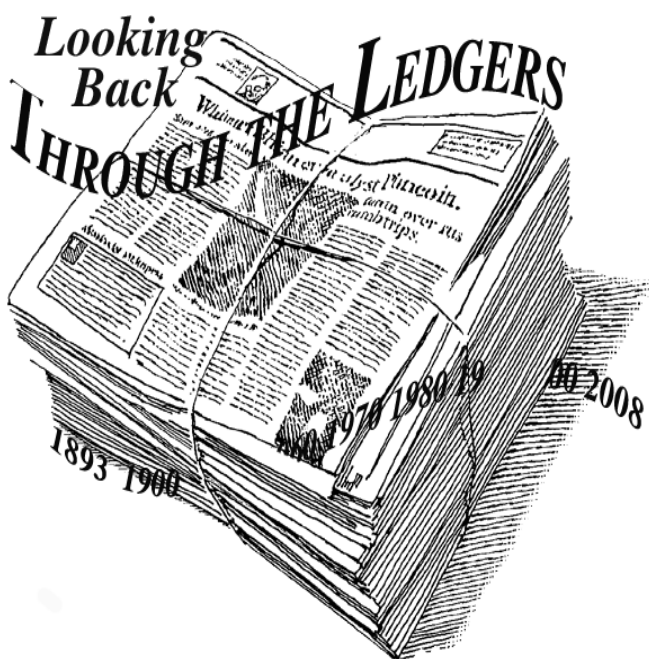
Gratitude. One act of kindness. An article published in the Ledger, September 9, 2020, page 14, caused me to pause and think. When was the last time I, or you, showed an act of kindness? Perhaps it was a note of encouragement to a friend or flowers shared with a shut-in or a loaf of bread given to a new neighbor.

You are cheating yourself the feeling of gratitude by not showing those random acts of kindness. I have given and I have received. The feeling of gratitude in

giving and receiving gives you a sense of worth. It is said, "It is more blessed to give than receive." So true. However, during this time of pandemic we have drawn within ourselves. Not by choice, but necessity. Be creative and find a way to show an act of kindness and be diligent in maintaining your social distancing.

I would like to quote from the article mentioned above: "Let's all work together as a community to be supportive of one another and to lift each other up." Well said, Melissa.

Glad Fletcher  
Lowell Twp.



### 100 years ago The Lowell Ledger September 23, 1920

A meeting of representative citizens was held last Friday evening at the City hall at which time it was decided to form a Lowell community council. A committee was appointed to go into the matter and present a report at the next meeting. A committee to draft bylaws was also appointed. The idea of using a room in the City hall for community parties games and athletic recreation was discussed and it seemed to be the consensus of opinion of those present that such a plan is not only possible but very desirable.

Mrs. Henry Castle, 32 years old, was shot by unknown parties, Thursday evening, after she had retired for the night. She was at the home of her parents in Ionia, and was awakened by the barking of the dog. Raising up in bed she was looking out through the screened window, when there was the report of a gun and she fell back with a bullet in her face.

Financing of the new juvenile home for Kent county is still in doubt with only approximately \$45,000 of the \$175,000 bond issue taken care of by the city and county sinking funds.

### 75 years The Lowell Ledger September 20, 1945

Although Lt. Allan J. Wisner, a graduate of Lowell High School in 1937, a P-38 pilot, was shot down in combat June 26, 1944 and not liberated until April, 1945. Thanks to a Slovakian doctor and the Underground, he never saw the inside of a German prisoner of war camp.

A major health victory is what Dr. William DeKleine, state commissioner of health, terms Michigan's continued downward trend of tuberculosis during the war years. Tuberculosis has increased in every other war and in Europe during this year. Tuberculosis deaths in Michigan in 1944 were 54 less than in 1943 and 127 fewer new cases were reported.

Just about the happiest boy in town these days is 11-year-old Victor Reynolds. Vic, as he is known to everyone, has not had the use of his legs for a long time. But through the skill of his uncle, Byrne

McMahon, he is now able to sit at the steering wheel of a well-built electrically operated three-wheeled automobile equipped with a motor, and visit the many places he has longed to go for some time. Sunday he drove to the Lowell airport and watched the planes at close range. Vic can also ride to and from school and can even carry one passenger on the rear of his vehicle. Many happy trips, Victor.

### 50 years The Lowell Ledger September 24, 1970

A 22-year-old Lowell man was reported in serious condition by Blodgett Hospital authorities Tuesday

Looking back, continued, page 12

### 125 years ago Lowell Ledger September 20, 1895

The jury in the Mary I. Pierce murder trial brought in a verdict finding Mary I. Pierce guilty of manslaughter after being out nearly all night. She was sentenced by Judge Padgham to the industrial school for girls at Adrian until she is 21 years of age.

Gilbert M. Steese, a jewelry salesman, was found dead on a bench in the Fulton-St. park, Grand Rapids. He left a note stating that he was bankrupt financially and physically and felt there was nothing left but to take his life.

This city is overrun by peddlers or agents who are selling all sorts of goods in competition with local merchants without paying a dollar of taxes in the town or country and who under some sort of a construction or other of the interstate commerce law even evade the payment of a license for the privilege. They and their principles do not live here. They do not pay taxes here. They have no interests here except to get what money they can out of us and take it away to be invested elsewhere.

## 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.

# HEALTH

## M METRO HEALTH UNIVERSITY OF MICHIGAN HEALTH

Johnathan G. Meier, D.O.    Laura E. Kass, PA-C  
 Wayne A. Christenson, D.O.    Kaili M. Walker, PA-C  
 Tracy L. Lixie, D.O.    Alexandria Clum, PA-C  
    Catherine S. Smith, NP-C

# ABCs of Lowell History

The Lowell Area Historical Museum's weekly feature to explore local history. The ABC's of Lowell's History this week is:

### X marks the spot!!

When searching for historical treasures we don't usually have treasure maps with a big "X." So how do we find where historical places were located?

An example of a Lowell place of historical importance is the Daniel de Marsac Fur Trading Post. His trading post was important because it bridged the time period of trading with the Odawa native people, and the American settlers. We say Lowell was established in 1831 because that is the year Marsac built his cabin as a permanent trading post. Later he also platted part of what was to become Lowell and named his town 'Dansville.' We look back knowing his trading post existed, but where was it? How do we find out? We start by finding information. Many times information we find has conflicts that need to be worked out, but first we find, then we evaluate.

Information can be found out in many different ways.

We read books and newspapers...

The older the information we can find, the better the chances that the authors were working with first or second hand information instead of something repeated and changed multiple times. Here in Lowell we have

firsthand accounts of John S. Hooker, who came to Lowell as a child in the 1840's. He actually worked for Daniel de Marsac at the trading post and later purchased it.

We find historical records...

Historical records indicate that the Marsac trading post operated from around 1831 - 1857, on the south side of the Grand River, just across from the mouth of the Flat River.

We read the notes of researchers...

The site of the Marsac trading post was discovered in the fall of 1957 by Donald Peru, T.D. Thompson, Dr. Ruth Herrick, and Edmund P. Gibson, members of the Wright L. Coffinberry Chapter of the Michigan Archaeology Society. Using maps and historical clues, they found metal, ceramics, and glass about 9 inches below the surface. Further investigations uncovered indications of a pioneer dwelling including a former chimney. Items were found clearly indicating that this was a trading post site instead of simply a household site. Trade goods were found including items that would have been sold to American pioneers, not native Odawa. Over 56 different patterns of earthenware were found! Most of these patterns were from the Staffordshire China Co. and were made between 1830 and 1840.

The Marsac site was excavated a second time in the 1970's by the Coffinberry Chapter, led



This sketch made by John S. Hooker in 1916 of Daniel Marsac's trading post which stood on the south side of Grand River facing the river. Its size was 16 ft by 26 ft. The logs were laid horizontally. Hooker also traded from this building.

### - family health history

Learning or knowing your family health history can help you take steps to have a long and healthy future. Your family health history is also an important part of protecting your health. A family health history is a record of the diseases and health conditions that have occurred in family members. Some diseases and conditions repeat in families because of shared genes and shared behaviors (such as exercise habits, the foods you eat, tobacco exposure, and the environment).

aunts, and uncles can be helpful in creating your family health history. Your primary care provider can use your family health history to develop a more complete picture of your health and health risks. Understanding your health risks can help your provider determine when specific screening tests should begin, and also help you begin to reduce those risks and live a longer and healthier life.

While we cannot change the genes a person is born with, understanding as much of the family health history as possible can allow us to change some of the behaviors that affect health. Sometimes obtaining a family health history is not possible, due to adoption or other situations. When possible, make note of new family health issues, and share them with your primary care provider at your next physical or appointment.

For some chronic diseases, having a family member with the disease can make it more likely that you develop the same disease. Cancer, heart disease, and diabetes are common diseases that can have a familial component. Information about major medical conditions, causes of death, and age of disease onset for grandparents, parents, siblings, children,

by Dr. Richard Flanders, George Davis, and a crew from the Anthropology Department at Grand Valley State University (then College).

Unfortunately not all historic sites are found,

but thanks to researchers and preservationists of the past, Lowell maps can put a big "X" on the Daniel de Marsac Trading Post Site. Note: This site is on private property.

## college news

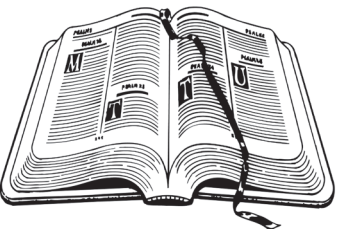
Grand Valley State University announces the names of students who were placed on the Dean's List for the spring and summer 2020 semester concluding in August. The list includes those students who have maintained a 3.5 grade point average and been enrolled in a minimum of 12 credits. The honor is noted on the students' official records.

Students honored for the spring and summer semester include:

- Ada:** Adam J. Anderson; Alison C. Bonney
- Alto:** Drake M. Ellens
- Lowell:** James P. Barnard; Amber J. Curtis; Madison O. Hacker; Kara L. Krieg; Alexandra M. McMahon

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# area churches



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 Pastor Andrew Bolcom • Pastor of Discipleship  
 Christi Swain • Director of Children's Ministries

SUNDAY WORSHIP....9:30 AM (Nursery provided)  
 LIFE GROUPS .....11:00 AM (Nursery-Adult)  
 Awana (K-5 during school year) Wednesday, 6:15 PM

**CALVARY CHRISTIAN REFORMED CHURCH OF LOWELL**  
 897-7060  
 Pastor Ryan Landt  
 1151 West Main Street, Lowell, MI  
 Morning Worship.....10:00 AM  
 Sunday School.....11:20 AM  
 Evening Worship.....6:00 PM  
 Nursery available at both services  
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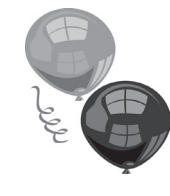
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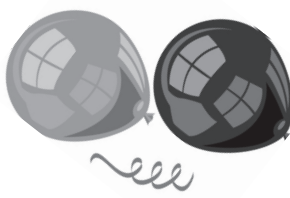
Sr. Pastor - Brad Brillhart

# happy birthday



- SEPTEMBER 16**  
 Jason Fetterhoff.
- SEPTEMBER 17**  
 Nicholas Blough, Yvonne Swift, Dewey Francisco, Noelle Rottier, Dennis Denton.
- SEPTEMBER 18**  
 Jon Ossewaarde, Brett Spanbauer, Sydney Spanbauer.
- SEPTEMBER 19**  
 Abbey Goff, Megan Claypool, Brian Ryder, Renae Heinicke, Griff Brenk, Julie Kline.
- SEPTEMBER 20**  
 Donald Rittersdorf

- Jr., Patrick Parish, Mitchell Walling, Phillip Wilson, Marilyn Wilson.
- SEPTEMBER 21**  
 Deanna Anchors, Renee Fox, Rich Briseno, Joseph Scott, Megan Racine, Ethan VanDerWarf, Grayson VanDyke.
- SEPTEMBER 22**  
 Rosie Fonger, Jennifer Haan, Tara Thornton, Linda Barnes.



# Viviano leads questioning on Whitmer's emergency orders

Michigan Supreme Court justices doggedly questioned attorneys arguing whether Gov. Gretchen Whitmer has exceeded her authority in reissuing an emergency declaration amid the ongoing coronavirus pandemic.

Whether the justices will answer the certified questions from the US District Court isn't a given, although some legal experts have said they believe the court will, considering its importance.

The questions center on Gov. Whitmer's use of the 1945 Emergency Powers of Governor Act and the 1976 Emergency Management Act, the latter of which imposes a 28-day limit on the governor's ability to declare a state of emergency without legislative approval.

Arguably one of the most outspoken during Wednesday's nearly four-hour Zoom hearing was Chief Justice Pro Tem David Viviano, who pointed out the Michigan Department of Health and Human Services issued what appeared to be redundant emergency orders to Whitmer's executive orders.

"Let me ask you this, do you think the legislature was smart enough in 1945 to know what an epidemic was or a contagious or communicable disease or a pestilence of all the things that they had already by then regulated, specifically by name throughout the statute books?" Viviano asked Deputy Solicitor General B. Eric Restuccia, who argued on behalf of Gov. Whitmer and DHHS director Robert Gordon.

"I'm going to take them at their face value," Restuccia replied, noting that although the EPGA doesn't specifically mention epidemics, it does say it can



**Gov. Gretchen Whitmer**

be invoked when "public safety is imperiled" or public health is at risk.

Restuccia later added, in answer to a question from Justice Richard Bernstein, that, "The threats to the public health are real and the question of when the emergency will come to an end is subject to review but ultimately that's a question under the EPGA that's entrusted to the governor. [...] The governor can seek an extension and if the extension is not provided then she can re-declare. [...] What's happening here is we have this emergent matter and we're on a razor's edge and if we make a mistake it could be catastrophic."

At one point, Viviano asked the plaintiffs' attorney, Amy Murphy, why she didn't concentrate her argument on the state's "fairly well developed provisions of the public health code" when the EPGA was passed in 1945 as

the legislature did in another case with related accusations against the governor.

The legislature's suit against Gov. Whitmer is pending.

"I think the EMA is a bit of distraction," Viviano said, adding that he's concentrating on the EPGA because it's a false premise to assume the statute "just dropped out of the sky."

Murphy said her clients recognize the governor and local health officials have power under the public health code, which deal with things like a quarantine. However, she said, that "can't be read to cover the field because the EMA specifically calls for an epidemic."

Murphy argued that Gov. Whitmer exceeded her authority by reissuing states of emergency and disaster declarations after April 30, when the legislature said no to an extension.

Murphy argued that both



**Chief Justice Pro Tem David Viviano**

the 1945 and 1976 acts should be read as one so the 28-day limitation in the latter statute isn't rendered irrelevant.

"This case is not about the wisdom of the governor's decisions during this pandemic," Murphy said. "It is instead about the structure of our government."

Justice Elizabeth Clement asked Murphy why she's asking the court to apply the EMA's 28-day limit to the EPGA, and Murphy replied that while it makes sense for the legislature to give broad power to a governor, the time element is the important procedural guard against abuse.

The state has been in the state of emergency since March 10, for 183 days, and that, one attorney said, has trampled on individual liberties.

"It was lawful for 51 days," Katherine Henry, who represents Restore

Freedom. "They were never constitutional."

Restuccia told the court that there's no live issue to consider because the plaintiffs are challenging Executive Orders 2020-17 and 2020-77, which were rescinded in May. He argued that other lawsuits making the same challenges are pending in other courts and those should play out before the justices pipe in.

Justices Brian Zahra questioned the mootness argument.

"There's no reason for this court to cut in line," Restuccia replied, later adding that there has been no court nationwide that has taken such action against a governor.

Restuccia said only one case "seemed to clip the governor's wings" and that was in Wisconsin.

Bernstein questioned whether the court is the right place for a remedy,

prompting Murphy to respond that the court is the "proper body to pass judgment."

Michael Williams, who represents the legislature, said if Gov. Whitmer wins, the EMA would effectively be rendered moot and the legislature would be cut out of the process. He said Gov. Whitmer has never answered what would remain of the EMA if her interpretation is correct.

"The governor's choice to seize control of this process has done material damage to Michigan's constitutional structure," Williams said. "Legislative buy-in is essential. [...] The reins of power should return to the legislature."

Justice Stephen Markman questioned Williams' conclusion that Gov. Whitmer didn't respect the EPGA, asking if the legislature isn't "implicated in the controversy by virtue of its enactment of this law in the first place, a law without temporal limitations and arguably without adequate standards and guidance provided to the executive?"

"We feel that the governor's reading of the EPGA is an extension that has never been done before and it's extending to a statewide pandemic," Williams replied. "There's never been an application, to the legislature's knowledge, of the EPGA in circumstances that extended beyond the localized circumstances."

"It's never been quite an emergency of the sort we've been enduring over the past several months either in the history of Michigan," Markman countered.

"It's not the legislature's text that's the problem," Williams retorted. "It's the governor's particular spin and application of that text."

## \$22B paid in unemployment averages out to \$10K per claimant since March



### Unemployment Insurance Agency

The state said it has paid out \$22 billion in unemployment benefits to 2.1 million workers since March 15, or roughly \$10,476 per unemployed worker over the course of the coronavirus pandemic.

Ahead of another scheduled appearance before the Joint Select Committee on the COVID-19 Pandemic Thursday, the

Unemployment Insurance Agency issued a press release Wednesday noting that the nearly 2.6 million unemployment claims received since March 15 is more than all the claims the agency has received in the previous six years combined.

The UIA said it has now made a determination on all currently eligible, certifying

unpaid claims that were filed before July, provided that information has been submitted and the claimant is reachable, according to the release.

According to its latest figures, the UIA said it has paid 98.1 percent of claimants at least once, 25,566 people were unpaid due to ID verification and 13,899 were unpaid because

of some other non-monetary issue, or 39,465 people who haven't been paid yet.

Out of the nearly 2.6 million unique claimants, 201,610 were determined currently ineligible for benefits and 183,883 didn't certify.

The state also cited University of Michigan economist Gabriel Ehrlich saying at the recent Consensus Revenue Estimating Conference that the "UIA's efforts to pay benefits quickly and the nation-leading Work Share program were credited with helping Michigan outpace the nation in consumer spending," as the release put it.

The UIA quoted Ehrlich as saying Michigan did a "better job in getting benefits to people in a timely fashion" than other

states, and that the state has "seen a stronger recovery in consumer spending here than nationally."

### Lowell Weaving Fair

**Sat., Sept. 26, 2020 • 10 am - 4 pm**  
**Riverside Drive & M-21, downtown Lowell**

- Fiber artists
- Outdoor event along the Flat River
- Demonstrations all day
- Handwoven products, specialty yarns & supplies



**For more info contact**  
**Beryl Bartkus,**  
**616-929-0211**  
**abilityweavers.com**

# Open air Weaving Fair happening Saturday, Sept. 26

by Tim McAllister  
lead reporter

Ability Weavers, 215 W. Main, is hosting a Weaving Fair on Saturday, Sept. 26 from 10 am until 4 pm.

The Weaving Fair is an open air event that will take place on Riverside Drive, just north of Main Street.

Textile artists from around Michigan will be on hand to demonstrate their techniques and sell their work. Hand crafted items, including specialty and hand-dyed yarns, blankets, scarves, towels, rugs, wall art and tapestries will be available, along with weaving looms,

special weaving tools and other supplies.

Artisans will include Yarn by Kate, Karen VanDerWeele, Wendy Klunder, Rainy Day Textiles, Sue Ann Carpenter and Ellen Solaric.

“The artists exhibiting at the event will include Steve Hicks from Lake Odessa, who builds twining looms,” said Ability Weavers owner Beryl Bartkus. “Twining is a simple, wooden frame-based craft that makes colorful durable rugs from common fabrics. This is a perfect

entry to weaving in an easy to use small loom that you can do at home. Steve will demonstrate this fun, inexpensive craft or teach you. It is quick to learn.”

Beryl and Eric started Ability Weavers in 2016 to create opportunities for growth, development and enjoyment for their 27-year-old daughter Erin, who has autism.

“[Erin] previously had trouble focusing and staying on task,” Bartkus said. “Since becoming the first employee at Ability



“Weaving a Purpose”

Weavers, she has learned to work patiently for two and three hours uninterrupted making beautiful rugs.”

They have since trained and employed 16 weavers, and Beryl has also passed her skills on to hundreds of people in her “Weave Your Own Rug” classes. Some

for decades to improve a person’s coordination and health. One of the looms at Ability Weavers was donated from a rehabilitation hospital.”

For more information about the event, visit their website, [abilityweavers.com](http://abilityweavers.com), or find them on social



of the artisans from Ability Weavers will be offering their sought-after cotton kitchen towels and rugs.

“Weaving has a long history as a stress reducer and has experienced a resurgence of interest in recent years,” Bartkus said. “Modern looms are smaller and easier to use and allow beautiful items to be produced by those young and old. Occupational therapists have used weaving

media. You might also want to take a look at their Etsy shop, [etsy.com/shop/AbilityWeavers](http://etsy.com/shop/AbilityWeavers).

“This is an opportunity for the community to enjoy the beauty of textile and woven arts in an open air environment with social distancing in mind,” Bartkus said. “This will be a fun event offering great gifts or items for your own crafting fun.”



Beryl and Eric Bartkus inside the Ability Weavers shop, 215 W. Main.

  
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# Recycle your old junk at Community Cleanup Day

by Tim McAllister  
lead reporter

If you've got a bunch of dirty, unwieldy junk that you've been trying to get rid of, you might be able to do that during Community Cleanup Day on Saturday, Sept. 26 from 8 am to 11 am at the fairgrounds.

Morris, Lowell Light and Power utility services coordinator. "Customers can elect to receive a check or have the rebate applied toward their electric bill." Lowell Boy Scouts will take scrap metal for

cleaner, oil-based paints and stains, roof coating, sealant, thinners, turpentine, paint remover, paint strippers, aerosol cans and inhalers, fire extinguishers, fluorescent light bulbs, CFL light bulbs, inks, dyes, mercury thermometers, mercury thermostats and rechargeable batteries.

This event is sponsored and run by Greater Lowell Community Vision, Lowell Area Schools, Lowell Charter Township, Vergennes Township, the city of Lowell and the Lowell Area Chamber of Commerce.

For more information, call 616-897-9161 or visit [reimaginetrash.org](http://reimaginetrash.org).

**"Lowell Light and Power will collect and recycle customers' refrigerators and freezers for a \$50 rebate, and room air conditioners and dehumidifiers for a \$15 rebate."**

To participate, one must live in the Lowell Area Schools district and bring along a tax bill and/or voter registration card and a driver's license or state ID to show the gatekeepers.

When you get there, enter the Kent County Fairgrounds at the Grand River boat launch at the south end of the fairgrounds and follow the signs to the five dumping areas. There is a limit of one trailer/pickup truck load per household, and everybody must unload their own vehicle due to COVID-19 restrictions.

Organizers are asking that residents not bring latex paint, medication, needles, fireworks, ammunition, refillable propane tanks, containers larger than five gallons of hazardous waste or empty cans or containers that used to contain hazardous waste.

The first drop-off area, run by Lowell Community Vision, will have trash dumpsters to take your old furniture, carpet, wood, clothes, glass, et cetera.

The second area is run by Lowell Light & Power, and they will be recycling appliances like refrigerators, freezers, air conditioners and dehumidifiers, and dropping some of these off will qualify Lowell Light & Power customers for rebates.

"During the Community Cleanup Day, Lowell Light and Power will collect and recycle customers' refrigerators and freezers for a \$50 rebate, and room air conditioners and dehumidifiers for a \$15 rebate," said Sharon

recycling: sheet metal, auto parts, engines drained of fluid, aluminum, copper wire, lawn chairs, lawn mowers, flattened and folded fencing, mattresses, appliances... just anything metal.

Comprenew will be there recycling electronics but you'll have to pay them \$.50 per pound, cash only. Comprenew will handle products like air cleaners, humidifiers, answering machines, household batteries, kitchen electronics, vacuums, curling irons, hairdryers, calculators, cellular phones, photocopiers, DVD players, fax machines, video game systems, iPods, MP3 players, microwaves, electric power tools, radios, stereos, CD players, telephones, television sets, typewriters, VCRs, circuit boards, docking stations, routers, disk drives, inkjet and toner cartridges, keyboards, computer mice, laptop computers, desktop computers, modems, power cords, cables, printers, scanners, servers, server racks and speakers.

Finally, the Kent County Department of Public Works will be on the site accepting hazardous waste such as fertilizer, herbicide, weed killer, household cleaners, insecticide, pesticide, pool chemicals, lawn and garden products, antifreeze, automotive fluids, fuel additives, motor oil, gasoline, gas and oil mix, non-refillable propane tanks, windshield washer fluid, adhesives, caulk, glue, deck cleaner, patio cleaner, chimney



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Red Arrow

- SWIM &amp; DIVE

## SPORTS

## CLS swim team takes on Tier I this season

by Brett Bremer  
contributing reporter

It is a whole new season for the Caledonia/Lowell/South Christian varsity girls swimming and diving team.

There are finally plans for a pool to be built in Caledonia. Emma Hollowell is taking over as head coach of the program as it transitions into the OK Rainbow Conference Tier I, after winning a couple conference titles in Tier II and placing third a year ago the Vikings are going to begin competing

with the best teams in the Grand Rapids Area like East Kentwood, Rockford and Grand Haven.

Being a co-op of large schools, the Vikings have already been competing in Division 1 in the state postseason.

Kaylin Schering is the lone swimmer returning for the CLS team this fall that has ever competed in a state finals race. She was a part of the CLS 200-yard freestyle relay team that competed

at the Division 1 Lower Peninsula State Finals in 2017.

She is one of a handful of senior returnees to the program, a group that also includes Lexi Wilcox and Kaylee Diamond. Junior diver Lexi Koorndyk was a regional qualifier as a diver last year. The team also brings back sophomore swimmer Kaitlyn Vincent.

Wilcox was the OK Tier II champion in the 100-yard butterfly as a junior last fall.

Coach Hollowell also expects program additions senior AJ Meduna and freshman diver Mayari Gorenendyk to be good contributors this season.

The new coach really likes the bond she has seen between her girls so far. The program's experienced divers are doing a good job of sharing skills with the youngsters. In the water, she likes what she sees from her sprinters and breaststroke group especially.

"I'm really proud of these girls," Hollowell said. "From day one this season they have been supporting each other in every way. From veterans pairing up with new athletes to push through a set, to seniors carpooling with freshman to school, the girls have really impressed me with their relationships. The team has shown so much resilience and drive over the last

month and I am proud to be their coach."

The CLS girls are scheduled to open the season at East Kentwood Thursday and then swim at Grand Haven Sept. 24.



## Golfers place fourth at OK White Jamboree

by Justin Scott  
contributing reporter

Last week the Lowell varsity girls golf team hosted an OK White Jamboree at Arrowhead Golf Course placing fourth. Lowell defeated Grand Rapids Christian and Forest Hills Central. Forest Hills Northern won the jamboree with a score of 172. Byron Center took second and Greenville took third.

The team was led

by Lexy Kapcia (42) and Addison Bruwer (45). Stephanie Spinella, Sedona Bonter, Amiya Schaefer, and Emma Hollern also contributed for the Red Arrows.

At the Unity Christian Invitational, Lowell placed fifth paced again by Bruwer (41) and Kapcia (42). Jordyn Vriesman shot a career-best during the tournament.



Lowell golfer Addison Bruwer in action at Arrowhead last week.

## Joyful season opener for Lowell soccer team

by Justin Scott  
contributing reporter

When the final whistle blew on Tuesday at Bob Perry Field, it ended one of the most unique games ever seen at Lowell High School. The Red Arrows were finally playing soccer!

masks, required to compete in soccer, volleyball, and football here in Michigan as a result of the pandemic.

In a bleak night of weather with on and off precipitation and cool

ball and made no mistake making it 2-0.

FHC would put sustained pressure on the Red Arrows the rest of the game eventually scoring the game's third goal in the 77th

winning 1-0.

On Thursday, Lowell traveled to new conference foe Byron Center. The two teams battled it out for 80 minutes, but neither found the back of the net.



Goalkeeper Lanndon Hamilton collects the ball during a win over FHC.

A late start to the season, delayed by the COVID-19 pandemic. It marked only the eighth time in 58 games the Red Arrows came away with a win against the Rangers, always one of the stronger soccer teams in the area. Last it was the first-ever soccer game in LHS history where the student-athletes had to wear

temperatures, the Red Arrows struck first on the brink of halftime on a goal by Garrett Smith.

Lowell would double their lead with a poor clearance by the Rangers in the 52nd minute that fell in the box right in front of Victor Carpio-Barrillas. The Red Arrow junior pounced on the loose

minute. They would not be able to find the equalizer giving Lowell a 2-1 win. Lanndon Hamilton in his first varsity start had a strong game as goalkeeper which included a diving save to prevent a free-kick from going in late in the game.

The JV team also came away with a win over FHC,

It was the second meeting between the two schools in soccer with LHS winning their first meeting back in 2003 by a score of 5-1.

Lowell (1-0-1) travels to Forest Hills Northern on Tuesday this week, then hosts East Grand Rapids on Thursday.

Support the Local Businesses  
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Our Community!



Red Arrow

- VOLLEYBALL

# SPORTS

## Pink Arrow volleyball wins battle of West Michigan

by Justin Scott  
contributing reporter

In a battle of two of last year's state runners-up, Lowell and Lakewood dueled it out last Thursday in front of a below capacity crowd. That is because MHSAA and state rules currently allow two spectators per student-athlete. Those spectators, named by the athlete, are typically family members. An additional wrinkle to this year is the addition of face masks to compete in volleyball, soccer, and football due to the ongoing COVID-19 pandemic.

On the court, Lowell continued to showcase why they're the number one ranked team in Michigan by beating Lakewood who finished last season ranked number two in Division 2 by a score of 3-0 (25-18, 25-18, 25-21).

It was a strong performance that saw

Lowell get off to a good start in each set, dictating the play throughout the first two sets before a back-and-forth third set that saw the Arrows pull away late after being tied at 20 apiece.

It was the team's Pink Arrow night as well, having lost their previously scheduled Pink Arrow game day. The gym was lined with pink balloons, and the team wore pink uniforms, playing in honor of a loved one currently fighting, or who has fought cancer.

At Cadillac on Saturday, the team went 3-0 which helped head coach Jordan Drake notch his 100th win with the program. The Red Arrows defeated the hosts Cadillac 2-1 (25-21, 25-22, 15-25), Mt. Morris 3-0 (25-13, 25-15, 25-17), and Big Rapids 3-0 (25-14, 25-18, 25-16). LHS is 7-0 so far this season.



Jenna Reitsma goes for a kill against Lakewood.



## Tennis team absorbs first losses

by Justin Scott  
contributing reporter

The challenging OK White Conference made its first mark on the Lowell boys tennis team. The Red Arrows fell to Forest Hills Central and Grand Rapids Christian this past week, then hosted Hackett Catholic Prep out of Kalamazoo in non-conference action on Saturday.

While LHS fell 8-0, the

Red Arrows did have several competitive matches against Forest Hills Central, a team they have never beaten in head-to-head competition.

Patrick de Voest won the only set for the Red Arrows in his match at No. 4 singles falling in three 5-7, 6-3, 2-6. Other Red Arrows to pick up games included Will de Voest (4),

Winton Garrelts (4), Terrick Stewart and Noah LaMore (4), Max Del Rosario and Tyler Spinella (3), and Mason Thomas and Josiah Kissenger (3).

The No. 4 doubles team of David Kaczanowski and Sam VandenHout won their match against Grand Rapids Christian in Lowell's 7-1 loss to the Eagles.

On Saturday, Lowell lost 7-0 to Hackett Catholic Prep. The match was a good measuring stick for the program as Hackett is the number one ranked team in Division 4 in the latest Michigan High School Tennis Coaches Association rankings.

Lowell is on the road this week against Byron Center, Forest Hills Northern, and the South Christian Tournament.



Sam VandenHout returns a ball against Grand Rapids Christian.

## Football game Friday will have spectator limit

by Justin Scott  
contributing reporter

The Lowell Red Arrows varsity football game on Friday against East Grand Rapids will be played in front of a small group of fans from both schools. An unusual reality facing high school football this year. This is due to restrictions on sporting events and large gatherings during the COVID-19 pandemic. Rules put forward by MHSAA and the Governor's office dictate two spectators per student-athlete will be allowed entry into Bob Perry Field, which will consist of individuals named by the student-

athletes, most family members.

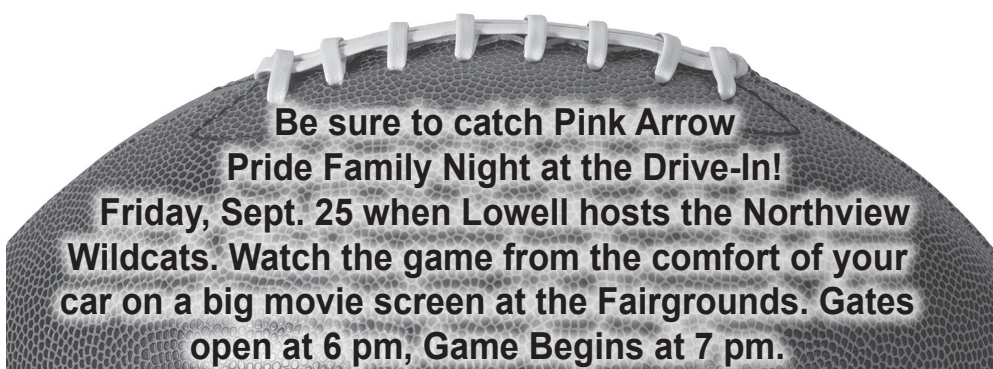
Anybody not on the spectator pass list or working the event will not be permitted on campus for the game.

While many fans may not be able to attend the game in person, there will be several ways you can follow the action. Lowell's student radio station, WRWW, will be streaming the game over the radio locally at 92.3 FM and anywhere worldwide at lowellradio.org.

The games will also be streamed through MHSAA.tv website in partnership

with the National Federation of State High School Associations. Cost is \$69.99 per year for a subscription which allows you to watch all streamable games over the course of the year, or \$10.99 per month. Streaming rules have been loosened due to the pandemic.

The football team will be playing a shortened six-game regular schedule this season starting with the Pioneers this Friday. All MHSAA football teams will make the playoffs automatically.



# obituaries

## NAWROCK

Shirley Mae Nawrock, age 84 of Ruskin, Florida, formally of Bay City, passed away Saturday, September 12, 2020. She was preceded in death by her husband, Ed Nawrock; and son, Arthur (Liz); parents, Frank and Mary Savage; sisters, Joyce and Mary Lou; brother, Michael. She is survived by her children, Mark (Karen) Primeau, Greg (Ipunk Lee) Primeau, David (Tonya) Primeau; step-children, Alan, Gail, Lynn, Wayne; sisters, Delores, Carol (Jerry); grandchildren, Alex, Evan, Joseph, Sara, Kirsten, Katie, Garrison, Grant, Marcel, Spencer; and great-grandchildren, Oscar and June; and many nieces and nephews. Shirley enjoyed cards, bingo,



crochet, and her Catholic faith. After retirement she volunteered at St. Anne Church in Ruskin, Florida. For mom, family was her passion and the anchor of her long life and zest to bring grace with her smile. Mass of Christian burial will be held at 11am Thursday, September 17, 2020 at St. Mary Catholic Church, 402 Amity St. Lowell, MI 49331 with visitation one-hour prior. Father Aaron Ferris officiating. Interment Willow Grove Cemetery, Armada, Michigan. In lieu of flowers, please share your memories with the family.



# Looking Back, continued

evening as a result of a single car accident which occurred Saturday night.

Major crimes in Michigan in 1969 numbered 266,973, an increase of 50,254, or almost 23 percent, compared with 216,713 the previous year, according to the eleventh annual "Michigan Law Enforcement Officials Report on Crime" compiled by the State Police.

Specialist Five Leo C. Hawley, son of Mrs. Helen A. DeMull, Route 2, Lowell, recently received the Good Conduct Medal near An Khe, Vietnam. The medal, established in 1941, is awarded on a selective basis for those who distinguish themselves from among their fellow military personnel through exemplary conduct, efficiency and fidelity during their active military service.

## 25 years The Lowell Ledger September 20, 1995

Lowell Charter Township's newest building addition is entering its final stages and officials expect a smooth ending. The Lowell Charter Township Hall is nearing completion on an expansion project which will add over 8,000 square feet to the old site.

The Vergennes Township Board approved changing the status of its zoning ordinance, and several other ordinances, from misdemeanors to civil infractions. The reduction makes ordinance violations a lesser crime, but it also makes it easier for the township to enforce those ordinances.

Traditionally, if the choice were a high school setting or dropping out, a segment of high school students would pick the latter. Now, with the inception of programs like New Beginnings and New Dawn, these students have another choice – alternative education – which offers self-contained programs to better meet the needs of these students.

# Three ways to use Social Security online

There are many online sources for Social Security information, but you need to make sure you're getting the right information. By using [www.ssa.gov](http://www.ssa.gov), you know that what you're reading and watching is approved by our experts and specifically created for you.

Here are three of our resources where you can find valuable information about your Social Security benefits.

Our blog – Stay

you can also connect with us on Facebook, Twitter, LinkedIn, Instagram, and YouTube, where you can watch our popular videos.

**my Social Security** – You're in control with many services available online through *my Social Security*. Creating a secure account will help you conduct Social Security business from home. With your personal *my Social Security* account, you can:

- Estimate your



informed about our latest news, retirement planning tips, and other helpful information. Our blog at [blog.ssa.gov](http://blog.ssa.gov) features messages direct from our Commissioner, as well as information from expert contributors. From there,

future benefits with our Retirement Calculator to compare different dates or ages to begin receiving benefits.

- Check the status of your Social Security application.
- Review your work history.

If you already receive benefits, you can also:

- Get a benefit verification or proof of income letter.
- Set up or change your direct deposit.
- Change your address.
- Request a replacement Medicare card.
- Get a Social Security 1099 form (SSA-1099).

You may also be able to quickly request a replacement card online with a my Social Security account, if you meet certain qualifications listed at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount).

**Frequently Asked Questions** – Do you have to pay taxes on Social Security benefits? How do you apply for Social Security retirement benefits? What is your full retirement age? Discover the answers to your Social Security related questions at our Frequently Asked Questions page at [www.ssa.gov/faq](http://www.ssa.gov/faq).

With so many services available online, we are here for you when your schedule allows. Be sure to tell friends and family about all the business they can do with us from the comfort of their home at [www.ssa.gov](http://www.ssa.gov).

*Vonda Van Til is the Public Affairs Specialist for West Michigan. You can write her c/o Social Security Administration, 3045 Knapp NE, Grand Rapids MI 49525 or via email at [vondavantil@ssa.gov](mailto:vondavantil@ssa.gov).*



## LEGAL NOTICE

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

In the matter of Katherine Schultz Guardianship File No. 20-207,875-GA Conservatorship File No. 20-207,874-CA

TO ALL INTERESTED PERSONS including her sisters and any other unknown children and heirs, whose address(es) is/are unknown and whose interest in the matter may be barred or affected by the following:

TAKE NOTICE: A hearing will be held on November 6, 2020, at 9:00 A.M. at Kent Co. Probate Court, 180 Ottawa NW, Grand

Rapids, MI 49503 via Zoom before Judge David M. Murkowski (P35026) for the following purposes: Appointment of a Guardian and Appointment of a Conservator.

Dated: September 11, 2020

Adult Protective Services, DHHS, Petitioner 121 Franklin St. NE Grand Rapids, MI 49507 (616) 401-7113

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



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FISH FOR STOCKING - Most varieties pond lakes. Laggis' Fish Farm, 269-628-2056 or 269-624-6215 evenings.

NEWSPAPER ENDS ROLLS AVAILABLE - Many uses. Usually \$3-\$5 each. Lowell Ledger, 105 N. Broadway. Call for availability.

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KING MILLING NOW HIRING - Aerotek now hiring for career labor and milling positions with locally-owned King Milling in Lowell. Call 616-974-3542 to apply!

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

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.

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Jack Aaron Swick 09/01/1986-09/18/2012 Always loved Always missed Always cherished Always remembered

sales

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BARN SALE - Thurs. & Fri., Sept. 17 & 18, 9-6 pm at 11476 Grand River SE. Kayaks, skis, camping items, wood burner, scrapbooking, crafting supplies & much more!

HANDMADE CRAFT SALE - Sept. 18-19, 8am to 3pm. Cross body bags, aprons, kitchen boas, microwave bowls. Cash Only. 10704 Woodbushe Dr SE.

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

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

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.

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PUZZLE SOLUTIONS

Grid of puzzle solutions with words filled in.

Grid of numbers for a puzzle solution.

Large word search puzzle with words circled and highlighted.

# Live the Life You Want

## Overcoming self-sabotaging behaviors

Melissa Spino MA LLPC CDMS  
Life Transitions Therapy LLC

Self-sabotaging behaviors are often rooted in anxiety, anger, or feelings of worthlessness. They are destructive or unhealthy behaviors or habits that undermine one's goals, efforts, values, and even relationships. It's not just occasionally being late or cheating on a diet but a chronic pattern that leads to serious problems in work, life, and relationships.

### Examples of Self-sabotage

Is your behavior self-sabotaging? Here are some common examples:

- Regularly "forgetting" deadlines or failing to prepare.
- Repeatedly arriving late to work, appointments, gatherings, or important meetings.
- Abusing alcohol or drugs. Self-medicating to numb yourself or to help you deal with stress, anxiety, depression, emotions, or other mental health issues.
- Procrastinating or putting something off even

when it's urgent.

- Over eating to deal with stress, anxiety, or other emotions.
- Starting projects but rarely finishing them.
- Never getting around to doing anything about goals, plans, or dreams or giving up when trying to achieve them.
- Purposely abandoning or ruining friendships or romantic relationships.

Self-sabotage is often fueled by negative self-talk and low self-esteem/self-worth and leads to feelings of inadequacy and unworthiness. This creates a pattern of repeated self-sabotaging behaviors that damages reputations because others may view the person as unreliable, unmotivated, lazy, or lacking drive. Repeated failures and disappointments create guilt and frustration which, over time feeds shame, supporting feelings of low self-esteem/self-worth.

### Create A Plan

It's important to first understand the need self-

sabotage fills. To eliminate self-sabotaging behaviors, some believe being "tough" on yourself is the answer. Before you get tough on yourself practice self-compassion. Avoid self-judgment and understand this behavior is serving a function. For example: If you overeat to deal with stress, understand how stress eating works to make you feel better after a challenging day. If you regularly procrastinate, understand that this may help you avoid fear of failure. When you understand the need self-sabotage fills then you will be able to identify other ways to fill that need. When you meet that need in other ways, you will start to reduce self-sabotaging behaviors.

Plan for obstacles. Now you have identified the underlying need and healthier alternative behaviors, but there will probably be challenges. So, prepare for them. It's easy to have good intentions when conditions are ideal, but if you want to eliminate self-

sabotage, you need to plan for when you are stressed, overwhelmed, or upset.

Learn to tolerate emotional discomfort. The best way to build emotional tolerance is to start small. First identify emotion(s) you experience when you stop self-sabotaging habits (IE fear, frustration, sadness, anger etc.) and choose healthier alternatives. Instead of immediately trying to get rid of the feeling or distracting yourself, practice tolerating it. For example: instead of immediately pulling out your phone and checking your email for a distraction while waiting in line, do nothing. Let yourself feel frustrated for 20 seconds or even a minute or two. Over time, you'll gradually increase your tolerance for that emotion in other areas of your life.

Clarify your values. Identify the things that matter most to you and connect your new, healthier behaviors to them. This makes it easier to grow and replace the old self-



Melissa Spino  
MA LLPC CDMS

sabotaging behaviors. For example, maybe you want to give up junk food and get in shape. So, the plan is to eat healthy snacks and go for daily walks. "Getting into better shape" is a value, but it's vague. Instead say, "I will lose 10 lbs., have more energy, and finally run in a 10k" This clarified value will help pull you toward your goal and new behaviors so you can resist the old, unhealthy ones.

People are unlikely to defeat self-sabotaging behavior if it is the only change. Thoughts and emotions must also change

for long-term success. As you become more aware of the emotions, behaviors, and thoughts that trigger self-sabotage, begin to challenge them. Negative self-talk supports self-sabotage. The next time you notice your self-sabotaging behavior also notice your thoughts and challenge negative thinking with logical, positive affirmations by turning negative thoughts into affirmations. For example, change "I'm so lazy! I sat in front of the TV all day and ate junk food," to "I'm being hard on myself, I'm know I'm not lazy, I was stressed and exhausted. I'm working hard to stop my self-sabotaging habits."

Finally, connect positive self-talk to what you want to achieve. When your emotions, beliefs, values, skills, and behaviors are aligned, you can create the mental, emotional, and physical space necessary to reach your goals.

This article is not intended to diagnose or treat self-sabotaging behavior.

## Semifinalists in the 2021 National Merit® Scholarship Program

Officials of National Merit Scholarship Corporation (NMSC) announced the names of approximately 16,000 semifinalists in the 66th annual National Merit Scholarship Program. These academically talented high school seniors have an opportunity to continue in the competition for some 7,600 National Merit Scholarships worth more than \$30 million that will be offered next spring. To be considered for a Merit Scholarship® award, semifinalists must fulfill several requirements to

advance to the finalist level of the competition. Over 90 percent of the semifinalists are expected to attain finalist standing, and more than half of the finalists will win a National Merit Scholarship, earning the Merit Scholar® title.

NMSC, a not-for-profit organization that operates without government assistance, was established in 1955 specifically to conduct the annual National Merit Scholarship Program. Scholarships are underwritten by NMSC with its own funds and by approximately 400 business

organizations and higher education institutions that share NMSC's goals of honoring the nation's scholastic champions and encouraging the pursuit of academic excellence.

### Steps in the 2021 competition

Over 1.5 million juniors in about 21,000 high schools entered the 2021 National Merit Scholarship Program by taking the 2019 Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT®), which served as an initial screen of program entrants. The nationwide

pool of semifinalists, representing less than one percent of U.S. high school seniors, includes the highest-scoring entrants in each state. The number of semifinalists in a state is proportional to the state's percentage of the national total of graduating seniors.

To become a finalist, the semifinalist and a high school official must submit a detailed scholarship application, in which they provide information about the semifinalist's academic record, participation in school and community activities, demonstrated

leadership abilities, employment, and honors and awards received. A semifinalist must have an outstanding academic record throughout high school, be endorsed and recommended by a high school official, and write an essay.

From the approximately 16,000 semifinalists, about 15,000 are expected to advance to the finalist level, and in February they will be notified of this designation. All National Merit Scholarship winners will be selected from this group of finalists. Merit Scholar designees are selected on the basis of their skills, accomplishments, and potential for success in rigorous college studies, without regard to gender, race, ethnic origin, or religious preference.

### National Merit Scholarships

Three types of National Merit Scholarships will be offered in the spring of 2021. Every finalist will compete for one of 2,500 National Merit® \$2500 Scholarships

that will be awarded on a state-representational basis. About 1,000 corporate-sponsored Merit Scholarship awards will be provided by approximately 220 corporations and business organizations for finalists who meet their specified criteria, such as children of the grantor's employees or residents of communities where sponsor plants or offices are located. In addition, about 180 colleges and universities are expected to finance some 4,100 college-sponsored Merit Scholarship awards for finalists who will attend the sponsor institution.

National Merit Scholarship winners of 2021 will be announced in four nationwide news releases beginning in April and concluding in July. These scholarship recipients will join more than 353,000 other distinguished young people who have earned the Merit Scholar title.

Derek M. Mohr, of Lowell, is among the 16,000 semifinalists.

Friday Hours Beginning Oct. 2! 8 am - noon

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# FUN PAGE

## SUDOKO

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

Level: Advanced

### 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!

# CHICKEN BREED WORD SEARCH

C H A N T E C L E R L H H C C W S O V I  
 K O W O K C H B E C D L Q N L H V J V L  
 Q G R G N I K R O D N R O H G E L N F Q  
 S D O N J T E V E O K H W J D L S T R L  
 O Y W I I Y N A I S U L A D N A J O E F  
 F U H H K S B I T N A I G Y E S R E J T  
 M M V Q R L H M Y Q T A Q F G D M W G P  
 M T L N K E D E L A W A R E O V H O F Y  
 W S Q W R S D B N G P I Q M V U V A M L  
 V F A V E R O L L E S A I W B J Y L A T  
 B E M W F H L I E E B N N L I O R K R T  
 S B B F L K J P C V I O I A U Q E H A J  
 V A Y A L A B U C Q E H H M L N Y O N V  
 B I W E N C I F U G S N I R V A I L S F  
 J F E A W T T E C Y R E R E H Q T L O A  
 M S V S B R A H M A C U L A G J D A Y N  
 A A N A C U A R E M A D B L B P A N C C  
 J Q W L C A M P I N E D D M U J U D I O  
 C O C H I N N S A R W U K D A I A I J N  
 V K G Q B T M V A D M F R C C H V H W A

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

Puzzle solutions on page 13

CHICKEN BREED WORD SEARCH

BRAHMA CAMPINE CATALANA

DOMINIQUE DORKING FAVEROLLES

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CHANTECLER COCHIN CORNISH CUBALAYA DELAWARE

FAYOUMI HAMBURG HOLLAND JAVA JERSEY GIANT

## Guess Who?

I am a singer born in Texas on September 16, 1992. I was discovered by a manager and began performing on Broadway as a child. Together with my brothers, I am part of a successful pop group.

Answer: Nick Jonas

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to chickens.

R R S O E T O

--	--	--	--	--	--	--	--

Answer: Rooster

1	2	3	4		5	6	7		8	9	10		
11				12		13			14				
15						16			17				
	18				19		20			21			
					22	23				24			
25	26	27	28	29									
30								31					
32									33	34	35	36	37
					38	39	40		41	42			
					43				44				
	45	46	47										
48					49				50	51	52	53	54
55					56				57				58
59					60				61				
62					63					64			

### CLUES ACROSS

- Greasy powder (abbr.)
- Rural Free Delivery (abbr.)
- Amount of time
- Israeli diplomat
- Outfit
- The 13th letter of the Hebrew alphabet
- Deceptive movement
- Anxious
- Popular Letterman guest
- Saints' signal caller
- Intoxicate
- Relationship
- Ask for one's hand in marriage
- Popular Will Ferrell film
- Gargle
- Warning sensation before migraine
- Returned material authorization (abbr.)
- Erases
- At ease
- Small branch of an artery
- Mother of Hermes
- Body part
- Cavalry sword
- Wellness chants

### CLUES DOWN

- Helps little firms
- Afflicted
- Peep
- Nellie \_\_, journalist
- Spiritual leader
- Doctor of Education
- Affirmative
- Cheek
- Popular kids' game
- Away from wind
- Round water pot
- Drink quickly
- A simple type of jet engine
- Something for nothing
- Painkiller
- Siskel's pal
- Strong spirit distilled in Turkey
- Again
- Imitate
- Icelandic poems
- Jacob \_\_, American journalist
- No (Scottish)
- Newborn
- Credit term
- Nonprofit research group in CA
- Male offspring
- Important baseball stat
- A way to compel
- Fiddler crab
- Jewish equivalent of "Sir"
- Every
- Midway between east and southeast
- Anti-slavery treaty
- A friendly manner
- Military figure (abbr.)
- Area units
- Sudden incursions
- Expressed pleasure
- Covered with hoarfrost
- Job
- Donkey
- Swiss river
- Prejudice
- Actor Idris
- Light dry-gap bridge (abbr.)
- Criticize

# PINK ARROW PRIDE

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