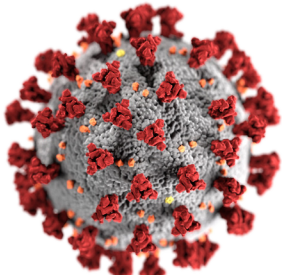


Nighttime Santa Parade



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FROM during pandemic



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Showboat update



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Pink Arrow Pride donates \$112,500 to families, organizations and scholarships

by Tim McAllister
lead reporter

Pink Arrow Pride announced the results of their year of fundraising last week.

Through events, t-shirt sales, donations, sponsorships and the quilt auction, Pink Arrow raised a total of \$112,500 in 2020.

“Despite COVID, we had an exceptional year,” said event organizer Teresa Beachum. “I think people were very conscious of supporting the events in the community that were meaningful to them [and] people need to know how generous they were, even in this time of COVID, to keep the momentum going with Pink Arrow and family support. So far, 75 people in our school district have been served with a monetary gift this calendar year alone. Many more have used services at Gilda’s Club of

Lowell. I am sure, before the end of December, after this story, our numbers will jump.”

Out of the \$112,500 total raised this year, \$66,000 will be donated to Gilda’s Club of Lowell, \$40,000 to Lowell Community Wellness Pink Arrow Family Support and \$6,500 will be split between the Dr. Donald Gerard Scholarship and the Kathy Talus Scholarship.

“This is a legacy that serves families in our community and inspires supporters to do more year after year,” Beachum said. “There are so many ways people continue to support our cause.”

The annual Pink Arrow Pride football event was handled drive-in style this year, with everybody in their vehicles watching the action on a huge inflatable screen



Spectators at the Fairgrounds watched the big game from their cars at “Pink Arrow Pride XIII Family Night at the Drive In” on Friday, Sept. 25.

at the Fairgrounds while the actual game took place at the high school.

“The people we honor in this community from

year to year at the Pink Arrow game were not able to be recognized because of COVID restrictions,” Beachum said. “I want the

community to know that each and every family that walks a cancer journey is thought

Pink Arrow, continued, page 4

Shannon Witherell is new Lowell fire chief



Shannon Witherell

by Tim McAllister
lead reporter

The Lowell Area Fire Department has hired a new permanent chief, longtime local firefighter Shannon Witherell.

“This is the first full time fire chief the department has ever hired,” Witherell said. “Up until this point, I have been one of our paid

on call members. Our crew is paid based on the number of calls that they run and the number of hours they put in on those particular calls.”

His time with the Lowell Area Fire Department started in 1994, when he was a Lowell High School student joining the “Fire

Explorers” program.

“When I was 12, I lost my house to a fire,” Witherell said. “The care and compassion that I saw from the guys on the scene, like Chief Frank Martin, really spurred my interest. Two short years later, I was joining as an Explorer. There was a lot of stuff going on in my family life at that time, and my parents were separating. Just before they separated, I got a toy fire truck as a birthday present. Chief Martin actually brought that to me. It was great big toy remote fire truck. In school I became friends with a member of the Explorers, and I filled out my application and joined the minute I turned 14!”

The Lowell Area Fire Department first hired him as a part time firefighter in 1998, when he graduated from high school. After 11 years in that position, he was promoted to lieutenant, and to captain not long after. During his time with the department, he has also been a training officer, fire prevention inspector and was deputy chief for the last three years.

“I’ve worked through the ranks,” Witherell said. “I

worked closely with Chief Martin when he was here and I worked closely with Chief van Overbeek. I’ve worked on a lot of budget projects, and I have some subject matter background.”

In order to take on the full time chief position, he had to resign from his regular job, which was also in the fire prevention industry.

“My full time job, which I resigned from just this week, was to sell fire equipment to end user fire departments throughout the state,” Witherell said. “Everything except trucks!”

Witherell said he has a cooperative management style, meaning he intends to utilize input from staff to determine the department’s direction.

“I’ll make subtle changes as we go, for sure,” Witherell said. “This is not the type of job that one guy can do on his own, there are just way too many things that go on behind the scenes that most people don’t realize like reporting, record keeping and all these other things. To have the support of our crew, especially the command staff, is huge. Part of that support is that all of them want a voice at the table. So

I sat down with our officers and we went through a five year list of things that the officers want to see. There are some things that some folks would like to do that, fiscally, we can’t. Aerial trucks, for example. It’s a million dollars for an aerial apparatus. We can’t justify it at this point, it’s too expensive. But we’ve changed our work uniforms, so we actually have a new duty uniform – everybody is in the same one. It was a simple change and a subtle change, but I thought it was something in our budget that we could do. Probably the biggest change that we’ve talked to our board about is our current license level is a ‘medical first responder’ level. I would like to advance us to an ‘EMT basic’ level. That would give us more tools in our tool box and it gives us a higher level of medical training. About 60 percent of what we do is medical.”

There are open positions for part time fire fighters. Those interested should send a message to firechief@lowellfire.org or stop by the fire station between 8 am and 4 pm Monday through Friday.

50¢



Chamber seeks nominations for Person of the Year

by Tim McAllister
lead reporter

The Lowell Area Chamber of Commerce is now accepting nominations for the 2021 honoree of their annual “Person of the Year” award.

According to Chamber executive director Liz Baker, these are the criteria for nominees:

“The Person of the Year award can be anyone in our community.

Over time, the candidate has freely donated considerable time to the community, school district, church or humanity. This is over and above the demands of their regular profession.

The community is a better

place to live because of the efforts of the candidate.

The candidate positively promotes the community in both word and action.

The candidate possesses new and innovative ideas that benefit the community.

The candidate cannot be a Chamber Board/Foundation Board member at the time of nomination.”

The Chamber is requesting that a nomination form accompany each nomination. The information helps the selection committee make a determination. The nomination form is available on the Chamber’s website, discoverlowell.org, or a

copy can be obtained by sending a message to info@lowellchamber.org or calling 616-897-9161.

Because of the pandemic, the popular annual awards banquet may or may not happen.

“Due to COVID-19, [the date and location of the] the annual dinner and awards have not been established,” Baker said. “We anticipate holding off until spring.”

The 2020 Person of the Year award went to Mark and Theresa Mundt, who were honored for their decades of community involvement with the Lowell Showboat, Flat River

Outreach Ministries, the Lowell Rotary, Christmas Through Lowell, Cold Weather Warriors and Pink Arrow Pride.

Past award recipients include Chris Van Antwerp, King Doyle, Dr. Orville McKay, Ivan Blough, George and Dode Dey, Dr. Robert Reagan, Al Eckman, Ray Quada, Priscillia Lussmyer, Jim Maatman, Bob Pfaller, Jim Reagan, Marsha Wilcox, John Timpson, Dr. Donald Gerard, Dr. Roger LaWarre, Bert Bleke, Judy Straub, Luanne Kaeb, Jim Doyle, Jim White, Kraig and Jody Haybarker, Ray and Barbara Zandstra, Marj Harding, Betty Yeiter, John Stencel, Dave and Jan Thompson, Joy Smith, Perry and Teresa Beachum, Noel Dean, Greg Canfield, Rick Seese, Mike Sprenger, Greg Pratt, Betsy Davidson and Carol Briggs.



Mark and Theresa Mundt volunteering at a Pink Arrow Pride event.

Nominations for the 2021 Person of the Year will be accepted through Monday, Jan. 4.

Kent County Small Business Recovery Program extended

Kent County and the Grand Rapids Chamber of Commerce this week announced an expansion of the Kent County Small Business Recovery Program to provide grants to help businesses affected by the Michigan Department of Health and Human Services health orders that went into effect recently.

“The COVID-19 pandemic continues to have a devastating impact on many small businesses,” said Kent County Board of Commissioners chair Mandy Bolter. “Businesses forced to shut down or curtail operations around the holidays may not recover unless we act quickly to provide relief.”

This expansion is aimed at businesses that must close or severely limit normal operations as of November 18, including restaurants, bars, theatres, entertainment venues, group fitness classes, bowling centers, ice-

skating rinks and others as stated in the public health order. The Grand Rapids Chamber will reach out to qualifying businesses that have not already received Kent County Small Business Recovery Program grants as well as existing grant recipients who may qualify to receive supplemental funding. The new short-term economic relief grants will range from \$5,000 to \$20,000.

“It’s a lot for our community,” said Lowell Area Chamber of Commerce executive director Liz Baker. “All the sit down restaurants, gyms and our just-opened theater. I would assume that any of the fast food restaurants that had opened their dining rooms will not be seating anyone.”

“We need to ensure the sustainability of our small business community in the coming months as we navigate the winter months and await further direction of preventative vaccines,” said Dante Villarreal, vice

president of business and talent development for the Grand Rapids Chamber of Commerce. “This funding is the bridge our community needs to move forward into 2021.”

In June, the Kent County Board of Commissioners approved a plan to disperse \$25 million in federal CARES Act dollars to small businesses in the form of grants and technical assistance. The expansion program will allocate \$5 million in federal CARES Act funding to businesses who must once again close their doors or limit operations.

Businesses affected by the new order and with 50 or fewer fulltime employees can apply for funding on the Chamber’s website. The Kent County Small Business Recovery Program is nearing its final stage, and funding will soon be exhausted. Businesses should not wait to apply, as funds will soon be depleted.

November was “Diabetes Awareness Month” in Michigan

Diabetes is the seventh leading cause of death in the U.S. and Michigan, and to highlight the importance of preventing and managing diabetes, Gov. Gretchen Whitmer has proclaimed November 2020 as Diabetes Awareness Month in Michigan.

This month is dedicated to people across the state living with diabetes, prediabetes and people taking care of loved ones managing these conditions. Managing and preventing diabetes is more important than ever during the COVID-19 pandemic, since people living with diabetes are at a greater risk for COVID-19 complications.

“The COVID-19 pandemic, and how the virus has severely

impacted those with underlying medical conditions, means it is even more important for people to be able to manage their diabetes well,” said Dr. Joneigh Khaldun, chief medical executive and chief deputy for health. “People living with diabetes should work with their physician to manage their condition, which includes a healthy diet, exercise, and taking any medications as directed. We encourage people across Michigan living with diabetes to create a diabetes preparedness plan, including having extra medication and supplies on hand.”

Approximately 870,000 Michigan adults have been diagnosed with diabetes and more than 2.7 million adults across the state are estimated to have prediabetes.

People of color, people

living in poverty and people with a disability are at higher risk for type 2 diabetes, largely due to less access to health care and other programs and services. Specifically, non-Hispanic Black adults have 1.4 times the prevalence of diabetes when compared with non-Hispanic White adults. Adults with a disability have two times the prevalence of diabetes when compared to those without a disability.

In addition to being at increased risk for illnesses such as COVID-19 and the flu, uncontrolled diabetes also puts people at risk for serious complications like cardiovascular disease, blindness, kidney disease and dialysis and nerve damage and amputation.

Michiganders are encouraged to learn more about managing and preventing diabetes at Michigan.gov/Diabetes.



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FROM, community needs amplified during pandemic

by Tim McAllister
lead reporter

Many individuals and families in the Lowell area rely on the food pantry, lunch programs, backpacks, toy drive, connections program, tax preparation assistance and other opportunities available at Flat River Outreach Ministries, 11535 Fulton St. E.

FROM's services have been more necessary than ever during the pandemic, but volunteers and resources have become scarcer. FROM spent six times more money in September and October this year than they did in September and October 2019. Despite all of these challenges, FROM has not canceled any of their essential programs or events.

"There were times, especially early on, where we were having conversations hourly about how to adjust to this new information," said FROM executive director Wendie

Preiss. "We wanted to make sure everybody was safe and comfortable, that was our goal. We're adaptable. We kind of just rolled with it. It's been eight months of just rolling with it! We can roll with it, but then not only do we need to roll with it, but we need our volunteers to roll with it and we need folks who are coming in for services to roll with it."

Preiss said she is very grateful for the flexibility and perseverance of FROM's roster of volunteers. When they reopened to the public in June, about a quarter of their volunteers were no longer able to participate, and many who use FROM were also unable to enter the building. Currently, five FROM volunteers are under quarantine.

"We've had to adapt in many ways, and it's changed throughout the pandemic," Preiss said. "We've had

to adjust the number of people we can allow into the building and how we're delivering our services. Roughly 25 percent of the folks who participate in our food pantry program are high risk for some reason. It could be for their age or it could be for some pre-existing condition. So for quite a while we were doing a drive-up food pantry. They would still choose their items, which we would load into a box and then we would load into the trunk of their car. The volunteers would be wearing masks and wearing gloves, just trying to be really careful. The backpack distribution was also that drive-up approach. Now we can allow people into the building and into the food pantry, but they still have the option of the drive-up and there are some who choose to do the drive-up option. Those that we do

allow in, we only allow three or four people to be in that space at a time so everybody can socially distance while they're in there. We've also done a lot more remote meetings than we normally would."

FROM is planning and accepting donations for their annual Christmas toy store and food distribution, which will take place on Dec. 10, 11 and 12. For more details about that, including how to sign up or donate, visit fromlowell.org/christmastoy.

"We've pared down the number of volunteers quite a bit for our Christmas distribution," Preiss said. "In previous years it has been on one day, but in order to allow space for social distancing it's going to be over three days this year, and we're doing the food portion of it as a drive-up. We have had folks tell us that they are



Wendie Preiss

counting on the food and the gifts that come from us for their families. They're budgeting their money in other ways - for car repairs, for rent, for utilities - and they're relying on us to fill that gap for them. People are out there working, trying to make it on their own, but

it's difficult. So we are going to do whatever is humanly possible to make sure that happens."

For more information about Flat River Outreach Ministries, call 616-897-8260 or visit fromlowell.org.

COVID-19 tide rising very quickly here in Michigan

Last week, the Michigan Department of Health and Human Services provided a series of data points to track the state's ongoing battle with COVID-19.

Presently, Michigan is testing more than 53,000 people each day, and while the testing rate is up 89 percent since Oct. 1, the percent of positive test results has surged 290 percent. The total number of cases since Oct. 1 has jumped 425 percent to the highest rate to date since the pandemic began. Cases and deaths from COVID-19 are rising in all age groups, races and ethnicities.

The agency noted that in the last week, the state reported 47,771 new cases. Michigan reported 5,772 new cases Wednesday and 62 deaths. Overall, 277,806 Michiganders have tested positive for COVID-19 while 8,190 have died.

The rate of increase over the last three months now has all Michigan counties

showing over 150 cases per million.

DHHS also noted that outbreaks continue to rise, particularly in long-term care facilities, schools, sporting events, in-person workplaces, restaurants and bars.

Presently, when comparing Michigan to other states, DHHS notes that the state has the sixth highest number of cases in the nation with the fifth highest number of deaths, according to the Centers for Disease Control COVID Data Tracker.

Michigan is ranked tenth in terms of highest hospitalization rates by percent of beds occupied by COVID patients and is ranking sixth in terms of the percent of intensive care unit beds occupied by COVID patients according to the Becker's Hospital Review.

Dr. Sarah Lyon-Callo, head of the Bureau

of Epidemiology and Population Health, presented last Wednesday's findings to the media three days after Gov. Gretchen Whitmer and Department of Health and Human Services director Robert Gordon, issued new restrictions.

For the Great Lakes region, Indiana now has a higher COVID-19 hospitalization rate than Wisconsin, and Illinois is showing rapid growth in hospitalization rates. Both Indiana and Illinois are now exceeding their spring peak.

As far as cases per million of residents in the Midwest, Wisconsin still has the highest number - 1,150 cases per million. By comparison, Michigan has 512.9 cases per million or 75 percent of the state's spring peak level. Indiana has 900 cases per million, Illinois now has more than 950 cases per million and Ohio has 600

cases per million.

The states seeing the most rapid two-week case growth are Vermont, Louisiana, New Hampshire, Minnesota, Maine and Oklahoma.

Across Michigan, more than 15 percent of available inpatient beds are filled with COVID patients and state trends for hospitalizations for COVID have continued to increase exponentially for

the previous five weeks.

Since September, Lyon-Callo noted that COVID-19 like illnesses have gone from less than two percent to greater than seven percent of emergency room visits across Michigan. In five of the state's eight response regions, over 30 percent of ICU beds are presently occupied by COVID-19 patients.

This week, the state's COVID patient census is up 33 percent over last week's patient census. Hospitalization rates for COVID-19 are now doubling every 2.5 to 3 weeks. The state's ICU COVID census is up 30 percent this week over last. ICU rates are also doubling every 2.5 to 3 weeks.

LOWELL AREA COMMUNITY FUND ACCEPTS GRANT PROPOSALS

To be considered, all proposals must be submitted online by December 18, 2020.

Visit www.grfoundation.org/lowell to submit your application.

The Lowell Area Community Fund, a fund of the Grand Rapids Community Foundation, awards grants to tax-exempt, nonprofit charitable organizations that have an impact in the Lowell Area. The LACF funds innovative projects or programs that encourage community cooperation.



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Pink Arrow, continued

of every step of the way while we are orchestrating these yearly events. Student athletes playing football, soccer and volleyball honored individuals on their team jerseys, but there are so many more in the community that are held in thought while on their cancer fight, and those that have lost their battle are remembered in this community.”

Beachum pointed out that this year’s T-shirt sponsors were Custom Components Corporation, Enwork, All Weather Seal, Litehouse, Timpson Transport Inc., King Milling Company, Lowell Area Community Fund, Carbon Green BioEnergy, J&H Family Stores, Addix and Five Point Two Motorsports.

“Thank you to Canfield Heating and Plumbing for underwriting the football jerseys so families wouldn’t be burdened by the cost this season, and to Addix for donating directly to Gilda’s Club of Lowell,” Beachum said.

Additionally, the Pink Arrow Community Day event on Aug. 21 was sponsored by All Weather Seal, Spectrum Health and Zeigler Ford of Lowell. Lowellians donated 110 pints to Versiti Blood Center



Teresa Beachum

during that event. “We sold a lot of t-shirts that day, and a lot of blood was donated that day,” Beachum said. “And because of the 110 pints that were donated, Versiti Blood donated \$1,100 to Gilda’s Club.”

Finally, Beachum said that, after 13 exhausting years spearheading the event from behind the scenes, she is finally ready to take a break from Pink Arrow. It will definitely take more than one person to replace her, so for now the organization’s main focus is to get somebody to help with marketing and promoting next year’s Pink Arrow Pride game. Yes, they are already working on next year’s big event. Interested parties should call Beachum at 616-581-6199.

“I would really like to hand the baton to somebody,” Beachum said. “It’s a commitment, and it’s rewarding, but not in a monetary way. It’s all volunteer. And it doesn’t have to be one person alone, it could be more, or a team of people who could work together. Hopefully somebody can take the reins of the marketing for all this. It could be someone who is in the industry, or just somebody who has some time to dedicate to this.”

PINK ARROW STRONG
2020 XIII
LOWELL STRONG

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November 17, 2020
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Susan K. Moorhead
6066 N. Costner Ct.
Caledonia, MI 49316
616-258-9798

viewpoint

to the editor

Dear Editor,

COVID-19 has been in the forefront in the state of Michigan along with the rest of the nation, but it seems that too many didn't take the wearing of masks and social distancing seriously. There's been too many social gatherings last summer and this fall and now the holiday season is upon us where many wouldn't adhere to the wearing of the mask and social distance which will

only add to the dilemma.

Most businesses have employees wearing masks during the recent COVID-19 epidemic and have asked people visiting their business to do likewise, but some of those businesses haven't enforced the policy. Doing things halfway just doesn't cut it, it's no wonder Michigan is under another shutdown. A shutdown is bad for business and should be the last resort but

hospitals are overburdened with COVID-19 patients now and it's not even officially winter yet.

I believe the shutdown will last much longer than the three weeks and some businesses won't survive, but when it's all said and done lives will be saved and new businesses will eventually come about and life will go on.

Some are calling for the impeachment of the governor for the shutdown, which I believe is nothing but a political ploy. It's been said that it takes all kinds to make the world go around. It's too bad politicians are included.

There wouldn't be a

need for a shutdown if more people had worn masks and did social distancing in the first place, so don't blame the Governor for the shutdown she is just doing what other states are doing, trying to save lives.

When it comes to the shutdown, saving lives should be number one, not businesses that can't cope with a shutdown while others can. Opening businesses up is surely not the answer but another stimulus package would go a long ways to get Michigan through the dilemma.

Sincerely,
James Howard
Lowell

outdoors

opening day

Dave Stegehuis

The opening day of firearm deer season is considered a major holiday by thousands of Michigan residents. At one time, schools and businesses in the northern regions of the state shut down for opening day. Some still do.

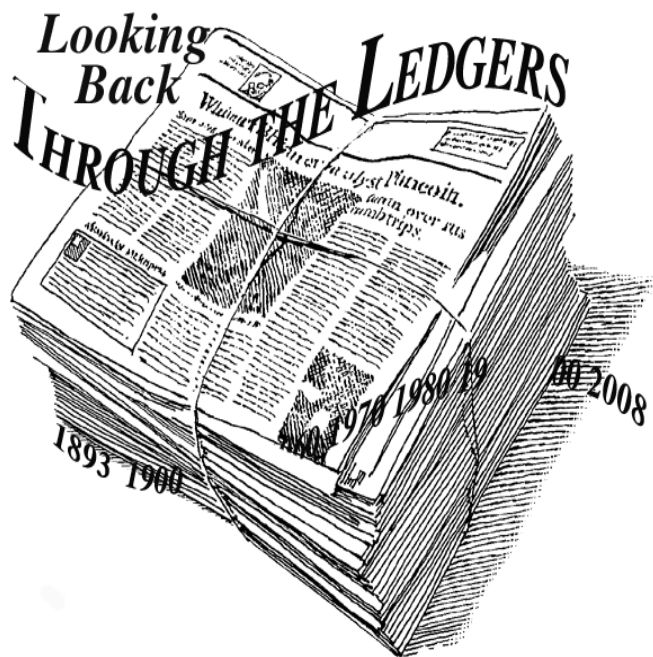
Michigan's original old growth pine forests provided little favorable habitat for deer. Venison was a logging camp staple, and there were little or no restrictions on harvesting deer which included market hunting. The whitetail became scarce in the north country.

After intense logging and forest fires in the late 1800's, the ravaged land eventually produced new growth which provided protective cover and a stable food source for deer. Increased interest in the conservation of our natural resources led to the establishment of seasons and bag limits for deer and other wildlife. The deer herd recovered in large numbers and Michigan residents who were already familiar with the hunting lifestyle took to the woods with enthusiasm. The deer hunting tradition continues to this day.

Today, game managers must find balance between the carrying capacity of

changing habitat, economics, land use demands, and citizen expectations. Hunter numbers have declined over the last twenty years, but well over a half a million hunters took to the woods November 15th. There has been a recent rebound in hunter numbers which is due in part to increased participation by young women. Shutdowns and the need to get outdoors has created a spike in license sales during the pandemic. More people, however, must get involved in order to adequately fund management projects and help control herd numbers.

Regardless of the statistics, November 15 still generates anticipation and excitement for those who pursue the hunting lifestyle. As dawn breaks, hunters head into the woods to sit at a favorite stand and watch daylight creep into the landscape and listen for the sound of deer stepping carefully in fallen leaves or catch a glimpse of a gray ghost gliding through an alder thicket. This has been going on for generations and hopefully will continue for generations to come. There are still a few good things in life that never change. Good hunting and be safe.



100 years ago The Lowell Ledger December 2, 1920

The B-J Steam-Gas Generator Co., Inc., whose announcement of their intended new industry in Lowell was published in our last week's issue, has bought a commodious factory site, the former J. C. Train residence property, of the Lowell Land & Improvement company, just north of Recreation park, on which to build their new factory, concerning which one of the company states to The Ledger: "We have made plans to build a plant in Lowell that will not only be an asset from the standpoint of prosperity, but will be an ornament as well."

Little Leslie Dyk is ill with scarlet fever. His grandfather is staying with Mr. and Mrs. George Rouse and his sister Thelma, is staying with the Stintons.

C. J. Collar has decided to carry on the dry goods business of his late father, E. R. Collar, and left today for Waterloo, Iowa, to close up his house and Dubuque business connections. His wife and little daughter joined him here late last week. This announcement will please the people of Lowell, who did not wish to see the old business closed or passed on to strangers.

75 years The Lowell Ledger November 29, 1945

Claude Thorne, who has owned and operated a barber shop on Main Street for the past 21 years, has sold out to Bernie Bedell and Owen Ellis, who have formed a partnership and will take possession December 3. Mr. Thorne states that he is disposing of his barbershop in order to engage in another line of business here, the first of the coming year. Miss Mary Van Oosten will continue to operate Thorne's beauty parlor.

For the past several weeks an average of nearly 4,000 bushels of beans have been received daily at the C. H. Runciman Co. elevator.

Mrs. Lucy Duell is pleased to announce that her grandsons, Cpl. Lloyd J. Schwarder and Pvt. George L. Schwarder, have both been honorably discharged from the army and are now with the home folks at Lake City; and Major Richard D. Siegie, who has spent

The Lowell Water and Light Company has nearly completed the construction of its lines from its electric plant on Flat river to this city, and in a short time will be ready to switch on the power equal to that of 800 horses, providing the scheme proves feasible. The plant is one mile north of Lowell and about twenty-one miles from this city.

Mail Carrier McDond of Ionia, though in a dazed condition, told the story of how he was slugged last week Tuesday evening. He said he was followed by two tramps, who, in a lonely place at the corner of Third and Washington streets, demanded his key to the mail box, saying, "Give us that key and we won't harm you." He refused and they slugged him from both sides. He went down and as he fell he cried for help, and his assailants ran away. When asked what they struck him with he said he thought it was an ax. He has given a description of two suspicious looking characters who were seen by other parties the same evening, and if possible they will be apprehended.

Lewis Manning, a traveling cigar-maker, who was ejected from the Dibble house, for making himself obnoxious, sought revenge by butting his head through two panes of glass. He was badly cut.

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

- endometrial (uterine) cancer

Endometrial (uterine) cancer is cancer in the lining of the uterus. It is the fourth most common cancer in women. About 50,000 new cases are diagnosed every year. It is not the same as cervical cancer. Cervical cancer starts in the cervix, which is the neck of the uterus. Endometrial cancer starts inside the body of the uterus.

Risk factors for endometrial cancer are age older than 50 years, infertility (or if you have never been pregnant), obesity, or have diabetes or thyroid disease, or family history of endometrial cancer (mother or sister, for example). High levels of estrogen can also be a risk factor. Examples of high estrogen include if you use estrogen therapy after menopause without another hormone called progesterone, if you have your first period at an early age, or if you start menopause at a late age.

The most common symptom of endometrial cancer is abnormal vaginal bleeding. If you are having menstrual periods, abnormal bleeding is any bleeding between periods or very heavy periods. If

you have gone through menopause and no longer have periods, any vaginal bleeding is abnormal.

There are several ways to diagnose endometrial cancer. An ultrasound of your uterus is usually the first test that is ordered. After that, your doctor may take tissue or cell samples from the uterus (called a biopsy). You may also be scheduled for a hysteroscopy, which is a small device like a telescope that can look into your uterus. If you are diagnosed with cancer, more tests are then needed to see how far it has spread.

Treatment of endometrial cancer depends on how far along the disease is. The most common treatment is surgery to remove the uterus, called a hysterectomy. Radiotherapy and chemotherapy are also options. Most patients with endometrial cancer are diagnosed early and have a good outcome. Women should have close follow up with their physicians in the first three years after diagnosis, as the risk that the disease will come back is highest during this time.

ABC's of Lowell history

The ABC's of Lowell History was introduced this year as a way to share some of the many fascinating stories from Lowell's past. It was initiated in part by the pandemic shutdown which led the Museum to seek alternative ways to share local history with the community. The series will continue with a second round of the alphabet.

H is for Hall of Fame

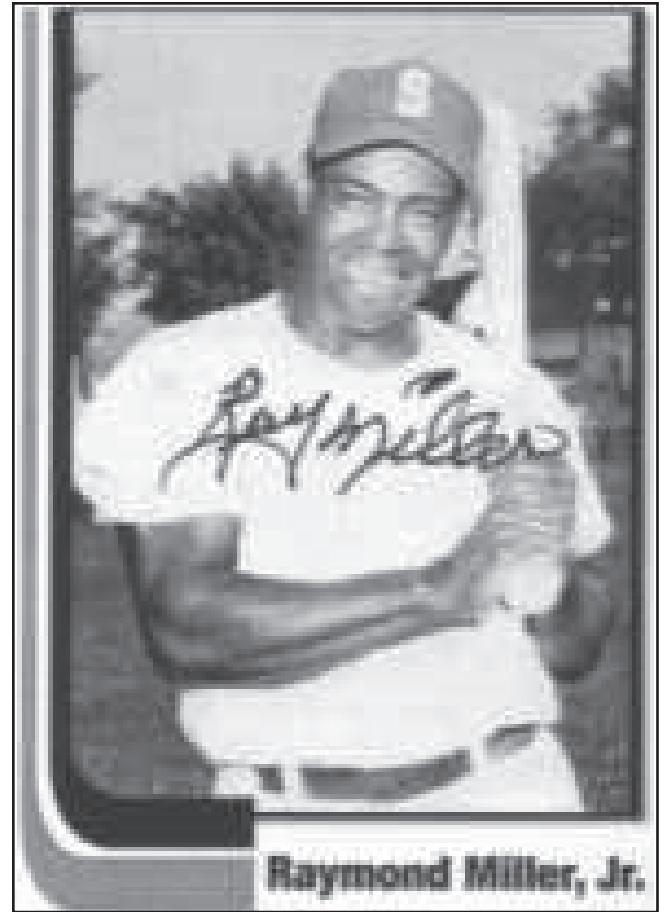
"Poor Old Ray" as the bug shield on his van stated, once lived in the Lowell area and was well known in town. He was actually Raymond Miller Jr. born in Lebanon Junction, Kentucky, in 1927 and grew up playing baseball. He played for several Louisville area semipro teams before signing on to play in the Negro Baseball League in 1943. He played for five different teams and was a member of the Negro League Legends Hall of Fame. He took a break from baseball while he served his country in the Navy, and was awarded the American Area Campaign and WWII Victory Medals.

Returning home, he

again played for the Negro Baseball League. He witnessed Jackie Robinson break through the color barrier in 1947. After that, Ray was able to sign with the Cincinnati Reds in 1955 and trained with the Reds minor leaguers in Cuba. Unfortunately for Miller, his best playing days were behind him. A teammate described him as comparable to Milwaukee and Atlanta Braves Hall-of-Famer Henry Aaron. Ray didn't just hit home runs, he hit long home runs, and set the record while in the Negro League.

After his professional career, Ray continued to play in competitive leagues. In 1970, the Grand Rapids newspaper listing of weekend game activity shows he was still hitting ninth inning home runs, gaining victories for his team.

He was known for his sheer love of the game, and he loved to pass that on to younger ball players. Allan Baird, who played with Miller in the Tri-County Summer League, managed the Zzano's team in the Grand Rapids City League when Miller played on the



Some may have only known him as "Poor Old Ray", but now we know that Lowell had a Baseball Hall of Famer, a Legend who was capable of celebrity status in the big leagues but was limited by his place in time.

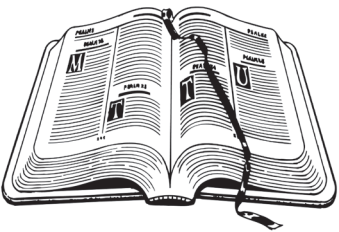
team and lived just a couple of miles from Miller, said, "He was very instructional to the younger kids. He was a great hitter who knew a lot about the game, especially hitting. He liked to help kids become better players."

In 2003, Ray was one of 10 players invited to Comerica Park as part of a weekend tribute to the Negro League players who had been barred by their skin color from playing in the major leagues. The people who came out stood in long lines to pay respect and hope for an autograph from

the stars. The lines were so long that the ball players continued signing long after the event was to have ended. The Detroit News asked one woman in attendance who endured the long line what most attracted her to seeing stars from another era, so far removed from today's consciousness, and she answered "Respect. They couldn't play in the majors. It's a period of history you don't hear enough about." This honor was timely as Ray Miller passed away the following year and is buried in the Bailey Cemetery in Vergennes Township.



area churches



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

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

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 GROUPS11:00 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
Barrier-Free

St. Mary Catholic Church
402 Amity Street • 616-897-9820
Website: www.stmarylowell.com
Weekend Masses: Sat 5 pm; Sun 10:30 am
Confession: Saturdays 3-4:30 pm
Prayer & Adoration: Wednesdays 8 am to 7 pm
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WORSHIP
Traditional Service: 9 am
Contemporary Service: 10:30 am
Sr. Pastor - Brad Brillhart

happy birthday



NOVEMBER 25
Pat Vezino, Melissa Peterson, Amy Swift, Shawn Ayres Hazel, Megan Hewitt, Lorri Myers.

NOVEMBER 26
John Erickson.

NOVEMBER 27
Bonnie Vezino, Kim Harding, Marty Chambers, Chad Uzarski, Elizabeth Spies, Heather Burrows, Aaron Rittersdorf, Josh Spencer, Aiden Malone.

NOVEMBER 28
Shelly Hildenbrand, Lee Miller.

NOVEMBER 29
Gail Thomet, Kelly Sauber, Scott Swanson, Tara Propst, Ethan Pearson.

NOVEMBER 30
Jason Craig, Todd Ryder, Joe Kiczanski, April McClure.

DECEMBER 1
Travis Briggs, Nate Schoen, Deb Anchors, Denny Brenk II, Joyce Watrous.

Lowell Showboat donors and sponsors as of Nov. 25

FIRST DECK
Dave and Kelli Powell

PILOT HOUSE
Thomas W. Richmond Trust

GRAND STAIRCASE
M. James Gunberg Family Foundation

SUN DECK
Blough Family

ELEVATOR
Gilmore Collection

BOW DECK
King Milling

POOP DECK
ASG: Atwood Corporation

AFT DECK
Attwood Corporation

SMOKESTACK
Mark and Theresa Mundt

CAPTAIN'S WHEEL
Travis and Staci Gemmel
Alec and Karen McPherson
Moran Iron Works, Inc.
Ryan and Tamara Pawloski
Jim Salzwedel
John and Colleen Timpson
Walnut Grove Excavating

PERGOLA ENTRANCE
Canfield Plumbing and Heating
Lisa Sosteche, DDS and Alan Rumbaugh
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Rosemary and Rick Fonger
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Suez
Ron and Karen Thomure
John and Tangela Zielinski

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Avon - Sherry Grimm
Mark Batchelor
Chimera Design
D&L Tax Service: Linda Todd
Steve Hartley
Dale and Jan Hanson

ENSIGN, CONT.
Carl Rife and Ann Dimmick
Karen and Alec McPherson
Dorral and Anita Swanson
Jim and Bobbie White

SWABBY
Mark Batchelor
Jim Chambers
Annie Charles
Phil Cloud
Jared and Brooklynne Cowan
Nate and Kim Fowler
Sandra Graham
Leslie and William Heffron
Mark and Ha Homolka
Daniel and Mackenzie McKinney
Elisa and Dan Meyer
Theresa and Mark Mundt
Richard and Kristin Perry and Family
Dave and Kelli Powell
Mathew and Mindy Tiede
Brian and Lyndsey VanderMeulen
WION

DONATION
Jim Chambers
Nate and Kim Fowler
Sandra Graham
Verne and Phyllis Heusted
MSG Benefits LLC
Marsha Weeks

Brick Opportunities

BRICK ORDER FORM (Please make a selection below)

Checks to Greater Lowell Chamber Foundation" P.O. Box 224, Lowell, MI 49331

Level	Donor Recognition Area	Donor Commitment
Admiral	8" by 8" brick with up to 4 lines of text containing 16 characters in each line. Your name on the donor recognition plaque. 2 tickets to the Inaugural Gala Celebration!	\$1000
Captain	8" by 8" brick with up to 4 lines of text containing 16 characters in each line. Your name on the donor recognition plaque.	\$500
Ensign	4" by 8" brick with up to 3 lines of text containing 16 characters in each line. Your name on the donor recognition plaque.	\$250
Swabby	4" by 8" brick with up to 3 lines of text containing 16 characters in each line.	\$125

Admiral Level - for \$1000 Choose Here ___
Captain Level - for \$500 Choose Here ___

8" by 8" brick with up to 4 lines of text containing 16 characters (and spaces) in each line

Ensign Level - for \$250 Choose Here ___
Swabby Level - for \$125 Choose Here ___

4" by 8" brick with up to 3 lines of text containing 16 characters (and spaces) in each line

Signature of Person Placing Order: _____

Address: _____

Zip: _____

Contact Info: Cell _____ Email: _____

Payment Type:

Cash: \$ _____ Check/Money Order: \$ _____

Amount Paid: \$ _____



Holiday Market on main

As evidenced by these photos of the action, downtown Lowell was hopping last weekend for the three day "Holiday Market on Main" shopping event.



FROM
 FLAT RIVER OUTREACH MINISTRIES

Families with children ages 3-18 that live in the Lowell Area School District and are in need of emergency food for kids over school breaks or meet income guidelines can qualify for Kid's Lunch Buddies. For more information, please call.

Winter Kid's Lunch Buddies

December 22
1:00 p.m.- 6:00 p.m.

New for 2020 Registration Required
 visit Food Pantry or call FROM Dec 2 - Dec 18

Children and families choose **10 FREE** healthy lunches (designed specifically for kids)

Flat River Outreach Ministries
 11535 Fulton Street East, Lowell
 ph: (616) 897-8260 www.fromlowell.org

HELP WANTED

Newspaper Reporter

The Lowell Ledger is looking for a news/feature reporter with strong writing skills and can meet a deadline.

At this time this is a stringer position.

Please send writing samples and brief resume to:
 The Lowell Ledger
 PO Box 128, Lowell, MI 49331
 email:
ledger@lowellbuyersguide.com



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“Winter Wonderland” parade at Fairgrounds Dec. 5

by Tim McAllister
lead reporter

The 2020 Nighttime Santa Parade is scheduled for Saturday, Dec. 5 from 6 to 8 pm at the Kent County Fairgrounds.

This year it’s going to be a “Winter Wonderland” themed drive-through parade with approximately 25 floats. Parade-goers will be responsible for their own parading, the floats will be stationary.

“People coming to view the parade will enter the south and bridge entrance of the Fairgrounds,” said Lowell Area Chamber of Commerce executive director Liz Baker. “Both entrances will be open, the one that goes under the bridge and one on the east side of Hudson. The entries will be lined up along Broadway to Bowes Rd. [on the] gravel road from the boat launch to Bowes Rd. People will be able to drive slowly to view the entries. Some of the entries will be passing out goodies.”

Parade organizers are asking that attendees remain inside of their vehicles, even if there is a big traffic jam and it’s tempting for kids to run

around.

“We are requiring all people who are viewing the parade to stay in their cars,” Baker said. “Parade entries will be taking all the precautions to do this safely, [with] masks and social distancing. Lastly, we anticipate that we will have many people viewing the parade, so this is where patience will come in!”

The Chamber is still looking for businesses to design elaborate floats for the parade.

“We need these spaces to be filled with the best of the best,” Baker said. “We are talking lighted floats, lights and decorations that will knock your Christmas socks off! We will not be accepting just a vehicle with a business name on it. The Fairgrounds will not be decorated. The parade entries will be the decoration and will be responsible for decorating their own unit. The Kent County Youth Fair board is decorating the beef barn for their entry.”

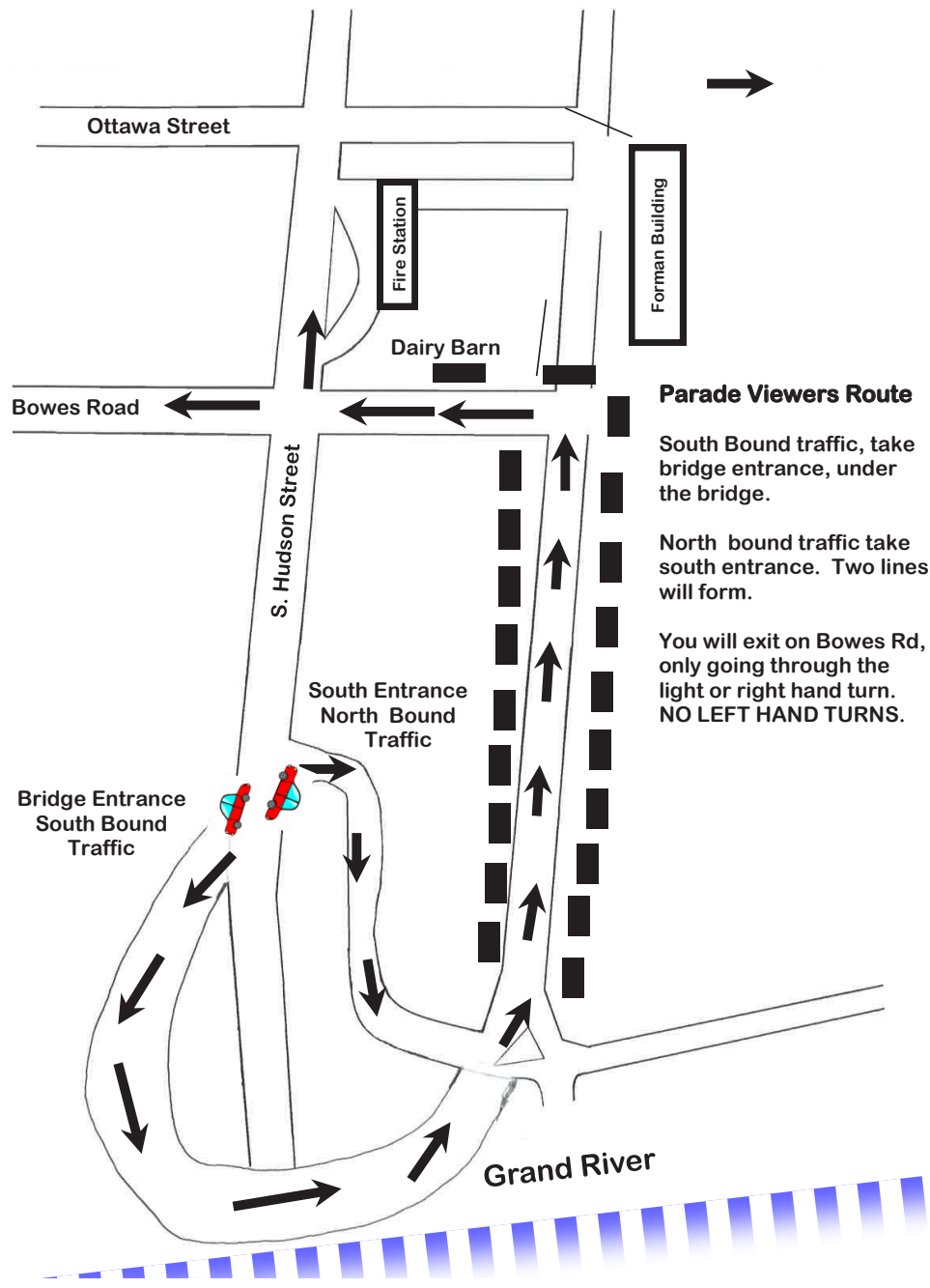
Businesses and organizations that enter could win some extra holiday spending money.

“The following prizes will be awarded by the parade judges,” Baker said. “First place is \$150.00, second place is \$100.00 and third place is \$75.00. The entries will be judged based on the theme, use of the space provided, creativity, diversity, passing out treats to the kiddos that ride by, lights and more lights!”

There will also be a “People’s Choice Award,” to be chosen by the public via Facebook.

“The top ten floats will be chosen by the parade judges, and the public will vote for their favorite entry on Facebook,” Baker said. “The entries will be posted by 10 pm Saturday, Dec. 5. To place a vote, people will go to the Chamber’s Facebook page or website and take the poll. The poll will remain open until 8 am, on Tuesday, Dec. 8.”

For more information about this and other Chamber events, visit discoverlowell.org, send a message to info@lowellchamber.org or call 616-897-9161.





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Football

A LOOK BACK IN TIME

Lowell High ends perfect season

1923

The Lowell High football team of 1923 had one of the most successful seasons that any Lowell team has ever had, winning every game. Some of the hardest fought games were with Grand Rapids South, Greenville and Ionia. The Ionia game was especially important

because is decided the it Class B championship of Central Michigan, neither team having been defeated. Ionia made the first score by a drop kick but the fighting spirit of Lowell High triumphed and the final score was 15 to 9 in Lowell's favor.

Much of the credit for the success of the team was due to our coach, Mr. Miller, whose untiring effort and wonderful knowledge of football made our team what it was.



GRID HONORS CAPTURED BY LOWELL HIGH

1931

The chances for Lowell looked doubtful for the year 1931 considering the fact that its team was very much weakened by the loss

of men by graduation, and the schedule through which it had to go. Three class "B" schools were scheduled and six high class "C" schools. But in spite of

the handicaps, Lowell, through the special efforts of Coach Ron Finch, and wonderful teamwork of the boys, came through without once being humbled. A new idea in Lowell, and in Western Michigan, was tried out this year and found highly successful - that of night football. Wayland challenged Lowell for the championship of Western Michigan, and with a field covered with water and an abundance of mud, Lowell romped over them with a 42-0 score at the end of the game. This completed one of the most successful seasons Lowell has ever had and made her the class "C" champions of Kent County.



INTRODUCING THE CHAMPIONS

Lowell Red Arrows End Successful '49 Football Season

1949

The 1949 edition of the Red Arrow grid squad, bolstered by several returning lettermen and many good-looking prospects from the reserve squad, enjoyed one of the most successful seasons in recent years. Under the leadership of Carroll Burch, the team was just barely nosed out of the conference championship by a narrow one point margin, losing to East Grand Rapids in the final home game on the Lowell gridiron 7 to 6. The Reds, however, not to be overcome, went on to trounce Grandville 38 to 6 to wind up the season and place Lowell in the runner up position in the league standing.



Undefeated Arrows Tri-River Champions

Lowell completed its 1964 football season with an impressive 7-0-1 record, its first undefeated season since 1937. Since the Tri-River Conference began four years ago Lowell has ended the three previous years in second place. This year by going undefeated, they grabbed the prize long sought by Coach Charles Pierce. The only setback of the season was a 13-13 tie with powerful Grand-Valley Champion Grandville who had a 6-1-1 season in Class A competition.

Five seniors were chosen for the All-Conference first team; end Duane McIver, tackle Chris VanDyke, guard Tony Myers, halfback Mike

McMahon, and fullback Pual Kropf. Kropf, McMahon and McIver were chosen for the WOOD-TV All Star Class B Team

and McIver was also on the Associated Press, Detroit News and Detroit Free Press All State Teams.



CONFERENCE CHAMPS

1964

Arrows Shutout Rams, End Unbeaten Season

Led again by what has to be the top-rated defensive unit in the Grand Rapids area and by a trio of hard-charging junior running backs, Lowell High School's

Red Arrows finished an unbeaten football season, at home, by shutting out the Rockford Rams 14-0. Stopping an opposing 11 is nothing new to the aggressive

Red Arrow defenders, who seven times this season have recorded shutouts. Lowell has allowed only 18 points to be scored against them in nine games. Other than Saginaw

Arthus Hill, the Class A power, it may be the best defensive record in the state.

Again guiding to precision the offence of the Arrows was Jeff Pierce, an unsung hero in Coach Al Rowe's no-passing offense. Pierce's value can be best appreciated the fact that by despite running over 99 percent of their plays on the ground, the Arrows fumbled only twice this season. It was Rowe's first unbeaten season in 15 years of coaching and he now owns a fine 22-4-1 record over the past three seasons including back to the 6-0 Tri-River championship mark. This is the second straight season Rowe's Arrows have captured the Tri-River crown.



1973

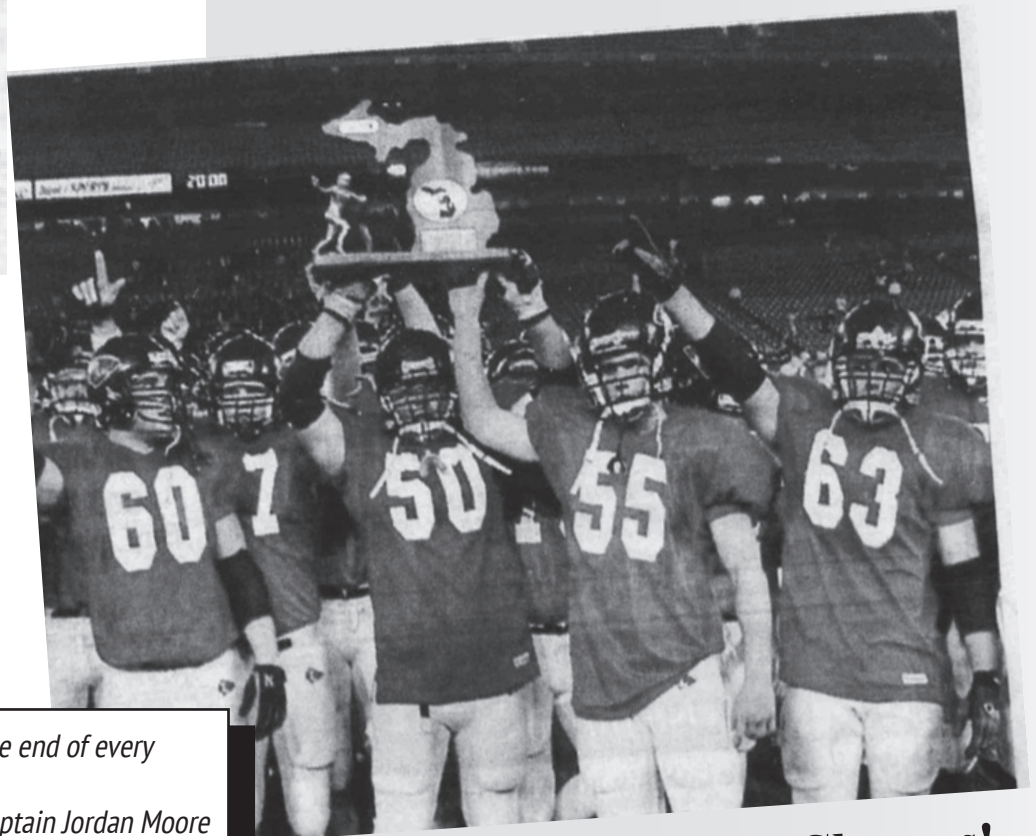
SPEC-CAT-CULAR!

It was definitely a season to remember. This year the Lowell "Red Rush" won the first state title in school history. With all the hard work that the guys put in not only this last year, but over all of the summers and previous years, it finally paid off. Big time! "Mark Catlin is by far the most talented player that I have ever had the pleasure to coach. His

work ethic and raw athletic potential has gotten him a long ways and he could go places." - Coach Dean. Aside from the explosive offense, led by Catlin, the defense was a huge part of the team's success.

The team broke the team huddle at the end of every practice shouting "state champs!"

- Captain Jordan Moore



2002 State Division 2 Champs!

2002

obituaries

LOWING

Holden Lowing, age 78, passed away after a long illness. He is loved by his wife, Kathleen; sons, Roy and Luke; brother and sister-in-law, Steve & Jan Lowing; and many, many nieces & nephews, cousins, and friends. Holden was a beloved Montessori teacher who touched the hearts and math neurons of many students. He enjoyed being a part of the Fallasburg Park Historical Society and Sunday morning "church". A memorial celebration will be held for Holden in the spring, and private services were held by the family. Contributions in his honor may be made to Stepping Stones Montessori School, 1110 College NE, Grand Rapids, Michigan 49503.



ROTH GERST
www.gerstfuneralhomes.com

PUTH

Marguerite Storm Puth ("Peggy"), of Lowell, Michigan, passed away peacefully at home on Friday, November 20, 2020. Peggy was born February 4, 1926 in Bloomfield, New Jersey. Her love for all "beach places" started here, with summers at the Jersey shore or at the family cabin on Estling Lake. Peggy often told stories of taking the train into New York City where she worked across from Macy's. She was married to the love of her life, Russell Puth, for 67 years. Russell pre-deceased her in 2014. Together they would play bridge, ski, play golf (where she accomplished the coveted Hole-in-One!). They lived to travel, always happy for a new adventure. Peggy was a woman of many talents including sewing, knitting, cooking, decorating ...and was keen competition during Wheel of Fortune! She volunteered with various organizations. Peggy belonged to the Lowell Women's Club and loved being part of the local YMCA exercise group. Over the years, she and Russ lived in Minnesota, Arizona, Tennessee, moving to Michigan 20 years ago. Survivors include three children, Judy Haglund of Lowell, Dianne White of Santa Barbara, CA, and Jeff Puth (Lorraine) of Loretto, MN. Peggy has eight grandchildren (seven living) and eight great-grandchildren. At Peggy's request, cremation has taken place and there will be no services. Her final earthly resting place will be on the beach in Monterey, California, where she will be together again with Russell.



ROTH GERST
www.gerstfuneralhomes.com

Social Security benefits increase in 2021

Nearly 70 million Americans will see a 1.3 percent increase in their Social Security benefits and SSI payments in 2021. Federal benefit rates increase when the cost-of-living rises, as measured by the Department of Labor's Consumer Price Index (CPI-W).

The CPI-W rises when inflation increases, leading to a higher cost-of-living. This change means prices for goods and services, on average, are a little more expensive, so the COLA helps to offset these costs.

January 2021 marks other changes that will happen based on the increase in the national average wage index. For example, the maximum amount of earnings subject to Social Security payroll tax in 2021 will be higher. The retirement earnings test exempt amount will also change in 2021. You can read our press release for more information at www.ssa.gov/news/press/factsheets/colafacts2021.pdf.

We will mail COLA notices throughout the month of December to retirement, survivors, and disability beneficiaries, SSI recipients, and representative payees. Want to know your new benefit amount sooner? You can securely view and save the Social Security COLA notice online via

the Message Center inside *my Social Security* in early December without waiting for the mailed notice.

If you don't have an account yet, you will have to create your account by November 18, 2020 to receive the COLA notice online this year. *my Social Security* account holders can opt out of receiving a mailed COLA notice and other paper notices that are available online. You can choose text or email alerts when there is a notice in Message Center by updating your Preferences at www.ssa.gov/myaccount/opt-out.html so you always know when we have something important for you.

Be the first to know! Sign up for or log in to your personal account today at www.ssa.gov/myaccount. Choose email or text under "Message Center Preferences" to receive courtesy notifications. This way you won't miss your online COLA notice!

You can find more information about the 2021 COLA at www.ssa.gov/cola.

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.

Looking Back, continued

nearly two years in the Pacific area is on his way home and expects to land on the west coast about December 7. So much to be thankful for.

50 years The Lowell Ledger December 3, 1970

The death toll on Michigan highways continues to hold at about ten percent less than the previous record year—the rate of decrease since February. Through November 15, the toll was 1,930, compared to 2,163 a year ago and 2,099 in 1968.

Staff Sergeant Michael E. Willard, son of Mr. and Mrs. Percy Willard of Lowell, distinguished himself by meritorious service as a Maintenance Controller, Maintenance Control, 56th Special Operations Wing, Makhon Phanom Royal Thai Air Force Base, Thailand, from 1 June 1969 to 15 May 1970.

Last Saturday Mrs. Ruth Thurtell, kindergarten teacher at Runciman Elementary School, received a telephone call from Frank Thompson, school custodian, informing her that Boo, who had been feeling poorly of late, seemed to have taken a turn for the worse. Mrs. Thurtell, accompanied by her husband, hurried to the school. There they found that, indeed, Boo did seem to be quite unwell. What do you do with a sick guinea pig? Why, you take him to the doctor, of course.

25 years The Lowell Ledger November 29, 1995

Getting out to see the hot summer hit movie will be a whole lot easier and convenient in 1996 for Lowell residents. For starters, "getting out" will no longer mean driving to a theatre on 28th St. in Grand Rapids.

Navy Petty Officer 1st Class William J. Onan, son of Winnifred M. Onan of Lowell, recently received the Navy and Marine Corps Achievement Medal. Onan was recognized for his outstanding achievement while serving as a workcenter supervisor aboard the guided missile cruiser USS Cape St. George, homeported in Norfolk VA. Onan was singled out for the award because of his superb initiative and contribution in helping the command fulfill its mission.

Volunteers began clearing the path toward the eventual creation of an Alto Elementary nature area and classroom. Approximately 35 volunteers worked for four hours cleaning up the site behind Alto Elementary, marking paths and clearing brush.

LEGAL NOTICE

STATE OF MICHIGAN
PROBATE COURT
COUNTY OF KENT

NOTICE TO
CREDITORS
Decedent's Estate

FILE NO. 20-208238-DE

Estate of
SUSAN RENEE
HEFT. Date of birth:
06/20/1950.

TO ALL CREDITORS:

NOTICE TO CREDITORS: The decedent, Susan Renee Heft, died 03/03/2017.

Creditors of the decedent are notified that all claims against the estate will be

forever barred unless presented to Amy Heimler, personal representative, or to both the probate court at 180 Ottawa Avenue, Ste. 2500, Grand Rapids, MI 49503 and the personal representative within 4 months after the date of publication of this notice.

November 22, 2020

Karen S. McFadden (P-57043)
403 W. Main
Belding, MI 48809
616-794-1220

Amy Heimler
6022 76th
Newaygo, MI 49337

LEGAL NOTICE

NOTICE TO CREDITORS Trust Estate Estate of Duane Arthur Hall

Date of Birth: August 12, 1934

TO ALL CREDITORS:*

NOTICE TO CREDITORS: The decedent, Duane Arthur Hall, died May 14, 2020.

Creditors of the decedent are notified that all claims against

the estate will be forever barred unless presented to Brian K Hall at 2633 Belfast Ave SE, Grand Rapids, Michigan 49507 or Attorney Thomas E. Lane at 688 Cascade West Pkwy SE, Grand Rapids, MI 49546 within 4 months after the date of publication of this notice.

Thomas E. Lane
P36477
688 Cascade West
Pkwy SE
Grand Rapids, MI 49546
(616) 285-6050

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services

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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

Sleep problems and mental health

Melissa Spino MA LLPC CDMS
Life Transitions Therapy LLC

We know that getting enough restorative sleep is critical for both physical and mental health. Not getting enough sleep can increase stress, anxiety, depression risk, and decreases cognitive functioning (memory, perception, speaking, thinking, decision-making and problem-solving). For those with sleep problems, it can be frustrating to find what really works. Unfortunately, research indicates that almost 60 percent of adults don't get enough sleep. So, whether you have insomnia, fragmented sleep, disturbing dreams, or another sleep issue this article will focus on ways to help you improve your sleep, which

in turn, supports good mental health.

Improving Sleep

Sleep problems can be complex and may have more than one root cause. So, this is the place to start. Figure out the cause of the sleep problem. Is it behavioral (bad habits), emotional (stress, anxiety, grief, depression etc.), your environment (the set up of your bedroom), substances (drugs, alcohol, caffeine, cigarettes, medication etc.), health (disorders, illness etc.), beliefs, or a combination of more than one? Once you have the root cause of the sleep problem look at the below categories for some basic ways to address it.

Behavioral

These are bad habits

we have developed such as staying up too late or spending our free time watching television, playing games, or on our computer, cell phone, or tablets. Did



Melissa Spino
MA LLPC CDMS

you know the blue light from these screens (TV, phone, tablet, computer) tells the

brain to stop producing the sleep hormone melatonin which increases sleep problems? These types of activities teach the brain to be more active at night, keeping you awake. Instead, use the time before you sleep to relax and wind down. Avoid your phone, tablet, and computer for a couple hours before bedtime. If this is truly not possible use blue light blockers. Listen to calming music, meditate, take a warm bath (not hot as being too warm can cause problems falling asleep). Avoid things that excite the brain and body such as exercise, exciting television shows and games etc. Also, keep a set schedule for going to sleep and waking up.

Emotional

Stress, anxiety, and depression can negatively affect sleep. When we think about things such as an upcoming stressful meeting or presentation or dealing with a difficult situation or person it activates the limbic system which floods the body with chemicals that keep us awake. Instead try reading a book/audiobook or listening to something calming, funny, or heartwarming before bed.

Substance Use

If you have sleep issues it's best to avoid caffeine, nicotine, and alcohol. Also, know the sources of these stimulants. For instance, decaf coffee still has caffeine. Both prescribed and illegal substances can keep you awake. Common ones include

stimulating antidepressants, bronchodilators, diuretics, beta blockers, some high blood pressure medications, and some cough, cold, and flu medications. If these types of drugs are causing sleep issues talk to your doctor about possibly changing medications or changing when you take them.

Health Conditions

Many physical conditions can interfere with sleep such as heart disease, asthma, COPD, heart burn, kidney disorders, chronic pain, diabetes, fibromyalgia, thyroid problems, menopause, cancer, and nerve issues to name a few. Work with your doctor to find treatments to counteract any physical conditions causing sleep problems.

Environmental

Create a comfortable sleep area. If you are sensitive to light use a sleep mask, room-darkening shades and/or curtains. Also, cover alarm clocks and other sources of light and avoid the use of television and electronic devices (phones, tablets). A comfortable mattress, bedding, and pillow are essential. If you can't afford a different mattress try a mattress topper. If you tend to be a warm person, cooling bedding product may help. If you are usually cold, you could try a heated mattress pad or higher thread count sheets. If you have nerve issues heavy bedding can be a problem so use lightweight bedding. For others, weighted blankets

help promote a feeling of security and comfort. If noise is a problem try using white noise from a fan or noise machine. You can also try ear plugs.

Beliefs About Sleep

Some have negative thoughts and beliefs about sleep. Thoughts such as: "I can never sleep", "I'm going to struggle with sleep the rest of my life", or "nothing helps me sleep" just cause anxiety and increase sleep problems. Also, belief that you have to take sleep medication to sleep. These medications (including Melatonin) can actually interfere with the body's natural sleep cycle and can have some frightening side effects. Instead, explore other ways to reset the body's natural sleep cycle such as manipulating light exposure. Try Googling this to find helpful articles and step-by-step instructions.

The Bottom Line

This article provides some basic information to get you started on your journey to better sleep and mental health. Sleep problems can be simple to solve with just a few changes or complex and involve trial and error before you find your solution(s). As you go through the process to restore better sleep be gentle and kind to yourself. If you find you can't solve this on your own, reach out and get professional help (doctor or counselor). There is hope for you to get better sleep. This article is not intended to diagnose or treat.

Garden Club spruces up Riverwalk



Members of the Lowell Showboat Garden Club inserted evergreen boughs and other dried materials in the city boxes and flower pots along the Riverwalk Plaza. This festive look will be a decorative enhancement for the upcoming holidays.

Pictured, left to right: Liz Ripley, Cinny Gould, Carol McGregor and Rex Byrne (not pictured David Drain).

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FUN PAGE

SUDOKO

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

Level: Beginner

Here's How It Works:

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

GAME & PUZZLE WORD SEARCH

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

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

Puzzle solutions on page 13

GAME & PUZZLE WORD SEARCH

ARITHMETIC BOARD BRAIN TEASER

COSPLAY CROSSWORD CRYPTOGRAM

PUZZLE SCORE SIMULATION

ACTION ADVENTURE ANAGRAM APPLICATIONS

CARDS CHARADES COMPUTER CONSOLE

CUBE GAMES MAZE PLAYERS

SUDOKU TRIVIA VIDEO

Guess Who?

I am a singer born in Tennessee on November 23, 1992. Few know my first name is actually Destiny, and I grew up on a farm. I became a child TV star on a Disney series. I later became a pop singing sensation.

Answer: Miley Cyrus

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to games.

T S Y R G A E T

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

Answer: Strategy

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				

CLUES ACROSS

- Cold War player
- Flat-bottomed sailboat
- Jamaican tangelo
- Debauched man
- Less covered
- Require to live
- Patrick and Aykroyd are two
- Mixes
- Insurance claim expenses
- Tries to persuade
- Equal (prefix)
- Czech name for Prague
- London soccer team
- Greek letter
- Small Eurasian deer
- Swiss river
- Miller beer
- Less appealing
- 8th month (abbr.)
- Alto, California city
- Grandmothers
- American time
- NW Chinese people
- "Westworld" actress _____ Rachel Wood
- Northeastern US university
- Poplar trees (Spanish)
- Hip hop legend Kool Moe _____
- Not or
- Corpuscle count (abbr.)

- Comedienne Gasteyer
- Fonts
- Female cattle mammary gland
- Down time
- Spiritual leader
- Small brown and gray American rail
- Trimmed by cutting
- NY Giants owner
- A long narrative poem
- Old World lizard
- Product for sale
- Shut Your Pie Hole (abbr.)
- Pacific Island country
- Whale ship captain

CLUES DOWN

- Language
- Fly high in the air
- Made musical sounds
- Organized again
- TV channel
- Unable to fly
- Get up
- Air traveler
- Married woman
- Take weapons from
- Sicilian city
- Actress Remini
- Thought
- Infections

- Golf score
- Hill or rocky peak
- Witch
- Adjusted
- Succulent plant
- Forearm bones
- Hot fluid in the earth's crust
- Subatomic particle
- Part of an organism
- 007's creator
- Burned material residue
- Brain layer: _____ mater
- Unable to partake
- Lesion
- Historic railroad company (abbr.)
- Basics
- Scottish port
- Flower cluster
- Instruct
- Untamed
- Moth genus
- Utilizes
- Foolish
- Fall in small drops
- A place to get clean
- La _____ Tar Pits
- Metrical foot
- Semiliquid food
- Small crow

Brand new veterans memorial at Alton Cemetery

by Tim McAllister
lead reporter

Local resident Kenny Wittenbach recently led a group that placed a brand new veterans memorial at Alton Cemetery.

“The cemetery board at Alton Cemetery thanks all of those who have invested in the memory and support of our military veterans, who sacrificed their lives for the freedoms we appreciate today, by donating time and money for a beautiful memorial plaque and area to sit and remember them,” said Wittenbach, owner of Dirt Cheap Excavating. “I

think it turned out really nice. We put a pad in with a couple benches, we’ve got a flag pole, a new tree and we’ve got a beautiful veterans memorial. A lot of businesses in Lowell donated to this, and the community really stepped up too. Even though things are kind of tight right now, all of these people pitched in.”

The Boy Scouts of America provided the benches by the memorial. Others who donated or worked on the project were Shantell Ford through



bake sales and garage sales, Tim Wittenbach of Wittenbach Services, Jon Timpson of Timpson Orchards, Ethan Putnam of Andrews Concrete, Zach Beachum of Zach’s Lawn Service, family members with relatives buried in the cemetery

and other supporters of military vets.

“It’s in the perfect spot right on Lincoln Lake where everybody can see it,” Wittenbach said. “It looked kind of naked without a memorial. Now it’s kind of cool.”

The project isn’t finished yet, they still intend to add some white vinyl fencing along Lincoln Lake. If interested in donating to this, send a check made out to “Alton Cemetery Association” to Kenny Wittenbach, 2655 Lincoln Lake, Lowell MI, 49331.



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and your letter will be published in the 12/20 edition of the Buyer’s Guide

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Mail: P.O. Box 128, Lowell, MI 49331

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Or drop your letter off at our *santa door* anytime at 105 N. Broadway, Lowell

Santa will reply if you include your name and address