

### Lowellian's debut novel



page 7

## Hundreds attend Pink Arrow Pride's "family night at the drive in" at the Fairgrounds

by Tim McAllister  
lead reporter

Organizers estimated between 300-400 people showed up in their cars, trucks, campers and vans for the "Pink Arrow Pride XIII Family Night at the Drive In" at the Fairgrounds on Friday, Sept. 25 to watch the annual charity football game together.

It was originally cancelled, but once high school football got the go ahead, Pink Arrow Pride volunteers only had two weeks to figure out how to pull it off. They had to secure a location, get a screen, figure out audio, figure out video, figure out broadcasting over the internet, figure out broadcasting over the radio, get some food vendors and a million other last minute details.

"When we thought there was not going to be any football, we stopped all forward motion," said Pink



Arrow Pride volunteer ringleader Teresa Beachum. "When, all of a sudden, football was turned back on again and Lowell was

going to have a game, we knew we wanted to do something. It's modified from what our expectations would have been, but we're

so thankful our football players, our cheerleaders, our volleyball players and our soccer players all had a chance to participate this

year. And just look at the crowd out there tonight. It's a total experiment, but the community stuck with us."

**Pink Arrow, continued, page 8**

### Lowell Weaving Fair



page 3

## Springgrove Variety store open for final day



**Springgrove Variety staff: Mike Sprenger, Jan Sprenger, Hannah Ritsema, Tina Barton and Marlene Chesebro.**

by Tim McAllister  
lead reporter

Springgrove Variety permanently closed on Wednesday, Sept. 23 after more than 25 years selling notions, toys and candy at the corner of Main St. and Riverside Dr.

Under various owners and names, a variety store has existed in that location since 1929. The original building was torn down and the current one built in 1940.

Mike Sprenger and his family bought the "Lambert

Variety Store" from Duane and Arlene Lambert in 1995. Before that it was the "Frank's 5 & 10" owned by Dick and Trudy Schlernitzauer from 1950 until 1975, then a "Ben Franklin" franchise owned by Jim Evans until 1981, when the Lambert family acquired it.

Sprenger said he will retain his seat on the Lowell Downtown Development Authority and plans to

volunteer at many future events in Lowell.

"We have appreciated being a part of this community and serving this community," Sprenger said. "I've looked forward to coming to work every day. We love Lowell, and we're sad we're leaving. It has been a lot of fun. We'll see you around."

"It's been a great place to work too," said employee Marlene Chesebro.



### ABCs of history



page 6



### LHS sports pages 10-11

50¢



# Elections deal struck, resolution causes flare up

Republican lawmakers kept their bipartisan streak going Thursday by striking an election reform deal with Democratic Secretary of State Jocelyn Benson.

The House and Senate passed and sent to the governor legislation that will allow clerks in larger municipalities to begin processing absentee ballots a day early. Legislation that allows election workers to work in shifts got final legislative approval, as well.

Thursday's tension came from legislation that allows active duty military members and their spouses to submit absentee voter ballots electronically, an issue that's close to Benson's heart with her husband having served.

The reworked version of SB 0117 strips out a requirement that the military use an electronic identification card, known as a Common Access Card, so that their spouses can vote electronically as well.

Sen. Ruth Johnson (R-Holly), former Secretary of State and original bill sponsor, said the change "makes it a very bad bill" and asked that her name be taken off as a sponsor. A handful of other Republicans asked that they have their name removed as co-sponsors.

Johnson said the CAC is essentially "an electronic dog tag" that service members use to access the military's computer networks, which transmit "highly sensitive military secrets." She said the cards are not very secure and allowing service members and their spouses to vote without using them may open the system to hacking, fraud or cheating.

The House did not agree and voted to approve SB 0117, 88-17. Neither did the

Senate, which voted 31-6 to send the bill to the governor for her signature.

Several other election bills were on the agenda Thursday. The House approved SB 0757 94-11 to allow clerks of communities with populations over 25,000 to begin pre-processing AV ballots the day before the election. Ballots can be removed from outer envelopes the day before, but not from the secrecy sleeves.

The bill was also revised to allow election workers to work in shifts on election day. Although workers won't be able to leave polling places early, fresh workers can be brought in later in the day.

The Senate voted 35-2 and sent the legislation to the governor.

The House also voted on two bills -- SB 0977, sponsored by Sen. Kevin Daley (R-Lum), and HB 5881, by Rep. Ann Bollin (R-Brighton Twp.) -- which would make it a five-year felony for someone to submit an AV ballot application using another person's name or submit applications in an attempt to obtain multiple AV ballots. Currently, fraudulent applications carry a misdemeanor penalty.

SB 0977 passed the House, 77-26. HB 5881 passed 74-26. The bills were transmitted to the Senate for consideration.

The controversy was related to SB 0117.

"It was my bill," Johnson said. "I was the one that went over to the Middle East and visited five military installations and three ships to get the information about what we needed to do to make sure that our men and women that are serving can vote with security and

integrity," Johnson said. "We know they can vote in a foxhole electronically. They can vote if they are in some kind of a campus or sitting in a tent that is 110 degrees."

Johnson told the House Ways and Means Committee earlier in the day that a group in Washington DC set up an internet voting site they believed could not be hacked. A class at the University of Michigan, however, did exactly that.

"Hurray for U-M," Johnson said. "They had a class that not only hacked it, they changed the names to Transformer names. They changed the total of all the tallies and they played their fight song."

Johnson was supported by Rep. Mike Mueller (R-Linden) on the floor of the House. Spouses don't need electronic access, Mueller said, because they aren't deployed in combat areas or on ships.

"If this amendment is not adopted, it puts the integrity of all future elections at risk, which further will jeopardize this very institution, and more importantly the people we serve," Mueller said, but the amendment was rejected.

Rep. Rebekah Warren (D-Ann Arbor) wondered if children of military service members should be added to the list of who can submit AV ballots electronically. Warren proposed an amendment to change spouses to dependents, but it was rejected.

Warren proposed giving clerks additional time to pre-process ballots, allowing them to begin work on the Saturday and Sunday before election day. That amendment failed.

Rep. Tim Sneller (D-Burton) proposed eliminating the 25,000 population threshold for early processing of ballots, allowing any municipality to use that process, but that amendment failed as well.

"There's no perfect number," said Senate Majority Leader Mike

Shirkey (R-Clarklake). "I am very, very careful about us making widespread changes in election laws without having a time to evaluate them and robustly debate them."

The final flash of fireworks on elections-related issues went off on the Senate floor over a Sen. Ed McBroom (R-Vulcan) resolution that calls out a federal court for allowing the paid transportation of voters to an election site and a state court for allowing properly postmarked ballots to be counted up to 14 days after an election.

Sen. Stephanie Chang (D-Detroit) applauded Court of Claims Judge Cynthia

Stephens for recognizing the 6,405 absentee ballots that were postmarked on or before the primary election day but were not counted because they didn't arrive at a local clerk's office by 8 pm on election day.

She said it's a "false narrative" to believe that extending the 8 pm deadline will lead to fraud. Rather, Stephens' ruling "puts voters at a high risk of disenfranchisement."

"For our voters who have underlying health risks or are sick at home, voting by mail is their safest and best option. Do you really want to deny them their voting rights?" Chang asked.

McBroom said he was

insulted. Being accused of wanting to disenfranchise voters by promoting an election day deadline that's "been around for 200 years" was something he found "almost insufferable."

"When does it stop? Should it be three weeks? Should it be four weeks? Maybe we should wait two months," McBroom said. "Maybe there will be one ballot that gets stuck in a mail-sorting machine somewhere. Maybe we should send inspectors out to every single [mail] sorting machine in the country and get a certified letter that not one of them is stuck."

SCR 31 ended up passing on a party-line vote.

## Swiss Lane Farms' "Brain Barn" an alternative to virtual school

by Tim McAllister  
lead reporter

Frustrated parents of antsy children might want to check out the "Brain Barn" program at Swiss Lane Farms, 12877 84th St. SE.

The program is open to students in kindergarten through eighth grade. Staff will offer the kids one-on-one assistance with their online lessons and education, a chance to be with some of their peers and hands-on experience with farm chores and other aspects of farming, all in the unique learning environment of an open barn.

"Most of our staff are moms and, going through all of the changes with school schedules and stuff, we knew that we could offer programs to help families that are struggling with that uncertainty," said Annie Link, Swiss Lane Farms manager. "We've got five staff members, including one certified teacher, Melinda Smith. So instead

of struggling at home with their parents, they can do it here. We know it's a need, because it's a struggle when you're trying to work from home or go to work, and your kids are at home unable to complete their assignments without some help, guidance, structure or supervision."

Students should bring their own laptop (Internet service is provided), a pair of headphones, their regular learning materials (textbooks, paper, pens, pencils, etc.), a lunch, some extra snacks, a water bottle and outdoor-friendly shoes or boots.

"We have masks available if they need them," Link said. "We're in an open barn and every kid has their own station, and then we're outside where we've got plenty of room."

Link suggested registering early because space is limited to 10 spots each day. Registration must occur by Thursday of the previous week. There are half or full

day options at \$6 per hour, but siblings in the program will be discounted to \$5 an hour. The half day sessions are from 8 am until noon and from noon until 4 pm, and the full day session runs from 8 am until 4 pm.

"You get school and you get hands-on, interactive stuff as well," Link said. "They have a schedule every day, but they also go on hayrides, they got to see a calf born one day, there have been a couple birthdays, they found a brand new litter of kittens and they've been taking care of them every day, they've cleaned some of the stalls for the calves, they learned about corn, they've done some chores like sweeping..."

"Barn Brain" sessions will be available until Oct. 31 and could start again in the spring if there is still a need. For more information or to sign up, visit [swisslanefarms.com/brain-barn](http://swisslanefarms.com/brain-barn) or call 616-868-6735.

## INVITATION TO BID

Vergennes Township is seeking bids for the remodel and addition to their building at 69 Lincoln Lake Ave NE, Lowell, MI, 49331.

There will be an optional pre-bid meeting at 69 Lincoln Lake Ave NE, Lowell on Monday October 5, 2020 at 9am. Architect, engineering and township representatives will be on hand to answer any questions.

Drawings and specifications can be obtained through Builders Exchange of Michigan or River City Reproductions (616-464-1220).

Proposals will be received at the Vergennes Township Hall, 10381 Bailey Drive, Lowell, MI, 49331 from bidders in duplicate on forms provided by the Architect in sealed envelopes marked only with the project name. Proposals are due on October 21, 2020 by 10:00 AM EST. NO BIDS WILL BE ACCEPTED AFTER 10:00 AM.

## METAL ROOF PRICING ESTIMATE!

 American Metal Roofs

What's the TRUE COST of a METAL ROOF?

Get a FREE Satellite Measurement and Roof Pricing Report For Your Home!

CALL TODAY!  
844-METAL-ROOFS  
844-638-2576

For Details Visit:  
[AmericanMetalRoofs.com/PRICE](http://AmericanMetalRoofs.com/PRICE)

the lowell ledger

(USPS 453-830)

Published weekly for \$25 a year  
for zipcodes beginning with 493 or 495;  
\$36 a year any other zip code.

Deadline for display advertising is Friday at Noon  
Deadline for classified advertising is Monday at 5 pm

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

(616) 897-9261

email: [ledger@lowellbuyersguide.com](mailto:ledger@lowellbuyersguide.com)

Second Class Postage Paid at Lowell, MI

Published every Wednesday  
POSTMASTER: Send address change to:

The Lowell Ledger

PO Box 128 • Lowell, MI 49331

[www.thelowellledger.com](http://www.thelowellledger.com)

# First annual Weaving Fair a smashing success



The first annual Lowell Weaving Fair, hosted by Ability Weavers on Saturday, was a great success. The weather was

perfect for vendors to set up along Riverside Drive for a day of fiber arts demonstrations and sales.

"We are bringing in

fiber artists from all over Michigan to show off their wares and get people inspired to consider weaving, spinning and other

fiber arts. There have been two or three fiber events that have been cancelled this year. There is a weaving guild here in Grand Rapids and their main event got cancelled this year because it's indoors. So we were hoping that those artists would come to an event in beautiful Lowell, along the Flat and have some fun," said Eric Bartkus, who founded Ability Weavers with his wife, Beryl.

The fair brought vendors and visitors from all over Michigan and even as far as Shipshewana, Indiana to downtown Lowell to share their love of fiber arts. Artists could be seen along the street operating looms of all sizes, as well as spinning and knitting. Celtic Blessings Farm of Lowell had roving, the raw wool which is spun into yarn, for sale and even brought along a sheep who was happy to greet everyone who stopped by her booth. Steve Hicks, of Lake Odessa, was teaching people how to twine. Hicks makes and

sells looms for twinning, a method of weaving used to make simple rag rugs.

"When people think of weaving, they think of the large old looms, but the modern looms are very easy to use, they're very quiet, they fit in a home nicely, but the big benefit is that it is relaxing and a very artistic, very fun to do," says Eric.

The Bartkus' believe that weaving is an art form that is both relaxing and accessible. They created this event as a way to bring together established fiber artists, as well as introducing people to the craft who may have never considered it before.

"The vendors have been great. It's been fun to have people in. We don't necessarily know everybody, they're all new to us. I'm not a lifelong

weaver. I taught myself with the purpose of doing exactly what we're doing – and it has gone way beyond what we ever dreamed it would be," said Beryl.

Ability Weavers began in 2016, with the mission to provide employment to adults with disabilities. "Once you link up the right profession with the right person's skills, you can go really far," adds Eric.

The store has become a fixture in downtown Lowell and its wares are loved by residents and seasonal shoppers alike. Ability Weavers currently employs 11 weavers, who have all been trained in the studio on Main St. Hand-woven items are available for sale, as well as supplies and looms. You can learn more by visiting <http://www.abilityweavers.com>.



Evie, who is seven-years-old, learning how to use a twining loom. These looms are made and sold by Steve Hicks of Lake Odessa and are available for sale in the Ability Weavers store.



## Safety with a Smile



**Family Dentistry of Lowell**  
147 N. Center Street, Lowell  
(616) 897-4835



**Fallasburg Virtual Arts Festival**  
PRESENTED BY LOWELLARTS

lowell Arts

**Next Year's Festival Dates**  
SEPT 18 & 19, 2021

Congratulations to Holly Fehlig from Lowell, the winner of this year's Fallasburg Quilt Raffle, and thank you Dawn Ysseldyke, the creator of this year's beautiful quilt.


FIFTH THIRD BANK


# business directory

**FRY DADDY'S**  
608 West Main Street  
Lowell, MI 49331  
**897-FISH**  
Fish, Shrimp, Wing Dings, Chicken Strips  
**DAILY SPECIALS**  
Closed Sunday & Monday



**BILL WHEELER**  
Certified Public Accountant  
W.J. WHEELER  
103 Riverside Dr.  
Lowell, MI 49331  
**897-7711**



**RISNER'S ROOFING & HOME IMPROVEMENT**  
SHANE RISNER • 616-897-1080  
email: risnersroofing@gmail.com  
website: risnersroofing.com



**JERRY'S LAWN MAINTENANCE & SNOWPLOWING**  
• Fall Clean-Up • Spring Cleanup  
• Fertilizing • Winterizing of  
• Bark • Sprinkling Systems  
• Lawn Maintenance • Snowplow Service  
Over 25 years of experience, insured, referrals upon request  
**616-822-4168**



**Rich's Service Co.**  
In-Home Appliance Repair  
Dryer Vent Cleaning  
INSURED • 20+ YEARS EXPERIENCE  
Washers • Dryers • Refrigerators  
Garbage Disposals • Stoves  
• Dishwashers  
**RICH CURTIS • 897-5686**  
209 E. Main St., Lowell



**Showboat AUTOMOTIVE SUPPLY, INC.**  
Auto Value Parts Stores  
KIRK COLLINS, OWNER  
1450 W. Main St., Lowell  
**(616) 897-9231**  
Hours: Mon - Fri 8-7; Sat 8-5:30; Sun 9-3



**897-4123**  
**Arctic Inc. Heating & Cooling**  
• Heating & air-conditioning • Wall hung boilers & water heaters  
• Geo Thermal systems • Radiant floor heat • Snow melt systems  
• Whole house generators • Duct work • Humidifiers  
SALES, SERVICE AND INSTALLATION, UPGRADES, NEW HOMES  
www.HeatingCoolingOnline.com



**YOUR AD HERE**  
CALL 897-9261 TO ADVERTISE



## Trump support lower in House districts compared to '16



The 39th House District, currently held by Rep. Ryan Berman (R-Commerce Twp.), was carried by Trump in 2016 49.6 percent to 45.98 percent. In polling last week, Trump is trailing Biden by a 15-point margin, 54 percent Biden to 39 percent for Trump. Over four years, Trump has shed 10 percent of his support in the 39th House district.

The 45th House District, currently held by Rep. Michael Webber (R-Rochester Hills), was won by Trump with 51.4 percent of the vote in 2016 to Clinton's 43.8 percent. Polling from last week showed Trump losing to Biden 50 percent to 43 percent meaning Trump's lost 8.4 percent of his support in the 45th.

The 61st House District, currently held by term-limited Rep. Brandt Iden (R-Kalamazoo), was won in 2016 by Clinton who defeated Trump 49.1 percent to 44.8 percent. In polling last week, Mitchell Research found Trump trailing Biden in the 61st 54 percent to 38 percent. Over the past four years, Trump has lost 6.8 percent of his support in the 61st.

The 62nd House District, held by Rep. Jim Haadsma (D-Battle Creek), was carried by Trump 48.4 percent to 46.1 percent in 2016. Polling last week had him trailing Biden 55 percent to 38 percent - meaning the President has lost 10.4 percent of his support in the 62nd over the past four years.

104th House District, currently represented by term-limited Rep. Larry Inman (R-Grand Traverse), was carried by Trump in 2016 53.1 percent to 40.6 percent. Polling last week found Trump leading Biden by 4 points, 48 percent to 44 percent, meaning Trump has lost 5.1 percent of his support in the 104th.

In the seven competitive House districts polled last week by Mitchell Research and Communications, support for President Trump is, on average, 6.5 percent points below what he received in those same districts four years ago.

Back in 2016, Trump won six of the seven state House districts polled - the 19th, the 25th, the 38th, the 39th, the 45th, the 62nd and the 104th. The Sept. 14-18 polling conducted for MIRS, Governmental Consultant Services Inc., the Life Insurance Association of Michigan and the Michigan Insurance Alliance showed Trump only up on Democrat Joe Biden in one, the 104th.

Coincidentally, the 104th was the only district of the seven that showed the Republican House candidate with a higher percentage than the Democrat.

The seven surveys were conducted using a combination of 300 live calls to cellphones for likely 2020 voters between the ages of 18-44 and IVR (Interactive Voice Response or automated) calls to likely 2020 voters over 45. The margin of error was +/- 5.6 percent at a 95 percent level of confidence. Overall, 33

percent of the calls went to cells and 66 percent were IVR.

Here are the numbers, by district, of how Trump performed in the 2016 presidential race and how much support he's lost in those districts since. Poll results for the House races were published on Monday.

The 19th House District, currently held by Rep. Laurie Pohutsky (D-Livonia), had voted for Trump over Hillary Clinton in 2016 by a margin of 51.1 percent to 43.5 percent - a 7.6 percent margin. In polling conducted last week, Trump was losing to Biden by 5 percentage points - 49 percent to 44 percent meaning he's lost 7.1 percent of the district's support over the past four years.

The 25th House District, currently held by Rep. Nate Shannon (D-Sterling Heights), was carried by Trump in 2016 with 52.2 percent of the vote compared to 42.9 percent - a margin of 9.3 percent. In polling last week, he was losing to Biden in the 25th by a margin of 50.5 to 44 percent. Over four years, Trump has shed 8.2 percent of his support in the district.

## LEGAL NOTICE

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

In the matter of Grace Jones Guardianship File No. 20-207,962-GA

TO ALL INTERESTED PERSONS including her daughter, 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 18, 2020, at 1:30 P.M. at Kent Co. Probate Court, 180 Ottawa NW, Grand Rapids, MI 49503 via Zoom before Judge David M. Murkowski (P35026) for the following purpose: Appointment of a Guardian.

Dated: September 28, 2020

Adult Protective Services, DHHS, Petitioner 121 Franklin St. NE Grand Rapids, MI 49507 (616) 260-5694

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.

## NEWSPAPERS Outperform Magazines in Michigan

More adults in Michigan read a newspaper than local magazines.<sup>1</sup>



Newspapers are the most trusted media source.<sup>2</sup>

Adults, across all generations, identify newspapers as their most trusted source of news and information - ahead of magazines.

## the owell ledger

79% Eight in 10 newspaper readers took action as a result of reading a newspaper ad in the past 30 days<sup>3</sup>

Newspaper ads result in more purchases than magazine ads.

22%

of adults often purchase products and services as the result of a magazine ad.<sup>4</sup>

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

# viewpoint

## to the editor

Dear Editor,

Many in the United States are not wearing masks leaving many vulnerable to the deadly COVID-19. A second wave of the virus has started and a deadly winter is just around the corner while the United States leads in deaths and confirmed cases. The failure to get the COVID-19 under

control is just the tip of the iceberg. Lurking in the shadows of the pandemic is a man-made climate change which is taking a devastating effect not only on the United States, but the rest of the world. I believe the failure in the United States to get the COVID-19 under control along with

the denial of a man-made climate change all stem from the United States being run by greed, power and control. I believe the denial of the seriousness of the pandemic when it started was so not to disrupt the economy. I believe the denial of man-made climate change is so fossil fuels can continue to be exploited which is the main reason behind climate change. Who do you think is going to pay for the cost of the pandemic? I'm pretty sure it won't be from people of wealth. In recent years there's been talk of cuts to

social security, Medicare and Medicaid. I believe the cost of the pandemic will be put on the backs of the low wage earners, the poor and downtrodden and the elderly by denying them government assistance programs along with cuts to social security, Medicare and Medicaid. It will only get worse as long as the country is run by greed, power and control.

Sincerely,  
James Howard  
Lowell

## outdoors

take a break

Dave Stegehuis

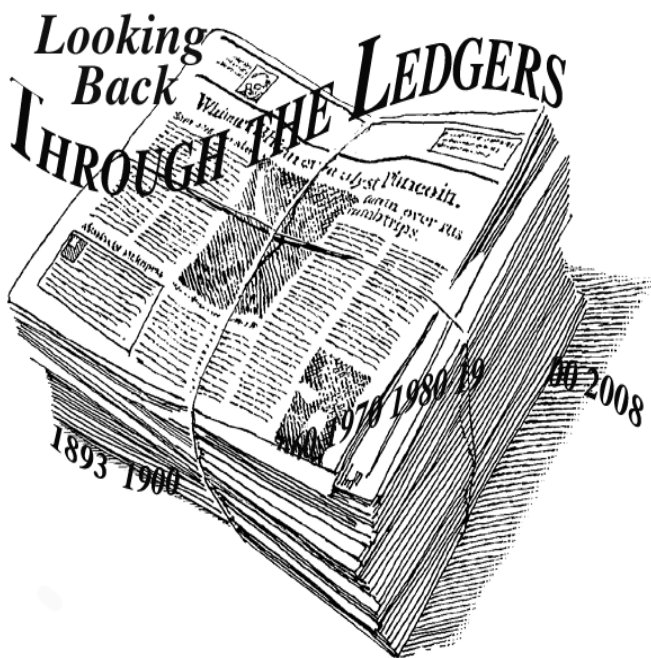
Fall is the favorite time of the year for many Michigan residents and visitors. The weather is comfortable, the bugs are gone, people are home and back to normal daily routine, and the landscape is ablaze in brilliant color.

This year is different and somewhat restricted, but most of the celebration and activities can be had in the wide-open spaces. Find a way to get outdoors and enjoy the season. Now might be a good time to explore a new activity.

Fall and the harvest season are celebrated with festivals, farm stands, and special events. Hunters and fishermen are able to proceed with their plans as usual. Wildlife has no idea or cares what we humans have been up to. This provides the opportunity to experience an environment which remains unchanged in an ever-changing world.

Football games played under the lights on chilly fall evenings are in the fabric of local culture. Players and fans have found ways to keep up the tradition. Trails for walkers, bikers, and riders wind through the colorful outback. Getting needed exercise is fun and easy this time of year. Historical and scenic destinations take on a new look with the backdrop of fall colors. Traveling to and from these places make the entire trip relaxing and enjoyable.

The possibilities for getting out and about this fall are endless. Go to the Pure Michigan website for all kinds of information on trip suggestions and travel information for all of Michigan. There is something for everyone. Take a break from daily concerns and get out and enjoy what Michigan has to offer this fall season.



### 125 years ago Lowell Ledger October 4, 1895

The cyclone which tore around this part of the state did much more damage than at first reported. It first dropped down in Oakfield township, Kent county, fifteen miles southwest of Greenville, at 8 o'clock last week Wednesday evening, blowing down fences on the farm of Warren Pennington, and tearing up his orchard. Two large grain barns of A. A. Thompson were lifted clear from their foundations and dropped in another place all wrenched and twisted, and the roofs blown off. Thompson was in the shed milking, and that was blown to pieces over his head.

The Barn of Monte Sayles, three miles north of this place was totally destroyed by fire on Saturday, Sept. 21, together with all its contents including fifteen tons of hay, twelve hogs, two buggies, harness, tools, etc., amounting to \$1,000. The origin of the fire is shrouded in mystery. Mr. Sayles had been to the barn only fifteen minutes previous to the discovery of the fire, and at that time everything was all right. None of the man folks were in the habit of smoking about the barn; and Mr. Sayles can think of no enemy he has who would be mean enough to set the fire. The property was insured in the Kent County Mutual.

### 100 years ago The Lowell Ledger October 7, 1920

Officials of the Petersen Brewing company have been bound over to meet the action of the grand jury, it being the contention of the government that

the company sold to retailers large quantities of cider which had developed more than the legal "kick." Just how many retailers face prosecution District Attorney Walker was not at liberty to state yesterday.

Richard Marsh, age 10 years, son of Mr. and Mrs. Frank Marsh, was knocked to the pavement by Rufus Gregory's car and severely injured in the head Tuesday afternoon. He was attended by Drs. Lee and Godfredsen, and yesterday it was believed the lad had a fair chance to recover. No blame attaches to Mr. Gregory, who was driving slowly and stopped the car before the wheels reached the boy. He had seen Richard, and thought the latter had noticed the approaching car, then another car passed between them, next the collision.

Home brewers, to say nothing of distillers and traffickers in whisky, will have to watch and keep their eyes on International Revenue Collector Emanuel J. Doyle. Notices are being sent out to all violators of the national prohibition enforcement act ordering payment of tax liabilities and penalties aggregating several hundred dollars.

### 75 years The Lowell Ledger October 4, 1945

Lowell schools have added a seventh bus, the new bus being of much greater capacity than any of the others, as it will carry 54 passengers. It will be used on the Cascade route.

Sgt. Arthur Gross returned to Fort Sheridan on Tuesday to receive his honorable discharge after spending a week at home. Arthur spent 40 months in the European area, receiving the Bronze Star and Distinguished Unit citation for meritorious service.

This community was shocked to hear that three-year-old Karen Ann, daughter of Radio Operator and Mrs. Bernard Kropf, was drowned last Thursday forenoon when she fell into a cistern. The child was playing in the yard of her grandparents, Mr. and Mrs. John P. Freeman in Boston township, R. 3, Lowell, with whom she has lived since 1944 when her father left for service in the Pacific area.

### 50 years The Lowell Ledger October 8, 1970

Amway officials have announced a voluntary move to install one of the "most modern sewage treatment plants along the Grand River, without legal action by any local, State or Federal water or pollution authority."

Mailing dates for Christmas packages and letters for soldiers in Vietnam, to ensure that servicemen



## 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

### - carpal tunnel syndrome

Carpal tunnel syndrome is a very common condition. Carpal tunnel syndrome occurs when the median nerve is compressed within the carpal tunnel (which is located in the wrist and extends into the hand). Carpal tunnel syndrome can cause pain, numbness, and tingling in the hand and arm. It can also lead to feelings of weakness in the affected hand and arm. The symptoms of carpal tunnel syndrome usually come and go, they are not typically constant but certain activities will make the symptoms worse.

Carpal tunnel syndrome occurs more often in women than men. Carpal tunnel also happens more often to people who perform repetitive actions with their hands. Carpal tunnel syndrome presents most often between the ages of 45-60 years and symptoms tend to occur in a person's dominant hand.

Carpal tunnel is more common in patients with low aerobic fitness and those who are overweight. An exercise routine designed for aerobic fitness and weight loss can help to reduce carpal tunnel symptoms. Exercise that puts strain on the wrists should be avoided though when carpal tunnel symptoms are present.

Your primary care provider can evaluate wrist and hand complaints to determine if carpal tunnel syndrome is present. Several other conditions can mimic carpal tunnel, and these should be ruled out. There are some simple actions that can help to prevent and treat carpal tunnel syndrome. Your provider can advise on appropriate treatment options and determine if there is need for further evaluation with imaging or specialty consultation.

# anniversaries

## Blattner



Terry and Paul Blattner

Paul and Terry Blattner married in Denver, CO and have been married for 60 years. They have five children, Paul, Robin, Franz, Heidi and Tony, 16 grandchildren and seven great-grandchildren. They feel blessed to have lived on a farm close to Parnell for 60 years. Paul worked on the news desk at the Grand Rapids Press and retired in 1994. Terry drove school bus for 25 years at St. Patrick Parrish, Parnell.

# happy birthday



### SEPTEMBER 30

Jimmy Hodges, Lowell Swift, Linda DeCator, Mark Willmarth, Jay Thaler, Haley Main, Ernie Barnes, Jessica Spencer, Don VanSickle, Kyle Potter.

### OCTOBER 4

Marj Harding, Raymond Kastanek, Cody Chambers, Rich Wade, Dennis Denton, Jr., Morgan Ford, Theresa Baerwalde, Joe Kovacs, Nichole Dorsey.

### OCTOBER 1

Sue Zoodsma, Stephanie Foss, Justin Anes, Sara Schuitema, Sandy Nikodemski.

### OCTOBER 5

Bradley Kiczenski, Allen Reynolds, Zachary Willard.

### OCTOBER 2

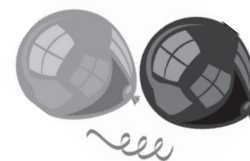
Doris Titcombe, Timothy Hoag.

### OCTOBER 6

Steven J. Ayres, Randy Tulecki, Emma Jo Clouser, Bridget Lally, Ethan Foster.

### OCTOBER 3

Mike Moore, Jim Stoutjesdyk, Sr., Lori Smith.



# 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:

### Z is for Zzano's

The name Zzano's was known for two things – pizza and baseball.

Anthony "Tony" Stormzand opened his pizza shop first at 313 E. Main. This building was known as the old Music Hall which became the Masonic

Temple. It was a three story building, the oldest building on Main Street at the time. The second and third floors housed the Masonic Temple and Zzano's occupied the first floor. In May of 1971 the roof collapsed in a storm. The city condemned the building and though repairs were attempted, for Zzano's Pizza, a move was in order. The restaurant moved across the street to the old Lowell State Savings Bank building at 218 E.

Main and was placing updated advertisements the next week.

The name 'Zzano's Pizza' was perhaps well known nationwide more for baseball than for the Lowell restaurant. Tony Stormzand not only played baseball nearly his entire life, but he sponsored teams for decades. The Zzano's Pizza baseball teams were winning teams. The Grand Rapids and Lowell news articles proclaimed their winning seasons and

successful tournament play. League sponsorship included; the Grand Rapids Senior Baseball League, Tri- County League, Grand Rapids City Majors and men's and women's teams in the Lowell YMCA adult softball league. Zzano's teams played against greats who had played in the professional Major leagues and Hall of Famers from the Negro League. Even today you can find Zzano's games on YouTube.

ABCs continued, page 14

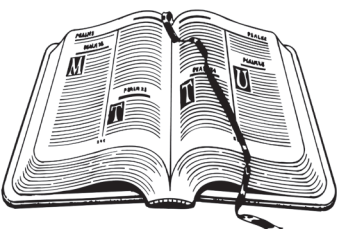
**LeafFilter** GUTTER PROTECTION  
**NO MORE GUTTER CLEANING, OR YOUR MONEY BACK GUARANTEED!**  
 CALL US TODAY FOR A FREE ESTIMATE **1-866-495-1709**

**15% OFF** YOUR ENTIRE PURCHASE  
**AND!** **10% OFF** SENIOR & MILITARY DISCOUNTS  
**+** **5% OFF** TO THE FIRST 50 CALLERS!

Promo Number: 285 Mon-Thurs: 8am-11pm, Fri-Sat: 8am-5pm, Sun: 2pm-8pm EST

\*For those who qualify. One coupon per household. No obligation estimate valid for 1 year. \*\* Offer valid at estimate only. CSLB# 1035795 DOP# 410783658-5501 License# 7656 License# 50145 License# 41354 License# 99338 License# 128344 License# 218294 License# 603 233 977 License# 2102212986 License# 2106212946 License# 2705132153A License# LEAFFNW822J2 License# WWS056912 License# WC-29998-H17 Nassau HIC License# H01067000 Registration# 176447 Registration# HIC.0649905 Registration# C127229 Registration# C127230 Registration# 366920918 Registration# PC6475 Registration# IR731804 Registration# 13VH09953900 Registration# PA069383 Suffolk HIC License# 52229-H

# area churches



**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  
 Barrier-Free

**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

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

**LOWELL UNITED METHODIST CHURCH**  
 discover. grow. share  
 621 E. Main Street  
 897-5938  
 www.lowellumc.com • Barrier Free Entrance  
 WORSHIP  
 11 AM on the Riverwalk  
 Sr. Pastor - Brad Brillhart

**Happy Retirement to PAUL JONES!**  
 Love, Gretchen, Adam and Shanice

# LHS '04 grad's debut novel to be published Oct. 20



by Tim McAllister  
lead reporter

Christopher Cosmos, a 2004 graduate of Lowell High School, has a historical fiction novel called "Once We Were Here" coming out Oct. 20, published by Arcade and distributed nationally by Simon & Schuster.

Cosmos grew up in Lowell, locals might remember him as Chris Lechner. After LHS, he attended the University of Michigan on a free ride by earning a "Chick Evans" golf caddy scholarship, then moved to Los Angeles to pursue a career in screenwriting and producing. He spent eight years in the entertainment industry, and eventually sold a screenplay called "American Rebel" to Sony Pictures. That project is in development with Oscar-nominated film producer Amy Pascal.

Cosmos moved back to West Michigan about three years ago and is currently living in downtown Grand Rapids. He said he drives Lowell quite often to visit his mother, who lives near Lowell High School, still

in the same house Cosmos grew up in.

"Once We Were Here" is set in a small village in Greece during World War II. Two friends, Alexi and Costa, are heading off to war, but first Alexi asks a young lady named Philia to marry him, "*and begins an epic and unforgettable story of courage, survival, sacrifice, the strength of the human spirit, and of a love and friendship that will echo across time and generations,*" according to a press release.

Steven Pressfield, the author of "The Legend of Bagger Vance" described the book as "a stunning literary debut about legacy and history, war and peace, fate and destiny, the power of family and stories, and how young love can still shine and endure, even in the face of the greatest evils, and long after we're gone."

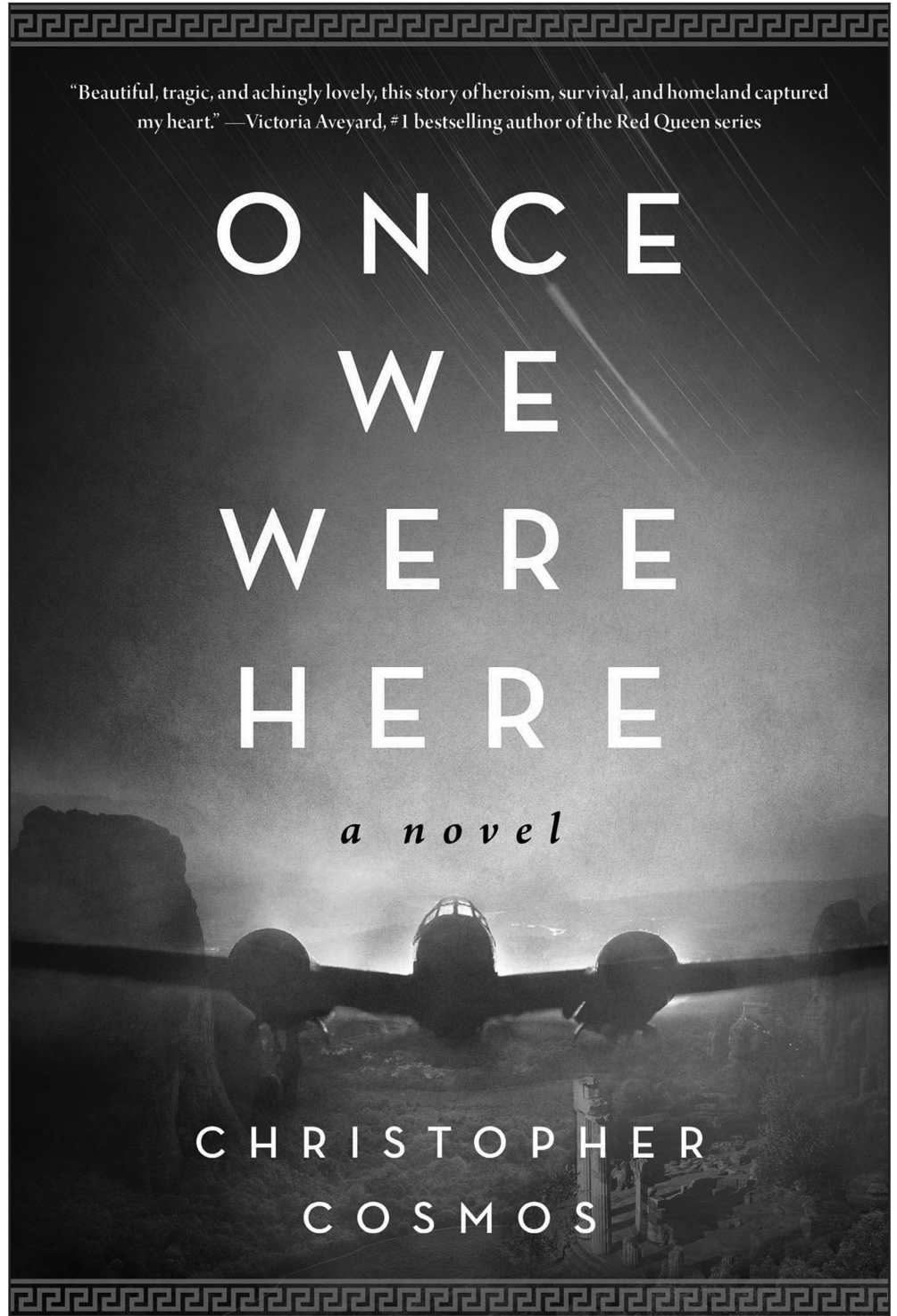
It's Cosmos' debut novel, and the release is timed to coincide with the 80th anniversary of Oxi Day, a Greek national holiday celebrating the

day prime minister Ioannis Metaxas refused to surrender to Italy, which led to the first Allied victory in World War II and delayed the German invasion of Russia just long enough so it would occur in the winter.

A tremendous amount of books, movies and TV shows have been created about World War II, covering nearly every aspect of that conflict in vivid detail, making it a challenge to

come up with a unique take. For inspiration, Cosmos looked to his family heritage and to his childhood experiences listening to old people talk at church.

"Growing up, we went to the Greek Orthodox church in Grand Rapids," Cosmos said. "There were a lot of people around who lived through this time and lived through these events. A lot of families emigrated to the United States because of these events, and particularly to Detroit and Grand Rapids. So I heard all of these stories when I was very young, which, for a writer, was like a gift. I figured out a way to combine all of those stories, so the novel captures what a lot of different people and a lot of different families went through. [I wanted] to make sure to get it exactly right. There are a lot of people who lived through these events and a lot who



didn't, and the thing that was the hardest, and that I felt the most pressure in regards to, was wanting to make sure that I got it exactly right. Both for them and their memory, and also to honor their sacrifice and bravery and all that they gave in order to make sure the world remained free."

"Once We Were Here" is currently available for pre-order anywhere that books are sold. Visit

[christophercosmos.com](http://christophercosmos.com) to keep up to date on his for more information or future activities.

## CITY OF LOWELL PUBLIC NOTICE

Look Memorial Fund Board in now accepting grant applications for 2020. Applications are available at Lowell City Hall.

Grant applications should be submitted to Susan Ullery, City Clerk, 301 East Street, Lowell, MI 49331. The deadline for submitting 2020 applications is 4:00 p.m. on Friday, October 30, 2020.




### Put your money where your good neighbor is.

**Deborah Wilks, Agent**  
State Farm Agent  
11827 Fulton St E  
Lowell, MI 49331  
Bus: 616-897-9237

Your financial health is about a lot more than insurance. That's why State Farm Bank® makes it easy to manage your money too, with 24/7 online banking at [statefarm.com](http://statefarm.com)®. Ask me about Checking accounts, Money Market Savings accounts and more. CALL ME TODAY.



1706475 State Farm Bank, F.S.B., Bloomington, IL MEMBER FDIC

## LOWELL LIGHT & POWER Job Posting

**POSITION:**  
Billing Specialist/Customer Service

**JOB DESCRIPTION:**  
Under the direction of the Office Manager, prepare monthly electric statements and assist customers with account information, various billing inquiries, concerns, payments and work orders. Prepare and maintain customer account information. Assist customers with establishing, transferring and disconnecting their electric service. Monitor and prepare materials for monthly collection processes. Participate in committee and team activities. Perform other duties or special projects as required or assigned.

**EDUCATION:**  
High School Diploma or equivalent required, higher education in accounting and communications desirable.

**EXPERIENCE:**  
One to two years' experience in accounting and customer service.

Interested individuals should complete our application form on our website [lowell-light.org](http://lowell-light.org) and email along with their resume to [customerservice@lowell-light.org](mailto:customerservice@lowell-light.org) or send to Lowell Light & Power, PO Box 229, Lowell, MI 49331, no later than October 9, 2020.



# Pink Arrow, continued

“Everybody seems to be happy, there’s lots of kids running around, it’s perfect,” Pink Arrow Pride volunteer Mike Chambers. “I was amazed how quickly it all came together.”

“We have a really good turnout for the small amount of time we had to put it together,” said Pink Arrow Pride volunteer April McClure. “We sold a lot of t-shirts this week at the store [Fans in the Stands, 207 E. Main], so we knew we wouldn’t sell that many down here, but we sold some. The food vendors are doing good, so we’re happy.”

“Two weeks ago Thursday at 4:30 in the afternoon Teresa Beachum called me and asked if I could take care of this and make it all happen, and

here we are,” said Pink Arrow Pride volunteer Marty Chambers. “It’s Pink Arrow, man! You can’t say no! I never realized what an undertaking it was. We’ve had more things go wrong than right! We’ve really had a great turnout, and we’ve had multiple people come up and say they wanted to donate extra to this cause.”

Impact Church lent Pink Arrow Pride some of their audio/video equipment, along with the person who knew how to use it.

“Teresa Beachum reached out to me and invited me to help think of the concept of how we can take the experience of the stadium and put it here, virtually, on the screen,” said Pink Arrow Pride volunteer Dave VanKeulen, who is also the audio director at

Impact Church. “Basically, we had two weeks to think of how to do this. We have never done this before in our community, ever. There are four volunteers running cameras and mixing a professional, multi-camera broadcast set up at the stadium right now. We are piping down a private, professional livestream backbone that we pay for as a yearly subscription at Impact Church. We’ve been able to use it for this one event for free for the community. We’re just utilizing a lot of the resources and the functions of Impact Church, but then also volunteers have stepped up to help with cameras and with everything. The A/V company Matrix Entertainment from Grand Rapids provided the screen.

Corporate Live in Grand Rapids provided the 14,000 lumen projector.”

“This is a brand new screen that is debuting tonight, it was custom-built for us by Matrix Entertainment,” said Marty Chambers. “The game is playing on all the car radios at 100.9 FM on our little portable radio station. Dave VanKeulen was our IT guy who made all this possible.”



“Our main purpose in doing this is to pay honor to those that have been on a cancer journey,” Beachum said. “This is the gift that keeps giving all year long, to keep our family support going and to keep Gilda’s Club going. We’re just so thankful.”



LPD officer Ian Shears





Register Here

# Your Future STARTS HERE




**Become an Employee Owner & take charge of your future!**

Hiring for All Shifts  
Starting Pay \$14 - \$19.50/hour  
Generous Benefits



JOIN OUR

## JOB FAIR

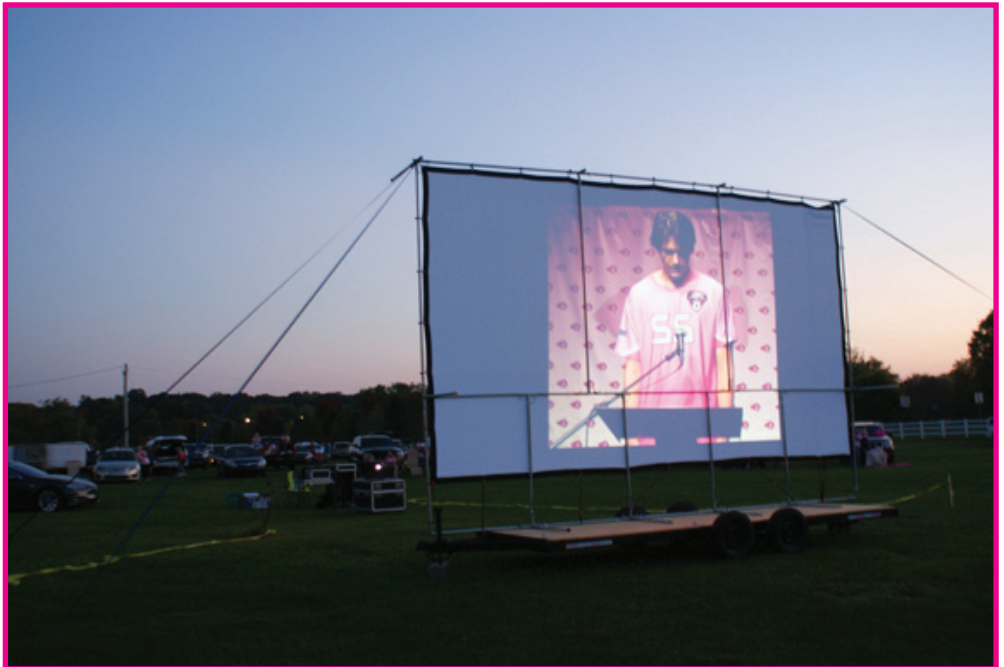
Virtual or In Person • Every Thursday, 9am – 4pm  
Register @ [lighthouse.as.me/lowell](https://lighthouse.as.me/lowell)



# Pink Arrow, continued



Dave VanKeulen





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

- FOOTBALL

## SPORTS

## LHS prevail on 13th annual Pink Arrow football game

by Justin Scott  
contributing reporter

For the 13th time in their history, the Lowell football team went pink to raise money for Lowell Pink Arrow Pride. Past Pink Arrow games have been hampered by weather numerous times. This year it wasn't the weather that drastically changed plans for the Pink Arrow game, rather the ongoing COVID-19 pandemic.

The pandemic changed the look of this year's game and nearly cancelled it altogether, but like those stormy past Pink Arrow games, Lowell would carry on. While not all fans could attend the event, numerous watch parties were organized including one at the Kent County Fairgrounds. The game was broadcast on a big screen

for public viewing. Vendors provided concessions, and like a drive-in movie theater, fans not on campus were able to cheer on the Pink Arrows in a whole new way.

Inside the stadium, as with all sporting events during the pandemic, fans that could attend wore face coverings and social distanced to cheer on their



Sam Kaminski makes a diving catch.



Members of the Lowell cheer team during the Pink Arrow game.

## LOWELL LIGHT & POWER Job Posting

**POSITION:**  
Communications Specialist/Office Assistant

**JOB DESCRIPTION:**  
Under the direction of the Office Manager, assist customers with account information, various billing inquiries, concerns, payments and work orders. Prepare and maintain customer account information. Assist customers with establishing, transferring and disconnecting their electric service. Monitor and prepare materials for monthly collection processes. Participate in committee and team activities. Perform other duties or special projects as required or assigned. Develop and write communications materials for websites, newsletters, customer bill inserts, direct mail, email marketing and social media as required to communicate with employees, customers and local officials.

**EDUCATION:**  
High School Diploma or equivalent required, higher education in accounting and communications desirable.

**EXPERIENCE:**  
One to two years' experience in communications and customer service.

Interested applicants should complete our application form on our website [lowell-light.org](http://lowell-light.org) and email along with resume to [customerservice@lowell-light.org](mailto:customerservice@lowell-light.org) or send to Lowell Light & Power, PO Box 229, Lowell, MI 49331, no later than October 2, 2020.



respective teams. Rather than a sea of pink, this year pink shirts simply dotted the stands.

The Arrows found themselves on the wrong end of a 3-0 halftime score against visiting Northview after a slow offensive start

to the game. First half highlights included a fake punt successfully converted by Brett Spanbauer. While LHS was able to move the ball during the first half, Northview was able to keep them off the board. The Wildcats' field goal from 25 yards was the only points of the half.

Lowell quickly turned the tables on an interception returned for a touchdown by Dillon Hieshetter, one of two pick-sixes for the Arrows, who would go on to win the game 27-6. Doak Dean added to the lead on a short touchdown run, and later Nate Clark scored a touchdown of his own, breaking several tackles before walking into the endzone.

The Red Arrow defense again dominated the majority of the evening. Josh Rau led the team with seven tackles and the team's only sack. Jacob Lee also recorded two tackles for loss against the Wildcats. Justin Wade converted three of his four extra point attempts.

Connor Lixie ended the game's scoring with an interception returned for a touchdown to make the score 27-6.

Clark finished the game with 18 carries for 132 yards. Dean had 70 yards on the ground. Spanbauer had two of the team's four receptions for 26 yards. Sam Kaminski and Xander Reisbig accounted for the other two receptions.

Each football player and

cheerleader wore special jerseys with the names of someone currently fighting or who has fought cancer. While the game lacked a good portion of what makes it so special each year, including the survivors walk, fireworks, area vendors, and of course the fans, this did not take away from the importance of the event for those involved.

Lowell moves to 2-0 on the season with just four games remaining in the regular season. With only six games in an eight-team conference, Lowell will miss out on playing Grand Rapids Christian in the OK White this season. The Red Arrows will take on Greenville (0-2) next week.

## Equestrian team wins district title

by Justin Scott  
contributing reporter

The Lowell Equestrian team, fresh off a state championship season in 2019, is off to another great start in 2020, under the guidance of new coach Emma Hancock. Hancock, a 2020 LHS graduate, competed with the team during last year's state championship run. This year, the Red Arrows are off to a great start after winning the district championship.

Representing the team this year are Alyssa Woern, Delaney Huizinga, Emily German, and Riley Taylor.



Lowell's 2020 Equestrian team with coach Hancock. Photo courtesy of Chris German.

Red Arrow

- SOCCER

# SPORTS

## Soccer draws Northview on senior night, wins Pink Arrow game

by Justin Scott  
contributing reporter

Lowell and Northview battled it out to a scoreless draw on senior night for the Red Arrows. Despite significant pressure put on by the Wildcats, especially through the first 20 minutes, LHS goalkeeper Lanndon Hamilton was able to help preserve another shutout for the Arrows.

Defensive LHS was led by seniors Justin Wade, Rohan Dixon, Ben Thompson, and Aaron Bomia.

Earlier in the week, Lowell had another shutout in their Pink Arrow game win over visiting Greenville. The Arrows got the important breakthrough goal from Bryce Thompson. From 30 yards out he found some space and was able

to beat the Greenville goalkeeper from distance. In the 34th minute, Rohan Dixon headed in a Justin Wade corner to make it 2-0. Tyler Vroman tacked on a goal from a close angle of his own late in the first half.

Logan Wurtz rounded out the scoring in the second half with a volley from just outside the box to make it 4-0, which is where the score would end up. Hamilton again had the shutout in net.

The JV soccer team had a thrilling finish to their game against Greenville. The score was tied with less than 5 minutes to play and ended with a 2-1 Red Arrow victory. Lincoln Homolka and Liam Lincolnhol netted late goals for LHS before

Greenville came back to get a goal with about a minute to play. Lowell held on for the 2-1 victory.

Lowell varsity finished the week at 2-2-2 with games against Thornapple-Kellogg and Grand Rapids Christian coming up. The Red Arrows will finish the season with the OK White Tournament and then the MHSAA playoffs. Due to the pandemic, the conference tournament is back even if just for this year, to help determine a league winner. Once an every year occurrence, the conference tournament for soccer was eliminated by the league in the late 2000's.



Lowell seniors Chase Leverage, Ethan LaMore, Gavin Kelley, Aaron Bomia, Rohan Dixon, Justin Wade, and Ben Thompson were celebrated on Senior Night.



## Arrows host jamboree and The Bob Perry Invitational

A hilly course and warm temps greeted the teams from the OK White as they arrived at Lowell High School to compete in the second jamboree cross-country race. When it was finished East Grand Rapids bested the field distancing runner-up Grand Rapids Christian by seven points. Lowell finished in seventh place, led by Annika Sandman who finished in 15th place with a time of 21:11. Scoring for the Arrows were Keira Sandman in 42nd, Lauren Swain in 49th, Theresa Judd in 53rd, Kaylee Byrne in 56th and Canaan Mckinney

in 58th.

This past Saturday, the Lady Arrows returned to their home course for the last time this year as they hosted the Bob Perry Invitational. Otsego, the No. 3 Division 2 team in the state won the meet with 15 points as they took the top five spots before Annika Sandman finished in 21:20. Lowell took second place with 74 points besting Battle Creek Harper Creek by 4. Other varsity runners for the Arrows were Katrina Sandman placing 17th in 23:15; Keira Sandman, 18th in 23:17; Swain, 24th

in 24:08; Judd 28th in 24:24, Kylee Byrne 31st in, 24:47, and McKinney 36th in 25:45.

In the JV race the Arrows snagged two medals as Grace Richmond took seventh in 26:40 and Jess Spaulding took eighth in 26:50.

The Arrows compete next on October 10 at the Allendale Invitational.

The Lowell boys varsity cross-country team maintained their overall second place position in the OK White with a second-place finish at the OK White Jamboree at Lowell last



Members of the boys cross-country team in action last week.



Lady Arrows in competition last week.

Wednesday night. East Grand Rapids won the meet with 55 points, followed by Lowell with 63 points, and Grand Rapids Christian with 79 points. Scoring for the Red Arrows were Cole Weston, fifth in 17:30; Sawyer Fowler, sixth in 17:35; Jackson Fowler, 16th in 18:22; Keegan Cater, 17th in 18:23, and John Lothian, 19th in 18:27. Finishing for the varsity lineup were Ben Bromley, 25th in 18:34; Blake Bennett, 42nd in 19:20, and Levi Mills, 45th in 19:36.

The boys capped off a week of workouts and

racing with a second place finish at the Bob Perry Memorial Cross-Country Meet at Lowell this past Saturday. Otsego won the race with 29 points, followed by Lowell, 53 points, and Kalamazoo Central, 78. Medaling for the Red Arrows were Cole Weston, fourth and Sawyer Fowler, fifth at 17:18; Jackson Fowler, 12th in 17:55, and John Lothian, 13th in 17:57. Ben Bromley contributed to the score with 19th place at 18:13. Finishing in the varsity lineup were Keegan Cater, 27th in 18:33; Levi Mills,

27th in 19:11, and Blake Bennett, 29th in 19:14

Lowell boys JV put in an impressive finish with a second place in their race at 42 points, with Otsego winning the JV race with 15 points. Medaling in the race were Alex Weber, sixth in 19:59; Evan Klein, seventh in 20:07; Antonio Casarez, eighth in 20:13, and Luke Wolters, tenth in 20:20. After a JV Tri-Meet at Lowell next Wednesday, the Red Arrows will travel to Allendale on Saturday, October 3.

# obituaries

## COLLINS

Calina Rae Collins passed away Thursday September 24, 2020 unexpectedly. Calina was born and raised in Saranac. She was preceded in death by her father, Russ Collins. Calina leaves behind two children, Taven (17) and Jessany (13), who she loved more than anything; her mother, Anna Collins (Saranac), brothers, Leroy (Jax) Lozada and James (Autumn) Lozada; sisters, Jennifer Collins (Billy Wright) and Lori (Kyle) Brown; many nieces and nephews; aunts, Anita (Lisa) Storrs, uncles, Bob (Patti) Miller and Jim (Cheryl) Miller.



Calina was an outgoing, loving and caring person. She was guaranteed to always make you laugh. She had a love for life, adventures and animals. Her family was the most important thing to her. Spongebob is reunited with her Patrick once more and the Golden Girls (Melissa Martinez, Kristin Barnes-Storrs, Autumn Lozada) have lost one of their own. A celebration of her life will take place on Saturday the 10th, from 12-4 in a location to be determined. In lieu of flowers, a gofundme page has been set up for her kids.

## MCMAHON

F. Byrne "Buzz" McMahon, age 73 of Grand Rapids, formally of Lowell, passed away peacefully in his sleep Monday, September 21, 2020. He was preceded in death by his parents, Byrne and Helen McMahon. Buzz is survived by his wife of 53 years, Mary McMahon;



children, Stephen (Jennifer) McMahon, Christopher (Andrea) McMahon; grandchildren, Mitchell, Matthew, Collin, Ryan, Madelyn, Mary Clare; brother, Patrick (Debra) McMahon; sisters, Judy (Miles) Murphy, and Jill (Bob) Faber. He grew up in Lowell and worked in car

sales for 20 years there. Buzz loved spending time with his grandkids, attended their sporting events and just being a part of their lives. He was a dedicated volunteer for Meals on Wheels for many years. Buzz will be greatly missed by all who knew him. Mass of Christian Burial will be held 1:00 PM September 25, 2020, at St. Paul the Apostle Parish, 2750 Burton St SE, Grand Rapids, MI 49546. Fr. Peter Damian presiding. Memorial contributions may be made to Meals on Wheels, 2900 Wilson Ave SW # 500, Grandville, MI 49418.



## LEGAL NOTICE

**PUBLIC SALE to satisfy a lien pursuant to MCL 554.658.**

A public sale of Philip Lugtigheid's personal property of including but not limited to a camper trailer, serial number 322640152S0TB9WI, including its contents, and a golf cart, serial number 1258179, will be conducted October 21, 2020 at

9:00 AM at Tyler Creek Campground at 13495 92nd Street SE Alto, MI 49302. This sale is conducted pursuant to the Campgrounds Act. All items will be sold free and clear of liens. All items will be sold on as "as is, where is" basis. No warranties of any kind express or implied, regarding condition or fitness for purpose. Terms are cash.

## HAZLETT

Dorothy Ellen (Seeger) Hazlett, aged 89, passed away peacefully on 09/23/2020, after a long bout with old age dementia. She was born on January 23, 1931, to Robert and Frances Seeger, in Lafayette, Indiana. Dorothy was the third of four girls in their Catholic family. The four girls went to Catholic School at St. Lawrence in Lafayette. Dorothy met her future husband, Robert Hazlett, at Purdue University in West Lafayette in the early 1950s. They had both grown up as children during the Depression and WWII, and they were used to hard work and many of the sacrifices folks had to make during those hard times. After college, they were married in 1953. The next stop was Cleveland, Ohio, where "Bob and Dot" worked hard and saved for their first home. Their three children were born in the late 1950s - Robert (Jr.), Martha, and Melinda. They were known as Mickey, Marty, and Mindy. Dorothy continued to work very hard, as a wife and a mother, for the many years to follow. As the children grew, in Grand Rapids, she helped out with a job outside the home, and she volunteered her time generously to animal shelters, hospital guilds, and later on, to a variety of Catholic Church services and as a hospice volunteer. She was always working for others - her whole life. Dorothy is predeceased by her husband, her parents, her sisters (and their spouses), and a grandson, John. She is survived by her three children, Robert, Martha (Dan Colclasure), and Melinda (Ken) Oster. She has three grandchildren, Helen, Casey, and Cody; two great-grandchildren, Christian and Kennedy. Her love of people and animals in need knew no bounds. Her Faith in God was strong throughout her life. She will be missed here, now that she has relocated to Heaven, forever. A visitation and memorial service was held on Monday September 28, 2020 at the Metcalf & Jonkhoff Funeral Home. In lieu of flowers, please send a donation to Mackenzie's Animal Sanctuary, 8935 Thompson Rd, Lake Odessa, MI 48849, or Interim Hospice, 1971 East Beltline Ave NE, Suite 219, Grand Rapids, MI 49525. (Special Thanks to Mom's wonderful Hospice Caregivers - Jodi, Carey, Heather, Ashley, Pam, Kristin, Belle, Kayla, Jess, and Chaplain Norvie).



...

**No one ever told me that grief felt so like fear.**

~ C.S. Lewis,  
*A Grief Observed*

## VERGENNES TOWNSHIP

### SEEKING BIDS SNOW REMOVAL SERVICE

Vergennes Township is accepting bids for snow removal for the 2020-2021 winter season. Specifications are at [www.vergennestwp.org](http://www.vergennestwp.org) or may be picked up at the Township Office, 10381 Bailey Dr during business hours, Mondays and Wednesdays 9 am – 3 p.m. and Thursdays 9 a.m. – noon.

Bids must be submitted to the Vergennes Township Clerk on or before October 15, 2020 at noon. Bids will be reviewed at the October 19, 2020 7 p.m. regular board meeting.

Shantell Ford, Clerk  
Vergennes Township  
10381 Bailey Drive  
PO Box 208  
Lowell, MI 49331

# Looking Back, continued

will receive them in time for the holidays, have been announced by the Pentagon.

What do you have after you've spent 226 hours of work and planning and used 2,160 feet of string, 124 different sized wooden beads and 43½ inches of wire? If you're Judy Goodwin, you've got a work of art that is a prize-winning example of macramé, and old art that is currently enjoying a resurgence in popularity.

## 25 years The Lowell Ledger October 4, 1995

By a slim margin of 3-2, the Lowell City Council voted to proceed with the Bowes Road relocation project. The vote ended months of discussion as to what would be the total cost of the project; the city's cost, the township's cost; how much of an issue safety was; and whether or not there were other options to consider.

The Lowell Charter Township Board approved an ordinance requiring households to hook into the township's water system if they dig a new well within 300 feet of the township's water line. Township clerk Carol Wells said the ordinance is common for municipalities with water lines.

Lowell Library Advisory Board and its chairman Chuck Myers continue to see the height of community involvement in its \$1.2 million project grow. The Steelcase Foundation announced that it will provide \$20,000 in cash toward the new library an additional \$30,000 in furnishings toward the library project.

*In memory of  
my beloved wife*

**BARBARA**

*2/13/55 - 10/2/13*

All my love,  
forever  
and a day

~ Jeff

**YOU ARE  
HERE!**

**WHY NOT SHOP HERE!**

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

# classifieds

## for sale

## for rent

## services

## services

## misc.

## misc.

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

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

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.

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

**THE LOWELL LEDGER**  
 No longer accepts  
 Federal Express  
 packages at our office.

## help wanted

WEB-OFFSET PRESSMAN POSITION FOR IMMEDIATE OPENING - Must have mechanical skills, printing experience. Second shift, no weekends, wages based on experience. Benefits available, health insurance, prescription, dental, Life insurance, short-term disability and more. Contact J-Ad Graphics, Hastings, MI. Call 269-945-9554 or email resume to Fred@j-adgraphics.com

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

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

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 EDW

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

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

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

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

SSP LAWN CARE & SNOWPLOWING - Call for fall clean ups and for snowplowing. Free estimates. 616-897-6400.

**BUSINESS CARDS** - Before you order your cards from somewhere else - check our rates! Call Lowell Litho, 897-9261.

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. TFN

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

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

**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.

NOREEN K. MYERS, ATTORNEY 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.

**FULTON ST. GARDEN & YARD CARE** - Fall cleanup/leaf removal, raised beds, mulching. Call 616-201-4030; Email: fultongardenpros@gmail.com; Visit: fultonyardgarden.com

LOWELL AREA FARMERS' 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.

DISH Network. \$59.99 for 190 Channels! Blazing Fast Internet, \$19.99/mo. (where available.) Switch & Get a FREE \$100 Visa Gift Card. FREE Voice Remote. FREE HD DVR. FREE Streaming on ALL Devices. Call today! 1-833-550-1015

Wesley Financial Group, LLC. Timeshare Cancellation Experts. Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 866-353-4896

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 1-844-975-3287

Earthlink High Speed Internet. As Low As \$14.95/month (for the first 3 months.) Reliable High Speed Fiber Optic Technology. Stream Videos, Music and More! Call Earthlink Today 1-855-897-2418

**FAX SERVICE** - We send or receive a fax for you! Great Rate - \$1 for the first page & 50¢ for each additional page. Buyers Guide, 105 N. Broadway, 897-9555.



## PUZZLE SOLUTIONS

P	C	T		M	A	L	E	S		A	R	C	E	D	
R	U	E		A	B	A	S	H		M	E	L	B	A	
O	R	R		C	O	M	P	A	R	I	S	O	N	S	
M	E	R	G	E	S			R	O	S	E	S			
S	T	A	R	R		S	I	D	E	S	T	E	P	S	
		P	I	A		A	R			S	T	E	T		
S	A	I	N	T		R	A	J	A	H			M	A	
E	R	N		E	M	A	N	A	T	E		E	B	B	
U	R			D	E	N	I	M		S	O	M	A	S	
S	A	U	K				A	B		I	R	E			
S	U	G	A	R	C	A	N	E		T	A	R	E	S	
		A	N	O	A	S				M	A	N	I	L	A
C	O	N	S	U	M	P	T	I	O	N		T	E	L	
S	O	D	A	S		I	N	D	I	C		U	C	A	
C	H	A	S	E		S	T	A	L	E		S	T	M	

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

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



# House approves plan to protect Michigan job providers from frivolous COVID-19 lawsuits

State Rep. Thomas Albert led the Michigan House in approving a bipartisan plan to protect businesses, non-profit organizations, child care centers and other

job providers throughout Michigan have been hit hard by the coronavirus and the mandatory shutdowns it caused. Now that most have begun to reopen, many job providers are worried

they have been complying with the recommended health and safety protocols.

“Michigan needs healthy people and a healthy economy to thrive,” Albert said. “A wave of frivolous lawsuits would devastate job providers that are already struggling financially. We must create an environment where local restaurants, shops, child care centers and other entities can reopen safely and responsibly without being vulnerable to frivolous lawsuits.”

Under House Bills 6030-32 and 6101, job providers cannot be held liable for lawsuits related to

the COVID-19 pandemic if they are taking reasonable steps to follow public health guidelines. The plan also provides more certainty for workers by preventing employers from taking adverse action against employees for following health protocols related to COVID-19.

“COVID-19 has created an unprecedented situation, and our current laws do not do enough to protect employers and employees who have done nothing wrong from those who are looking to turn the pandemic into their own financial gain,” Albert said. “An opportunistic attorney can easily pressure someone to settle, regardless of whether they have been negligent, by bringing a class action lawsuit or a flood of individual claims.”

The plan now advances to the Senate for further consideration.



Michigan job providers from becoming the target of unwarranted lawsuits related to COVID-19.

Albert, of Lowell, said

about the possibility of facing lawsuits if a visitor or employee claims to have contracted COVID-19 at their facility – even though

## Live the Life You Want Protecting your mental health

by Melissa Spino MA, LLPC, NCC, CDMS  
Life Transitions Therapy LLC

For many, 2020 has been a roller coaster of emotions. The World Health Organization (WHO) has even stated that we are in a global mental health crisis. They feel that by 2030, lifestyle and stress-related issues and illness will surpass communicable diseases. That is a frightening statement! So, is it a lost cause or can we do something to stop this from happening? The good news is that there are numerous proven ways what can we protect our mental health.

### Proven Steps To Protect Your Mental Health

Below are suggestions that have been well studied and shown to help you protect your mental health and mood. Be proactive and make these part of your everyday life.

**Practice mindfulness.** I have mentioned this in article after article. Staying present in the moment helps protect our mental health and mood. For many, focusing on the future is often stressful and results in feelings of anxiety. For some, focusing on the past may cause feelings of sadness, anger, or regret.

Focusing your thoughts on the present (mindfulness) helps you avoid some of these negative feelings. That doesn't mean the present moment isn't stressful, but if it is, you know that it's most often a temporary situation that you can work out and move past. The present moment



**Melissa Spino**  
MA LLPC CDMS

is where we can focus on enjoying the people and events happening now.

**Prioritize Your Physical Health.** This is done by getting enough sleep. Lack of restorative sleep can lead to concentration problems, negative moods, and health issues. It also means eating healthy. Processed foods, which are often full of

chemicals, cause an increase in inflammation which then increases chronic pain. These chemicals can also disrupt the brain causing mood issues and in general are not very nutritious so we don't have the needed fuel to get through the day. Instead, eat local produce and healthier options. You can even try growing your own fruits and vegetables. Finally, it's important to exercise. Even daily walks can help improve mood, circulation, and sleep. According to the Arthritis Foundation a University of California study found that age-related memory decline was lower in those who walked more. There are numerous benefits to walking and other types of exercise. Be sure your doctor clears you for any type of exercise. If you have a disability and are unable to walk check with your doctor to talk about types of movement and exercise you can do.

**Make self-care a priority.** There are several ways to do this. Practice self-compassion. Work to get rid of self-criticism, self-sabotage, and negative self-talk. It's not healthy. Treat yourself like you would someone you care about.

Take time for fun and play. Connect with family and friends. Remember we need downtime and breaks away from work to restore our energy levels and to strengthen our mental health. Participate in hobbies and do things you really enjoy.

**Be thankful & give back.** The saying “gratitude changes attitudes” is so true! They have studied this and gratitude boosts positive moods and feelings of happiness. Think about and really feel gratitude for the blessings in your life. Going through the motions or faking it won't help. Giving back. This doesn't have to be with money or items. We know that for many, this year has been financially difficult. Instead, try volunteering. Research shows that people who share their time to help others feel better about themselves. It helps give us a sense of purpose. So, if you have the time try volunteering. There are many websites to help you get started.

**Connect with others.** Talk with those you trust about things causing you pain or stress. Ignoring them just increases the feelings. Sometimes we

## ABCs, continued



The men who played for Zzano's were a family. In 1992, three of the Zzano's players had played together for 37 years, and were still leading the league! One man who had been with Aquinas College, had this to say, “Al Baird and Tony Stormzand gave many young men the opportunity to enjoy the competition and camaraderie of baseball.”

Following Tony Stormzand's death in 2003, a large donation in his memory was given to the Lowell schools, specifically “for kids who couldn't afford to play baseball.”

need others to help us see the situation more clearly, to help lift us up, or to hold us accountable. If needed, find a licensed counselor to help you develop coping strategies and develop a plan for you to move forward, grow, and thrive.

### Things To Avoid To Help Protect Your Mental Health

**Self-medication.** If you find yourself drinking more alcohol or doing drugs to help “handle” life's stressors this is a red flag. It's important to find long-term healthy coping strategies instead of relying on quick fixes that will cause more problems (mentally, physically, emotionally and in relationships) in the long term. This includes caffeine for energy to get through the day, sweets to increase feelings of comfort, compulsive

shopping or gambling, or even an increase in smoking cigarettes to offset stress and boost your mood. If you crave or rely on any of these types of things to get you through the day, this is a red flag. Find healthier options.

**Too much social media.** This can lead to an increase in stress or other mood issues. If you find yourself getting angry or anxious when you are viewing social media, then it may be time to severely limit it or avoid it completely until you can view it without these negative emotions.

Just like our physical health, our mental health needs to be taken care of, nurtured and protected. This article is not intended to diagnose or treat. If you are in crisis, call 911.

...  
**It's never overreacting  
to ask for what you  
want and need.**

~ Amy Poehler

# FUN PAGE

## SUDOKO

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

Level: Intermediate

### 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!

# SPORTS PLAY WORD SEARCH

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

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

Puzzle solutions on page 13

SPORTS PLAY WORD SEARCH

DIVISION

OFFENSE

SPECTATOR

FAN

OFFICIAL

TEAMMATE

FOUL

PITCH

WINNING

GAME

PLAY

HANDICAP

POSITION

ADVANTAGE

BENCHED

CALL

CONTACT

DEFENSE

HUDDLE

LEAGUE

LOSING

RECORD

RULES

SCORING

## Guess Who?

I am a singer born in New Jersey on September 29, 1994. My given name is Ashley, but I adopted a stage name for my pop career, which is an anagram of my first name. I began my career with a parody of a Taylor Swift song.

Answer: Halsey

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to sports.

P R U E I M

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

Answer: Empire

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	
65						66							67	
68						69							70	

### CLUES ACROSS

- Part of (abbr.)
- Persons
- Moved with a curving trajectory
- Bitterly regret
- Cause to feel embarrassed
- Type of toast
- Bobby \_\_, NHL champ
- Analogies
- Mixes
- Beloved flowers
- Clinton special prosecutor
- Avoids
- Innermost brain membrane: \_\_ mater
- Atomic #18
- Remain as is
- One who's been canonized
- Indian king or prince
- The Bay State
- Forms adjectives
- Give off
- Partner to flow
- Biblical Sumerian city
- Popular clothing material
- Organism parts
- Central US Native American people
- Blood type

- Wrath
- Perennial tropical grass
- Vetches
- Buffaloes
- Envelope type
- Israeli city \_\_ Aviv
- Pops
- Indo-European languages
- Fiddler crabs
- Large bank
- Not fresh
- Scientist's device (abbr.)

### CLUES DOWN

- High schoolers' dances
- Style of rock music
- Maryland athlete
- Softened by soaking
- Native Aussies
- Some are on it
- Clairvoyance
- Broken piece
- Wrong
- Starts over
- Where to hang clothes
- One point north of due east
- Gov't lawyers
- Mass of eggs in a shellfish
- Smile
- Wrap
- A citizen of Iran
- Island off the coast of Tanzania
- Knives
- Beloved "Doctor"
- Type of turtle
- Leg (French)
- Indicates position
- Self-doubt
- Of I
- Retired but allowed to retain title
- Algerian port
- African country
- "Wayward Son" rockers
- Bring out of sleep
- Auburn legend Newton
- Heavy wooden shield in ancient Greece
- Choose to represent
- Peace
- Work hard
- Reciprocal of a sine
- Express delight
- Explosive
- Journalist Tarbell

# LOWELL

## HARVEST

# Celebration

(COVID EDITION) mask up • keep your distance • stay safe

Shopping • Food • Fireworks  
SATURDAY

# October 10

2020

# Autumn Marketplace

## ON MAIN

crafts~antiques~repurposed treasures~home-grown food

(LOCATION CHANGED FOR COVID)

### On Main Street in Historic Downtown Lowell

You will find a bountiful gathering of crafts, antiques, repurposed treasures, home-grown food, concessions and great restaurants! Plenty of free parking and lots of fun!

### 10:00am until 5:00pm

# Chili

LOWELL AREA CHAMBER OF COMMERCE

## COOK-OFF

(REINVENTED FOR COVID)  
Wristbands Required.

Tasting begins at 1:00pm & lasts until 4:00pm or until the chili is gone!

### Visit local Restaurants in downtown Lowell

Local restaurants will compete for bragging rights and a trophy for the Best Chili voted on by the people!

\$5 Wristbands and card available on Friday, October, 9 from 10am to 4pm and Saturday, October 10th from 11am to 1pm at the Lowell Area Chamber of Commerce (proceeds to benefit Chamber). Visit each location for tasting.

Only 300 wristbands will be available...so don't hesitate to get yours!

### Where do I find these AMAZING CHILIS?

- Backwater Café – 109 Riverside Dr (just off Main St)
- Big Boiler Brewing – 318 E Main St
- Flat River Grill – 201 E Main St
- Larkins Fine Food & Cocktails – 301 W Main St
- Main St BBQ – 210 E Main St
- Sneaker's – 211 E Main St
- Sweet Seasons Bakery & Café – 307 E Main St

THE LAURELS OF KENT  
A Skilled Nursing and Rehabilitation Center

# IMPACT

LOWELL  
LOWELL AREA CHAMBER OF COMMERCE



DRIVE-IN (FOR COVID)

# FIREWORKS

Laurels of Kent Fireworks begin at 8:00pm Sharp!  
Impact Fireworks to follow at 8:15 pm.

The fireworks can be seen from many locations around town, including Kent County Fairgrounds, Stoney Lakeside Park & Impact Church parking lot.



WEAR A MASK 	WASH YOUR HANDS 	KEEP YOUR DISTANCE 	LOVE YOUR LOWELL 
-----------------	---------------------	------------------------	----------------------

## STAYSAFE ♥ STAYSTRONG LOVE YOUR LOWELL